

## PZSC Hours

Monday	8 AM – 5 PM
Tuesday	7 AM – 7:30 PM*
Wednesday	7 AM – 7:30 PM*
Thursday	7 AM – 7:30 PM*
Friday	8 AM – 5 PM
Saturday	CLOSED
Sunday	2 PM – 5 PM*

Extended hours include access to the Fitness Center, Pickleball Courts (scheduled times), and Billiards Room. Additional programming as scheduled.

Access to the PZSC will be limited to the **EAST entrance** between **5 – 7:30 PM**, Tuesday through Thursday. Special events or rentals may occasionally require both entrances to remain open during extended hours. Limited transactions may be available outside of these hours.

### PZSC Business Hours:

**Monday – Friday 8 AM – 5 PM**  
 Limited transactions may be available outside of these hours.

## Holiday Closures

The PZSC will be closed **Sunday, January 18**, and **Monday, January 19** in observance of Martin Luther King, Jr. Day.

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## Special Event – Annual Cook-Off Mac & Cheese Cook-Off

**Thursday, February 26**  
**3 – 5 PM (Voting ends at 4:30 PM)**  
**FREE, Open to the Public**



Our annual cook-off is coming up, and this year we're gearing up for the ultimate comfort-food showdown at our Mac & Cheese Cook-Off! Chefs of all skill levels are invited to enter their best homemade mac and cheese—classic, spicy, loaded, baked, or wildly creative.

We are currently looking for cook-off entries! If you would like to enter, please call **Nicole Romo at (269) 548-4052**. All entries will be sampled by attendees, who will vote for their favorite. It's a fun, delicious, family-friendly event filled with good food, good company, and plenty of melted cheese. Come hungry and help us crown this year's Big Cheese!

Don't miss this super fun and seriously delicious event. Please plan to be finished tasting by 4:30 PM if you plan to vote. Call (269) 329-4555 to register.

## AARP Tax-Aide Assistance at the PZSC

**Registration opens Monday, January 5 at 8 AM.**

To schedule an appointment, **call (269) 329-4555**.

Beginning **Tuesday, February 3**, AARP Tax-Aide Volunteers will offer **free tax preparation** every Tuesday through April 14. Appointment times are available between **9 AM and 2:30 PM**. All volunteers are IRS-trained and certified. To ensure a smooth appointment, please bring all required documents and plan to pick up your tax packet one week beforehand.

### Program notes:

- This service is free for all, with a focus on taxpayers age 50+, low-income individuals, and those with disabilities.
- PZSC and AARP membership is not required.
- PZSC staff cannot provide tax-related guidance.

## PZSC Weather Closing Policy

Winter weather is here!

If Portage Public Schools close due to weather, the PZSC will remain open for regular posted hours. However, the following will be canceled:

- All instructor-led programs and special events
- All PZSC van transportation

If the City of Portage closes due to a weather emergency, all PZSC activities will automatically be canceled.

Participants are encouraged to monitor announcements on:

- WWMT-TV Channel 3
- PZSC social media
- PZSC text notifications

Group leaders: If you choose to cancel your group's activity, please notify the PZSC as soon as possible so we can relay accurate information to participants. If you have any questions, call (269) 329-4555.



## PZSC Pickleball Program

Payments for Pickleball Clinics are due at the time of registration. No spot is secured without payment. Cancellations made without at least 72 hours' notice are not eligible for a refund.

### Pickleball Open Play Schedule

**Sundays:** 2 – 5 PM (Closed January 18)

**Tuesdays:** 7 – 9 AM and 2:30 – 5:45 PM

**Wednesdays:** 3:15 – 7:30 PM

**Thursdays:** 7 – 9 AM

**Fridays:** 1:30 – 4:30 PM

**Fee:** \$5 Members / \$7 Non-Members per day

Non-members are also required to sign a Non-Member Waiver before participating.

### Pickleball Clinic Schedule

#### Beginner Level I

Thursday, March 5  
12 – 1 PM

#### Beginner Level II

Thursday, March 5  
1:15 – 2:15 PM

#### Beginner Level I

For those who have never played or have had limited play. When Level I is complete, the player will:

- Be able to serve "in" more regularly
- Know the two-bounce rule and demonstrate it most of the time
- Know where to stand on the court during serve, receipt of serve, and general play
- Know what a dink is, but may not always execute it effectively
- Continue to improve form on ground strokes; accuracy may still be variable
- Keep the ball in play longer
- Know proper paddle grip and stance

If you're new to pickleball and don't yet have your own equipment, the PZSC has a limited supply available for use during the clinic.

#### Beginner Level II

When Level II is complete, the player will:

- Work to consistently keep the serve and return of serve in play
- Move quickly toward the non-volley zone when the opportunity is there
- Be more aware of their partner's position and move more as a team
- Develop more power in shots
- Begin to attempt lobs and dinks, with growing awareness of when and why to use them
- Demonstrate improved skills with basic strokes and shot placement, but may still lack directional control
- Work on consistency in all areas
- Know the fundamental rules and be able to keep score
- Use both forehand and backhand on returns

Call (269) 329-4555 to register.

**Fee:** \$10 Members / \$15 Non-Members

Payments are due at the time of registration. No spot is secured without payment. Cancellations made without at least 72 hours' notice are not eligible for a refund.

### Recreational Pickleball League Schedule

**Fee:** \$35 per person for a 6-week series

Get ready to elevate your game by joining a PZSC Pickleball League. Leagues run from October through April. A PZSC Base Membership plus the Pickleball add-on membership is required to participate.

Call (269) 329-4555 to register.

Before registering, please review the following participation requirements:

- All PZSC Pickleball Leagues are recreational. Players of varying skill levels play for fun.
- Individuals must be willing to commit to all 6 weeks of play. We understand that emergencies arise, but a 6-week commitment is expected.
- Individuals should be physically able to play 5–6 continuous games.
- A minimum of 8 players and a maximum of 12 players is required to host a league.
- Players should have prior experience playing and a basic knowledge of pickleball rules.

### 2026 Pickleball League Schedule

**The Sunday Pickleball League is moving to Tuesday evenings from 6pm -7:30 pm.**

Tuesday January 6- February 10, February 24 – March 31

### Wednesday Leagues

January 7 – February 11 and February 25 – April 1  
1:30 – 3 PM



## **CELEBRATING AMERICA'S** **250<sup>th</sup> Birthday**

*Learn about the founding of the USA!*

**Free Monthly Presentations: Jan 27, Feb 24,  
Mar 24, Apr 28, May 26. **Start Time: 7:00 PM****

Oshtemo Community Center  
6407 Parkview Ave  
Kalamazoo, Michigan 49009

*Expand your knowledge of this great country.*

*Each month covers a different topic; the influencing documents and principles, the barriers along the way, the declaring of our independence, & the constitutional debates.*

Read about our special event on June 27, 2026 at FFF website  
For more details go to [wwwFOUNDERSFREEDOMFORUM.org](http://wwwFOUNDERSFREEDOMFORUM.org)

**Sponsored by: Founders Freedom Forum**  
**A 501c3 Educational Nonprofit**

## Fitness Center Access

It is never too late to start living a healthier, more active lifestyle. Our fully equipped Fitness Center features state-of-the-art equipment, including aerobic, cardio, and weight machines.

Access to the Fitness Center requires:

- An annual fitness membership (\$40)
- A completed orientation agreement

Ask us how your Medicare insurance plan may cover the cost of your Fitness Center membership.

The orientation includes a 45-minute introduction to equipment usage with our Certified Personal Trainer. A liability waiver must be completed and signed by the member and the trainer.

Call (269) 329-4555 to schedule your orientation.

## Fitness Center Rules

We are excited that so many members are using the Fitness Center to stay fit and active. To ensure a safe and enjoyable workout for everyone, Fitness Center rules apply to all members. If you have a concern, please notify a PZSC staff member.

Fitness Center Rules are posted in the Fitness Center and available in the brochure rack.

### FITNESS AREA HOUSE RULES

#### OUR SPECIALIZED FITNESS EQUIPMENT REQUIRES PROFESSIONAL HANDLING & RESPECT

1. Only individuals who have purchased an annual fitness center membership and attended an orientation are permitted to use the equipment.
2. Use equipment properly and follow directions carefully.
3. Consult a physician before beginning an exercise program.
4. Be respectful during peak times and limit equipment use.
5. No competition, judgment or harassment.
6. Using provided sanitizing bottles, spray a towel and wipe all touched surfaces after use.
7. Do not throw the balls in fitness center.
8. All equipment must remain in the designated fitness area.
9. Sealed drinking containers only.
10. No food allowed.
11. Proper fitness attire is required. No bare feet, open-toed shoes, boots, or denim.
12. Be respectful of others workout time and space:
  - » Please silence your cell phones.
  - » Should you need to take a phone call, please step out of the fitness area during your call.
  - » If listening to music on your personal device, you must wear ear buds or headphones.

**ANYONE IN VIOLATION OF THE RULES MAY BE ASKED  
TO LEAVE THE FITNESS AREA**

## Personal Training - Elisa & Shelia!

Do you need some one-on-one support with your exercise routine? Whether you're just beginning your fitness journey or need help refining your goals, PZSC offers Personal Training Sessions with Certified Personal Trainers Shelia Earle and Elisa Cox.



- Scheduling is based on trainer and member availability
  - A Fitness Center add-on membership and completed Fitness Center orientation are required before your first session
  - All payments are made to the PZSC
- Call (269) 329-4555 to register.

#### Fees:

One Training Session: \$60

Five Training Sessions: \$300



## Clean, Dry Shoes Only

Please help us keep our floors clean and safe. Do not enter the Fitness Room or any Fitness Class without changing into clean, dry shoes.

- Change your shoes outside the room before entering
- The locker room is located on the main floor
- Seating is available upstairs outside the Fitness Room for changing shoes

By following this standard, we protect our flooring from soil and salt damage and reduce slip-and-fall hazards. Thank you for your cooperation.

## Your Ad Here!

Looking for a targeted way to reach active seniors?

Advertise in the Portage Senior Center newsletter.

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



Call Jim Coppinger at 345-3718 for details



## Try a Fitness Class

Not sure which fitness class is right for you? You may try any fitness class **once for free** (excluding Enhance Fitness).

- Call (269) 329-4555 to register
- Check in with the receptionist upon arrival

It is encouraged to register for fitness classes before the beginning of each series.

## Fitness Class Registration

As our Fitness Program continues to grow, many classes fill quickly. Early registration is encouraged.

### March/April 2026 Fitness Classes

- PZSC Member Registration opens at 8 AM, Monday, February 16
- PZSC Non-Member Registration opens at 8 AM, Monday, February 23

### May/June 2026 Fitness Classes

- PZSC Member Registration opens at 8 AM, Monday, April 13
- PZSC Non-Member Registration opens at 8 AM, Monday, April 20

To access early registration, your PZSC membership must be active before you register for classes.

If your desired class is full, we will add your name to the waitlist. If space becomes available, we will contact you. Please note that being on a waitlist does not guarantee a spot in a future series.

Payment reserves your spot and is due at the time of registration. Payments may be made by cash, check, or credit card. Checks should be made payable to the **City of Portage**.

For additional information or assistance, call (269) 329-4555.

## Prioritizing Registration for PZSC Fitness Classes

Fitness classes at the PZSC continue to fill quickly, reflecting the strong interest in health and wellness. To ensure fair access and manage high demand, registration is prioritized as follows:

**First Priority** - MyActiveCenter (MAC)

**Second Priority** - In-Person Registration

**Third Priority** - Phone Registration and Voicemails. Phone Calls and Voicemails left prior to 8 AM on the day of registration will not be returned.

For general information on how to register for programs and classes at the PZSC, please refer to the **"Things to Know"** section at the back of this newsletter.

