

Portage Senior Center Newsletter

Shindig at the Hayloft – Friends of the Portage Senior Center to Host Folk Rock Concert



It's unlikely the senior citizens will start piercing their noses or the Folk Rock Musicians will take to Canasta, but the Friends of the Portage Senior Center and independent musicians hope that combining their efforts will help them raise \$3,000 for the senior center. The Friends have been financially supporting PSC programs and services for years. Now, they're venturing into new fundraising territory by hosting the first ever Shindig at the Hayloft, A Folk-Rock Concert to Benefit the Portage Senior Center on Saturday, October 13, at 7:00 PM.

It's happening as senior centers throughout the state are beginning to talk with other organizations to combine efforts as the aging population grows and the money shrinks. At the same time, there is more emphasis on intergenerational programs, and aging baby boomers are looking for more different pursuits than bingo and cards. "When we were approached by Tom McCoy to put on the concert, we thought this is just the kind of new funding efforts we need engage future generations," said Deputy Director, Jill Hess.

The Shindig will be held at the Hayloft Theatre located at the Celery Flats Historical Area. The first half of the concert will consist of four of the best folk/rock bands in Southwest Michigan. Each band will play three or four songs warming up the audience for the second half of the concert featuring one of the most sought after talents in this genre Carrie McFerrin. As well as being a popular local favorite, Carrie's resume includes performances all across our great state and throughout the Midwest. Her powerhouse vocals paired with her guitar pickin' are sure to impress even the toughest critics. Her highly anticipated debut album is to be released this fall.

Shindig continued on page 2

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A Message from Your Deputy Director

Becoming a Friend of the PSC Matters!

This November, the Portage Senior Center (PSC) and the Friends of the Portage Senior Center Board will announce that they are combining forces into one annual appeal this year. There are two key reasons why the PSC and the "Friends" have made this decision. First, we need to eliminate any confusion or duplication in requests to donors and sponsors who generously give to the PSC—beyond membership and user fees. Second, philosophically and operationally, it just makes sense that the *Friends* are the driving force behind PSC annual appeals and the majority of PSC fundraising events and activities.

Incorporated in 1991, the *Friends* of the PSC is a 501(c)(3) non-profit organization that is totally dedicated to ensuring both short and long term funding for programs and services provided by the PSC. Becoming a *Friend* of the Portage Senior Center (through making your contribution) is more important now than ever. A decrease in the available funding at state, local, and private levels threatens to have a serious impact on sustaining our operations at current levels. Even with monies received from a city general fund subsidy and the Area Agency on Aging IIIA, PSC remains heavily reliant upon special fund raising opportunities, grants, news-

letter ad sales, senior trips revenue, facility rental fees and membership dues. With a new fiscal year that began in July 2012, PSC is challenged this year to raise nearly 65% of its annual budget.

The *Friends of the Portage Senior Center* believe that older adults in Portage and our surrounding area should have a place where they have access to critical programs and services that promote independence and quality of life. Members and participants of the PSC have come to rely on the nearly 100-plus programs and services offered in this special community. With the help and support of all of us, the **Friends** can advance its efforts to ensure the viability of the PSC so that it may continue to positively impact the lives of our older adults both today and into the future.

In closing, on behalf of the PSC and the *Friends*, I want to thank all of our members and sponsors for your continued financial support. Your gift does make difference and having you as a "Friend" means more than words can express. And, as always, if an individual or sponsor prefers to give directly to the PSC, we gratefully will accept your gift.

Yours truly,



Jill Hess

Deputy Director, Recreation Programs and Senior Citizen Services

Shindig continued from page 1

In addition to an evening of great music, concessions and possibly adult beverages will be available for sale to assist in reaching the fundraising goal for the Shindig. Tickets are only \$12 for general admission and \$15 for VIP seating in the first three rows. Tickets for the event will go on sale on September 6 at 8:00 AM at the offices of the Portage Senior Center or at the Portage Parks, Recreation and Public Services Department. With only a total of 160 seats available, patrons are advised to purchase their tickets early. Don't miss out on your opportunity to get your Shindig on at the Hayloft!

Portage Senior Center

The **PSC** is supported by the City of Portage, contributions, memberships and grants. Some funding is also received from the State of Michigan through the Area Agency on Aging. The PSC offers services and activities to persons over 50 years of age. Annual membership fees are \$25 for Portage residents and \$35 for all others. No one will be denied membership due to an inability to pay. The PSC Newsletter is mailed bi-monthly to members.

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Administrative Asst.
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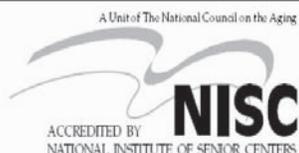
Program Coordinator
 Denita Demler

WMU Staff Intern
 Megan Donahue

Trip Coordinator
 Johanna Thompson

Nutrition Site Manager
 (Senior Services, Inc.)
 Vince Wheat

The Portage Senior Center is Michigan's first nationally accredited senior center.



The Portage Senior Center is open Monday thru Friday, 8 AM to 5 PM to serve you!

Know the 10 Signs of Alzheimer's Disease

Presented by: The Alzheimer's Association

Tuesday, October 9
6:30 PM - 8:00 PM

Fee: Free

We all experience lapses in memory, forget the names of familiar people, and lose our keys! This type of incident is not a cue to hit the panic button. However, if you are not educated about changes that warrant further testing, you may miss an opportunity to get appropriate pre-disorder care. Sign up for this presentation, and arm yourself with the facts. Register at 329-4555.

