



Valentine's Day Lunch

Thursday, February 12
11:45 AM

\$1 reservation fee
"Trip over love, you can get up. Fall in love and you fall forever."

~ Unknown.

Come join us for Senior Services lunch (\$3 donation) and celebrate Valentine's Day! We will have entertainment, decorations and prizes by our sponsor, Great Lakes Caring. Reservations can be made at PSC before noon on Monday, February 9. The PSC would like to thank Great Lakes Caring for sponsoring this event.

Dance Down Memory Lane with the PSC Band

Tuesday, April 14
3:00 PM

Registration Fee: \$1
The Portage Senior Center Band is hosting a "Dance Down Memory Lane" event on Tuesday, April 14 at 3:00 PM at the Portage Senior Center. Dust off your dancing shoes and be prepared to Dance Down

Memory Lane with a wide variety of great music from Big Band to Broadway! If you'd like to "Dance Your Way Down Memory Lane" then make sure the Portage Senior Center is on your dance card! No partners are necessary. Refreshments will be provided by our sponsor, ComForcare

Home Care. The event only cost \$1 and you can get your ticket at the Receptionist Desk. Space is limited. Registration deadline is Thursday, April 10. The PSC would like to thank ComForcare Home Care for sponsoring this event.

St. Patrick's Day Lunch

Thursday, March 12
11:45 AM

\$1 registration fee
"For each petal on the shamrock, this brings a wish your way - Good health, good luck, and happiness for today and every day."

~ Author Unknown.

Come join us for Senior Services lunch (\$3 donation) and celebrate St Patrick's Day! We will have entertainment, decorations and prizes by our sponsor, ComForcare Home Care. Make your reservations before noon on Monday, March 10. The PSC would

like to thank ComForcare Home Care for sponsoring this event.



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St. Patrick's Day Casino Trip ... Four Winds Casino, New Buffalo

Tuesday, March 17

Feeling lucky? Join us for a St. Patrick's Day trip to Four Winds Casino in New Buffalo. Whether you have the "luck" of the Irish, or just sheer luck, Four Winds offers something for everyone with a variety of slot play and table games. 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 prize drawings along the way! Depart from Portage at 8:30 AM. Depart Four

Winds at 3:00 PM, with an approximate return time of 4:00 PM. Trip must be paid in full at time of reservation. Please register at the Reception Desk. Please note - there will be no refunds given 14 days prior to the trip. \$20 Members, \$30 Non-Members

Message from the Manager

"If you haven't any charity in your heart, you have the worst kind of heart trouble."
~Bob Hope

Did you know that February 9-15 is "Random Acts of Kindness" week? Did you know that there is science behind kindness? When we think of side effects, the first thing that springs to mind are the side effects of medications. But who'd have thought that kindness could have side effects, too? Well, it does! And positive ones at that. Of course, we should never do an act of kindness to gain from it. We should always be kind because it's the right thing to do. But when we are kind, we may experience some of these "side effects":

Kindness makes us happier. When we are kind to someone, we feel good. Many people feel that this is because it is the right thing to do and so we're tapping into something deep and profound inside us that says, "This is who I am."

Kindness gives us healthier hearts. Acts of kindness are usually accompanied by emotional warmth. Emotional warmth produces the hormone oxytocin the brain and throughout the body. Of much recent interest, is its significant role in the health of your cardiovascular system.

Kindness slows aging. This one is important to all of us! Aging on a biological level is a combination of many things, but two culprits that speed the process are free radicals and inflammation, both of which result from unhealthy lifestyle choices. But research shows that oxytocin (pro-

duced through emotional warmth) reduces levels of free radicals and inflammation in the cardiovascular system and slows aging at its source. Incidentally, these two culprits also play a major role in heart disease, so this is also another reason why kindness is good for the heart.

Kindness makes for better relationships. This is one of the most obvious points. We like people who show us kindness. This is because kindness reduces the emotional distance between two people, so we feel more "bonded." It's something that is so strong in us that it's actually a genetic thing. We are wired for kindness. Our ancestors had to learn to cooperate with one another. The stronger the emotional bonds within groups, the greater the chances of survival, so "kindness genes" were etched into the human genome.

Kindness is contagious. When we're kind, we inspire others to be kind, and it actually creates a ripple effect that spreads outwards to our friends' friends' friends - to three degrees of separation. Just as a pebble creates waves when it is dropped in a pond, so acts of kindness ripple outwards, touching others' lives and inspiring kindness everywhere the wave goes.

As we face the long winter and perhaps even a case of the blues, let's try practicing an extra dose of kindness. I challenge each of us to stretch a little by practicing an extra *random act of kindness*. It's good for your health and benefits those around you as well!

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Johanna Thompson
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Morning: Judy Grey
Afternoon: Allison Alexander

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.

The PSC Newsletter is professionally edited prior to printing. The PSC staff regrets any errors that may occur during the printing process.

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.

Key Constituents

- Senior Services*
- Meal Site Coordinator*
Gail Secord
- Volunteer Editor*
Monifa Jumanne

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



Midwest Travels

Thursday, March 5, 1:30 PM

Presenter: Steve Ellis

Steve Ellis, publisher of "Spark" Magazine, has spent the last 45 years exploring Michigan and its neighboring states, searching for interesting and out of the ordinary destinations. He will present an all-new, lively photographic presentation of some of his favorite spots throughout the Midwest (and a few others from around the country). Steve will also bring a display of vintage travel memorabilia from around the state. Register at 329-4555 by Tuesday, March 3.

