

Portage Senior Center Newsletter

2012-13 Annual Appeal Underway!

Friends of the Portage Senior Center Seeks Extraordinary Financial Support from Members and Friends

Most of you who have been loyal contributors to the Portage Senior Center (PSC) have made an annual contribution either directly to the senior center or through the Friends of the Portage Senior Center. In November of this year, the PSC and the Friends of the Portage Senior Center (also known as *Friends*) are combining forces to make one appeal—hoping to mount an unprecedented effort needed to take this year’s Annual Appeal over the top! The two annual appeals previously generated by the PSC and the *Friends* have always been critical to the senior center’s yearly income strategy.

Kimberly Middleton, *Friends* Board Chair said, “We hope to raise \$50,000 this year through our joint annual appeal with the PSC and the *Friends* other signature fund raising events, such as the Annual Golf Outing and the first *Shindig at the Hayloft*. “Our fundraising goals with the PSC remain consistent and we want the community as well as members to know that their tax-deductible contributions to the *Friends* will directly support senior center operations, critical services, and programs.” Jill Hess, Deputy Director of Recreation and Senior Citizens



Carrie McFerrin, headliner vocalist at Hayloft Shindig performance.

Services, wholeheartedly agrees. “The *Friends* annual pledge reflects the very reason this volunteer membership organization was formed in 1991,” said Hess. “Even with monies received from a city general fund subsidy, the PSC is still challenged to raise nearly 65% of its annual budget and we rely on the *Friends* to help sustain the levels of operations, services and programs currently offered by the PSC.”

Equally important, contributions can also be made to the *Friends Endowment Fund*—ensuring a future for Senior Citizen Services in Portage. Established in 1995 through the Kalamazoo Foundation, families, individuals, or

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We Are On Our Way!

Friends of the Portage Senior Center have aimed high this year to reach \$50,000 in fundraising efforts during the 2012-2013 fiscal year, starting July 1, 2012 through June 30, 2013. *The Friends* have set up a goal thermometer displaying the amount they seek to raise at the top, with steps along the way like a temperature thermometer to show how much money has been raised so far.

Who the Friends Are

Incorporated in 1991, the Friends of the Portage Senior Center is a 501(c)(3) non-profit organization totally dedicated to ensuring both short and long-term funding for the programs and services provided by the Portage Senior Center. The Friends is a volunteer membership organization which sponsors an annual appeal and fundraising activities throughout the year to support the senior center operations, programs, and critical services.

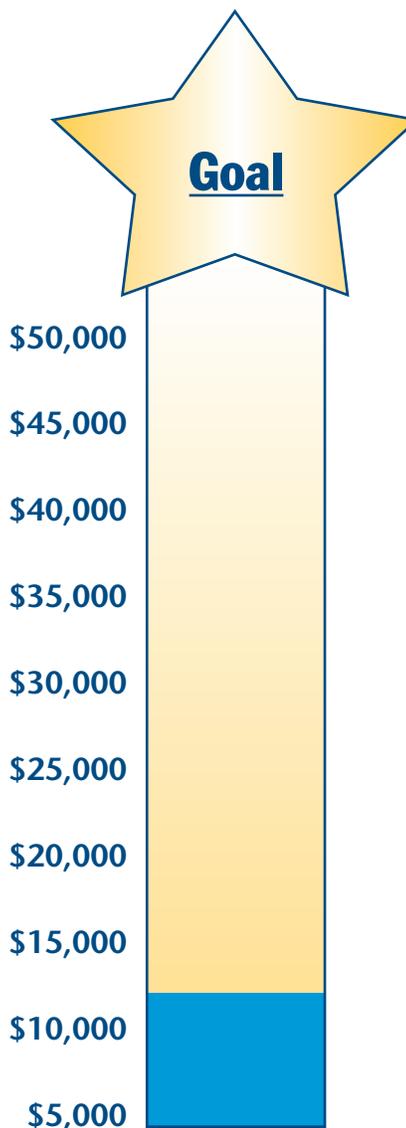
Major Funding Sources of the Friends

- Friends of the Portage Senior Center Annual Appeal
- Annual Golf Outing
- Fall Fundraiser-Shindig at the Hayloft
- Dining Out
- Bequests
- Grant Awards
- Investment Income

Friends of the Senior Center Board of Directors

Kimberly Middleton, Chairperson
 F. William McCarty, Vice-Chair
 Alex Lueth, Treasurer
 Mary Ellen Agar
 Rob Boven
 Greg Miller
 Georganne Oldenburg

Fundraising Goal



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.

Advisory Board

Ruth Ann Meyer, Chair
 Larry Smith, Vice Chair
 Mary Maisto, Secretary
 James Hoppe
 Ann Perkins
 Arthur Roberts
 Patricia Berninger
 Trudy Riker
 Nicoara Opreescu
 Ruth Michelhaugh
 Mary Lou Petruccio
 Audrey Searing

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Director of Parks & Recreation
 William Deming, MS

Deputy Director
 Jill Hess, LCSW, ACSW

Administrative Asst.
 Janet Gates

Program Coordinator
 Denita Demler

WMU Staff Intern
 Megan Donahue

Trip Coordinator
 Johanna Thompson

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

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



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

A Message from Your Deputy Director

“Fare is Fair”

As we celebrate the holidays and begin a new year we have some good news to celebrate, while also facing some challenges ahead—together. The good news is that during the month of January 2013, the senior center will receive a wonderful gift made possible by funds awarded by the Irving Gilmore Foundation and the Friends of the Portage Senior Center. We have purchased and plan to install in January, an automated check in, scheduling, and reporting system designed just for senior centers. Members will have an easy-to-use key card and touch screen to sign into the senior center upon arrival and to register for classes and programs, including their volunteer hours. The challenge ahead is that come January our new system will bring to light our need to reinforce our existing membership policy. That is, all individuals who attend the senior center will become members, unless they have registered for classes or community programs that are open to the public. So for those of you who are attending classes or participating in community programs that are open to the public—rest assured that we will have a system or solution in place by January to account for your attendance as non-members. For those of you who are not members and are regularly attending programs that are reserved for senior center members ...well as one member once said to me, “fare is fair” and by January 1, 2013 you will be asked to pay a membership fee or purchase a guest punch card at the front desk as you enter the building.

Our membership fees have become a vital income strategy for us to sustain the nearly 100 programs now offered at the senior center. We are also grateful to sponsors and donors who have generously given to a fund that provides

scholarships for anyone who wishes to participate at the senior and cannot afford to pay for a membership. In essence, no one is denied the opportunity to participate in programs and services at the senior center based on an inability to pay. So for those who are members, I thank you for your support and your continued commitment to the Portage Senior Center. For those of you who take classes or come to our community events, we hope that you return time and again and that you will consider joining this special place. And to my friends who attend regularly who are not members, we enthusiastically invite you to join as well. If that is not your desire, you will be offered the opportunity to purchase a fair “fare” at the door.

