

# Portage Senior Center February 2014 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
1:00 Art Club 1:30 Cribbage 1:30 Canasta 1:30 Armchair Travel 3:30 Ping Pong 5:00 Zumba Gold 5:00 Out to Dinner	9:30-3:30 by appt. Tax Assistance* 9:30-2:30 Trip Office Open 1:00 Mah-Jongg 1:00 Chair Volleyball	<b>Loaves &amp; Fishes Bag Collection</b>	<b>Loaves &amp; Fishes Bag Collection</b>	9:00 Loaves & Fishes Bag Folding 9:30-2:30 Trip Office Open 1:00 Scrabble 1:00 Quilting 2:00 Cards, Coffee, Conversation
1:15 Big Screen Movie: "Love's Abiding Joy"	8:30 Out to Breakfast <b>11:45 Valentine's Day Lunch</b>	10:30 Reminiscence Writing* 1:00 Painting w/ Acrylics * 2:00 Readers Theatre	9:00 Blood Pressure Clinic 12:30-4:00 Foot Clinic by appt 1:00 Prevent Memory Loss	<b>9:00 Your Changing Eyes, M-WMU</b> 9:30-2:30 Trip Office Open <b>1:00 Sisterhood</b> 1:00 Quilting
1:30 Cribbage 1:30 Canasta 3:30 Ping Pong 5:00 Zumba Gold	8:00 Friends of the PSC 8:30 T'ai Ji* 9:30-2:30 Trip Office Open 10:00 Wii Bowling 10:30 Recycled Cards 1:00 Chair Volleyball 7:00 Alzheimer's Association Support Group	2:30 Advisory Board	11:30 Out-to-Lunch <b>1:00 Healthy Beginnings-Tobacco Use Education</b> 3:30 Ping Pong	<b>9:00 Your Changing Eyes, M-WMU</b> 9:30-2:30 Trip Office Open 1:00 Scrabble 1:00 Quilting 2:00 Cards, Coffee, Conversation
	8:30 T'ai Ji 9:30-3:30 Tax Assistance 9:30-2:30 Trip Office Open 10:00 Wii Bowling	1:00 Painting w/ Acrylics 2:00 Readers Theatre	<b>9:00 AARP Smart Driver Program</b> 9:30 Choir Practice	9:30-2:30 Trip Office Open

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

# Portage Senior Center March 2014 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
1:30 Canasta <b>3</b> 3:30 Ping Pong 5:00 Zumba Gold 5:00 Out to Dinner	9:30-3:30 by appt. Tax Assistance <b>4</b> 9:30-2:30 Trip Office Open	<b>Loaves &amp; Fishes Bag Collection 5</b> 9:20 Strength & Stretch* 10:00 Laptop Intro. To Office*	<b>Loaves &amp; Fishes Bag Collection 6</b> <b>10:00 Medicare Fraud</b>	<b>9:00 Loaves &amp; Fishes Bag Folding 7</b> 9:30-2:30 Trip Office Open 1:00 Scrabble 1:00 Quilting <b>8</b> 2:00 Cards, Coffee, Conversation
8:10 Enhance Fitness* <b>10</b> <b>1:15 PM Big Screen Movie: "Little John"</b>	8:30 Out to Breakfast <b>11</b> 9:30-3:30 by appt. Tax Assistance 9:30-2:30 Trip Office Open <b>11:45 St. Patrick's Day Lunch</b> <b>6:30 Garden Talk</b>	2:00 Reader's Theatre "Heartbeat of Home" <b>12</b>	<b>10:30 New Member Orientation 13</b> 1:00 Prevent Memory Loss	1:00 Sisterhood <b>14</b>
<b>1:30 iPad Demonstration 17</b>	8:00 Friends of the PSC <b>18</b> 9:30-3:30 Tax Assistance 9:30-2:30 Trip Office Open 1:00 Yoga* 6:30 Garden Talk 7:00 Alzheimer's Association Support Group	1:00 Painting w/ Acrylics <b>19</b> 1:45 Euchre 2:30 Advisory Board	9:00 PSC Needlers <b>20</b> 11:30 Out-to-Lunch <b>1:00 Healthy Beginnings-Body Mass Index Education</b>	2:00 Spring Fling <b>21</b> <b>22</b> 2:00 Cards, Coffee, Conversation
5:00 Zumba Gold* <b>24</b>	9:30-3:30 Tax Assistance <b>25</b> 9:30-2:30 Trip Office Open <b>6:30 PM Garden Talk</b>	2:00 Readers Theatre <b>26</b>	<b>27</b>	<b>9:30-2:30 Trip Office Open 28</b>

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

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

### Monday

8:10 Enhance Fitness  
 9:20 Strength & Stretch  
 9:30-11:30 Relaxed Pace Bridge  
 10:00 Computer Tutoring  
 w/Gordon  
 10:00 Book Club (2nd)  
 10:00 Trip Committee (3rd)  
 10:30 Body Rebound  
 11:45 Lunch  
 1:00 Art Club  
 1:15 Big Screen Movie (see  
 calendar)  
 1:30 Cribbage  
 1:30 Canasta  
 3:30-4:45 Ping Pong  
 5:00 Zumba Gold  
 5:00 Out to Dinner (1st)

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

Please note that participants are asked to vacate the premises by 4:45, allowing staff time for site security, room and window checks, and alarm programming. Evening activities held at 5:00 or after do not alter daily activity end times.

### Tuesday

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

### Wednesday

8:10 Enhance Fitness  
 9:00 Van Shopping  
 9:20 Strength & Stretch  
 9:30-11:30 Relaxed Pace Bridge  
 10:00 Laptop Intro to Office  
 10:00 Computer Tutoring  
 w/Paul  
 10:30 PSC Writer's Group  
 10:30 Body Rebound  
 12N Portage Rotary, no lunch  
 today  
 1:45-4:45 Euchre  
 2:00 Readers Theatre (2nd &  
 4th)  
 7:00 QiGong

#### Super Books – Fundraiser!

The 2014 Super Books are available.  
 Stop at the Reception Desk to purchase your  
 Super Book for \$40.

#### Wish List

Cookies and Coffee for the Senior Perks coffee bar  
 Regular coffee

### Thursday

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

### Friday

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

### Saturday

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

**Thank you to the following  
 members who donated coffee  
 bar supplies between  
 October 24 and  
 December 24, 2013:**

Chuck Pascoe  
 Diane Schaeberle  
 Joyce Perry  
 Diane Schaeberle  
 Ellie Killinger  
 Helen Lovin  
 Roger Latvala  
 Michael Johncock  
 Shirley Kury  
 Helen Lovin