The PSC Gets a Facelift! Fall 2012

Not that we mind a few wrinkles here and there, but all agree its time for our building to have a refresh throughout the facility. Community improvement project funds were allocated to replace the flooring, now over thirty years old. Fresh paint and new furnishings (thanks to a generous donor) will liven up our lobby. With every nip and tuck though, comes inconvenience to our daily operations. We appreciate everyone's patience as we make these wonderful improvements that will show inwardly the vibrancy we experience in this special place. Watch for daily postings of progress!

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Diabetes Support Group

New Format

Bob Erikson, Diabetes Education Coordinator
Quarterly - 1st Friday (October 5, January 4, April 5 & July 5)

Managing Your Diabetes Is a Piece of Cake with the Diabetes Support Group and with Project Enhance Wellness at the Portage Senior Center. Please note the new format for meetings of the Diabetes Support Group. This group will no longer meet the first Friday of each month, but will meet approximately once each quarter and/or in conjunction with other activities/training sessions, and wellness programs sponsored by the senior center. We will continue to call each member prior to each meeting. If you are not on our list but would like to be, please give us a call and we will add you to our call in list.



Next meeting: Friday, October 5, 1 PM

Presenter: MMAP Counselor

Topic: The Medicare Medicaid Assistance Program is available to help seniors and caregivers make informed decisions about healthcare and prescription benefits. With the many changes in Medicare last year and in the coming year, our MMAP counselor will update you on enrolling and providing guidance to seniors. Questions are welcome!

MySeniorCenter™ is Coming

With deep gratitude to the **Irving S. Gilmore Foundation** and matching funds from the **Friends of the Portage Senior Center**, the PSC will have a revolutionary way to collect statistics that will help our operations run more efficiently, and fulfill our grant reporting requirements. The Foundation supported MySeniorCenter™, an automated check in, scheduling and reporting system designed for just for senior centers. Members will have an easy-to-use key card and touch screen to sign in for classes and other programs and in checking in their volunteer hours. No more paper and pen process! Presently, PSC volunteers assist with the recording the vast amount of data associated with reporting this vital information and the system will make a pivotal difference in the way these invaluable volunteers accomplish their important work. With nearly 100-plus programs currently underway at the senior center, and an average of over 2,000 participations a month, it is critical that we We are indebted to our supporters who have made this innovation possible. Watch for postings and updates as we get closer to October!

Volunteer!

Volunteer Help Wanted:

Secretary:

The Friends of the PSC has an opening for an experienced secretary available for an hour or two each month to take meeting minutes and provide clerical support for the board. This is a great opportunity to become engaged in a vital, active group of Senior Center Supporters. If interested, please contact Janet Gates, Administrative Assistant, PSC.

Membership Specialist:

This morning position provides a welcome to existing and potential new members who come into the facility. We're looking for a cheerful, gregarious personality (or two) who enjoy meeting people and facilitating membership renewals and sign ups.

Data Support Specialist:

This volunteer will supply a little data entry support, filing, and assistance with phone calls at the front desk, and provide other clerical support as requested (and trained for by staff members). If you have a friendly personality and are interested in learning reception duties to fill-in at our busy front desk, this is the job for you!

Friendship Facilitator:

If you would like to be a part of our Friendship Café but haven't taken that first step, please do so now! Senior Services, Inc. lunches are served at the PSC four times a week, and this is your opportunity to check out all the improvements!

Big Screen Movies

"Akeelah and the Bee"

Monday, October 8,
1:15 PM

Akeelah Anderson has a natural love for words but never seems to fit in at school. Nevertheless, she decides to enter a number of spelling contests.

Tutored by many and

opposed by some, she unwittingly unites a neighborhood in her daring quest to compete in the Scripps National Spelling Bee. One reviewer calls this film "the best and most powerful family movie I have ever seen." Stars Laurence Fishburne, Angela Bassett and Keke Palmer.

Rated PG. Closed-captioned. 112 minutes.

View the movie for free; popcorn is only 50 cents.

"The Brooke Ellison Story"

Monday, November 12, 1:15 PM

Directed by the late Christopher Reeve and based on actual events, "The Brooke Ellison Story" is a powerful motion picture about incredible perseverance in the face of overwhelming adversity. Paralyzed from the neck down by a devastating car accident, 11-year-old Brooke Ellison fights against all odds to help her live her dreams -- including graduating with honors from Harvard University. This story is a testament to the courage of a young girl and the family who stood by her. Stars Mary Elizabeth Mastrantonio, John Slattery and Lacey Chabert.

Rated PG. Closed-captioned. 91 minutes.

View the movie for free; popcorn is only 50 cents.



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Out to Eat Dining Club

An advance reservation with the reception desk by the previous business day by noon is required for this activity. All meals are self-pay. Hosts: Hal and Shirley Ray.