## BARRE on Mondays

**Mondays, 10 – 11 AM**

**January 5 – February 23 (No class January 19)**

**\$35 Members / \$45 Non-Members**

**Instructor: Kylie Schultz**

This energizing fusion class blends the grace and strength of barre with the core-focused precision of Pilates. Using a sturdy chair for balance and support, we flow through low-impact exercises that improve posture, flexibility, and muscular endurance. Expect a mix of seated work to strengthen your core and improve mobility, along with standing barre-inspired movements to enhance balance, coordination, and lower-body tone. Light weights, small balls, and resistance bands may be incorporated for variety and challenge. No floor work—just strong, fluid movement tailored to every fitness level.

## BARRE on Tuesdays

**Tuesdays, 10 – 10:45 AM**

**January 6 – February 24**

**\$35 Members / \$45 Non-Members**

**Instructor: Melissa Stout**

Barre is a full-body toning class with low-impact standing leg and core work. It's ideal for relatively active seniors. Modifications are available for every pose. Weights and balls are provided, but you may bring your own.

## BARRE on Wednesdays

**Wednesdays, 9 – 9:45 AM**

**January 7 – February 25**

**\$35 Members / \$45 Non-Members**

**Instructor: Tamara Underwood**

Barre is a full-body toning class with low-impact standing leg and core work. The perfect class for relatively active seniors. Modifications are available for every pose. Weights and balls are provided, but you may bring your own.

## BARRE on Thursdays

**Thursdays, 10 – 10:45 AM**

**January 8 – February 26 (No class February 5)**

**\$35 Members / \$45 Non-Members**

**Instructor: Melissa Stout**

Barre is a full-body toning class with low-impact standing leg and core work. The perfect class for relatively active seniors. Modifications are available for every pose. Weights and balls are provided, but you may bring your own.

## BARRE Pilates Fusion

**Mondays, 1:30 – 2:30 PM**

**January 5 – February 23 (No class January 19)**

**\$35 Members / \$45 Non-Members**

**Instructor: Megan Haan**

This fusion class blends barre with the core-focused precision of Pilates. Using a sturdy chair for balance and support, we work through low-impact exercises that improve posture, flexibility, and muscular endurance. Expect a mix of seated work and standing barre-inspired movements to enhance balance, coordination, and lower-body tone. Light weights, small balls, and resistance bands may be incorporated. No floor work—just strong, fluid movement suitable for all levels.

## BeMoved® Dance Fitness on Mondays

**Mondays, 1 – 2 PM**

**January 5 – February 23 (No class January 19)**

**\$35 Members / \$45 Non-Members**

**Instructor: Patricia Plasko**

*BeMoved®*

BeMoved® shares the joy of dance with people of all movement abilities. Each class includes a Warm-Up, Genre, and Cool-Down. The Warm-Up infuses breath and movement in artistically choreographed sequences that activate core strength and balance while improving flexibility and coordination. The Genre section offers continuous, engaging dance combinations for everyone from first-time dancers to experienced movers. The Cool-Down brings your workout full circle, leaving you balanced in mind, body, and spirit.

## BeMoved® Dance Fitness Level 2 on Tuesdays

**Tuesdays, 11:15 AM – 12:30 PM**

**January 6 – February 24**

**\$35 Members / \$45 Non-Members**

**Instructor: Patricia Plasko**

**BSD DANCE STUDIO**

*BeMoved®*

**\*This class is held offsite at BSD (in the Carillon Centre, next to Talbots), 6772 S. Westnedge Ave., Suite A & B, Portage 49002**

Level 2 offers a more challenging BeMoved® experience with a faster pace and more complex choreography. Previous BeMoved® or general dance/movement experience is recommended. You will still experience the full BeMoved® format—Warm-Up, Genre, and Cool-Down—designed to build strength, flexibility, coordination, and joy through movement.

## Body Rebound

**Mondays, Wednesdays, and Fridays, 9:15 – 10:15 AM**

**January 12 – February 27 (No class January 19)**

**\$45 Members / \$55 Non-Members**

**Instructor: Debbie Snell**

Body Rebound is suitable for all fitness levels, especially new students or those returning to exercise. Class components include stretching, aerobic exercise (standing and seated), strengthening, and balance training. Because leg strength is key to balance, extra attention is given to lower-body work. A variety of equipment keeps the class fun, engaging, and effective.



### The Lakes of Portage is **COMING SOON**

Whether you're in need of Assisted Living services or Memory Care & Alzheimer's support, we promise to make each day more special than the last.

#### **WE'RE PROUD TO OFFER:**

- Restaurant-style dining experience
- Chef prepared meals offered 3x daily
- Weekly housekeeping & laundry services
- A full calendar of activities, events & weekly outings
- Transportation services

**COMING SUMMER 2026!**

**Reserve your apartment today:**

**269-400-0747**



**THE LAKES**  
AT PORTAGE

## Cardio Drumming on Tuesdays

**Tuesdays, 1:15 – 2:15 PM**

**January 6 – February 17**

**\$35 Members / \$45 Non-Members**

**Instructor: Sandy Rose**

Join "To the Oldies with Sandy," a fun Cardio Drumming class suitable for all skill levels. You'll drum, move, and sneak in about 20 minutes of cardio through simple, rhythmic movements. Each session includes a warm-up and ends in a cool-down circle. Cardio Drumming is great for your heart and helps improve coordination and balance.

## Cardio Drumming on Thursdays

**Thursdays, 6 – 7 PM**

**January 8 – February 19**

**\$35 Members / \$45 Non-Members**

**Instructor: Sandy Rose**

This evening Cardio Drumming class offers the same "To the Oldies with Sandy" fun, with drumming, dancing, and low-impact cardio. Each session includes a warm-up and cool-down. Cardio Drumming supports heart health, coordination, and balance, and is suitable for all skill levels.

## Chair Pilates on Mondays – New

**Mondays, 8:45 – 9:45 AM**

**January 5 – February 23 (No class January 19)**

**\$35 Members / \$45 Non-Members**

**Instructor: Kylie Schultz**

If you want to strengthen your core without getting on the floor, Chair Pilates is for you. This method focuses on proper breathing and posture while building core strength safely. Gentle lengthening and stretching exercises provide a full-body workout.

## Chair Yoga – Virtual via Zoom

**Mondays, 10 – 11 AM**

**January 5 – February 23**

**(No class January 19)**

**\$35 Members / \$45 Non-Members**

**Instructor: Melissa Stout**

Learn a gentle form of yoga while seated in a chair. Benefits include improved flexibility, strength, concentration, mood, immune function, and stress reduction. Chair Yoga works in all planes of motion, promoting a healthy spine and increased range of motion.

Supplies needed: chair and hand weights. Class recordings are emailed after each session.



## Chair Yoga on Wednesdays with Melissa

**Wednesdays, 3 – 4 PM**

**January 7 – February 25 (No class January 28)**

**\$35 Members / \$45 Non-Members**

**Instructor: Melissa Stout**

This gentle seated yoga class improves flexibility, strength, concentration, and overall well-being. Chair Yoga works in all planes of motion, supporting a healthy spine and increased range of motion. Weights are provided, or you may bring your own.

## Chair Yoga on Fridays with Melissa

**Fridays, 2 – 3 PM**

**January 9 – February 27 (No class January 23)**

**\$35 Members / \$45 Non-Members**

**Instructor: Melissa Stout**

Join us for another option of Chair Yoga with Melissa. This gentle seated yoga class improves flexibility, strength, concentration, and overall well-being. Chair Yoga works in all planes of motion, supporting a healthy spine and increased range of motion. Weights are provided, or you may bring your own.

## Drums Alive

**Thursdays, 11 AM – 12 PM**

**January 8 – February 26**

**\$35 Members / \$45 Non-Members**

**Instructor: Tamara Underwood**



Drums Alive® is an evidence-based drumming fitness program that provides a "whole brain and whole body" workout, promoting physical, social, emotional, and cognitive health at all life stages. Designed specifically for older adults, this class improves balance, gait, function, and quality of life. Enjoy an energetic blend of music, drumming, and movement that leaves you feeling empowered and energized.

## Enhance Fitness

**Mondays, Wednesdays, and Fridays, 10:30 – 11:30 AM**

**January 5 – February 27 (No class January 19)**

**\$45 Members / \$55 Non-Members**

**Instructor: Tamara Underwood**



Developed at the University of Washington, Enhance Fitness is a safe, effective program for older adults with a wide range of physical abilities. Classes include low-impact aerobics, strength training with hand weights, balance, and stretching. Participant assessments are completed during the first and last classes to track progress in flexibility, strength, and endurance; attendance at these sessions is strongly encouraged.

If you are unable to attend the first or last class, please contact Claire at (269) 329-4551.



## Line Dancing

**Mondays, 10:30 – 11:30 AM**

**January 12 – February 23 (No class January 19)**

**\$35 Members / \$45 Non-Members**

**Instructor: Debbie Snell**

Join us for a beginner-friendly line dancing class. Learn fun, easy dances along with foundational steps that build confidence and coordination. Line dancing is great exercise for both body and brain, and no partner or prior experience is required.

## Men's Self Defense- Back by popular demand!

**Tuesdays, 5:30 – 6:30 PM**

**January 6 – February 24**

**\$35 Members / \$45 Non-Members**

**Instructor: Steve Cormier**

This men's self-defense class teaches practical techniques to protect yourself from dangerous situations using proven methods. You'll also learn situational awareness skills to help you avoid trouble before it starts. Join us after hours to build confidence and learn how to protect yourself and your loved ones.

## Parkinson's Group Exercise Series

**Mondays, 1:15 – 2:15 PM**

**Wednesdays, 12 – 1 PM**

**Fridays, 12 – 1 PM**

**January 5 – February 23 (No class January 19)**

**\$100 Members / \$112 Non-Members**

This 3-day-per-week exercise series is designed specifically for individuals diagnosed with Parkinson's Disease. Using evidence-based practices, sessions focus on improving speech, cognition, strength, and coordination, with the goal of enhancing overall well-being and quality of life.

This program is offered in collaboration with Bronson Hospital, Michigan Parkinson's Foundation, Headstrong Physical Therapy, My Voice Speech Therapy, and Western Michigan University.

The program structure is as follows:

### **Mondays – Physical Movement**

Instructor: **Jessica Evans, PT, DPT, PhD, NCS**, Owner of Headstrong Physical Therapy

### **Wednesdays – Tai Chi**

Instructor: **Matú Kurzava**

### **Fridays – Speech/Cognition**

Instructor: **Andrea Malsom, MA, CCC-SLP**, Owner and Speech-Language Pathologist, My Voice Speech Therapy, LLC



## Qigong

**Mondays, 12 – 1 PM**

**January 5 – February 23 (No class January 19)**

**\$55 Members / \$65 Non-Members**

**Instructor: Ed Kehoe**

Qigong supports balance and harmony in both body and mind. Regular practice can help counteract chronic stress, promote mental tranquility, improve circulation, and support the immune system. This gentle, low-impact routine is easy to learn and suitable for most fitness levels.



**Want to Make an Impact  
In Your Community?**

**Volunteer!**



### **People in your community need you!**

Through the AmeriCorps Seniors program, Milestone Senior Services connects people who are 55 and older to volunteer opportunities throughout Kalamazoo & Calhoun counties.

We have a wide variety of volunteer opportunities waiting to be filled. Regardless if you want to help out one time or make it a routine—we have the perfect volunteer situation for you!

