

# Portage Senior Center Newsletter

April / May 2020

PLEASE BE AWARE THAT PROGRAMS, DATES AND TIMES MAY BE ADJUSTED IN RESPONSE TO THE COVID-19 OUTBREAK



## Bits of Business

**Thursday, April 16,  
9:00 AM – 11:00 AM**  
**Fee: FREE and open to the public**

This annual mini senior expo is open to the public and features 20 vendors from different area businesses of interest to seniors. We invite you to visit the business displays, pick up information (and goodies) and perhaps win a door prize (need not be present to win).

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## Spring Luncheon

**Thursday, April 9, 11:30 AM – 1:00 PM**  
**Fee: Lunch Reservation - \$6 Member / \$8 Non-Member**  
**Sponsor: Life EMS**

*“Blossom by blossom the spring begins.” ~Algernon Charles Swinburne*

Join us for a special lunch, dessert and décor donated by New Friends. Meal catered by Off The Cuff Catering.

## Mother’s & Father’s Day Luncheon

**Thursday, May 14, 11:30 AM – 1:00 PM**  
**Fee: Lunch Reservation - \$6 Member / \$8 Non-Member**  
**Sponsor: Brookdale of Portage**

*“Family isn’t always blood. It’s the people in your life who want you as theirs; the ones who accept you for who you are. The ones who do anything to see you smile and who love you no matter what.” ~Unknown*

Join us for a celebratory lunch. Entertainment, dessert and décor is donated by Brookdale of Portage.

## April 19 – 25 is National Volunteer Week

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their community. It’s about demonstrating that by working together, we have the fortitude to meet our challenges and accomplish our goals. As we recognize and celebrate National Volunteer Week, we embrace our shared responsibility to support one another and commit to the task, not only of meeting the needs of the PSC as it stands today, but to build on that foundation toward an organization that meets the needs of the next generation as well.

Many groups are reliant on volunteers, and we are no different. Currently, over 200 PSC volunteers donate over 25,000 hours of their time annually. In short, we couldn’t do what we do without every single volunteer and every hour of their service. Our success depends on volunteers and their resources.

The PSC staff would like to take this opportunity to extend a heart-felt thank you to our dedicated volunteers who donate their time, skill and experience to support the programs and activities at the PSC.



### Program Registration

You MUST register for ALL events, programs and activities. You DO NOT need to register for groups. Participants can register for classes or renew memberships by visiting the Reception Desk at the Portage Senior Center. Phone registration is available for classes without fees. While staff may be able to take your registration for a fee-based event over the phone, it is your payment that guarantees your reservation. Because plans are often made based on registration numbers, early registration is encouraged. Payments can be made with cash or check. (Credit/debit cards are not accepted at this time.) Make checks payable to "Portage Senior Center." For additional information or assistance, please call the Reception Desk at 329-4555.

### \*\*NEW\*\* Ask the Attorney

Friday, April 17  
Friday, May 15  
9:00 AM - 12:00 PM

Attorney Patrick Carrier will visit the PSC once a month to answer your legal questions. Appointments available on the third Friday of every month between 9:00 AM and 12:00 PM. Call the Reception Desk at 329-4555 to schedule a free 20-minute consultation.

### Grocery Bingo

Monday, April 27, 1:15 - 3:30 PM  
Presenter: Absolute HomeCare and Medical Staffing  
Fee: Free to Member / \$5 Non-Member  
Register by Friday, April 24

Absolute Homecare returns to host this popular event. Enjoy a variety of games, grocery prizes, and witty commentary.

### KCASI (Kalamazoo County Advocates for Senior Issues)

Meeting at the PSC on  
April 20, 1:15 PM  
May 18, 1:15 PM



### Peru Presentation

Tuesday, April 21, 3:00-5:00 PM  
Fee: Free - Register by Friday, April 17  
Presenter: Jim Stephanak

Join us as we retrace an incredible 16 day Peruvian adventure showcasing powerful rivers and spectacular hiking trails. Experience the wonder of Peru from the country's capital of Lima to the majestic ruins of Machu Picchu, the Madre De Dios river in the lower Amazon to lake Titicaca's floating islands.

### How To...

Third Friday, 1:15 PM  
April 17 Fee: Free and open the public  
May 15 Fee: \$3 Member / \$5 Non-Member

Each month will be a new area of focus. If you come up with a different topic, want to learn something else, or feel like you can lead a lesson on a skill, contact Program Coordinator Julie VanderNoot at 269-329-4553.



April: Decrease Your Debt, Craig Bishop (Comerica Bank)

May: Use a Pressure Cooker "Instant Pot", Kim Phillips

### PSC Meet & Eat

Thursday, June 11, 9:00 - 10:30 AM  
Fee: Free - Register by Tuesday, June 9  
Sponsor: Heritage Community

If you have recently joined Portage Senior Center or are considering joining, then the PSC Meet & Eat is for you. We'd like to get to know you better and introduce you to the Center and the variety of programs and events that are planned throughout the year. Enjoy a complimentary light breakfast and informative presentation.



### Advisory Board

- Douglas Gilchrist, Chair
- John Graca Lobo
- Tony Lorentz
- Joe Magalski, Secretary
- Mary Lou Petruccio
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- Linda Zoeller
- Larry Smith, Vice Chair
- Sharon White
- Bill Wieringa

### PSC Staff

- PSC Manager: Kim Phillips
- Administrative Asst.: Janet Gates
- Program & Volunteer Coordinator: Julie VanderNoot
- Program & Trip Coordinator: Dawn Shiels
- Receptionist Morning: Judy Grey
- Receptionist Afternoon: Betty Stallard



Have you checked us out on Facebook? Daily updates make the PSC Facebook page a regular stopping place for your neighbors, kids and grandkids! What are we telling them about the PSC and our members? Check it out and let us know what you think!

<https://www.facebook.com/portageseniorcentermi>

### Portage Senior Center

The PSC is supported by the City of Portage, contributions, memberships and grants. 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.