October

Dinner

Monday, October 1st,
5:00 PM
Martell's (originally
Black Swan)
3501 Greenleaf Blvd

Breakfast

Tuesday, October 9th,
8:30 AM
Theo & Stacy's
4311 S. Westnedge
(not Airport venue)

Lunch

Thursday, October 18th,
11:30 AM
Olde Mill Brew Pub & Grill
717 E. Bridge St., Plainwell

November

Dinner

Monday, November 5th,
5:00 PM
Fieldstone Grill
3970 West Centre

Breakfast

Tuesday, November 13th,
8:30 AM
Blue Dolphin
502 S. Burdick

Lunch

Thursday, November 15th,
11:30 AM
Kelly's Cafe
7630 S. Westnedge

Portage Pedalers Biking Club

Wednesdays, 8:30 AM

Last ride for the year: October 10

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Recycled Cards

We invite you to join the Recycled Cards group which meets every Tuesday of the month. We accept whole greeting cards with the verses intact and we do not accept or use Christmas cards. The cards are then cut apart and re-designed to create a "new card". These are the cards that are for sale in the lobby. If you can cut, glue and smile all at the same time then this is the volunteer position for you. Come and join us!

PSC French Club

2nd Tuesday, 11 - 12 noon

Come join us! Whether you are French, a French speaker, or simply a lover of French culture, all are welcome to attend our monthly meetings. PSC member Sylvia Blum and her friend, Pamela Pender, are leading the Club and sharing some wonderful ideas they have to make this club informative and fun. They are hoping that someday a trip to France might be in the Club's future. With so many special things about the French culture, Sylvia is confident the Club will be enjoyable for everyone.

PSC Potlucks are monthly!

April - October

October is the last Potluck for the year! Meet some new people and greet old friends at the PSC Potlucks. Hosted by Volunteer Potluck Coordinator Barb VandeWerken, the PSC Potlucks are a great opportunity to enjoy some delicious food and good fellowship. Participants need to bring their own table service and a dish to pass (enough for at least six people). \$1 fee covers beverages and paper products. Pre-registration required. *Please note: If you are interested in volunteering to help Barb out, please leave your name and phone number on the "Potluck Volunteer" sign up sheet at the front desk.*

October Potluck

Monday, October 15, 5:30 PM



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New Member Orientation

Thursday, November 8, 10:30 AM

The NMO is a great way for new members to learn more about the services available at the PSC, as well as to meet new people. Let the receptionist know if you would like to make a reservation for the lunch immediately following the presentation. Register at 329-4555.

Sisterhood

Sisterhood is a women's social group that meets the second Friday of each month. Meeting agendas will be posted on the bulletin board at the PSC. For more information, please call 329-4555.

Meetings:

October 12, Friday Time: 1:00 PM Event: Halloween Preview – A time to share. Bring a joke and a small snack to share. Costume optional. Site: PSC Host: Barb Lewis	November 9, Friday Time: 1:00 PM Event: Game: Let's learn a new game – Phase Ten Site: PSC Host: Sonia Howard
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PSC Art Club

Monday, 1 – 3:00 PM

The PSC Art Club offers budding and/or accomplished artists of all mediums the chance to get together once a week and share their creativity with like minded individuals. There is no fee to participate, all you need to qualify for this club is a desire to create art and a valid PSC membership!

Join us for Bits of Business!

It's that time of year again for members and friends in our community to pick up some great "bits" of business and local agency information that cater to the interests and needs of older adults—50 and better! Representatives of local businesses and organizations with products or services of interest to mature adults are sought to be vendors at this fun event. This year our theme is "variety is the spice of life!" We hope to have a broad range of businesses and local agencies featuring a range of services from housing and in-home care to personal recreation and wellness opportunities in our local area and beyond. The event is free and open to the public. Proceeds received from participating vendors support programs and services at the senior center. The Portage Senior Center is located at 320 Library Lane. For more information, please call 329-4555.

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9 am-5 pm

Kalamazoo Loaves and Fishes - PSC Bag Recycling Program

Don't forget we are still collecting paper and plastic grocery bags the first Wednesday and Thursday of each month. The bags are used for the Grocery Pantry Program at Loaves & Fishes. We currently have 5 - 8 faithful PSC members that volunteer their time by looking over the bags for rips or holes, folding the bags and then they are taken to Loaves & Fishes. They are always looking for new volunteers. This is a great opportunity to volunteer your time for a good cause.

Thanksgiving Baskets

The PSC will again be collecting food items for the Thanksgiving Baskets prepared for clients of the Portage Community Center. Some examples of items are: canned vegetables, fruit and soup, boxes of gelatin and potatoes. We will be provided with a list of items that will make up the baskets. Please stop into the Center to receive a list of those food items. You may bring your canned and boxed foods to the Center beginning November 1. Just a friendly reminder, please make sure that the items have not passed the expiration date.



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PSC Holiday Bazaar and Bake Sale

Saturday, November 3

9:00 AM - 3:00 PM

The PSC Holiday Bazaar and Bake Sale will have a little something for everybody. With 20 vendors displaying a wide variety of hand-made crafts and other unique items, you could find that perfect matching set of knitted mittens and scarf, and much more.

The bake sale will feature dozens and dozens of home made cookies, pies, and other yummy treats for sale. Hot lunch concessions will be available from 11:30 AM - 1:30 PM.

Interested PSC member crafters can get a table for only one donated craft item and two donated baked goods. The craft items will go into a door prize raffle, and the baked goods will be used for the bake sale. Non-member crafters can also reserve a table for the one craft items and two baked good, plus a \$15 fee.

All proceeds from the bake, lunch, and raffle ticket sales, as well as table rentals, go directly toward supporting older adult programs and services at the PSC.

Interested vendors can pick up a registration form at the front desk, or call 329-4555. BOOTH SPACE WILL BE LIMITED TO ONE TABLE PER VENDOR.

