

Portage Senior Center Newsletter

Celery City Showcase VI Talent Competition directed by Mark Liermann

Sponsored by the Family of John Terry in his memory
Support also provided by UnitedHealthcare Great Lakes Health Plan
Wed, June 15, 7 PM; Thu, June 16, 4 PM; and Fri, June 17, 7 PM.

Every year the performances at the Celery City Showcase seem to get better and better! And the constant variety of talented acts continues to be just amazing. At last year's show we enjoyed a prize winning dance routine by a group of WMU Dance students, an incredible vocal performance by Jasmine Franklin (who starred in PCHS's production of *Hairspray* as "Motormouth Mabelle"), a patriotic tap dance routine by PSC members Bob Husser and Joyce Van Atta, and a 60's themed vocal performance by our very own "flower child" Wendy Asmus.

This will be the Celery City Showcase's (CCS) sixth year as the Portage Senior Center's biggest annual fund raising event. Our talent competition has become known for its extraordinary mix of talented performers ranging in age from 12 - 90+.

Shows have been scheduled for the following days/times: **Wed, June 15, 7 PM; Thu, June 16, 4 PM; and Fri, June 17, 7 PM.** The Wednesday and Thursday programs will feature two completely different shows, with the finalist competing in the Friday evening show. All shows will take place at Portage Northern High School.

Special Cameo Performances: Audience members at the Wednesday and Thursday shows will enjoy cameo performances by last year's First Place winners in the Senior Division, 4GOT2SHAVE! Regardless of whether you're a big fan of Barbershop Quartet music, you *will* enjoy the amazing vocal harmonies and crisp melodies of these four talented gentlemen.

At the Friday Finals show be ready to be knocked off your feet by the amazing young Jasmine Franklin. Jasmine won First Place in the Youth Division last year and has a voice that is strong, clear, and full of emotion. Her performances really pack a whallop, but in a good kind of way!

These two acts alone are worth the price of the \$5 ticket.

Members received tickets in the mail to purchase for the show! Please make sure to send your payment in promptly for any tickets that you plan on using. Extra tickets can be picked up at the Center. Tickets are a steal at \$5 for PSC Members, children under 12, and students. Please note that the Adult ticket price of \$8 also applies to adult children of PSC members.

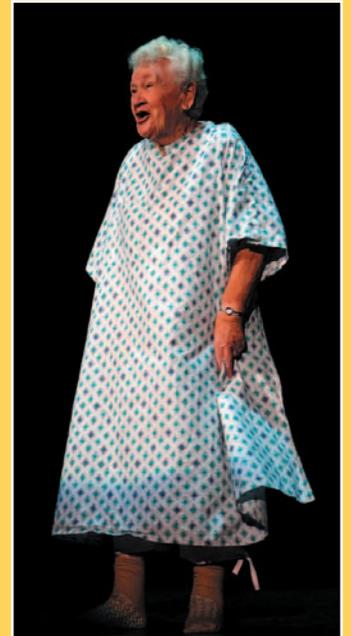
Check us out on Facebook: To see pictures from previous shows go to www.facebook.com/portageseniorcenter



PSC member Wendy Asmus belts out "Frank Mills" at the 2010 CCS.

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The Portage Senior Center Would Like to Thank the Following Sponsors for Their Support of the 2011 Celery City Showcase VI Talent Competition:

Principle Sponsor:
The Family of John Terry

Support Sponsor:
 **UnitedHealthcare**
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Celery City Showcase VI



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In Remembrance of John Terry

April 13, 1950 – November 23, 2010

John Terry first joined the Portage Senior Center back in the spring of 2006. He had an apartment at Hearthside and would ride his scooter back and forth to the Center come rain or shine. John was a regular participant at the Friendship Café lunch program and a member of the “Lunch Bunch” group. He had an infectious smile and a love of good companionship.

John also did his best to never miss a holiday celebration or special event program such as the annual Halloween Luncheon, Holiday Craft Bazaar, or St. Patrick’s Day Party. After a while he became a regular at the Monday night Potlucks as well. It would be fair to say that in addition to his love of good company, he also had a sincere appreciation for a quality meal!

The PSC serves as a polling site during every election and on most election days, almost everybody that came here to cast their ballot was greeted with a smile and a friendly “hello” by John, who automatically assumed the official role of “Volunteer Greeter” for these occasions.

John passed away unexpectedly back in November of 2010. Everybody that knew him was impacted by the tragic nature of this loss but his legacy as a member of the Portage Senior Center and his love of the performing arts lives on through his family’s generous support of the Celery City Showcase talent competition and in the memory’s of all those whose lives he touched.



Portage Senior Center to Celebrate Third Consecutive National Accreditation!

Thursday, July 28, 9:45 AM

The Portage Senior Center takes great pride in being the first nationally accredited Senior Center in the State of Michigan. The PSC was first accredited in 1999, and again in 2004. In the summer of 2010 an Accreditation Committee was formed with over 40 members consisting of some COP staff but primarily made up of PSC volunteers and stakeholders. Jo Arnold, retired Director of Senior Citizen Services, served as Chairperson.

In April the PSC received notification from the National Institute of Senior Centers (NISC) that our bid for a third consecutive accreditation was unanimously approved by the Accreditation Review board.

The National Senior Center Accreditation Program was developed by NISC to advance the quality of senior centers nationwide. Accreditation provides official recognition that a senior center meets the nine standards of operations. In addition to being approved for a third consecutive accreditation, the PSC was identified as a “model” program by NISC and is one of three Centers nation-wide that was invited to present at the annual conference in April.

In its 30+ year history, the Portage Senior Center has established itself as a leader in the field of older adult services and programs. This would not be possible were it not for the support of thousands of volunteers, members, and stakeholders over the decades. That is what makes the PSC a special place and it is why all of you should take pride in these latest accomplishments.

Accreditation continued on page 4

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PSC Mini-bus Outings

The monthly PSC Mini-bus Outings are some of the most popular spring/summer programs offered at the PSC. Chaperoned by Max Walter or one of our other friendly and courteous drivers, these outings are a great opportunity to enjoy trips to local eateries and unique places with your fellow PSC members. Seating is limited; so if you see a trip you want to sign up for, don't wait!

Mini-bus Trip Policy: No refunds will be allowed for cancellations for mini-bus trips the week of the scheduled trip. Last-minute cancellations can affect the trip for all registered as it could result in the trip being cancelled abruptly. Registered participants are welcome to sell their seat on the bus to somebody else but are responsible for making those arrangements.

McGillen's Crossing in Mattawan

Thursday, June 9, 4 PM
\$8 bus fee, dinner self-pay

Take advantage of this opportunity to visit the new 50 acre development in Mattawan and see what all the excitement is about. Enjoy a tasty dinner at the brand new McGillens Crossing, owned and operated by the same people who operate the Craftsman Chop House.

Max's Mystery Trip

Thursday, July 14, 4 PM
\$8 bus fee, dinner self-pay

Max has been putting together mini-bus mystery trips for years and never fails to please. If you're wondering if you should go for it and sign up, don't wonder too long because these trips always fill up fast!

Social Golf League

Thursdays, May 3 - September 29
9 AM

The PSC Social Golf League offers the best of league golf, such as; a reserved weekly Thursday morning spot at the States Golf Course, weekly contests, and a League Scramble. However, it's a "social" league because you only pay as you go and never need to find a sub. The Social Golf League is open to men and women, and participants are asked to register at the PSC or States from one week to the next. Greens fees are \$9, with cart for \$5. Schedules available at the front desk.

Accreditation continued from page 3

To commemorate our success an "Accreditation Celebration" has been planned for July 28. This event will feature local dignitaries, guest speakers, refreshments, a special performance by our very own PSC Choir, and more!

The first 100 PSC Members to arrive will receive a free PSC T-shirt!



Summer Fun in the Sun!

