

Portage Senior Center Newsletter

December/January 2017



Adopt a Family

As the holiday season approaches, we invite you to help provide Christmas cheer to a family “adopted” through the Portage Community Center. Please stop in to take a tag from our Christmas tree and purchase a gift for the family. We ask that all gifts be wrapped and returned to the PSC no later than Friday, December 16, to ensure that they will be delivered in time for Christmas.

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Holiday Lunch

Thursday, December 15

11:30 AM Entertainment begins

11:45 AM Lunch

\$5 Lunch Reservation

Sponsor: Adult Day Services at Oakland Centre

What a great way to celebrate the Holiday Season with lunch prepared by Chef Roger

of MediLodge of Portage. Our sponsor for this event is Adult Day Services at Oakland Centre who will

provide entertainment and prizes. Registration deadline is noon on Monday, December 12.

Cruising for a Murder

Friday, February 10

5:00 – 10:00 PM

All aboard for an arousing (ocean cruise?) adventure filled with peculiar passengers and conspiring crew members. Trapped at sea, no one is safe and everyone is a suspect. As secrets are revealed, everyone’s innocence

will come into question as the assassin tries to appear angelic. Sharpen your sleuthing skills, for that’s what you will have to rely on to call out the killer. Check your baggage and set sail for a sinuous night of secrets, scandals, seafaring scoundrels and a sumptuous banquet. It all

takes place at the Portage Senior Center. Trip Escorts, Sally Brinkman and Sandy Sinotte, planned this fabulous evening of food and entertainment courtesy of The Murder Mystery Co. Members: \$45 Non-Members: \$55 Cash Bar

Casino Trip

Four Winds Casino

New Buffalo

Tuesday, December 13

The first coach for this trip sold out, but a second coach has been reserved and seats are still available! Try your luck at Four Winds Casino in New Buffalo with our special HOLIDAY themed 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 in Portage at 8:30AM. Depart Four Winds Casino at 3:00PM, with an approximate return time of 4:00PM. Trips must be paid in full at

time of registration. Please register at the Reception Desk. 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 15 days prior to the trip. \$25 Members, \$35 Non-Members.

Message from the Manager...

If you could build the senior center of your dreams, what would it look like?

As the number of older adults increases in the community, we know that our services and facilities need to expand to meet the growing needs and demands for services. It's no secret that our space is limited. While we do the best we can with the resources at hand, we often imagine how many more programs, services and opportunities could be offered if space allowed.

What should an expanded senior center include? This question will be asked of staff, volunteers, and members. Thanks to the support of the City of Portage, we have contracted with a local architect to help us create a vision of what the PSC could look like in the future. They will be hosting open sessions to listen to ideas and suggestions and begin to create a plan for what possibilities lie ahead for the future of the Portage Senior Center.

Please consider attending and sharing your thoughts.

In addition to the site development of the Portage Senior Center, we also want to hear from you regarding program development. In January, you will be receiving a survey asking for your feedback on programs and services. We are always looking for suggestions on new programs we can add, or how we can improve on existing services. There will also be opportunities to participate in focus groups to offer ideas and feedback on how the PSC can continue to be a vital resource to our community.

We are committed to continually updating and improving to give our members the best offerings. We look forward to all of the opportunities the future holds!

AARP Tax Assistance

Location: Portage District Library
Registration: Portage Senior Center, 329-4555

Registration begins Tuesday, January 3

From Tuesday, February 2 through Tuesday, April 12, AARP Tax-Aide Volunteers will provide free tax preparation assistance from 9:30 AM until 3:30 PM, at the Portage District Library by appointment only. Your returns will be prepared at the Portage District Library in the lower level Gourneck Room. AARP Tax-Aide is focused on serving lower income people. Registration begins Tuesday, January 3, at the Portage Senior Center. Call 329-4555 to schedule an appointment. A checklist of everything needed for the appointment is available at the PSC Reception Desk.

Cooking Demonstration

Hearty Home Style Soups
Monday, February 6, 1:00 PM
Fee: \$3 members/\$6 non-members

Come and join Chef Roger of MediLodge for an afternoon of cooking demonstrations on Hearty Home Style Soups. Monday's demonstration will include taste testing and recipes. Register at the Reception Desk.

New Member Meet & Eat

Thursday, December 8, 9:00 - 10:30 AM

If you have recently joined Portage Senior Center, 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. Register at the Reception Desk to enjoy a light breakfast and informative presentation.

Advisory Board

- Geana Goorhouse
- Gloria Padilla-Carlson, Vice Chair
- Ann Perkins
- Mary Lou Petruccio
- Trudy Riker
- Art Roberts
- Larry Smith
- Albert Steffens
- Jean Wenz
- Sharon White, Secretary
- Bill Wieringa, Chair
- Cortney Chow, Youth Participant

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Parks, Recreation & Senior Citizen Services Director
Kendall Klingelsmith

PSC Manager
Kim Phillips

Administrative Asst.
Janet Gates

Program & Volunteer Coordinator
Denita Demler

Program & Trip Coordinator
Dawn Shiels

Receptionists
Morning: Judy Grey
Afternoon: Greta Jenkins



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>

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.

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. 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.

Holiday Photo Mini Session

Wednesday, December 7, 1:00 – 3:45 PM

Presenter: Beth Thielking Photography

Professional Holiday Photos, one day only at Portage Senior Center. Professional Photographer, Beth Thielking, will be on site to take your personal holiday photos. You will receive a CD with 6-8 digital images with a holiday theme, professionally composed and edited to provide you with the highest quality images, all for the low price of \$25. A print release will be provided to allow you to print, copy, and share your photos with friends and family. Don't delay... sign up now for your custom holiday photo shoot. Payments are made directly to the photographer in cash or check the day of the event. Your personal CD will be available to pick up at PSC one week from photo session. Register for your 15 minute time slot at the Reception Desk.

Band

Tuesdays, 3:00 – 4:30 PM (ongoing)

Group Leader: Fran Klooster

The PSC Band meets once a week on Tuesday at 3:00 PM, as well as playing at various sites around the community. The band plays music of the big band era and some contemporary pieces. For more information, contact the Reception Desk.

Art Open Session

Mondays, 1:00 - 3:00 PM (ongoing)

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.