Accredited by National Institute of Senior Centers

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

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

### Schram's Garden Talks

**April 14 Linda Whitlock on Garden Myths: Real or Magical**

**April 21 Topic to be determined**

**6:30 - 8:30 PM**

**Fee: Free and open to the Public**

**Registration: Schram's Greenhouse at 269-491-8441**

Whether you are a seasoned gardener or a novice, don't miss the information covered in "Garden Talks" here at the PSC! This is a weekly series of gardening presentations by experts in all fields of horticulture.

### PSC Groups

Regular groups are free with your membership and do NOT require registration. For group participation you must either have a membership or guest pass, otherwise we ask for a \$3 donation every time you attend. For additional information or assistance, please call the Reception Desk at 329-4555.

### Art Open Session

**Wednesday, 1:30 - 3:00 PM**

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

### Big Screen Movie

**Monday, April 13, 1:15 PM**  
**"A Place Called Cades Cove"**

In this sublime mountain valley, both nature and human history are preserved for the "benefit and enjoyment of the people." Where else can visitors see a black bear climb to the top of a cherry tree, then watch a 19th century water-powered grist mill in action, right next door? This is Cades Cove, in the heart of the Great Smoky Mountains. This scenic film was produced by the Great Smoky Mountains Association and is narrated by Bill Landry. Not rated. Closed-captioned. 84 minutes. View the movie for free, 50 cents for popcorn.

### Big Screen Movie

**Monday, May 11, 1:15 PM**  
**"The Miracle Worker"**

Helen Keller (played admirably by Hallie Kate Eisenberg) has been unable to speak, hear or see since childhood and is becoming increasingly difficult to educate until her parents find Annie Sullivan (Alison Elliott). Although Annie is new to teaching, it is through her strong will and unshakable faith that Helen discovers how to survive...and thrive. This is a contemporary version of the classic true story of two remarkable women. Rated PG. Closed-captioned. 90 minutes. View the movie for free, 50 cents for popcorn.



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### Band

**Tuesdays, 2:30 - 4:00 PM**

**Group Leader: Dale Working**

The Mission of the Portage Senior Center (PSC) Band is to provide senior instrumental musicians a performing experience within the greater Kalamazoo/Portage area, promote fellowship among the members, as well as respect for each other and for the various audiences for which the band performs.

The PSC Band was formed in 1992 and is often referred to as a "dance band" or a "big band" such as the common club-style bands from the 1940s. The band plays music from the 1920s, 30s, 40s, 50s, 60s and later, and in addition some polkas, marches and holiday music.

The PSC band normally rehearses on the first Tuesday of the month from 3 - 4:30 PM at the Portage Senior Center. On all other Tuesdays of the month, the PSC band presents hour-long performances at area nursing homes, assisted living facilities, retirement centers and adult day care centers. Performances normally begin at 2:30 or 3 PM. If your organization is interested in scheduling a performance, please contact the band director, Dale Working, at (269) 382-5099.

#### Becoming A Member

Because the band plays at facilities that may have limited spaces, the size and instrumentation of the band is set by the director. To ask about becoming a band member or a substitute band member, please contact the Dale Working at (269) 382-5099. Prospective members may be asked to audition and Portage Senior Center membership is also required.

### Chair Volleyball

**Tuesdays, 12:30 - 2:00 PM**

**Group Leader: Lois Stahl**

Enjoy this fun-filled game played with a beach ball. Chair volleyball is great for upper body, mobility and enhances muscle tone, reflexes, hand-to-eye coordination and endurance. Rules are similar to regular volleyball except "cheeks on the chair!" No registration required.

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Mon-Fri  
9 am-5 pm

### Book Clubs

#### Morning

Time: 10:00 - 11:30 AM

Date: 2nd Monday, April 13 and May 11

Group Leader: Ann Perkins

April Book: "Next Year in Havana" by Chanel Cleeton.

May Book: "Giver of Stars" by JoJo Moyes

#### Afternoon

Time: 2:00 - 3:30 PM

Date: 1st Wednesday, April 1 and May 6

Group Leader: Pat Gherardi and Pam Gilchrist

April Book: "The Book Woman of Troublesome Creek" by Kim Michele Richardson

May Book: "Next Year in Havana" by Chanel Cleeton.

These groups will meet to discuss a book that members have collectively read. Opinions, observations, and questions are shared.

### Billiards

**Tuesdays, Thursdays, and Fridays**

**12:30 - 4:30 PM**

Billiards is a cue sport that has its origins in UK. It is played on a board with six pockets and the balls are cannoned into the pockets with a cue stick. Drop in with a group that can get competitive and make some cool new friends!

### Chess Club / Backgammon

**Tuesdays, 9:00 - 11:30 AM**

**Chess Group Leader: Tom Brennan**

**Backgammon Group Leader: Keith Mortlock**

Are you looking for some new competition? Playing chess and backgammon helps protect your brain from cognitive decline. We provide the boards; you provide the enthusiasm! All skill levels welcome.



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### Cards

PSC has a wonderful assortment of card groups that are looking for new members. Join in the fun! Pick & choose the type of game that best fits your area of interest.

Monday:	Relaxed Pace Bridge	9:30 - 11:30 AM
	Cribbage	1:30 PM
	Canasta	1:00 PM
Tuesday:	Bridge (advanced level)	12:00 PM
	Just for Fun Poker (2nd)	6:00 PM
Wednesday:	Relaxed Pace Bridge	9:30 - 11:30 AM
	Euchre	1:45 - 4:45 PM
Thursday	Pinochle Single Deck	1:00 PM
Friday	Pinochle Double Deck	1:00 PM
	Bridge (advanced level)	12:30 PM

Check with the Reception Desk for more information. Let staff know if this is your first visit and if you'd like an introduction to the group.

### Cell Phone Help

**Mondays, 9:00 AM - 11:00 AM**

*\*On Break February through April\**

**Linda Schmidt, Guide**

**Fee: Free and open to the public**

While Linda is on her winter break she will not be coming in, but will still answer questions by email at [seniorphonehelp@gmail.com](mailto:seniorphonehelp@gmail.com).



