

Portage Zhang Senior Center 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.

PZSC Business Hours:

Monday – Friday
8 AM – 5 PM

Limited transactions are available outside of these hours.

PZSC will be closed:

Independence Day
 Friday, July 4

Labor Day Observance
 Sunday, August 31

Labor Day
 Monday, September 1

Citywide Staff Training
 Tuesday, September 2
 Closed until 12 PM / Open 12 – 7:30 PM

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Seeking Our Centenarian Honorees

The Portage Zhang Senior Center invites community members turning 100 in 2025 to be honored at the Centenarian Brunch on Thursday, July 24, 2025, from 11 AM–1 PM. This year's theme, "Tides of Time: Celebrating a Century of You," honors the wisdom and contributions of those reaching this milestone. Each Centenarian may bring two guests to this free, joyful celebration.

To RSVP or refer someone, contact Kimberly Middleton at (269) 329-4554.

Sponsored by the Mary Thompson Foundation, Area Agency on Aging 3A, and Storyline Company.



Summer Lunch "Out" – Food Truck & Live Music!

Thursday, July 10
12 – 2 PM
\$15 Members / \$17 Non-Members

Join us in the PZSC Courtyard for a fun-filled summer afternoon featuring lunch from The Lunchbox food truck and live music by Two Dudes in Flip Flops. Enjoy beachy tunes, a cash bar, and your choice of delicious entrees like pulled pork sliders, mango chicken tacos, white cheddar mac, or a BBQ sundae. Sides include apple slaw and seasoned kettle chips, plus a variety of ice cream for dessert!

Bring your appetite and your summer spirit. Call (269) 329-4555 to register.

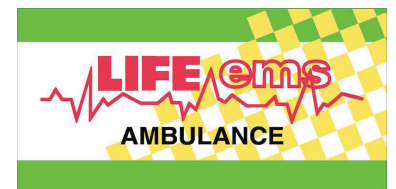


Portage Public Safety Showcase

Tuesday, July 29 and Wednesday, July 30
10 AM – 3 PM
Free, Open to the Public

These classes will be conducted at the Portage Department of Public Safety, Fire Station #1, 7830 Shaver Road, Portage 49024

Have you ever been curious about what really goes on behind the scenes during law enforcement calls, fire calls, or medical emergencies? Well, get ready to dive into the action with our exciting two-day class, held in partnership with the Portage Public Safety Department! This is your chance to explore the fascinating world of our 911 system, where you'll learn about the tools, techniques, and practices that drive it. From Accessing 911 to Police, K-9, SWAT, Drone Operations, Fire, Detective and Crime Scene, Emergency Medical Services, and more, we've got it all covered! Plus, we'll provide lunch, snacks, and water to keep you fueled up and ready to go. Thank you to our Lunch Sponsor, Life EMS Ambulance. Registrants must commit to attending both days. Space is limited. So, don't miss out—call (269) 329-4555 to secure your spot today!



Program Registration

You MUST register for ALL events, programs, and activities. You DO NOT need to register for social interest groups. Participants can register for classes or renew their memberships by visiting the Reception Desk at the Portage Zhang Senior Center. Phone registration is also available. Please plan on paying for fee-based events at the time of registration, as your payment guarantees your spot! Early registration is always encouraged because plans are often made based on registration numbers. Payments can be made with cash, check, or credit card. Checks should be made out to the "City of Portage." Please call the Reception Desk at (269) 329-4555 for additional information or assistance.

Don't Forget to Check-in at the Kiosk!

When you purchased your membership at the Portage Zhang Senior Center, you were provided a key tag, which allows you to check in to activities you are participating in at the center. Checking in at the kiosk tells us so much more than you are in the building! We utilize the attendance to plan future classes, activities, and events. We also utilize the statistical and demographic information to apply for funding, which helps support operations and programming at the PZSC. So next time you come in, please take a minute to swipe your key tag and check in to all your activities. If you no longer have your key tag, you can check in using your first name and the phone number associated with your membership registration. For new key tags, please see the PZSC receptionist.

Metro Share Van Transportation to the PZSC and Grocery Shopping

The Portage Zhang Senior Center offers Metro Share Van transportation to all Portage residents 50 years of age and older. Rides are generally provided to and from PZSC activities and grocery shopping at Meijer on Shaver Road. Transportation is currently available on Monday, Wednesday, and Friday. The MSV program is dependent on volunteer driver availability. For more information or to schedule a ride, please call (269) 329-4555.

How to Register and Pay for PZSC Activities Online

The Portage Zhang Senior Center uses "MyActiveCenter.com," which links with the MySeniorCenter system used in the Center. Online registration using MyActiveCenter (MAC) will enable you to register for current PZSC activities.

You MUST have a PZSC key tag to use the MAC system. Members who use MAC for the first time must follow the instructions to establish a MAC account. Once you have established your account, subsequent logins should work using the "sign in" option.

Please don't hesitate to contact staff if you have any questions or feedback. Of course, you can always call us directly to register for programming at (269) 329-4555.

Parking at the PZSC

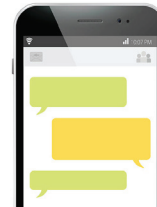
We're excited to have so many people joining us for classes and events at the PZSC! During busy times, please use our extra parking lot at the east entrance, which is located right behind Dairy Queen. You can reach this lot from Brown Street. There's also extra parking available on both sides of Brown Street. To be good neighbors, please don't park in the Dairy Queen or First Reformed Church parking lots unless there are signs allowing it. Thanks for your understanding and support!

Closing Time

We appreciate your choice to be a part of the PZSC community, where staying active and socially engaged is a priority for all of us. As a friendly reminder, we kindly ask that all members and guests respect the center's closing hours. This helps our dedicated staff wrap up their day and return home to their families, where they also have important responsibilities. Thank you for your cooperation and understanding!

Text Me!

Did you know we can connect with members using a text messaging system through MySeniorCenter? The number will show up on your phone as a phone number with an "855" area code. This option allows us to send messages quickly and efficiently when needed. Please let PZSC staff know if you have any questions.



Advisory Board

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

PZSC Staff

Director, Senior Citizen Services
Kim Phillips

Deputy Director, Senior Citizen Services
Kimberly Middleton

Administrative Assistant
Dana Fair

Administrative Assistant
Samantha Covell

Program Managers

Rob Perry
Janelle Pound
Nicole Romo
Claire VanderVelden

Program Assistants

Ed Dornoff
Brandi Masko
Tedd Shipp

Receptionists

Morning: Katrina Mitchell
Afternoon: Tristen Gunnnett

Registrars

Morning: Kris Spence
Afternoon: Renee Connolly

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.

Cancellation/Refund Policy for Classes & Programs:

Please make sure to register early for all programs and classes offered by PZSC to ensure you get a spot and to avoid the cancellation of classes due to low enrollment.

The PZSC Cancellation Policy requires a 72-business hour (3 days) notice for all cancellations of classes and programs. If you need to cancel your reservation in a class, please do so at least 72-business hours in advance of the scheduled start time. Failure to provide the required notice will result in no refund or credit. Refunds will not be given after a program has begun unless there is a valid medical concern or emergency.

However, if the cancellation is due to the discretion of PZSC, including weather advisories or instructor illness, a partial credit will be placed into the member's account. We appreciate your understanding and cooperation in this matter.

PZSC Suggestion Box

Have you heard about the Suggestion Box located at the Portage Zhang Senior Center? We would highly appreciate your feedback and suggestions on how we can improve our services. We welcome your input on our programming, fitness classes, or if you have ideas for new programs and events that you would like to see. The Suggestion Box is situated inside the vestibule at the West Entrance of the senior center. Please fill out a card and drop it in the box. We check the box every month, so your feedback won't go unnoticed. Thank you for your valuable contributions in helping us enhance our services!

Have you checked us out on Facebook?

Daily updates make the PZSC Facebook page a regular stopping place for your neighbors, kids and grandkids! What are we telling them about the PZSC and our members? Check it out and let us know what you think! <https://www.facebook.com/portageseniorcentermi>

PZSC – Daily Use Locker Policy

Daily-use lockers are available for PZSC members. Personal locks can be used during the time you are at PZSC. If you do not have a lock, the PZSC lends locks! These can be found in the Administrative Suite near the east entrance of the Senior Center. Individuals wishing to check out a lock will be asked to leave their car keys with a staff member, which will be returned when the lock and key are checked back into the Administrative Suite.

Do You Receive Our Bi-Weekly Emails?

To ensure that you are always up to date on the latest events at the PZSC, you can sign up to receive our e-newsletter. NotifyMe is our primary platform for delivering the bi-weekly Portage Zhang Senior Center E-Newsletter. Here's how you can sign up:

1. Sign up for Notify Me® by visiting portagemi.gov/list.aspx.
2. Type your email address in the box and click Notify Me Sign In.
3. To subscribe, click the Email icon next to the Portage Zhang Senior Center E-Newsletter category to subscribe.
4. Add listserv@civicplus.com to your email whitelist or approved sender list to prevent our notifications from being marked as spam.

Credit/Debit Card Payments Accepted at the PZSC

The PZSC can accept credit/debit cards to make payments for programs, membership, donations, etc. Cash and checks are also options. Checks should be made out to the City of Portage. Please note, some travel opportunities may not be eligible for credit card payments. See the Trip Coordinator for more information.



Video Monitoring at the PZSC

As part of our commitment to ensuring the safety and security of our building and its occupants, we would like to inform you that certain areas of the building are under video monitoring. These areas include the building's entrances, reception area, the fitness center, and kitchen.

The video monitoring system is in place to help deter criminal activity, monitor for safety hazards, and ensure compliance with building policies and procedures. The system operates 24 hours a day, 7 days a week, and is monitored by trained professionals who are responsible for ensuring that the system is functioning properly.

We would like to emphasize that the video monitoring system is in compliance with all applicable laws and regulations, and that the privacy of our tenants and visitors is of utmost importance to us. The system is designed to record and store footage only as needed for security purposes, and access to the footage is restricted to authorized personnel.

If you have any questions or concerns about the video monitoring system, please do not hesitate to contact us. We are committed to maintaining a safe and secure environment for everyone in the building and we appreciate your cooperation in this effort.