PSC Email Updates

Would you like to stay up-to-date on all the activities and programs at the Portage Senior Center? Want to get reminders of upcoming activities?

We have an easy solution! PSC staff has started sending out electronic updates twice a month to keep our participants apprised of everything that is happening here at the Center. If you have not given us your email address, and you are interested in receiving these updates, please see the PSC Receptionist. All we need is your email address!



Life on your terms!



At **Friendship Village**, you can develop new relationships while retaining the privacy you enjoy.

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TED Talks

Thursday, December 15 and January 19
1:00 - 2:00 PM

Facilitator: Kim Phillips

TED Talks can be about any topic in the world with reliable information from trustworthy speakers. Each month will feature brief videos related to an overall topic, followed by 30 minutes of discussion. The length of these videos are balanced to provide interesting, informative presentations while avoiding information overload. Register at the Reception Desk.

December: Archeology

- 2600 years of history in one object
- Hunting for Peru's lost civilizations – with satellites
- How I'm discovering the secrets of ancient texts

January: Environment

- How to grow a forest in your backyard
- How we're harnessing nature's hidden superpowers
- How trees talk to each other

Heritage Dinner Series

3rd Tuesday, 5:00 PM - 6:30 PM

December 20: Entertainment provided by Mr. Magic and the Watermelon Men; special appearance by Santa Claus!

January 17: Entertainment to be announced
Open to the Public

These dinners continue to be a popular monthly event! December's dinner will feature a special "holiday" vibe with a special performance from local jazz band "Mr. Magic and the Watermelon Men." These events are "open to the public" so grab your friends and neighbors and join us for a delicious dinner prepared by the culinary team from Heritage Community. Participants can request their meals "to go" when making their reservation(s). Reservations are requested no later than one day prior to the day the meals take place. These special dinners are available for \$10.00 and include a main entrée, sides, dessert and beverage.

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Motivate Me!

Join Dawn (Trip/Program Coordinator) on Tuesdays from 11:40 - 12:40 in the Multipurpose Room, beginning on November 15, 2016. Bring your own brown bag "healthy" lunch and beverage. We will begin with some walking around the multipurpose room (with perhaps some easy, light movements), then take time to eat our "healthy" lunches. Let's take the time to share our goals and tips and techniques for the week and weekend to eat healthy and move for the good of our body! Why now? Why not? We have heard from our guest speakers for the Aging Mastery Program® that the best time to start is "now" and it depends on our decision to do so. Perhaps a little bit of shared motivation will help though! No need to sign up, just come! No need to commit long term, just come!

Indoor Farmers Market

The City of Portage and the People's Food Co-op of Kalamazoo are proud to announce the extension of the popular Sunday Farmer's Market throughout the winter months! Through April of 2017, the market will be held indoors at the PSC for up to 20 vendors.

The market will be open the 2nd Sunday of the month from 10:00 AM to 2:00 PM. Vendors wishing to participate can contact the People's Food Co-op of Kalamazoo at 329-6727 or by email at market@peoplesfoodco-op.org.

HERITAGE COMMUNITY OF KALAMAZOO

Local Roots. Vibrant Senior Living.

Heritage Community has been serving Kalamazoo seniors and their families for more than 60 years. Today, we're the only locally owned and operated continuing care retirement community in the area.

A not-for-profit organization led by a local volunteer board of directors, we manage our resources in accordance with our mission, and our longstanding values are reflected in our governance and management. We measure success in terms of achieving high standards of excellence in service, and continually strive to ensure that all residents are proud to call our community home.

Visit www.heritagecommunity.com or call 269-226-6321 for more information

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- Assisted Living**
Wyndham West
Directors Hall
- Residential Memory Care**
Amber Way
Amber Place
- Skilled Nursing and Rehabilitation Services**
Harold & Grace Upjohn
Community Care Center

Reminiscence Writers Corner

Wednesdays, 10:00 AM

A Writing by Marlene Leonard, student of Wilma Kahn:

A Quiet Afternoon

My small deck beckoned to me this afternoon. A Ruby-Throated Hummingbird darted in and out of the pot of Million Bell flowers that are dancing a slow waltz in a soft breeze. The smaller pots of herbs—basil, parsley, and thyme—look ready to go to bed for the year. They have served me well.

As much as I love Autumn, I hate to see my patio pots of Petunias, Coleuses, Zinnias get thin and leggy and go to seed.

It's six p.m. (or so) and the sky, still a washed aqua blue, pushes angel-wing clouds, nudging them eastward, spreading out their wings as if they were really flying. A jet skims along, like a needle pulling thread through the plush blue and white blanket of air.

The kidney-shaped pond which sits in front of my condo is quiet. The visitors, a Great Blue Heron, a frisky Kingfisher, and of course Canada Geese and the one lonely female Mallard duck have left, perhaps for a lovely late siesta. Even the Koi fish, silvery white and orange, have left the stony shoreline where they feed on algae, have gone to a deeper dark spot for a nap.

It is so peaceful, but I can faintly hear a few honks of geese in the distant ponds, and the car tire humming song, a symphony of travelers going home, is actually a soothing melody.

Soon the swallows will line up on the rooftop gutters, like a battalion of fighter jets, ready to battle the insects of the night. Goodbye mosquitoes and, sadly, some really pretty moths. But Mother Nature knows best. Isn't she strange and wonderful?

Lunch with Langelands: "Let Us Have Peace"

Tuesday, December 13

11:30 AM

\$3 Lunch Reservation

This presentation takes the audience on a unique tour of America, sharing the intriguing, often untold stories behind our president's final resting places. The history and compelling images of 20 presidential burial sites are highlighted along with a brief synopsis of the funeral preplanning that occurs early in each U.S. president's first term. Register by December 6.

Prof Talks WMU

It's time to go back to school! Join us for an interactive series of special presentations from local WMU faculty. Thanks to the Wiser Financial Group for sponsoring these great educational opportunities. Please RSVP for any of the topics below by calling the PSC Reception Desk. All sessions are free and open to the public.