In closing, I want to emphasize that each person who walks through the front doors of the senior center is welcome! And in that spirit, our entire staff wishes you a joyous holiday season and a very happy New Year.

Sincerely,



Jill Hess

APPEAL continued from page 1

organizations may donate memorials, bequests, or contributions to this endowment that become available to the *Friends* periodically, based on the growth of invested funds.

With the help and support of PSC members and community supporters, the *Friends* are confident that their ambitious goal this year is driven by their belief that funds raised will positively impact the lives of older adults both today and into the future.



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Pageant

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Intergenerational Volunteering: Live, Learn, and Lead!

Partners & Pen Pals

Big thanks go out to all volunteers participating in our intergenerational programs this year. Pen Pals and Partners are off to a great start and preparation for both programs could not have been successful without the dedication and enthusiasm of all seniors involved. I extend special thanks and appreciation for Zoe Miller, a member of Portage Senior Center and six year participant in both Pen Pals and Partners. Zoe has thoroughly enjoyed her involvement with both programs and is a strong believer in the benefits and opportunities offered to both the elementary students and senior volunteers. Zoe stepped into a leadership role this year, putting significant time and effort into the preparation and management of both programs. New ideas and feedback from our senior volunteers are welcomed and encouraged throughout the year, as we continue to recognize the positive impact of intergenerational programming at the PSC!

Readers Theatre

Another popular intergenerational program, Reader's Theatre Club, (led by Babbette Smith) has already run programs at three preschools and four elementary schools. Their audience can range from 30 to 200 students and on days of higher attendance, the volunteers will run two programs back to back. Those involved in Reader's Theatre have a great time participating and report having just as much fun as the kids. Programs will continue to run through May and volunteers are welcome to join at any time.

Thank you again to all volunteers who have contributed to the promotion of personal growth and friendship through intergenerational connections! Looking forward to working with you all through the rest of the year.

Megan Donahue
WMU Intern
Volunteer/Intergenerational Coordinator

Volunteer Help Wanted

Special Event Volunteer

Special Events occur several times each month. Volunteers are needed at each event to assist with duties such as setting up tables, decorating, serving food, coordinating activities, and cleaning up.

Clerical Support for Friends of the Portage Senior Center Board

The Friends of the Portage Senior Center board members assist with fundraising for both short and long-term needs. This is an exciting opportunity to work with a vital, active board, gain experience with the fundraising process and meet people.

Trip Committee Member/Escort

Trip Committee Members help organize upcoming trips for the Center. Members are responsible for initiating ideas, planning itineraries, and making promotional posters. Members are expected to work in the Trip Office as Ambassadors, taking reservations and providing trip information, a minimum of once a month.

Committee Members may also be asked by the Travel Coordinator to serve as escorts, which is a separate position from Committee Members. Escorts serve as a leader while on trips and assume that role of responsibility. They act as "tour guides" and are responsible for such things as head counts, emergencies, and carrying out the itinerary.

VOLUNTEER continued on page 5

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Cool Weekend Destinations

Monday, December 17

1:30 PM

Presenter: Steve Ellis, "Spark" Publisher
Free

Steve Ellis has spent 45 years traveling around Michigan and nearby states, searching for unique getaways and he's found plenty of them. At this travelogue presentation, he'll share some of his favorite discoveries. Join Steve on a fun-filled photographic journey to ghost towns, remote islands, historic hotels and roadside attractions of the Midwest. Registration deadline is Monday, December 10.

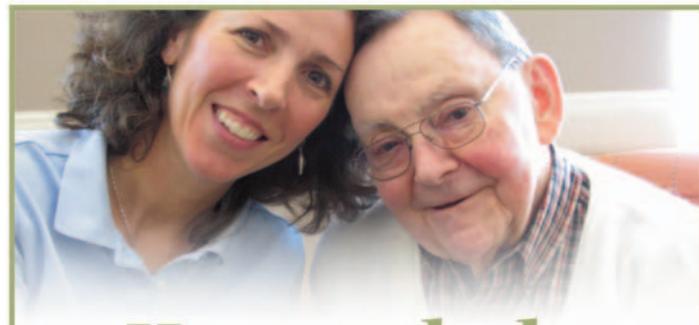
VOLUNTEER continued from page 4

Afternoon Receptionist

Greet guests, answer phone, accept member fees, take class registrations, provide information and referral guidance, supervise coffee bar, lock & unlock doors, assist staff members with projects and a variety of other tasks. Substitute positions available.

Minibus Driver

Drivers needed for transporting patrons in a 14-passenger mini-bus on a planned route to and from various center activities and grocery shopping trips within the City of Portage. Regular and substitute positions are available.



Here to help

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AARP Tax Assistance

Location: Portage District Library

Registration: Portage Senior Center 329-4555

Registration begins Wednesday, January 2

Beginning Tuesday, February 5, AARP Tax-Aide Volunteers will provide free tax preparation assistance every Tuesday through April 9 from 9:30 AM until 3:30 PM by appointment only at the Portage District Library. This year the Portage Senior Center is partnering with the Portage District Library to provide this service. You will still call the Portage Senior Center to schedule an appointment but your returns will be prepared at the Portage Library in the lower level in the Gourneck Room. This change is being made to provide clients with more space and privacy and assure an even more accurate return. Assistance is available to individuals or couples 50 years and older with an annual income below \$45,000 or to those who are handicapped. Complicated returns cannot be done at the Portage District Library. Registration begins on Wednesday, January 2, at the Portage Senior Center 329-4555. A checklist of everything needed for the appointment is available at the PSC Reception Desk.

Big Screen Movie

Monday, December 10

1:15 PM

"The Christmas Shoes"

If we're open to it, the smallest of miracles can change our lives. After 10-year-old Nathan Andrews learned that this will be his mother's last Christmas, he decides to buy her a special gift. As Nathan sets out on his quest, fate puts him in the path of Robert Layton, an overworked attorney who has forgotten to take time for his family. It's the boy's love for his mother that inspires Robert to reconnect with what's truly important in his life. Inspired by the hit song and best-selling book, "The Christmas Shoes" shows that small miracles happen every day...you just have to be willing to see them. Stars Kimberly Williams and Rob Lowe.

Unrated. Not closed-captioned. 94 minutes.

View the movie for free; 50 cents for popcorn.



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Big Screen Movie

Monday, January 14

1:15p.m.