Ramona Park, located at 8600 South Sprinkle Road, is a great place for family reunions, picnics or a day at the beach with your grandchildren. If you have a grandchild that loves to fish, there is a wonderful fishing pier at Ramona Park on Long Lake. Also, the sandy swimming beach is great fun for everyone. Adjacent to the beach area is a sand volleyball court for "kids" of all ages! The modern, barrier free access playground area is a must for all grandchildren, with plenty of shade nearby for grandparents to enjoy while watching their grandchildren enjoying the playground. Daily entrance fee per car for Ramona Park while lifeguards are on duty (Memorial Day through Labor Day) from 10:30 am to 7:30 pm is \$5 for Portage residents, \$10 for non-residents.

Ways to Make Donation Dollars Stretch

A Charitable Gift Annuity is an excellent way to make a gift and reduce your tax bill. Making a gift of lasting significance can bring personal satisfaction to you and benefit Portage Senior Center programs and services for future generations. It's easier than you might imagine to make provisions for your favorite organization.

Another choice way to make your donation dollars count is to give to the Endowment Fund. The Friends of the Portage Senior Center established an Endowment Fund for the Center at the Kalamazoo Community Foundation. In the future we hope that income from the Endowment Fund will help provide operating funds for the Center. Because this fund is part of a community foundation, the State of Michigan offers tax incentives to donors. If your former employer has a matching gift program, our Endowment Fund may be eligible for matching funds and you may be able to double your gift. If you choose to give in this manner, you can send your checks to the PSC, made out to the Kalamazoo Community Foundation, with Friends of the PSC noted on the check.

Grocery Bingo – Brought to you by the Visiting Physicians Association

Monday, July 11

1:30ish PM, Free to members (\$5 non-members)

Bring your lucky rabbit's foot, 4-leaf clover, or whatever it takes to just win baby! Hosted by everybody's favorite Caller, Maria Deneau, now with the Visiting Physicians Association, you will enjoy a variety of games, grocery prizes, and witty commentary! For the grand grocery bingo finale, we will do a *cover all* and the winner gets the bag.

Please register in advance by calling 329-4555.

Potlucks

Meet some new people and greet old friends at the Portage Senior Center 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 number on the "Potluck Volunteer" sign up sheet at the front desk.

June Potluck

Monday, June 20, 5:30 PM

July Potluck

Monday, July 18, 5:30 PM

Now Accepting Medicare Part B for Diabetic Testing Supplies, Nebulizers, and Drugs

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NEW PROGRAM OFFERING

Everybody Say Cheese!

Smile pretty the photography club has officially began! Come and join other members who love photography just as much as you do. Have you ever wanted to show off that special picture you took? Or get some pointers on how to take more great pictures? Here's your chance. This group will be meeting once a month and have decided to theme the meetings. Every month participants are encouraged to bring in 1 - 4 photos that somehow relate to that month's theme. It does not have to be recent, once a great picture always a great picture, so by all means share it. This will be a great way to gather inspiration from others and get ideas for your future photos. Photographers of all skill levels, from "point & shoot" to pro's who customize their aperture and f-stop settings, are welcome!

Photography club meeting schedule, all begin at 2:00 p.m.

April 20th in the gallery

May 11th in the craft room

June 15th in the gallery

July 13th in the gallery

August 17 in the gallery

From August on all meeting will be held the 3rd Wednesday of every month at 2:00 p.m.

If you would like more information regarding this new program offering, please call the PSC at 329-4555.

Hand and Foot

First Thursday of each month, 10 AM - 2 PM

Come and join the fun! Individual play for new and experienced players. Please bring a deck of large print bicycle cards with jokers included. Rules will be given out at your first visit. Please call Ruthie Tiesma at 323-1941 for more information.

Bring your own lunch or sign up for the Senior Services lunch by calling 382-0515.



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The following services that we are providing are:

- Private Duty Home Care - Medical and Non-Medical
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Sisterhood

Sisterhood is a women's social group that meets the second Friday of each month from 1 - 2:30 pm. Occasionally members will meet for lunch prior to a meeting. Meeting agendas will be posted on the bulletin board at the PSC. If you would like more information about Sisterhood or would like to become involved, please call 329-4555.

Meetings:

June 10

Time: 1:00-2:30
 Event: Classic Movie ("Hans Christian Anderson") & a Snack
 Host: Dorris Bowman

July 8

Time: 1:00-2:30
 Event: Sisterhood Birthday Party!!
 Everybody bring a wrapped item to be put in the prize pot for White Elephant Bingo
 Host: Pat Goff

Everyone welcome!

Out to Eat Dining Club

Meet other members and enjoy a restaurant meal! An advance reservation with the reception desk by the previous business day is required for this activity. Call the PSC to cancel your reservation if you cannot attend.

June

Breakfast

Tuesday, June 14, 8:30 AM
 LaRue's
 Leader: Hal & Shirley Ray

Lunch

Thursday, June 16, 11:30 AM
 Main Street Pub
 Westnedge
 Leader: Hal & Shirley Ray

Dinner

Monday, June 6, 5 PM
 Perkins
 Leader: Hal Ray

July

Breakfast

Tuesday, July 12, 8:30 AM
 Colonial Kitchen
 S. Westnedge
 Leader: Hal & Shirley Ray

Lunch

Thursday, July 21, 11:30 AM
 Red Lobster
 Leader: Hal & Shirley Ray

Dinner

Tuesday, July 5, 5 PM
 Fieldstone Grill
 Leader: Hal & Shirley Ray

Myths of Estate Planning

Wednesday, June 8, 2 PM

Are you overwhelmed by the complexities of planning your estate? This seminar will first teach you the basics of estate planning and then take you on a tour of various estate planning topics such as Medicaid Planning, Veterans' Benefits, Cottage Planning, Pet Planning, and Protecting the Family in the event of a Remarriage. Attend this free, informative seminar to learn everything you need to know about estate planning!

Presented by Bill Westerbeke of Westerbeke Law Firm.

Home Repair Fraud

Wednesday, July 20, 2 PM

Free

Offered as a part of the Michigan State Attorney General's "Senior Brigade" program, this presentation will educate you on home repair frauds and scams and provide useful tips on what you can do to protect yourself. Pre-registration is requested, call 329-4555 or stop by the front desk at the PSC to sign up.

Scrabble Club Proposed

Interested in meeting at the PSC on a regularly scheduled basis for a friendly game of Scrabble? Stop by the front desk and sign up on our interest sheet. If enough members respond we will contact everybody to discuss scheduling this potential new program.



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Big Screen Movies

Movies are free to PSC members. Popcorn is available for \$.50/bag. No RSVP required.

Wimbledon

Mon, June 20, 1:15 PM

Wimbledon follows the plight of aspiring tennis-star Peter Colt, whose bad luck seems to manifest itself just about everywhere. Peter is near the very bottom of the world tennis ranks, and personally, he can't find love despite his best efforts to do so. In a rare turn of events Peter is chosen as a wildcard to play at Wimbledon, the tennis world's most prestigious competition. While there, he meets American tennis ingénue Lizzie Bradbury (Kirsten Dunst), and his confidence on the court and off improves tenfold as he falls further in love with her. Driven by his newfound luck, Peter climbs to the top of the tournament players at record speed, until he actually has a fighting chance of winning the men's singles title – the question is whether or not his good fortune will hold out long enough for him to get the trophy. PG-13, 98 min.

The Wizard of Oz

Mon, July 25, 1:15PM

Summer Break Special! Bring the grandkids or great-grandkids for a classic children's movie and FREE POPCORN (free popcorn for kids only)

The third and definitive film adaptation of L. Frank Baum's 1900 children's fantasy, this musical adventure is a genuine family classic that made Judy Garland a star!

DID YOU KNOW?

- Garland was MGM's second choice for Dorothy after Shirley Temple dropped out of the project.
- The Wizard role was written for W.C. Fields, who reportedly turned it down because MGM couldn't meet his price.
- Harold Arlen and E.Y. Harburg's now-classic Oscar-winning song "Over the Rainbow" was nearly chopped from the picture after the first preview because it "slowed down the action."
- *The Wizard of Oz* was too expensive to post a large profit upon initial release; however, after a disappointing reissue in 1955, it was sold to network television, where its annual showings made it a classic.