Monday, January 16, 3:00 - 4:00 PM

Freshwater studies and protecting the Great Lakes
Dr. Steve Kohler, Environmental Studies Program

Monday, March 20, 3:00 - 4:00 PM

Kalamazoo and the Civil War
Sharon Carlson, Zhang Legacy Center, Archives and Regional History Collections Director, Librarian

Super Books Available Beginning in December

Packed with hundreds of coupons and pages, the Super Book is a locally published coupon book (not a pamphlet) that is a priceless local guide to local restaurants, golf courses, auto repair/maintenance garages, dry cleaners, and much more. Super Book has been providing Southwest Michigan residents with thousands of dollars in savings. There are over 900 coupons packed in the book with over 300 pages. In addition to the savings offered, if you purchase your Super Book at the PSC, the Center gets a commission on every book sold. Last year we raised over \$765 to support programs and services at the PSC. With the holiday season coming up, don't forget that Super Books make great Christmas gifts too! Call the PSC at 329-4555 for more information.



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Teen Tech Support

Wednesday (2nd), December 14 and January 11, 3:30 - 4:30 PM

Do you need some help getting back on the technology track? Want to learn how to text? Can't figure out how to download an app onto your tablet? Did you open something only to find it attached to your device like an electronic leach? There is help! An eager teen volunteer will be available in the PSC lobby to assist you with your electronic device. Appointments are not required, but it is helpful if you call 329-4555 and let the receptionist know you are coming to talk with a PSC Teen Tech.

Let's Play Some Cards

If you like playing cards, PSC has a wonderful assortment of card groups that are looking for new members and are hoping you will show up and join in the fun. You will be welcomed into a warm and relaxed environment...at almost any level of expertise. From the selection below you can pick or choose the type of game that fits your pleasure.

Monday:	Relaxed Pace Bridge	9:30 - 11:30 AM
	Cribbage	1:30 PM
	Canasta	1:00 PM
Tuesday:	Bridge (advanced level)	12:30 PM
	Just for Fun Poker	6:00 PM
	Bid Euchre	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
	(1st, 3rd, 5th)	
	Bridge (advanced level)	1:00 PM

Check with the Reception Desk for room location and more information.

Choir

Thursday, 9:30 AM

Group Leader: Marilyn McKinley

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.

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Big Screen Movie

Monday, December 12, 1:15 PM

"A Grandpa For Christmas"

In this Emmy-nominated role, Ernest Borgnine stars as Bert O'Riley, a retired Hollywood actor who has been estranged from his only daughter for many years. But when she ends up in the hospital following a car accident, social services places her 10-year-old daughter, Becca, with the grandfather she's never met. Now, in this special season of surprises, Bert is about to receive the greatest gift of a lifetime in this heartwarming story of hope, love and forgiveness.

Not rated or closed-captioned. 85 minutes. View the movie for free. 50 cents for popcorn.

Big Screen Movie

Monday, January 9, 1:15 PM

"Love Finds A Home"

When Belinda's pregnant friend Annie and Annie's meddling mother-in-law Mary come to visit, Belinda reevaluates everything she holds dear. Belinda is played by Sarah Jones, Annie by Haylie Duff and Mary by Oscar winner Patty Duke. "Love Finds A Home" continues the "Love Comes Softly" series by best-selling author Janette Oke. Not rated. Closed-captioned. 88 minutes. View the movie for free. 50 cents for popcorn.



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Book Club

2nd Monday, 10:00 - 11:00 AM

Group Leader: Ann Perkins

December: *The Rainbow Comes and Goes* by Anderson Cooper and Gloria Vanderbilt

January: *Ordinary Grace* by William Krueger

This group meets to discuss the selected monthly book, expressing their opinions and observations. Check the bulletin board under *Programs and Activities* for more information.

Community Service Van (CSV)

Transportation to PSC and Grocery Shopping

The PSC CSV transportation program is available to all Portage residents 50 years of age and older. Transportation is available Monday through Friday from 8:45 AM until 1:00 PM. Reservations are made the previous day by calling 329-4555. Transportation for grocery shopping is available on Tuesday, Wednesday and Thursday to the Meijer store on Shaver Road. A donation of \$3.50 for each round trip is recommended and may be given to the driver at the end of each ride.

Hand Chimes

Thursday, 1:00 PM (ongoing)

Group Leaders: Freya Lake and Jeanne Fakler

If you have ever wanted to play an instrument, now is your chance to turn desire into music! A musical background is not required, but you must be able to keep time. Hand chimes (provided) are like hand bells, but lighter in both sound and weight.

Quilting and More

Friday, 1:00 - 4:00 PM (ongoing)

Group Leader: Georganne Oldenburg

This friendly group meets weekly to quilt, knit, crochet, cross stitch and work on any fabric and yarn related projects along with a large dose of chatting and sharing. Feel free to bring your favorite beverage along with your latest project. Members help others who want to learn new techniques, work at getting their own UFO's done and make projects for donation to various local charities. Join us to work on your projects and share your creativity with like-minded members.

Dining Out Club

Group Leaders: Hal and Shirley Ray

Ralph and Shirley McKinney

Enjoy a delicious meal and great company! Call in your reservation by noon on the previous business day for this activity. All meals are self-pay.

December

Dinner

Monday, December 5
5:00 PM

Brann's Steak House
700 MLK Blvd., Portage

Breakfast

Tuesday, December 13
8:30 AM

Bucky's Cafe
8675 Portage Road, Portage

Lunch

No Lunch scheduled in
December

January

Dinner

Monday, January 2
5:00 PM

Olive Garden
6700 S. Westnedge, Portage

Breakfast

Tuesday, January 10
8:30 AM

LaRue's, 6375 Stadium Drive
Kalamazoo

Lunch

Thursday, January 19
11:30 AM

Craftsman
6905 Sears Drive, Portage

Garden Pals Garden Club

2nd Monday, 10:00 AM

Group Leader: Joyce Tuinier

On September 12, the Garden Pals officially formed a garden club. The first project was making terrariums and herbal sachets to sell at the PSC Holiday Bazaar in November. Many of the herbs and plants came from our own garden at PSC. Members of the PSC are invited to join the Club for \$6 a year or attend as guests. Monthly meetings occur on the second Monday of each month at 10:00 AM at PSC. Meetings will include speakers, projects, info sharing and refreshments. The PSC gardens will continue to be maintained by members of the Civic Projects Committee. Watch for meeting agenda posted on the bulletin board. Our next meeting will be on Monday, February 13, 2017.