Climate Change at the PZSC

As we move through the changing seasons and experience varying temperatures, we strongly encourage our members to wear layers when attending events and activities at the PZSC. This simple choice will enhance your comfort and enjoyment, allowing everyone to have a much more fulfilling experience during their visit. Don't miss out on the fun!

Ruth Ann Meyer Scholarship Fund

The PZSC is fortunate to offer the Ruth Ann Meyer Scholarship Fund through the Friends of the PSC. Members of the PZSC or community at large who are experiencing financial hardship are encouraged to contact Kimberly Middleton, Deputy Director or Samantha Covell, Administrative Assistant for additional information regarding scholarships. All information is kept confidential.

Membership at the Portage Zhang Senior Center

Our goal is to provide the best services available, while promoting personal growth, health, friendship and independence for adults aged 50 and over.

- **Annual Base Membership:**

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

The Base Membership entitles an individual to participate in all educational, social, recreational, volunteer, and other regularly scheduled activities, as well as special events. A Base Membership is valid for one year from the date of registration. Renewal notices are sent to the member before the expiration date.

- **Lifetime Membership: \$300**

A Lifetime Membership, like a Base Membership, entitles an individual to participate in all educational, social/recreational, volunteer and other regularly scheduled activities and special events. A Lifetime Membership is good for the lifetime of that member. Does NOT include membership add-ons.

- **Lost membership cards/key tags are replaced one time at no charge. Thereafter, a \$5 replacement fee will apply.**

Add-on Memberships:

Annual Fitness Center Membership: \$40 (plus Base Membership)

A Fitness Membership is required to use the weight machines and equipment in the fitness center. Upon purchase of a Fitness Membership, an orientation with our Personal Trainer will be scheduled. Once an orientation to the fitness center is complete and the waiver is signed, members can get started on their PZSC fitness journey!

Annual Pickleball Membership: \$50 (plus Base Membership)

Consider purchasing an Annual Pickleball Membership as an add-on to your Base Membership. The Pickleball Membership waives all Open Play fees for PZSC members.

PZSC Pickleball Program

Payments for Pickleball Clinics are due upon registration. No spot is secured without a payment. Cancellation without giving a 72-hour notice will result in no refund.

Following is additional information on our Pickleball Program:

Pickleball Revised Open Play Schedule!

Sundays 2:00 – 3:15 PM (No Open Play August 31)

Tuesdays 7:00 - 9:00 AM / 2:30 - 7:30 PM (No MORNING Open Play September 2)

Wednesdays 3:15 PM - 7:30 PM

Thursdays 7:00 - 9:00 AM

Fridays 1:30 - 4:30 PM (No Open Play July 4)

\$5/Day Members, \$7/Day Non-Members

Note: In addition to a daily fee of \$7, Non-Members must also sign a Non-Member Waiver form before they can participate.

Pickleball Clinic Schedule

(New Classes Coming in September)

Beginner Level I

For those who have never picked up a paddle 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 times
- Know where to stand on the court during serve, receipt of serve and general play
- Know what a dink is but not always effective at it
- Work on their form for ground strokes, accuracy is variable
- keep the ball in play longer
- Know proper hand grip for paddle and stance.

Beginner Level II

When Level II is complete, the player will:

- Work to keep the serve and return a serve in consistently
- Move quickly towards the non-volley zone when opportunity is there
- Be more aware of their partner's position on the court and moving more as a team
- Develop more power in shots
- Begin to attempt lobs and dinks with little success and doesn't fully understand when and why they should be used
- Demonstrate improved skills with all the basic shot strokes and shot placement but lacks control when trying for direction
- Work on consistency in all areas
- Know the fundamental rules and can keep score
- Use both forehand and backhand on returns
- Move quickly towards the non-volley zone when the opportunity is there

To register for clinics, you may visit or call (269) 329-4555.

\$10 Members/\$15 Non-Members

Note: For those new to the sport who may not have their own equipment yet, the PZSC will have a small supply of equipment available for use during the clinic.

Recreational Pickleball League Schedule

Get ready to elevate your game by joining a PZSC Pickleball League!

Leagues run from October to April. A PZSC Base Membership plus the Add-on Pickleball Membership is required to participate in Leagues. For more information, please call (269) 329-4555.

Before registering for Pickleball Leagues, we recommend taking a moment to read the following information. Participation in this program requires the following:

- All PZSC Pickleball Leagues are Recreational. "Recreational" denotes that all players will be of varying skill levels and play for fun.
- Individuals must be willing to commit to 6 weeks of play. We understand that emergencies arise, but a 6-week commitment is required.
- Individuals should be physically fit enough to play 5-6 continuous games.
- A minimum of 8 players and a maximum of 12 players must be met to host a League.
- Players should come with experience playing and knowledge of Pickleball rules.

\$35/Person for 6-week Series

Fitness Center Access

IMPORTANT! The Fitness Center will be closed from Monday, June 30 – Friday, July 4 for maintenance, cleaning, and renovation. The Fitness Center will reopen on Sunday, July 6 at 2 PM.

It is never too late to start living a healthier, active lifestyle. Our fully equipped Fitness Center features state-of-the-art equipment, including various aerobic, cardio, and weight machines. Access to the Fitness Center requires the purchase of an annual fitness membership (\$40) and an orientation agreement. Ask us how your Medicare insurance plan might cover the cost of your Fitness Center membership!

Orientation includes a 45-minute introduction to equipment usage with our Certified Personal Trainer. A liability waiver must be completed & signed between the member and the personal trainer. Please call the PZSC at (269) 329-4555 to schedule your appointment.

Fitness Center Rules

We are excited that so many of our members are utilizing the fitness center to stay fit and active. We'd like to remind members of fitness center rules to ensure everyone has a healthy and enjoyable workout. Compliance with all rules is mandatory and applies 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 fitness center 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**

Supervised Fitness Center Hours

Mondays, 2 – 5 PM, Elisa

Thursdays, 9 – 11 AM, Shelia

Are you using all the fitness center equipment safely and properly? Perhaps you've forgotten some things since your orientation? We are pleased to share that PZSC's Personal Trainers will be hosting Supervised Fitness Center Hours on Monday afternoons and Thursday mornings. This is a great opportunity for someone who prefers supervision while exercising. PT's will give general tips on properly adjusting the machines to fit your body, remind you of the fitness center rules, and assist with general fitness questions. This is not a fitness center orientation OR personal training. No appointment is necessary to take advantage of this opportunity!

Personal Training - Elisa & Shelia!

Do you need some one-on-one time with your exercise routine? Maybe you're just beginning your fitness journey and need some extra help achieving your fitness goals. PZSC offers Personal Training Sessions with either of our Certified Personal



Trainers, Shelia Earle or Elisa Cox. Scheduling is determined by trainer and member availability. Before your first personal training appointment, PZSC members are required to have their fitness center add-on membership and completed a fitness center orientation. All payments are paid to the PZSC. If interested in setting up a personal training appointment at the PZSC, please call (269) 329-4555.

One (1) Training Session - \$60

Five (5) Training Sessions - \$300



Clean, Dry Shoes Only, Please!

Please help us keep our floors clean and dry. Do not enter the Fitness Room or Fitness Class without changing your shoes first. Please change your shoes outside the room before walking in. The locker room is located on the main floor. Otherwise, there are also seated areas upstairs outside the fitness room where you can change shoes. By adhering to this standard, we will protect our flooring from salt erosion and protect our members from slip and fall hazards! Thank you for your cooperation!

Try a Fitness Class

Are you wondering which fitness class is best for you? Call the PZSC to register if you want to try any of our classes once for free. You must check in with the receptionist upon your arrival. *This does not apply to Enhance Fitness. It is encouraged to register for all Fitness Classes before the beginning of the series.

Fitness Class Registration

As our Fitness Program continues to expand, please realize that our classes fill up quickly and early registration is encouraged. Registration for upcoming fitness series will open on the following dates:

September/October 2025 Fitness Classes

- PZSC Member Registration opens at 8 AM, Monday, August 18
- PZSC Non-Members Registration opens the following week at 8 AM, Monday, August 25

November/December 2025 Fitness Classes

- PZSC Member Registration opens at 8 AM, Monday, October 20
- PZSC Non-Members Registration opens the following week at 8 AM, Monday, October 27

If you'd like access to early registration through PZSC membership, your PZSC membership must be processed prior to your fitness registration. If the class you want to register for is already full, we will add your name to a waitlist for that series. If a space becomes available, we will contact you. However, please note that being on the waitlist does not guarantee your spot for the next series. It is encouraged to register for all Fitness Classes before the beginning of the series. Your payment reserves your spot and is due upon registration. Payments can be made with cash, check, or credit card. Checks can be made out to the "City of Portage." Please call the Reception Desk at (269) 329-4555 for additional information or assistance.

3 ways to Register for Programs & Classes at the PZSC

myactive center

1. MyActiveCenter (MAC) – Online Platform

Online registration using MAC will enable you to register and pay (by credit/debit card) for PZSC events and classes online. The activities are listed alphabetically.

2. In person at the reception desk

3. Phone Registration

Priority for Taking Online Registration

On your registration day, priority will be as follows:

- MyActiveCenter (MAC) has first priority
- In-Person Registration, Phone Registration and Voicemails will have second priority

Please note: Phone Calls and Voicemails left earlier or before 8 AM will not be returned.

BARRE on Tuesdays

Tuesdays, 10 – 10:45 AM

July 8 – August 26

\$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 can be made for every pose. Weights and balls are provided but you can bring your own if desired.

BARRE on Wednesdays

Wednesdays, 9 – 9:45 AM

July 9 – August 27

\$35 Members / \$45 Non-Members

Instructor: Shelia Earle

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

BARRE on Thursdays

Thursdays, 10 – 10:45 AM

July 10 – August 28

\$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 can be made for every pose. Weights and balls are provided but you can bring your own if desired.

BeMoved® Dance Fitness on Mondays

Mondays, 2 – 3 PM

July 7 – August 25

\$35 Members / \$45 Non-Members

Instructor: Patricia Plasko

BeMoved®

BeMoved® is passionate about sharing the joy of dance with people of all movement abilities. You will experience BeMoved's Warm-Up, Genre, and Cool-Down in a full class. 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 of the class uses continuous and engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the Cool Down brings your workout full circle, leaving you balanced in mind, body, and soul – feeling rejuvenated.