*Seniors 62 years and up*

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### PSC Choir

**Thursday, 9:30 AM**

**Group Leader: Barbara Bott**

The PSC Choir is looking for people who enjoy singing. There is no audition or requirement to have a great voice. The choir performs at retirement communities, PSC activities and other community events. The choir sings everything from "oldies" to "show tunes" to more recent standards. Come join the fun.

### Corn Hole

**Mondays, 11:45 AM**

**Group Leader: Jan Robertson**

Players take turns throwing bags of corn (or bean bags) at a raised platform with a hole in the far end. Corn hole can be played as either doubles or singles. The game may be played indoors or outdoors depending on the weather.

### Metro Share Van (MSV)

**Transportation to PSC and Grocery Shopping**

The PSC MSV transportation program is available to all Portage residents 50 years of age and older. A donation of \$3.50 for each round trip is suggested and may be given to the driver at the end of each ride or at the Reception Desk. Reservations must be made at least 24 hours in advance. Call 329-4555 and provide your full name, address, phone number and the time the class or activity begins.

**PSC Activities:** Transportation for PSC activities is available Monday through Friday from 8:45 AM until 1:00 PM. (The schedule is subject to change due to driver availability.)

**Grocery Shopping:** Transportation for grocery shopping at Meijer on Shaver Road is available every Tuesday, Wednesday and Thursday. Space is limited. The PSC Reception Desk will call the morning of your reserved transportation with an approximate pick-up time.

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### Dining Out Club

**Group Leaders: Ralph and Shirley McKinney**

Enjoy a delicious meal and good company. You must call in your reservation by noon on the previous business day for this activity. All meals are self-pay.

#### April

##### Dinner

Monday, April 6  
5:00 PM  
Main Street Pub  
7509 S. Westnedge, Portage

##### Breakfast

Tuesday, April 14  
8:30 AM  
Uncle Ernie's  
4005 Portage Road  
Kalamazoo

##### Lunch

Thursday, April 16  
11:30 AM  
University Roadhouse  
1350 W. Michigan Avenue  
Kalamazoo

#### May

##### Dinner

Monday, May 4  
5:00 PM  
Marjo's West  
325 Grand, Schoolcraft

##### Breakfast

Tuesday, May 12  
8:30 AM  
Burger Town Grille  
9136 Shaver Rd.  
Portage

##### Lunch

Thursday, May 21  
11:30 AM  
Red Lobster  
6535 S. Westnedge  
Portage

### Garden Pals Garden Club

**2nd Monday, 10:00 AM (ongoing)**

**Group Leader: Diane Pilgrim**

Members are invited to join the club or attend as a guest. This club is a member of the Michigan Garden Club. Monthly meetings include workshops, speakers, garden tours and socialization. The primary goal is to tend and enhance the PSC grounds.

### Loaves & Fishes - PSC Bag Recycling Program

**1st Friday, 9:00 – 11:30 AM**

**Group Leader: Rosalie Daniels**

PSC collects paper and plastic grocery bags for the Pantry Program at Kalamazoo Loaves & Fishes. Bags are sorted on the first Friday of the month after bag collection dates.

### Mah Jongg

**Tuesdays and Thursdays, 1:00 PM**

**Group Leader: Julia Nikitas**

Similar to the Western card game rummy, Mahjong is a game of skill, strategy and calculation, and involves a degree of chance. This group is always looking for more players who want to learn to play.

### Needlers

**Thursdays, 9:00 AM - 12:00 PM**

**Group Leaders: Kris Taft, Barbara and Sue Vanecek**

The Needlers meet throughout the year to knit, crochet and donate completed projects to various community agencies (Goodwill, Salvation Army, Portage Community Center, Gospel Mission, the VA, local hospitals) in the Kalamazoo and Portage areas. New members are always welcome.

### Piano Group

**Wednesdays, 1:00 – 2:00 PM**

**Group Leader: Carl Kloosterman**

Calling Piano players of all skill levels, this group will allow for feedback and comradery. Practice in front of each other and provide advice and instruction for each other.

### PSC Hand Chimes

**Thursdays, 1:00 PM**

**Group Leaders: Freya Lake and Jeanne Fakler**

If you have wanted to play an instrument, now is your chance to turn desire into music. A musical background is not required (each note has a color) and you will be taught how to keep time. Hand chimes (provided) are like hand bells but lighter in both sound and weight. This group is looking for several gentlemen to play the larger, heavier instruments. No registration required.

### PSC Kazoos of the Red Hat Society

**Queen Bee: Marie Tucker**

This chapter of Red Hatters calls itself the PSC Kazoos. All you need to join this merry group is a sense of humor, a PSC membership, five dollars and the desire to have fun. Call Queen Marie at 269-375-2104 for information.



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## PSC Partners Program

*\*Dates in program pamphlet\**

**Program Leader: Zoe Miller**

The PSC partners with a class of students from Central Elementary School for the school year and get together once a month for crafts and activities. At the end of the school year the students join us at the PSC for a potluck. Contact the Program Coordinator to put your name on the list for next year.

## PSC Pen Pals Program

*\*Letter Due dates in program pamphlet\**

**Program Leader: Zoe Miller**

The PSC partners with a class of students from Angling Road Elementary School for the school year. Participants send a letter once a month and receive one in return. The program runs the entire school year. Meet your Pen Pal at a party at Angling Road Elementary School at the end of the year. Contact the Program Coordinator to put your name on the list for next year.

## Scrabble

**1st, 3rd and 5th, Fridays 1:00 – 4:45 PM**

If you're looking to socialize and strengthen your mind, this group is for you!



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## PSC Recycled Cards

**Fridays, 9:00 AM – 12:00 PM**

**Group Leader: Kris Taft**

Calling all paper crafting enthusiasts; Kris Taft is looking for a “few good volunteers” to join her. Not afraid of scissors and glue? Check it out. We accept all used greeting cards to recycle for this project. Proceeds support programs and services at the PSC. Check out the selection for sale in the PSC Lobby.