Accessing 911 Presentation

Friday, March 13, 1:00 PM

Presenter: Kimberly Middleton, Life EMS

Accessing the 911 system in an emergency is often intimidating to those in need of help. Too often, people are afraid and/or embarrassed. In an effort to alleviate fear and dispel myths, Life EMS ambulance will present "Accessing 911." Participants will learn how the 911 system works, when it is appropriate to call 911, and what happens when you do activate the system. This is your opportunity to get your questions answered. This presentation is sponsored by PSC Sisterhood. Register at 329-4555 by Wednesday, March 11.

Coffee with Public Safety

Thursday, February 12, 10:15 - 11:15 AM

Come join us for a warm beverage and the opportunity to speak with City of Portage police, fire and dispatch employees. They will be available to answer questions in an informal friendly gathering about their roles in serving the citizens of Portage. This is your chance to quench your thirst and your curiosity with the professionals who have the inside knowledge.

Garden Talks for 2015

Tuesdays, 6:30 - 8:30 PM

March 10, 17, 24, 31 and April 14, 21

Free to the Public

Series Presented by Schram's Greenhouse

Whether you are a seasoned gardener or a novice, you'll want to take a look at the presentations being covered in "Garden Talks." This is a weekly series of gardening topics with experts in all fields of horticulture. These are informal sessions for gardeners of all levels. It is educational and fun all at the same time. This program is free to the public and is offered by Schram's Greenhouse and the Portage Senior Center. Registration is recommended; contact Luba Schram at Schram's Greenhouse (269) 327-5347. Stop in at the end of February for a schedule of available speakers.

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Big Screen Movie

Monday, February 9, 1:15 PM

"Father of the Bride, Part II"

Crowd-pleasing entertainment results when Steve Martin, Diane Keaton and Martin Short return in this hilarious sequel to the comedy smash "Father of the Bride." When his newlywed daughter and his wife both announce they are pregnant, George (Martin) desperately tries to recapture the wild and crazy days of his youth. Will he succeed? You'll love every minute of this film that really delivers. Rated PG. Closed-captioned. 106 minutes. View the movie for free; pay 50 cents for popcorn.

Big Screen Movie

Monday, March 9, 1:15 PM

"Sea to Sea in a Model T (and the Story of Henry Ford's Old Car)"

This travelogue is a lively tribute to Henry Ford's Model T and to the scenic landscapes of America. Ride along with Don and Fran Van Polen as they take "Old Rosie" on a sentimental journey across America. The Van Polens also brought us the heartwarming "Autumn Across America" in November 2013. Not rated. Partially closed-captioned. 75 minutes. View the movie for free; pay 50 cents for popcorn.

PSC Band Schedule

February

3	Tues.	3:00	Rehearsal 320 Library Lane Portage Senior Center
10	Tues.	2:30	Park Village Pines 2929 Crystal Ln., Oshtemo
17	Tues.	2:30	Borgess Assisted Living 3057 Gull Road (near Borgess Gardens)
24	Tues.	2:30	Crossroads Village 6600 Constitution Blvd.

March

3	Tues.	3:00	Rehearsal 320 Library Lane- Portage Senior Center
10	Tues.	2:30	Borgess Gardens 3057 Gull Road
17	Tues.	2:30	Alamo 8240 W. C Ave.
24	Tues.	2:30	Heartland 3625 W. Michigan Ave.
31	Tues.	3:00	Fountains 1700 Bronson Way Kalamazoo

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Art Open Session

Mondays, 1:00 - 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 at this Art Open Session.

Book Club

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

February: *Killing Lincoln* by Bill O'Reilly
March: *The Life List* by Lori Nelson Spiellman
April: *A Star for Mrs. Blake* by April Smith
Check the bulletin board under "Programs and Activities" for more information. The group leader is Ann Perkins.

Choir

Thursdays, 9:30 AM

The Portage Senior Center Choir is looking for men and women who enjoy singing. Neither an audition nor a great voice is required. The choir performs at retirement communities, PSC activities, and other community events. The group leader is Marilyn McKinley.

Dining Out Club

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

February

Dinner

Monday, February 2
5:00 PM
Panda Dynasty
7716 S. Westnedge

Breakfast

Tuesday, February 10
8:30 AM
Café Meli
5200 Portage Road

Lunch

Thursday, February 19
11:30 AM
Julianna's
2105 Lake Street

March

Dinner

Monday, March 2
5:00 PM
Olive Garden
6700 S. Westnedge

Breakfast

Tuesday, March 10
8:30 AM
Sophia's House of Pancakes
4700 Stadium Drive

Lunch

Thursday, March 19
11:30 AM
Upper Deck (formerly Mulligan's)
9136 Shaver Road

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Monday thru Friday
7am to 8 pm

Saturdays & Sundays
7am to 3 pm

Hand Chimes

Thursdays, 1:00 PM

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

iPad Discussion Group

Thursday, March 19, 10:00 AM

This discussion group will include questions and answers on using the iPad and demonstrations on drawing and sketching using the iPad. Bring your own iPad if you have one. The group leader is Larry Smith. Register at the Reception Desk.

Loaves & Fishes - PSC Bag Recycling Program

Wednesdays (1st) & Thursdays (1st) Only

This group collects paper and plastic grocery bags on the first Wednesday and Thursday of each month. The bags are used for the *Grocery Pantry Program* at Kalamazoo Loaves & Fishes. Bags are sorted on the first Friday of the month after bag collection dates.

New Member Orientation (NMO)

Thursday, March 19, 10:30 AM

At the NMO, new members learn about the PSC and meet other new members. Let the receptionist know if you would like to make a reservation for the \$3 Senior Services, Inc. lunch immediately following the NMO presentation. Pre-register at 329-4555.

PSC Needlers

Thursdays, 9:00 - 12:00 PM

The PSC Needlers meet weekly to knit, crochet and then donate completed projects to various community agencies throughout the year. New members are always welcome to join us.