General admission to the PSC Holiday Bazaar and Bake Sale is free to the public and does not require advance registration.

Halloween Lunch

Tuesday, October 30, 11:45 AM

\$1 Registration Fee

When black cats' prowl and pumpkins gleam, may luck be yours on Halloween. Come on over to the PSC to celebrate Halloween with your friends and/or make new friends. You may wear a costume if you wish to bring out your inner child. The meal is provided through Senior Services. The \$1 registration fee reserves your spot and covers paper products for this event. Come into the PSC to make your reservation. Registration deadline is Friday, October 26.

Thanksgiving Lunch

Tuesday, November 13, 11:45 AM

\$1 Registration Fee

Come and give thanks as we celebrate with our annual Thanksgiving Lunch. Our meal is provided through Senior Services. The \$1 registration fee reserves your spot and covers paper products for this event. Reservations can be made at the Reception Desk. Registration deadline is Friday, November 9.

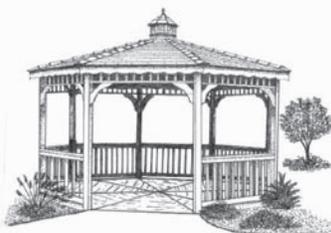
Art Encounters a Work of Heart!

A huge thank you goes out to our ice cream sponsor, **West Lake Drug** the many talented artists and volunteers whose contribu-



tion to Art Encounters made this event a complete success this year. PSC volunteers scooped over 270 dishes of ice cream out to participants of all ages who crafted their own sundaes. All this while enjoying a tapestry of interactive art that included our own PSC Band, Wood Turners, Plein Air Artists, Yarn Bombing, Creative Writing and more. Art Encounters is collaboration between the Portage Senior Center, the Portage Summer Entertainment Series and the Portage District Library. A special thank you goes out to Georganne Oldenburg, an artist in her own right, and a member of the Friends of the Portage Senior Center Board, for putting her heart into all the many details of making PSC a vibrant partner in this special community showcase.

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Taken from the Article:

Why, Where, and When I bike

By Jim Hainen, PSC Member/Pedaler

In 1998 it became apparent that I was about to have some medical problems if I didn't do something. I had several stents put in that year and the next year went through an unpleasant cancer experience. My wife and I are snow-birds and have been since 1990. The first five years of being a snow-bird we lived on a trawler in the waters of South Florida. We did that for five years and it was wonderful. Then we wound up buying a place on Pine Island and moved ashore. We had the boat at the back door and there was talk of building a new bike path the whole distance of the island. That was seventeen miles. We were also still boaters on Lake Michigan and were members of Macatawa Bay Yacht Club. I raced sailboats for many years on Lake Michigan. One day in 1998 while climbing up and down the ladder while working on our sailboat over at the lake I noticed how tired it made me. I mean really tired. And that was the start of the stent story. I am very fortunate to have a daughter working in cardiology who insisted I come in and get checked out. The rest is history. One day while walking on our street I saw a junk bicycle out by the street for the trash truck to pick up. I looked it over and decided that I could fix it. I did and this started this magnificent obsession with the bicycle. I decided to do a tour here in the USA and I did the Erie Canal Tour put on by the state of New York Parks

and Recreation Dept. It is a wonderful tour of about 459 miles. I still ride my Specialized Sequoia. I also have three other bikes, one is a Giant hybrid touring and in Florida I have a new Dawes road bike and a hybrid Specialized. I have had several others also including a Fuji, two French bikes, and a couple I can't even remember. My Specialized Sequoia is my favorite and I have had it now for about eleven years. I guess because it fits me the best of any of the bikes. My bike has kept me alive. I try to ride one hundred miles a week and if I can average that it gives me five thousand miles a year in the saddle. Time in the saddle is worth just as much as anything in biking to my way of thinking. I don't ride fast and don't want to ride fast. I stop a lot to look at things and take pictures. I have a daily ride here in the Vicksburg area. Each morning I ride to Schoolcraft and back on a couple of routes. The ride is thirteen miles in total. Along the way I go around a golf course and find many golf balls over the course of a season. Last year I gave our high school girls and boys golf team five hundred golf balls. I have another five hundred for them this year. It is kind of an incentive to ride every day and see how many I can find. I will be eighty-one this year and I guess I wonder how many more years I can keep riding. Feeling like I do, it will be at least a few more. I feel stronger, more limber, and healthier now than I did twenty years ago. My bike is one of my best friends. She is always there and she always says let's go. How could I ever refuse her?

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Membership Matters

Because the Senior Center membership is growing, and the facility is undergoing a bit of a “facelift”, quarterly membership meetings will be held until further notice. We encourage you to stop by and sign up for our next Membership Matters, scheduled for Thursday, Oct. 11, 10 – 11 AM.

These meetings are intended to be an open exchange between the Deputy Director and membership. Your input is important, your concerns and questions merit transparent, open response. Take advantage of this opportunity to get the scoop on upcoming improvements – how they’re being funded and why they’re being implemented.

New PSC Program Coordinator Begins

You have seen her friendly face at the front desk and you have called her many times. It is our pleasure to announce that Denita Demler, PSC Receptionist for the past six years, has accepted the new position of PSC Program Coordinator. With a strong focus on creative and effective utilization of volunteers in activity leadership roles, Denita will apply her excellent customer service skills to effectively coordinate, schedule, and monitor a robust calendar of recreation programs and activities based on the needs and interests of our PSC members and other community participants. This is not Denita’s first career move. She retired from Pfizer Corporation (formerly Pharmacia/Upjohn) in 2004, leaving a busy job where she consistently trained over 900 users/employees on the electronic document management system (e-Docs) every year. She has a solid history in customer service roles and establishes a wonderful rapport with everyone who walks through the front door. A new receptionist will be hired and Denita will continue to work closely with the front desk and with our great volunteer receptionists. Congratulations Denita!