"The Second Chance"

Grammy Award-winning artist Michael W. Smith gives a passionate performance as a suburban pastor who is forced to confront his own prejudices in this powerful tale of faith, redemption and finding common ground. At the wealthy church The Rock, Ethan Jenkins (Smith) brings worshipers to their feet with his electrifying music. But when church elders assign him to work in the city's poorest neighborhood, he butts heads with the brash, street-smart minister (Jeff Obafemi Carr). Can they overcome their differences and learn to work together?

Rated PG-13. Closed-captioned. 103 minutes.
View the movie for free; 50 cents for popcorn.

Are you a Mac user?

Kalamazoo Macintosh User Group is an organization with resources to help mac users with hardware and software questions. They currently meet at the Portage District Library on the 3rd Saturday of the month at 9 AM. Listed below is their schedule.

10/20/12 (3rd Saturday) Portage District Library (PDL)

11/17/12 (3rd Saturday) PDL

12/08/12 (2nd Saturday due to Holidays) Portage Senior Center

01/19/13 (3rd Saturday) PDL

02/16/13 (3rd Saturday) PDL

03/16/13 (3rd Saturday) PDL

04/20/13 (3rd Saturday) PDL

05/18/13 (3rd Saturday) PDL

06/15/13 (3rd Saturday) PDL

07/20/13 (3rd Saturday) PDL

08/17/13 (3rd Saturday) PDL

09/21/13 (3rd Saturday) PDL

10/19/13 (3rd Saturday) PDL

11/16/13 (3rd Saturday) PDL

12/14/12 (2nd Saturday due to Holidays) PDL

PSC Pedalers Club

A Peek Inside The PSC Pedalers' Psyche : Why and Where Do We Ride?

By: Carolyn Burns

We've been asking our Portage Senior Center Pedalers that over the past months and all affirmed the original motto: We ride to eat and eat to ride! Our leader Bob Strader has researched and exposed us to some great new venues for dining this year. But lest we be considered too dull, we gave it more thought and came up with some more appealing notions. Next in popularity was the "For My Health" reason. Among us you will find every diagnosis imaginable as well as plenty of replacement joints, surgical discs, back ailments, triglyceride concerns, as well as sprained shoulders, and you-name-it. Talking to our most senior member, Vic, he has noted great mood elevations once he's up, out and riding. He finds himself breaking out in song on his daily jaunts near the Kalamazoo Valley Campus.

The eight who biked 44 miles on Central Michigan's Montague to Hart trail September 6th and 7th would argue that this First of the Michigan Rails to Trails, takes the cake for scenic beauty, quality of paving, interesting hamlets and unique eateries along the way. Another PSC Pedaler emoted that any road one has to oneself without traffic was the best road. The White Pine Trail was newly added this year and 14 enjoyed that safe

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Dorothy Endres

Holiday Lunch

Tuesday, December 18

11:45 AM, \$1 registration fee

What a great way to celebrate the Holiday Season with lunch, entertainment, and door prizes. Our sponsor for this event is Heartland Home Healthcare & Hospice. \$3.00 donation is suggested for the Senior Services lunch. Come into the PSC to sign up for this event. Registration deadline is Friday, December 14.

Book Club

We are looking for members who are interested in forming a Book Club here at PSC. Are you searching for the next best book to read and discuss? We will need 6 members to form this club which will meet once a month. Ann Perkins has graciously offered to be the club leader. If you are interested please give us a call at 329-4555 and we will have an initial meeting to discuss meeting times and dates.

PEDALERS continued from page 6

trail ride without automobiles in June. Again we were diverted to think about eating, and remarked that the Fischer Lake 40 mile-round-trip route was a "Fav" because of the dining experience: Having our meals served on the deck overlooking the Lake. Several enjoyed doing the Grand Haven Ride this year. Our adventurous newcomer Roger volunteered: His "Fav" was "the trail I haven't done yet!" (Roger rides 150 miles a week.) Another added she hangs a sign over her outside door : Never Stop Exploring! Then came the reply: "You know? Biking is the starting place for anywhere else in the world!" Jim has fulfilled that "world " aspect for us several times. One of our optimists summed it up for us all, and we have to agree : Why, Every Ride is the best! We finally asked our much appreciated present Leader Bob Strader why he rides. He gave us this thoughtful explanation: Having had several orthopedic urgeries and then experiencing expert care in his recovery, he simply wants to "Give Back" to all those Portage Pedalers who offered encouragement and support during his rehabilitation. There it is! Another reason we ride! PSC Pedalers are one great fun group of human beings! See you south on the Trails!

PSC Writing Group

Wilma Kahn, Instructor

Ted Merrill, PSC Member & Student

An Invitation by Ted Merrill

In 2008 something good happened to me. A gentleman who lived across the street invited me to go with him to the PSC Writers class at the Portage Senior Center. Like me, that gentleman was named Ted, and I will be ever grateful to him.

I visited the class and the next week, with much caution, I joined it. The members were friendly and wrote about their lives, travels, and experiences. The instructor led the group with patience and made corrections and suggestions to improve my writing, but most importantly, wrote encouraging and motivational notes on each paper. The weekly writing forced me to think about past experiences and write about them. I have written about my family, my home, hometown, school friends, work, travels, and many special memories along the way. Recently, I put the more than sixty stories I have written into a notebook in historical order with tabs. Now, children, grandchildren, or future family who might be interested will have a small record to read. I wish my grandparents and parents had left a written record like this.

It has been fun remembering, reliving, and writing about my past experiences. It has also been interesting to hear others tell about their life events. A member of this writing class, Paul, passed away recently. He often said as he took his seat at the table, "I love this class." The class was good for him as he openly shared good, bad, wild, and funny events from his early life. He made us laugh and through his honesty made us all better.

Some weeks I think I have nothing else to write about. I guess my grandson was probably right when he told me not long ago, "Grandpa, having to write is good because it keeps your brain working." Maybe that's true-I hope so.

Anyhow, Ted, I appreciate that invitation of years ago. Writing class continues to be a good experience.

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In addition to the wonderful savings offered, if you purchase your SuperBook at the Portage Senior Center, the Center gets a commission on every book sold. Last year we raised \$1,000!

With the holiday season coming up, don't forget that SuperBooks make great gift ideas too!