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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. Portage Senior Center accepts cash or checks for payment.

Body Rebound (ongoing)

Monday-Wednesday-Friday, 10:30 - 11:30 AM
8 weeks, \$42 Member/\$52 Non-Member
October 12 - December 14 (includes makeup days)
No class November 25
Use DVD December 16 - January 6
January 9 - March 3

Instructor: Helene Thompson

This non-aerobics class begins with stretching and chair exercises, and includes work with hand weights and small foam balls (provided). This is a good workout for the person who wants to stay flexible and increase muscle strength.

Chair Yoga (ongoing)

Tuesday, 5:30 - 6:30 PM
6 weeks, \$42 Member/\$52 Non-Member
November 15 - December 20
December 27 - January 31

Instructor: Leslie Neuman

Chair Yoga is a gentle form of Yoga that helps those who are uncomfortable getting up and down on a mat. It uses simple movements, breathing, and relaxation exercises to impart all the benefits of yoga: improved stability, strength, flexibility and relaxation. Classes are based on the interest and abilities of the group. Minimum participants: 5

Enhance Fitness (ongoing)

Monday-Wednesday-Friday, 8:10 - 9:10 AM
8 weeks, \$42 Member/\$52 Non-Member
October 12 - December 7
No class November 25
January 9 - March 3

Instructor: Deb Snell

Developed at the University of Washington in Seattle, this class is 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.

T'ai Ji (ongoing)

Tuesday, 8:30 - 9:30 AM
7 weeks, \$42 Member/\$52 Non-Member
October 25 - December 13
No class November 8
December 20 - January 31

Instructor: Ed Kehoe

All forms of T'ai Ji share the same philosophy - yield to incoming force and redirect it. T'ai Ji 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.

Yoga (ongoing)

Tuesday, 1:00 - 2:30 PM
8 weeks, \$72 Member/\$82 Non-Member
November 22 - January 10
Makeup Jan 17
January 24 - March 14

St. Catherine of Siena, Stanley Center
1150 W. Centre Ave.

Instructor: Christine Peckels

Interested in living a more rewarding life? This very gentle introduction to Yoga welcomes you to explore limitations of your body, mind and spirit (and yes, we

Classes continued on page 9



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all have them). Then move beyond those blockages to a greater understanding of how to embrace your own body rhythms. We 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 time to begin Yoga and is something you can do for the rest of your life. Come see for yourself. Participants are asked to bring an exercise mat.

Maximum participants: 15

Zumba® (ongoing)

Fridays, 9:20 – 10:20 AM

8 Weeks, \$24 Member/\$34 Non-Member

October 28 – December 23

January 13 – March 3

No class November 25

Instructor: Helene Thompson

In this ZUMBA® class, you will experience a party-like atmosphere and spend the entire hour moving, laughing and smiling. This class is designed for beginners and uses easy-to-follow movements that help students become familiar with the footwork and feel confident. The Zumba philosophy is, *ditch the workout – join the party!* Wear comfortable clothes and shoes with sturdy support and minimum tread. Bring a water bottle and towel for

your own convenience. All you need for Zumba is your beautiful self and a little bit of attitude.

Minimum participants: 7

SilverSneakers Splash (ongoing)

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

Winter Session: January 10 – February 23

Spring 1 Session: February 28 – April 20

\$68 PSC Members only

Portage YMCA, 2900 W. Centre Avenue

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 wear and tear on your joints. This class is made possible through a partnership between the PSC and Portage YMCA. Participants **register and pay at the YMCA** and must present this class flyer with their name on it or their MySeniorCenter (MSC) card upon registration. Class prices and schedules are subject to change; please contact the Portage YMCA (269) 324-9622 for more information.

AARP Smart Driver Program

Thursday, December 1, 9:00 AM – 4:00 PM

Second Course to be offered:

Thursday, March 2, 9:00 AM – 4:00 PM

Fee: \$15 AARP Member/\$20 Non-Member AARP

Instructor: Richard Baker

This is a refresher course developed for older drivers. The course includes Driving Safety Strategies; State

Classes continued on page 13

Independent Living | Enhanced Living | Assisted Living | Memory Care



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•Patrick J. Quinn, R.Ph



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from page 9

of Michigan Driver Regulations; Dealing with Trucks, Motorcycles, Bicycles and Aggressive Drivers; New Developments in Intersections; Road Signs, Lane Markings and Traffic Signals; Changes in Vehicle Safety Devices and Features. **Must present payment** at time of registration (cash or checks payable to AARP Driver Safety Program). Class size is limited.

Reminiscence Writing (ongoing)

Wednesday, 10:00 AM - 11:30 PM

7 weeks, \$32 Member/\$42 Non-Member

March 1 - April 12

May 10 - June 21

Instructor: Wilma Kahn

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. This class is a great opportunity to make new friends, share your writing, and learn from others. The instructor has an MFA in creative writing and a DA in English and gives written responses to class members' work.

Computer Tutoring

Monday, 10:00 AM - 12:00 PM

Fee: \$10 per hour - Members only

Individual tutoring with or without a laptop computer by an experienced volunteer is available on Monday. Your

appointment focuses on whatever aspect of computer usage you would like to cover. Volunteer instructors utilize Windows 7. Windows 10 is currently not available at PSC. Must present payment at time of registration.

Laptop Introduction to Office

Wednesday, 10:00 AM - 12:00 PM

7 weeks, Members only - \$24

January 11 - February 22

Instructor, Royce Bland

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.

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 Denita Demler for additional information regarding scholarships. All information is kept confidential.



Sally Grushon died in 2006.

Today she's helping Kalamazoo area kids get ready for kindergarten.

Sally loved this community and was a champion for its children. In 1978 she helped start Hilltop Preschool at Zion Lutheran Church, which has been helping Kalamazoo area kids get ready for kindergarten ever since. When she died, her family created The Sally E. Grushon Endowment for Hilltop Preschool. It honors her legacy and provides scholarships to help families cover the cost of quality pre-kindergarten education. We can help you show your love for our community and create a legacy too. Call 269.381.4416 or visit www.kalfound.org to learn how.



equity | education

Healthy Nutritional Cooking after the Holidays

Friday, January 20 1:00 PM

Presenter: WMU Student Dietetics Association

Students in the "Student Dietetics Association (SDA)" from Western Michigan University Dietetics program will teach an interactive class on nutrition and demonstrate easy-to-make recipes. It is never too late to start eating healthy after the holidays. Along with the discussions and demonstrations, students will explain nutritional benefits of ingredients. Register by Wednesday, January 18 at 329-4555.