Super Books – Fundraiser!

The Super Books are here at PSC. Funds raised from the sale of Super Books support PSC programs and events. Stop in and pick up your Super Book for only \$40.

Readers Theatre

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

Do you enjoy drama and comedy? Do you like to act? Join this fun group that produces skits and readings and presents them to area schools and churches. Participants read their parts so memorizing isn't required. Babs Smith leads the group, which meets the second and fourth Wednesdays. If interested, come join them to learn more!

Recycled Cards

Tuesdays, 10:30 AM

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

PSC Kazoos of the Red Hat Society

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, and the desire to have fun! Contact Queen Marie Tucker at 269-375-2104, if you are interested in joining this group.

Sisterhood

Fridays (2nd), 1:00 - 2:30 PM

This women's social group meets the second Friday of each month. Meeting agendas are posted under "Programs and Activities" on the PSC bulletin board. For more information, please call 329-4555.

Friday, February 13

Time: 1:00 PM - 2:30 PM
Event: Valentine's Day
Lunch at Main Street Pub
Site: 7509 S. Westnedge
Host: Clara S. and
Thelma M.

Friday, March 13

Time: 1:00 PM - 2:00 PM
Event: Assessing 911 -
Kimberly Middleton from
Life EMS will speak on how
the system works, when to
call, and what happens when
you do call.
Site: PSC
Host: Barb L. and Maxine R.

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Winter Closing Procedure

When the Portage Public Schools are closed due to weather, all programs and events are cancelled.

The Portage Senior Center closes at the discretion of the City Manager for weather-related emergencies, such as a power outage.

Cancellations of trips will be determined on a case-by-case basis. Please make sure the Trip Office has your correct contact information when you register.

Walkers with Walkers

Tuesdays and Thursdays, 9:30 AM

Walkers with Walkers are members who use assistive devices to help with mobility. The group meets in the spring and summer at the PSC and then leisurely walks the Bicentennial Trail. In the fall and winter, they meet at the Crossroads Mall Food Court at the Carousel. Penny Newhouse is the group leader.

20th Annual Friends of the Portage Senior Center Golf Scramble

It may not feel like it right now, but spring is coming, and this year that means the 20th Annual Friends of the Portage Senior Center Golf Scramble! Whether you're a casual or a scratch golfer, the Friends Scramble is always a great time and a great cause! Players have a chance to win cash prizes, specialty hole contests, and maybe even a new car or weekend get-a-way. Lunch, 18-holes, and a cart, are included with cost of registration. The Annual Scramble is the Friends' biggest fundraising event of the year and proceeds support programs and services offered at the Portage Senior Center. PLEASE NOTE: You do NOT have to be a member of the PSC to play and golfers age 18 and over are welcome. For more information, stop by the PSC, or call 329-4555.

- Date: Monday, May 18
- Time: 8 AM Check-in
8:30 AM Shotgun Start
- Location: TBD (Tentatively plan to play at Angel's Crossing again this year)
- Cost: TBD

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Garden Pals

This informal group meets one or two times a month and invites you to join them. The goal is to maintain and improve PSC garden areas for the enjoyment of members and guests. Call the Reception Desk at 329-4555 for more information on this group, led by Joyce Tuinier.

Crossing Guards Needed (Part-Time - School Year)

The City of Portage is seeking highly responsible, reliable individuals for the position of Crossing Guard and Substitute Crossing Guard. This position provides safe crossing of busy streets and intersections for elementary school children. Candidates must be at least 18 years old, possess good judgment and be available for varied hours during the school day. Must pass police background investigation. Pay rate is \$10.00 per hour (no benefits). For information, please contact the City of Portage Employee Development department, at 329-4533.

A Grand Goodbye to a Longtime Advocate

The Portage Senior Center says goodbye to long-time advocate, Bill Deming, as he plans the next phase of his life: Retirement! Bill has been an advocate for the PSC for over 30 years in his ever expanding roles for the City of Portage which culminate in the title of *Director of Parks, Recreation and Public Services*. Mr. Deming's support has been truly impactful for the City of Portage and the PSC.

Bill - you will be missed by staff and members alike, and we wish you all the best in your future adventures!



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All fees listed as Member/Non-Member unless otherwise noted. Class schedules are subject to change. For more information on the classes or class schedules, please call 329-4555. Portage Senior Center accepts cash or checks for payment.

EXERCISE CLASSES

Body Rebound - Instructor, Helene Thompson
Monday-Wednesday-Friday, 10:30 - 11:30 AM,
8 weeks, \$42 Member/\$52 Non-Member
December 10 - February 16
No Class December 22 - January 2
February 18 - April 13

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

Enhanced Fitness - Instructor, Deb Snell
Monday-Wednesday-Friday, 8:10 - 9:10 AM,
8 weeks, \$42 Member/\$52 Non-Member
January 23 - March 18
March 20 - May 13

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 - Instructor, Ed Kehoe
*Tuesday, 8:30 - 9:30 AM, 7 weeks, \$42 Member/
\$52 Non-Member*
February 3 - March 17
March 24 - May 5

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 - Instructor, Christine Peckels
*Tuesday, 1:00 - 2:30 PM, 8 weeks, \$72 Member
\$82 Non-Member*
December 9 - February 10
No Class December 23 and 30
February 17 - April 7

Improve fitness and inner calm through focused slow stretching movement in a tranquil atmosphere. Participants are asked to bring an exercise mat.
Location: St. Catherine of Siena - Stanley Center

SilverSneakers Splash - Portage YMCA, 2900 W. Centre Ave
Tuesday & Thursday, 11:00 AM - 12:00 PM,
7 weeks, \$63 Members Only
January 6 - February 19
February 24 - April 16

This is an aquatics-based exercise program designed to help build strength and increase range of movement. 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 will need to present this class flyer or your MySeniorCenter (MSC) card upon registration.