**Call us today to find out how you can get started  
helping in your community!**



(269) 382-0515 x180  
[MilestoneSeniorServices.org](https://MilestoneSeniorServices.org)



**AmeriCorps  
Seniors**



**MILESTONE  
senior services**

## Seated Tai Chi on Mondays

**Mondays, 11 AM – 12 PM**

**January 5 – February 23**

**(No class January 19 or February 16)**

**\$55 Members / \$65 Non-Members**

**Instructor: Professor Cheng Tao**



**WESTERN MICHIGAN UNIVERSITY**  
Haenicke Institute  
for Global Education

Improve your mood, reduce stress, and sleep better with this gentle seated Tai Chi class. This slow-motion martial art builds strength and balance and requires no prior experience. All movement is performed from a chair, and all levels are welcome.

## Seated Tai Chi on Thursdays

**Thursdays, 10:15 – 11:15 AM**

**January 8 – February 26**

**\$55 Members / \$65 Non-Members**

**Instructor: Professor Cheng Tao**



**WESTERN MICHIGAN UNIVERSITY**  
Haenicke Institute  
for Global Education

This class offers another opportunity for seated Tai Chi. Improve your mood, reduce stress, and sleep better with this gentle seated Tai Chi class. This slow-motion martial art builds strength and balance and requires no prior experience. All movement is performed from a chair, and all levels are welcome.

## Standing Tai Chi

**Thursdays, 9 – 10 AM**

**January 8 – February 26**

**\$55 Members / \$65 Non-Members**

**Instructor: Professor Cheng Tao**



**WESTERN MICHIGAN UNIVERSITY**  
Haenicke Institute  
for Global Education

This standing Tai Chi class focuses on gentle movement, posture, and mindful breathing to improve balance, strength, and inner calm. Chairs are available for support or rest as needed. Open to all experience levels.

## Tai Chi I - Beginner

**Tuesdays, 9 – 10 AM**

**January 6 – February 24**

**\$55 Members / \$65 Non-Members**

**Instructor: Matú Kurzava**

Tai Chi I introduces students to the Eight Methods and Five Steps form, a simple, easy-to-learn sequence drawn from all five major styles of Tai Chi. This is an excellent starting point for beginners or anyone interested in Tai Chi. Instruction is provided verbally and visually, and participants may stand or sit during class.

## Tai Chi II - Intermediate

**Wednesdays, 10 – 11 AM**

**January 7 – February 25**

**\$55 Members / \$65 Non-Members**

**Instructor: Matú Kurzava**

Tai Chi II builds on the 13-movement form, reinforcing proper structure and movement while gradually reducing verbal cues. Students begin to memorize the set so they can practice independently at home. The class also introduces a second form (Yang Style) as participants deepen and refine their practice.

Completion of Tai Chi I or prior Tai Chi experience is recommended.

## Tai Chi on Wednesday Evenings

**Wednesdays, 6 – 7 PM**

**January 7 – February 25**

**\$55 Members / \$65 Non-Members**

**Instructor: Ed Kehoe**

This evening Tai Chi class offers a moving meditation designed to strengthen the body from the inside out. Gentle movements promote internal health and an overall sense of calm. Balance and flexibility are enhanced, and Ed's friendly, lighthearted teaching style creates a welcoming atmosphere. Often referred to as "the dance of Qigong," Tai Chi strings together continuous movements to enhance circulation throughout the body.

## Tap Dancing on Mondays

**Mondays, 2:30 – 3:45 PM**

**January 5 – February 23 (No class January 19)**

**\$35 Members / \$45 Non-Members**

**Instructor: Diane Barron**

Let's get tapping and enjoy the fun. Explore classic tap styles such as soft shoe, military tap, waltz clog, Charleston, jazz tap, and Broadway musical tap. Class begins with a barre warmup to learn new sounds, steps, and terminology, then progresses to in-place and traveling combinations, and finally choreography to music.

Tap shoes are recommended but not required. If you do not own tap shoes, please wear hard-soled shoes (leather or dress shoes). Athletic sneakers and boots are not recommended.



## Women's Self Defense-

Wednesdays, 11:30 AM – 12:30 PM

January 7 – February 25

\$35 Members / \$45 Non-Members

Instructor: Steve Cormier

This women's self-defense class is designed to build awareness and confidence. Learn how to recognize and respond to potentially dangerous situations using proven mental and physical strategies. Classes focus on self-esteem, self-confidence, self-awareness, and practical skills for personal protection.

## YOGA Unwind on Wednesdays

Wednesdays, 10 – 11:15 AM

January 7 – February 25

\$55 Members / \$65 Non-Members

Instructor: Patricia Plasko

Give yourself time and space for self-care. Yoga Unwind explores a blend of active/strengthening and passive/resting postures to help you find openness, length, strength, and balance. We begin with floor work, transition to standing, and end with stretching and relaxation on the floor. Modifications are provided for various experience levels.

## YOGA for Strong Bones

Mondays, 11:30 AM – 12:30 PM

January 5 – February 23 (No class January 19)

\$55 Members / \$65 Non-Members

Instructor: Patricia Plasko

Yoga can help strengthen bones and improve balance. Yoga for Strong Bones adds hand weights and resistance bands to classic yoga poses, providing mindful strength training to support bone density and overall bone health. Class includes both floor and standing work, followed by stretching and relaxation. Modifications are available for various levels.

## Yoga on Tuesdays

Tuesdays, 12 – 1:15 PM

January 6 – February 24

\$55 Members / \$65 Non-Members

Instructor: Christine Peckels

This gentle introduction to yoga invites you to explore the strength of your body, mind, and spirit. Practice breathing techniques, stretching, balance, and stability poses. Gentle movement can increase peacefulness, sense of purpose, self-reliance, and gratitude, and may help reduce sleep disturbances, pain, and difficulty concentrating. Any age is the perfect age to begin yoga.

Equipment is provided, but you are welcome to bring your own.

## Zumba Gold®

Tuesdays, 10:45 – 11:30 AM

January 6 – February 24

\$35 Members / \$45 Non-Members

Instructor: Gretchen Pouliot

Zumba Gold® is perfect for active older adults who want a modified Zumba experience at a lower intensity. This class uses easy-to-follow choreography focused on balance, range of motion, and coordination. You'll get a great workout while having fun, with benefits that include cardiovascular conditioning, muscular endurance, flexibility, and improved balance.



## Evening Zumba Gold®

Thursdays, 6 – 6:45 PM

January 8 – February 26

\$35 Members / \$45 Non-Members

Instructor: Gretchen Pouliot

This evening Zumba Gold® option offers the same fun, lower-intensity Zumba experience with easy choreography focused on balance, range of motion, and coordination. Come ready to move, sweat, and leave feeling strong and energized.



Turning 65 or new to Medicare?

**Local support to help you navigate  
your Medicare options**



**Call a licensed sales agent**

**Katie Ray**

**269-400-3913 (TTY: 711)**

**Humana.**

## Podiatry Care – New

**January 22, March 26, May 28**  
**9 AM – 2 PM**

Call (269) 329-4555 to register for your 15-minute appointment.

Please complete your paperwork before your appointment. Paperwork is available at the front desk or can be emailed to you.

Dr. Griffin bills insurance or accepts a \$50 direct payment (cash, check, or card). She does not accept BCBS Advantage (Blue Care Network), Medicare + PPO, or Humana Medicare. Dr. Jennifer Griffin, DPM provides podiatric treatment for everyday concerns, including:

- Wound care
- Toenail trimming and filing
- Fungal nail infections
- Ingrown toenails
- Corns and calluses
- Verrucas
- Athlete's foot
- Flat feet
- Bunions
- Heel pain
- Aging feet
- Blisters
- Gout
- Sports injuries



## American Red Cross Blood Drive

**Friday, January 16**  
**12 – 6 PM**

To schedule an appointment,  
call (269) 353-6180 or visit  
[redcrossblood.org](https://redcrossblood.org).

**Sponsored by Absolute Homecare and Medical Staffing.**



**American Red Cross**



**ABSOLUTE  
HOMECARE**  
and Medical Staffing

Absolute Homecare and Medical Staffing is partnering with the PZSC to host an American Red Cross Blood Drive. When registering, please specify "Portage Zhang Senior Center" as your location. Walk-in appointments may be available as time permits.

For questions, contact the American Red Cross of Southwest Michigan at (269) 353-6180.

## Hearing Screening

**3rd Wednesday**  
**January 21, February 18**  
**9 AM – 12 PM**

**FREE**

Call to schedule your 15-minute appointment at  
(269) 329-4555

**Offered in partnership with Hearing Specialists of Kalamazoo**



Dr. Jim Cole, licensed audiologist, provides:

- Hearing screenings
- Examination of the ear canal and eardrum
- Hearing aid cleaning, checks, and minor repairs
- Education on hearing, tinnitus, and hearing aids

Services are provided at no charge.

## Blood Pressure Clinic

**2nd and 4th Tuesdays**  
**January 13 and 27, February 10**  
**and 24**  
**10 AM – 12 PM**

**FREE, Open to the Public**

Absolute Homecare and Medical Staffing generously offers Blood Pressure Clinics in the Wellness Room at the PZSC. Anyone is welcome. Call for an appointment or drop-ins are also welcome. Call (269) 329-4555 to register.



## Armor Physical Therapy Free Screens

**2nd Wednesday**  
**January 14, February 11**  
**2 – 3 PM**

**FREE**

Call to schedule for your appointment at (269) 329-4555



These free 15-minute screens are designed to:

- Assess injuries or conditions and recommend next steps in care
- Address acute (short-term) or chronic (long-term) issues
- Provide assessment by a licensed Physical Therapist

Screens are offered on-site at the PZSC, or you may schedule at an Armor Physical Therapy location if you cannot attend during the designated time—at no cost.

If needed, the Physical Therapist can communicate with your primary care provider or specialist to support an optimal plan of care.

## Foot Consultations

January 20, February 3 and 17

9 – 11 AM

FREE

Call to schedule your 15-minute appointment at (269) 329-4555

Dr. Deming offers personal consultations for foot and ankle pain. Clinics include evaluation, education, and recommendations to help address your concerns. If further treatment is needed, Dr. Deming can help facilitate follow-up care and fast-track your treatment plan at his clinic or another appropriate setting.

**Disclaimer:** These clinics do not provide nail or callus treatment. Dr. Deming can schedule or facilitate follow-up procedures for nail and callus care at his private clinic.



## Massage Therapy

Do you hold tension in your shoulders, get headaches, or occasionally experience a stiff neck? Massage can help relieve muscle pain, increase joint flexibility, and reduce swelling. Experience the benefits of massage at the PZSC.

Appointments are:

- \$60 for a 30-minute session
- \$90 for a 60-minute session

Payments are made directly to our licensed massage therapists by cash, check, or credit card.

## Massage with Matu

Thursdays, 9 AM – 2 PM

January 8, 15, and 29; February 5, 12, 19, and 26

Appointments are required; please call **Matu** at (269) 491-9494.



## Massage Therapy: A Simple Wellness Boost for Older Adults

Massage Therapy: A Simple Wellness Boost for Older Adults

Massage therapy can be a helpful (and enjoyable) addition to a healthy aging routine. For many older adults, gentle massage supports comfort, mobility, and overall wellbeing—especially when paired with regular movement, hydration, and good sleep habits.

One of the biggest benefits is relief from everyday muscle tension and stiffness. As we age, it's common to feel tightness in the neck, shoulders, back, hips, and legs. Massage can help relax muscles, improve circulation, and ease soreness from activity—or from sitting too long.

Massage may also support stress reduction and better sleep. The calming effect of touch and relaxation techniques can help lower stress levels, improve mood, and promote more restful sleep. Some people find it especially helpful during times of grief, life transitions, or increased anxiety.

For those managing chronic conditions like arthritis, massage may reduce discomfort and improve range of motion when done appropriately. Many therapists can tailor sessions for sensitivity, mobility limitations, or medical considerations.

A quick reminder: always check with your healthcare provider before starting massage therapy if you take blood thinners, have circulation issues, osteoporosis, recent surgery, or other medical concerns. Look for a licensed massage therapist who has experience working with older adults—and don't be afraid to ask for a lighter pressure or shorter session.