Lunch and A Movie

Monday, June 27

Sponsored by Brookdale Senior Living & Tendercare Kalamazoo, Portage & Westwood

Join us Monday, June 27th for our FREE Lunch & A Movie program!

11:45am Enjoy your delicious and FREE meal from Senior Services!

Meal donation will be covered by above sponsors.

RSVP for your meal choice at Portage Senior Center.

1:15pm Showing of *Father of the Bride*, starring Steve Martin & Diane Keaton.

This remake of the Spencer Tracy classic features a nervous father, George Banks preparing for his young daughter's nuptials. George & Nina Banks are a happy middle-class family whose daughter decides to marry a young man from an upper-class family. While George can't imagine life without her, he becomes slightly insane as they try to convert their home into the perfect location for their wedding. When a foreign wedding planner begins to take over the ceremony, more comedy ensues.

We hope you will join us for Lunch & A Movie!

Progressive Euchre Tournament

Wednesday, July 20, 1:30 PM

Free Event-Spacing Limited

Is Euchre a game of luck or skill? Bickford Cottage is excited to sponsor a Progressive Euchre Tournament on Wednesday, July 20 beginning at 1:30 p.m. Each round of the tournament consists of eight hands and after each round, players switch partners. Each player will partner with every other player exactly one time during the course of the tournament. The person with the highest score wins! Participants must pre-register and seating is limited to 16 players. Refreshments, snacks and prizes will be provided! Get ready for an afternoon of cards and excitement.

Refreshments, Snacks and Prizes sponsored by Bickford Cottage of Portage.

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Generous Support from Local Businesses Help Make 16th Annual Scramble a Big Success!

The Friends of the PSC Annual Golf Scramble is the group's biggest fundraiser of the year. As of this writing, the final figures have not been calculated. However, with the event still over two weeks away (I'm typing this on April 29 and the event is scheduled for May 16), the Friends have collected close to \$4,000 in sponsorships with a potential for more to come in yet!

Of course the Friends will in turn utilize 100% of those funds raised to continue their support of older adult programs and services offered by the Portage Senior Center.

The Friends would like to recognize the following organizations for their support of the 2011, 16th Annual Friends of the PSC Golf Scramble:

Birdie Sponsors

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Dorothy Endres Insurance Agency
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Dine Out and Support the Friends of the PSC

The Friends of the PSC "Dining Out" fund raisers have quickly established themselves as a great time for participants and an effective way to raise funds for the Friends. Make sure to mark your calendar and take advantage of the opportunity to enjoy a delicious meal out on the town, all in support of a great cause!

Thursday, June 23: Texas Roadhouse

The Texas Roadhouse will donate 10% of the total check (minus alcohol) of every diner or group who presents a Friends flyer (available at the front desk). South Westnedge location only.

Thursday, July 21: Applebee's

Applebee's will donate 15% of the total check (minus alcohol) of every diner or group who presents a Friends flyer (available at the front desk). South Westnedge location only.

Monday, August 22, 3 - 7 PM: Culver's

Culver's will donate 10% of *all sales* between 3 - 7 PM on Aug. 22. This includes drive-thru customers as well. The Friends are looking for 3-4 volunteers to help "host" shifts. Please contact Terri Drafta at 329-4555 for more info on volunteer opportunities.

Friends Board of Directors Welcomes Two New Members

Leadership for the Friends of the PSC group is provided by an all-volunteer Board of Directors that meets the third Tuesday of every month. Members of the Board help plan fund raising events throughout the year, volunteer at various PSC functions, serve on various committees, and provide support to the PSC in a variety of ways.

The Friends are happy to announce the approval, by unanimous vote, of two new Board members that joined the Board this past spring.

Please help us in welcoming:



Michele Cook has supported or sponsored several events at the PSC in her role as the Director of Community Relations for Absolute Homecare. She is an experienced event coordinator and fund raiser. Her professionalism, sincere commitment to enhancing quality of life for older adults, and creativity are welcome additions to the Friends Board.



Ede Moody has been a member of the PSC since 2005. She has performed in a variety of volunteer roles including: chairperson for the administrative component of the PSC's Accreditation Team, Chair Volleyball Ambassador, and more! Ede is a retired educator, administrator, and counselor. Her enthusiasm, can-do attitude, and leadership skills have been a great addition to the Board.

Be a Part of the Senior WAVE

It's more than a hand gesture! It's the Senior **WAVE**: We Advocate, Vote, and Enrich Communities!

On **June 15th** Kalamazoo County Advocates for Senior Issues will travel by chartered bus to Lansing, Michigan for Older Michigania's Day. Last year, participants filled a bus and met with area legislators on the lawn of the state capital to discuss issues important not only to seniors but to our communities.

Those who cannot attend are asked to contact their legislators with the following message from the legislative platform:

1. Invest in solutions that save state dollars while keeping seniors healthy like home delivered meals, care coordination, MI Choice Waiver, caregiver respite programs, and Senior Volunteers.
2. Pass legislation that promotes livable communities including access to affordable housing, transportation options and affordable health insurance.
3. Pass legislation to prevent elder abuse.

If you are interested in the bus trip (\$10 buys you a seat and a KCASI membership!), or desire more information, contact Janice Bonita at 373-5147.

WMU offers Lifelong Learning Academy

If you are looking for stimulating lectures, discussions, or classes, you may want to try the new Lifelong Learning Academy on the campus of WMU. The program is sponsored by the office of Extended University Programs (EUP) and is largely volunteer-driven. Cost ranges from \$10 for a class that meets once to \$40 for a class that meets four times.

Scheduled classes run June 7- July 7 and include:

Biofeedback! Listening to Your Body and Watching It Change; Mark Twain (2 performances/lectures); Carolyn Bartlett Crane and the Influences of Her Everyman House on Modern Home Design; Survival Spanish; Introduction to Beekeeping; Social History of Baseball; Computer Social Networking. In addition there is a two day trip to Traverse City June 22-23.

Call EUP at 269-387-4200 and request a brochure with all the details about the classes and instructors.

Enrolled students will receive a campus map and a free parking permit.



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Thank You

to the following members responding to our Annual Fund Drive between February 19 and April 26, 2011

Ede Moody	Marion Howser
Helen Warren	Wilma Bambacht
Jacqueline Wylie	Chester Heinrich
Carl & Helen Wise	Victor & Judith VanFleet
Robert Keller	Hubert & Florine O'Donnell
Sharen & Maurice Burke	Caryl Freeman
Sonia Newman	Vincent Mizeur
Kenneth & Audrey Hammond	Marilyn Milko
Katherine McLain	Anthony & Jeanne Romano
Carolyn Decker	

In Remembrance

<p><i>In memory of Milly Lamb:</i> Don & Ellen Frisinger Harold & Shirley Ray Leonard & Barbara Laney Ralph & Shirley McKinney Jackie Bielski Lois Beaudoin Jan Evert Donald Shaeffer Robert & Joyce Bear Dorothy Graham Sherwood & Mary Cordier Pat Moyle Kay Bevan Wanda Suterko Shirley Bumgarnder & Sharon Dickey</p>	<p>Ruth Ann Meyer Sandra Nicholson Denita Demler Ettore & Marisa Filiputti Jo & Chet Arnold David & Barbara Riegel Rena Brooks Donna Smith David & Dorothy Clapp Glen & Bonnie Skippers</p> <p><i>In memory of Stan DeRight:</i> The PSC Needlers</p> <p><i>In memory of Lee Schwenk:</i> Thelma Fallows</p>
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Thank You

to the following for providing the PSC with coffee, kitchen supplies and yarn:

Margaret Krum	Bev Hargie
Joann Vanderweele	Fran Essex
Pat Berninger	Margaret Krum

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TRAINS & CANYONS OF THE EAST, Pennsylvania August 20 - 26

Visit one of the most scenic grandeurs of the east, the 1,000 foot-deep Grand Canyon of Pennsylvania! This motor coach and scenic train excursion travels to Corning Museum of Glass, Rockwell Museum of Western Art, Sonnenburg Mansion and Gardens in Finger Lakes region, Belhurst Castle, Lucas Vineyards, Watkins Glen State Park, Lucy-Desi Museum and much more!