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COMPUTER CLASSES

Computer Tutoring – Members Only
Monday and Friday, 10:00 AM - 12:00 PM, Members \$10/hour

Individual tutoring with or without a laptop computer by an experienced volunteer is available Monday or Friday. Your appointment focuses on whatever aspect of computer usage you'd like to cover. Register and pay at the Reception Desk.

Laptop Introduction to Office – Instructor, Royce Bland
Wednesday, 10:00 AM - 12:00 PM, 7 weeks, Members Only - \$24
January 14 – March 11 (no class Feb 18 and Feb 25)
April 1 – May 13

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.

ART CLASSES

Painting with Acrylics – Instructor, Rae Sills
Wednesday, 1:00 - 3:00 PM, 6 weeks, \$62 Member/\$72 Non-Member
April 1 – May 6

The emphasis in the class will be not only learning color, design and texture, but also using mediums in manipulation of quick dry paint. The student will work from photographs of his or her choosing. Rae is experienced in many mediums and will allow a student to work in another medium upon request. (No oils, please.) Pick up the supply list at the Reception Desk when registering.

Reminiscence Writing – Instructor, Wilma Kahn
Wednesday, 10:30 AM - 12:00 PM, 7 weeks, \$32 Member/\$42 Non-Member
February 4 – March 18
April 1 – May 13
May 27 – July 8

Write about reminiscences old and new. Topics include ancestors, childhood, school days, adulthood, military service, career, children, grandchildren, pet peeves, travels, current events, or whatever 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 member's work.

OTHER CLASSES



AARP Smart Driver Program
Thursday, March 26, 9:00 AM
Fee: \$15 AARP Members/\$20 Non-Members AARP
Instructor: Richard Baker

This is a refresher course developed for older drivers. The course includes Driving Safety Strategies; State 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; and more. Must have payment at time of registration (cash or checks payable to AARP Driver Safety Program). For information or to register, see the Receptionist.

Scholarships: The PSC is fortunate to maintain a scholarship program through the Friends of the Portage Senior Center, in the *Bea Butler Scholarship Fund*. 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.



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Hearing Screenings

3rd Tuesday, 9:00 AM - February 17 and April 21
9:00 - 11:00 AM

A certified audiologist from Hearing Center of Kalamazoo will provide the following services at no charge: hearing screenings, hearing aid cleaning/check, ear-mold re-tubing, and ear-mold impressions. Please call 329-4555 to schedule an appointment (required).

Stay Independent - Prevent Memory Loss

2nd Thursday of every month

1:00 - 2:30 PM

Session 1: February 12

Session 2: March 12

Fee: \$7/\$9 /Non-Members/ (Fee is Per Session)

Instructor: Suzanne Gernaat

A strong prevention program can prevent memory loss and delay the onset of Alzheimer's disease. You can lower your risk of memory loss by up to 70% with just a few simple lifestyle changes. Don't let your memory slip away! You can attend either session, or both. Hearing Register at the Reception Desk.

Indoor Walking at PPS

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

Beginning January 6 through March 19

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 opening its 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.

Massage Therapy

3rd Monday, February 16, March 16, April 20

12:30 - 4:45 PM

How does stress feel in your body? Are you tired and achy? Do you have 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 at the Reception Desk.

Diabetes PATH Workshop

Fridays, 9:30 AM - 12:00 PM

March 6, 13, 20, 27, April 10, 17

No class April 3

Fee: Free, but donations are appreciated

Sponsor: Kalamazoo County Area Agency on Aging

The Diabetes PATH Workshop is a six week workshop to provide the skills and tools needed by people living with Type 2 diabetes to improve their health and manage their symptoms. As a result, participants are better equipped to face the daily challenge of living with diabetes. Trained leaders conduct the workshop. Registration deadline is Friday, February 27.

Your Health Series

Sawall Health Foods Tour

Wednesday, March 18, 3:00 PM

Join us and meet the owner of the Sawall Health Foods and tour the oldest family-owned natural foods store in the United States. The tour will include:

- organic natural food
- bulk food
- vitamins
- natural oils
- bulk spices and herbs
- cosmetics

You will also learn about the health and recipe library and meet the knowledgeable employees who can answer any health question. Sawall honors their seniors with 10% discount and has online printable coupons. Curious? Bring your questions. We will meet at Sawall at 2:45 PM. Sawall is located at 2965 Oakland Drive, Kalamazoo. This new program has been organized by our PSC Advisory Board Wellness Coordinator, Gloria Padilla-Carlson, and the Program Office. Register at 329-4555.

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Thanksgiving Food Basket Collection

As in previous years, we partnered with Portage Community Center (PCC) to collect food items for their program to "Make Life Better" for many families in our community during the holiday season. Because of our members' generous giving, PSC donated 12 grocery bags of boxed and canned foods to the PCC. Thanks to PSC members and Volunteer Thanksgiving Basket Coordinator, Pat Rose, we were able to organize the collection, deliver the items to PCC, and make a positive difference in the lives of local families.

Holiday Adopt-A-Family

Thank you to all members and family members who bought gifts for the Holiday Adopt-A-Family in partnership with the Portage Community Center. The PSC "adopted" a mother and daughter and enjoyed a very good response from members. An impressive load of wrapped and labeled gifts were delivered to the PCC for our "adopted" family.

PSC Volunteers

Did you know...we currently have 256 volunteers at the Portage Senior Center? In November, 173 active volunteers amassed a total of 2,025 volunteer hours. If you have a desire to help others and your community, you can start volunteering today! The opportunities are almost limitless. Contact Denita Demler, Volunteer Coordinator, if you are interested.