A little relaxation can go a long way!

EST.  1982

# Volunteers Needed

LEND A HAND TO HELP YOUR NEIGHBORS!

**CONTACT US AT**

➡ [Jillian@kzoolf.org](mailto:Jillian@kzoolf.org) ⬅  
or 269-488-2617 ext. 209





## Stronger Memory – New

Mondays and Fridays, 10 – 10:30 AM

January 12 – February 23 (No class January 19)

FREE



Stronger Memory is a free program that strengthens recall and improves focus through simple daily reading, writing, and math activities. Funded by the Goodwin Living Foundation, it supports older adults on their brain health journey. Just 30 minutes a day—three 10-minute exercises, four to five days a week—can help you enjoy clearer thinking and a stronger memory. Call (269) 329-4555 to register.

## Bingocize



Mondays and Wednesdays, 1 – 2 PM

January 12 – February 23 (No class January 19)

FREE

Bingocize® is a 6–10 week, evidence-based health promotion program approved by SNAP-Ed and the National Council on Aging (NCOA). It combines gentle exercise and health information with the familiar game of bingo to help older adults stay active, engaged, and social. Sessions are held twice a week on nonconsecutive days and last about 45–60 minutes. Curricula include Exercise Only, Falls Prevention, and Nutrition. Call (269) 329-4555 to register.

## ThinkFirst to Prevent Falls



Thursday, February 5, 9:30 AM – 12 PM

FREE

ThinkFirst to Prevent Falls is a free fall-prevention program for older adults. This two-hour presentation covers fear of falling, home safety, community safety, exercise, and more. Participants receive information on additional classes, exercise programs, and support options in the community. This program is generously provided by Bronson Methodist Hospital. Call (269) 329-4555 to register.



## KVCC Dental Hygiene Presentation

Friday, January 30, 9 – 10:30 AM

FREE



Seniors from KVCC's Dental Hygiene Clinic will present on oral health topics including:

- Periodontal (gum) disease
- How health conditions and medications affect your mouth
- Best home care practices and product selection
- Whitening options
- Denture and appliance care
- Managing concerns like dry mouth

The session includes an interactive activity and time for individual questions. Free dental products will be provided. Call (269) 329-4555 to register.

## Healthy Homes Workshop



Two-day class:

• Wednesday, January 21, 11 AM – 12 PM

• Friday, January 23, 11 AM – 12 PM

FREE

Learn simple, practical ways to make your home a healthier place to live. This workshop covers the 10 principles of a healthy home, with special emphasis on reducing mold and moisture and keeping your home pest-free. You'll leave with tools and strategies to improve indoor air quality and safety.

At the end of the workshop, participants receive a Healthy Home Kit that includes a bucket, mop, spray bottle, cleaning solution, mask, gloves, first aid kit, and more—everything you need to get started. Call (269) 329-4555 to register.

## Zen & Zest Wine Down Yoga



Wednesday, February 25,

1:30 – 2:30 PM

\$10 Members / \$15 Non-Members

Price includes a one-hour yoga session and one alcoholic beverage.

Instructor: Melissa Stout

Enjoy a relaxing "Zen & Zest" yoga class designed for all levels—no prior yoga experience needed. This mat-based session focuses on gentle movement, breath, and relaxation. Your registration includes a one-hour yoga session and one glass of red or white wine. Call (269) 329-4555 to register.

## Mind Over Matter Workshop



Fridays, 10 AM – 12 PM

January 23, February 6, and February 20

Three-session class

FREE – Senior women only



Wisconsin Institute

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage sometimes! The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending

this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it is never too early or too late to think about your bladder and bowel health. MOM: Healthy Bowels, Healthy Bladder is a 3-session workshop for older adult women that includes information, group activities, and simple exercises to do at home.

Call (269) 329-4555 to register.

**Given the high demand for this class, we strongly encourage full attendance to help you get the most from the class experience. We understand that emergencies arise, but please try to prioritize your schedule so you can attend all three sessions for the full two hours.**

## Kitchen-Made Remedies: How Herbs Support the Physiology

Instructor: **Melissa Stout, MS in Ayurveda & Integrative Medicine**

To register and pay for any of the Kitchen-Made Remedies classes, call (269) 329-4555.



## Balancing Hormones

**Thursday, February 5, 11:30 AM – 12:30 PM**

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

This session focuses on easing the natural transitions before, during, and after menopause. We'll discuss common concerns and introduce herbs that support the body and help lessen symptoms. Participants will create a "hot flash" tea blend to take home.

## Herbal Infusions and Herbal Tinctures

**Thursday, February 12, 11:30 AM – 12:30 PM**

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

Homemade herbal remedies can be simple and affordable. Learn the basics of medicinal teas, tinctures, syrups, salves, and salts that support the body. Participants will make a tincture to take home to support sleep.

## Joints and Arthritis

**Thursday, February 19, 11:30 AM – 12:30 PM**

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

Joint pain and arthritis are common with aging. This workshop reviews different types of arthritis and introduces herbal remedies, food choices, and gentle exercises to ease pain and support bones and joints. Participants will make a medicinal tea to take home and learn about herbs that can be used in everyday cooking to reduce inflammation.

## Dementia Support Group

**2nd Tuesday – January 13 and February 10**

**6 – 8 PM**

**FREE, Open to the Public**

**Facilitator: Sharon Ritchie**

This drop-in support group is a safe space to learn, share tips, and meet others coping with Alzheimer's or another dementia. Participants are often spouses, adult children, relatives, or close friends of someone living with dementia. Many care partners report feeling less alone, more prepared, and more hopeful after attending. For additional information about Alzheimer's and related dementias, contact the National Institute on Aging at (800) 438-4380 or visit their website.

## Area Agency on Aging IIIA

**Wednesday, January 7, 9 AM – 12 PM**

**Wednesday, February 4, 9 AM – 12 PM**

**FREE, Open to the Public – No appointment necessary**

A representative from the Kalamazoo County Area Agency on Aging IIIA will be onsite monthly to provide information, referrals, and assistance related to aging at home.

Area Agency on Aging IIIA is part of the Kalamazoo County Health and Community Services Department, under the oversight of the Aging and Adult Services Agency of the Michigan Department of Health & Human Services. Their mission is to help individuals age 60 and over live independently and with dignity at home. While priority is given to those with the greatest economic or social need, anyone with questions about aging services is welcome.

## Medicare Counseling Appointments

**Monday, January 12 and Wednesday, February 9**

**10:30 AM – 3:30 PM**

**FREE, Open to the Public**

Pre-registration for a 45-minute appointment is required. Choose a virtual (Zoom), phone, or in-person appointment at the PZSC.

The Medicare Counseling Program helps older adults and caregivers make informed decisions about healthcare and prescription benefits. Counselors provide information on Medicare, Medicaid, regulations, and insurance options. They are not connected with any insurance company and do not sell insurance; their role is to offer objective, confidential guidance. Call (269) 329-4555 to register.

## Memory Café

**2nd Wednesday – January 14 and February 11**

**10 – 11:30 AM**

**FREE, Open to the Public**

**Facilitator: Heather Renter, PhD,  
Memory Care Learning Center**

**MEMORY CARE  
LEARNING CENTER**

A Memory Café brings together individuals with memory loss and their care partners to socialize, share experiences, and engage in meaningful activities. Sessions may include art, music, games, and storytelling, all in a safe and supportive environment.

The goals are to reduce isolation, encourage connection with others facing similar challenges, and support well-being for both individuals with memory loss and their caregivers. This program is offered in partnership with the Memory Care Learning Center and is facilitated by trained staff and volunteers. Space is limited. Registration is required. Call (269) 329-4555 to register.

## Veterans Services Navigator

2nd Thursday – January 8 and February 12, 10 AM – 12 PM

4th Tuesday – January 27 and February 24, 12 – 2 PM

**FREE, Open to the Public – No appointment necessary**

A representative from the Kalamazoo County Veterans Service Office will be onsite to assist Veterans and their families. They can:

- Help Veterans navigate the VA Healthcare System
- Assist with emergency financial resources in partnership with SCCS, DHHS, and Kalamazoo County Veterans Services
- Help Veterans file for benefits

Eligible individuals include:

- Service members of any branch of the Armed Forces with a discharge other than dishonorable (DD-214 or discharge paperwork required)
- Active-duty service members
- Members of the Reserves or National Guard
- Surviving spouses or children of deceased Veterans

## Michigan Secretary of State Mobile Office – Now Taking Appointments

Thursday, March 19, 10 AM – 3 PM

The Secretary of State Mobile Office is returning to the Portage Zhang Senior Center. This convenient mobile unit can help you:

- Obtain or update a State ID
- Complete driver and vehicle services
- Renew license plates
- Register to vote

For a quick, friendly experience, schedule an appointment. Call (269) 329-4555 to register.



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[bronsonhealth.com/heart](https://bronsonhealth.com/heart)





## Musical Bingo

Thursday, January 29

4 – 6 PM

\$10 Open to the Public

Beat the winter blues with a lively twist on a classic game! At Musical Bingo, song titles replace numbers, and nostalgia mixes with friendly competition. Enjoy hits from every decade as our DJ spins the tunes and you mark your card. Prizes, laughter, and great energy guaranteed. Light snacks and water provided; cash bar and pop available for purchase. Call (269) 329-4555 to register.



## Winter Luncheon

Friday, February 13

11:30 AM – 1 PM

\$12 Members / \$14 Non-Members

Celebrate the season with a warm, cheerful winter luncheon with a touch of Valentine's charm. Enjoy a relaxed afternoon of conversation, connection, and community—whether you're meeting new people or reconnecting with long-time friends. Please RSVP at least one week in advance. Call (269) 329-4555 to register.

### Menu

Main Course – Stuffed Shells (Italian sausage or vegetarian options)

Side – Garlic Parmesan Potato Wedges

Salad – Seasonal Tossed Salad

Dessert – Brownie Bites with Raspberry Sauce



## Gilmore Piano Festival Sampler – Bill Cessna Trio

Thursday, March 5

5 – 7 PM

FREE, Open to the Public

Get a first look at the upcoming 2026 Gilmore Piano Festival (April 30–May 10). Learn about the artists, venues, and programming ahead while enjoying a performance by the acclaimed Bill Cessna Trio. Pianist and multi-instrumentalist Bill Cessna is known for his improvisational style and strong roots in jazz tradition. He has performed at The Green Mill, The Jazz Showcase, Andy's Jazz Club, Cliff Bell's, and more. A Western Michigan University graduate, Cessna is active throughout the Midwest, leading performances and recording projects including Background Music (2022) and Billy Boy (2024). Call (269) 329-4555 to register.

THE  
**GILMORE**  
PIANO FESTIVAL

## Concert Series – The Hoot Owls

Thursday, January 22

4 – 6 PM

\$10 Open to the Public

Enjoy the music of "The Hoot Owls" as they perform acoustic Americana music (Bluegrass, Classic Country, Blues, Folk, and more). This newly formed trio consists of Doug McLaughlin (banjo, harmonica, and banjola), Roxanne Artis (upright bass and ukelele), and Robin Nott (guitar and mandolin). Cash bar, pop, and water available for purchase. To register call (269) 329-4555.



## Concert Series – Roadside Attraction

Thursday, February 19

4 – 6 PM

\$10 Open to the Public

Roadside Attraction is a Haslett, Michigan based party band that brings the fun! Currently in its ninth year together, Roadside Attraction delivers everybody's favorite 70s & 80s classic rock, pop and party hits along with a little variety of country and newer covers. While everyone gets a turn at singing, this 4-piece band features a strong female lead singer and decades of collective professional experience. Roadside Attraction finished in the Top 5 of Lansing City Pulse's Top of the Town poll in 2025 and are ready to rock! To register call (269) 329-4555.



