



Portage Senior Center Newsletter

Something to Sing About

Thursday, May 14
11:15 AM PSC Choir
11:45 AM Lunch
\$1 registration

Sign up now for this special event showcasing the remarkable talent of our own PSC Choir! Starting at 11:340, the choir will provide a dynamic array of musical treats for your enjoyment before our Senior Services lunch (\$3 donation). Space is limited. Registration deadline is noon on Monday, May 11.

Easter Lunch

Thursday, April 2
11:45 AM
\$1 registration fee

"Easter is the only time of the year when it's perfectly safe to put all your eggs in one basket." ~Kurt Avish.

Come join us for Senior Services lunch (\$3 donation) and celebrate Easter!

We will have entertainment, decorations and prizes by our sponsor. The PSC would like to thank Heritage Community - Wyndham Apartments for sponsoring this event. Reservations must be made at PSC.



Mother's & Father's Day Lunch

Thursday, May 7
11:45 AM
\$1 registration fee

"The world talks to the mind. Parents speak more intimately, they talk to the heart." ~Hain Ginott.

Come join us for Senior Services lunch (\$3 donation) and celebrate Mother's & Father's Day! We will have entertainment, decorations and prizes by our sponsor. The

PSC would like to thank Brookdale Senior Living - Clare Bridge of Portage for sponsoring this event. Reservations must be made at PSC before noon on Monday, May 4.

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It's in the Bag!

Join us on Saturday, April 18, between 9:00 AM and 2:00 PM for the first PSC purse sale and raffle! Gently used purses, tote bags, name brands and knock-offs will be available for you to purchase at bargain prices. An estimated

500 bags, many of them leather or name brand, have been received so far. New designer bags donated by generous sponsors will be raffled off during the event, so don't miss your chance to walk away a winner.

How Are We Doing?

Included with this issue of the newsletter is a Customer Satisfaction Survey. We are asking for your help by taking a few moments to fill it out and let us know how you think we are doing.

Improvements are often made on the basis of receiving constructive criticism. Organizations are prone to flow with the routine, and having "always done it that way" they continue merrily on until such time as someone with unique insight points out there might be a better method. The Portage Senior Center is open to constructive criticism. A wise man once said, "Come to me with solutions, not problems." If you have comments, suggestions,

or know of organizations implementing successful methods that you would like to share, please include that on the survey!

Completed surveys can be dropped off at the Portage Senior Center or mailed to us at 320 Library Lane, Portage, MI 49002. If it's easier, you can also complete the survey on-line by going to www.surveymonkey.com/s/PortageSeniorCenter

Thank you in advance for your willingness to share your thoughts on how things are going at the Portage Senior Center. Your feedback will help us set our goals and objectives for future programs and activities.

FRIENDS OF THE PSC APPEAL—

Almost at the Halfway Point! We need you to help us move forward towards our goal. The Friends of the Portage Senior Center is a nonprofit organization dedicated to ensuring adequate funding for the many programs available at and through the Portage Senior Center. The most important method of raising needed funds is to conduct an appeal to the members, friends and community organizations that recognize the impact the Center has on the lives of older adults in our community.

In November, 2014 the Friends sent a letter to community Friends who recognize it takes the commitment of hundreds of people to provide support for area seniors to enjoy recreational programs such as card games, billiards and chair volleyball. In

2014 there were over 1,000 participations in music and cultural programs—theatre, writing, painting and quilting. Health and fitness programs helped seniors manage blood pressure, check for hearing problems and learn how to prevent falls. Social activities are important components to healthy aging; the outreach performing arts, friendship luncheons, transportation assistance and travel programs all exist and thrive at the Portage Senior Center.

The response to the November appeal was heartwarming, with nearly \$10,000 received from only 117 generous donors. But, to meet the growing demand for programs as well as the higher costs of providing them, the goal for this appeal was

Continued on page 7

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Afternoon: Allison Alexander

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- Meal Site Coordinator*
Gail Secord
- Volunteer Editor*
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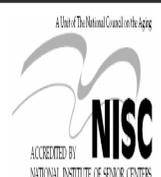
Leaving a legacy has never been easier. It would be our privilege to help you include the PSC in your estate plans. Call us at (269) 329-4555 and ask for Kim.

The PSC Newsletter is professionally edited prior to printing. The PSC staff regrets any errors that may occur during the printing process.

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. 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.

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



Polish Cooking Demonstration

Monday, May 18, 1:15 PM

Registration Fee: \$2 Members/\$5 Non-Members

Sponsor: TenderCare Portage

Come and join Head Chef Roger from TenderCare Portage for an afternoon cooking demonstration of traditional comforting Polish cuisine, including recipe sharing and taste testing. Registration deadline is noon on Friday, May 15.

PSC Bike Club

Wednesday, April 29, 9:00 AM

At this initial meeting for the 2015 biking season, members will discuss rules for riders and the 2015 schedule. All members or interested members are welcome. The club rides from the PSC on Wednesday mornings beginning May 6 until October 14. Helmets are required. Schedules will be available at the April 29 meeting. Bob Strader is the group leader.

Euchre Tournament

Wednesday, April 29, 2:00 - 4:30 PM

Fee: \$5 Members

Clubs, diamonds, hearts, or spades! Join us for an afternoon Euchre Tournament. Rules and score cards will be included along with prizes. Snacks provided by our sponsor, CentraCare Program of All-Inclusive Care for the Elderly (PACE). Participants must pre-register at the Reception Desk.

Social Golf League

Thursdays, May 7 - August 27

9:00 AM tee time

States Golf Course, Vicksburg

League Fee \$5

The PSC Social Golf League will again be offered this year to our men and women members. We have reserved a weekly tee time of 9:00 AM every Thursday at the course. As this is a social league, you will only pay as you golf and never need to find a sub. League fees will be \$5 per person and collected until the third week of golf. Greens fees are \$10 and a half-cart is \$5. At the end of the season, we will have a golf scramble with prizes and luncheon at the course.

Final Resting Places of the Presidents

Thursday, June 18, 1:00 PM

Presenter: Langeland Family Funeral Homes

"Die when I may, I want it said by those who knew me best that I always plucked a thistle and planted a flower where I thought a flower would grow." -Abraham Lincoln

This newest presentation takes you on a unique tour of America, sharing the intriguing, often untold stories behind our presidents' final resting places. The history and compelling images of 20 presidential burial sites are highlighted along with a brief synopsis of the funeral pre-planning that occurs early in each U.S. president's first term. Registration deadline is Monday, June 15.