Out to Eat Dining Club

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

December

Dinner

Monday, December 3,
5:00 PM
Bennigan's
5802 Gull Road

Breakfast

Tuesday, December 11,
8:30 AM
Poor Richard's Cafe
1105 E. Crosstown Parkway

Lunch

Thursday, December 20,
11:30 AM
Summer Tyme Café
3928 Portage Road

January

Dinner

Monday, January 7,
5:00 PM
Callahan's
5200 Portage Road

Breakfast

Tuesday, January 8,
8:30 AM
Tim Horton's
5709 South Westnedge
(formerly Fazoli's)

Lunch

Thursday, January 17,
11:30 AM
Bob Evans Farms
Restaurant
5641 South Westnedge

PSC French Club

2nd Tuesday, 11 - 12 noon

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

Sisterhood

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

Meetings:

December 14, Friday

Time: 1:00 - 2:30 PM
Event: Holiday Lunch
Site: Olive Garden,
6700 S. Westnedge
Host: Sylvia Blum

January 11, Friday

Time: 1:00 - 2:30 PM
Event: Game: General meeting
to further plan 2013 Events
Site: PSC
Host: Barb Lewis

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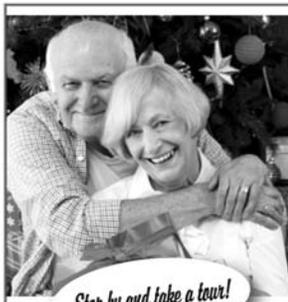
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Diabetes Support Group

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

Next meeting: Friday, January 4, 1 PM

Presenter: Joan McHale

Topic: How to Manage Your Diabetes

Joan is a registered Nurse and Certified Diabetes Educator will be talking to us about how to better manage or diabetes. She is also a representative of the Sanofi Aventis Pharmaceutical Company (makers of Lantus) and will be happy to answer any questions you may have about diabetes and Lantus.

Please note the new format for meetings of the Diabetes Support Group. This group will no longer meet the first Friday of each month, but will meet approximately once each quarter and/or in conjunction with other activities/training sessions, and wellness programs sponsored by the senior center. We will continue to call each member prior to each meeting. If you are not on our list but would like to be, please give us a call at 329-4555 and we will add you to our call in list. Register at 329-4555.

Hearing Screenings

3rd Tuesday – Quarterly (January, April, July, October)

Tuesday, January 15,

9 AM – 11 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. Please call 329-4555 to schedule an appointment (required).

Hospital Classifications

According to AARP, individuals on Medicare need to ask one important question when hospitalized – *what classification am I being admitted under?* If you are admitted under “observation” or “outpatient” you may be stuck paying the hospital charges, even though you have good Medigap coverage. The practice of admitting patients from emergency to outpatient or observation may deny them coverage for post-hospital rehab therapy.

Matter of Balance

Friday, February 1 – March 22

8 weeks

9:30 AM – 11:30 AM

Fee: Free

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 a 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. Register at 329-4555 by Friday, January 25.

Kalamazoo Loaves and Fishes - PSC Bag Recycling Program

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

The Giving Tree

As the holiday season approaches, we invite you once again to help us to provide Christmas cheer to a family that we will be adopting through the Portage Community Center. Please come in and take a tag from the Christmas tree in the lounge and purchase a gift or give a donation. We ask that all gifts be wrapped and to the center by Monday, December 10, to insure that they will be delivered in time for Christmas.

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PSC Social Golf League Finishes Up with Fun and Laughter

More than 33 PSC members participated in the 2012 Social Golf League held at the States Golf Course in Vicksburg. The league runs every year from May through late-September. Once again this year the league concluded with a scramble and banquet. A delicious lunch was served up by the staff at States Golf Course. We would like to thank Nancy Jean (PSC member) for being the go between in taking the golf information to the course and returning the scores from the course back to the Center. We are looking for a member to take over as the "League Coordinator" for this league. Stop in to the Center and let us know if you can help.

Your Membership Matters

Tuesday, January 22, 10 - 11AM

Because the Senior Center membership is growing, and the facility is undergoing a bit of a "facelift", quarterly membership meetings will be held until further notice. These meetings are intended to be an open exchange between the Deputy Director and membership. Your input is important, your concerns and questions merit transparent, open response. Take advantage of this opportunity to get the scoop on upcoming improvements - how they're being funded and why they're being initiated. We encourage you to stop by and sign up for our next Membership Matters on Tuesday, January 22.

PSC Art Club

Monday, 1 - 3 PM

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

Recycled Cards

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

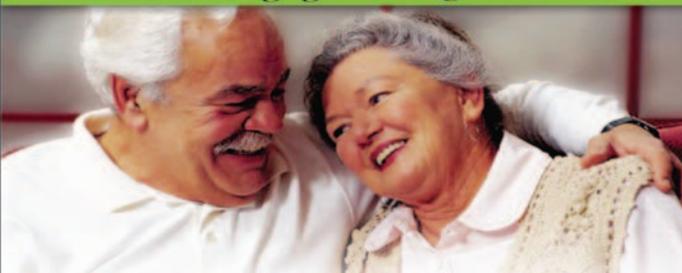
New Member Orientation

Thursday, January 10, 10:30 AM

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

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Shindig Pours Talent into the Hayloft Theatre!

On a blustery rainy night over 130 people came to support the first Shindig at the Hayloft Theatre, a fund raising event held on October 13th and sponsored by the Friends of the Portage Senior Center. Shindig at the Hayloft was the brainchild of musician Tom McCoy who in his day job carries the title of Assistant Superintendent in the City of Portage Streets and Parks Maintenance Department. Tom was a previous performer at the Celery City Showcase and offered an opportunity to the Friends of the Portage Senior Center to raise money by putting on a folk rock concert. Tom used his connections in the musical community to bring talented performers, including a local headliner Carrie McFerrin, who donated their talents to the cause. The Shindig at the Hayloft was the first time that the senior center was given an opportunity to appeal to a new audience of people who might not be the “usual suspects” attending a senior center function. The performers themselves offered a new genre of music—many playing original compositions. The Portage Senior Center extends an enthusiastic BRAVO! and our sincere appreciation to everyone involved for helping us to raise \$3,000 to benefit services and programs at the senior center. We also extend our heartfelt thanks to the City of Portage for in-kind support and to Allison Alexander, Celery Flats and Cultural Events Coordinator, her great staff, and City of Portage Park Rangers for their help in making this event a success. If you purchased a ticket or in good humor paid to stay home that evening, we thank you for your support. We also have an ENCORE of people to thank who helped us to reach our financial goal.

Event Underwriters

Margaret Krum
Life EMS Ambulance
Ruth Ann Meyer
Art and Betty Roberts
Larry and Babbette Smith
Mary Ann Wannamaker

In-Kind Supporters

City of Portage, Parks, Recreation, and Public Services
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Centre Street market
Cagney Farms, Scotts
James Coppinger Photography

Performers

Master of Ceremonies—Adam Herringa
Carrie McFerrin—Headliner
BLT—Bobby Ballard/Lynette Baber/Tom McCoy
Matthew Borr
Chris Schleuder
Desi Taylor

*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 CLASSES

Laptop Computer Fundamentals (new format)

Fee: \$20 (members only)

4 weeks

Mon. 10 AM - 12 Noon

January 7 - January 28

February 11 - March 4

Instructor: Gordon Heikkila

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

Laptop Introduction to Office (new format)

Fee: \$20 (members only)

7 weeks

Wednesday, 10 AM - 12 noon

January 9 - February 20

March 6 to April 17

Instructor: Royce Bland
Laptop Introduction to Office is a class designed for those who have some basic working knowledge but would like to learn more about how to utilize Microsoft Office software for personal applications. Class will provide an overview of Windows Explorer, Word, Excel, Access, PowerPoint, and Photo Editing.