## Veterans Group Lunch

Thursday, February 12 (No January lunch)

12 – 1:30 PM

FREE (Donations gratefully accepted)

The PZSC Veterans Group meets monthly for food, fellowship, and conversation—sometimes with a guest speaker. All Veterans and spouses of Veterans are welcome, regardless of age, residence, or PZSC membership. Special thanks to Visiting Angels for sponsoring desserts. Call (269) 329-4555 to register.



## Monkey Business Bingo

2nd Thursday – January 8 and February 12

2:30 – 4:30 PM

\$5 Members / Non-Members

Join us at the PZSC for a fun round of Bingo with plenty of laughs and friendly rivalry. Enjoy light refreshments and snacks, generously sponsored by Absolute Homecare and Medical Staffing. Call (269) 329-4555 to register.



## New Member Meet & Eat

Friday, March 20  
9 – 10:30 AM  
FREE

STORYPOINT  
Senior Living

Thinking about joining the Portage Zhang Senior Center? Join us for a complimentary breakfast and a warm, informative welcome from staff and fellow members. Learn about the programs, events, and activities available to enrich your daily life and help build lasting connections. Generously sponsored by StoryPoint Portage and StoryPoint Kalamazoo. Call (269) 329-4555 to register.

## Feature Presentation Series

3rd Wednesday of the Month  
2 – 4:30 PM  
FREE

Call (269) 329-4555 to register.

January 21 –

### The Odd Life of Timothy Green

Rated PG

A childless couple buries a box of wishes for the child they dream of having. Soon, a boy named Timothy appears—but he is more magical and mysterious than he seems.

Director: Peter Hedges



February 18 –

### The Curious Case of Benjamin Button

Rated PG-13

Born with the appearance of an elderly man, Benjamin Button ages in reverse—experiencing love, loss, and the passage of time in a truly extraordinary way.



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\*References to the term LifeCare® are fully explained in the Continuing Care Agreement.

## 2025 Trim A Tiny Tree Contest Winners





## Serving Our Community with Purpose

We hope you are enjoying everything the new Portage Zhang Senior Center has to offer. It has been a privilege to support a space that brings people together and serves as a welcoming hub for connection, activities, and support.

We look forward to seeing the positive impact this center will continue to have for generations to come.

*Charles Zhang & Lynn Chen-Zhang*

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## Saddle Up for Senior Horsemanship

This program will be taking a break during January and February. We plan to resume programming in the spring. Look for updates in the March/April 2026 newsletter. Thank you to all who have participated in making this program a success!

## Quirky Tourist Attractions

**Tuesday, February 10**

**2 – 4 PM**

**\$3 Members / \$5 Non-Members**

**Presented by: Steve Ellis**



For over 50 years, Spark Magazine publisher Steve Ellis has explored Michigan's most unique roadside attractions and quirky tourist stops. In this lively photographic presentation, Steve shares highlights from his travels—including iconic places like Dinosaur Gardens, Paul Bunyan, and the House of David. Call (269) 329-4555 to register.

## National Parks

**Tuesday, January 13**

**2 – 4 PM**

**\$3 Members / \$5 Non-Members**

**Presented by: Steve Ellis**



Join long-time traveler and publisher Steve Ellis as he shares stories and photographs from some of America's most stunning national parks, including the Grand Canyon, Yosemite, Glacier, Zion, Bryce, Canyonlands, Big Bend, and Olympic. Leave inspired with ideas for your next adventure. Call (269) 329-4555 to register.

## The History of Life on Earth

**Thursdays, January 29 & February 5 (Two-part Series)**

**12:30 – 2:30 PM**

**\$3 Members / \$5 Non-Members**

**Presented by: Randy Schau**



During Earth's 5 billion years, it has been home to countless forms of life. Amazingly, 99% of that life is no longer with us, having long since gone extinct. Via 947 slides, this two-session class will explore many of those life forms, from the first bacteria to sea creatures like trilobites and Dunkleosteus, to the first plants and the amphibians that followed, then on to reptiles, culminating with dinosaurs! Lastly, we'll deal with mammals, from the first mice to saber-toothed tigers to woolly mammoths, as well as the evolution of birds. Also discussed will be the five major extinction events, each of which wiped out nearly 80% of Earth's life, forcing a biological restart. If you're interested in what life preceded man, this class should be of interest! Call (269) 329-4555 to register

## Virtual Reality – Discover a New Way to Explore, Learn, and Connect Senior VR Travel Experience

**January 15, 22, February 12, 19**

**2 – 3 PM**

**FREE**

**Please register for only one session, as each program is the same.**

Explore the world without leaving the senior center! Using immersive virtual-reality headsets, participants can “travel” to historic cities, natural wonders, and cultural destinations. This engaging experience is perfect for anyone who loves learning, exploring, or discovering new places. Call (269) 329-4555 to register.

## Mustang Monday Tech Support

**Mondays – January 5, 26; February 9, 23**

**3:15 – 4:45 PM**

**FREE**



Technology moves fast—and sometimes we need help keeping up! Every other Monday, student volunteers from Portage Central High School (“The Mustangs”) will be available in the PZSC Café to assist you with your phone, tablet, or other devices. Whether you need help texting, downloading apps, or troubleshooting surprises, the Mustangs are ready to help. Call (269) 329-4555 to register.

## Coffee with a Cop

**3rd Wednesday – January 21, February 18**

**10 AM – 12 PM**

**FREE, Open to the Public**

Meet and chat with local law enforcement in a casual, friendly setting. Ask questions, share concerns, and enjoy meaningful conversation over coffee—all while building stronger connections with the officers who serve our community. Call (269) 329-4555 to register.

## Current Events Discussion Group

**1st and 3rd Mondays – January 5, February 2, 16  
(No meeting January 19)**

**2 – 4 PM**

**FREE**

**Facilitator: Karl Hokenmaier**

Join a thoughtful discussion on local, national, and global news. Participants share their perspectives based on reading, experience, and personal insight—all in a respectful atmosphere. Topics vary and are determined by the group. Call (269) 329-4555 to register.

## Great Decisions 2026

Registration Opens January 2026

Classes Begin in March

Facilitator: Karl Hokenmaier

PZSC continues to offer the nation's largest discussion program on world affairs: Great Decisions, an eight-part curriculum created by the Foreign Policy Association. Participants read the briefing book, watch a companion DVD, and engage in small-group discussions about U.S. foreign policy and global issues. Maximum: 20 participants per session. Call (269) 329-4555 to register.

## Rotary Club of Portage – Lunch and Learn

Wednesday, January 14

11:45 AM – 1 PM

Portage Zhang Senior Center

FREE for PZSC Members

The Rotary Club of Portage invites PZSC members to a complimentary lunch and an opportunity to learn more about Rotary's mission of community service. Hear about how membership in both PZSC and the Rotary Club can enrich your community involvement. Space is limited to the first 30 PZSC members. Call (269) 329-4555 to register.

## Short Term Memory

Thursday, January 29, 11:30 AM – 12:30 PM

\$10 Members / \$15 Non-Members

Short-term memory challenges can make it difficult to retain new information and may become more noticeable with age. In this workshop, you'll learn lifestyle habits that support memory and explore herbs that promote brain health and recall. Participants will make an herbal tea blend to take home to support short-term memory.

## Green Door Holiday Tasting



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## Offsite – KVCC Culinary Campus Eating Healthy on a Budget

Thursday, February 5

1 – 3 PM

\$20 Members / \$25 Non-Members

Instructor: Chef William Barrett



Healthy eating on a budget can feel challenging—especially as food prices continue to rise. Fortunately, the Culinary and Nutrition experts at KVCC are here to help. In this hands-on, interactive class, you'll learn:

- How culinary professionals reduce waste
- How to stretch meals with simple, inexpensive ingredients
- How to shop smarter and save money
- How to build a nutritious fruit and grain salad
- How to compare cost-effective vs. premium ingredients

Enjoy a virtual supermarket tour, food demonstrations, and guided tastings—without breaking the bank.

This class is subsidized by the **Bhadra Shah Art & Culture Fund**.

### Location:

Kalamazoo Valley Culinary/Allied Health Building  
418 E. Walnut St., Kalamazoo, MI

### Transportation:

A PZSC minibus will depart at **12:30 PM** and return around **3:30 PM**. You may also drive yourself; parking is available across from the building. Call (269) 329-4555 to register.

## Healthy Five-Course Tasting with The Organizer Man

Tuesday, January 27 OR Tuesday, February 17

1:30 – 4:30 PM

\$20 Members / \$25 Non-Members

Instructor: Dan Cunningham

Kick off the new year with a fresh, energizing culinary experience. Dan Cunningham ("The Organizer Man") will guide participants through a five-course tasting featuring light, wholesome dishes designed to support balanced blood sugar, heart health, and overall wellness.

Participants will watch each course being prepared, learn simple kitchen techniques, and enjoy tasting portions of all five dishes (appetizer, soup, salad, entrée, and dessert). No cooking experience required—just bring your curiosity and appetite. Call (269) 329-4555 to register.

## Offsite – KVCC Culinary Campus Lentils 3 Ways

Monday, February 23

1 – 3 PM

\$20 Members / \$25 Non-Members

Instructor: Chef Lena Mergen



Discover the versatility and incredible health benefits of lentils in this hands-on tasting class. The KVCC Culinary and Nutrition team will demonstrate three hearty, flavorful recipes:

- **Mediterranean-Inspired Lentil Salad** – fresh and nutritious
- **Chicken Lentil Soup** – inspired by the classic noodle favorite
- **Curry Lentils and Rice with Garlic Sauce** – a comforting, protein-rich dish

Participants will learn preparation techniques, taste each recipe, and leave with inspiration for incorporating lentils into everyday cooking.

### Please note:

Participants must wear closed-toe shoes. Dietary restrictions can be accommodated with advance notice. This class is subsidized through the **Bhadra Shah Art & Culture Fund**.

### Location:

Kalamazoo Valley Culinary/Allied Health Building  
418 E. Walnut St., Kalamazoo, MI

### Transportation:

A PZSC minibus will depart at 12:30 PM and return around 3:30 PM. You may also drive yourself; parking is available across from the building. Call (269) 329-4555 to register.

## Medicare questions? We can help!



**LISA ROBB**  
Health Insurance Agent

5950 Portage Rd., Suite A  
Portage, MI 49002

(269) 342-0212  
lrobb@ctyfb.com  
MFBHealth.com



We do not offer every plan available in your area. Currently we represent 7 organizations which offer 50 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.



## Valentine's Day Wooden Heart Wreath

Tuesday, January 20

1 – 3 PM

\$10 Members / Non-Members

Instructor: Nicole Romo



Create a charming Valentine's Day wreath using a wire frame and a variety of wooden hearts in your choice of colors and styles—bold reds, soft pastels, glitter, rustic farmhouse, or anything in between. This relaxed, beginner-friendly workshop is perfect for all skill levels. Enjoy a fun afternoon of creativity, conversation, and crafting as you design a beautiful decoration for your home or a heartfelt gift. Call (269) 329-4555 to register.

## Intro to Polymer Clay

Wednesday, January 21

4 – 5:30 PM

\$15 Members / \$20 Non-Members

Instructor: Sarah Nott



Explore the colorful and versatile world of polymer clay in this beginner-friendly class. Instructor Sarah Nott will guide you through conditioning, shaping, and baking your creations. Whether you're new to clay or looking to try a fresh creative outlet, this hands-on session will spark your imagination. This class is subsidized by the **Bhadra Shah Art & Culture Fund**. Call (269) 329-4555 to register.