## PSC Walking Groups – Currently in Fall/Winter Schedule

**Tuesdays and Thursdays**

-9:30 AM Slower Paced

**Group Leader: Penny Newhouse**

-10:00 AM Faster Paced

**Group Leader: Pat Gherardi**

The PSC has two different types of walking groups for members depending on walking pace. Walkers in both enjoy socializing along with the exercise. Groups meet in the fall/winter at Crossroads Mall Food Court at the former Carousel location. In spring/summer they meet at the PSC before heading towards Celery Flats and Bicentennial Trail.

## Ping Pong

**Monday and Thursday, 3:30 – 4:45 PM**

**Group Leader: James Geishart**

Singles and pairs can be played depending on the number of participants. On the FIRST Mondays and Thursdays of each month, Ping Pong will start at 2:30 PM to provide an hour for instruction and individual practice. Instruction will take priority. Group play will resume at 3:30 PM.

## Quilting and More

**Friday, 1:00 – 4:00 PM**

**Group Leader: Georganne Oldenburg**

This friendly group meets weekly to quilt, knit, crochet, cross stitch and work on any fabric or yarn related project desired. Feel free to bring your favorite beverage along with your latest project. Participants help others who want to learn new techniques, work at getting their own projects done and make projects for donation to various local charities. Share your creativity with like-minded participants.

## Woodcarving

**Tuesdays, 1:00 – 3:00 PM**

**Group Leaders: Roger Wight and Sue Ritsema**

Novice and experienced carvers convene to whittle, chip and carve projects. If you have a good pocket knife, you can get started. Blanks and carving tools are available. Come to take on the challenge of learning a new skill.

### Wii Bowling Open Play

Tuesdays, 9:45 – 11:30 AM

Group Leader: John Rey

This is a great way to have fun, meet new people and burn calories all at the same time. The Nintendo Wii video game is easy to learn and encourages improved range of motion and hand-eye coordination. You can bowl standing or sitting. If you want to check out an activity that is fun, free and promotes health and fitness, try Wii Bowling on Tuesdays. Open to all members.

### “It’s in the Bag” Purse Sale

The Friends of the Portage Senior Center’s ever popular Purse Sale will take place on September 19. But now is the time to clean out your closets and make room for new purchases! The PSC will accept donations of gently used purses, tote bags, wallets, and ladies’ accessories (scarves, jewelry, etc.) Donations can be dropped off to the Portage Senior Center, located at 320 Library Lane.

### Annual Golf Outing Volunteers

We are looking for a few people who want to participate, but don’t want to play golf! We need people who are interested in taking registrations, manning raffles/games, and for set/take down. Sign up with the PSC Volunteer Coordinator Julie VanderNoot at 269-329-4553.

### Friends of the PSC Annual Golf Scramble

Monday, May 18

The 25th annual golf outing will be held at Heritage Glen in Paw Paw. This event is open to the public, and all are encouraged to take part in what is sure to be a great day of golf and comradery. Challenge yourself with 18-hole play at this beautiful course for only \$110 per golfer. The shotgun start is at 9:00 AM. Win cash prizes and play the 50/50 raffle. Registration deadline is Thursday, May 14.

### Casino Trip

Four Winds Casino, New Buffalo

Wednesday, June 3

Try your luck at Four Winds Casino in New Buffalo with this popular casino trip. Your reservation includes comfortable motor coach transportation, \$15 in slot play and a \$10 food voucher. Let someone else do the driving while you enjoy some bonus games and prizes along the way. Depart from Harding’s Marketplace on Westnedge in Portage at 8:30 AM. Depart Four Winds Casino at 3:00 PM, with an approximate return time of 4:00 PM. Trips must be paid in full at time of registration.

IMPORTANT – Due to casino requirements, please be prepared to provide full legal names and birthdates for all registered individuals. **Please note there will be no refunds given for any cancellations after May 22nd.** \$30 Members, \$40 Non-Members.

### Bicycle Club

Wednesday, April 29, 8:30 – 10:00 AM

Group Leaders: Bob Strader and George Colyer

Fee: Free – Register at 329-4555

This will be the Bicycle Club’s initial meeting before the 2020 bicycle season begins. The Bicycle Club season will be Wednesdays, May 6 – October 14. Rules and schedules will be distributed at this meeting. The club will have two different starting times for rides to accommodate the relaxed-cruising riders and the more aggressive riders.

### The Sons of Union Veterans of the Civil War

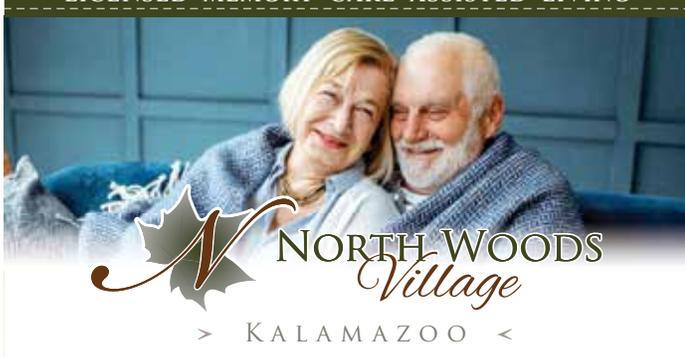
General Benjamin Pritchard Camp 20

Welcome you to the Portage Senior Center

April 6, 5:00-7:00 PM

Hear of the accomplishments and sacrifices of Kalamazoo’s 13th Michigan Volunteer Infantry Regiment presented by Mike Culp, KVCC Instructor, History/American Civil War Executive Director of the 13th Michigan Memorial Association

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### PATH

**Mondays, 1:00 – 3:30 PM**  
**7 weeks, April 27 – June 8 (does not meet May 25)**  
**Sponsor: Area Agency on Aging IIIA**  
**Fee: Free and Open to Public – Register at 329-4555**

Do you struggle with day to day challenges with a Chronic condition? Are you concerned about the future? 70% of Medicare/Medicaid enrollees over the age of 65 in Michigan live with two or more chronic health condition. The chronic condition could include but not limited to COPD, Heart Disease, Emphysema, Lupus, and Diabetes. PATH is a 6-week workshop that helps give you the tools you need to better manage your symptoms and improve your health! Family members, friends, and caregivers are welcome to attend with you.