Quarterly Volunteer Orientation

Thursday, April 16, 10:00 AM

Do you want to be a volunteer at the PSC? What does volunteering consist of? The discussion will include a history of PSC, current and future volunteer programming, benefits of volunteering, MySeniorCenter™ (MSC) membership database, and logging volunteer hours. The orientation benefits both new and experienced volunteers. As a new volunteer who has attended the Quarterly Volunteer Orientation, your account for volunteering will be activated in MSC after Orientation. Register at the Reception Desk.



PSC Needlers

The PSC Needlers accumulated a total of 1,031 hats, mittens, gloves, scarves, which were donated to several different organizations: Kalamazoo Gospel Mission, Salvation Army, and Portage Community Center.

Volunteer PSC Band Musicians Wanted

The PSC Band is looking for the following volunteer musicians to join their group:

- Trumpet - full-time or sub
- Tenor Sax - full-time
- Accordion - full-time or sub.

This group meets once a week on Tuesdays beginning at 3:00 PM, unless they have scheduled performances outside of the PSC. The Band plays music of the big band era and some contemporary pieces. If you are interested in these positions, please contact Fran Klooster at 629-9954 or email her at franklooster@msn.com.

Volunteer Greeters

Volunteers are needed to greet potential members and assist members at the MySeniorCenter kiosk. Two-hour shifts are available on Tuesday and Wednesday, from 9 - 11:00 AM. If interested, please call the Volunteer Coordinator at 329-4553.

Volunteer Van Driver

Volunteer drivers are needed to transport patrons in our Community Service Van program (CSV) on a planned route to and from various center 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 April 15, 2015. Contact the Volunteer Coordinator for more information on this position.

Volunteer Laptop Computer Tutors

Tutors will work with members to introduce them to various software applications and the Internet. Members are generally beginners, but may have some previous experience on the computer. Tutors should be knowledgeable of the following applications: MS Word, PowerPoint, Excel, and Internet. Must commit to six months of approximately two hours per week. Contact the Volunteer Coordinator.

Free Estate Planning Workshop

Learn how to:

- Protect your assets for your spouse and kids
- Access the care you need
- Avoid nursing home poverty
- Pass assets to your kids and protect them from creditors, lawsuits and divorce.

Reserve your spot at the next free, no-obligation workshop in Portage

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www.wieringalaw.com

Bill Wieringa, JD
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Portage
bill@wieringalaw.com



Donations to the Friends of the PSC Annual Fund Drive

Chet & Josephine Arnold
 Barbara Roty, *in memory of August R. Roty, Jr. M.D.*
 Harold & Shirley Ray, *in memory of Cam & Millie Lambe*
 Vivian Harasim, *in memory of Chester Harasim*
 Florence Brenner, *in memory of Delmar C. Breener*
 Sharon Dickey, *in memory of Dora Gressley*
 The Portage Senior Center Sisterhood Group
 Shirley Bumgardner, *in memory of Dora Gressley*
 Patricia Brown, *in memory of Geraldine Voss*
 Lola Leder, *in memory of Gustav Leder*
 Thomas Simon, *in memory of Helen Simon*
 Lydia Garcia, *in memory of Leon Garcia*
 Art Nemitz, *in memory of Linda Nemitz*
 Lewis & Nancy Bigler, *in memory of Nancie Bigler*
 James Hoppe, *in memory of Pam Hoppe*
 Ted Tompkins, *in memory of Sharon L. Tompkins*
 Marilyn Lorentz, *in memory of William Lorentz*
 Dee Paul
 Richard Davidson
 Mary Foster
 John Meister
 Vera Ostlund
 James & Loretta Atkinson
 Thelma Burrell
 Charles & Jeannette Carney
 Ardis Chisnell
 Pauline Davidson
 Toni Dibble
 Barbara Farraye
 Ada Follis
 Jean & Roy Girard
 Desdama Hale
 Bill & Kay Hanson
 Emiline Knepp
 Donald Ladner
 Jean Leonard
 Lowell Loomans
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 Robert & Lois Ostrowski
 Janice Park
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 Dr Bhadra Shah
 Dan & Joyce Shehee
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 Elizabeth Wagner
 Herbert & Florence White
 Ilene Carley
 Sharon Grube
 Onalee Anderson
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 Judy Buss
 Denise Clegg
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 Carla & Robert Hannemann
 Marcia & Carl Hausermann
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 Bonnie & Anthony Kovach
 Bert & Barbara Murphy
 Gerrie & William Peet
 Arlene Pyke
 Robert Schaefer
 Eleanor Sheeler
 Gary & Gwen Sherman
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 Dorothy Barstow
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 Diane Schaeberle
 Pauline Tremblay
 Rev. Monifa Jumanne, Ph.D.

Donations in Memory of

Gene & Marie Toornman, Craig & Jayne Molen,
 Richard & Betty Molen, Amy Hill, *in memory of Esther VanEck*
 The PSC Tai Ji Class, *in memory of Marion Houser*
 Ralph Miller, Jean Conner, Dawne & James Washburn,
 Vivian Harrasim, Wayne Sperry, Ronald & Denise Higginbotham,
 Marilyn Durham, Amy DeHaan,
 Edwin Ritter, Denita Demler *in memory of Dee Osterling*
 Lydia Garcia, *in memory of Leon Garcia*
 Denita Demler, PSC Wood Carvers, Victoria Racz, *in memory of Howard Strong*
 Michael & Linda Frederick, Eldon & Dorothy Nidy, *in memory of Geraldine Bean*