Denita Demler

Welcome Megan Donahue—WMU School of Social Work Intern!

Please extend a warm welcome to Megan Donahue, a master’s degree candidate from Western Michigan University School of Social Work. Megan graduated from Hope College in Holland, Michigan. She graduated with her bachelor’s degree this past May with a major in social work and a minor in psychology. The past two summers she has worked as a camp counselor at Camp Henry in



Megan Donahue

Newaygo, Michigan where she spent eight weeks leading campers from 7 to 17 years of age. Her senior year internship at Hope was with Kandu industries, Inc. in the Michigan Works building of Ottawa County. Megan’s main responsibilities with her Kandu field placement involved vocational evaluation and career assessment. Megan’s focus is interpersonal practice with an enthusiastic interest in the field of gerontology. Working under the field supervision of PSC Deputy Director, Jill Hess, she plans to get some great hands-on experience working with senior volunteers in the areas of intergenerational programming, wellness, and community agency referral. Megan will complete 428 hours of field placement over the next two semesters at PSC. Welcome Megan!



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***All registration deadlines are one week prior to date of first class session, unless otherwise noted.**

**** All fees listed as member/non-member, unless otherwise noted.**

AARP Driver Safety Class

Fee: \$12 AARP Members
\$14 Non-members
Free for All Veterans in November
Instructor: Richard Baker
Thur., November 15, 9-4 PM
Update your driving skills by learning how driving responses change as we age and how to respond to these changes. Note that Hartford, Auto Owner's, and Farmer's insurance companies give discounts to those who take this class. Check with your auto insurer for specifics. Register at the PSC and make checks payable to AARP Driver Safety Class.

Introduction to Portraiture

Fee: \$40/50 non-members
Wed., 1:00 PM - 3:00 PM
October 24 - November 14 (4 wks)
Instructor: Rae Sills
This class teaches the correct approach to accurate drawing. It is the perfect class for the very beginner and for the more experienced student. The student will start with a simple framework and be given tools that will ease them into the process. Rae will provide the photograph for the first two weeks, then the student can use their choice of photographs. The medium is pencil. The supply list can be picked up at the front desk when registering. Registration deadline is Wednesday, October 17.

ART

Holiday Ornaments

Fee: \$25 for 2 Holiday Ornaments
Friday, October 26, 10:00 AM - 12:00 Noon
Site: PSC
Instructor: WM Glass Art Center

Just in time for the holidays, the West Michigan Glass Art Center is again offering a workshop to create Holiday Ornaments for interested crafters. This is a glass-on-the-go project.

CLASSES

Laptop Computer Fundamentals (new format)

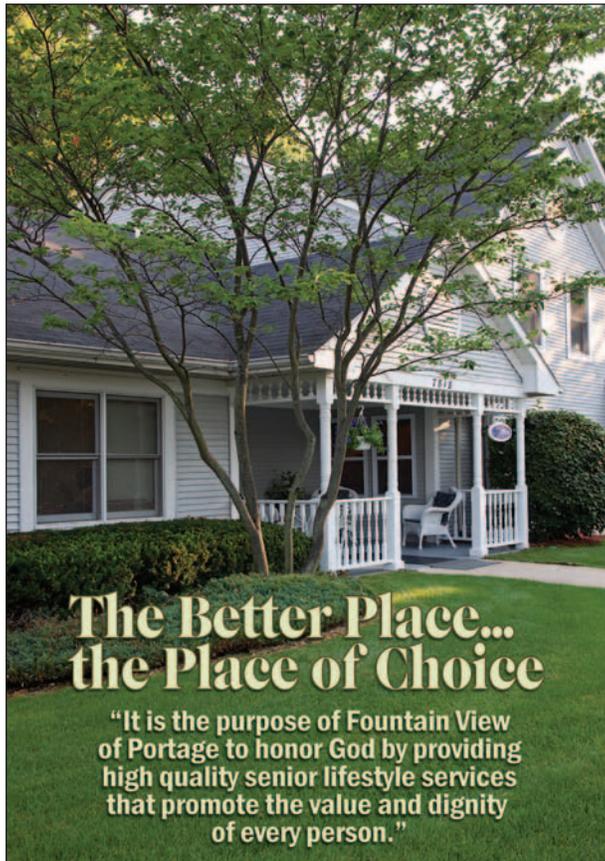
Fee: \$20 (members only)
4 weeks
Mon. 10 AM - 12 Noon
October 8 - October 29
November 5 - November 26
Instructor: Gordon Heikkila
The new format for this

class is to bring your own Laptop. This introductory class forms the base for learning to use the computer efficiently. Participants receive a helpful handout for future reference.

Laptop Introduction to Office (new format)

Fee: \$20 (members only)
7 weeks
Wednesday, 10 AM - 12 noon
October 10 - November 21
Instructor: Royce Bland
Laptop Introduction to Office is a class designed for those who have some basic working knowledge but would like to learn more about how to utilize Microsoft Office software for personal applications. Class will provide an overview of Windows Explorer, Word, Excel, Access, PowerPoint, and Photo Editing.

