

Portage Senior Center October 2013 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	Open - Loaves & Fishes Bag Collection 2	12:15 - 4:00 PM Foot Clinic by Appointment Open - Loaves & Fishes Bag Collection 3	Loaves and Fishes Bag Folding 9:30 AM Chronic Pain PATH* 1:00 PM Diabetes Support 4
				5 2:00 PM Cards, Coffee, Conversation
9:30 AM Strength & Stretch* 7 1:30 PM Healthy Fall Soup Demo 5:00 PM Out-to-Dinner, The Crew	8:30 AM Out-to-Breakfast, Kaps Kitchen 8 <div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: Nunsensations!</i></div>	2:00 PM Readers Theatre 9	12:15 - 4:00 PM Foot Clinic by Appointment 10 <div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: It's a Mystery!</i></div>	9:00 AM WMU Less Lawn* 11 1:00 Sisterhood
1:15 PM Big Screen Movies - Where There's a Will 14	8:00 AM Friends Board Meeting 15 9-11:00 AM Hearing Clinic by Appointment	2:30 PM Advisory Board Meeting 16 10:00 AM Laptop Intro to Office*	11 AM Out-to-Lunch, Yogi's 12:15 - 4 PM Foot Clinic by Appointment 17 7PM QiGong*	18
			<div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: An Inside Look at Amish Life</i></div>	19 2:00 PM Cards, Coffee, Conversation
5:00 PM Pot Luck 21	22	10:30 AM Body Rebound* 23 2:00 PM Readers Theatre	12:15 - 4:00 PM Foot Clinic by Appointment 24	25
8:30 AM Enhance Fitness* 28 1:30 PM Final Resting Places of the Presidents 1:30 PM Fall Trip Preview 5:00 Zumba Gold*	8:30 AM T'ai Ji* 29 11:00 SilverSneakers Splash* 11:45 AM Halloween Lunch 1:00 PM Yoga*	10:30 AM Reminiscence Writing* 30	12:15 - 4:00 PM Foot Clinic by Appointment 31 <div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: "Hello Dolly"</i></div>	

An asterisk (*) denotes the beginning of class session. Items in **bold** denote events or new items.

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Monday	Tuesday	Wednesday	Thursday	Friday
				1:00 PM Diabetes Support 1
				9:00 AM -3:00 PM ANNUAL HOLIDAY BAKE SALE AND BAZAAR! SOUP CAFÉ WILL BE OPEN FOR LUNCH 2
5:00 Out-to-Dinner, Martell's 4	5	1:00 PM Introduction to Portraiture* 6 Open - Loaves & Fishes Bag Collection	9:00 AM AARP Driver Safety* 7 12:15 - 4:00 PM Foot Clinic by Appointment Open - Loaves & Fishes Bag Collection	11:00 AM WMU 8 "Searching for Napoleon in American Popular Culture"* Loaves and Fishes Bag Folding 1:00 PM Sisterhood
1:15 PM Big Screen 11 Movies: "Autumn Across America"	11:00 AM Out-to-Lunch, Mar-Jo's West (Schoolcraft) 12 Trip: Treasury of Polish Heritage III	2:00 Readers Theatre 13	10:30 AM New Member 14 Orientation 12:15 - 4:00 PM Foot Clinic by Appointment	15 10:00 iPad Demo 16 (by reservation) 2:00 PM Cards, Coffee, Conversation
18	8:00 AM <i>Friends</i> Board 19 Meeting 10:00 AM iPad Demo 11:45 Thanksgiving Lunch	2:30 PM Advisory Board 20 Meeting	12:15 - 4:00 PM Foot 21 Clinic by Appointment 11:00 AM Out-to-Lunch, Mangia Pizza & Pasta Co	22
25	26	2:00 Readers Theatre 27	Closed for Holiday 28	Closed for Holiday 29

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This page is intended to give a brief look at all classes and activities occurring at the Portage Senior Center on a given day of the week this month. Classes are in bold print; all other items listed are activities. Please check the calendar page for the start date of classes and fees. Activities and classes are open to all members. Please check with the receptionist for further information.