BeMoved® Dance Fitness Level 2 on Tuesdays- TIME CHANGE!

Tuesdays, 11:15 AM – 12:30 PM

July 8 – August 26

\$35 Members / \$45 Non-Members

Instructor: Patricia Plasko

*This class is held offsite at BSD

(in the Carillon Centre, next to Talbots),

6772 S. Westnedge Ave., Suite A & B, Portage 49002



BeMoved® is passionate about sharing the joy of dance with people of all movement abilities. In a full class, you will experience BeMoved's 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 of class uses continuous and engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the Cool Down brings your workout full circle, leaving you balanced in mind, body, and soul – feeling rejuvenated.

Body Rebound

Monday – Wednesday – Friday, 9:15 – 10:15 AM

July 7 - August 22

\$45 Members / \$55 Non-Members

Instructor: Debbie Snell

Body Rebound is for all levels of fitness but especially for new students or individuals who haven't exercised in a long time. The class components include stretching, aerobic (standing & seated combo), strengthening and balance. Leg strength is necessary for balance, so we concentrate on this throughout the class. We have a variety of different types of equipment that we work with to make the class fun, yet very productive.

Cardio Drumming on Tuesdays

Tuesdays, 1:15 – 2:15 PM

July 8 – August 26 (NO CLASS ON JULY 29)

\$35 Members / \$45 Non-Members

Instructor: Sandy Rose

Get ready to drum up some fun exercise with our new Cardio Drumming Class, "To the Oldies with Sandy!" Suitable for any skill level, this class will have you dancing, drumming, and sneaking in 20 minutes of cardio through different movements. Each session will start with a warm up and will end in a cool-down circle. Cardio Drumming is great for your heart and helps with coordination and balance.

Cardio Drumming on Thursdays

Thursdays, 6 – 7 PM

July 10 – August 28

\$35 Members / \$45 Non-Members

Instructor: Sandy Rose

Get ready to drum up some fun exercise with our new Cardio Drumming Class, "To the Oldies with Sandy!" Suitable for any skill level, this class will have you dancing, drumming, and sneaking in 20 minutes of cardio through different movements. Each session will start with a warm up and will end in a cool-down circle. Cardio Drumming is great for your heart and helps with coordination and balance.

Chair Yoga on Mondays

Mondays, 9 – 10 AM

July 7 – August 25

\$35 Members / \$45 Non-Members

Instructor: Shelia Earle

Learn a gentle form of yoga while sitting in a chair. Benefits include improved flexibility, strength, and concentration. Yoga can also boost your mood, promote a healthy immune system and reduce stress. Chair yoga will work with all planes of motion, promoting a healthy spine and increasing range of motion. Weights are provided but you can bring your own if desired.

Chair Yoga on Mondays- NEW!

Mondays, 12 – 1 PM

July 7 – August 25

\$35 Members / \$45 Non-Members

Instructor: Shelia Earle

Learn a gentle form of yoga while sitting in a chair. Benefits include improved flexibility, strength, and concentration. Yoga can also boost your mood, promote a healthy immune system and reduce stress. Chair yoga will work with all planes of motion, promoting a healthy spine and increasing range of motion. Weights are provided but you can bring your own if desired.

Chair Yoga on Wednesdays

Wednesdays, 3 – 4 PM

July 9 – August 27

\$35 Members / \$45 Non-Members

Instructor: Melissa Stout

Learn a gentle form of yoga while sitting in a chair. Benefits include improved flexibility, strength, and concentration. Yoga can also boost your mood, promote a healthy immune system and reduce stress. Chair yoga will work with all planes of motion, promoting a healthy spine and increasing range of motion. Weights are provided but you can bring your own if desired.

Chair Yoga on Fridays

Fridays, 2 – 3 PM

July 11 – August 15 (NO CLASS ON AUGUST 22)

\$35 Members / \$45 Non-Members

Instructor: Melissa Stout

Learn a gentle form of yoga while sitting in a chair. Benefits include improved flexibility, strength, and concentration. Yoga can also boost your mood, promote a healthy immune system and reduce stress. Chair yoga will work with all planes of motion, promoting a healthy spine and increasing range of motion. Weights are provided but you can bring your own if desired.

Chair Yoga – Virtual via Zoom

Mondays, 10 – 11 AM

July 7 – August 25

\$35 Members / \$45 Non-Members

Instructor: Melissa Stout

Learn a gentle form of yoga while sitting in a chair. Benefits include improved flexibility, strength, and concentration. Yoga can also boost your mood, promote a healthy immune system and reduce stress. Chair yoga will work with all planes of motion, promoting a healthy spine and increasing range of motion. Supplies needed: chair and hand weights. Recordings of the class are included and emailed out at the end of class.

Chair Pilates – NEW!

Tuesdays, 12 – 1 PM

July 8 – August 26

\$35 Members / \$45 Non-Members

Instructor: Shelia Earle

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

Enhance Fitness

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

July 7 – August 27

\$45 Members / \$55 Non-Members

Instructor: Shelia Earle

Developed at the University of Washington in Seattle, this class offers a safe and effective program for seniors with a wide range of physical abilities. The class encourages maintaining a healthy lifestyle and includes strength training using hand weights, low-impact aerobics, balance and stretching. Participant assessments are included on the first and last class to show progress in areas of flexibility, strength and endurance which is why it is mandatory to attend. Please contact Claire at (269) 329-4551 if you will not make it to the first or last class for your assessment.

Line Dancing

Mondays, 10:30 – 11:30 AM

July 7 – August 18

\$35 Members / \$45 Non-Members

Instructor: Debbie Snell

Come join us for a beginning from scratch line dancing class. Learn current, fun, easy dances along with the foundation steps that lead you to having lots of fun and making new friends through dancing. Besides the exercise aspect of line dancing, it is also a great form of exercise for the brain. No partner or prior experience needed.

Men's Self Defense

Mondays, 3 – 4 PM

July 7 – August 25

\$35 Members / \$45 Non-Members

Instructor: Steve Cormier

Hey guys! PZSC is offering a basic self-defense class for men only. In this class, you will learn practical self-defense techniques for effective protection from dangerous attacks using proven methods. Situational awareness will also be taught for added protection. Come join us for this 8-week series and learn to defend yourselves and loved ones from violent situations.

Parkinson's Group Exercise Series

Mondays, 1:15 – 2:15 PM

Wednesdays and Fridays, 12 – 1 PM

July 7 – August 27

NO TAI CHI ON Wednesday, JULY 30

NO SPEECH ON Friday, AUGUST 15

\$100 Members / \$112 Non-Members

Our exercise program is designed specifically for individuals who have been diagnosed with Parkinson's Disease. Our 3-day-a-week series incorporates evidence-based practices that can help improve speech, cognition, strength, and coordination. We aim to help individuals with Parkinson's Disease improve their overall well-being and quality of life. This program collaborates with Bronson Hospital, Michigan Parkinson's Foundation, Headstrong Physical Therapy, My Voice Speech Therapy, and Western Michigan University. To register, please call us at (269) 329-4555.

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

July 7 – August 25

\$55 Members / \$65 Non-Members

Instructor: Ed Kehoe

The benefits of Qigong practice can be summarized with the words balance and harmony. Qigong counteracts the chronic stress and strain of daily life on the body and the mind and helps promote and maintain mental tranquility. Qigong is perhaps the most effective way to improve the circulation of blood and energy. The internal immune system receives a strong boost from the regular practice of Qigong. This routine is easy to learn and is a gentle, low impact form of exercise.

Seated Tai Chi

Thursdays, 10 – 11 AM

July 10 – August 28

\$55 Members / \$65 Non-Members

Instructor: Professor Cheng Tao

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

Tai Chi I - Beginner

Tuesdays, 9 – 10 AM

July 8 – August 26

\$55 Members / \$65 Non-Members

Instructor: Matú Kurzava

This class provides students with a guided practice, both verbally and visually, through the Eight Methods and Five Steps form, a simple and easy-to-learn intro. Drawing from all five styles, this form distills the core techniques of Tai Chi. This is an excellent place to start for beginners, or anyone interested in Tai Chi. During class, you may stand or sit.

Tai Chi II- Intermediate

Wednesdays, 10 – 11 AM

July 9 – August 27 (NO CLASS ON JULY 30)

\$55 Members / \$65 Non- Members

Instructor: Matú Kurzava

In this class, we will continue to focus on the 13-movement form, reinforcing proper structure and movements, and gradually removing verbal cues. We begin to commit movements and posture to memory so students can do the set on their own at home. We will deepen, fine tune and refine the form, to begin learning a second (Yang Style) Tai Chi set. *It is recommended to have completed Tai Chi I or have prior Tai Chi experience.

Tai Chi on Wednesday Evenings

Wednesdays, 6 – 7 PM

July 9 – August 27

\$55 Members / \$65 Non- Members

Instructor: Ed Kehoe

Tai Chi is a form of moving meditation designed to help strengthen the body from the inside out. This gentle form of exercise promotes internal health benefits and produces an overall sense of calm. Balance and Flexibility are also greatly enhanced. With a focus on keeping classes light and enjoyable, Ed creates an inviting atmosphere to entice students back after class. Often referred to as “the dance of Qigong”, Tai Chi strings together a series of continuous movements to facilitate enhance circulation throughout the entire body.

Tap Dancing on Mondays

Mondays, 3:15 – 4:30 PM

July 7 – August 25

\$35 Members / \$45 Non-Members

Instructor: Diane Barron

Let's get tapping and experience the fun! We will explore several classic tap styles such as soft shoe, military tap, waltz clog, Charleston, jazz tap, and Broadway musical tap. Our class begins with a warmup at the barre, where we learn new sounds, basic steps, and terminology. Steps are then combined to practice in-place and traveling sequences. Everything comes together when we learn choreography to the music. Tap shoes are recommended, but not required for this class. If you do not own tap shoes, please wear hard-soled shoes (leather, dress shoes). We do not recommend wearing athletic sneakers or boots.

Total Fit Fusion

Tuesdays, 12 – 1 PM

July 8 – August 26

\$35 Members / \$45 Non-Members

Instructor: Garrett McLaughlin, ATC, CSC

In this exhilarating class, we blend the best of mobility, strength, agility, and cardiovascular training. You will be guided through a challenging, yet unconventional workout to take your health & everyday performance to the next level. From mobility and locomotion drills to agility, hand-eye coordination, and core strengthening, we leave no stone unturned to help unleash your inner athlete. This class is welcome to all levels of fitness, but please note that you must be able to move up & down onto the mat unassisted.