Classes cont. on page 14



The Better Place... the Place of Choice

"It is the purpose of Fountain View of Portage to honor God by providing high quality senior lifestyle services that promote the value and dignity of every person."

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www.leisure-living.com



Classes cont. from pg. 13

Please note: Students will need to bring a one Gigabyte Flash drive to each class including the first class. Flash drives will be used to save lesson plans and homework.

Computer Tutoring

Individual computer tutoring by experienced volunteers is available Mon - Wed - Fri for a \$5/hour fee. Your appointment time focuses on whatever aspect of computer usage you'd like to cover. Members only. Register at the Center.

Mon and Wed, 12 - 1 PM, Paul S.

Fri, 10 - 12 noon, Gordon H.

Body Rebound

Fee: \$30/\$40 (8 wks)
 Mon/Wed/Fri, 10:30 - 11:30 AM
 October 10 - November 21
 November 26 - January 7, 2013
 Instructor: Helene Thompson
 This class is non-aerobic and designed for those who may be just getting started with exercise. Get fit at a pace that is comfortable and safe.

Enhance Fitness

Fee: \$32/\$42 (8 wks)
 Mon/Wed/Fri, 8:35 - 9:35 AM
 October 12 - December 10

No class October 19 & 22, Nov 23

Instructor: Deb Snell
 Evidenced based, nationally recognized older adult fitness program that promotes increased endurance, muscle tone, and self-esteem. Endorsed by the State of Michigan.

Line Dance Classes

Fee: \$22/\$27 (6 weeks)
 October 4 - November 8
 Thursday
 Beginner Plus: 1:15 - 2:15 PM
 Beginner: 2:30 - 3:30 PM
 Instructor: Deb Snell
 Have fun, get fit, and learn the latest Line Dances while you're at it! Line Dancing is a great way to meet new friends, tone up your muscles, and improve your coordination. The **Beginning** class will start with the basics and progress on to simple routines. In the **Beginners Plus** class, the instructor will gradually build in a few more steps to the routines learned in the Beginning class.

PSC Writing Group

Fee: \$30/\$40 (7 weeks)
 October 24 - December 5
 January 9 - February 20
 Wed, 10:30 AM - 12 noon
 Instructor: Wilma Kahn
 Write and share essays or

poems. Participants choose their own topics, such as family history, autobiography, travels, nature, war time experiences, responses to contemporary life, exercises in wit, etc. Teacher gives written response to class members' work. Instructor has an MFA in Creative Writing and a DA in English.

QiGong

Fee: \$38/48 (7 weeks)
 Wed, 7:00 - 8:00 PM
 October 17 - December 5 (no class Nov 21)
 Instructor: Ed Kehoe
 In this class you will learn Ancient Five Element Qigong routines that have been a part of Traditional Chinese Medicine for thousands of years. These routines are designed to build and strengthen your internal health creating harmo-

ny within yourself and with your environment. Qigong exercise has improved the functioning of the immune system, circulation and central nervous system for millions of people all over the world. The class will be taught by Ed Kehoe who has been teaching Tai Chi and Qigong full time for over 6 years and has been studying these methods for over 20 years.

SilverSplash

Fee: \$60 PSC members* (7 weeks)
 October 30 - December 20
 Tues & Thurs, 11:00 - 12:00 noon
 Location: Portage YMCA - 2900 W. Centre
 SilverSplash is an aquatics-based exercise program designed to help build strength and increase range of movement. A kick **Classes cont. on pg. 15**



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- Personal Care Bathing/Dressing
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- Transportation/Dr. Appointments
- Relief Care for Family Members
- Alzheimer's and Dementia Care
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- Personal Shopping

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 www.NewFriendsMemoryCare.com

Classes cont. from pg. 14

board (provided) is used for balance support and to provide moderate resistance challenges. Since all exercises take place in the pool, there is minimal wear and tear on your joints. This class made possible as a result of a special partnership between the PSC and Portage YMCA. Participants can register at the YMCA, and will need to present this class flyer or your name badge upon registration. *The YMCA will charge a \$5 "Late registration fee" for any enrollments less than one week prior to scheduled start date.

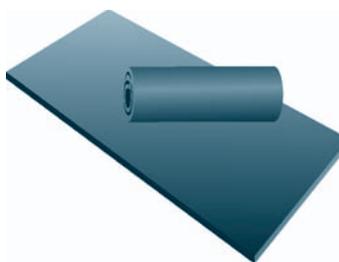
Strength Training

Fee: \$38/\$48 (7 weeks)
 October 11 - December 3
 December 5 - January 23
 Mon/Wed, 11:30 AM - 12:30 PM

Instructor: Susan Iervolina
 Location: St. Catherine of Siena - Stanley Center
 Enjoy an exercise program that is designed to increase strength, boost energy levels, and enhance muscle tone.

T'ai Ji

Fee: \$38/\$48 (7 weeks)
 October 9 - November 27 (no class Nov 6)
 December 4 - February 2 (no class Dec 25 & Jan 1)
 Tue, 8:30 - 9:30 AM
 Instructor: Ed Kehoe
 The graceful movements of the Chinese art of T'ai Ji disguise a powerful system of exercises that have long been recognized for their therapeutic qualities.