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

Computer Tutoring

Individual computer tutoring by an experienced vol-

unteer is available Mon - Wed - Fri for a \$5/hour fee. Your appointment time focuses on whatever aspect of computer usage you'd like to cover. PSC Members only. Come in to register at the Center.

Mon, 12 - 1 pm, Paul S.

Wed, 12 - 1 pm, Paul S.

Fri, 10 - 12 noon, Gordon H.

CLASSES

Painting with Acrylics

Fee: \$55/\$65

February 20 - March 27

(6 wks)

Wed, 1:00 PM - 3:00 PM

Instructor: Rae Sills

This class is open to beginners as well as advanced students. The emphasis in the class will not only be learning color, design and texture, but, also, how to use the mediums in manipulation of quick dry paint. The student will work from photographs of their own choosing. The instructor will begin the class by demonstrating and will continue to demonstrate several times throughout the six weeks. Questions are encouraged during demonstrations. Rae is experienced in many mediums and will allow a student to work in another medium upon request. (No oils please.) The supply list can be picked up at the front desk when register-

ing. Registration deadline is Wednesday, September 5.

Introduction to Portraiture

Fee: \$40/50 non-members

Wed., 1:00 PM - 3:00 PM

April 10 - May 1 (4 wks)

Instructor: Rae Sills

This class teaches the correct approach to accurate drawing. Therefore, it is the perfect class for the very beginner and for the more experienced student. The student will start with a simple framework and be given tools that will ease them into the process. Rae will provide the photograph for the first two weeks, then the student can use their choice of photographs. The medium is pencil. The supply list can be picked up at the front desk when registering. Registration deadline is Wednesday, October 17.

Body Rebound

Fee: \$30/\$40 (8 wks)

Mon/Wed/Fri, 10:30 - 11:30 AM

November 26 - January 7

January 9 - February 27

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.

CLASSES cont. on pg. 16

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CLASSES cont. from pg. 15

Enhance Fitness

Fee: \$32/\$42 (8 wks)
 Mon/Wed/Fri, 8:15 - 9:15 AM (*New Time*)
 January 14 - March 8
 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. Please note new time for class.

PSC Writing Group

Fee: \$30/\$40 (7 weeks)
 January 9 - February 20
 Wed, 10:30 AM -12 noon
 Instructor: Wilma Kahn
 Write and share essays or poems. Participants choose their own topics, such as family history, autobiography, travels, nature, war time experiences, responses to contemporary life, exercises in wit, etc. Teacher gives written response to class members' work. Instructor has an MFA in Creative Writing and a DA in English.

QiGong

Fee: \$38/48 (7 weeks)
 Wed, 7:00 - 8:00 PM
 December 12 - January 23
 January 30 - March 13
 Instructor: Ed Kehoe
 In this class you will learn Ancient Five Element

QiGong routines that have been a part of Traditional Chinese Medicine for thousands of years. These routines are designed to build and strengthen your internal health creating 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: \$60 PSC members*
 7 weeks
 October 30 - December 20
 January 8 - February 21
 Tues & Thurs, 11:00 - 12:00 noon
 Location: Portage YMCA - 2900 W. Centre
 SilverSplash is an aquatics based exercise program designed to help build strength and increase range of movement. A kick-board (provided) is used for balance support and to provide moderate resistance challenges. Since all exercises take place in the pool, there is minimal wear and tear on your joints. This class made possible as a

result of a special partnership between the PSC and Portage YMCA. Participants can register at the YMCA, and will need to present this class flyer or your name badge upon registration. *The YMCA will charge a \$5 "Late registration fee" for any enrollments less than one week prior to scheduled start date.

Strength Training

Fee: \$38/\$48 (7 weeks)
 November 5 - December 19
 January 7 - February 20
 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.

Strength & Stretch - New class

Fee: \$38/\$48 (7 weeks)
 January 7 - February 20
 Mon/Wed, 9:30 AM - 10:30 AM
 Instructor: Joy Morris
 Location: PSC
 This class is designed to help build strength and flexibility back into the body. The class will begin with strength building exercises using weights followed with gentle stretches to open the body so you will leave class feeling stronger and more relaxed. Participants are asked to bring weights and an exercise mat.

T'ai Ji

Fee: \$38/\$48 (7 weeks)
 December 4 - January 29 (no class Dec 25 & Jan 1)
 February 5 - March 19
 Tue, 8:30 - 9:30 AM

CLASSES cont. on pg. 17

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CLASSES cont. from pg. 16

Instructor: Ed Kehoe
The graceful movements of the Chinese art of T'ai Ji disguise a powerful system of exercises that have long been recognized for their therapeutic qualities.

Yoga

Fee: \$60/\$70 (8 weeks)
October 30 - December 18
No class Dec 25 and January 1
January 8 - February 26
Tuesday, 1:00 - 2:30 PM
Instructor: Christine Peckels
Location: St Catherine's of Siena - Stanley Center
Christine Peckels has been a practitioner of yoga since 1999. She completed her 200 hour RYT teacher training in 2008 under the guidance of Melissa Spamer, E-RYT 500, LMT and Founder/Director of "Lotus in the Flame" School of Yoga and Healing

Arts. She is registered with "Yoga Alliance" which adheres to strict and continuing standards for yoga teachers and is a member of "The Michigan Yoga Association. She works with cancer and stroke patients and volunteers weekly at Western Michigan University's School of Medicine in the Charles VanRipen Unified Clinics. Christine also teaches weekly classes @ Kneading Serenity Massage and Wellness Center and The Portage Senior Center. Her yoga classes offer gentle yet powerful insight into the infinite nuances of the body, mind and breath with opportunities to explore and link these qualities within. The results are a personal experience of joyfulness, peace and balance throughout the whole being.

Participants are asked to bring an exercise mat.

Zumba Gold

Fee: \$30/40 (8 weeks)
Mon, 5:00 - 6:00 PM
November 19 - January 28 (no class 12/24 & 12/31)
February 4 - March 25
Instructor: Gretchen Pouliot
We are pleased to announce our newest instructor: Gretchen Pouliot. She is excited to have the opportunity to come share Zumba Gold at the PSC. She has been enjoying Zumba Fitness for 6 years and started teaching Zumba Fitness in January 2011 at various locations in the Kalamazoo /Portage area. Zumba Fitness is a great way to get in shape, connect with friends, and relieve stress. It's been a big success by combining energizing music, basic steps, and fun choreography for a total body workout. Participants feel energized, happy, and even younger during and after class. Her favorite comment is "I can't believe the time is up". This makes her grin because she feels the same way. Time flies when you're having fun?