MRPA SENIOR TRIP TO THE GRAND HOTEL, Mackinac Island September 27 - 30

Join hundreds of other seniors for the Michigan Recreation and Parks Association Senior Trip to the elegant Grand Hotel. Rooms are beautifully and uniquely decorated, and every meal is truly special, thanks to exceptional food, service and ambiance. Choose from a variety of planned activities, or enjoy the priceless view from the rocking chairs on the world-famous front porch.

A CAPITOL CHRISTMAS, Washington, D.C. December 8 - 13

Celebrate this next Holiday Season with a motor coach tour to Washington, D.C. Experience the Nation's Capital at a truly spectacular time of year! Highlights include illuminated city tour, visits to iconic monuments and memorials, Arlington National Cemetery, Smithsonian Museum, Mount Vernon, Washington National Cathedral, and possible visits to The White House and Capitol Hill. Tour Mount Vernon by candlelight; view the National Christmas tree; enjoy a holiday concert.



Coming in 2012!

SPAIN'S COSTA DEL SOL & THE PORTUGUESE RIVIERA

March 15 - 27, 2012

Travel with us to Spain and Portugal, overwhelmingly rich in history, art and culture. The wonderful diversity of landscape, historic cities, quaint villages and its people will amaze and delight! Highlights in Spain include Madrid, high speed train to Moorish city of Cordoba, Granada, Costa del Sol, Cadiz and Seville. In Portugal visit Lisbon and much more! Visit Unesco World Heritage sites—Columbus' tomb, Prado Museum, Alhambra, Fatima and more. Marvel at the beautiful landscape dotted with olive groves, vineyards, white-washed building with bright cascading flowers. Stroll the sun-bleached beaches and promenades!

Fun Day-Trip Outings!

RED HOT AND BLUE, BEAR CREEK FARMS Bryant, Indiana

Thursday, June 16

Direct from Branson! You'll be transported on a nostalgic journey through the Big Band Era of the '40s, the Rockin' '50s, the eclectic '60s, the disco flash of the '70s, and an All-American salute! The entertainers have been awarded best costumes, best vocal, and best dance group. Lunch included.

DON'T HUG ME

Cornwell's Dinner Theater, Turkeyville

Tuesday, June 28

Enjoy an award-winning musical comedy show that takes place in a colorful, rustic north woods bar in tiny Bunyan Bay, Minnesota. Includes Cornwell's delicious lunch.

EDSEL & ELEANOR FORD HOUSE

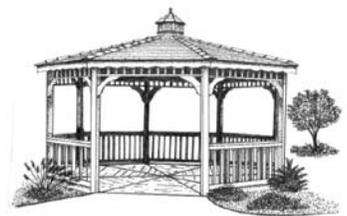
Grosse Pointe Shores

Wednesday, July 6

Tour the 60-room, English Cotswold-style estate of one of America's most important industrial families, beginning with a video that provides an historic overview of the Ford family. A highlighted walk through the grounds features a look at some of the most impressive areas of the 87-acre lakefront estate and a visit to some of the out-buildings. A delicious leisurely lunch at the estate is included.

Day-Trips continued on page 11

Park Place
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As a *resident-centered home*, **Park Place** makes everyday life more enjoyable with our pets, gardens, child visitors and staff that feel more like family than caregivers. We offer an engaging activity program so our residents can have an active social lifestyle filled with friends. Our delicious meals and personalized assistance make **Park Place** a great place to call home.

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388-7303 ext 1

Day-Trips continued from page 10

BROADWAY BOUND

Drury Lane Theater, Oakbrook, Illinois

Wednesday, July 13

If you love to laugh, let's be "Broadway Bound". This Neil Simon semi-autobiographical comedy is set in Brighton Beach, New York. The two brothers have started their careers as comedy writers at the expense of their family members. The Jerome family will never be the same as the brothers use their home life as their inspiration for their comedy routines. Matinee show with Drury Lane's fantastic lunch included.

OUT OF ORDER

Tibbits Theater, Coldwater

Wednesday, July 27

Enjoy a fun outing to Tibbits Theater. This 1991 English farce features a junior UK minister who has to lie his way out of an embarrassing situation with the help of an innocent side-kick. Be prepared for lots of laughs as the side-kick gets more and more embroiled in the increasingly tangled tale improvised by the minister!

A CULINARY EXPERIENCE & FISH BOIL

Shelby & New Era

Thursday, August 4

Enjoy a culinary presentation at the Cherry Point Market & Farm. Observe the fish boil process and ultimately consume the results! Take a relaxing stroll amongst the vegetable and herb gardens or explore the market with its vast selection of delectable pastries, jams and other goodies. To top off this delicious day, stop to tour Country Dairy's bottling plant, ice cream and butter area, and the cheese-aging room. Complete fish boil dinner and fresh, homemade ice cream are included!

RUTHMERE MANSION AND ST. JOE RIVER CRUISE

Elkhart, Indiana

Wednesday, August 17

Come and relax with us as we travel to Elkhart to tour the Ruthmere Mansion. Built in 1908, you will find a collection of fine art inside, including Tiffany leaded glass, Rodin sculptures and much more. After an included lunch at the mansion, we will enjoy a 2-hour cruise on the St. Joe River aboard the Elkhart River Queen.

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ARTPRIZE

Grand Rapids

Thursday, September 22

Many PSC members asked to have this event included in the travel offerings for 2011, and here it is! ArtPrize is a very different kind of art competition. Part festival, part competition, part social experiment—the winners of this international art contest are decided solely by the vote of the viewing public. Taking place in venues throughout downtown Grand Rapids, artists from all over the world display their work. The 2010 ArtPrize boasted the works of 1,713 artists from 44 states and 21 countries, in over 190 venues, with almost half a million dollars in top prizes awarded to artists that the general public, by their votes, determined to be the best of the show. The 2011 ArtView will probably exceed those remarkable figures! Don't miss out on ArtPrize, one of the most exciting art events in the world!

THE HENRY FORD MUSEUM & GREENFIELD VILLAGE

Dearborn

Thursday, October 6

Take a trip back in history to one of the world's premier history destinations. Your admission includes both the Henry Ford Museum and Greenfield Village, so there's no need to worry about the weather . . . spend the day inside, outside or both. The collections are unparalleled, the visitor experiences are unique and immersive, and the historical expertise is unmatched. Lunch will be on your own so that you can choose for yourself from among nearly a dozen options ranging from inexpensive lunch stands to buffets to fine dining. An IMAX film will complete the day. Wear comfortable shoes!

OCTOBER IN THE GREAT OUTDOORS
A MYSTERY TRIP

Wednesday, October 12

October is a beautiful time of year to travel, so come along on this "mini-vacation" with Joyce Branch and enjoy this special spot. A small breakfast and a light lunch are included, but the ice cream will be on your own!

HULL HOUSE AND DRIEHAUS MUSEUM

Chicago, Illinois

Wednesday, November 2

Learn how people in two different social strata experienced life in Chicago during the late 19th and early 20th

Day-Trips continued on page 15

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Mini-Theater Get-Aways!

MAN OF LA MANCHA

Barn Theatre, Augusta

Saturday, July 9

Man of La Mancha, a retelling of Cervantes' Don Quixote, was a work of its time that echoed the idealism of the 1960s. This is a show that is all heart, as the performers and the audience join together to suspend reality, both in the traditional theatrical manner and also within the story, while Don Quixote pursues his sweet insanity.