Yoga

Fee: \$60/\$70 (8 weeks)
 October 30 - December 18
 Tuesday, 1:00 - 2:30 PM
 Instructor: Christine Peckels
 Location: St Catherine's of Siena - Stanley Center
 Improve fitness and inner calm through focused, slow stretching movement in a tranquil atmosphere. Participants are asked to bring an exercise mat.

Zumba Gold

Fee: \$30/40 (8 weeks)
 Mon, 5:00 - 6:00 PM
 September 10 - November 19 (no class Oct 1)
 November 26 - January 14
 No class Sept 17, October 15
 Instructor: Gretchen Pouliot
 We are pleased to announce our newest instructor: Gretchen Pouliot. She is excited to have the opportunity to come share Zumba Gold at the PSC. She has been enjoying Zumba Fitness for 6 years and started teaching Zumba Fitness in January 2011 at various locations in the Kalamazoo /Portage area. Zumba Fitness is a great way to get in shape, connect with friends, and relieve stress. It's been a big success by combining energizing music, basic steps, and fun choreography for a total body workout. Participants feel energized, happy, and even younger during and after class. Her favorite comment is "I can't believe the time is up". This makes

her grin because she feels the same way. Time flies when you're having fun? Zumba Gold is a fitness program designed to take the exciting Latin and international dance rhythms created in the original Zumba Program and bring them to the active older adult, the beginner participant, and other special populations that may need modifications for success. The program emphasizes the basics of Merengue, Salsa, Cumbia, Bell Dance, Flamenco and Tango. Its aim is to provide a safe and effective total body workout, and celebrate the joy of dance and inspiring music with others.

I Want A Happy and Healthy Memory Club

Fee: \$5/\$8/non-members/session
 2nd Thursday of every month
 Session 1: October 11
 Session 2: November 8
 1:00-2:30 PM
 Instructor: Suzanne Gernaat
 A discussion/activity group, that meets once a month, to hear about the latest brain/memory research, do memory games and exercises and learn about online resources and things you can do to keep your memory working.

A good memory will help you keep your independence. Every month you will gain valuable information and have fun learning about the exciting ways to keep your memory healthy and happy! Register at PSC.

Here to help

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In memory of Thomas Berglund

Jill Berglund

In memory of Dottie Sutter

Judith Finnegan, Martha Hearn, Jeffrey & Gail Gibson, Michelle Zudniak, Ted Vlieg Sr, John & Joan Hines, Becky Moisse, Tom & Char Stohrer, Raymond & Priscilla Becker

In memory of Paul Zingg Sr

Steven Borchert, Bette Anderton, Fran Essex, Dorothy Barstow, Richard Kamm, Amelia Castillo, Ron & Bonnie Bogus, Ted Doscher

Special Thanks to Our Mini-Bus Drivers

Someone once said that going to the hair dresser was the best therapy anyone could want. Not so fast. We all know that the best way to make your average day a great day is to take a ride with one of the PSC mini bus drivers. These tireless volunteers do more than drive. They listen, support, share life stories, and tell a joke or two. Not to mention regularly driving customers to other important destination points for a trip to the bank or grocery shopping. Our hats are off to the following drivers who provide the best therapy anyone could want!

Rick Davison	Gary Leadley	Pete Vroegop
Larry Grant	Ron Lowe	Max Walter
Jerry Helms		



Product Donations Made

Postage Stamps, Betty Babbitt, Patty Cook
 Coffee, Helen Lovin, Chuck Pasco, Margaret Krum, Mike Johncock, Marian, Laura & Paul Zingg Jr, Pat Berninger,
 Dish towels, Sharon Dickey, Shirley Bumgardner

Culver's of Portage –

A hearty thanks is given to our very own Portage location, **Culver's Frozen Custard & Butterburgers** restaurant, whose professional and courteous staff welcomed the Friends of the PSC for a Dining to Donate event. With your help and theirs, the Friends of the PSC raised \$152 that will be used in direct support of PSC programming.

Your Membership

Your membership is important to us! Your annual membership guarantees you the full rank and privileges of membership in an organization dedicated to enriching the lives of senior citizens throughout the county. You can be proud to join hands with 1,700 others in endeavors to serve the "Fifty and Better" population.

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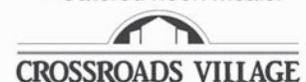
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Fall Trip Preview: Monday, October 22 at 1:30 PM

Thank you to all our loyal travelers. Join us for our Fall Trip Preview to find out about upcoming new, unique and exciting tours! We look forward to seeing all of you – on the road again in 2013! Bring your cash and checkbooks to sign up. Travel bucks will once again be valid for the entire preview week and expires Friday, October 26. Call 329-4555 to save your seat!

Fun 2012 Day-Trip Outings!

XANADU, Drury Lane Theatre, Oakbrook Terrace, Illinois

Thursday, October 25

This musical comedy is based on the 1980 classic film of the same name, which was inspired by the 1947 Rita Hayworth film, *Down to Earth*. The story focuses on a Greek muse, Clio, who descends from Mt. Olympus to Venice Beach in 1980 on a quest to inspire a struggling artist, Sonny, to achieve the greatest creation of his life – a roller disco. Lunch included.