Zumba Gold is a fitness program designed to take the exciting Latin and international dance rhythms created in the

original Zumba Program and bring them to the active older adult, the beginner participant, and other special populations that may need modifications for success. The program emphasizes the basics of Merengue, Salsa, Cumbia, Bell Dance, Flamenco and Tango. Its aim is to provide a safe and effective total body workout, and celebrate the joy of dance and inspiring music with others.

I Want A Happy and Healthy Memory Club

Fee: \$5/\$8/non-members/session
2nd Thursday of every month
Session 1: December 13
Session 2: January 10
1:00-2:30 p.m.
Instructor: Suzanne Gernaat
A discussion/activity group, that meets once a month, to hear about the latest brain/memory research, do memory games and exercises and learn about online resources and things you can do to keep your memory working.

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



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Barbara Casey
Marilyn Highland
Mary Lou Petruccio
Elizabeth Lacey

Endowment Fund

Barb Lewis



Cookies and Candies and Muffins you BET!

*It's time to say Thank You ...
So let's not forget!*

A hearty thanks to the Bakers and Bake Sale Committee with Sue Green as Chair, and the Friends of the PSC board member, Georganne Oldenburg, who together with Cyndi Brown, Bobbie Kipp, Sue Monks, Marilyn Waggoner, Barb Woodrow and John Green made the 2012 Annual Holiday Bazaar and Bake Sale a success by putting hundreds of donated delicacies on artful display! The Bake Sale tables were "all aglow" with the end result of our PSC "Thoughtful Bakers, Candy Makers and Kitchen Queens!"



W · E · L · C · O · M · E *New Members!*

Back By Popular Demand! **Welcome New Members**

(Between August 3 and November 3)

Terri Drafta
Katherine Rouse
Barbara & Kenneth Nunn
Charles Anderson
Marcia Gray-Ford
Ruth & John Jackola
Robert Reynolds
Shirley Smith
Yvonne Ellis
Audrey Burdick
Carrie Graham
Mary Briggs
Vickie Nower
Jane Baley
Nadine Sumner
Donna Fogleson
Jane Curtin
James Allen
Janice Mosebach
Mary Neil
Judy & Allen Shand
Dolores Youdell

Pearl McDonald
Jackie Burke
Mary Dudley
Sandy Sinotte
June Vander Roest
Beverly & Carl Carlson
Sandra Miller
Norma Bryant
Pam Jiran
Sharon Krohn
Teresa Brough
David Nyman
Bill & Melanie Benetiel
Lillian Frosland
Judy Berger
Cathy Mejia
Eleanor Stevens
Sarve Cherukuri
Sandra Holzwarth
Marjorie Lightner
Rose Mary Dailey
Sally Ward-Hume Bristol

Our Condolences and Grateful Acknowledgements for the Following Gifts

Received August 3 through November 3:

In memory of Cam Lambe,
Jo Arnold, Art & Betty Roberts

In memory of Eileen Adams,
Ruth Shubitowski

In memory of Paul Zingg Sr,
Jeff & Linda Caudell

In memory of Cam & Millie Lambe,
Donna Smith & Russ Winquist

In memory of Marie Standish,
Bob Duncan



"When we cast our bread upon the waters, we can presume that someone downstream whose face we will never know will benefit from our action, as we who are downstream from another will profit from that grantor's gift."

-Maya Angelou



2013 Arm Chair Travels!

Monday, February 4 at 1:30 p.m.

Diane Hagen of Globus will preview Cruising Hawaii's Paradise

Monday, February 25 at 1:30 p.m.

Freelance Writer and Editor, Phyllis Rose along with Dave Hager will talk about their day trip adventures

Monday, March 18 at 1:30 p.m.

Steve Tucker, PSC trip committee member, will talk about his experiences in Hawaii

Fun 2012 Day-Trip Outings!

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

Wednesday, December 5

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

CHRISTMAS AT THE COMMONS, Holland, Michigan

Tuesday, December 11

Celebrate the season with an elegant event featuring delicious food (included) and delightful entertainment by The Evergreen Chorale, a 110 member auditioned choir. There will also be some free time in downtown Holland following the show.

RADIO CITY ROCKETTES CHRISTMAS SPECTACULAR, Rosemont, Illinois

Wednesday, December 19

Radio City Christmas Spectacular starring The Rockettes triumphantly return to Chicago with an all-new show. It's more spectacular than ever before! Features brand new scenes, new sets and costumes, breathtaking special effects and an unforgettable new finale! If you've never seen it go! If you have seen it, go again! Includes lunch at The Carlucci, among Chicago's top 50 restaurants.



Fun 2013 Day-Trip Outings!

MARCH MUSIC MADNESS, Grand Rapids, Michigan

Friday, March 1

Enjoy a day of musical adventure! Start with coffee, pastries and social time at the beautiful and historic St. Cecilia Music Center. The center contains Royce Auditorium where the Grand Rapids Symphony will perform "Concerti Grossi". Travel next to Dale and Gale's Music Room for a tasty box lunch and homemade pie.

Dale and Gale Zieger offer a unique setting to enjoy a variety of special music. Dale is an internationally acclaimed organist. He uses an organ that was designed and built to his personal taste - one of the largest of its kind in the country. Gail is a professional musician who plays piano, organ, keyboard and five other instruments. A surprise activity is planned, and you may find yourself singing along by the end of the day!

"AMAZING GRACE", Cornwell's Dinner Theater, Marshall, Michigan

Tuesday, March 5

A wonderful story about a girl named Grace and a town named Amazing. The town has fallen on hard times since the highway project didn't go through. The used car dealer, the diner and the beauty salon, to name a few, have suffered. Grace, a traveler, finds the help that both she and Amazing need in bringing faith back to this little Southern town. Includes lunch.



ROLLIN' DOWN MEMORY LANE, South Bend, Indiana

Wednesday, March 27

This trip has something for everyone! Auto and history lovers can experience 114 years of transportation history at the Studebaker National Museum. History buffs will love touring the opulent Studebaker and Oliver Mansions, both from the late 1800s. Dining aficionados will enjoy lunch (included) in the historic atmosphere of Tippecanoe Place, once the home of the Studebakers. Chocolate lovers will enjoy the South Bend Chocolate Factory tour to see how chocolates are made and sample a piece fresh off the line!