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Garden Talks for 2015

Tuesdays, 6:30 - 8:30 PM

April 14, 21

Free to the Public

Series Presented by Schram's Greenhouse

Whether you are a seasoned gardener or a novice, you'll want to take a look at the presentations being covered in "Garden Talks." This is a weekly series of gardening topics with experts in all fields of horticulture. These are informal sessions for gardeners at all levels. It is educational and fun at the same time. This program, free to the public, is offered by Schram's Greenhouse and the Portage Senior Center. Registration is recommended; contact Luba Schram at Schram's Greenhouse (269) 327-5347. Stop in at the PSC for a schedule of available speakers.

Grocery Bingo

Monday, April 27, 1:15 PM

Free to members (\$5 non-members)

Absolute HomeCare will be hosting this event which will consist of a variety of games, grocery prizes, and witty commentary. Deadline for registration is noon on Friday, April 24.

Big Screen Movie

Monday, April 13, 1:15 PM

"Amazing Grace"

This powerful musical "Homecoming" gathering, hosted by Bill and Gloria Gaither, offers a timeless treasury of the great hymns of the church. Songs that will remain popular for generations to come are included. Come and sing along with some of gospel music's finest voices to such favorites as "Amazing Grace," "Tell Me the Story of Jesus," "I Need Thee Every Hour," "Burdens Are Lifted at Calvary," and "The Lord's Prayer." Not rated. Closed-captioned. 100 minutes. View the movie for free. 50 cents for popcorn.

Big Screen Movie

Monday, May 11, 1:15 PM

"The Shunning"

Katie Lapp has always struggled with the rules that define her sheltered Amish community, but when a wealthy outsider begins asking about her family, Katie starts to wonder about her origins. Best-selling author Beverly Lewis' "The Shunning" is a powerful, personal journey of discovery based on the novel of the same name. Will unraveling secrets challenge Katie's faith? Not rated. Closed-captioned. 88 minutes. View the movie for free. 50 cents for popcorn.

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Art Open Session

Mondays, 1:00 - 3:00 PM

This open session offers beginning and accomplished artists of all mediums the chance to get together once a week and share their creativity with like-minded individuals. Bring your own supplies and enjoy the fellowship at this Art Open Session.

PSC Book Club

2nd Monday, 10:00 - 11:00 AM

April 13: *A Star for Mrs. Blake* by April Smith

May 11: *The Rosie Project* by Simson

Check the bulletin board under "Programs and Activities" for more information. Ann Perkins is the group leader.

Choir

Thursdays, 9:30 AM

The Portage Senior Center Choir is looking for men and women who enjoy singing. Neither an audition nor a great voice is required. The choir performs at retirement communities, PSC activities, and other community events. The group leader is Marilyn McKinley.

PSC Band Schedule

April

3	Tues.	3:00	Rehearsal 320 Library Lane Portage Senior Center
14	Tues.	3:00	Portage Senior Center Dance 320 Library Lane Portage Senior Center
18	Sat.	5:30	Air Zoo 6151 Portage Road
21	Tues.	2:30	Oakland Centre 2255 W. Centre
28	Tues.	3:00	Park Place 4222 S. Westnedge Ave.

May

5	Tues.	3:00	Rehearsal 320 Library Lane Portage Senior Center
12	Tues.	3:00	TenderCare/Drake 2575 N. Drake Road Kalamazoo
19	Tues.	2:30	Laurels of Galesburg 1080 N. 35th St.
26	Tues.	2:30	Bronson Commons 23332 Red Arrow Hwy. Mattawan

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Monday thru Friday
7am to 8 pm
Saturdays & Sundays
7am to 3 pm

Dining Out Club

Enjoy a delicious meal and great company! Call in your advance reservation by noon on the previous business day for this activity. All meals are self-pay. Hosts: Hal and Shirley Ray.

Dinner

Monday, April 6
5:00 PM
Brann's Steak House
700 MLK Blvd., Portage

Breakfast

Tuesday, April 14
8:30 AM
Yogi's
2070 E. VW Ave., Schoolcraft
(Just west of Vicksburg)

Lunch

Thursday, April 16
11:30 AM
Hooters
5250 S. Westnedge, Portage

Dinner

Monday, May 4
5:00 PM
Fieldstone Grill
3970 W. Centre, Portage

Breakfast

Tuesday, May 12
8:30 AM
Bob Evans
5641 S. Westnedge

Lunch

Thursday, May 21
11:30 AM
Michelle's
6777 Romence Road
Portage

Planning Meeting

Wednesday, April 8, 10:00 AM

Spring is in the air! Soon, the front gardens will be filled with daffodils. This will be followed by lovely annuals and topiaries provided by Kalamazoo In Bloom. The back gardens at PSC will again be filled with multiples of varieties of donated annuals, perennials and garden art. The Garden Pals strive to plant and maintain the beds. All willing garden enthusiasts are encouraged to attend a planning meeting on Wednesday, April 8, at 10:00 AM at PSC. Group leader is Joyce Tuinier.

Hand Chimes

Thursdays, 1:00 PM

If you have ever wanted to play an instrument, now is your chance to turn sounds into music! A musical background is not required, but you must be able to keep time. Hand chimes (provided) are like hand bells, but are lighter in both sound and weight. Group leaders are Freya Lake and Jeanne Faker.

iPad Discussion Group

Thursday, May 21, 10:00 AM

This discussion group will include questions and answers on using the iPad and demonstrations on drawing and sketching using the iPad. Bring your own iPad if you have one. The group leader is Larry Smith. Register at the Reception Desk.

Loaves & Fishes - PSC Bag Recycling Program

Wednesdays (1st) & Thursdays (1st) Only

This group collects paper and plastic grocery bags on the first Wednesday and Thursday of each month. The bags are used for the *Grocery Pantry Program* at Kalamazoo Loaves & Fishes. Bags are sorted on the first Friday of the month after bag collection dates.

New Member Orientation (NMO)

Tuesday, May 12, 10:30 AM

At the NMO, new members learn about the PSC and meet other new members. Let the receptionist know if you would like to make a reservation for the \$3 Senior Services, Inc. lunch immediately following the NMO presentation. Pre-register at 329-4555.