Donations to the Kalamazoo Community Foundation, PSC Endowment Fund

Carolyn Hornev
 Carolyn Selby
 Chet and Jo Arnold
 Tom & Kathleen Vance
 Joyce Steeby, *in memory of Marilyn Tonander*
 Freeman Russell, *in memory of Frances Russell*
 Betty Anne Geib, *in memory of Ruth Barrett*
 Art & Betty Roberts
 Barb Lewis
 Keith & Mary Maisto
 Mary Nespodzany
 Mary Lou Sanderson
 Phyllis Barents
 Ruth Ann Meyer, *in memory of Dee Osterling*
 Barbara Lewis

Welcome New Members Between October 21 and December 23, 2014

Chester Kuchta	Gloria Padilla-Carlson
Thomas & Shirley Bruegger	William Clegg
Edwin & Bonnie Frederickson	Mike & Norma Platner
Bonnie Bauman	Charles Miller
Elaine Sievers	Wallace Dorder
Audrey Hancock	Lumpkin Croffort
Catherine Burhans	Ozella Marshall
Robert O'Connor	Patricia Pointer
Randy & Chris Fenner	Janet Meyer
Becky Johnson	Joe Peckels
Bernice Nagelkirk	Peggy Herring
Mary Clegg	Dale Burke
Evelyn Sportal	Constance Burke
Andrew Price	Norma Clinard
Nedra White	Samuel & Cynthia Salisbury
Jose Velarde	Joanne Martin
Helen Kronlein	Steven Galloup
Cal Samra	
Janice Keasey	

Fun 2015 Day-Trip Outings!

MORE LOCAL TREASURES . . . Kalamazoo

Tuesday, March 31

Get to know Kalamazoo better by joining us as we tour Bell's Brewery, Chenery Auditorium, City Hall, Fifth-Third Bank, Kalsec and Wolf Lake Fish Hatchery. Lunch included at the Park Club. \$46 Member, \$56 Non-Member.

VERA BRADLEY VALUES . . . Ft. Wayne, Indiana

Saturday, April 11

Being a "Bag Lady" is pretty cool as long as your bag is one designed by Vera Bradley. Bags of every sort, purses of all sizes and shapes, totes and even duffle bags will all be on sale at 40 - 60% off during the annual Vera Bradley Outlet sale. The sale is open by reservation only and not open to general public. After lunch at a popular Fort Wayne "Ristorante" (included), relax and enjoy an oasis in the heart of Ft. Wayne, the Foellinger-Freimann Botanical Conservatory. \$92 Member, \$102 Non-Member.

MUSIC AND MORE . . . Grand Rapids

Friday, April 17

Travel first to St. Cecilia's Music Center with a warm welcome of coffee and pastries. Within the Center is the beautiful and historic Royce Auditorium with the sights and sounds of a Baroque Concert by the Grand Rapids Symphony. Hear music by Rebel, Telemann, Handel and Rameau. The next stop is fine dining at the Women's City Club where your taste buds will be delighted with lunch. We'll also be led on a tour of their historic building. Proceed to the Grand Rapids Public Museum for "Strike up the Band," a Wurlitzer organ concert featuring the music of Gershwin, Joplin and Berlin. This concert is performed on the Mighty Wurlitzer Pipe Organ - the most famous musical instrument built by Wurlitzer! \$80 Member, \$90 Non-Member.

"BILLY ELLIOT" . . . Drury Lane Theatre . . . Oakbrook Terrace, Illinois

Thursday, April 30

You can experience Billy's inspiring story in the most exciting musical of the decade. It is one of the most celebrated, award-winning musicals which has captivated audiences from around the world. Set in a northern mining town against the background of the 1984/85 miners' strike, "Billy Elliot" is the inspirational story of a young boy's struggle against the odds to make his dream come true. Includes lunch. \$118 Member, \$128 Non-Member.

"TALLEY'S FOLLY" . . . Purple Rose Theatre, Jackson & Chelsea

Wednesday, May 13

Do you believe that one mesmerizing evening can change the course of two lives forever? Join us for Lanford Wilson's Pulitzer Prize-winning romantic comedy about a pair of mismatched souls longing to find love after nearly giving up on the dream. Lunch at the popular Common Grill Restaurant included. \$95 Member, \$105 Non-Member.

ROY CLARK . . . Auditorium Theater, Shipshewana, Indiana

Thursday, May 14

Roy is a multi-award winning virtuoso, actor, vocalist, philanthropist and "all 'round great human being!" He has headlined some of the world's most prestigious venues such as Carnegie Hall, Madison Square Garden, Grand Palace in Brussels and the Rossiya Theatre in Moscow. Most importantly, Roy is STILL wowing audiences today! \$95 Member, \$105 Non-Member.

COURTHOUSE, CARS AND CUCUMBERS . . .

Auburn, Indiana

Thursday, May 21

We'll begin our day with coffee and cinnamon rolls in Topeka, IN. Then on to Auburn to tour the historic courthouse and town, the Auburn Cord Duesenberg Museum, lunch (included) and Sechler's Pickles. \$82 Member, \$92 Non-Member.

GET INTO THE SPIRIT . . . Tecumseh & Jackson

Thursday, June 11

This is a day of spirited fun, tastes, and sights winding down two-lane roads in Southeast Michigan, also known as the Pioneer Wine Trail. A beautiful ride through the Hidden Lake Gardens is included, a Michigan State University site with a stop at the conservatory, which houses a wonderful display of Bonsai plants. This is a trip you won't want to miss as lunch, wine tastings and a few extra stops are included! \$90 Member, \$100 Non-Member.