ONE OF A KIND - Mystery Trip

Thursday, April 18

You will encounter something that is nowhere else in the United States. "What" you say - animal, vegetable or mineral? We will never tell. It is a full day's trip with lunch on your own. We should be back in Kalamazoo before supper. Casual clothes would be the order of the day.

DAY TRIPS continued on page 20

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DAY TRIPS continued from page 19

“CATCH ME IF YOU CAN”, Lansing, Michigan
Saturday, April 20

This delightfully entertaining musical has been created by a Tony Award-winning “dream team” and is based on the hit film and incredible true story that inspired it. It is a high-flying, splashy new Broadway musical that tells the story of a teenager who runs away from home in search of the glamorous life. Enjoy a luncheon (included) at Clara’s Lansing Station where delightful dining and turn of the century hospitality make a timely connection.

CELEBRATE AMERICA, Holland, Michigan

Thursday, May 2

A big song and dance musical extravaganza awaits you at Evergreen Commons with music, dancing, costumes, guest artists, full live pit band and much pageantry to thrill the soul. The show is preceded by a bountiful luncheon (included). There will also be some free time in downtown Holland following the show.

ANN ARBOR ADVENTURE, Ann Arbor, Michigan

Thursday, May 16

Join us as we travel to Ann Arbor to tour the U of M football stadium (Big House), have lunch (included) at the popular Zingerman’s Deli downtown and visit the Matthaei Botanical Gardens and Arboretum. Then on to Motawi Tileworks where we will watch artisans hand craft beautiful decorative tiles.



Walker Tavern on US-12. Photo courtesy of John Geisler, Ph.D.

US-12 EAST ODYSSEY – A SAUK TRAIL

Wednesday, May 22

From pathways to expressways – this *eastern* tour of the US-12 includes stops in **Coldwater** featuring Historic District, Opera House, Library, railroad station; **Jonesville** featuring Grosvenor House; **Somerset** featuring McCourtie Park; **Irish Hills** featuring Bauer Manor, St. Joseph Shrine Artesian Well; **Clinton** featuring Woolen Mill; Saline featuring Davenport House, Ford Factory and Schuyler Mill; **Ypsilanti** featuring Ypsi Rock, Schmidt House; **Dearborn** featuring Commandant’s Headquarters and Historical Museum – plus many more surprises. Those of you who enjoyed Dr. Geisler’s previous US-12 western tour will love this one!

NEW! **“OLIVER!”**, Drury Lane Theatre, Oakbrook Terrace, Illinois
Thursday, May 23

Attention all Drury Lane Theatre lovers . . . here’s another opportunity to visit your favorite theatre! One of the most beloved stories of all time, **OLIVER!** is the wildly successful British musical based on the Charles Dickens’ novel. After a successful opening run in the West End in 1960, **OLIVER!** has brought Dickens’ vivid characters to live, enjoying numerous critically acclaimed runs and revivals in the United States and England. Includes delicious lunch.

“WHAT A GLORIOUS FEELING”, Theatre at the Center, Munster, Indiana
Wednesday, May 29

This new dance musical is inspired by true events. It brings to life the tempestuous love triangle behind the scenes during the filming of the beloved movie musical, *Singin’ in the Rain*. Gene Kelly, the star and director is in love with his assistant, the ex-wife of his co-director. The show features great songs and dance routines from the film. Important real-life figures are also part of the fun – young Debbie Reynolds and producer/songwriter Arthur Freed. Lunch included.

TRAVEL continued on page 21

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TRAVEL continued from page 20

TITANIC: THE ARTIFACT EXHIBITION, Grand Rapids, Michigan
Thursday, June 6

On April 15, 1912, the largest ship in the world collided with an iceberg and sank. Even after 100 years new theories about what happened that night and personal stories of her passengers continue to be heard. This trip offers an opportunity to view an exhibit featuring more than 300 artifacts recovered from the wreckage of the Titanic, many of which were rescued by divers returning to the sunken ship in recent years. Lunch included at Museum. Spend the afternoon relaxing on a 2-hour cruise of the Grand River aboard the "Grand Lady". To top off the day, an ice cream stop (self pay) will be made on the way home.

GATLIN BROTHERS, Shpshewana, Indiana
Thursday, June 13

Don't miss this opportunity to see the Gatlin Brothers whose four-decade career has taken them from dusty Texas stages to White House performances, from Broadway to Grammy Awards, to the top of the country charts. In concert, their performances are simply magical events, filled with incredible family harmonies, total professionalism, and downright fun for both the trio and their audiences. Delicious lunch included at the Blue Gate Restaurant.

MURDER MYSTERY DINNER TRAIN, Charlotte, Michigan
Saturday, June 22

The murder mystery dinner train in Charlotte is a 2 1/2 hour experience in fine dining and entertainment. As the train makes a leisurely trip across town, you will enjoy a wonderful five-course meal while being entertained by a comical troop of actors and actresses. Come with us to eat, enjoy and see "who done it". Minimum of 40 needed.

Extended Trips – 2013 Fun Get-Aways!



CALIFORNIA COAST

February 21 – 27

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



Photo courtesy of: Visit St. Pete/Clearwater

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

February 21 – March 7

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

EXTENDED TRIPS continued on page 22

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.

EXTENDED TRIPS continued from page 21

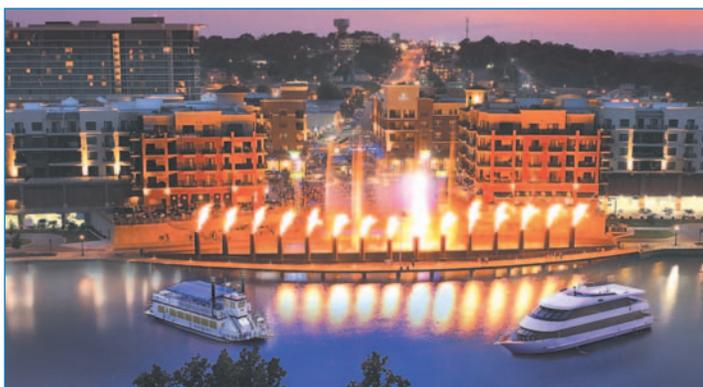


Photo courtesy of Branson Convention & Visitors Bureau.

SPRINGTIME IN BRANSON

May 6 - 10

Motor coach with Ed & Ted's to destination - Branson, Missouri! It's called the Live Music Show Capital of the World. Included are admissions and reserved seating for the Doug Gabriel Show, Joseph at the Sight and Sound Theatre, Shoji Tabushi, The New Family Sensation "SIX" and the Brett Family Singers! 4 nights, 4 breakfasts and 3 excellent dinners included plus much more.

MAINE-MOUNTAINS TO THE SEA . . . and much more!