CHICAGO

Barn Theatre, Augusta

Saturday, July 23

This triumphant hit musical is the recipient of six Tony, two Olivier, and a Grammy Award! A sensational tale of sin, corruption and all that jazz, this show has everything you could want: an edge-of-your seat story and one show-stopper after another.

Day-Trips continued from page 11

centuries. Begin with a tour of Jane Addam's Hull-House Museum. Jane was the social conscience of Chicago, who set the standard for just treatment of the poor, the uneducated and the immigrant. Later visit the Driehaus Museum, the sumptuous home of banker Samuel Nickerson. This recently restored home was one of the grandest residential buildings of 19th century Chicago. There will be some time for lunch (on your own) and/or shopping at Water Tower Place.

Who's Thinking about Sports?

Chicago Cubs vs. Houston Astros

Wednesday, June 1 to cheer on the Cubs as they play the Houston Astros.

NEW! Mini- bus trip (maximum 14 passengers) to *White Caps baseball game in Grand Rapids Tuesday, August 9*

Detroit Tigers vs. Chicago White Sox

Sunday, September 4

Check Out the Portage Senior Center on Facebook!

The PSC is now online at www.facebook.com/PortageSeniorCenter

You can drop in from time to time to view photos, get info on upcoming programs and services, and more! If you decide to "Like" our page you can also receive email updates on upcoming events sent directly to your email.

There is no fee to become a Facebook member or to "Like" the PSC page. The PSC does not release contact info to outside sources.

Go to www.facebook.com/PortageSeniorCenter and check us out!



Thingstado.com Discount Cards on Sale at the PSC

Thingstado.com is a web site that promotes area businesses, events, and services. The Portage Senior Center has partnered with Thingstado in an attempt to help promote our programs and facility.

The regular listing fee to have your organization represented on the Thingstado web site is \$200. However, they have donated 10 of their discount cards to us for sale at \$20 each, with the hope that we might recoup or costs.

For \$20, the Thingstado discount cards can save you money at dozens of area businesses. Examples include:

- Kalamazoo Valley Museum: Buy one ticket for the planetarium, get one free
- Airway Lanes: Buy one game of bowling, get one free
- Colonial Kitchen: 10% off breakfast or lunch
- Olde Peninsula: Buy one entrée, get second for half off
- Eastern Hills Golf Course: \$5 off 9 or 18 holes with cart
- And many, many more!

The cards will be on sale beginning in June and are good through July, 2012. For more information on the discount cards, or to find useful information on what's "ta' do" in our community, go to www.thingstado.com



Stop by the PSC on a Monday or Thursday afternoon for a friendly, yet spirited game of Ping-Pong!

Volunteers Needed to Assist with Accreditation Celebration

Thursday, July 28

Please see the list of volunteers needed below and contact Terri Drafta at 329-4555 to sign up or for more info.

- 2 Greeters (9:15 AM)
- 5-7 MPR set-up (8:30 AM)
- 2-3 refreshment volunteers and set up (8:45 AM)
- 2-4 patio set-up (8:45 AM)
- 3 Roaming Hosts
- 5-7 MPR clean up (11:30)
- 2-3 kitchen clean up (11:30)
- 2-4 patio clean up (11:30)

Please Renew Now

Your renewal date can be found on the address label of this newsletter.

If your membership expires in June, please stop by the reception desk to renew soon! Your membership will then be extended through June of 2012, and save postage, printing and paper costs of mailing your renewal reminder.



Welcome New Members

between February 18 and April 25, 2011

- | | |
|---------------------|----------------------|
| Cynthia Bondurant | Lilian Kachic |
| Barbara McClain | Mary Howard |
| Ellen Baker | Marie Kubicek |
| Cheryl Mayer | Britta Cauchi |
| Norma Hartman | Sylvia Kline |
| Frieda Smith | Sue Green |
| Rose Nudd | Karl Westra |
| Leo & Bonnie Reames | Gretta Brower |
| Ken Seiler | Gloria Bloom |
| Lewis Bigler | Cynthia Fenton |
| Rina Harring | Sylvia Asher |
| Carolyn Sutter | Lee Hutt |
| Carmen Yankech | Deborah Paulik |
| Constance Micklin | Cathy Wenstrup |
| Cathy Bright | Kathy Kirk |
| Sandy Rodio | Lance & Judy Nordell |
| Mary Homen | Dian Bambacht |
| Maury Burke | Dan Hixon |
| Lynne VandeBunte | Joan McFarlen |
| Helen Esman | Leandera Berow |
| Clifford Foster | Loyce Wenzel |
| Charles Pasco | Dianna Day |
| Diana McCombs | Sharon Haase |
| Christina Sopoci | Bob & Bonnie Welch |
| Kathy Griffioen | Mary Ritter |
| Jill Kuiper | Wanda Eichaker |

New Member Orientation

Tuesday, July 12, 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. Coffee and light snacks provided. Let the receptionist know if you would like to make a reservation for the lunch immediately following the presentation.

If I Could Choose...

By Marcella S Martin

Portage Senior Center Member

If I could choose one time of year
To spend eternity,
'Twould be when mating birds all sing,
and infant leaves adorn each tree,

When meadows shed their white cocoon
And stretch from chill and fitful sleep,
When baby blossoms wake and nod
And robins evening vigils keep;

When golden-collared daffodils
Bob heads in sweet and girlish glee,
Andy pussy-willows' furry coats
From amber coverlets break free;

When peepers, frogs and honeybees
Make Nature's programmed chorus swell,
And mosses dap with melted snows
Exude an ancient forest's smell;

When sluggish flows of ice-choked streams
Are warmed and hurried to the sea,
And ocean's foamy fingers tug
At sands once more set free.

Such promise as this legacy
Brings to my grateful heart
Is awesome in its wonderment,
I'm loathe to lose one part;

So, if with graceful wave of hand
Or gesture of a finger,
I could stay the fleeting time,
It's Spring I'd make to linger!



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- Assistance With Personal Care, Meal Prep & Housekeeping
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- 24 Hour On Call Service
- Medication Set Up
- Staff Drug Screened & Criminal Background Checks



Call for a free home assessment

324-1180

524 W. Centre Ave., Portage

Now Hiring for all Positions;
RN, LPN, CENA, HHA and Sitters



• Training Program Endorsed By Alzheimer Associations

Financial Challenges Impact Programming at the Portage Senior Center

We are all aware that the economy, especially in Michigan, has not recovered as quickly or to the extent that we hoped it might. Cuts in statutory revenue sharing at the state level, a declining property tax base at the local level, decreases in available grant funds, etc. continue to have an impact on budgets year after year.

The Portage Senior Center (PSC) has absorbed the loss of over 90 hours a week in paid positions over the past three years with minimal impact on programming or services. We have been able to accomplish this as a result of increased support from our volunteers and the distribution of additional responsibilities to remaining staff.

In planning for Fiscal Year 2012 (July 1, 2011 – June 30, 2012), the PSC has been charged with the task of prioritizing services in such a manner as to significantly reduce expenses while maintaining core services offered at a high level of quality.

Through evaluation of a variety of factors including; potential cost savings, participation trends, and regional impact, a proposal to phase out the Project Enhance program by the end of the calendar year 2011 was made and summarily approved. Services that will be discontinued or impacted on some level include Enhance Wellness (note, Enhance Fitness will continue to be offered without disruption), Wellness Education programs, and the Diabetes Education program.

The Project Enhance program has been *the* leader in promoting and delivering Evidence Based Disease Prevention Programs (EBDPP) throughout the county. The City of Portage is proud of the leadership role that has been assumed for the past 5+ years in utilizing EBDPP's such as *A Matter of Balance: Falls Prevention Workshop (MOB) and Personal Action Towards Health (PATH)*, as a means of pro-actively promoting wellness in our regional community. PSC staff has delivered successful EBDPP workshops to dozens of partnering agencies including the Ecumenical Senior Center, Ministry for Community, the Church of Christ, South County Community Services, and more. Unfortunately, reductions in funding mandate that the Portage Senior Center prioritize funding for core services that primarily impact our members and stakeholders. It is no longer realistic, or fiscally responsible for the PSC to play a leadership role in providing a county-wide service.