TREASURY OF POLISH HERITAGE 2, Hamtramck

Wednesday, November 7

Disappointed our first trip in May sold out so quickly? Here's another chance! Visit the Polish Art Center in Hamtramck. See demonstrations of Polish arts and crafts in the only shop of its kind west of Warsaw and receive an imported ornament. Shop next door for some Polish sausage. Enjoy a Polish hot lunch at Polonia Polish Restaurant (included). Sample fresh and smoked sausages, stuffed cabbage, pierogies, kapusta (kraut), and kopytka (potato noodles) accompanied by authentic Polish accordion music. After lunch, relax on the bus for a brief tour of Hamtramck and see Pope's and Veterans' Parks. The tour will conclude with historic St. Florian's Church. Before departing, stop at a Polish bakery for a treat to enjoy on the way home. Spend a day in Poland without leaving Michigan!

"FOREVER PLAID", Theatre at the Center, Munster, Indiana

Thursday, November 15

This smash hit musical about the famous singing group, The Plaids, "*will put a smile on your face, a hum in your throat and a tap to your feet*", says the New York Post! These tuneful holiday standards have all been "Plaid-

erized", as our boys are back to do their first Christmas special. They've been summoned by a heavenly Rosemary Clooney to put a little harmony into a discordant world. Sprinkled among the presents are their riotous version of The Ed Sullivan Show featuring the Rockettes, The Chipmunks, and The Vienna Boys Choir, and a Plaid Caribbean Christmas. Lunch included.

"AN OLDE FASHIONED CHRISTMAS", Cornwell's Dinner Theater, Marshall
Wednesday, December 5

Set the stage for your perfect Christmas season! This is a classic Christmas story that unwraps and delivers Christmas surprise after Christmas surprise. Join us as David takes his friends, family and you back to a Christmas with no cell phones, no computers, making your Grandma's favorite recipes and cutting down their tree and is packed with all of your favorite songs. Includes lunch.

NEW! RADIO CITY ROCKETTES CHRISTMAS SPECTACULAR, Rosemont, Illinois

Wednesday, December 19

Radio City Christmas Spectacular starring The Rockettes triumphantly return to Chicago with an all-new show. It's more spectacular than ever before! Features



Travel continued on page 18

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Travel continued from page 17

brand new scenes, new sets and costumes, breathtaking special effects and an unforgettable new finale! If you've never seen it go! If you have seen it, go again! Includes lunch at The Carlucci, among Chicago's top 50 restaurants.

Extended Trips – 2012 Fun Get-Aways!

HIDDEN TREASURES – A MYSTERY TRIP

October 3 – 5

Mirror, mirror on the wall. Where shall we travel to this fall? It's a small world after all, and if you go, you'll have a ball! We can't tell you where, but we can tell you when. This trip includes stops at some very diverse and exciting venues, plus most meals. This one's a real winner! Clues will be given for those who are driven to know where we'll go. Good luck with your search, but the best thing to do is climb aboard the bus and leave everything to us. **HURRY – JUST A FEW PLACES LEFT!**

CHRISTMAS! IN A WHOLE NEW LIGHT,

Louisville, Kentucky
November 27 – 30

Travel to Louisville, Kentucky to see *Kalightscope* – a display of luminaries ranging in size from 6 to 24 ft. high, made of beautiful silk fabrics and designs from China; also browse the Mistletoe Marketplace. Another hi-light is a ride through Louisville's Mega Cavern, which has been transformed into a winter wonderland with over 2,000,000 lights and is the only underground light show of its kind in the world! Accommodations are at the lovely Galt House Hotel, with its 1290 rooms and excellent location on the banks of the Ohio River. Included are 2 great dinner theatre shows, **Kentucky Derby Museum Tour** and more in this *delightful* Christmas trip!



Extended Trips – 2013 Fun Get-Aways! CALIFORNIA COAST

February 21-27, 2013

Special features include Amtrak's Coast Starlight journey from Los Angeles to Salina, with unsurpassed scenery along the route, and a stay on the historic Queen Mary in Long Beach! Sponsored by Shoreline Tours.

A FLORIDA GULF COAST VACATION, St. Pete's Beach, Florida

February 21-27, 2013

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Travel continued on page 19



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Travel continued from page 18

the St. Pete Beach area! Do as much or as little as your heart desires – swim in the pool, stroll along the beach and venture into St. Pete’s to visit the Salvadore Dali Museum. You can even watch the Tigers play in spring training, visit the Hard Rock Casino, and go to Fort DeSoto for a picnic. Enjoy all of this and more when you stay at the Dolphin Beach Resort, located directly on the Gulf Coast! Sponsored by Ed & Ted’s Excellent Adventures.



NEW! COLORS OF PROVENCE

April 6-15, 2013

This is a Collette Explorations tour – small groups and big experiences! Learn secrets of authentic Provencal

cooking with a hands-on demonstration; soak up the essence of Provence with an Avignon restored farmhouse stay; experience cheese and olive oil tastings; cruise past scenic villas and gardens in Nice; explore ancient Roman origins; unveil the magic of Provence and the French Riviera – landscapes that inspired master artists! *Space is limited and early bird discount expires October 7.* Call trip office for brochure and details.



G'DAY MATE!

April 11-30, 2013

Alice Springs, Ayers Rock, Aboriginies, catamarans and glass bottom boat excursions – Great Barrier Reef, Melbourne, Sydney! Do it all while you’re young enough to enjoy it! This is a once-in-a-lifetime opportunity to reward yourself in spot-on style! **HURRY – EARLY BOOKING DISCOUNT EXPIRES OCTOBER 6.** Sponsored by Collette Vacations.

Travel continued on page 20



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Travel continued from page 19

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September 12-21, 2013

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