### Matter of Balance

**Thursdays, 3:00 – 5:00 PM**  
**8 weeks, May 28 – July 16**  
**Fee: Free and Open to Public – Register at 329-4555**  
**Sponsor: Area Agency on Aging IIIA**

Are you wondering what happened to your balance, wobbling a bit when you walk, or wavering some when you stand? Nearly one-third of seniors over the age of 65 will fall each year, and that percentage increases by 50% by the age of 80. Yet falling is NOT a natural part of aging. This class helps address and change the body's reaction to a number of causes for loss of balance. This is a popular eight-week workshop that helps older adults stay safe, active and independent.

### Social Golf League

**Thursday, May 7 - August 27**  
**9:00 AM tee time**  
Fee: \$5 league fee to PSC / 9 holes of golf \$17 (\$10 golf and half a cart \$7) to States Golf Course Group Leader: Alta Dekema The PSC

Social Golf League is for members of the Portage Senior Center and/or the Kalamazoo Newcomers Group. This league meets every Thursday at 8:30 AM at the States Golf Course. As this is a social golf league, you only pay as you golf and never need to find a sub. This rate is at a senior discount and paid to States Golf Course every day you play. League fees must be paid at the Portage Senior Center Reception Desk within the first 3 weeks of the season. At the end of the season, participants will enjoy a golf scramble (August 27) with prizes and luncheon at the course. Both men and women are welcome.

### Art in Action

**Thursdays, April 23 – May 28, 3:00 – 5:00 PM**  
**Fee: \$30 Member / \$40 Non-Member**  
**In partnership with the Kalamazoo Institute of Arts (KIA)**

Join us for a unique opportunity to learn, explore and enjoy art. Previous art experience not required! This unique six-week program includes a variety of hands-on projects and a field trip to the Kalamazoo Institute of Arts (KIA). Each week will be taught by instructors from the KIA. The program concludes with a special Gallery Night featuring the work of the group, refreshments and entertainment. Projects will remain on display at Portage City Hall following Gallery Night. Class size is limited to 15 participants.



Class Schedule will be as follows:

- April 23 – Basic Drawing
- April 30 – Colored Pencil Abstracts
- May 7 – Watercolor Techniques
- May 14 – Collage
- May 21 – Relief Printing
- May 28 – trip to the KIA, with onsite multi-media project (time to be determined)
- June 4 – Gallery Night at Portage City Hall, 5:00 – 7:00 PM

### Spring Trip Preview – Open House

**Saturday, April 18, 8:00 AM – 2:00 PM**

Join us to learn about all the adventures offered by the PSC travel department. This event is “open house” style, so come when you'd like and stay for as long as you'd like. There will be opportunities to speak with our travel leaders and sign-up for new trips.

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## Classes

All fees listed as Member / Non-Member unless otherwise noted. Class schedules are subject to change due to weather conditions and/or instructor changes. For more information on the classes or class schedules, please call 329-4555. PSC accepts only cash or checks for payment.

All classes run on the same 8-week cycles. There will be six 8-week series per year, with four "off" weeks scheduled around holidays. Advance notice will be provided to participants and instructors if a class is cancelled due to instructor illness or inclement weather and the cost and timing of the existing series will be adjusted.

## Paid Class Schedule in 2020

Session B: March 2 - April 24

Session C: April 27 - June 19

Session D: June 22 - August 21

Session E: August 24 - October 16

Session F: October 19 - December 18

\*No Class 2020: May 25 (Memorial Day), September 4 (City Wide Training), September 7 (Labor Day), November 23-27 (Thanksgiving), and December 21-31 (Winter Break)

## Body Rebound

**Monday-Wednesday-Friday, 10:30 - 11:30 AM**

**\$42 Member / \$52 Non-Member**

**Debbie Snell, Instructor**

This low-impact movement class deals with stretching and chair exercises designed for those who want to stay flexible and increase muscle strength.

## Computer Tutoring

**Monday, 10:00 AM - 12:00 PM**

**\$10 Member / \$15 Non-Member**

**Gordon Heikkila, Instructor**

Individual tutoring (utilizing Windows 7) for one hour by an experienced volunteer is available at the PSC. You may bring your own laptop to your appointment. Focus on whatever aspect of computer use you would like to cover. Instructors do not make home visits or repair computers.

## Enhance Fitness

**Monday-Wednesday-Friday, 8:10 - 9:10 AM**

**\$42 Member / \$52 Non-Member**

**Debbie Snell, Instructor**

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

## Laptop Introduction to Office

**Wednesdays, 10:00 AM - 12:30 PM**

**April 15 - May 27**

**Member \$24 / Non-Member \$34**

**Royce Bland, Instructor**

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

## Qigong

**Wednesday, 9:20 - 10:05 AM**

**\$48 Member / \$58 Non-Member**

**Ed Kehoe, Instructor**

Learn the Ancient Five Element Qigong routines that have been a part of traditional Chinese medicine for thousands of years. These routines are designed to strengthen your internal health, create harmony within and with the environment. Qigong exercise has been shown to improve the functioning of the immune system, circulation and central nervous system. The class is taught by Ed Kehoe, Tai Chi for Health and Holistic Medical Qigong Certified instructor.

*Classes continued on pg. 14*

# ARE YOU AT RISK FOR STROKE?

Do you know what to do if you suspect someone may be having a stroke? Stroke is highly treatable if you act F.A.S.T.! Join us to learn more about how to recognize the signs and symptoms of a stroke.

**Tuesday, May 19, 11:45 a.m. to 1 p.m.**

Portage Senior Center  
320 Library Ln., Portage

This program is free to attend. Space is limited and registration is required. Call (269) 341-7723, or visit [brnsonhealth.com/classes](http://brnsonhealth.com/classes).