## Offsite – Pick & Paint Ceramics at Art Bayou

Tuesday, February 3

1 – 3 PM

\$30 Members / \$40 Non-Members



Chase away the winter blues with a cozy, creative outing to Art Bayou! Participants may choose any ceramic piece up to a \$50 value and paint it with their favorite colors and designs. Art Bayou will glaze and fire your piece after class, turning it into a finished work of art you'll receive later. Participants may drive themselves or ride the PZSC minibus. This warm, low-pressure class is a perfect way to try something new and enjoy time with friends. This class is generously subsidized by the **Bhadra Shah Art & Culture Fund**. Call (269) 329-4555 to register.

## Ukulele Class – All Levels (6-Week Series)

Thursdays, January 22 – March 5 (No class February 26)

12:30 – 2 PM

\$80 Members / \$90 Non-Members

Instructor: Josh Holcomb

Learning an instrument offers cognitive, emotional, and physical benefits. Join this six-week series designed for both beginners and returning students. Learn chords, techniques, and multiple songs. Ukuleles and all materials are provided for class use; participants may also bring their own. Financial assistance is available. Payment is due at registration and secures your spot. Call (269) 329-4555 to register.

## Intro to Needle Felting – Valentine's Edition

Monday, February 9

4 – 5:30 PM

\$15 Members / \$20 Non-Members

Instructor: Sarah Nott



Learn the basics of needle felting while making a sweet Valentine's-themed project. Participants will practice shaping soft wool into three-dimensional designs and learn essential terms, tools, and techniques. All materials are provided, and no experience is needed. This class covers the same core skills as previous introductory needle-felting sessions. This class is supported by the **Bhadra Shah Art & Culture Fund**. Call (269) 329-4555 to register.

## Beginner's Guitar Class for Seniors

Thursdays, January 22 – March 5

2:30 – 4 PM

\$45 Members / \$55 Non-Members

Instructor: Harry Minniear

Always wanted to play guitar? This welcoming, no-pressure class is designed specifically for older adults with little or no musical experience. Learn how to hold and tune a guitar, play simple chords and strumming patterns, and enjoy familiar songs in a relaxed, supportive environment.

### What to Expect:

- Step-by-step instruction
- Small class size for individual guidance
- Classic, well-loved tunes
- A friendly, social atmosphere

Call (269) 329-4555 to register.

## Drama Club

Fridays, January 16 – March 6

12:30 – 2 PM

\$45 Members / \$55 Non-Members

Instructor: Marvinetta Woody Penn

Step into the spotlight and explore acting, improvisation, and performance in a fun, encouraging environment. Whether you're experienced or brand new to drama, this class offers:

- Theater games and warm-ups
- Character exploration
- Script readings and short scenes
- Optional end-of-session performances

Drama is a wonderful way to build confidence, creativity, memory, and connection—all while having a great time.

Call (269) 329-4555 to register.

Regular activities and groups are free with your membership and do not require registration. Group participation requires either a membership or guest pass; otherwise, we request a **\$5 donation** per visit. For additional information, please call the Reception Desk at **(269) 329-4555**.

## Band Rehearsal at the PZSC

**1st Tuesday of the Month**

**Set-up: 2:30 PM**

**Rehearsal: 2:45 – 4:30 PM**

**Group Leader: David Smith**

The PZSC Band rehearses monthly and performs throughout the community. They play music from the big band era along with a selection of contemporary pieces. Guests are welcome to attend rehearsals to listen or dance. For performance schedules, contact the Reception Desk at **(269) 329-4555**.

## PZSC Social Golf League – Signups Start in March

**States Golf Course**

**20 East W Ave, Vicksburg**

**Thursdays, May – August**

**Group Leader: Alta Dekema**

This mixed social league is open to PZSC members. Play only on the days you choose—no need to find substitutes. Individuals may join at any time. Senior discounts apply and are paid directly to States Golf Course per play. League fees are paid at the PZSC Reception Desk.

To register, call **(269) 329-4555**.

## Book Clubs

### Love a Good Story? Join a Book Club!

The PZSC offers morning and afternoon book clubs. Each group meets monthly to discuss a shared read, exchange ideas, and enjoy thoughtful conversation.

#### Morning Book Club

**2nd Monday — January 12, February 9**

**10 – 11:30 AM**

**Group Leader: Ann Perkins**

January: *The Room on Rue Amelie* by Kristin Harmel

February: Each member selects a First Lady to research and share with the group.

#### Afternoon Book Club

**1st Wednesday — January 7, February 4**

**2:15 – 3:30 PM**

**Group Leader: Pat Gherardi**

January: *The Little Liar* by Mitch Albom

February: *The Alice Network* by Kate Quinn

## Cards

The PZSC offers a wide variety of card groups open to all members. Join in anytime!

#### Sunday:

- Euchre: **2 – 5 PM**

#### Monday:

- Canasta/Hand & Foot: **12:30 – 4:30 PM**
- Cribbage: **1 – 4:30 PM**

#### Tuesday:

- Bridge: **12:30 – 3:30 PM**

#### Wednesday:

- Euchre: **1 – 4:30 PM**

#### Thursday:

- Pinochle (Single Deck): **1 – 4:30 PM**
- Poker: **1 – 4:30 PM**

#### Friday:

- Bridge: **12:30 – 3:30 PM**
- Pinochle (Double Deck): **1 – 4:30 PM**

## PZSC Choir

**Thursdays, 9:30 – 11:30 AM**

**(2nd Thursdays end at 11 AM)**

**Group Leader: Seeking a Choir Director**

**No Choir in January — Returning February 12**

Love to sing? The PZSC choir welcomes all voices—no auditions required. Rehearse and perform Broadway classics, ballads, and folk songs for local retirement and care communities.

Volunteer Choir Director Needed

Seeking a dedicated volunteer to lead weekly rehearsals and occasional performances.

Ideal candidates:

- Experience directing choirs (preferred)
- Enjoy working with older adults
- Patient, encouraging, and enthusiastic

To learn more or volunteer, contact:

**Rob Perry**

(269) 329-4553

perryr@portagemi.gov

## Chess Club & Checkers

**Tuesdays, 2 – 4:30 PM**

**Group Leader: Ron West**

A master-level chess player leads this welcoming group, offering guidance to players of all skill levels. Checkers is also available for those who prefer a classic alternative. All are welcome to play or observe.

## Chimes

Thursdays, 1 – 2:30 PM

Group Leader: Freya Lake

No Chimes in January or February — Returning March 19

All are welcome to join this musical group—no experience required. Instruments are provided, including lighter and heavier handheld chimes.

## Singles Friday Night Out Dinner Club

Main Street Pub

7509 S Westnedge Ave, Portage

Fridays — January 9 & 23, February 6 & 20

5:30 – 7:30 PM

Leader: Toni Mount

Meet new people and enjoy friendly conversation in this relaxed social dinner group. Attendees are responsible for their own meals and beverages. To register, call (269) 329-4555.

## Reminiscence Writing (Virtual via Zoom)

Wednesdays, 9:30 – 11 AM

January 14 – February 25

\$30 Members / \$40 Non-Members

Instructor: Wilma Kahn

Express yourself through essays, stories, fiction, and poems in this supportive writing group. The instructor provides weekly written feedback via email or mail.

To register, call (269) 329-4555.

## Cornhole

Mondays, 11:45 AM – 12:45 PM

Group Leader: Peggy Hamlin

A fun, easy-to-learn game for all skill levels. Play singles or doubles and enjoy a great way to stay active and connect.

## Guitar Club

Fridays, 2 – 4 PM

2nd Sunday, 2:30 – 4:30 PM

Group Leader: Carrie McKean

A “just for fun” club for guitar enthusiasts of all skill levels. Bring your own instrument.

## Beginner’s Guitar Club (NEW)

1st, 3rd & 4th Sundays (No meeting January 18)

2:30 – 4:30 PM

Designed for adults who know basic chords and want to continue improving. Enjoy guided practice, technique building, and group music-making.

## Dining Out Club

Group Leader: Denita Demler

Join us at local restaurants for great food and conversation. Participants pay for their own meals.

Reservations required by noon the day prior at (269) 329-4555.

### January

#### Breakfast

Tuesday, January 13 — 8:30 AM

Mark’s Diner, 677 Romence Rd., Portage

#### Lunch

Wednesday, January 21 — 11:30 AM

Bob Evans, 5644 S Westnedge Ave., Portage

#### Dinner

Thursday, January 29 — 5 PM

Monelli’s Italian Grill, 7141 S Westnedge Ave., Portage

### February

#### Breakfast

Tuesday, February 10 — 8:30 AM

Berrie’s Pancake House, 4311 S Westnedge Ave., Kalamazoo

#### Lunch

Wednesday, February 18 — 11:30 AM

Wings Etc., 7337 S Westnedge Ave., Portage

#### Dinner

Thursday, February 26 — 5 PM

Roosters Call, 9136 Shaver Rd., Portage

## Girlfriend Hour at the PZSC

1st Thursday — February 5 (No January session)

3 – 4:30 PM

\$5 Members Only

A fun, women-centered social hour packed with conversation, life hacks, friendship, and laughter. Bring one great tip to share and enjoy light refreshments. Spaces are limited.

## Wii Bowling Open Play

Tuesdays, 9:30 – 11:30 AM

Group Leader: Seeking New Leader

A fun and active gaming experience that supports mobility and coordination. Play seated or standing—everyone is welcome.



## Ping Pong

**Mondays & Thursdays, 2:30 – 4:30 PM**

**Group Leader: James Geishart**

A lively game suitable for all skill levels. Enjoy improved agility, coordination, and social connection.

## Mah-Jongg

**Tuesdays & Thursdays, 1 – 4:30 PM**

**Group Leader: Julia Nikitas**

Join our active Mah-jongg group for skill, strategy, and camaraderie.

### Beginner Mah-Jongg

**Fridays, 1 – 4:30 PM**

For those with basic gameplay knowledge. Guidance available; this is not a beginner-taught class.

### Mah-jongg Lessons

**Fridays, 12:30 PM** (Max 4 people)

Two-week introductory course for individuals who have never played. Must sign up in advance.

## Friday Beginners Mahjong Group

*Participants don't need to have knowledge of gameplay.*

This group is for individuals who are new to the game or have never played Mahjong before and are at the beginning stages of the game. The group leader will be available to answer questions and help people who have never played.

### Small group lessons for Mahjong. Fridays at 1:00PM (Max. 4 people)

The group leader would like to teach 4 individuals that have never played before. This would be a four-week training course and thoughts who sign must attend all four classes.

Individuals must sign up at the desk or through MSC before participating.

## Creative Art Groups/Clubs

### Open Art

**Tuesdays, 9 AM – 12 PM**

All levels welcome. Bring your own supplies and enjoy shared creativity.

### Crafty Recyclers

**Fridays, 9 AM – 12 PM**

Group Leader: **Felicia Orlowski**

Create beautiful recycled greeting cards. Supplies and card donations welcome. Proceeds support PZSC programs.

### Needlers

**Thursdays, 9 AM – 12 PM**

Group Leader: **Patricia Woodruff**

A warm knitting and crocheting circle with many projects donated to local charities.

### Woodcarving

**Tuesdays, 2 – 4 PM**

Group Leader: **Ed Healy**

Open to novice and experienced carvers. Tools and blanks available.

### Quilting and More

**Fridays, 2 – 5 PM**

Group Leader: **Georganne Oldenburg**

Quilting, knitting, crocheting, cross-stitching, and more. Supportive skill-sharing environment.

### Bag Recycling Program

**1st Friday, 9 – 11:30 AM**

Group Leader: **Rosalie Daniels**

Help sort and prepare clean/empty bags for donation to community organizations. Bag drop-off available during business hours.