Blood Pressure Clinic

2nd Thursday, 9:00 - 11:30 AM

Once a month, we offer a free blood pressure clinic. All are welcome; no appointment is necessary.

Hearing Screenings

3rd Tuesday, December 20

9:00 - 11:00 AM

A certified audiologist from The Hearing Center of Kalamazoo - A Connect Hearing Company will provide the following services at no charge: hearing screenings, hearing aid cleaning/check, ear-mold re-tubing, and ear-mold impressions. Call the Reception Desk to schedule an appointment (required).

Massage Therapy

1st and 3rd Monday

12:30 - 4:45 PM

Do you suffer from a stiff neck or headaches? Sore back and shoulders? Is your body moving as well as it used to? Massage can help. Sign up for an appointment with our licensed massage therapist, Susan Walker. Appointments are \$20 for a half hour or \$40 for one hour. Payments are made directly to Susan in cash or check. Register with Susan at (269) 377-9571.

A Matter of Balance Class

Wednesdays, 1:30 - 3:30 PM

8 weeks, February 1 - March 22

Fee: Free, but donations are appreciated

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. Register at the Reception Desk.

Healthy Brain Club (formerly Memory Club)

2nd Thursday of every month

1:00 - 2:30 PM

Session 1: December 8

Session 2: January 12

Per Session Fee: \$7 members/\$9 non-members

Instructor: Suzanne Gernaat

My Brain Is Strong and Healthy: Using new research to increase your brain health, memory power and focus.

Your brain is the most important organ of your entire body. It has been stated "without brain health, we don't have health." Our brain controls and monitors every function of our entire body 24/7. It is a powerful and complex machine that we often take for granted. Obtain the ultimate guide for keeping your brain healthy for your entire lifetime. Develop a personal plan of action with simple, step-by-step everyday changes that can make such a difference. Each monthly session will give you current, reliable research and provide useful ways to keep your brain strong. Register at the Reception Desk.

Indoor Walking at PPS

Tuesday and Thursday, 1:30 PM - 2:30 PM

Beginning January 10 - March 31

The Portage Senior Center has partnered with the Portage Public Schools to offer day-time indoor walking on Tuesdays and Thursdays at the Stable (the multi-purpose center behind Central Middle School). Only open to PSC members, PPS is making available their track for walkers two days a week from 1:30 PM - 2:30 PM. Curbside parking and an elevator are features of the Stable. Eight laps = 1 mile. Come and get healthy with us.



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PSC Volunteers

Did you know...we currently have 269 volunteers at the PSC? As of September 30, 126 active volunteers amassed a total of 1,840 volunteer hours. If you have a desire to help others, you can start volunteering today. The opportunities are almost limitless. Contact Denita Demler, Volunteer Coordinator, at 329-4553 if interested.

Volunteer Orientation

Tuesday, December 13, 10:00 AM

Are you wondering what volunteering at the PSC is like? This discussion will include a history of the PSC, current and future volunteer programming, and benefits of volunteering. MySeniorCenter™ (MSC) membership database and how to log volunteer hours will be covered. The orientation benefits both new and experienced volunteers. Once a new volunteer attends a Volunteer Orientation, an account for volunteering will be activated in MSC. Register at the Reception Desk.

Intergenerational Volunteer Program – Partners

Group Leader: Zoe Miller

The Partners Program started in October to create friendships and strengthen intergenerational connections between senior members of the program and fourth grade students from the classroom of Sheila Clothier at Portage Central Elementary. To accomplish this, the seniors will go into the classroom once a month and help students complete activities. At the end of the school year, the seniors and the students go on a field trip in April and a celebration potluck in May at the PSC where students are invited to bring their families to meet their senior partner.

Intergenerational Volunteer Program – Pen Pals

Group Leader: Zoe Miller

This program creates friendships and strengthens intergenerational connections between the senior members of the program and the third-grade students from the classroom of Rhonda VanderVeen at Angling Road Elementary in Portage. The seniors and students will exchange Pen Pal letters once a month. The seniors and students will meet each other for the first time at a Pen Pal party at the school in May 2017.

Treats for the Coffee Bar

Do you have too many cookies at home? Do you like to bake? If so, our Coffee Bar can use your tasty donations. Many of our members love sweets. Bring some; enjoy some!

Volunteers Needed

Volunteer Van Drivers

Volunteer drivers are needed to transport patrons in our PSC Community Service Van program (CSV) on a planned route to and from various PSC activities and grocery shopping trips within the City of Portage, Monday through Friday, with general hours of 8:30 AM – 1:30 PM. The next Kalamazoo Metro CSV training is Tuesday, January 24. Contact the Volunteer Coordinator for more information on this position.

Portage Community Center is looking for Food Pantry volunteers. We are looking for volunteers for Mondays and Fridays as well as some “on call” volunteers. Pantry hours are from 10:30-12:30. Duties include helping clients shop and restocking shelves. Anyone interested should contact Emergency Assistance Coordinator Patsy Burnett at 269-323-1942 or patsy@portagecommunitycenter.net

Thank you Independent Bank (formerly Chemical Bank) Volunteers

The Garden Pals Garden Club wish to express thanks to the Independent Bank volunteer group of five who tirelessly helped with our fall plantings and general cleanup of the PSC gardens in early October. It was a great work crew, and we were most appreciative.

iPad Discussion Group

Tuesday, December 13, 10:00 AM

Group Leader: Larry Smith

Questions, answers, demonstrations and how to draw on your iPad. You may bring your iPad. Register at the Reception Desk.