 **BRN SON POSITIVITY**<sup>SM</sup>

*Classes, from page 13*

### Reminiscence Writing

Wednesday, 9:30 AM – 11:00 AM

7 weeks

Session C: April 29 – June 10

\$32 Member / \$42 Non-Member

Wilma Kahn, Instructor

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

### SilverSneakers Splash

Portage YMCA, 2900 W. Centre Avenue

Tuesday & Thursday, 11:00 AM – 12:00 PM

5 Weeks

April 20 – June 6

\$55 / Session, PSC Members only

This is an aquatics-based exercise program designed to help build strength and increase range of motion. Since all exercises take place in the pool, there is minimal joint stress. This class is FREE for YMCA members, and discounted for PSC members. Participants **register and pay at the YMCA** and must present PSC MySeniorCenter (MSC) Scanner card upon registration. Some insurances cover a Silver Sneakers or Silver Fit Membership at the Y. Call YMCA member services at 324-9622 ext 400 for more information. Class prices and schedules are subject to change.

\*PSC Van may be available for Portage Residents if a ride is needed. Contact the Reception Desk if needed.

### Tai Chi

Tuesday, 8:30 - 9:30 AM

\$48 Member / \$58 Non-Member

Ed Kehoe, Instructor

All forms of Tai Chi share the same philosophy - yield to incoming force and redirect it. Tai Chi loosens the joints and makes the spine stronger and more flexible. It benefits the heart and lungs as well, especially for individuals who cannot do strenuous exercise. Ed is a certified instructor through Dr. Paul Lam at Tai Chi for Health Institute in Toledo, Ohio.

### Yoga

St. Catherine of Siena, Stanley Center

1150 W. Centre Ave.

Tuesday, 1:00 - 2:30 PM

\$72 Member / \$82 Non-Member

Instructor: Christine Peckels

Interested in living a more rewarding life? This very gentle introduction to Yoga welcomes you to explore the strength of your body, mind and spirit. Practice breathing techniques, stretching, balance and stability poses. Gentle movements increase peacefulness, life purpose, self-reliance and gratitude. Yoga can also help minimize severity of physical symptoms such as sleep disturbance, pain, and an inability to concentrate. Any age is the perfect age to begin Yoga. Participants are asked to bring an exercise mat. Maximum participants: 20

Scholarships: The PSC is fortunate to maintain a scholarship program through the Friends of the PSC. Members of the PSC or community at large who are experiencing financial hardship are encouraged to contact Manager Kim Phillips or Program Coordinator Julie VanderNoot for additional information regarding scholarships. All information remains confidential.

Medicare questions?

**We can help!**

**Lisa Robb**

Medicare Plan Specialist



**Kalamazoo County**

**(269) 342-0212**



[MFBHealth.com](http://MFBHealth.com)

## Medicare/Medicaid Assistance Program (MMAP) One-on-One

**Monday April 13 and May 11 1:00 – 4:45 PM**  
**Presenter: Senior Services of Southwest Michigan**  
**Fee: Free – Register for 45-minute appointment (Registration is required)**

The Medicare/Medicaid Assistance Program helps seniors and caregivers make informed decisions about healthcare and prescription benefits. Information about Medicare, Medicaid, regulations and insurance products will be available. MMAP counselors are not connected with any insurance company, nor are they licensed to sell insurance. Their purpose is to serve you objectively and confidentially.

## Blood Pressure Screening

**3rd Thursdays, 10:00 AM – 12:00 PM**  
**Provided courtesy of Absolute Homecare & Medical Staffing**  
**Fee: Free – No appointment necessary**



Your blood pressure is important because the higher your blood pressure is, the higher your risk of health problems. Get it checked here at the PSC. Once a month, a nurse from Absolute Homecare & Medical Staffing is onsite to offer free blood pressure screenings. All are welcome.

## Healthy Brain Club

**2nd Thursday, 1:00 - 2:30 PM**  
**April 9 and May 14**  
**Fee: Per session - \$7 Member /\$9 Non-Member**  
**Suzanne Gernaat, Instructor**

Your brain is the most important organ of your body, controlling and monitoring every function. It is a powerful and complex machine that we often take for granted. Obtain a guide for keeping your brain healthy for your entire lifetime. Develop a personal plan of action with simple, step-by-step changes that can make a difference. Each monthly session provides current, reliable research information and useful ways to keep your brain strong.

## Diabetes 101 Discussion Group

**2nd Wednesday, 2:00 – 3:00 PM**  
**April 8 – Dwarfs of Diabetes**  
**May 13 – What Does This Medication Really Do?**  
**Dick Hewitt, Trainer**  
**Fee: Free and Open to the Public – Register at 329-4555.**

As with any chronic illness, dealing with diabetes can be stressful. Join this discussion group and learn to cope with your health through support of family, friends, therapy and support groups. Dick is an advocate of the American Diabetes Association.

## Bronson Presentation “Keep a Healthy Heart – Are You at Risk for Stroke?”

**Tuesday, May 19, 11:45 AM - 1:00 PM**  
**Presenter: Jamie Warner, BSN, RN, SCRNP,**  
**Bronson Neuroscience Nurse Navigator**

Do you know what to look for or what to do if you suspect someone may be having a stroke? Stroke is highly treatable if you Act F.A.S.T.! Learn more at this event. Refreshments will be served.

**Fee: Free and Open to the Public**

**Registration is required for this event. Call (269) 341-7723 between 8 AM and 5 PM or visit [bronsonhealth.com/classes](http://bronsonhealth.com/classes).**

## Alzheimer’s Support Group

**2nd Tuesday, 6:00 – 7:00 PM**  
**April 14 and May 12**  
**Fee: Free and open to the public**  
**Sponsor: Alzheimer’s Association**

This Alzheimer’s Association drop-in support group is a safe place to learn, offer and receive helpful tips, and meet others coping with Alzheimer’s or another dementia. Participation can be an empowering experience, helping members feel better prepared to cope with their unique situation. Support group members are typically the spouse, adult child, other family member or friend of someone with Alzheimer’s or a related dementia. Members report feeling less alone, more able to confront their daily problems, and more hopeful about their future. Contact 1-800-272-3900 with any questions.