PSC Needlers

Thursdays, 9:00 AM - 12:00 PM

The PSC Needlers meet weekly to knit, crochet, and then donate completed projects to various community agencies throughout the year. New members are always welcome to join us.

Readers Theatre

Wednesdays, 2:00 PM (2nd & 4th)

Do you enjoy drama and comedy? Do you like to act? Join this fun group that produces skits and readings and presents them to area schools and churches. Participants read their parts so memorizing isn't required. Babs Smith leads the group, which meets the second and fourth Wednesdays. If interested, come join them to learn more!

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Recycled Cards

Tuesdays, 10:30 AM

The Recycled Cards group accepts whole greeting cards with verses intact, but does not accept or use Christmas cards. The cards are cut apart and redesigned to create a "new" card. The cards are available for sale in the PSC lobby.

PSC Kazoos of the Red Hat Society

This chapter of Red Hatters calls itself the PSC Kazoos. All you need to join this merry group is a sense of humor, a PSC membership, and the desire to have fun! Contact Queen Marie Tucker at 269-375-2104 if you are interested in joining this group.

Sisterhood

Fridays (2nd), 1-2:30 PM

This women's social group meets the second Friday of each month. Meeting agendas are posted under "Programs and Activities" on the PSC bulletin board. For more information, please call 329-4555.

Friday, April 10

Time: 1:00 PM - 2:30 PM
Event: Lunch at Wild Ginger.
Experience gourmet Asian Cuisine made from scratch.
Site: 639 Romence (D&W Plaza)
Hosts: Sylvia B.

Friday, April 10

Time: 1:00 PM - 2:00 PM
Event: Classic Movie and a Snack
Site: PSC
Hosts: Dorris B. and Lilly H.

Super Books – Fundraiser!

The Super Books are here with over 1,000 coupons and almost 400 pages, there are savings for everyone! Funds raised from the sale of Super Books support PSC programs and events. Stop in and pick up your Super Book for only \$40.

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City of Portage Seeking Election Workers

The City of Portage is currently taking applications for election workers for the May 5, 2015 election. Persons with at least basic computer experience are strongly encouraged to apply. All election workers must be registered voters in the State of Michigan and will receive training in advance of the election.

Election workers are compensated \$15 for each training session and \$120 for working Election Day. If you are interested in becoming an election worker, please contact the Department of Employee Development at 329-4533.

From page 2

set at \$20,000. If you were one of those donors, we want to thank you. We'd of course also welcome you taking a second look to see if you might add to donation so we can get closer to obtaining the needed resources.

If you were unable to donate in 2014, why not consider donating to a place where you know people in the community will appreciate and benefit from your gift. Perhaps you didn't realize that the PSC relies so heavily on contributions. The city of Portage is a valuable source of financial support, and membership dues and fees from program participants offset a percentile of financial needs. The bottom line is that the Portage Senior Center needs significant support from friends— friends like you! Your contribution is tax deductible, and a great way to give back to the entire community.

Please consider making a tax deductible contribution to the Friends of the Portage Senior Center now so that our spring and summer activities and programs can continue to add value and benefit to the lives of our community seniors.

Bill McCarty,
PSC Member and Friends Board Member

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EXERCISE CLASSES

Self Defense Workshop

Tuesday, May 19, 7:00 PM, \$7 Members/\$9 Non-Members
Instructor: Ed Kehoe

Learn common sense ideas to keep you and your family safe from personal attacks, vital point striking techniques to disable your attacker, and techniques to escape from holds. Important information for the safety of your whole family will be shared. Minimum of 8 participants. Pre-register at Reception Desk.

Body Rebound – Instructor, Helene Thompson

Monday-Wednesday-Friday, 10:30 - 11:30 AM,
 8 weeks, \$42 Member/\$52 Non-Member

March 2 – April 24

April 27 – June 22

No class May 25

This non-aerobics class begins with stretching and chair exercises, and includes work with hand weights and small foam balls (provided). Good for the person who wants to stay flexible and increase muscle strength.

Enhance Fitness – Instructor, Deb Snell

Monday-Wednesday-Friday, 8:10 - 9:10 AM,
 8 weeks, \$42 Member/\$52 Non-Member

March 30 – May 18

May 20 – July 17

No class May 25 and July 3

Developed at the University of Washington in Seattle, this class is a safe and effective program for seniors with a wide range of physical abilities. The class includes strength training using hand and ankle weights, low-impact aerobics, balance and stretching.

T'ai Ji – Instructor, Ed Kehoe

Tuesday, 8:30 - 9:30 AM, 7 weeks, \$42 Member/
 \$52 Non-Member

March 24 – May 5

May 12 – June 23

All forms of T'ai Ji share the same philosophy - yield to incoming force and redirect it. T'ai Ji loosens the joints and makes the spine stronger and more flexible. It benefits the heart and lungs as well, especially for individuals who cannot do strenuous exercise.

Yoga – Instructor, Christine Peckels

Tuesday, 1:00 - 2:30 PM, 8 weeks, \$72 Member/
 \$82 Non-Member

February 24 – April 14

April 21 – June 9

Improve fitness and inner calm through focused slow stretching movement in a tranquil atmosphere. Participants are asked to bring an exercise mat.
Location: St. Catherine of Siena – Stanley Center.

SilverSneakers Splash – Portage YMCA, 2900 W. Centre Ave

Tuesday & Thursday, 11:00 AM – 12:00 PM,
 7 weeks, \$63 Members Only

February 24 – April 16

April 21 – June 2

This is an aquatics-based exercise program designed to help build strength and increase range of movement. Since all exercises take place in the pool, there is minimal wear and tear on your joints. This class is made possible through a partnership between the PSC and Portage YMCA. Participants **register and pay at the YMCA**, and will need to present this class flyer or your MySeniorCenter (MSC) card upon registration. Class schedule is subject to change, please contact the Portage YMCA for more information.



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COMPUTER CLASSES

Computer Tutoring – Members Only
Monday and Friday, 10:00 AM - 12:00 PM,
Members \$10/hour

Individual tutoring with or without a laptop computer by an experienced volunteer is available Monday or Friday. Your appointment focuses on whatever aspect of computer usage you'd like to cover. Register and pay at the Reception Desk.