**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

Independent Living
Wyndham Apartments
Heritage Hills Apartments

Assisted Living
Wyndham West
Directors Hall

Residential Memory Care
Amber Way
Amber Place

Skilled Nursing and Rehabilitation Services
Harold & Grace Upjohn
Community Care Center

“SEX, PLEASE WE’RE 60!” . . . Cornwell’s Turkeyville . . . Marshall

Tuesday, June 9

This farce, set at a quaint and cozy bed and breakfast in New England, is “the Golden Girls meets Grumpy Old Men,” filled with mayhem, mischief and mood swings. Enjoy the fun when there is a mix-up of libido-boosting pharmaceuticals! Lunch included. \$74 Member, \$84 Non-Member.

CRANBROOK ART MUSEUM, HOUSE & GARDENS . . . Bloomfield Hills

Wednesday, June 24

Spend the day at one of Michigan’s cultural gems: the Cranbrook Art Museum, House and Gardens. Begin with a tour of the manor home of Cranbrook’s founders, George and Ellen Booth, who also figure prominently in Detroit newspaper history. Then enjoy lunch (included) on the property. Before and after lunch, spend time in the gardens enjoying the flowers, fountains and sculpture. Time will also be provided to visit the Cranbrook Art Museum, the centerpiece of the Cranbrook Academy of Art. \$100 Member, \$110 Non-Member.

A JAPANESE EXPERIENCE . . . Grand Rapids

Tuesday, July 14

Experience Japanese culture on this trip! Travel to a Japanese Steakhouse for entertainment and great food (included). Each table will have their own Hibachi Chef providing a show while preparing lunch. Transfer next to

Meijer Gardens to see what’s new! Opening in 2015 is a Japanese garden that we will be visiting. A docent-led tour inside the facility will highlight the “Splendors of Shiga” exhibit with Japanese historical objects from the 17th century to the present day. Shiga is our sister state in Japan, so come and see this unique exhibition! Tram ride through the gardens and Sculpture Park also included. \$73 Member, \$83 Non-Member.

Extended Trips – 2015 Fun Get-Aways!

THE ST. PATRICK’S DAY PARADE IN SAVANNAH, GEORGIA

March 15 – 23

Celebrate this St. Patrick’s Day in style! Travel by deluxe motor coach to Savannah, Georgia! Reserved seating for the nation’s 2nd largest St. Patrick’s Day parade is provided. With participants from all over the world, it’s a spectacle to behold. This trip also features the best of Charleston and Myrtle Beach! This is one adventure you won’t want to miss. It will fill up quickly, so get your reservation in now! Price starts at \$1,649 (double). Sponsored by Ed & Ted’s Excellent Adventures.

FOLLOW THE YELLOW BRICK ROAD. . . . Fireside Theatre . . . Fort Atkinson, WI

April 14 – 15

The road to Oz was not without adventure! Come along as we encounter new sites on our way to visit the great wizard. Our journey will include visiting an 1888, 20-room Queen Anne mansion located on Lake Geneva; a 1890s observatory that houses the world’s largest refracting telescope; and a movie studio where we will discover how a motion picture is made. You’ll have a chance to browse around in unique boutique shops and enjoy lunch (on your own) in Lake Geneva. Finally, we will arrive in the enchanted Land of Oz (Fireside Theatre/meal included) to witness the classic tale of the “Wizard of Oz.” Price starts at \$299 (double). Sponsored by Portage Senior Center.

GET YOUR KICKS ON ROUTE 66 . . . Illinois

June 1 – 4

You know the line . . . “Get Your Kicks on Route 66.” Well, come along while we do just that – traveling along the famous route, experiencing the ride much as it was in the first half of the 1900s. Mom and Pop businesses dominated the landscape, and they used every gimmick they could think of to make travelers stop: giant statues, bold neon signs, billboards of all sizes, unique foods, and just plain old amusement. Illinois is blessed with the greatest concentration of these icons of the “Mother Road.” We aim to see more than a few as we travel this historic road from Willowbrook, IL to the notorious Chain of Rocks Bridge which crosses the Mississippi into St. Louis. Price starts at \$399 (double). Sponsored by Portage Senior Center.

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managed with care by Vibrant Life Communities

A new approach to caring.

New Friends, A Vibrant Life Community, is dedicated to providing a warm and residential home-like environment for individuals living with memory support needs. Our staff is specially trained to respond to the ever-changing needs of people with cognitive loss; primarily supportive care for three stages of Alzheimer's disease and related dementia.

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3700 W. Michigan Avenue in Kalamazoo
www.NewFriendsMemoryCare.com

CAPE COD & ISLANDS

June 13 - 20

Travel by deluxe motor coach to Cape Cod and the Islands, featuring 5 nights at the Red Jacket Beach Resort overlooking Nantucket Sound! Highlights include guided tours of Hyannis, Sandwich, Plymouth, Martha's Vineyard, Chatham to Provincetown, and Nantucket. Whale watch cruise, high speed ferry to Nantucket Island, ferry to Martha's Vineyard and visits to Cape Cod National Seashore, Flax Pond Cranberry Farm, Sandwich Glass Museum also included. Price starts at \$1,699 (double). Sponsored by Ed & Ted's Excellent Adventures.

**A DECADENT ADVENTURE . . . Milwaukee, Wisconsin
July 8 - 9**

It's all about your taste buds when we visit Milwaukee for an ethnic adventure. Participate in a cooking demonstration with lunch included at the popular Milwaukee Public Market, then tour Pabst Mansion and Brewery where specialty pizza will be delivered to us (included). Enjoy "Motown the Musical's" classic songs through the American dream story of Motown founder, Berry Gordy's journey to a music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Our Milwaukee finalé will be a progressive meal, with a delicious side of history. This ethnic adventure provides history of Milwaukee's immigrant palates by highlighting three ethnic restaurants during a 3-course meal. It's a great opportunity to explore neighborhoods celebrating Irish, Italian, Polish and German traditions. Price starts at \$299 (double). Sponsored by Portage Senior Center.