The PSC remains committed to providing a diverse offering of quality programs and services of which our community can be proud. We will continue to be the regional leader in programs that promote quality of life and independence for older adults. If you look through your newsletter, you will still see dozens of recreational programs available (Garden Club, Bridge, Wii Bowling, Dining Out Club, Mini-bus Outings, etc.), arts & crafts programs (Woodcarving, PSC Kneedlers, Quilters Club,

etc.), fitness classes (Yoga, Enhance Fitness, Body Rebound, etc.), travel options, special events, social services, performing arts clubs, sports, and more.

The decision to reduce or discontinue a program or service is never an easy one. Every effort will be made to provide those affected with useful information or referrals to alternate agencies and service providers.

Please note that there will still be opportunities to enjoy the benefits of EBDPP's such as *A Matter of Balance, PATH, and Diabetes PATH* throughout the remainder of the year. If you have been considering participation in any of these quality wellness programs, I strongly encourage you to sign up now. For more information on upcoming Evidence Based wellness programs, please see the accompanying articles in this newsletter or contact Bobbe Taber, Wellness Coordinator at 329-4551.

We continue to work with community partners to evaluate opportunities for Matter of Balance and Personal Action Toward Health program sustainability via other organizations. Look for updates in the August/September newsletter.

Please feel free to contact me if you have questions or feedback you would like to discuss in regards to this decision.

Thank you
Jason Horan
Manager

A Matter of Balance: Managing Concerns about Falls News

Welcome and congratulations to our new volunteer coaches for A Matter of Balance:

Managing Concerns about Falls workshops throughout Kalamazoo County!

PSC volunteers include: Bob Erickson, Rina Haring, Kathy Kirk and Wes Merriman. Our new community partners volunteer coaches include: Michelle Cook from Absolute Home Care; Barb Fish from Heritage Community; Matt Baretta from the Greater Kalamazoo Family YMCA; Jennifer Lechota and Susan Hamelink from Bronson Hospital and Kathryn Haley, from Galilee Missionary Baptist Church Praying Hands for Health Ministry.

Everyone completed an intensive, two-day training to *Matter of Balance continued on page 18*

Computer Problems? We Make House Calls!



Friendly, local support for the generation that grew up without computers
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Present this ad for \$10 off

Matter of Balance continued from page 17

become volunteer coaches for the MOB Workshops in Kalamazoo. We are honored to have partnerships with respected organizations and know that we'll have a great year of collaborative programs keeping older adults safe and living independently as long as possible.

Thank You also from John Boyd of Lifespan Home Oxygen and Medical Equipment and Michelle Cook from Absolute Homecare and Medical Staffing for the great snacks they provided for the training. We appreciate our partners who care for making the lives of older adults better.

The next Matter of Balance: Managing Concerns about Falls Workshops will take place:

1. Portage Senior Center

Matter of Balance: Managing Concerns about Falls Workshop

June 14 to Aug. 2, 2011 from 9:30 to 11:30 AM

Are you wondering what happened to your balance, wobbling a bit when you walk, wavering some when you stand? Nearly one-third of seniors over the age of 65 will fall each year. That percentage increases by 50% by the age of 80! Yet falling is NOT a natural part of aging, it's the body's reaction to a number of causes that we help address and change in this very popular eight-week workshop that helps older adults stay safe, stay active and stay independent. \$15 fee. Scholarships available. Register at the Portage Senior Center.

2. South County Services in Vicksburg will hold a Matter of Balance Workshop Wednesdays, June 15 to Aug. 3rd from 1:30 to 3:30 p.m.

Call South County Services for more information. 269-649-2901.

Personal Action Toward Health Workshop News:

In 2010, Kalamazoo County Area Agency on Aging received a portion of funding to support the Personal Action Toward Health Workshop from March, 2010 to March, 2012 with the intent to serve 160 PATH graduates throughout the County. United Way funding for Portage Senior Center has allowed us to partner with the County on this objective. From April 1, 2010 to March 31, 2011, we have served approximately 150+ clients, in over 10 PATH workshops and have graduated almost 100 people from PATH. Comments made included the following.

Emma said, "The action plans have helped me to figure out what I need to work on, and they keep me motivated...it has helped me to deal with stress. Before I would get too stressed with myself and I would dwell on it for the rest of the day. But now that I have taken this class, it has given me ways on how to deal with stress... I would totally recommend this class to a friend and hopefully they would enjoy it as much as I did."

Pam said, "The instructors were very knowledgeable and personable. The way the topics were presented in a way that everyone could be involved, very casual but in a serious manner. I think it's helped me to be more aware of a holistic way to be well, spiritually, emotionally and physically."

Marjorie said, "I'm a retired LPN. Worked as a charge nurse in N.H. for 30 years. I'm 81 years of age, living in a Senior Complex independent living – finding out what senior living is like for myself. This session was good for me to help me be more independent and help others. "

We will be scheduling more PATH programs in September, October and November, 2011. Keep an eye out, also, for the new Diabetes PATH, specifically to help people better manage their diabetes. Look for more information in the August/Sept newsletter.

National Memory Screening Day:

July 21, 9 AM to 12 Noon in the Gallery.

Dr. Phillip Green and the staff of the Borgess Geriatric Assessment Center and Borgess Research Institute will provide memory screening free of charge. Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Screenings also are appropriate for anyone who does not have a concern right now, but who wants to establish a base line score for comparison in the future. Early treatment for memory loss offers a chance to get help and plan for the future. These questions might help you decide. If you answer "yes" to any of them, you might benefit from a memory screening.

- Am I becoming more forgetful?
- Do I have trouble concentrating?
- Do I have difficulty performing familiar tasks?
- Do I have trouble recalling words or names in conversation?
- Do I sometimes forget where I am?
- Am I misplacing things more often?
- Have I become lost when walking or driving in a familiar neighborhood?
- Have my family or friends noticed changes in my mood, behavior, personality, or desire to do things?

Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.

Call 329-4555 to sign up for your appointment with an expert medical professional, Dr. Phillip Green, M.D. and his staff.



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Front Row: Art Roberts, Jack Toole, Joyce Branch, Glen Roehrig. Middle Row: Mary Winkler, Jo Arnold, Trudy Riker, Mary Maisto. Back Row: Roger Harris, Steve Tucker, Judy Ludens, Art Nemitz. Missing From Photo: Keith Maisto, Jan Goertz & Donna Peters.

Volunteer Spotlight

Many of you may have traveled with the Portage Senior Center on a day trip, mystery trip, extended trip or even a trip out of the country. As you step on the bus you are greeted by the Trip Escort. This person is smiling and happy that you are traveling with them. You are going to have a great time. You may think “what an easy volunteer opportunity” for this person. Behind that greeting and smile there is a lot of hard work. For the trips the Escorts prepare the trip packets, itinerary and verify arrangements. They are also the ones that provide the fun times on the trip by having prizes, games, and stories along with introducing new comers to others and watching out for those traveling alone. All of the Escorts are CPR certified and have first aid training.

All of Escorts are members of the Trip Committee. They attend monthly meetings, staff the trip office on Tuesdays and Fridays, and take trip reservations. They help prepare the semi-annual trip brochure, make posters for trips and assist with travel previews. Another important part of the committee are the Research members. They “research” trip destinations and begin some of the planning for the trip. All of these members are on the trip committee with some who are on the research committee and then there are some who are escorts. They all intertwine together to create that moment when you step on the bus and are greeted with a big smile and letting you know that they are happy that you are traveling on this Portage Senior Center trip.



Volunteer Vibrations

Parade of Homes

June 3 - 11, There may still be volunteer opportunities available.

Celery City Showcase

June 14, 2PM, Mini Show at Portage Senior Center

June 15, 7PM, Portage Northern High School

June 16, 4PM, Portage Northern High School

June 17, 7PM, Portage Northern High School

There still may be some volunteer opportunities available.