Laptop Introduction to Office – Instructor, Royce Bland
Wednesday, 10:00 AM - 12:00 PM, 7 weeks,
Members Only - \$24

April 1 – May 13

June 3 – July 15

Laptop Introduction to Office is designed for individuals who have some basic working knowledge but would like to learn more about how to utilize Microsoft Office software for personal applications. The class will provide an overview of Windows Explorer, Word, Excel, Access, PowerPoint, and Photo Editing. **Please note:** Students will need to bring a laptop computer and a one gigabyte flash drive to each class, including the first class. Students will use the flash drive to save lesson plans and homework.

ART CLASSES

Painting with Acrylics – Instructor, Rae Sills
Wednesday, 1:00 - 3:00 PM, 6 weeks,
\$62 Member/\$72 Non-Member

April 1 – May 6

The emphasis in the class will be not only learning color, design and texture, but also using mediums in manipulation of quick dry paint. The student will work from photographs of his or her choosing. Rae is experienced in many mediums and will allow a student to work in another medium upon request. (No oils, please.) Pick up the supply list at the Reception Desk when registering.

Reminiscence Writing – Instructor, Wilma Kahn
Wednesday, 10:30 AM - 12:00 PM, 7 weeks,
\$32 Member/\$42 Non-Member

April 1 to May 13

May 27 to July 15

No class June 3

Write about reminiscences old and new. Topics include ancestors, childhood, school days, adulthood, military service, career, children, grandchildren, pet peeves, travels, current events, or whatever you want to write about. This class is a great opportunity to make new friends, share your writing, and learn from others. The instructor has an MFA in creative writing and a DA in English, and gives written responses to class member's work.

OTHER CLASSES

Beginning Bridge

There is a lot to learn but our goal is to make it easy. You are invited to become involved with a great card game that is quite challenging but most rewarding. Registration deadline is Friday, April 10 for Part 1 and Friday, June 10 for Part 2.

Part 1 Bidding – Instructor, Pat Brown

Bids: From Openings to Slams

Wednesday, 2:00 – 4:00 PM

April 15, 22, 29, May 13, 20, 27

Fee: \$18 Members

Part 2 Play of Hand – Instructor, Pat Brown

From 1st Leads to Considering the Odds

Wednesday, 2:00 – 4:00 PM

June 10, 17, 20

Fee: \$9 Members

Scholarships: The PSC is fortunate to maintain a scholarship program through the Friends of the Portage Senior Center, in the *Bea Butler Scholarship Fund*. Members of the PSC or community at large who are experiencing financial hardship are encouraged to contact Manager Kim Phillips or Program Coordinator Denita Demler for additional information regarding scholarships. All information is kept confidential.



All Ears Theatre

Free Upcoming Shows

APR 4 - Ananse's Return
 APR 18 - The Odyssey of Runyon Jones
 May 2 - Little Red Riding Hood
 May 16 - The Importance of Being Earnest
 May 30 - The Bickersons

Back in the "Golden Age" of radio, weekly radio programs brought the young and old to their living rooms to listen to adventurous, mysterious and comical tales. Dedicated to promoting this rich history, All Ears Theatre performs newly scripted radio programs for live audiences, complete with old school sound effects, from January through May. Shows are later broadcast on 102.1 WMUK-FM. Performances are at 6:00 pm at the First Baptist Church and are FREE to the public.

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Stay Independent - Prevent Memory Loss

2nd Thursday of every month
1:00 - 2:30 PM

Session 1: May 14

Session 2: June 11

Fee: \$7 Members/\$9 Non-Members per Session

Instructor: Suzanne Gernaat

A strong prevention program can prevent memory loss and delay the onset of Alzheimer's disease. You can lower your risk of memory loss by up to 70% with just a few simple lifestyle changes. Don't let your memory slip away! Register at the Reception Desk.

Indoor Walking at PPS

Tuesday and Thursday, 1:30 - 2:30 PM

March - April 30

No walking April 2, 7 and 9 - PPS Spring Break

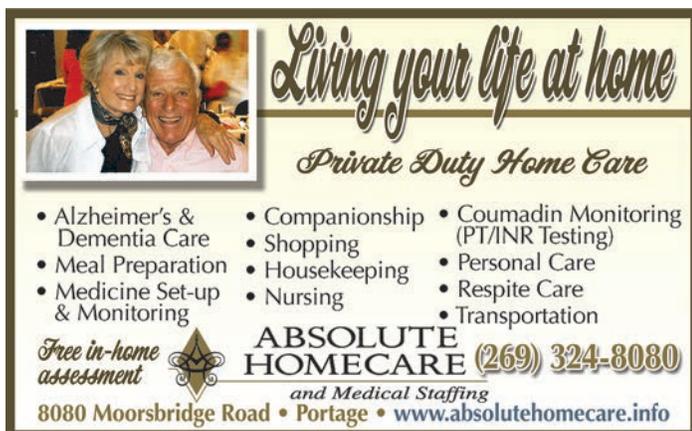
The PSC has partnered with the Portage Public Schools (PPS) to offer day-time indoor walking on Tuesdays and Thursdays at the Stable (the multi-purpose center behind Central Middle School). Only open to PSC members, PPS is opening its track to walkers two days a week, from 1:30 PM - 2:30 PM. Curbside parking and an elevator are features of the Stable. Eight laps = 1 mile. Come and get healthy with us.

Massage Therapy

3rd Monday, April 20 and May 18

12:30 - 4:45 PM

How does stress feel in your body? Are you tired and achy? Do you have a stiff neck or headaches? Sore back and shoulders? Is your body moving as well as it used to? Massage can help. Sign up for an appointment with our licensed massage therapist, Susan Walker. Appointments are \$20 for a half hour or \$40 for one hour, massages are performed at the PSC. Payments are made directly to Susan in cash or check. Register at the Reception Desk.



Living your life at home
Private Duty Home Care

- Alzheimer's & Dementia Care
- Meal Preparation
- Medicine Set-up & Monitoring
- Companionship
- Shopping
- Housekeeping
- Nursing
- Coumadin Monitoring (PT/INR Testing)
- Personal Care
- Respite Care
- Transportation

ABSOLUTE HOMECARE (269) 324-8080
and Medical Staffing
8080 Moorsbridge Road • Portage • www.absolutehomecare.info

Your Health Series

Dietetics Nutrition Program

Thursday, April 30, 1:15 PM

Presenter: WMU Student Dietetics Association (SDA)

WMU students in the SDA will be teaching an interactive class on nutrition and demonstrate easy-to-make recipes. It's never too late to start eating healthier. Along with the discussion and demonstration, students will explain nutritional benefits of ingredients. Register at the Reception Desk by noon on Monday, April 27.