**NATIONAL PARKS & CANYONLANDS OF THE WEST
September 11 - 18**

This amazing, scenic journey features two world class train journeys! Destinations include: Salt Lake City-Dead Horse Point State Park-Arches National Park-Canyonlands National Park-Mesa Verde National Park-Durango & Silverton Rail-Cumbres & Toltec Railroad-Sandia Peak Aerial Tram-and Santa Fe, New Mexico. Tour highlight is 2-night stay at Red Cliffs Lodge in Moab, Utah, a spectacular lodge nestled on the banks of the Colorado River and surrounded by magnificent 2,000 feet high cliffs! Price starts at \$3,124 (double). Sponsored by Shoreline Tours.



International 2015 Trips!

THE SCANDINAVIAN

June 26 - July 10, 2015

Scandinavia is Western Europe's most prosperous, pristine and progressive corner. This getaway offers sparkling lakes, spectacular fjords, and more. From Copenhagen travel to Aarhus, Gothenburg, Stockholm, Karlstad, Lillehammer, Flam, Bergen, Geilo, and Oslo. Highlights include visits to Tivoli Gardens, Hans Christian Andersen's home, Den Gamle By in Denmark, Stockholm's City Hall, Gripsholm Castle, Lillehammer's Maihaugen Open-Air Museum, whimsical Frogner Park Sculpture Garden in Oslo, guided city tours and much more! This adventure offers a great variety of transportation including a ferry crossing from Denmark to Sweden; a beautiful cruise on the Sognefjord and Naeroyfjord; and the Flam Railway - sit back and enjoy an incredible train journey on one of the steepest railway lines in the world. Marvel at some of Norway's wildest mountain scenery, rivers cutting through deep ravines, cascading waterfalls, snow-capped peaks and remote farms clinging to steep slopes! Sponsored by Globus. Price starts at \$5,918. *Deposit fully refundable until 2/20/15.*

**DISCOVER SWITZERLAND, AUSTRIA AND BAVARIA
September 30 - October 9**

Journey through spectacular mountain scenery and picturesque cities as you experience the enchanting Alpine cultures of Switzerland, Austria, and Bavaria. Spend four nights each in the UNESCO world heritage city of Bern, and the charming Alpine city of Innsbruck. Walk the halls of the 13th century Chateau de Chillon, a princely residence on the shores of Lake Geneva. Ride the legendary GoldenPass Panoramic Train from Montreux to the Alpine ski resort, Gstaad. Explore Lucerne, the "Swiss Paradise on the Lake." Visit Mozart's birthplace and the Mirabell Gardens, featured in the "Sound of Music," during your time in Salzburg. See the fairy-tale castle, Neuschwanstein. Visit Oberammergau, a perfect picture traditional German Alpine village plus much more! Early booking discount available. Price starts at \$4,199 (double). Sponsored by Collette Vacations.

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.

Message from the Travel Office: If you enjoy travel, perhaps you may enjoy being part of the Travel Committee. Members help organize upcoming trips for the Center. They are responsible for initiating ideas, taking reservations while manning the Travel Office, planning itineraries and promoting trips. They may also help organize trips or may be asked to escort trips. **Due to limited openings on the travel committee, potential members must apply. The selection process will occur later in the spring (schedule TBA).** If you are interested, please contact Johanna Thompson, Travel Coordinator at 269-329-4551.



IT'S IN the bag!

"gently used" handbag sale

Just in Time for Spring Cleaning!

Clean out your closet and donate your gently used purses. Enjoy the satisfaction of a decluttered space and the knowledge that you're supporting a worthy cause... and treat yourself to something "new to you!"

Saturday, April 18

9:00 a.m. til 2:00 p.m.

**Portage Senior Center
320 Library Lane**



**Purchase a Raffle
Ticket to Win a
Designer Purse!**

Tickets Available
March 1st!

**Please drop off
your donations
at the center
by April 1!**



All proceeds benefit the Portage Senior Center

City of Portage
Senior Citizens Services
320 Library Lane
Portage, MI 49002



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The mission of the Portage Senior Center is to provide, with the help of its members, information and a range of services, activities, and volunteer opportunities which promote personal growth, friendship, health and independence for adults aged 50 and over.

Look for your renewal date on the address label.

April 18 Purse Sale and Raffle

Since we announced plans for a sale of gently used handbags two months ago, we've been delighted to receive many donations ranging from the eclectic to high-end. We knew you were a fashion-minded group of ladies, but were nonetheless surprised by the variety of lovely purses that began showing up at the PSC! It will take many, many more bags and clutches and related accessories to make this first-time sale a success, so keep up the good closet-cleaning work! You'll be delighted to come shop with us on April 18!



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>



The Care You Need to Help You Stay in the Home You Love!



CENTRA CARE
COMPREHENSIVE COMMUNITY-BASED OLDER ADULT SERVICES

When asked, most older adults say that they want to live in their own community as long as possible. For those with chronic conditions and limited resources, this can be a challenge.

CentraCare is part of the National PACE Program (Program of All-Inclusive Care for the Elderly) and serves to meet the health care needs of frail adults 55 or older living in Kalamazoo County.

Services are coordinated by CentraCare to:

- Ensure safety in the home
- Promote wellness
- Focus on quality medical care
- Provide an opportunity for socialization
- Support caregivers

CentraCare, located in downtown Kalamazoo, is committed to supporting older adults to remain in the community and to enhance their quality of life.

Call us to find out if CentraCare is right for you or someone you love.

445 W. Michigan Avenue, Kalamazoo

(269) 488-5460 • toll-free (800) 488-5860 • www.mycentracare.com