Culver Fund Raiser

August 16, Monday, 3PM - 7PM

1 hour and 2 hour shifts available.

Volunteers needed to Host/Hostess, deliver food as needed, and clean up tables.

Movie Coordinator

- Set up and run the movie. Must be knowledgeable of VRC/DVD system. Training will be provided as necessary.

- Prepare microwave popcorn and bag for sale.

- Prepare and collect money from popcorn sales.

- Movies are shown twice per month and require approximately half an hour each.

Maybe you just want to volunteer for one part of this position. Great! You could be the Movie Technician and just get the movie playing for all. If you would like to be the Popcorn Vendor and take orders, pop the corn, and receive the money for the sales we sure could use you.

“Senior Perks” Coffee Bar Host/Hostess

- 1st & 3rd Mondays and every Wednesday available.

- 9:00 - 11:00 a.m.

- Prepare coffee, provide and serve snack, and collect donations.

- Clean up area at end of shift.

- A friendly smile and cheerful attitude are required.

PSC Hand Chimers

We would like to expand our group and are inviting you to join us on Tuesdays from 3:30 - 4:45. No musical background is required but you must be able to keep time. Patient teachers will take you from “no experience” to “experienced” in practically no time at all. We request that you be willing to commit for at least one year. The hand chimers will be visiting nursing homes as well as schools, churches, and occasional PSC events for entertainment. For information, please call Freya Lake at 324-3503.

Just Call Me Volunteers Needed

Sometimes volunteer opportunities develop and I would like to expand my already present list to include more volunteers that have said to me “just call me if you need me”. This position gives you the opportunity to receive the information and then let me know if you are available or not to volunteer. Please contact Terri Drafta if you want to be added to this list.

Volunteer Vibrations continued on page 20

Classes running June - September

***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.**

COMPUTER

Computer Tutoring

Individual computer tutoring by an experienced volunteer is available Tue, Thu & Fri for a \$5/hour fee (PSC members only). Your appointment time focuses on whatever aspect of computer usage you'd like to cover.

Friday, 10 AM - 12 noon - Gordon Heikkila
 Tuesday, 1-3 PM- Jim Hopper
 Thursday, 1-3 PM- Jim Hopper

FITNESS

Body Rebound

Fee: \$30/\$40 (8 wks)
 July 22 - Sept. 16
 No class 9/5
 M/W/F, 10:30-11:30 AM
 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)
 June 29 - Aug. 24
 No class 9/5
 M/W/F, 8:35 - 9:35 AM
 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.

QiGong

Fee: \$38/\$48 (7 weeks)
 July 13 - Aug. 25
 Wed, 7 - 8 PM
 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 harmony 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: \$40 PSC Members (5 weeks)
 Session 1: June 13 - July 16
 Session 2: July 18 - Aug. 20
 Days: Mon and Wed
 Times: 11 AM - 12 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 kickboard (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 PSC member badge upon registration.

Strength Training

Fee: \$38/\$48 (7 weeks)
 June 15 - Aug 3
 No class 7/4
 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)
 Session A: June 21 - Aug 2
 Session B: Aug 9 - Sept 20
 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: \$55/\$65 (8 weeks)
 Session A: June 14 - Aug 2
 Session B: Aug 9 - Sept 27
 Tue, 1:15 - 2:45 PM
 Overflow: 3:15 - 4:15 PM
 Instructor: Colleen Potter
 Location: St. Catherine of Siena-Stanley Center
 Benefits of Yoga include: flexibility, strength, muscle tone, stress reduction, mental calmness, and more!
 Please note: If the classes scheduled for 1:15 - 2:45 PM fill up, an "Overflow" Yoga session will also be offered from 3:15 - 4:15 PM.

ENRICHMENT

Bridge Basics

Fee: \$10/\$15
 Session A: June 15 - Aug. 5
 Session B: Sept. 2 - Oct. 21
 Fri, 8:15 - 10 AM
 Instructor: Mike Gay
 Bridge is a trick-taking card game using a standard deck of 52 playing cards played by four players in two competing partnerships with partners sitting opposite each other around a small table. Learn the basic rules and strategies of Bridge as taught by veteran player and PSC member, Mike Gay.

Classes continued on next pg.

Volunteer Vibrations continued from page 19

Thanks Intergenerational Program Volunteers

The Partners program provided a great year of enjoyment. Our field trip to the West Michigan Glass Art Center was awesome. Everyone seemed to have a great time making a fused glass piece. The Celebration Potluck night had us sharing good food and good friends. My thanks to those that took the time every month to write a letter to their Pen Pal. The student letters were very interesting and the art projects that the students sent with the letters were great. We had a fun time at the Meet Your Pen Pal Party at the school. My sincere thanks to all of the volunteers. Because of you, these programs exist and are successful.

Friendly Reminder

Please continue to complete your volunteer hours on your blue volunteer card. Your numbers need to be on your card **before** the end of the month. If you are unable to make it into the Center and you need to have that information entered, please contact Terri Drafta and those hours will be added to your card.

Contact Terri Drafta, Volunteer Coordinator, 329-0863 or 329-4555 if you are interested in volunteering at the Portage Senior Center.

Classes cont. from previous pg.

Comparative Religion

Fee: \$5/\$10

Aug. 9 - Sept. 27

Tue, 10 - 11:30 AM

Instructor: Glenn Cronin

We understand religion as being that exercise of mankind whereby he, through dogma and ritual, seeks to please or appease the power(s) that control the universe. Everyone known people group has within its culture some form of religious expression. In this class, we will discuss the difference between revealed religion and contrived religion. We will study the major religions of the world: Judaism, Christianity, Islam and Eastern Religions. There will also be discussions dealing with cults and the occult. There will be ample opportunity for the asking of questions and non-confrontational discussions. Expand your horizons, while at the same time, anchoring yourself in a comfort zone of conviction!

Golf Lessons

Fee: \$8 registration fee

(PSC members only),

\$3/bucket of balls

July 11 - Aug. 15

Monday, 10 - 11:15 AM

Location: Milham Golf Course
 Instructor: Bill Stuijbergen
 Whether you're a scratch golfer or just got your first set of clubs, odds are you could still stand to improve your game. Retired High School Golf Coach and experienced tournament player, Bill utilizes a variety of positive teaching techniques and individual instruction in a group setting to help golfers work on the fundamentals of both their long and short games.

Please note: Due to the popularity of Bill's golf lessons, participants are only able to sign up for one of the two sessions unless the class does not fill.

Line Dance Classes

Fee: \$22/\$27 (6 weeks)

June 9 - July 14

Thursdays

Times:

Beginner: 2:30 - 3:30 PM

Beginner Plus: 1:15 - 2:15 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. You'll be kicking up your heels and boot-scooting with the best of them in no time!

PSC Writing Group

Fee: \$30/\$40 (7 weeks)

June 29 - Aug 10

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 Wilma Kahn has an MFA in Creative Writing (WMU) and a Doctor of Arts in English (SUNY Albany). Her essays, poems, and stories have appeared in newspapers, magazines, and literary journals, and her detective novel, Big Black Hole, was published in 2005.

ART

Rubber Stamp Art

Fee: \$5 PSC members only

June 8 - Sept. 28

Wed, 1:30 - 3:30 pm

Instructor: Pat Toole

Create beautiful cards, book marks and more with this fun art activity. A few basic supplies are needed after attending your first session.



"Florida Gulf Vacation" PSC members enjoying the sunshine! Put yourself in this picture next year and plan ahead to beat the winter blues



PSC members celebrating St. Patrick's Day in Ireland!

Your Company

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

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.