Hearing Screenings

3rd Tuesday, June 16 and August 18

9:00 - 11:00 AM

A certified audiologist from the Hearing Center will provide the following services at no charge: hearing screenings, hearing aid cleaning/check, ear-mold re-tubing, and ear-mold impressions. Call 329-4555 to schedule an appointment (required).

Walkers with Walkers

Tuesdays and Thursdays, 9:30 AM

Walkers with Walkers are members who use assistive devices to help with mobility. The group meets in the spring and summer at the PSC and then leisurely walks the Bicentennial Trail. In the fall and winter, they meet at the Crossroads Mall Food Court at the Carousel. Penny Newhouse is the group leader.



ComForcare Home Care™
"Promoting Quality of Life With a Caring Touch"
www.ComForcare/Kalamazoo

- SERVICE** Assistance with bathing, grooming, transfers, medications, meal preparation and safety supervision for fall prevention.
- ASSESSMENT** Initial and ongoing care assessments provided.
- SCREENING** Caregivers are meticulously screened and monitored for your peace-of-mind.
- SECURITY** Our caregivers are fully insured and bonded.
- SUPPORT** Home care and office assistance is available 24/7.

Supporting Independence, Dignity and Quality of Life
269-359-4141

Each office is independently owned and operated. ComForcare Senior Services is an equal opportunity employer.

PSC Volunteers

April 12-18 is National Volunteer Week! It is a time for inspiring, recognizing and encouraging people to seek out imaginative ways to engage in our community. Did you know...we currently have 253 volunteers at the Portage Senior Center! In January, 145 active volunteers amassed a total of 1,875 volunteer hours. If you have a desire to help others and your community, you can start volunteering today! The opportunities are almost limitless. Contact the Volunteer Coordinator, at 329-4553, if you are interested.

Volunteer Greeters

Volunteers are needed to greet potential members and assist members at the MySeniorCenter kiosk. Two-hour shifts are available on Wednesday and Thursday, from 9 - 11:00 AM. If interested, please call the Volunteer Coordinator.

Volunteer Van Driver

Volunteer drivers are needed to transport patrons in our Community Service Van program (CSV) on a planned route to and from various center activities and grocery shopping trips within the City of Portage, Monday through Friday with general hours of 8:30 AM - 1:30 PM. The next Kalamazoo Metro CSV training is Thursday, July 16, 2015. Contact the Volunteer Coordinator for more information on this position.

Volunteer Laptop Computer Tutors

Tutors will work with members to introduce them to various software applications and the Internet. Members are generally beginners, but may have some previous experience on the computer. Tutors should be knowledgeable of the following applications: MS Word, PowerPoint, Excel, and Internet. Must commit to six months of approximately two hours per week. Contact the Volunteer Coordinator for more information on this position.

Volunteer PSC Band Musicians Wanted

The PSC Band is looking for the following volunteer musicians:

Trumpet - full-time or sub

Tenor Sax - full-time

Accordion - full-time or sub

This group meets once a week on Tuesdays beginning at 3:00 PM, unless they have scheduled performances outside of the PSC. The PSC Band plays music of the big band era and some contemporary pieces. If you are interested in these positions, please contact Fran Klooster at 629-9954.

Quarterly Volunteer Orientation

Thursday, April 16, 10:00 AM

Do you want to be a volunteer at the PSC? What does volunteering consist of? The discussion will include a history of PSC, current and future volunteer programming, and benefits of volunteering, MySeniorCenter™ (MSC) membership database, and logging volunteer hours. The orientation benefits both new and experienced volunteers. As a new volunteer, who has attended the Quarterly Volunteer Orientation, your account for volunteering will be activated in MSC after Orientation. Register at the Reception Desk.



**HERITAGE
COMMUNITY**
OF KALAMAZOO

Local Roots. Vibrant Senior Living.

Heritage Community has been serving Kalamazoo seniors and their families for more than 60 years. Today, we're the only locally owned and operated continuing care retirement community in the area.

A not-for-profit organization led by a local volunteer board of directors, we manage our resources in accordance with our mission, and our longstanding values are reflected in our governance and management. We measure success in terms of achieving high standards of excellence in service, and continually strive to ensure that all residents are proud to call our community home.

Visit www.heritagecommunity.com or call 269-226-6321 for more information

Independent Living

Wyndham Apartments
Heritage Hills Apartments

Assisted Living

Wyndham West
Directors Hall

Residential Memory Care

Amber Way
Amber Place

Skilled Nursing and Rehabilitation Services

Harold & Grace Upjohn
Community Care Center

Free Estate Planning Workshop

Learn how to:

- Protect your assets for your spouse and kids
- Access the care you need
- Avoid nursing home poverty
- Pass assets to your kids and protect them from creditors, lawsuits and divorce.

Reserve your spot at the next free, no-obligation workshop in Portage

324-8385
www.wieringalaw.com

Bill Wieringa, JD
800 E. Milham Ave.
Portage

bill@wieringalaw.com



Donations (Received between December 23 and February 11)

Memorial Donations

The PSC Card Players in memory of Dee Osterling
Kalamazoo Valley Woodcarvers in memory of

Howard Strong

The PSC Cribbage Group in memory of Marv Thyse

The Portage Women's Club in memory of Maynard & Judy Schuur

Fran Essex in memory of Doris Birkhold

Friends of the PSC Endowment

Scott Hice

Phyllis Barents

Richard Knapp

Brian & Alex Lueth

Richard & Marilyn Yonke

Freeman Russell

Donation of Coffee and Supplies:

Rich Dykstra

Mike Johncock

Eleanor Burklow

Dorothy Criss

Ann Perkins

Chuck Pasco

Helen Lovin

Ralph & Shirley McKinney

Rose Ann Jacox

Welcome New Members Between December 23 and February 23

Carl Tufes

Gertrude Blied

Dale Working

Pamela Harness

Paul Zingg Jr.