Loaves & Fishes - PSC Bag Recycling Program

1st Wednesday & 1st Thursday (ongoing)

Group Leader: Rosalie Daniels

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

Needlers

Thursday, 9:00 AM - 12:00 PM (ongoing)

Group Leader: Bobbie Kipp

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

Thank You to the Following Donors

Between August 24 and October 28, 2016

Robert Duncan *In memory of Neil Berry*
Tom Vannoorloos *In memory of Mary Vannoorloos*
Barbara Casey
Diane Reece
Monifa Jumanne *In memory of Mrs. Mabel McLamore*
Mary Lou Petrulio
Wilma Kahn *In memory of Ted Doscher*
Heike O'Boyle
Marilyn Highland
Phyllis Barents
Florence White
Herbert White
Mary Prange
Donald Ryan
Robert Ostrowski
Lois Ostrowski
Bonnie Kovach
Carol VandenBerg
Judy Berger
Barbara Casey
Janice Goertz-Allan
Marie Kozar
Joan Doxey
Arthur Nemitz
Elizabeth Wagner
Joan Boyd *In memory of Ted Doscher*
Art Roberts *In memory of John McGray*
Karen Kennedy *In memory of Jack Huffman*

Thank You – Donations of Product:

Cookies: Sonja Gifford, Ruth Minert, Peter Jones
Coloring Books and Pencils: Helen Lovin
Postage Stamps: Diane Schaeberle
Coffee: Michael Johncock, Peggy Newhouse,
Chuck Pasco, Shirley Kury
Tissues and Sanitizer Wipes: Diane Schaeberle,
Sharon Dickey, Shirley Bumgardner

Recycled Cards

Tuesday (1st, 3rd & 4th), 10:30 AM (ongoing)
Group Leader: Pat Brown

The Recycled Cards group accepts whole greeting cards with verses intact. The cards are cut apart and redesigned to create a new card. The cards are available for sale in the PSC lobby.

Welcome New Members

Between August 24 and October 24, 2016:

Charlene Scholl	Cludann Birmann
Lynn Scholl	David & Rose Elhart
Betty Bailey	Jessica Pigeon
Donna Hoenecke	Michele Frey
Sue Hall	Patricia Keck
Maria Horning	Andrea Cory
Ronald Refior	Beverly Kelley
Raymond Casper	Evelyn LaJoice
Raymond & Kathleen Shepherd	James & Barbara Bradley
Laverne Fleming	Freda Steinagel
Janyce Reinstein	Audrey Roe
Linda Duris	Carmen Hren
Mary Fuller, Mary Gordon & Denise Daam	Donita Hayes
Henry Mitchell	Darlene McCracken
Marjorie Sweeney	Sharon Powers
Mary Corra	Audrey Steffens
Marianne Dahlinger	Withold Steinagel
	Wilson Burgos

Readers Theatre

Wednesday, 2:00 PM (2nd & 4th)

Group Leader: Babs Smith

Do you enjoy sharing drama and comedy with children? Join this happy group of readers as they use their voices to present stories in area schools and pre-schools. Participants read their parts, so memorizing them is not required. This group meets the second and fourth Wednesdays of the month from September through May for rehearsals, and visits their scheduled venues for programs on the first and third Wednesdays. If interested, drop in during a session to learn more.

Sisterhood

Friday (2nd), 1-2:30 PM (ongoing)

Group Leader: Barb Lewis

This women's social group meets monthly for camaraderie and to enjoy social activities. Meeting topics and/or activities are listed below. More information can be found under Programs and Activities on the PSC bulletin board.

Friday, December 9

Time: 1:00 PM

Place: Theo & Stacy's

Restaurant, 5225 Portage Rd., near the Airport

Event: Holiday Lunch

Host: LuElla Shader & Donna

Friday, January 13

Time: 1:00 PM

Place: PSC –

Multi-Purpose Room

Event: General Meeting (weather permitting).

Discuss 2017 events and future events.

Host: Barb Lewis

Trip Office News

Our Trip Preview on Monday, October 17th was a success! We had a wonderful turnout and lots of help to make it all happen. Thank you so much to our Trip Committee for all of their hard work in all aspects of creating our trip offerings as well as the preparation for the day. Thank you to some of our frequent travelers who volunteered their time as well.

Our new Travel Guide is available for pickup at the Portage Senior Center and is also available online at <http://www.tinyurl.com/psctravel>. A calendar of the trips we are offering during the January - June 2016 timeframe is also available.

Some policy changes relating to trips are as follows:

- Only one completed Frequent Traveler Card (or equivalent of one) may be used per trip.
- For day trips, notify the Travel Office immediately if you must cancel a reservation. A traveler may NOT sell their reservation to someone else. If the cancellation is more than 30 days prior to departure, a refund check will be processed without the deduction of a handling fee. If the cancellation is made within 30 days of departure and is because of a medical or an unforeseen conflict, a refund check will be processed without the deduction of a handling fee. Otherwise, a handling fee of \$8 will be applied.

Our Trip Committee (13 members at this time) meets on the 3rd Monday of each month at the Portage Senior Center from 10:30 am - 12:00 pm. The Trip Research Committee (a subset of the Trip Committee) meets on the same date from 9:00 - 10:30 am. We have already begun to discuss and research day trips for the July - December 2017 timeframe. We welcome your ideas for consideration. Give Dawn a call at 269-324-9239 or send along an email to her at shiltsd@portagemi.gov

Your Company

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

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.

Trips coming Up in January, February and March 2017:

SATURDAY, JANUARY 28, 2017 (EVENING DINNER & THEATRE TRIP)

PARK CLUB & CIVIC THEATRE ... Downtown Kalamazoo

Join us for an evening of fine dining and theatre in downtown Kalamazoo. Enjoy a special 3-course meal prepared by the Park Club Chef followed by a performance of the comedy, *Sylvia* at the Civic Theatre. Empty nesters Greg and Kate have moved back to Manhattan after 22 years in the suburbs. But what happens when a smart, sassy enchanting canine befriends Greg in Central Park? A modern romantic comedy about a marriage...and a dog, *Sylvia* is the funny and heartwarming comedy hit involving loyal dogs, empty nesters, and of course, true love.

WALKING LEVEL: 1

ESCORT(S): Shirley Bingham

MEMBER: \$99

NON-MEMBER: \$109

FRIDAY, FEBRUARY 10, 2017 (EVENING PROGRAM & DINNER)

CRUISING FOR A MURDER ... Portage Senior Center

All aboard for an arousing (ocean cruise?) adventure filled with peculiar passengers and conspiring crew members. Trapped at sea, no one is safe and everyone is a suspect. As secrets are revealed, everyone's innocence will come into question as the assassin tries to appear angelic. Sharpen your sleuthing skills, for that's what you will have to rely on to call out the killer. Check your baggage and set sail for a sinuous night of secrets, scandals, seafaring scoundrels and a sumptuous banquet. It all takes place at the Portage Senior Center.