## Hearing Screenings

**Tuesday, April 21**  
**9:00 - 11:30 AM**  
**Amelia Schuring, AuD., CCC-A**  
**Fee: Free – Registration Required at 329-4555**

A certified audiologist from America’s Best Hearing, formerly Connect Hearing, provides the following services at no charge: hearing screenings, hearing aid cleaning/check, ear-mold re-tubing, and ear-mold impressions.

## Massage Therapy

**1st and 3rd Monday**  
**12:30 - 4:45 PM**  
**Register with Pat at 269-779-1848.**

Do you hold tension in your shoulders? Do you suffer from headaches or occasionally get a stiff neck? Massage therapy can help. Sign up for an appointment with our licensed massage therapist, Patricia Hetrick, LMT. Appointments are \$35 for 30-minute session or \$65 for 60-minute session. Payments are made directly to Patricia in cash, check or credit card.

Did you know...we currently have over **250 volunteers** at the PSC? If you have a desire to help others, you can start volunteering today. The opportunities are almost limitless. Contact the PSC Program and Volunteer Coordinator at 329-4553 if interested.

## Volunteer Metro Share Van (MSV) PSC Drivers Needed

Volunteer drivers are needed to transport patrons in our PSC van through the Metro Share program, through the Central County Transportation Authority, on a planned route to and from various PSC activities and grocery shopping at Meijer on Shaver Road. The program runs Monday through Thursday, with general hours of morning or afternoon. Sign up with the PSC Program and Volunteer Coordinator.

## Amazon Smile

Did You Know? When you do your personal shopping on Amazon, you can also be helping to support programs and services here at the PSC. With Amazon Smile, 0.05% of your eligible purchase will be donated to Friends of the Portage Senior Center.



It's easy to do and hassle-free: When you're ready to shop online, simply go to smile.amazon.com, log into your regular Amazon account, and select "Friends of the Portage Senior Center" as your charity of choice.

Amazon will make a charitable donation to the Friends of the Portage Senior Center based on your purchase. You could do your shopping AND support the PSC at the same time! No extra forms to fill out. It's all automatic and fully secure. Thank you!

## Amazon Wishlist

The PSC now has a WISHLIST on Amazon! Donors may shop online and have the goods sent directly to us, or shop locally and drop items off at the PSC. Donations of goods help us focus resources on programs and services. Even a small item such as glue or envelopes makes a difference. Thanks to those individuals who have already donated items on the Wishlist.

You can access the Wishlist by going to your Amazon account. Under "Account & Lists," click on "AmazonSmile Charity Lists." Then search for "Friends of the Portage Senior Center." Items purchased off of the list will be sent directly to the Center. Thanks in advance for your support!



## Volunteer Needs

The PSC is looking for a few good men and women to accept the following challenges:

**Kitchen Colleague:** this position would require a commitment to clean the refrigerator and oven every two months. Supplies are provided.

**Laundry Volunteer:** this position would require a commitment to collect the dish towels from the kitchen once a week, launder & fold them and return them to the PSC kitchen.

**Metro Share Van (MSV) Driver:** this position requires a weekly commitment to transport seniors to and from the PSC, and/or grocery shopping at Meijer on Shaver.

Please see Jullie VanderNoot, PSC Program & Volunteer Coordinator, if you think you have the "right stuff" to assist in any capacity listed.

## Collecting Cleaning Supplies for Portage Community Center (PCC)

Our friends at the PCC are accepting cleaning supplies to provide to individuals in need. To support the work they do, the PSC will be collecting cleaning supplies for the months of April and May. Items can be dropped off at the PSC, and we will arrange to have the items taken to the PCC.

The following items are suggestions: Soft rags and microfiber cloths, broom with dustpan, handheld vacuum, wet mop, bucket, paper towels, sponges, multi-purpose cleaner, carpet stain remover, scrub brush for bathroom, empty spray bottles, rubber gloves, garbage bags, dish soap, white vinegar, baking soda, window cleaners and supply caddy.

## Grief: A Path to Healing

**2nd Tuesday, 6:00 - 7:30 PM**

**April 14 and May 12**

**Fee: Free and open to the public**

**Sponsor: Langeland Family Funeral Homes**

**Dana Naumann, Bereavement Care Coordinator**

**Lynn McFarlen, Outreach Coordinator**

This monthly drop-in group provides an overview of the grief process and also offers helpful tools in working through the grief process. Participants can also share their experience and get support from others. A person may come to one monthly session or return for several months. Stop in if you are new to grief, going through a rough time of grief, would like to better understand the grief process, or would like to support someone you care about who is grieving.

## Thank You Generous Donors:

*(Between December 9 and February 17)*

Mitchell & Vicki Joffe  
Judith Narrol-Storment  
Ethel Earle  
Thomas Cook  
Vincent Mizeur  
Beverly Buel  
Shirley Ptacek  
Bob Perkins  
Barbara Soda  
Birgitta Scheele  
Ada Follis  
Clifford & Brenda Mulder in honor of Jo Arnold  
Carl Carlson in memory of Beverly Carlson  
Howard & Georgia Potrude  
Robert & Sandra Borsos  
Rose Ann Jacox  
Dave and Eileen Rutten  
Judy Linders  
Larry & Babbette Smith  
Diane Schaeberle  
Art & Betty Roberts in memory of Tres Hiatt

## Endowment

*(Between December 9 and February 17)*

Mary Nespodzany  
Art Roberts & Betty Lujan-Roberts  
Richard Yonke  
Barbara Lewis

## Capital Campaign Continues

The fundraising efforts for an expanded senior center facility continue, and the amount raised to date in gifts and pledges totals nearly \$4.2 million. We continue to focus on fundraising efforts, and are optimistic that we will reach our goal of \$5.5 million in philanthropic gifts. Please consider supporting this project by making a financial gift. Learn more about how you can support this effort by visiting [E3.portagemi.gov](http://E3.portagemi.gov), or by picking up a campaign brochure at the Reception Desk.



## Your Ad Here!

Looking for a targeted way to reach active seniors?

Advertise in the Portage Senior Center newsletter.

It's a *snap!* Call today for information.