Linda Porter

Debbie Smilanich

Carol Burns

Catherine Hurley

Dianne Riley

Larry & Gayle Ahleman

Sarah Northrop

Mary Ann VenDeville

Patricia Geishart

Robert Gell

Linda Hanchar

Maggi Smith

Sandy Jurich

Catherine Meikle

Graham & Mary Lou Hollis

Carin Frederickson

Roland Scheetz

Robert Perry

Ernesto Suarez

Mary Ebey

Portage District Library Activities

Author Visits & Book Groups

Science Fiction/Fantasy

First Monday of the month, 7:00 PM

April 6, Creepy Crawlies: Horror films that feature real creatures

Top Shelf Reads

Second Monday of the month

April 13, Flowers for Algemon by Daniel Keyes

Open for Discussion

Third Tuesday, 10:30 AM

April 21, The Orphan Train by Christina Kline

International Mystery Book Group

Second Thursday of the month

April 19, Bamboo and Blood by James Church

Portage Computer Users' Group

Meets Thursdays at 10:00 AM, drop in computer question and answer session.

How-To

Combat Veteran's Writing Group

Instructor Margaret von Steinen

2nd and 4th Tuesdays running through April 28 at 6:30 PM.

Volunteer Planting Day is May 15!

During the summer months the Portage City Centre is transformed into a showcase of colorful floral displays that grace and beautify the area. Show your community spirit by helping to plant the annual bedding flowers, a key ingredient to our local economy. Volunteers are needed to plant on Friday, May 15, from 8:30 AM to 12:30 PM.

new friends A Vibrant Memory Care & Assisted Living Community
managed with care by Vibrant Life Communities

A new approach to caring.

New Friends, A Vibrant Life Community, is dedicated to providing a warm and residential home-like environment for individuals living with memory support needs. Our staff is specially trained to respond to the ever-changing needs of people with cognitive loss; primarily supportive care for three stages of Alzheimer's disease and related dementia.

(269) 372-6100

call for a **FREE ASSESSMENT**

3700 W. Michigan Avenue in Kalamazoo
www.NewFriendsMemoryCare.com

Spring Trip Preview:

Monday, April 20 at 1:30 PM

Join us for our Spring Trip Preview to find out about new, unique and exciting tours! Bring your cash and checkbooks to sign up. Travel bucks will again be valid for the entire preview week and expire Friday, April 24. Call 329-4555 to save your seat.

Fun 2015 Day-Trip Outings!

VERA BRADLEY VALUES . . . Ft. Wayne, Indiana

Saturday, April 11

Being a "Bag Lady" is pretty cool as long as your bag is one designed by Vera Bradley. Bags of every sort, purses of all sizes and shapes, totes and even duffle bags will all be on sale at 40 - 60% off during the annual Vera Bradley Outlet sale. **The sale is open by reservation only and not open to general public.** After lunch at a popular Fort Wayne "Ristorante" (included), relax and enjoy an oasis in the heart of Ft. Wayne, the Foellinger-Freimann Botanical Conservatory. \$92 Member, \$102 Non-Member.

MUSIC AND MORE . . . Grand Rapids

Friday, April 17

Travel first to St. Cecilia's Music Center with a warm welcome of coffee and pastries. Within the Center is beautiful and historic Royce Auditorium with the sights and sounds of a Baroque Concert by the Grand Rapids Symphony. Hear music by Rebel, Telemann, Handel and Rameau. Enjoy fine dining at the Women's City Club where your taste buds will be delighted. Proceed to the Grand Rapids Public Museum for "Strike up the Band," a Wurlitzer organ concert featuring the music of Gershwin, Joplin and Berlin, performed on The Mighty Wurlitzer Pipe Organ - the most famous musical instrument built by Wurlitzer! \$80 Member, \$90 Non-Member.

"BILLY ELLIOT" . . . Drury Lane Theatre . . .

Oakbrook Terrace, Illinois

Thursday, April 30

You can experience Billy's thrilling and inspiring story in the most exciting musical of the decade. This celebrated, award-winning musical has captivated audiences around the world. Set in a northern mining town against the background of the 1984 miners' strike, Billy Elliot is the inspirational story of a young boy's struggle against the odds to make his dream come true. Includes lunch. \$118 Member, \$128 Non-Member.

"TALLEY'S FOLLY" . . . Purple Rose Theatre,

Jackson & Chelsea

Wednesday, May 13

Do you believe that one mesmerizing evening can change the course of two lives forever? Join us for Lanford Wilson's Pulitzer Prize-winning romantic comedy about a pair of mismatched souls longing to find love after nearly giving up. Lunch at the popular Common Grill Restaurant included. \$95 Member, \$105 Non-Member.

COURTHOUSE, CARS AND CUCUMBERS . . .

Auburn, Indiana

Thursday, May 21

We'll begin our day with coffee and cinnamon rolls in Topeka, Indiana before moving on to Auburn to tour the historic courthouse and town, the Auburn Cord Duesenberg Museum, lunch (included) and Sechler's Pickles. \$82 Member, \$92 Non-Member.

"SEX, PLEASE WE'RE 60!" . . . Cornwell's Turkeyville

. . . Marshall

Tuesday, June 9

This farce, set in a quaint and cozy bed and breakfast in New England, is "the Golden Girls meets Grumpy Old Men," filled with mayhem, mischief and mood swings. Enjoy the fun when there is a mix-up of libido-boosting pharmaceuticals! Lunch included. \$74 Member, \$84 Non-Member.

GET INTO THE SPIRIT . . . Tecumseh & Jackson

Thursday, June 11

This is a day of spirited fun, tastes and sights, winding down two-lane roads in Southeast Michigan, also known as the Pioneer Wine Trail. A beautiful ride is also included through the Hidden Lake Gardens at Michigan State University with a stop at the conservatory which houses a wonderful display of Bonsai plants. This is a trip you won't want to miss as lunch, wine tastings and a few extra stops are included! \$90 Member, \$100 Non-Member.

CRANBROOK ART MUSEUM, HOUSE & GARDENS . . . Bloomfield Hills

Wednesday, June 24

Spend the day at one of Michigan's cultural gems: the Cranbrook Art Museum, House and Gardens. Begin with a tour of the manor home of Cranbrook's founders, George and Ellen Booth, who also figure prominently in Detroit newspaper history. Then enjoy an included lunch on the property. Before and after lunch, spend time in the gardens enjoying the flowers, fountains and sculpture. Time will also be provided to visit the Cranbrook Art Museum, the centerpiece of the Cranbrook Academy of Art. \$100 Member, \$110 Non-Member.