Yoga on Tuesdays

Tuesdays, 12 – 1:15 PM

July 8 – August 26

\$55 Members / \$65 Non-Members

Instructor: Christine Peckels

This very gentle introduction to Yoga welcomes you to explore the strength of your body, mind and spirit. Practice breathing techniques, stretching, balance and stability poses. Gentle movements increase peacefulness, life purpose, self-reliance and gratitude. Yoga can also help minimize severity of physical symptoms such as sleep disturbance, pain, and an inability to concentrate. Any age is the perfect age to begin Yoga. Equipment is provided, but you are welcome to bring your own.

Summer Tai Chi Workshop

Thursdays, 9 – 10 AM

July 10 – August 28

\$55 Members / \$65 Non-Members



WESTERN MICHIGAN UNIVERSITY
Haenicke Institute
for Global Education

Join a special summer offering with visiting professor Cheng Tao at WMU, professor of Jiangsu Maritime institute. This is a standing tai chi class, but you may pull up a chair if needed. This class focuses on gentle movement, posture and mindful breathing to improve balance, strength and inner calm. This class is open to all experience levels.



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YOGA Unwind on Wednesdays

Wednesdays, 10 – 11:15 AM

July 9 – August 27

\$55 Members / \$65 Non-Members

Instructor: Patricia Plasko

Give yourself time and space for self-care and listen to your body. Exploring both active/strengthening and passive/resting postures, we will unwind moving through the layers of the body, finding more opening, lengthening and ease. The result: Flexible joints and stronger muscles for more overall freedom and energy in the body. This class is open to all levels of experience.

Zumba Gold® - TIME CHANGE!

Tuesdays, 10:45 – 11:30 AM

July 8 – August 26

\$35 Members / \$45 Non-Members

Instructor: Gretchen Pouliot



ZUMBA
gold

This class is perfect for active older adults looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The class's design introduces easy-to-follow Zumba choreography focusing on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. This class's benefits focus on all fitness elements, including cardiovascular, muscular conditioning, flexibility, and balance.

Evening Zumba Gold® - NEW!

Thursdays, 6 – 6:45 PM

July 10 – August 28

\$35 Members / \$45 Non-Members

Instructor: Gretchen Pouliot



ZUMBA
gold

This class is perfect for active older adults looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The class's design introduces easy-to-follow Zumba choreography focusing on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. This class's benefits focus on all fitness elements, including cardiovascular, muscular conditioning, flexibility, and balance.

Kalamazoo Stretch Zone

2nd Wednesday

July 9, August 13

10 AM – 2 PM

FREE

Call to schedule your 30-minute appointment at (269) 329-4555



Stretch Zone works to increase your range of motion, gradually. Utilizing our patented and proprietary equipment, Stretch Zone practitioners follow specific protocols to properly position, stabilize, and manipulate muscles using powerful principles of neuromuscular behavior. While traditional stretching methods attempt to make you more “flexible,” we work to adjust the stretch reflex. Proper stretching slows down the aging process. You can improve posture, circulation, and range of motion by experiencing our stretches!

Zen & Zest- Wine Down Yoga

Outdoors in the Courtyard

Friday, July 18

12:30 – 1:30 PM

\$10 Members / \$15 Non-Members

Price includes 1 hour yoga session and 1 alcoholic beverage

Instructor: Melissa Stout



Join us for a delightful blend of relaxation and refreshment at this “wine” down yoga class! Whether you’re a seasoned yogi or a curious beginner, this class is open for all levels, and no prior experience is necessary. The price includes a one-hour mat yoga session and one wine spritzer drink. A cash bar is available if you wish to purchase more. Join us and raise a glass to your well-being! To register, please call (269) 329 – 4555.

American Red Cross Blood Drive

Friday, August 22

12 – 6 PM

Register for appointment

by calling (269) 353-6180 or

schedule online at 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 offer an American Red Cross Blood Drive. When registering, specify the “Portage Zhang Senior Center” as your location. Walk-in appointments are also available. For any questions, contact the American Red Cross of Southwest Michigan at (269) 353-6180.

Coming Soon: Virtual Reality at the PZSC!

Get ready to experience the world like never before—Virtual Reality (VR) is coming to the Portage Zhang Senior Center!

With our new VR programming, you'll soon be able to:



- Take virtual tours of world-famous landmarks
- Relax on a serene tropical beach
- Enjoy guided meditation and light exercise
- Revisit cherished memories—or discover something entirely new

VR is safe, user-friendly, and—best of all—fun! Our friendly staff will be on hand to help you get started and make the most of every experience.

Beyond the excitement, VR offers real health benefits:

Virtual reality can reduce feelings of loneliness and anxiety, boost mood, and enhance cognitive function. Light movement activities promote physical wellness, while relaxation sessions support better sleep and stress relief. Plus, immersive experiences like virtual travel and games can help keep your memory sharp and your mind engaged.

Stay tuned for program dates and sign-up details.

A new way to explore, relax, and connect is just around the corner!

Bingocize



Mondays and Wednesdays

August 11 – October 15

1 PM – 2 PM

FREE

Call to register (269) 329-4555

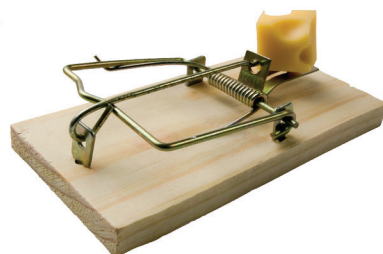
Bingocize® is a 10-week, evidence-based health promotion program approved by SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of bingo, which is a great and fun way to get seniors moving and socializing. It's meant to be played twice a week on nonconsecutive days. Each session usually lasts 45-60 minutes. We have various “curriculum” workshops such as Exercise Only, Falls Prevention, and Nutrition.

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

Mind Over Matter Workshop

Fridays, 10 AM – 12 PM

July 11, 25 and August 8

(3 Session Class)

FREE - Senior Women Only



wiha

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.**

Armor Physical Therapy Free Screens

2nd Wednesday, July 9, August 13

2 – 3 PM

FREE

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



- FREE 15-minute screen to assess injuries/condition to determine next step in care and recovery.
- May be acute (sudden/short-term) injury or chronic (long-term/on-going) injury/condition.
- Performed only by a licensed Physical Therapist.
- Will be offered on-site, but available to schedule at any Armor Physical Therapy location if not able to make it during designated time. Still free. Just call to schedule.
- If necessary, the Physical Therapist can communicate with Primary Care Provider or Specialist for treatment options to ensure an optimal plan of care.

Foot Consultations

1st and 3rd Tuesday

August 19, September 2, 16

9 – 11 AM

FREE

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



Dr. Deming will be present for foot care clinics on alternate weeks to offer personal consultation on your foot and ankle pain. The clinics will allow for evaluation and consultation with recommendations, advice and education to diagnose and address your concerns. Should you require further treatment, Dr. Deming can help facilitate follow up care and fast-track your treatment plan either at his personal clinic or elsewhere as required.

***Disclaimer** - These clinics will not offer palliative nail and callus treatment. Dr. Deming can schedule or facilitate follow-up procedures for specific types of nail and callus concerns that he treats in his private clinic.

Retired? Volunteer!



We need you, and so do others!

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As an AmeriCorps Seniors grantee, Milestone Senior Services connects people who are 55 and older to volunteer opportunities throughout Kalamazoo & Calhoun counties.

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



AmeriCorps
Seniors



(269) 382-0515 x180
MilestoneSeniorServices.org



Kitchen-Made Remedies: How Herbs Support the Physiology



Herbs for Stress Management

Thursday, July 10

12 - 1 PM

\$10 Members / \$15 Non-Members

Instructor: Melissa Stout

It is estimated that 75 – 90% of all diseases are rooted in stress. Heightened states of stress lead to increased inflammation, and inflammation is the root of most chronic diseases. Stress can manifest in symptoms such as unexplainable aches and pains, exhaustion, muscle tension, slowed digestion, trouble sleeping, anxiety, depression and generalized irritability. In this workshop, we will talk about using herbs to support the body's stress response. You will leave with a make and take roller bottle of stress reducing oils as well as other herbal recipes. To register, please call (269) 329-4555.

Herbs for Heart Health

Thursday, July 17

12 - 1 PM

\$10 Members / \$15 Non-Members

Instructor: Melissa Stout

Come learn how herbal remedies support the cardiovascular system. We will discuss the role genetics play in heart health as well as how daily habits like food choices, sleep, and stress management affect the heart. We will discuss high blood pressure and high cholesterol, as well as modifications in diet and herbal supplementation to support overall health and wellbeing. We will make an herbal tea to support heart health that you can take home. NOTE: This workshop does not replace advice from a doctor or cardiac prescriptions. Always check with your doctor or pharmacist before beginning an herbal protocol. To register, please call (269) 329-4555.

Herbs for Gut Health

Thursday, July 24

12 - 1 PM

\$10 Members / \$15 Non-Members

Instructor: Melissa Stout

A balanced gut is the root of good health. In this workshop, we will explore how the microbiome plays a role in our health and your well being. We will make a homemade tea to help reduce naturally occurring toxins in the body. To register, please call (269) 329-4555.

Herbs for Balancing Blood Sugar

Thursday, July 31

12 - 1 PM

\$10 Members / \$15 Non-Members

Instructor: Melissa Stout

In this workshop, we will discuss the role of stress, sleep, exercise and food choices in regard to blood sugar. We will talk about herbal support that we can use to help keep blood sugar at a healthy level, and we will make a tea for you to take home! NOTE: This workshop does not replace advice from a doctor or blood prescriptions. Always check with your doctor or pharmacist before beginning an herbal protocol. To register, please call (269) 329-4555.

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 6 organizations which offer 34 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.

Fun Walks

Wednesday,
10 AM – 12 PM

July 16 & August 20

FREE - Call to register at (269) 329-4555



July- Walkers will meet at the west parking lot of the Celery Flats Area on Garden Lane. We will proceed east toward Lovers Lane & cross to the new East Central Trail. The round-trip walk is approximately 2.5 miles. Restrooms are available at the Celery Flats Interpretive Center & Pavilion. Walkers should plan sunscreen and hydration because the trail is mostly unshaded. It's a paved surface, however.