WALKING LEVEL: N/A

COORDINATOR(S): Sally Brinkman, Sandy Sinotte

MEMBER: \$45

NON-MEMBER: \$55

TUESDAY, MARCH 7, 2017 (DAY ART EXPERIENCE TRIP)

ReAch for Art in REO Town ... Lansing & East Lansing MI

Discover REO Town's "artistic" connection. ReAch Studio Art Center emerged from reclaimed empty storefront buildings to a thriving nonprofit neighborhood place to do art. This creative mecca is open to tots, kids, teens, and all adults for various modes of expression - drawing, clay, ceramics, glass, paint, film, writing, poetry, and movement. Following a tour of the current multi-facility transformation, we will become "resident artists" with a lesson on inspiration. (Note: art project will come home with you.) Relax and enjoy a culinary 3-course meal at Kellogg Center's The State Room on MSU's campus. Shuttle next to the Eli & Edyth Broad Art Museum to explore contemporary culture and ideas with a docent

Travel continued on page 18

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guided tour. Museum is a striking façade of pleated stainless steel and glass with no square corners. Grab a coffee or tea in the museum café before boarding the bus home.

WALKING LEVEL: 3 ESCORT(S): Sally Brinkman
MEMBER: \$100 NON-MEMBER: \$110
BY 12/7/16: \$95 BY 12/7/16: \$105

THURSDAY, MARCH 16, 2017 (EVENING DINNER & THEATRE TRIP)

BUYER & CELLAR ... Farmer's Alley, Kalamazoo MI

Alex just took a job working in the basement of Barbra Striesand's palatial Malibu home. During his time working for Babs, Alex forms an often hilarious and sometimes heartfelt bond with everyone's favorite Funny Girl. Called "The most talked about new comedy of the season" by The New York Times, **Buyer & Cellar** is a one-man tour-de-force and is so "like butta" you might just be "verklemt." The performance will be combined with a fabulous dinner at Bravo with Chef Shaun demonstrating his culinary skills at our table. It's an evening not to be missed.

WALKING LEVEL: 1
ESCORT(S): Sally Brinkman, Sandy Sinotte
MEMBER: \$125 NON-MEMBER: \$135
BY 12/16/16: \$120 BY 12/16/16: \$130

TUESDAY, MARCH 28, 2017 (DAY SIGHTSEEING WITH LUNCH TRIP)

NORTHVILLE ... Northville MI

As you put away the long days of winter, are you ready for a getaway? Join us for a jaunt to Northville where you'll visit a bread and butter 7-course Italian lunch (included) at **SOLD OUT** followed by a very delightful comedy show. Do you know what **Waiting List Available** *The Hole In The Wall* could be or was? Let's all find out! Encounter a few surprises and place those winter blahs on a shelf.

WALKING LEVEL: 1.5 ESCORT(S): Shirley Watson
MEMBER: \$104 NON-MEMBER: \$114
BY 12/28/16: \$99 BY 12/28/16: \$109

TUESDAY, APRIL 11, 2017 (DAY SIGHTSEEING WITH LUNCH TRIP)

LOCAL TREASURES 4 ... Gilmore Car Museum & WMU

Join us as we travel to the past at the Gilmore Car Museum. We'll have lunch at the Blue Moon Diner at Gilmore, then travel to WMU where we'll tour Miller Auditorium, the Oaklands, Gate Cottage at the State Hospital and finish our day with ice cream.

WALKING LEVEL: 3 ESCORT(S): Judy Ludens
MEMBER: \$70 NON-MEMBER: \$80
BY 1/11/17: \$65 BY 1/11/17: \$75

Oh, the Places We Want to Go!

We are taking names of those who are interested in the following types of trips:

- Chicago Flower Show in March 2017
- Southern Exposure Herb Garden in Battle Creek in May 2017
- Detroit Tigers at Comerica Park
- Chicago Cubs at Wrigley Field
- King and I in Chicago

Do you have trip destinations on your bucket list? Perhaps international trips? The Trip Office can help you! We have the ability to help you find the perfect international trip and travel timeframes. Even if it is just for one person from our location. Call or stop by the Trip Office for more information.

Do you have photos of a past trip you have taken with the Portage Senior Center? Would you like to share them on our Facebook page? Contact either Dawn in the Trip Office or Greta in the afternoon at the Receptionist Desk.

The next time you are visiting the Portage Senior Center, stop by the Trip Office and share a few words with Dawn as to why you like to go on a Portage Senior Center trip. Dawn will share your thoughts in an upcoming newsletter (anonymously if you'd like).

Updates on Trips:

A second **Irving Berlin, "I Love a Piano"** trip has been established for Wednesday, April 26, and there are still openings on this newly scheduled trip.

A new Ed and Ted's Excellent Adventures trip is now available:

A New England Summer

June 10 - 20, 2017.

This trip features an 11 day/10 night adventure through the mountains and shorelines of New York, Vermont, New Hampshire, and Maine.

The Shoreline trip, **America's National Parks** has been modified to the dates of August 6 - 13, 2017. Prices have also been adjusted. New flyers are available.

We are in the process of finalizing our date for the trip to see the **King and I** at the **Broadway** in Chicago.



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! Marie's phone number is (269) 375-2104.

Walkers with Walkers

Tuesday and Thursday, 9:30 AM (ongoing)

Group Leader: Penny Newhouse

Walkers with Walkers are members who use assistive devices to help with mobility. The group meets in the fall and winter at the Crossroads Mall Food Court at the Carousel.

Wii Bowling Open Play

Tuesday, 9:45 - 11:30 AM (ongoing)

Group Leader: Sharon Dickey

Looking for a way to have fun, meet new friends, and burn off calories, all at the same time? This Nintendo Wii video game is easy to learn and encourages a range of motion and hand-eye coordination. You can bowl either standing or sitting. If you want to check out an activity that is fun, free and promotes health and fitness, then come in for Wii Bowling on Tuesdays. Open to all PSC members.