A JAPANESE EXPERIENCE . . . Grand Rapids

Tuesday, July 14

Experience Japanese culture on this trip! Travel to a Japanese Steakhouse for entertainment and great food (included). Each table will have their own Hibachi Chef providing a show while preparing lunch. Transfer next to Meijer Gardens to view the new Japanese garden! A docent-led tour inside the facility will highlight the "Splendors of Shiga" exhibit with Japanese historical objects from the 17th century to the present day. Shiga is our sister state in Japan so come and see this unique exhibition! Tram ride through the gardens and Sculpture Park also included. \$73 Member, \$83 Non-Member.



MY RECOVERY WAS NOTHING
LIKE I EXPECTED.
IT WAS SO MUCH BETTER.

"Four months ago, I had anterior hip replacement surgery at Bronson Methodist Hospital. And it was the best thing I ever did. I put off the surgery for three years — until I could hardly walk at all. Thanks to Bronson, I started feeling better before anything was even scheduled. My doctor did a great job of explaining what to expect and what would be done. My pain was minimal and I could move around better than I ever expected. In just four weeks, I was back doing the things I used to do — camping, walking the dog, golfing with my buddies and so on. The best testament to my outcome: forgetting that I ever had a hip problem. And for that, I'm so thankful."

Don Osterhout, Portage, Michigan, May 17, 2014

When one person shares their positivity, we all share in it. To share how Bronson Positivity has impacted your life, or to watch a video of Don's story, visit bronsonpositivity.com.



 **BRONSON POSITIVITY**SM

NEW! PIPPIN . . . Cadillac Palace Theatre, Chicago, Illinois
Thursday, July 30

PIPPIN is Broadway's high-flying, death-defying hit musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of *Wicked*, *PIPPIN* will lift you up and leave you smiling. This unforgettable new production is the winner of four 2013 Tony Awards including Best Musical Revival. Hailed as "an eye-popping, jaw-dropping extravaganza," it's unlike anything Broadway has ever seen! Come experience *PIPPIN*, one young man's journey to be extraordinary. Excellent seats. \$155 Member, \$165 Non-Member.

Extended Trips – 2015 Fun Get-Aways!

GET YOUR KICKS ON ROUTE 66 . . . Illinois

June 1 – 4

You know the line, "Get Your Kicks on Route 66." Well, come along while we do just that – journeying along the famous route, experiencing travel much as it was in the first half of the 1900s. Mom and Pop businesses dominated the landscape, and they used every gimmick they could think of to make travelers stop: giant statues, bold neon signs, billboards of all sizes, unique foods, and just plain old amusement. Illinois is blessed with the greatest concentration of these icons of the "Mother Road." We aim to see more than a few as we travel this historic road from Willowbrook, IL to the notorious Chain of Rocks Bridge which crosses the Mississippi into St. Louis. Price starts at \$399 (double).

CAPE COD & ISLANDS

June 13 - 20

Travel by deluxe motor coach to Cape Cod and the Islands and features 5 nights at the Red Jacket Beach Resort overlooking Nantucket Sound! Highlights include guided tours of Hyannis, Sandwich, Plymouth, Martha's Vineyard, Chatham to Provincetown, and Nantucket. Whale watch cruise, high speed ferry to Nantucket Island, ferry to Martha's Vineyard and visits to Cape Cod National Seashore, Flax Pond Cranberry Farm, Sandwich Glass Museum also included. Price starts at \$1,699 (double). Sponsored by Ed & Ted's Excellent Adventures.

A DECADENT ADVENTURE . . . Milwaukee,

Wisconsin

July 8 – 9

It's all about your taste buds when we visit Milwaukee for an ethnic adventure. Participate in a cooking demonstration with lunch included at the popular Milwaukee Public Market, then tour Pabst Mansion and Brewery where specialty pizza will be delivered to us (included). Enjoy "*Motown the Musical's*" classic songs through the American dream story of Motown founder, Berry Gordy's journey to a music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Our Milwaukee finalé will be a progressive meal, with a delicious side of history. This ethnic adventure provides history of Milwaukee's immigrant palates

by highlighting 3 ethnic restaurants during a 3-course meal. It's a great opportunity to explore neighborhoods celebrating Irish, Italian, Polish and German traditions. Price starts at \$299 (double).

NATIONAL PARKS & CANYONLANDS OF THE WEST
September 11 – 18

This amazing, scenic journey features 2 world class train journeys! Destinations include: Salt Lake City-Dead Horse Point State Park-Arches National Park-Canyonlands National Park-Mesa Verde National Park-Durango & Silverton Rail-Cumbres & Toltec Railroad-Sandia Peak Aerial Tram-and Santa Fe, New Mexico. Tour highlight is 2-night stay at Red Cliffs Lodge in Moab, Utah, a spectacular lodge nestled on the banks of the Colorado River and surrounded by magnificent 2,000 feet high cliffs! Price starts at \$3,124 (double). Sponsored by Shoreline Tours.

NEW! A GRAND TIME ON MACKINAC ISLAND
October 17 - 20

Enjoy the splendor of Michigan's fall color as you travel north to Mackinac Island for a 3-night stay at the magnificent Grand Hotel. Stop en route for an included lunch at Petoskey's historic Stafford's Bay View Inn on Little Traverse Bay. Step back in time on Mackinac Island with the clip clop of horses, and the beauty of the Victorian-era Grand Hotel. Get your camera ready for a special promenade through the parlor by *Somewhere in Time* enthusiasts in their period attire. Listen to chamber music as you sip afternoon tea, or dance to the orchestra at night. View the island on an included carriage tour. Choose from a variety of planned activities or just relax as you choose. Your stay will include full breakfasts and 5-course dinners in the elegant Salle à Manger overlooking the Straits of Mackinac. Save room for dessert!

Sign up by May 15 for a \$25 early bird discount.

International 2015 Trip! 