June 8 - 17

By popular demand, this trip is being repeated. Only one coach is going, and this trip will fill up quickly. Highlights include a Moose Safari in Grafton Notch State Park, Conway Scenic Railroad, a gem and mineral excursion, Timber Tina's Maine Lumberjack show, Arcadia National Park tour with step-on guide, lobster cruise in Bar Harbor with lobster bake, whale watch in Boothbay Harbor, Maine Maritime Museum and Bath Iron Works tour and city tours of Portland, Boston and much more!



Photo courtesy of Traverse City Convention & Visitors Bureau.

CHERRIES, CHORDS, CASTLE & CRUISE,

Traverse City and Charlevoix, Michigan

June 18 - 20

It's cherry time in Traverse City! Our trip to Charlevoix and Traverse City includes wonderful accommodations with private walk-out patios overlooking the Bay! Also includes the Music House Museum in Acme, great food and entertainment at a dinner theater, tour and lunch at

Castle Farms and tour of Earl Young Mushroom houses. Enjoy a relaxing cruise of beautiful Lake Charlevoix and Lake Michigan on the Kewanee Star. Experience the awe-inspiring Sleeping Bear Dunes, named "Most Beautiful Place in America" on ABC's Good Morning America. Come and enjoy Pure Michigan!

CANADIAN ROCKIES! BANFF-JASPER-LAKE LOUISE & COLUMBIA ICEFIELDS

August 6 - 12

Fly Detroit to Calgary and to Banff/Canmore to begin A TRIP OF A LIFETIME! The Canadian Rockies are North America's ultimate sightseeing destination. Spectacular towering glacier capped mountains, emerald lakes and untamed wildlife make the Rockies one of the most memorable vacation destinations in the world. Cross the Continental Divide and set out for Yoho National Park with its towering waterfalls and spectacular scenery. Other exciting and memorable features are: Banff Sky Gondola, boat cruise on Maligne Lake, the "Best Boat Tour in Canada" and the highlight - Sno-Coach Ride at the Columbia Icefields, special glacier vehicles riding onto the surface of Athabasca Glacier!



COLORS OF PROVENCE

April 6 - 15, 2013

This is a Collette Explorations tour - small groups and big experiences! Learn secrets of authentic Provencal cooking with a hands-on demonstration; soak up the essence of Provence with an Avignon restored farmhouse stay; experience cheese and olive oil tastings; cruise past scenic villas and gardens in Nice; explore ancient Roman origins; unveil the magic of Provence and the French Riviera - landscapes that inspired master artists! Space is limited. Call trip office for brochure and details.



BRITISH LANDSCAPES

September 12 - 21, 2013

Walk the same paths as legendary royalty and immortal literary masters! Discover three distinct destinations, England, Scotland and Wales - each with its own traditions and customs, yet all sharing a fascinating history and heritage. Optional Ireland extension available. \$250 early booking discount. Sponsored by Collette Vacations.



Move Over Whippersnappers! Generous Gift to the PSC Encourages Tech-SAVVY Seniors

Thanks to a wonderful gift from PSC members Larry and Babbette Smith, the PSC now has an Apple iPad (*pronounced eye-pad*), a tablet computer marketed by Apple Inc. With experts saying that senior citizens are flipping stereotypes on their head and venturing into the world of gadgets used by their grand kids, the senior center is diving into making good use of this technology. With a little nudge from Meghan Donahue, our WMU Social Work Intern, we hope that members who haven't tried this nifty tool take a lesson or two on its use and see all of the features it has to offer. An iPad can shoot video, take photos, play music, send and receive email, and browse the world-wide web—all from a multi-touch screen. Many older adult users are “senior webbing” primarily for email, however, the ability to quickly research health information and reading the news are considered most popular sites. In addition to the iPad, the Smith's have also provided us with a great power stand that will allow us to view the screen from any angle and some fun games already loaded on the device. The iPad can be signed out at the front desk and we suggest that you make an appointment with Megan to get you started. We are also looking forward to providing some classes' in the near future on becoming Tech-SAVVY seniors at the PSC.

PSC Rings in the New Year with Registration Technology Coming in January, **MYSENIORCENTER™**

Across the nation senior centers provide an entertaining and stimulating environment for older adults focused on staying independent and enhancing quality of life. Events like shared meals, recreational pursuits, health and wellness, and fitness opportunities define the senior center experience. At PSC, these fantastic programs and services are provided by dedicated staff and volunteers who care deeply about our members and participants. Unfortunately, the tools that are currently available at PSC to help manage senior center registrations, member statistics and facility use have become cumbersome and inconsistent. Too much time is being spent by our volunteers counting sign-in sheets and gathering the wealth of statistics crucial to grant funding.



We are excited to announce that in January we will have a new sign-in (and reporting) system that will be a tremendous help to our volunteers and staff. We are thrilled to now have a tool for them to ease the burden of this important work and to provide them with a more consistent mechanism for gathering and reporting important participation statistics.

The exciting news for senior centers nationally is that there is a tremendous demographic shift occurring in the population. Beginning in 2009, experts started tracking a decade-long increase in senior citizen population that will see the percentage of citizens in North America over the age of 65 reach 23% (almost 1 in every 4 people). This is a 120% increase from today! It is an exciting privilege for the PSC to be “ahead of the game” and technologically prepared for the membership growth we are already welcoming through our doors.

City of Portage
Senior Citizens Services
7900 South Westnedge
Portage, MI 49002

CITY OF
PORTAGE
A Place for Opportunities to Grow

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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.

Raising Friends & Funds! *Bits of Business Event a Success*

Once again a sincere thank you goes out to our community sponsors and guests who participated in Bits of Business on November 1, 2012. Representatives of local businesses and organizations presented products

or services of interest to mature adults at this fun event. Equally important members' participation and the proceeds received from this event have continued to raise both friends and funds for the senior center. Thank you *Bits of Business* Sponsors!

AAA
Betzer Life Story Funeral Home
Family Doctors of Vicksburg
Family Home Health Services
Fresh Perspective Home Care
Hearing Aid Centers of America, Inc.
Hearing Services & Systems
Heritage Community

Jaqua Realtors, Inc
Kalamazoo Humane Society
Life Care Center of Plainwell
Park Village Pines
Parks and the Teas
Senior Home Support
Southern Care, Inc.
Visual Insights

Now Leasing

1 & 2 Bedroom Apartment Homes

Centre Meadows Senior Community Opening Fall 2012



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centremeadows@pp-mi.com

- Full-Size Washer & Dryer!
- Media Center! • Craft Studio!
- Fitness Center! • Dining Room!
- Beauty Shop/Barber Shop!
- Small Pets Welcome! (some restrictions)

Centre Meadows

1503 East Centre Avenue • Portage
Just east of Lovers Lane

PHOENIX PROPERTIES