2016 Tree Lighting & Traditional Holiday Celebration

Set your sights on holiday lights, caroling and holiday treats! Please join in an evening night of fun at the City of Portage annual Traditional Holiday and Tree Lighting Celebration. The fun kicks off at the City Centre, near the Portage District Library on Saturday, December 3 at 7:00 p.m. Thousands of lights will be illuminated in celebration of the holiday season. Then follow a horse-drawn wagon, complete with jingle bells and Christmas carolers, on a short walk down the Portage Creek Bicentennial Trail to the Celery Flats Historical Area, where the holiday celebration will take place.

For the first time ever we will have Santa's reindeer available for kids to pet and take a picture with courtesy of Osborne & Kline. Festive music will be provided by Proclamation Brass, a local brass ensemble group, and the Portage Central Choir. Santa and Mrs. Claus will greet visitors at the historic schoolhouse and refreshments will be available at the Hayloft Theatre. Hot cider and hot cocoa will be available for a \$1 donation per cup - proceeds from the sales will benefit area charities. Admission is free, however, donations of food, toys and outerwear will be accepted for the Portage Community Center to help those in need. Please call 329-4522 with any questions about the event.

The Ice Rink at Millennium Park

Opening for the 17th season on Thursday, December 8, 2016, this large outdoor refrigerated rink features skate rental, skate sharpening, snack concessions, restrooms, warming house, lockers and an excellent skating surface!

280 Romence Road

Call (269) 324-9200 for current Ice Rink information

December 8 to December 21 & January 8 to March 5

Sunday 12 - 9 p.m.

Monday - Wednesday Closed

Thursday 3 - 9 p.m.

Friday 3 - 10 p.m.

Saturday 11 a.m. - 10 p.m.

December 22 - January 7

Daily 11 a.m. - 10 p.m.

December 24 & January 1 11 a.m. - 5 p.m.

Christmas Day Closed

Winter School Holidays

January 27 & February 24 2 - 10 p.m.

Ice resurfacing occurs from **3:30 - 4:30 p.m.** on weekends and daily December 22 - January 8.

Open skating \$4

Skate rental \$3

NEW YEAR'S EVE SKATE

Saturday, December 31 5 - 10 p.m.

VALENTINE'S SKATE DATE

Saturday, February 14 6 - 9 p.m.

Call 329-4522 for more information

PortageAlert

When it's critical to keep residents informed, the City of Portage has it covered. The city implemented **PortageAlert** to stay connected to residents and provide direction in the event of emergency situations and any other situation that could impact the safety, property or welfare of Portage citizens.

PortageAlert sends voice messages to home phones, businesses, and mobile phones in just minutes. The service will also send email and text messages. Messages can also be sent to TTY/TDD devices for people who are hearing impaired. **PortageAlert** will also be used to distribute service reminders such as snowplowing progress updates during major snow events, Spring Cleanup Program dates, Quarterly Brush Collection dates and more. Individuals can also request to receive communications specifically related to the Portage Senior Center.

Residents interested in receiving alerts can sign up on the **PortageAlert** system. Simply visit www.portagemi.gov and click on the icon to provide complete contact information for the database. Users can also manage message preferences by indicating the preferred mode of contact (phone, text, email, etc.), language and message topics.

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.

Look for your renewal date on the address label.

Kwanzaa: Celebrate Family, Culture and Community

Monday, December 12, 3:15 – 4:45 PM

Presenter: Monifa Jumanne

From lighting the first Umoja candle to honoring the ancestors to tasting the spicy Jollof Rice, Kwanzaa offers an array of family and community activities. Celebrated December 26 – January 1, Kwanzaa combines African customs with African American values and traditions. Its core is the Nguzo Saba, seven principles for daily living accompanied by seven candles. Kwanzaa celebrations include history, drumming, dancing, music, libations, readings, reflections, candle-lighting, artistic performances, and a communal feast. Join the fun with Kwanzaa veteran Monifa Jumanne, other PSC members and special guests, as PSC celebrates the heritage of African Americans. Register at the Reception Desk by Friday, December 9.



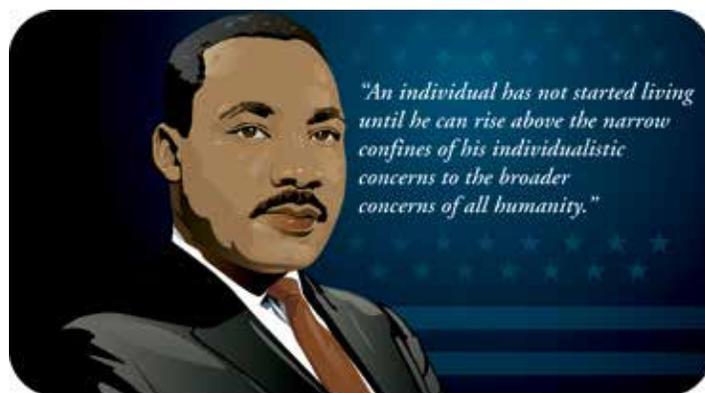
Unity in Diversity: A Holiday Celebration

Saturday, December 3, 2016

1:00 – 4:00 pm.

Free, Open to the Public

Come and learn about what we have to offer at the Portage Senior Center as well learn a bit more about the holidays from other cultures. We plan on sharing interactive displays and providing some holiday activities for children. We'll have some holiday refreshments and some music to bring the festive mood to the gathering. Please bring a non-perishable canned good that will be donated to the Portage Community Center.



Special Movie Screening

Monday, January 23, 12:00 PM

Selma

In honor of Dr. Martin Luther King Jr Day, join us as we view a chronicle of Dr. King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965. This Oscar-winning movie, released in 2014, received critical acclaim. The unforgettable true story chronicles the tumultuous three-month period in 1965, when Dr. King led a dangerous campaign to secure equal voting rights in the face of violent opposition. The epic march culminated in President Johnson signing the Voting Rights Act of 1965, one of the most significant victories for the civil rights movement. Director Ava DuVernay's "Selma" tells the story of how the revered leader and visionary Dr. Martin Luther King, Jr. and his brothers and sisters in the movement prompted change that forever altered history. Following the movie, join in the discussion of your memories from this important chapter in American history.

Rated PG-13. Closed-captioning may not be available. Running Time 128 minutes. This event is free and refreshments will be available. Register at the reception desk.