We will begin gathering at 10 AM and start the walk at 10:15 AM.

August- Walkers will meet at the Portage Creek Bicentennial Park on Milham Avenue, south parking lot. We will proceed south toward the Celery Flats Area. The walk can be as long as 3 miles round trip, or shorter/longer based on a walker's preference & ability. This is a paved, mostly shaded walk. Restrooms are available at the Bicentennial Park and the Celery Flats Pavilion.

We will begin gathering at 10 AM and start the walk at 10:15 AM.

Massage Therapy

Do you hold tension in your shoulders? Do you suffer from headaches or occasionally get a stiff neck? Massage can help alleviate muscle pain, increase joint flexibility, and reduce swelling. Come and experience the benefits of massage at the PZSC. Appointments are \$60 for a half-hour session or \$90 for a one-hour session. Payments are made directly to our licensed massage therapists in cash, check, or credit card.

Massage with Matu

Thursdays, 9 AM – 2 PM

July 3, 10, 17, 24, 31 and August 7, 14, 21, 28

Appointments are required;

please call Matu at (269) 491- 9494

Massage with Pat

Mondays, 10 AM – 5 PM

August 4, 25

Appointments are required;

please call Pat at (269) 779-1848

Joy on Life's Journey: Your Story Reimagined

Friday, July 25

11 AM – 12:30 PM

FREE

Presented by: Marvinetta Penn, Joy Community
Practitioner

Start your next joy-filled chapter today. Join us for an uplifting workshop designed for people like you- those seeking deeper meaning, work/life balance and more joy in their lives. We will share stories and provide the information, tools, and support needed to re-imagine your story and start living a new, fulfilling chapter. The stories we carry from childhood created our now and will determine our tomorrow. We can change negative narratives, that self-talk running constantly in our minds. Let's write new stories rooted in possibilities, not limits; in choice, not duty; in love, not fear. To register, please call (269) 329-4555.



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jjjaeck@mydistinguishedhome.com
or call (269) 685-6858

Thursday, July 17th
5:00 PM – 6:30PM
Portage Zhang Senior Center
203 E Centre Ave, Portage, MI 49002

EVENT
DETAILS

ThinkFirst to Prevent Falls

Thursday, July 10 or August 28

1 - 3:30 PM

FREE

ThinkFirst to Prevent Falls is a free two-hour presentation on the basics of fall prevention for older adults. Topics covered include fear of falling, safety inside the home, community safety, exercise and many more. Participants are given resources for more extensive classes, exercise classes and other supporting programs to take advantage of in their community. This program is generously provided through Bronson Methodist Hospital. To register, please call (269) 329-4555.

ThinkFirst!
To Prevent Falls



Blood Pressure Clinic

2nd and 4th Tuesdays

July 8, 22, August 12, 26

10 AM – 12 PM

FREE, Open to the Public

No Appointment Necessary

Absolute Home Care and Medical Staffing generously offers Blood Pressure Clinics in the Wellness Room at the PZSC. Anyone is welcome! Please call (269) 329-4555 to schedule your specific day/time slot.



Memory Café

2nd Wednesday, July 9, August 13

10 – 11:30 AM

FREE, Open to the Public

Facilitator: Heather Renter, PhD,

Memory Care Learning Center

A memory cafe is a program designed to bring together individuals with memory loss and their care partners to socialize, share experiences, and engage in activities that promote cognitive function. The cafe provides a safe and supportive environment where participants can connect with others facing similar challenges. Activities may include arts and crafts, music and singing, games, and storytelling. The goal of the memory cafe is to improve socialization, reduce isolation, and promote overall well-being for individuals with memory loss and their caregivers. The program is in partnership with the Memory Care Learning Center and will be facilitated by trained staff and volunteers. Space is limited. Registration is required. To register, call (269) 329-4555.



Area Agency on Aging IIIA

1st Wednesday, July 2, August 6

9 AM – 12 PM

FREE, Open to the Public

No Appointment Necessary

A representative from the Kalamazoo County Area Agency on Aging IIIA Office will be onsite monthly to meet with anyone who might need information, referrals or assistance for aging at home. The AAAIIIA is a unit of the Kalamazoo County Health and Community Services Department, under the oversight of the Aging and Adult Services Agency of Michigan Department of Health & Human Services. Their focus is on helping individuals aged 60 and over to live independently, with dignity, in their homes. Emphasis is placed on individuals with the greatest economic or social need, however, they welcome anyone to contact them with questions concerning aging issues.



Hearing Screening

3rd Wednesday, July 16, August 20

9 AM – 12 PM

FREE

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

In partnership with Hearing Specialists of Kalamazoo

Dr. Jim Cole, a licensed audiologist from the Hearing Specialists of Kalamazoo, will be at the PZSC every third Wednesday of the month providing hearing screenings, examination of the ear canal and ear drum, hearing aid cleaning, checks & minor repairs, and hearing/ tinnitus/ hearing aid education; all at no charge.



Medicare/Medicaid Assistance Program (MMA) One-on-One

2nd Monday, July 14, August 11

12:30 – 4:30 PM

Pre-registration for 45-minute appointments is required!

Choose Virtual via Zoom, phone, or in-person at PZSC

FREE, Open to the Public

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

Veterans Services Navigator

2nd Thursday, July 10, August 14

10 AM – 12 PM

4th Tuesday, July 22, August 26

12 – 2 PM

FREE, No Appointment Necessary



A representative from the Kalamazoo County Veterans Service Office will be onsite monthly to meet with Veterans who need assistance. They will be able to help with the following:

- help veterans navigate the VA Healthcare System
- help veterans find emergency financial assistance, working with SCCS, DHHS, and the Kalamazoo County Veterans Service Office
- help veterans file for benefit assistance Who is eligible?
- A service member of any branch of the Armed Forces who has served other than dishonorably — DD-214 required or other discharge documents are required
- An active-duty service member
- A member of the Reserves or National Guard
- A surviving spouse or child of a deceased veteran

Dementia Support Group

2nd Tuesday, July 8, August 12

6 – 8 PM

FREE, Open to the Public

This drop-in support group is a safe place to learn, offer and receive helpful tips, and meet others coping with Alzheimer's or another dementia. Participation can be an empowering experience, helping members feel better prepared to cope with their unique situation. Support group members are typically the spouse, adult child, other family member, or friend of someone with dementia. Care Partners report feeling less alone, more able to confront their daily problems, and more hopeful about their future. For additional information about Alzheimer's and related dementias, you may contact the National Institute on aging at (800) 438-4380 or www.nia.nih.gov/alzheimers

Grief Support Group - Death of a Spouse or Partner

Mondays, September 8, 15, 22, 29

(4-Week Series)

10:30 AM – 12 PM

FREE, Open to the Public

Facilitated by Mary Beckley-Clark, MSW, Grief Support Counselor



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Expert care, **centered on you.**

This four-week series is for anyone mourning the death of a spouse or significant other. It provides an opportunity to learn how to cope with grief and begin the process of healing in a small group setting. Led by a licensed grief support counselor, Centrica Care Navigators

is partnering with the Portage Zhang Senior Center to provide a comfortable and accepting environment where you'll find support and meet other men who are making a similar journey. Space is limited. To register, please call (269) 329-4555.

EST.  1982

Volunteers Needed

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➡ Jillian@kzoof.org ⬅
or 269-488-2617 ext. 209



Meals & Entertainment Calendar of Events

7/10	Summer Lunch "Out"
7/10	Monkey Business Bingo
7/16	Movie – The Unbreakable Boy
7/17	Concert – Strumble Head
7/23	Airway Lanes Bowling
7/24	Concert - KSO String Quartet
7/29	Portage Public Safety Showcase
7/30	Portage Public Safety Showcase
7/31	Musical Bingo
8/6	Karaoke
8/14	Bell's Brewery Tour
8/14	Monkey Business Bingo
8/20	Movie – Friendship
8/21	Concert – The Iconix
8/28	Trivia Night
9/19	New Member Meet & Eat

OFFSITE EVENT

Bell's Brewery Tour – Taste the History

Thursday, August 14
11:00 AM Depart the PZSC
2 PM Return to the PZSC
\$35 Members / Non-Members

Hop on board the PZSC minibus for a behind-the-scenes look at one of Michigan's most iconic breweries—Bell's Brewing! From its humble beginnings in the 1980s to becoming a beloved name in craft beer across the country, Bell's has been on one wild, hop-filled ride. Now's your chance to experience it for yourself!

This special tour takes you through Bell's original downtown Kalamazoo facility, where you'll dive into the brewery's rich history, see where the magic happens, and—best of all—sample some of their legendary brews.

And yes, the samples are on the house!

But that's not all—**every participant will walk away with a Bell's t-shirt** to commemorate the adventure. After the tour, we'll head over to Bell's Eccentric Café to enjoy lunch together (meal cost not included in ticket price), with plenty of time to soak in the atmosphere and maybe try another pint or two! Closed toed shoes are required. Spots are very limited; call (269) 329-4555 to register.



OFFSITE EVENT

Bowling Bash at Airway Lanes!

Wednesday, July 23
1:30 PM Depart the PZSC
4:15 PM Return to the PZSC
\$25 Members / \$30 Non-Members



Strike up some fun with our all-inclusive bowling outing at Airway Lanes! Enjoy two hours of bowling, shoe rental, and a tasty spread of chips, dip, pizza, and pop—all included in the price. We'll take care of the ride, too, with round-trip minibus transportation to and from the alley, so you can focus on knocking down pins and having a blast. Whether you're a seasoned bowler or just in it for the snacks and laughs, this laid-back outing promises a great time for everyone. Bring your friends or just yourself but don't miss out—grab your spot today! Please call (269) 329-4555 to register.

Musical Bingo

Thursday, July 31
4 – 6 PM
\$10 Member / Non-Member
Open to the Public



Get ready to put your music knowledge to the test and have a blast at our upcoming Musical Bingo event! This isn't your grandma's bingo—hits replace numbers and memories await! Dance to tunes across all eras as our DJ spins and mark your cards with every matching song. Compete for fantastic prizes in a lively atmosphere, promising laughter and friendly competition. Whether you're a music guru or just in for a good time, this unique twist on classic bingo is sure to deliver an unforgettable experience. Gather your friends, ready your musical senses, and let the games begin! Light snacks and water provided. Cash bar and pop available for purchase. Call (269) 329-4555 to register.