LICENSED MEMORY CARE ASSISTED LIVING

  
**NORTH WOODS**  
*Village*  
> KALAMAZOO <



## DECLUTTER YOUR HOUSE OR A SENIOR PARENT'S HOUSE

*Thursday, December 11 - at 6:00pm*

We'll explain the psychology of letting go, and why it's important. Learn practical tools and strategies to decide what to keep and what to discard, making the transition to a smaller home, like assisted living or memory care, smoother. Drinks & appetizers served.

Space is limited for this free event. RSVP by **Dec. 8**. Call **269-397-2200** or online [NorthWoodsMemoryCare.com/events](http://NorthWoodsMemoryCare.com/events).



6203 Stadium Drive | Kalamazoo, MI 49009  
[www.NorthWoodsMemoryCare.com](http://www.NorthWoodsMemoryCare.com)



## News from the Trip Office

- Contact the Travel Office at (269) 324-9239 or stop by to check availability or sign up for a trip. Spots fill up quickly! Flyers and brochures are available in the Travel Office and online. It never hurts to join a waitlist.
- When sending or dropping off payment for a trip, please make checks payable to **City of Portage**. Checks for vendor travel should be made out directly to the vendor (**Collette, Premier World Discovery, or ETEA**).
- The Travel Office is located at the **west end** of the Senior Center and is open **Monday-Friday, 8:30 AM – 5 PM**.
- Abbreviations used: **M = Member Price / NM = Non-Member Price**

### 2026 PZSC Travel

- 01/20** Chicago the Musical, Miller Auditorium (Kalamazoo, MI)  
\$80 M / \$90 NM (Minibus) — Waitlist Available
- 01/28** Blue Man Group, Miller Auditorium (Kalamazoo, MI)  
\$70 M / \$80 NM (Minibus) — Waitlist Available
- 03/15** & Juliet, Devos (Grand Rapids, MI)  
\$130 M / \$140 NM (Minibus)
- 03/25** Four Winds Casino (New Buffalo, MI)  
\$50 M / \$60 NM
- 04/12** Murder on the Links, Purple Rose Theatre (Chelsea, MI)  
\$145 M / \$155 NM
- 04/21** Exploring the Timeless Beauty of Amish Living (Shipshewana, IN)  
\$135 M / \$145 NM
- 05/07** Tulip Time & The Texas Tenors (Holland, MI)  
\$160 M / \$170 NM
- 05/11-05/15** Grand Experience at the Grand Hotel (Mackinac Island, MI)
- 05/19** Chihuly at Frederik Meijer Gardens & Sculpture Park (Grand Rapids, MI)  
\$70 M / \$80 NM
- 05/31** Detroit Tigers vs. Chicago White Sox (Chicago, IL)  
\$130 M / \$140 NM  
(Includes pre-game patio party with food, drink, and bingo!)
- 06/08-06/11** Exploring Petoskey, Charlevoix & Ludington  
\$1,075 Per Person Double Occupancy  
\$1,375 Per Person Single Occupancy
- 06/17** America's 250th Celebration at the Blue Gate (Shipshewana, IN)  
\$75 M / \$85 NM (Minibus)
- 06/28** Detroit Tigers vs. Houston Astros, Comerica Park  
\$100 M / \$110 NM
- 07/16** Cruising Down the River on the Detroit Princess  
\$175 M / \$185 NM
- 07/22** Four Winds Casino (New Buffalo, MI)  
\$50 M / \$60 NM
- 07/23** Escape to Margaritaville, Cornwell's Turkeyville (Marshall, MI)  
\$75 M / \$85 NM (Minibus)
- 07/26** The Great Gatsby, Devos (Grand Rapids, MI)  
\$130 M / \$140 NM (Minibus)
- 08/13** Detroit Tigers vs. Cleveland Guardians, Comerica Park  
\$100 M / \$110 NM
- 09/27** Detroit Tigers vs. Pittsburgh Pirates (Last Home Game), Comerica Park  
\$100 M / \$110 NM
- 10/14** Four Winds Casino (New Buffalo, MI)  
\$50 M / \$60 NM

### 2026 Collette

- 07/22–07/31 — Explore Switzerland, Austria & Bavaria
- 09/08–09/19 — National Parks of America
- 11/07–11/20 — Discover Southern Italy & Sicily

### 2026 Premier World Discovery

- 04/28–05/06 — Athens & The Greek Islands
- 05/28–06/04 — West Virginia Rails & Williamsburg
- 06/14–06/20 — Utah's Mighty National Parks
- 08/12–08/18 — Canadian Rockies & Glacier National Park
- 10/02–10/07 — Albuquerque Balloon Fiesta & Santa Fe
- 10/13–10/23 — Treasures of Croatia & Slovenia
- 12/04–12/10 — Historic Savannah & Charleston Holiday

### 2026 Ed & Ted's Excellent Adventure

- 02/21–03/07 — Florida Gulf Coast Vacation
- 04/16–04/19 — Thunder Over Louisville (KY)
- 05/11–05/16 — The Best of Branson (MO)
- 06/14–06/19 — Cape May, Naval Traditions & Heroes Tour
- 07/13–07/21 — Up, Over & Back Through MI, MN & WI
- 08/20–08/25 — Lakes, Lucy, Comedy & Cruises
- 09/26–10/02 — Lake Placid, Adirondack Mountains & Vermont
- 10/19–10/23 — Smoky Mountain Fall Adventure  
(Dollywood's Pumpkin Luminights)
- 12/01–12/06 — Christmas at Graceland (Memphis, TN)

## Ed & Ted's New Website

Ed & Ted's has launched a brand-new website to make travel planning easier than ever:

[www.edandteds.com](http://www.edandteds.com)

### What's new:

- View and download trip flyers directly
- Online registration and deposit payments
- Optional travel protection offered through Travel Insured

**Important:** When registering online, select **PZSC** as your pickup location so the Senior Center receives proper credit.

### Payment Update (Ed & Ted's):

All checks must now be made payable to **ETEA**. Include PZSC and the trip name in the memo. Checks may be mailed to:

### ETEA Fulfillment Center

2772 Florence Dr  
Pigeon Forge, TN 37863

## Cancellation & Refund Policy

The PZSC Travel Office has updated its cancellation policy due to increased cancellations. Please note:

- Cancellations are accepted up to 45 days before travel, minus any prepaid expenses already incurred.
- Notify the Travel Manager in writing (letter, email, or phone).
- If there is a waitlist, staff will attempt to secure a substitute for your spot.
- Refunds include a service fee of \$20 for motorcoach trips and \$10 for minibus trips.
- If you cancel within 45 days and no substitute is secured, no refund will be issued.
- In emergencies, a refund may be allowed with approval from the Executive Director.

We appreciate your understanding as we work to ensure fairness and maintain the quality of our travel programs.



## See the World. Support Your Center.

When you book a trip with **Premier World Discovery, Collette, or Ed & Ted's Excellent Adventures** through the Portage Zhang Senior Center, a portion of your registration directly supports PZSC programs and events.

**Travel somewhere unforgettable — and support your Senior Center at the same time.**

## Trip Committee



## Did You Know? Old Cards, New Joy

Did you know the Portage Zhang Senior Center's **Craft Recyclers** transform donated greeting cards into beautiful, one-of-a-kind creations? These recycled cards are thoughtfully repurposed and are available for purchase right here at the PZSC—perfect for any occasion.

A heartfelt **thank you to our Craft Recyclers** for their creativity, time, and dedication. Their efforts not only reduce waste, but also spread joy throughout our community. If you have gently used greeting cards at home, consider donating them and helping this wonderful group continue their meaningful work.



## Scam Alert: If It Sounds Urgent, Pause First

Scammers love winter just as much as snowbirds—especially during the holidays and tax season. A few reminders:

- Government agencies won't demand payment by gift cards or wire transfer
- Don't click on unexpected links or open attachments you weren't expecting
- If someone pressures you to act right now, that's a red flag
- When unsure, talk it through with a trusted friend or family member

Trust your instincts. Pausing for a second conversation can save you a lot of trouble.

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Kalamazoo, MI 49006  
[vibrantlifeseniorliving.com/kalamazoo](http://vibrantlifeseniorliving.com/kalamazoo)



## Black History Month Movie: Green Book

Friday, January 30, 6 PM

Portage Zhang Senior Center  
(203 East Centre Avenue)

FREE

(No registration required)

View the film, *Green Book*, at the Portage Zhang Senior Center. The film pays homage to *The Negro Motorist Green Book*, a guidebook for African-American travelers, founded by Victor Hugo Green in 1936.

Mahershala Ali and Viggo Mortensen star in the film inspired by the true story of pianist Don Shirley's tour of the Midwest and Deep South with driver and bodyguard, Frank "Tony Lip" Vellelonga.



## Black History Month: Green Book

Presenter: Candacy Taylor

Friday, February 6, 6 PM

Air Zoo (6151 Portage Road)

FREE

(No registration required)



In celebration of the 11th annual Black History Month Presentation, the City of Portage will host a special speaker at the Air Zoo, 6151 Portage Road. This year's speaker is author, travel writer, and explorer, Candacy Taylor. After the program, stick around for autographs and a book signing of her best-selling book, *Overground Railroad: The Green Book and the Roots of Black Travel in America*. The *Green Book* assisted African American travelers on the road with information, including safe places to eat and essential services during a time of institutionalized racial segregation. Candacy Taylor is the leading *Green Book* expert in the country. *Overground Railroad* made *The New York Times*' most notable books of the year, *Oprah Magazine*'s top 26 travel books, and *National Geographic*'s top 10 list of books by women.

Taylor was a fellow at the Hutchins Center at Harvard University under the direction of Dr. Henry Louis Gates Jr. She curated *The Negro Motorist Green Book*, a 3500-square-foot exhibition that will tour 14 US museums by the Smithsonian Institution Traveling Exhibition Service (SITES) from 2020 to 2026. Taylor is a *National Geographic Explorer*, and her projects have been funded by the Library of Congress, the National Endowment for the Humanities, the National Park Service, the National Trust, and the Schomburg Center for Research in Black Culture. Her work has been featured in over 80 media outlets, including *The Atlantic*, *CBS Sunday Morning*, *The Economist*, *The Los Angeles Times*, *The New York Times*, *The New Yorker*, *Newsweek*, *Fortune Magazine*, and *Time Magazine*.

## A Note of Thanks (and a Gentle Reminder)

The Portage Zhang Senior Center is a busy, vibrant place—thanks in large part to the staff who help keep things running smoothly every day.

Whether assisting at the front desk, managing programs, or answering questions, our team works hard to make PZSC welcoming and enjoyable for everyone. A smile, a kind word, and a little patience go a long way—especially during busy times.

Thank you for helping us maintain a positive, respectful, and friendly environment for members, guests, and staff alike. We truly appreciate it.

## Winter Wisdom (With a Wink)

They say winter builds character. It also builds strong opinions about snow, ice, and whether or not the groundhog knows what he's doing.

A few friendly reminders:

- If it's icy, walk like a penguin (short steps, arms out—style points optional)
- Shoveling snow counts as cardio... but only in moderation
- Layers are your friend—until you can't move your arms
- When in doubt, stay in and enjoy a warm drink

Winter doesn't last forever—even if it feels like it sometimes. Stay safe, stay cozy, and don't forget to laugh a little along the way.

### City of Portage, Michigan

#### New Waste & Recycling Services Begin March 1, 2026



- The City of Portage and WM are committed to ensuring a smooth transition.
- Please visit the city's custom landing page, [home.wm.com/portage-mi](https://home.wm.com/portage-mi) to view frequently asked questions, and details about the transition.
- In addition to the landing page, you will begin to see social media posts, Portager articles, and community flyers with information about how to learn more.
- Call 877-814-2328 for a dedicated customer service line.

Learn More about  
your new WM services



## PZSC Donation of Goods Policy

We deeply appreciate the generosity of our community. While we accept a variety of items that support PZSC programs, we have limited storage and specific needs. Please review the lists below before donating. For questions, call (269) 329-4554.