Call Jim Coppinger at 345-3718 for details



## Portage Public Schools Community Education Opportunities

Portage Public Schools Community Enrichment offers classes for youth through adults. Everyone is welcome to attend (Portage residency is not required). You can register online at [www.ppscommmed.org](http://www.ppscommmed.org). You can also register by calling Community Enrichment at 269-323-6700 or by visiting us at the Portage Public Schools Administration Building located at 8107 Mustang Dr. between 8:00 am - 4:00 pm Monday through Friday. Below are just a couple upcoming opportunities -

### Colorful Insight Workshop

Learn to utilize color for energy, clarity, and purpose! Join Lynn Jones (The Countess of Color) and Monica Harris (The Doodling Duchess) as they share the power of colors. This two part workshop includes:

- \* Color Numerology: Unlock the secrets your birth date has to offer. Learn numerology calculations that will help you understand color vibrations and how they impact your life.
- \* Guided Meditative Doodling: By identifying colors and shapes associated with emotions, participants will learn the mindfulness of meditative doodling.

Supplies included: full set of color numerology cards, doodling journal, set of colored pencils or markers

Workshop is held at Central High School in the Community Room

Wednesday, April 22nd from 7:00 pm - 9:00 pm; cost is \$35 a person

### Busy Bodies

This well-rounded class offers the three most important components of exercise: cardio, strength and stretching. Each session offers 30 minutes of original choreographed dance designed to burn calories and strengthen your heart and lungs. The strength training component offers 25 minutes working all major muscle groups. Each class ends with relaxing and calming stretches. With over 30 years of experience, Busy Bodies can help you reach your fitness goals! Each session meets 2 nights a week.

Monday/Wednesday class from April 13th until June 10th from 5:45 pm - 6:45 pm (no class May 25th). Classes are held at North Middle School in the multi-purpose room. Cost is \$119

Tuesday/Thursday class from April 14th until June 11th from 5:45 pm - 6:45 pm

Classes are held at 12th Street Elementary in the gym. Cost is \$126

Scheduled Trips from April through December 2020 (and beyond) with the Portage Senior Center – 324-9239  
 Day Trip/Event **Extended Trip (shaded date = start of trip)** **International Trip (shaded date = start of trip)**

**A Message from the Travel Department**

**Open House - Spring Trip Preview!  
 Saturday, April 18 - 8:00 AM – 2:00 PM**

**Come when you can!  
 Stay as long as you'd like!**

Trip names that are shaded are NEW trips that will be available for registrations beginning on April 18<sup>th</sup>.

Thanks to our dedicated Trip Committee Members who volunteer their time year round to research, prepare, and lead our various trips.

As additional trip opportunities become available, we will make information available by email, on the website, on Facebook, in upcoming newsletters, and in the flyer rack outside of the Trip Office.

**The Trip Office is open:**  
 Monday – Friday from 8:00AM – 5:00 PM  
**Travel Guide available by stopping by or at**  
[mypsc.portagemi.gov](http://mypsc.portagemi.gov)

April						
S	M	T	W	Th	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May						
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31						

June						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

4/2	Go Polish Today
4/14	Celtic Woman
4/19 – 4/28	New Orleans and Cajun Country with Ed & Ted
4/23	Taming of the Shrew at Chicago Shakespeare Theatre
	PSC Closed 4/10 from 12 -5 PM
	Spring Trip Preview: 4/18
5/1	Turandot – Giacomo Puccini's Final Opera at DeVos Center
5/7	W.K. Kellogg Manor House & Bird Sanctuary
5/13 – 5/15	A Kentucky Derby Experience with Ed & Ted
5/18 – 5/29	National Parks of America with Collette
5/28	Fort Custer Museum & Battle Creek History
5/31	Escape to Margaritaville at DeVos Center
	PSC Closed 5/25
6/3	Four Winds Casino with Kim
6/11	One Day – Fun Day – Mystery Trip I
6/13 – 6/20	Cape Cod and Islands with Ed & Ted
6/17	Fancy at Meadowbrook Theatre
6/18	One Day – Fun Day – Mystery Trip II
6/22 – 6/25	Lighthouses & Shipwrecks – Alpena MI
6/25 – 6/28	Exploring Traverse City and Leelanau
6/30	Meijer History & FlowerPower

Scheduled Trips from October 2019 through June 2020 (and beyond) with the Portage Senior Center -- 324-9239  
 Day Trip/Event **Extended Trip** (shaded date = start of trip) **International Trip** (shaded date = start of trip)

July							October							November							December													
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City of Portage  
Senior Citizens Services  
320 Library Lane  
Portage, MI 49002



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**Mission Statement:**

*The Portage Senior Center provides programs and opportunities that promote personal growth, health, friendship and independence for adults aged 50 years and over.*

**Vision Statement:**

*We envision a community that understands and embraces the power of healthy aging to positively transform lives.*

**Equity Statement:**

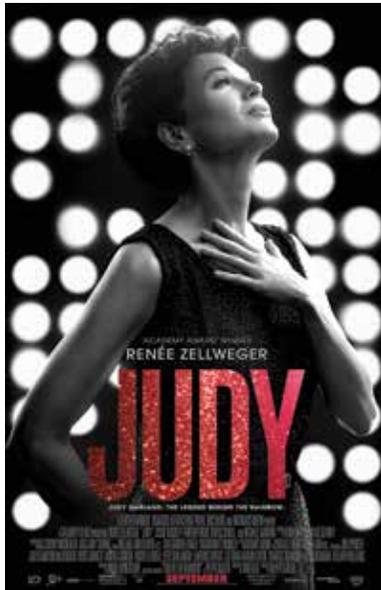
*Portage Senior Center believes that when we value one another as diverse individuals with unique backgrounds, abilities, and needs, we promote an inclusive environment of safety, respect, and dignity and achieve Equity for our community of persons age 50 and older.*

## Special Movie Screening

Friday, April 24, 1:00 PM  
"Judy"

FREE - please register with the reception desk

Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband.



## Special Movie Screening

Friday, May 22, 1:00 PM  
"Crazy Rich Asians"

FREE - please register with the reception desk

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse - Nick's disapproving mother.