Karaoke – Flower Power!

Wednesday, August 6
4 – 6 PM
\$10 Member / Non-Member
Open to the Public



Get ready to sing your heart out at our Flower Power Karaoke Night! Step into a time machine and groove back to the swinging '60s and far-out '70s, where peace, love, and music ruled the scene. Dress in your grooviest bell bottoms, tie-dye shirts, and psychedelic prints as we transform the night into a colorful celebration of retro vibes. From rock 'n' roll classics to soulful anthems and disco hits, grab the mic and channel your inner star. Whether you're a seasoned performer or just feelin' groovy, it's all about good vibes and great tunes. Peace, love, and karaoke, baby! *Dressing up is not required just encouraged. Light snacks and water provided. Cash bar and pop available for purchase. Call (269) 329-4555 to register.

NEW EVENT - Trivia Night

Thursday, August 28

4 – 6 PM

\$10 Member / Non-Member

Open to the Public



Join us for a fun and laid-back Trivia Night where it's all about good times and friendly competition! Whether you bring a crew or come solo, everyone's welcome—no team required. Test your knowledge across a mix of categories, from pop culture and history to random facts you didn't know you knew. It's the perfect chance to challenge your brain, meet new people, and maybe even win a prize or two. Come for the trivia, stay for the fun! Light snacks and water provided. Cash bar and pop available for purchase. Call (269) 329-4555 to register.

Outdoor Concert Series

Concerts in the Courtyard

Strumble Head

Thursday, July 17

4 – 6 PM

\$10 Member / Non-Member

Open to the Public



Kick back and soak up the sunshine with the feel-good sounds of Strumble Head! This West Michigan cover band brings the hits of the '60s, '70s, and '80s to life with tight harmonies, top-tier musicianship, and a vibe that's been called "just like the radio"—only better! From rock anthems to sing-along favorites, their high-energy performance is the perfect way to spend a summer afternoon. Whether you're up dancing or tapping your toes from a lawn chair, Strumble Head will have you smiling, singing, and loving every minute. Bring your friends, grab a cold drink, and let the good times roll! Pop, water, and a cash bar will be available for purchase. Please call (269) 329-4555 to register.

Concerts in the Courtyard

The Iconix

Thursday, August 21

4 – 6 PM

\$10 Member / Non-Member

Open to the Public



The Iconix is a dynamic 6-piece band that breathes new life into classic iconic hits, from Motown and R&B to yacht rock and pop. Their setlist features favorite hits from legendary artists, bridging the gap between generations and ensuring a night of pure musical enjoyment. This talented ensemble boasts a lineup of seasoned musicians, well-known throughout West Michigan, each with a deep connection to the songs they perform. The Iconix's commitment to capturing the essence of each song keeps audiences singing and dancing along. Pop, water, and a cash bar will be available for purchase. Please call (269) 329-4555 to register.

Bonus Concert!!!

KSO String Quartet -

Thursday, July 24

2 – 4 PM

\$5 Open to the Public



Join us for a special "bonus" summer concert featuring the Kalamazoo Symphony Orchestra String Quartet, held indoors at the Portage Zhang Senior Center. Open to the public, this event offers a refreshing and intimate musical experience, perfect for a summer afternoon. Enjoy a beautiful selection of pieces performed by some of the Symphony's finest musicians. Whether you're a longtime fan or new to chamber music, this is a wonderful opportunity to hear the KSO String Quartet up close in a relaxed and welcoming setting. All are welcome! Registration is required by calling (269) 329-4555.



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New Member Meet & Eat

Friday, September 19
9 – 10:30 AM
FREE

STORYPOINT
Senior Living

The PZSC Meet & Eat event is an excellent opportunity for anyone who has recently become a member of the Portage Zhang Senior Center or is considering joining. The event is designed to help you get to know the Center better and introduce you to the diverse programs and events that are scheduled throughout the year. During the event, you will be treated to a complimentary light breakfast while we provide you with an overview of all the PZSC has to offer. You will learn about the different programs and events tailored to the interests and needs of our members. This event is made possible by the generous support of StoryPoint Portage and Kalamazoo. To reserve your spot, please call (269) 329-4555. We can't wait to see you there!

Feature Presentation Series

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

July 16

The Unbreakable Boy (PG)

When Scott and Teresa learn that their son, Austin, is autistic and has brittle bone disease, they initially worry about his future. However, with Scott's growing faith and Austin's incredible spirit, they become unbreakable as they find joy, gratitude and courage in the most trying times.



August 20

Friendship (R)

Suburban dad Craig falls hard for his charismatic new neighbor, but Craig's attempts to make an adult male friend threaten to ruin both of their lives.

Please call (269) 329-4555 to register.



Monkey Business Bingo

2nd Thursday, July 10, August 14
2:30 – 4:30 PM
\$5 Members / Non-Members



Join us at the PZSC for an exciting round of Bingo! Get ready to have a blast with this lighthearted game that adds a touch of friendly rivalry and a sprinkle of good fortune! Plus, we've got delicious refreshments and snacks waiting for you. A big thank you to Absolute Homecare and Medical Staffing for making this event possible. To sign up, give us a call at (269) 329-4555.

Veterans Group Lunch

2nd Thursday
(NO LUNCHEONS JULY / AUGUST)
12 – 1:30 PM

The Portage Zhang Senior Center Veterans Group meets monthly.* This luncheon provides an opportunity for veterans to enjoy fellowship, discussion, and, on occasion, a guest speaker. All Veterans and spouses of Veterans are welcome to join us for our monthly group. All ages are welcome. You do not need to be a resident of Portage or a member of the PZSC to attend. *There will not be Veterans luncheons January, July and August. Registration is required by calling (269) 329-4555.

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Presentations & Education Calendar of Events

7/9	KVCC Food Innovation Center – Gardening for Wildlife
7/14	Mustang Monday
7/15	Beginner Spanish
7/16	KVCC Food Innovation Center – Made in the Shade
7/16	Coffee with a Cop
7/22	Beginner Spanish
7/23	Presentation – La Ultra: The High Marathon
7/28	Mustang Monday
7/29	Beginner Spanish
7/30	Presentation – All New Weekend Escapes
8/5	KVCC Food Innovation Center – Home Landscape Design
8/5	Beginner Spanish
8/5	Coffee with a Fire Division Chief
8/11	Mustang Monday
8/12	KVCC Food Innovation Center – Home Landscape Design
8/12	Beginner Spanish
8/13	Presentation – The Stories Behind the Hit Songs: 1957-67
8/19	KVCC Food Innovation Center – Home Landscape Design
8/19	Beginner Spanish
8/20	Coffee with a Cop
8/25	Mustang Monday
9/5	Coffee with State Rep Matt Longjohn
9/18	Secretary of State Mobile Office

OFFSITE EDUCATION CLASS KVCC Food Innovation Center – Gardening for Wildlife

Wednesday, July 9
1:30 PM Depart PZSC
4:30 PM Return to PZSC
\$25 Members /
\$30 Non-Members



This program supported by the
BHADRA FULCHAND SHAH, MD
ARTS AND CULTURE FUND

In this course participants will learn about the necessary role native plants play in creating local ecosystems and how to garden for wildlife in a space of any size. Participants will be introduced to common native trees, grasses, and flowers, and discuss how to incorporate these plants into their gardening practices. Participants will learn different germination methods for seed starting and make their own kit to take home. This reduced cost class is possible thanks to the Bhadra Fulchand Shah, MD Arts & Culture Fund. Please call (269) 329-4555 to register.

Beginner Spanish - Spanish for Survival

6 – Week Series
Tuesdays, July 15 – August 19
3 – 5 PM



\$50 Members / \$60 Non-Members
Instructed by Ursula Mayr

Hola, amigos! Ready to start your Spanish adventure?

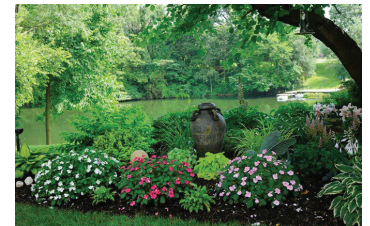
Beginning Spanish is your ticket to a fun, low-pressure language adventure! We'll start with the basics—introductions, pronunciation, and the alphabet—then move on to useful real-life topics like ordering food and drinks, making plans, traveling, getting around, and booking places to stay.

Each week you'll also have the chance to practice your new skills outside of class by interviewing a special guest—an experience that promises to be fun, a little challenging, super educational, and a great way to see the world from a new perspective (don't worry—it's optional but highly encouraged!).

So come along for the ride! Whether you're ready to study hard or just want to coast and soak it all in, this class is designed to be the language adventure of a lifetime! To register, please call (269) 329-4555.

OFFSITE EDUCATION CLASS KVCC Food Innovation Center – Made in the Shade

Wednesday, July 16
1:30 PM Depart PZSC
4:30 PM Return to PZSC
\$20 Members /
\$25 Non-Members



This program supported by the
BHADRA FULCHAND SHAH, MD
ARTS AND CULTURE FUND

Shade is increasingly valuable in our warming climate for keeping cool. Yet many people think they need to remove their shade cover in order to have a beautiful garden. In this two-hour session, we will highlight native and introduced plants that thrive in the shade, as well as design principles that can guide the creation of your space. This reduced cost class is possible thanks to the Bhadra Fulchand Shah, MD Arts & Culture Fund. Please call (269) 329-4555 to register.

La Ultra: The High Ultramarathon

Wednesday, July 23

2 – 4 PM

\$3 Members / \$5 Non-Members

Presented by: Robert Weir



Athletes, both professional and amateur, push their bodies to the outer limits of strength, speed, and endurance in order to excel. Among those who push themselves the most are ultramarathon runners, covering a distance of 50 or more miles in a limited timeframe under extreme conditions. The ultimate ultramarathon is Le Ultra – aka The High: 222 kilometers (138 miles), 72 hours, in the Himalaya Mountains at elevations up to 17,500 feet, organized by an Indian sports medicine physician in Delhi. Author and presenter Robert Weir was there for the inaugural running of this endurance event in 2010. He was captain of the support team for Molly Sheridan, a 50-year-old ultramarathon competitor who lives in Las Vegas, Nevada, and also runs in the heat of Death Valley. Robert will reveal the fortuitous circumstances that led to him meeting Molly on one of her daily 13-mile practice runs, her invitation for him to captain her support team, and the grueling trials of Le Ultra ... as well as the beauty and majesty of the Himalayas and people who live there. To register please call (269) 329-4555.