DISCOVER SWITZERLAND, AUSTRIA AND BAVARIA
September 30 – October 9

Journey through spectacular mountain scenery and picturesque cities as you experience the enchanting Alpine cultures of Switzerland, Austria, and Bavaria. Spend four nights each in the UNESCO world heritage city of Bern, and the charming Alpine city of Innsbruck. Walk the halls of the 13th century Chateau de Chillon, a princely residence on the shores of Lake Geneva. Ride the legendary GoldenPass Panoramic Train from Montreux to the Alpine ski resort, Gstaad. Explore Lucerne, the "Swiss Paradise on the Lake." Visit Mozart's birthplace and the Mirabell Gardens, featured in the "Sound of Music," during your time in Salzburg. See the fairy-tale castle, Neuschwanstein. Visit Oberammergau, a perfect picture traditional German Alpine village plus much more! *Early booking discount available.* Price starts at \$4,199 (double). Sponsored by Collette Vacations.



Recycled Art in the Park Event

To promote recycling in the City of Portage, the Park Board will be holding the third annual recycled sculpture event May 16-23 in the beautiful Celery Flats Historical Area, 7336 Garden Lane. This is not a juried art show but a venue for area artists to express creativity and create public awareness on recycling. The event will kick off at 12:00 p.m. on Saturday May 16 with musical entertainment, public viewing and a recycling vendor tent. Refreshments will be available for purchase. The artist's exhibits will be available for open public viewing throughout the week.

A panel of area artists will judge the artwork based on adhering to the recycling content for eligibility, with 60% creative use of materials as they were not originally intended, and 40% overall artistry and originality. Prizes will be awarded in a variety of categories including a Popular Choice from visitor voting conducted on designated days and/or the city website. The judging will be conducted on Saturday, May 16, 2015, with prizes awarded that day for 1st, 2nd, 3rd and Sponsor's Choice Awards. The Popular Choice Award will be announced on Saturday, May 23, 2015, following the online voting period.

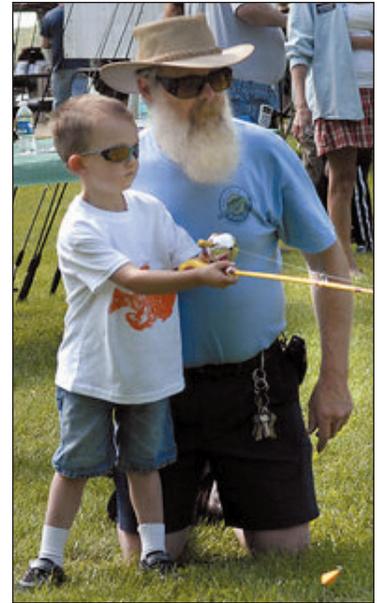
The City of Portage Park Board works on quality of life activities to promote family, health and educational events for the community. For more information contact the Parks, Recreation and Senior Citizen Services Department at 329-4522.

Family Fishing Fair

*Ramona Park
Saturday, May 16, 2015
10:00 AM - 1:00 PM
Free*

This community event offers various activities for all ages and abilities, so bring the whole family out to experience the joys and lifetime benefits associated with shishing, boating and aquatic conservation. Whether this is your first time, or you are a fair weather fishing fan, the Family Fishing Fair is sure to bring smiles and good times! Fishing equipment loaners will be on hand for those hoping to reel in the first (or next) catch of the day...no experience necessary as local fishing guides and experts will be on site to provide all the guidance you need. Activities include lure making, knot tying, fly casting, fly tying, rod rigging, seminars by local fishing experts, boater safety, kayak and paddle board demo's and much more!

150 Kids will receive their own fishing rod courtesy of United Water! For more information or to volunteer for this event, contact the Portage Parks Department at 329-4522.



Ramona Park Beach

8600 S. Sprinkle Road, 1/2 mile south of Centre Avenue Ramona Park beach offers a sandy swim area with life-guards, picnic areas, fishing dock, beach volleyball, concessions, playground, changing rooms and much more! Vehicle permits, for entry into Ramona Park, can be purchased on site near the park entrance during regular beach hours.

Beach hours: Monday - Thursday 12:00 PM - 7:00 PM
Friday - Sunday & Holidays
10:30 AM - 7:30 PM

Open Daily: May 22-25
May 31
June 6 - September 7

City Resident Daily Permit	\$5
Non-Resident Daily Permit	\$10
City Resident Annual Permit	\$25
Non-Resident Annual Permit	\$45
Group Bus Daily Permit	\$50
(for 15 or more people)	

Your Company

How would you like to print 2,500 business cards and have them delivered for less than 3¢ each to the homes of 2,500 active seniors with discretionary income and time?

To learn more about placing your advertising message in the Portage Senior Center's newsletter, call Jim Coppinger today at 345-3718. Space is limited.

City of Portage
Senior Citizens Services
320 Library Lane
Portage, MI 49002



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The mission of the Portage Senior Center is to provide, with the help of its members, information and a range of services, activities, and volunteer opportunities which promote personal growth, friendship, health and independence for adults aged 50 and over.

Look for your renewal date on the address label.

Friends of the PSC Annual Golf Scramble

Monday, May 18

Registration deadline

Wednesday, May 13

The 20th Annual golf outing will be held at beautiful Angel's Crossing Golf

Club located in Vicksburg. Angel's Crossing is just a few minutes south of the City of Portage. This event is open to the public and all are encouraged to take part

in what is sure to be a great day of golf and camaradery. Challenge yourself with 18 hole play at one of the most beautiful courses in the county for only \$95

per golfer. The shotgun start is at 9:00 AM, win cash prizes and play the 50/50 raffle.



The Care You Need to Help You Stay in the Home You Love!



CENTRA CARE
COMPREHENSIVE COMMUNITY-BASED OLDER ADULT SERVICES

When asked, most older adults say that they want to live in their own community as long as possible. For those with chronic conditions and limited resources, this can be a challenge.

CentraCare is part of the National PACE Program (Program of All-Inclusive Care for the Elderly) and serves to meet the health care needs of frail adults 55 or older living in Kalamazoo County.

Services are coordinated by CentraCare to:

- Ensure safety in the home
- Promote wellness
- Focus on quality medical care
- Provide an opportunity for socialization
- Support caregivers

CentraCare, located in downtown Kalamazoo, is committed to supporting older adults to remain in the community and to enhance their quality of life.

Call us to find out if CentraCare is right for you or someone you love.

445 W. Michigan Avenue, Kalamazoo

(269) 488-5460 • toll-free (800) 488-5860 • www.mycentracare.com