Nurse's Corner

Summer care of the body: Hydration and Skin Protection

By Susan Creager, MSN, RN, CS

The long days of summer bring us access to many more hours out of doors. It's a time for getting our gardens ready to plant, taking long walks, biking, golf, and the beach. In anticipation of all of these activities there are some precautions that should be taken to prevent getting over heated and risking a misadventure. Summer temperatures can climb from a balmy 70 degrees to a hot and humid 90 degree in just a few hours. Body hydration is a function to understand so that dehydration doesn't ruin your summer fun.



About Hydration and Dehydration

In the normal process of aging, some changes occur that make us more susceptible to heat exhaustion and heat stroke. There is an overall decrease in the sense of thirst. The kidney's ability to conserve water and electrolytes (body salts) is less responsive to hormones that control body water and salt management. With aging, there is a decrease between the numbers of fat to lean cells. We become more fat than lean. Fat cells contain little or no water and lean tissue has high water content. The average man is 60% water a woman is 52% water. In the obese, the water content can be as low as 30% to 40% leaving obese persons at a higher risk for dehydration. Another consideration in the aging process is the increased risk for heart disease, impaired kidney function, and multiple drug regimens resulting in a much more significant risk for fluid and electrolyte imbalance.

AARP CAR FIT: Sponsored by LIFE CARE CENTER of PLAINWELL

August 11, 2011, 9 AM - 12 PM

Free, by appointment only Come join us for fun and Driver Safety!

Car Fit is a community based educational program created by the American Society on aging in collaboration with AARP, American Automotive Association (AAA) and American Occupational Therapy Association (AOTA). Trained, experienced staff will put you through a 12-point checklist designed to help everyone find their best fit in their vehicle. Life Care Center's staff will teach you the minimum distance you should have between your chest and the steering wheel and help you adjust your mirrors to reduce blind spots and provide many more helpful safety tips. Each participant will receive a free large gift bag from Life Care Center of Plainwell. There will be a sign up sheet at the Portage Senior Center front desk. Please sign up early space is limited.



What are the symptoms?

Dehydration can be subtle with thirst being the first indication followed by fatigue, headache, light-headedness, loss of appetite, flushed skin, dry cough and dark-colored urine. Because thirst can be blunted with aging, fatigue and headache may be the first symptoms that appear. Prevention of dehydration is the key to summer fun.

What to do?

Monitor fluid intake and the color of your urine. Remember urine should be light yellow or almost clear to know that you are hydrated. The recommended fluid intake is 64 oz and depends on your level of outdoor activity. Drink two 8 oz. glasses of water before going outdoors and for every additional 15 minutes, drink 5 to 10 oz. depending on the heat of the day.

What to drink?

Avoid alcohol and caffeinated beverages such as coffees, teas, colas they have a diuretic affect and you lose more water than you take in. Drink two glasses of water the first hour you are outdoors. When doing moderate to high exercise a sports drink replaces electrolytes (body salts). Fruit juice and drinks high in carbohydrates and low in electrolytes and can cause upset stomach. If you drink fruit juice, dilute it with 50% more water.

Skin protection

Protect your skin and decrease water loss by staying in the shade using wide brimmed hats, eye protection, and sun block. Use BPA FREE water bottle know its volume and savor the coming summer days.

Scholarships Available at the Portage Senior Center

The Portage Senior Center is committed to providing programs and services to older adults of all income levels. Full and half scholarships are available for PSC memberships as well as all fitness classes. Scholarships are income based and application forms are available at the front desk.

Stop by the front desk or call 329-4555 for more information.



Retired Director of Senior Citizen Services and Volunteer Accreditation Committee Chairperson, Jo Arnold, accepts a plaque officially recognizing a third successful national accreditation for the Portage Senior Center from Maureen Arsenault, Director of the National Institute of Senior Centers.

Manager's Message

I enjoy a good quote. My favorites are the ones that combine humor with insight, relevancy with timelessness. I thought I'd share some of my favorites with you. You've probably read or heard most if not all of them. Perhaps you find them to be inspiring like I do, or maybe you think they're just a bunch of clichés (one man's treasure is another man's junk, or something like that). Maybe you have some favorites of your own you'd like to share with me, and I'd love to hear them! Without further ado, I submit to you "Jason's List of Quotable Quotations to Live By".

"If it don't kill you, it only makes you stronger."

- Friedrich Nietzsche (paraphrased)

"Better to be lucky than good."

- Source unknown

"Don't sweat the small stuff...and it's all small stuff."

- Richard Carlson

"It has always been my private conviction that any man who pits his intelligence against a fish and loses has it coming."

- John Steinbeck

"Nothing makes a fish bigger than almost being caught."

- Source unknown

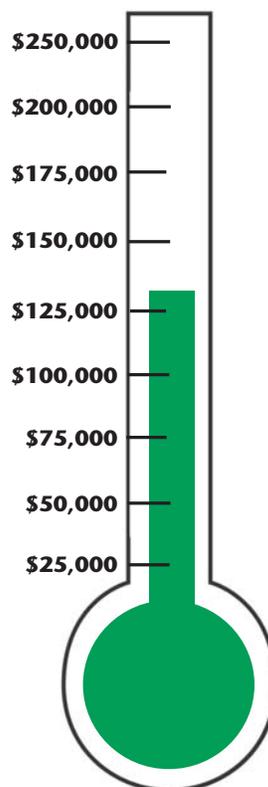
"It is better to keep your mouth shut and appear stupid than to open it and remove all doubt."

- Mark Twain

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



Revenue Thermometer



July 1 - April 29, 2011

Local Contributions.....	\$14,477
Area Agency on Aging.....	7,198
Friends of the PSC.....	11,540
PSC Room Rentals	7,329
Transfer from Trust.....	9,500
Mini-Bus Donations	2,969
Fund Raising.....	15,009
Newsletter Ads	18,797
Memberships	29,653
Net from Sr. Trips	10,080
AAA (Health Promo)	8,219
Part. Contributions (Health) ..	762
Total (9 months)	\$135,533

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 Ann Perkins
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 Patricia Berninger
 Trudy Riker
 Nicoara Oprescu
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Senior Citizen Services Manager
 Jason Horan, BS, CPRP

Dept. Secretary
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Receptionist
 Denita Demler

Volunteer Coordinator
 Terri Drafta, BSW

Trip Coordinator
 Johanna Thompson

Nutrition Site Manager (Senior Services, Inc.)
 Les Roberts

Wellness Project Staff
 Bobbe Taber, MA

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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Senior Citizens Services
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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.



Les Roberts takes a moment to pose with his good friends from the Lunch Bunch group.

accept the offer. His last day at the PSC was on Friday, March 11. His replacement Vince has turned out to be a great guy and he is a welcome addition to the PSC family, so it is no reflection on Vince that Les is still missed by his good friends at the Center.

Fortunately, Les is still around and involved in PSC activities. For example, Les will be performing as a duet in this year's **Celery City Showcase** in June, so if you're one of his legion of fans you will want to make sure to get a ticket to that show!

On behalf of the PSC I would like to thank Les for his year's of service and wish him the best of luck going forward!

The PSC Bids Farewell and Best Wishes to a Good Friend

Les Roberts had served in the capacity of Friendship Site Coordinator at the Portage Senior Center for going on five years. While Les was technically an employee of Senior Services, Inc, Les always belonged to the PSC at heart. His positive, upbeat attitude and friendly smile made everybody feel welcome the minute they walked through the door.

In addition to his title as "World's Greatest Friendship Site Coordinator", Les was also an active, and versatile, volunteer at the PSC. As a trained Lay Leader, Les provided critical support to the Personal Action Towards Health (PATH) program. He stayed after work on his own time for Movie Mondays and popped popcorn. Perhaps Les's greatest gifts to the Center were his repeat vocal performances. Blessed with a deep and rich baritone, Les has a voice meant for center stage. As testament to his gifts, Les won first place in the 2009 Celery City Showcase and has been a feature vocalist in a variety of local shows. The Portage Senior Center has had the tremendous good fortune of being one of Les's favorite venues as evidenced by his numerous performances over the years and his ever growing fan club.

In March Les was offered a great job opportunity from a local organization and good judgment dictated that he

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