### Accepted Donations:

AA batteries; laundry soap; facial tissue; paper towels; hand sanitizer; disinfecting wipes; postage stamps; 8.5x11 copy paper; new packaged office supplies (tape, binder/paper clips, staples, etc.); books; boxed puzzles (all pieces intact); cases of bottled water (unopened); used greeting cards; new yarn; clean folded fabric; purses; jewelry; gently used plastic/paper grocery bags.

### Unable to Accept:

Clothing; kitchenware/household goods; used games and accessories; electronics; food; used office supplies.

## Facility Rental Opportunities

Do you have a special event coming up? Consider hosting it at the Portage Zhang Senior Center! Our 36,000 sq. ft. facility includes two large community rooms, a commercial kitchen, meeting rooms, a courtyard, and a secluded lower-level space. Convenient location and ample parking included. For details, call the Reception Desk at (269) 329-4555.

## Lions Club International Eyeglass Recycling Program

Donate your used eyeglasses at the PZSC! A Lions Club drop box is located in the community lounge near the east entrance.



*Please note: eyeglass cases are no longer accepted due to shipping costs.*

## Sponsorship Opportunities

Support. Connect. Celebrate.

Businesses and organizations can make a meaningful impact by sponsoring PZSC programs, events, art classes, wellness initiatives, and more. Sponsorships help expand opportunities for older adults while providing valuable visibility for your organization.

To learn more, contact **Kimberly Middleton, Deputy Director** at (269) 329-4555.

## Friends of the Portage Zhang Senior Center

The Friends of the PZSC is a 501(c)(3) dedicated to strengthening both short- and long-term funding for the PZSC. Only a small portion of tax dollars support our operations; Friends help bridge the gap. Consider becoming a board member, attending fundraising events, or making a donation at [www.friendspsc.org](http://www.friendspsc.org).

For more information, call (269) 329-4555.



## Thank you to the Following Generous Donors who have provided financial gifts to support programs and operations at the Portage Zhang Senior Center.

*Please note: this list is as accurate as possible. If there is an error or omission, please let us know and we will make sure to get it corrected in a future issue.*

### Thank you to the following donors (October 1 – November 30)

Wilma Kahn  
Kelly K Kiburis  
William Behrje  
Joyce Daglow  
Paul & Kathleen Alvars  
Jim Keeler  
Peter & Amanda Ziemkowski  
Ed & Glenda Fouch  
Dennis Taft  
Larry & Linda Lueth  
William Peet  
Paul Sherfield  
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Dorothea Dail  
Robert Montgomery

Bobbie Fry  
Gail Busher  
Sue Kalmbach  
Mitchell Joffe  
Paul Drake  
Evelyn Bradfield  
Bruno & Renate Monete  
Shirley Bumgardner  
Michael McKelvey  
Dennis & Helen Lutz  
Amy Susan  
Janet Tagett  
Todd Alfes  
Jeanette Coleman  
Ann & Bob Perkins  
Carol Dedow  
Susan Rath  
Martin Seganik  
Nancy E. Taylor  
Karen Gadson  
Roger Harris  
Helen Buist  
Doris F. Parish  
Gail & Cathy Buscher  
Lynelle B. Garvey  
Judy Berger  
Dr. Gayturnera Croom  
Roderic W. Krapf  
Bevelrly Braden  
Donna L. Baumgardner  
Duane Foote

## Winter Smarts: Small Steps That Make a Big Difference

Winter in Michigan can be beautiful—but it can also be slippery. A few simple precautions can help you stay safe and confident all season long:

- Wear shoes or boots with good traction
- Keep walkways clear and use handrails when available
- Take your time—slow and steady wins in icy conditions
- Keep a small bag of salt or kitty litter handy for slick spots

Staying active is important year-round, but winter is the season to be extra mindful. When in doubt, wait it out—or ask for help. Your safety comes first.

## Membership at the PZSC

### Annual Base Membership:

\$30 Portage residents / \$40 non-residents

Includes participation in all regular activities and special events. Valid for one year from registration.

### Lifetime Membership — \$300

Provides the same benefits as a Base Membership for life.

Does not include add-ons.

### Card Replacement:

First replacement free; \$5 for additional replacements.

### Add-On Memberships:

• **Fitness Center Add-On:** \$40/year

• **Pickleball Membership Add-On:** \$50/year (waives all Open Play fees)

## Program Registration

Registration is required for all events, programs, and activities except social interest groups.

Payment is due at the time of registration to hold your spot. Register in person or by phone at (269) 329-4555.

Payments accepted: cash, check, or credit card. Checks should be payable to **City of Portage**.

## Program Capacity & Waitlist Policy

To ensure safety and fairness, all classes have a set capacity. Once full, a waitlist will be created in the order registrations are received. If a spot opens, staff will contact the next person on the list.

### Important:

Instructors cannot override capacity limits. Please refrain from asking them directly about openings.

## Credit/Debit Card Payments

Credit/debit cards are accepted for programs, membership, and donations. Some travel opportunities may not be eligible for card payments—check with the Trip Coordinator for details.

## Cancellation/Refund Policy — Classes & Programs

A minimum **72-business-hour notice** is required for cancellations.

Late cancellations or no-shows are not eligible for refunds.

Refunds are only offered after the start of a program for medical emergencies. If PZSC cancels a class (weather, instructor illness), a partial credit will be issued.

## How to Register Online

The PZSC uses **MyActiveCenter.com (MAC)** for online registration.

A PZSC key tag is required to create an account.

• Paid classes must be canceled by phone.

• Free events can be canceled directly in MAC.

Questions? Call (269) 329-4555.

## Check In on Your Well-Being— In Just 10 Minutes

Starting today, older adults can hop on their devices or visit the Portage Zhang Senior Center to explore a new digital tool designed to help assess—and strengthen—their overall health and well-being. The experience begins with a brief assessment that takes less than 10 minutes. Immediately afterward, users receive personalized, practical recommendations to support healthy habits and purposeful living.

One older adult who completed the assessment shared, “In no way am I a techie, and I was surprised at how easy it was to take the questionnaire and get so much information about myself right away. For example, I’m eating healthier and doing more things with other people than I have in years.”

The Portage Zhang Senior Center is partnering with BetterAge to offer this innovative tool. While BetterAge is a newer startup, its founders and team bring more than 50 years of combined experience in aging services, healthcare, gerontology, and technology. Together, we share a mission to improve the health and well-being of older adults.

According to Director Kim Phillips, “I was part of the innovative team that BetterAge brought together to help design and develop this tool. It was well worth the time, and we’re excited to offer something that truly benefits older adults and our community as a whole.”

This sentiment echoes feedback from another participant, “It’s really nice to see things that are positive—things that are trying to uplift people in one way or another.”

Get started today by scanning the QR code below. For questions, please contact Kim Phillips, or learn more at

<https://portage-zhang-senior-center.health-wellbeing.betterage.net/login/>





## Parking at the PZSC

During busy times, please use the extra parking lot behind Dairy Queen (accessible from Brown Street). Additional overflow parking is available along both sides of Brown Street.  
Please avoid parking in Dairy Queen or First Reformed Church lots unless signs permit.

## Climate Comfort at the PZSC

Building temperatures can vary—please dress in layers to stay comfortable during classes and events.

## Evening Access – Winter Hours

From November through March, the **West entrance closes at 5 PM daily**. For evening programs (Tue–Thu, 5–7:30 PM), use the East entrance.

## Kiosk Check-In

Check in at the kiosk upon each visit. Attendance helps us plan programs and secure funding.  
If you don't have your key tag, check in by name and phone number.  
Need a replacement? Visit the Reception Desk.

## Closing Time Reminder

Please be mindful of closing hours so staff can secure the building and head home on time. Thank you for your cooperation!

## Metro Share Van Transportation

Portage residents aged 50+ can schedule rides to and from PZSC activities and Meijer (Shaver Rd.). Service is available on Mondays, Wednesdays, and Fridays based on volunteer driver availability.  
Call (269) 329-4555 to schedule.

## Text Messaging Alerts

PZSC uses MySeniorCenter to send text messages from an "855" number. If you have questions about text alerts, please ask our staff.



## Bi-Weekly Email Newsletter

Stay informed! Sign up via NotifyMe:

1. Visit [portagemi.gov/list.aspx](http://portagemi.gov/list.aspx)
2. Enter your email and click Notify Me
3. Select Portage Zhang Senior Center E-Newsletter
4. Add [listserv@civicplus.com](mailto:listserv@civicplus.com) to your approved sender list.

## Connect with Us on Facebook

Check out updates, photos, and announcements at:  
[facebook.com/portageseniorcentermi](https://facebook.com/portageseniorcentermi)

## PZSC Suggestion Box

We welcome your ideas! The Suggestion Box is located inside the west entrance vestibule. Cards are checked monthly.

## Daily-Use Locker Policy

Daily-use lockers are available for members.

If you borrow a PZSC lock, you'll leave your car keys with staff temporarily. Locks are available in the Administrative Suite.



## Video Monitoring

Select areas—including entrances, reception, the fitness center, and kitchen—are monitored 24/7 for safety. Footage is secure and accessible only to authorized personnel.

## Ruth Ann Meyer Scholarship Fund

Financial assistance is available for members experiencing hardship.

For confidential information, contact:

- **Kimberly Middleton, Deputy Director**
- **Renee Connolly, Administrative Assistant**

## Advisory Board

Jean Balazs  
Karl Hokenmaier  
John Lobo  
Nate Sachritz  
Lawrence Smith  
Joan Stommen  
Sharon White  
Linda Zoeller, Chair  
Shirley Wahmhoff, Vice Chair  
Tonya Weilandt

## PZSC Staff

*Director*  
Kim Phillips  
*Deputy Director*  
Kimberly Middleton  
*Administrative Assistants*  
Dana Fair  
Renee Connolly  
*Program Managers*  
Rob Perry  
Janelle Pound  
Nicole Romo  
Claire VanderVelden  
*Program Assistants*  
Ed Dornoff  
Tedd Shipp  
*Receptionists*  
Brandi Masko  
Katrina Mitchell  
*Registrars*  
Kristin Garwick  
Kris Spence

## Charles & Lynn Zhang Portage Community Senior Center

The PZSC is supported by the City of Portage, contributions, memberships and grants. The PZSC offers services and activities to persons over 50 years of age. Annual membership fees are \$30 for Portage residents and \$40 for all others. No one will be denied membership due to an inability to pay. The PZSC Newsletter is mailed bi-monthly to members.

Accredited by   
National Institute of Senior Centers

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

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



## Holiday Luncheon



## Red and Green Christmas Dance





City of Portage  
Senior Citizens Services  
203 East Centre Avenue  
Portage, MI 49002



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PERMIT NO. 58

Mission Statement:

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

Vision Statement:

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

Equity Statement:

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

THE LAW OFFICES OF  
DAVID L.  
CARRIER, P.C.  
ESTATE PLANNING & ELDER LAW

## Avoid Nursing Home Poverty Join us for a LifePlan Workshop

Thursday, Jan 8<sup>th</sup> 2pm

Thursday, Feb 5<sup>th</sup> 2pm

Tuesday, Jan 20<sup>th</sup> 11am

Tuesday, Feb 17<sup>th</sup> 11am

Register now at [DavidCarrierLaw.com/portage](http://DavidCarrierLaw.com/portage)  
or call (269) 350-2323.

**Preserve what you own.**

You worked hard, you played by the rules. Long-term care doesn't have to devastate your savings.



Meet your family attorney, David L. Carrier, and learn how to protect your tomorrow. Workshops are offered weekly at our Portage location. Visit [DavidCarrierLaw.com](http://DavidCarrierLaw.com) or call (269) 350-2323.

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