Monday

8:30 Enhance Fitness
 9:30 Strength & Stretch
 9:30-11:30 Relaxed Pace Bridge
 10:00 Trip Committee (3rd)
 10:00 Book Club (2nd)
 10:30 Body Rebound
 11:45 Lunch
 12N Computer Tutoring w/Paul
 1:00 Art Club
 1:15 Big Screen Movie (2nd)
 1:15 Canasta
 1:30 Cribbage
 3:30-4:45 Ping Pong
 5:00 Zumba Gold
 5:00 Out to Dinner (1st)

Tuesday

8:30 Out to Breakfast (2nd)
 8:30-9:30 Tai Ji
 9:30 Walkers w/Walkers
 (Crossroads Mall)
 9:30-2:30 Trip Office open for
 business
 10:00 Wii Bowling
 10:30-12N Recycled Cards
 11:00 French Club (2nd)
 11:00 SilverSneakers Splash
 11:45 Lunch
 12:30 4:30 Billiards
 12:30 Bridge, Gallery
 1:00 Mah-Jongg
 1:00 Chair Volleyball
 1-2:30 Yoga
 1-3:00 Woodcarving
 3-4:30 Band Practice
 6:30 Bid Euchre & Other Cards
 6:30 Just for Fun Poker (2nd)
 7:00 Alzheimer's Association
 Support Group (3rd)

Wednesday

8:30 Enhance Fitness
 9:00 Van Shopping
 9:30 Strength & Stretch
 9:30-11:30 Relaxed Pace Bridge
 10:30 Reminiscence Writing
 10:30 Body Rebound
 12N Computer Tutoring w/Paul
 12N Portage Rotary (no lunch
 today)
 1:45-4:45 Euchre
 2:00 Readers Theatre (2nd &
 4th)
 7:00 QiGong

Thursday

9-11:00 Blood Pressure Clinic
 (2nd)
 9-12N PSC Needlers
 9:00 Van Shopping
 9:30 Choir Practice
 9:30 Walkers w/Walkers
 (Crossroads Mall)
 11:00 SilverSneakers Splash
 11:30 Out to Lunch (3rd)
 11:45 Lunch
 12:30 - 4:45 Billiards
 12:15 - 4:00 Foot Clinic by
 appointment
 1:00 Stay Independent - Prevent
 Memory Loss (2nd)
 1:00 Pinochle
 Single Deck
 3:30-4:45 Ping Pong

Friday

8:30 Enhance Fitness
 9:30-2:30 Trip Office open for
 business
 10-12:00 Computer Tutoring
 w/Gordon
 10:30 Body Rebound
 11:45 Lunch
 12:30-4:45 Billiards
 12:30 Bridge
 1:00 Sisterhood (2nd)
 1:00 Scrabble (1st & 3rd)
 1:00 Support - Diabetes
 Education (quarterly)
 1:00 Dominoes (2nd & 4th)
 1-4:00 Quilting (open)

Saturday

2:00 Cards, Coffee &
 Conversation (1st & 3rd)

Daily Walk: 8:30 AM at Crossroads Mall, Food Court entrance

Please note that participants are asked to vacate the premises by 4:45 PM, allowing staff time for site security, room and window checks, and alarm programming. Evening activities held at 5 PM or after do not alter daily activity end times.

Wish List

Cookies and Coffee for the Lobby Coffee Bar
 Postage Stamps
 New Dish Towels for the Kitchen

Thank You!

Thank you to the following donors of kitchen supplies, coffee and products!
 Dorothy Criss,
 Diane Schaeberle,
 Mike Johncock, Helen Lovin
 Chuck Pasco,
 Shirley Bumgardner,
 Shirley Kury, Bette Anderton,
 Judy Buss