OFFSITE EDUCATION KVCC Food Innovation Center - Home Landscape Design

3 - Week Series

Tuesdays, August 5 – 19

1:30 PM Depart PZSC

4:30 PM Return to PZSC

\$40 Members /

\$50 Non-Members



This program supported by the
BHADRA FULCHAND SHAH, MD
ARTS AND CULTURE FUND

This three-session introductory level landscaping course will help participants design, install and maintain landscaping and gardens for various needs and spaces. By selecting plants that match local climate, soil, and light exposure, participants will gain insight on how to plan and implement low maintenance gardens. One of the sessions will be at a local nursery, where participants will have the opportunity to view plants for the right design, right place, color and texture, and discuss what may fit best in their specific landscapes. This reduced cost class is possible thanks to the Bhadra Fulchand Shah, MD Arts & Culture Fund. Please call (269) 329-4555 to register.

All New Weekend Escapes

Wednesday, July 30

2 – 4 PM

\$3 Members / \$5 Non-Members

Presented by: Steve Ellis

Join Steve Ellis, publisher of Spark Magazine, for a lively and inspiring photographic presentation! With over 50 years of experience exploring Michigan and its neighboring states, Steve has uncovered countless unique and off-the-beaten-path destinations. Get inspired for your next adventure with fresh ideas for unforgettable summer trips! Please call (269) 329-4555 to register.

The Stories Behind the Hits Songs: 1957-67

Wednesday, August 13

2 – 4 PM

\$3 Members / \$5 Non-Members

Presented by: Randy Schau

Every hit song has a backstory: how it was written, how the artist was chosen to sing it, how quickly it gained success, etc. This presentation will focus on about 15 songs and how they came to be, from Elvis and Rickey to the Chiffons, the Beach Boys and the Beatles. The telling of their stories will touch on still other songs. And, to test musical memories, there will be quizzes about yet other songs. In total the music from 35 different tunes will be played. *Note: a similar class was presented in 2022; this version has an entirely different set of songs. To register, please call (269) 329-4555.

Michigan Secretary of State Mobile Office

Thursday, September 18

10 AM – 3 PM

The Secretary of State Mobile Office is coming back to the Portage Zhang Senior Center! This convenient mobile office can help you with all sorts of transactions, like getting your State ID, taking care of driver and vehicle services, renewing your license plates, and registering to vote. If you're looking for a quick and friendly experience, we'd love for you to schedule an appointment with us! Just give the Portage Zhang Senior Center a call at (269) 329-4555 to book your spot. We can't wait to see you!



Coffee with a Cop

3rd Wednesday, July 16, August 20

10 AM – 12 PM

FREE, Open to the Public

If you've attended Coffee with the Fire Chief, you know how valuable these casual community meetups can be. Now, we're excited to offer an opportunity to connect with local law enforcement through Coffee with a Cop! This is your chance to engage with the officers who serve our community. Whether you're interested in learning more about the latest policing strategies, discussing safety concerns, or simply meeting the officers in your neighborhood, we encourage you to join us for an open, informal conversation over a cup of coffee. We're eager to hear your questions, share insights about our community's safety initiatives, and strengthen our partnership with you. Don't miss this great opportunity to connect! To register, please call (269) 329-4555.

Coffee with a Fire Division Chief

Tuesday, August 5

9:30 – 10:30 AM

FREE, Open to the Public

Understanding your local emergency response system is essential, and there's no better way to do that than by connecting directly with the people who keep our community safe. We're excited to offer you a unique chance to sit down with one of the fire division chiefs from Portage Public Safety—over a cup of coffee! This informal session is the perfect opportunity to ask questions, share concerns, and learn more about the vital work of our Fire and EMS services. Don't miss out on this valuable chance to engage with your local first responders, gain insights into their critical roles, and strengthen the bond between our community and the heroes who serve us. Call (269) 329-4555 to reserve your spot.

Coffee with State Representative Matt Longjohn

Friday, September 5

10:30 AM – 12 PM

FREE, Open to the Public

Representative Matt Longjohn will be on site to speak with citizens over a cup of coffee. No agenda, just a chance to ask questions, voice concerns, and get to know more about what legislators are working on at the state level. To register for the session, please call (269) 329-4555.

Mustang Monday Tech Support

Mondays, July 14, 28, August 11, 25

3:15 - 4:45 PM

Register for Time Slots

FREE



In the time it takes to watch a television commercial, technology can leap ahead, leaving most of us in the dust. For those of us who watched an entire program, we need some help getting back on the technology track! Want to learn how to text? Can't figure out how to download an app onto your tablet? Did you open something only to find it attached to your device like an electronic leech? There is help! Every other Monday, Technology can leap ahead in the time it takes to watch a television commercial, student volunteers from Portage Central High School (The "Mustangs") will be available at the PZSC Café to assist you in becoming proficient with your electronic device. Please call (269) 329-4555 to register for your time slot.

Great Decisions 2025

2nd and 4th Monday OR Wednesday

2 – 4 PM

\$30 Member / \$40 Non-member

Facilitated by: Karl Hokenmaier

The PZSC is proud to continue offering America's largest world affairs discussion program: Great Decisions, an eight-part curriculum created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to catalyze developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. This popular program involves reading the Great Decisions briefing book, watching a DVD, and discussing the issues in a small group with other PZSC members. Maximum of 20 Participants per session. To register, please call (269) 329-4555.

Current Events Discussion Group

1st and 3rd Monday, July 7, 21, August 4, 18

2 – 4 PM

FREE

Facilitated by: Karl Hokenmaier

Come and discover an opportunity to pause and reflect on the news cycle. Join the discussion on local, national, international, and global current events. Participants will discuss their views and analyses arrived at from wide reading and often personal and professional experiences. Respectful discussion on what's going on in the community, the city, the state, and the country. Discussion topics will be determined by participants. To register, please call (269) 329-4555.

OFFSITE EDUCATION CLASS KVCC Food Innovation Center – Make Your Own Herbal Tea Mix

Monday, August 4
9:30 AM Depart PZSC
12:30 PM Return to PZSC
\$25 Members /
\$30 Non-Members

Herbal tea is one of the most beloved beverages around the world. In this class, you will learn about the benefits of drinking herbal teas, the art of making your own tea blends and you will have an opportunity to taste a variety of herbal teas grown at the Food Innovation Center. This reduced cost class is possible thanks to the Bhadra Fulchand Shah, MD Arts & Culture Fund. Please call (269) 329-4555 to register.



This program supported by the
BHADRA FULCHAND SHAH, MD
ARTS AND CULTURE FUND

Shake It Up: DIY Salad Dressings

Tuesday, July 29 OR Tuesday, August 19
\$20 Members / \$25 Non-Members
Instructed by: Dan Cunningham

Tired of the same old bottled dressing? Join Dan Cunningham – The Organizer Man – for a flavorful class on making fresh, delicious salad dressings from scratch. You'll learn to whip up classic vinaigrettes, creamy favorites, and bold flavor bombs using everyday ingredients. We'll cover how to balance sweet, sour, salty, and bold flavors—and you'll leave with a recipe for every craving (plus bonus uses beyond salad). Get ready to shake, stir, blend, and taste your way to better greens! Call (269) 329-4555 to register.

Muffin Pan Magic

Tuesday, July 22 OR Tuesday, August 12
\$20 Members / \$25 Non-Members
Instructed by: Dan Cunningham

Think muffin tins are just for muffins? Think again! In this fun, hands-on class, Dan Cunningham—The Organizer Man—will show you how to turn your muffin pan into a go-to tool for bite-sized meals, clever snacks, and mini desserts. From savory pot pies to lasagna cups and taco bites, you'll learn simple, flavorful recipes that are easy to make, freeze, and serve. No muffins allowed! Call (269) 329-4555 to register.



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Arts & Crafts Calendar of Events

7/7	Kiln Fused Coaster Set
7/8	Wine & Whimsy – Adult Fairy Gardens
7/15	Ceramic Bird Feeder: Session 1
7/17	Beginner Guitar
7/24	Beginner Guitar
7/29	Ceramic Bird Feeder: Session 2
7/31	Beginner Guitar
8/7	Beginner Guitar
8/12	Ceramic Wall/Window Hanging: Session 1
8/14	Beginner Guitar
8/21	Beginner Guitar
8/26	Ceramic Wall/Window Hanging: Session 2
8/28	Beginner Guitar
8/21	Ukulele
8/28	Ukulele
9/4	Ukulele
9/9	Ceramic Wall/Window Hanging: Session 2
9/11	Ukulele
9/25	Ukulele
10/2	Ukulele

Ceramic Bird Feeder – A Two-Part Creative Workshop!

Tuesdays, July 15, 29

1 – 3 PM

\$30 Members / \$35 Non-Members

Instructed by: Kimberly Barrett

Calling all nature lovers and creative spirits! In this hands-on, two-part class, you'll design and build your very own ceramic bird feeder—perfect for adding a personal touch to your garden and treating your feathered visitors in style.

Class 1: We'll roll up our sleeves and get a little muddy as you hand-build your bird feeder from clay. You'll shape, sculpt, and bring your design to life with help every step of the way. Your piece will then leave with the instructor for its first kiln firing.

Class 2: When you return, you'll get to paint your bird feeder with colorful underglazes to make it truly one-of-a-kind! After that, your masterpiece will be clear glazed, fired again, and returned to the senior center for pickup—ready to hang and enjoy.

No experience needed, just a love for creativity and a little bit of fun. All materials, tools, and firing included!

This reduced cost class is possible thanks to the Bhadra Fulchand Shah, MD Arts & Culture Fund. To register, please call (269) 329-4555. Seating is limited—reserve your spot for this artistic opportunity today!



This program supported by the
BHADRA FULCHAND SHAH, MD
ARTS AND CULTURE FUND

Wine & Whimsy – Adult Fairy Gardens

Tuesday, July 8

2:30 – 4 PM

\$35 Members / \$40 Non – Members

Facilitated by: Nicole Romo



Unleash your inner child and your green thumb at our whimsical Fairy Garden & Wine class—just for adults! Create your very own magical miniature garden in a charming container while sipping on a glass of wine and enjoying a fun, relaxed atmosphere. The class includes all the essentials: one garden container, a variety of plants, and an assortment of decorative items to bring your fairy world to life. Feel free to bring along your own special touches to personalize your garden even more! Whether you're a seasoned gardener or just looking for a creative outlet, this class is the perfect blend of playful and peaceful. Space is very limited, so gather your friends and sign up soon! Please call (269) 329-4555 to register.

NEW! Beginner's Guitar Class for Seniors - Strum, Smile, and Make Music!*

Thursdays, July 17 – August 28

2:30 – 4:30 PM

\$45 Member / \$55 Non-Member

***Guitar Not Provided**

Instructed by: Harry Minniear

Have you always wanted to play the guitar but never had the time? Or maybe you're looking for a fun, relaxing way to stay sharp and try something new? Our Beginner's Guitar Class for Seniors is the perfect place to start! This welcoming, no-pressure class is designed especially for older adults with little or no musical experience. We'll move at a comfortable pace, focusing on the basic how to hold and tune a guitar, simple chords, and easy strumming patterns. You'll learn to play familiar songs and build confidence week by week.

What to Expect:

- Step-by-step instruction in a relaxed setting
- Small class sizes for personalized attention
- Play classic, well-loved tunes
- Make new friends while learning something new

Whether you're picking up a guitar for the first time or revisiting an old hobby, you'll enjoy a supportive, social environment where making music is part of the joy. Come join us and discover how fun and rewarding guitar can be—no previous experience required! Registration Required – Please call (269) 329-4555 to register

Freehand Drawing Basics

3 – Week Series

Tuesdays & Thursdays, July 22 – August 7
10 AM – 12 PM

\$20 Members / \$25 Non-Members

Instructed by: Larry Smith



Unleash your inner artist with our exciting Freehand Drawing class! Whether you're picking up a pencil for the first time or looking to sharpen your skills, this is the perfect place for you. Dive into the basics of drawing, sketching, cartooning, and doodling in a fun and relaxed atmosphere! Each student will receive a cool drawing pad, a trusty pencil, and an illustrated lesson manual to guide your creative journey. You'll even get some fun homework assignments to keep the inspiration flowing! Your artistic adventure will be led by the talented Larry Smith – an art major, experienced freelance artist, woodcarver, and calligraphy whiz! So come on down, let your creativity soar, and make some masterpiece magic! *Drawing pad and pencils included with cost. To register please call (269) 329-4555.

OFFSITE ART CLASS Kiln Fused Glass Coaster Workshop – Set of 2!

Tuesday, August 7
1 – 3 PM

\$30 Members /
\$40 Non-Members

Instructed by:
Glass Art Kalamazoo



This program supported by the
BHADRA FULCHAND SHAH, MD
ARTS AND CULTURE FUND

Join us for a creative day out with this off-site fused glass workshop, where you'll design and create your own set of two beautiful glass coasters! No experience is necessary—just bring your creativity and Glass Art Kalamazoo will guide you through the basics of cutting, arranging, and preparing glass for the kiln-fusing process. Choose from a wide variety of colors, textures, and styles to make your coasters truly one-of-a-kind. Transportation is included! A PZSC minibus will take participants to and from the glass studio, making it easy to relax and enjoy the full experience. All materials, tools, and final firing are included in the workshop fee. Finished coasters will be ready for pickup 5–7 days at the PZSC after the class.

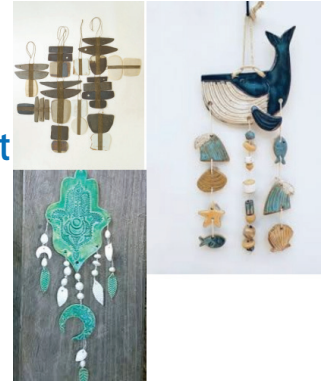
This reduced cost class is possible thanks to the Bhadra Fulchand Shah, MD Arts & Culture Fund. To register, please call (269) 329-4555. Seating is limited—reserve your spot for this fun and inspiring artistic outing today!

Ceramic Wall or Window Hanging – A Three-Part Artistic Adventure!

Tuesdays, August 12, 26, September 9
4 – 6 PM

\$35 Members /
\$40 Non – Members

Instructed by: Kimberly Barrett



Add some handmade charm to your space in this fun and creative three-part ceramic workshop where you'll design and build your very own wall or window hanging—perfect for brightening up any room with your unique style!

Class 1: Sculpting – Get hands-on with clay as you sculpt the individual pieces for your hanging. Shapes, textures, and creativity are all up to you! Whether you go abstract, nature-inspired, or totally whimsical, you'll create the parts that will later come together into your final hanging.

Class 2: Painting – After your pieces have dried and been bisque fired; you'll return to add color using vibrant underglazes. Paint your pieces however you like—earthy tones, bold brights, or soft pastels—it's your masterpiece!

Class 3: Assembly – Once your painted pieces have been clear glazed and fired, you'll bring everything together using wire and cording to assemble your final wall or window hanging. We'll walk you through techniques to connect and balance your artwork for the perfect finished piece.

This class is open to all skill levels—no experience necessary. All materials, tools, and firings are included in the class fee. Come ready to get creative, have fun, and leave with something beautiful and handmade just by you!

This reduced cost class is possible thanks to the Bhadra Fulchand Shah, MD Arts & Culture Fund. To register, please call (269) 329-4555. Seating is limited—reserve your spot for this artistic opportunity today!



This program supported by the
BHADRA FULCHAND SHAH, MD
ARTS AND CULTURE FUND

Ukulele Class All Levels

6 – Week Series

Thursdays, August 21 – October 2 (No Class 9/18)

12:30 – 2 PM

\$80 Members / \$90 Non-Members

Instructed by: Josh Holcomb

Learning a new instrument is good for your health and has many health benefits including increased eye-hand coordination, lower stress levels, improved brain function, focus, and mental clarity. Join us at the PSC for a six-week ukulele class for beginners and those who have previous ukulele experience. Learn chords, and techniques and learn to play ukulele songs. All materials, including ukuleles, will be provided for students during the class. Participants are welcome to bring their own ukulele; however, ukuleles are available for use on loan if needed. *Financial assistance is available. Please 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 ask for a \$5 donation every time you attend. For additional information or assistance, please call the Reception Desk at (269) 329-4555.

Band Rehearsal at the PZSC

1st Tuesday of the Month

Set-up at 2:30 PM, Rehearsal from 2:45 – 4:30 PM

Group Leader: David Smith

The PZSC Band rehearses once a month at the PZSC and plays at various sites around the community. The band plays music from the big band era as well as some contemporary pieces. The band welcomes you to attend rehearsals at the PZSC to listen and dance! For more information on their performance schedule, contact the Reception Desk at (269) 329-4555.

PZSC Social Golf League

States Golf Course, 20 East W Ave, Vicksburg

Thursdays, May 1- August 28

Arrive 8:30 AM/Tee Off 9 AM

PZSC One-Time League Fee: \$15

States Golf Course Fee: \$13 for green fees and \$10 cart.

Group Leader: Alta Dekema

The PZSC Social Golf League is exclusively for PZSC members. It is a mixed social golf league where you only pay for the days you play, and you never have to worry about finding a substitute player. Individuals can join the league anytime they want. If you don't have a foursome, we'll find one for you. The rate is at a senior discount and can be paid to the States Golf Course every day you play. The league fees must be paid to the PZSC Reception Desk.

PZSC Bicycle Club

Wednesdays, May – October

Group Leaders: Bob Strader and George Colyer

FREE

PZSC membership is a requirement for joining the club. Ride timings will vary depending on the date and destination. The schedule for the 2025 Bicycle Club is posted on the PZSC website (mypzsc.portagemi.gov) and is also available at the PZSC. To ensure you receive all communication regarding scheduled rides and other important updates, make sure

you've been added to the PZSC Bicycle Club email group. Please contact the reception desk at (269) 329-4555.

Book Clubs (No Meetings June – August)

Book Clubs meet monthly to discuss a book that members have collectively read. Opinions, observations and questions are shared.

Morning Group

2nd Monday

10 – 11:30 AM

Group Leader: Ann Perkins

The Morning Book Club will resume in September.

**Summer Gathering for the Morning Book Club,
12 – 2 PM at the Stuart Manor (historic home) at Celery Flats on July 14.**

Afternoon Group

1st Wednesday

2 – 3:30 PM

Group Leader: Pat Gherardi

The Afternoon Book Club will resume in September.

Cards

The PZSC has a wonderful assortment of card groups that are looking for new members and we hope you will join in on the fun. You can pick & choose the type of game that best fits your area of interest.

Sunday:	Euchre 2-5 PM
Monday:	Canasta/Hand & Foot 12:30 – 4:30 PM, Cribbage 1 – 4:30 PM
Tuesday:	Bridge 12:30 – 3:30PM
Wednesday:	Euchre 1 – 4:30 PM
Thursday:	Pinochle Single Deck 1 – 4:30 PM, Poker 1- 4:30PM
Friday:	Bridge 12:30 – 3:30PM, Pinochle Double Deck 1 – 4:30 PM

Choir (No Practices June – August)

Thursdays, 9:30 – 11:30 AM (2nd Thursdays end at 11 AM)

Choir will resume on Thursday September 4.

Group Leader: OPEN

Join the choir and sing Broadway greats, ballads, and folk songs. No Auditions. The PZSC Choir performs at local retirement and care facilities.

Chess Club and Checkers

Tuesdays, 2 – 4:30 PM

Group Leader: Ron West

Chess is a timeless game that continues to captivate new players! Our club features a master-level chess player who is an exceptional teacher, eager to help players of all skill levels—from beginners to advanced. In addition to chess, we also offer equipment for checkers, so you can enjoy that classic game as well. Whether you're here to play a friendly match or simply watch and learn, everyone is welcome to join us. Come by and discover the fun!

Chimes

Thursdays, 1 – 2:30 PM

Group Leader: Freya Lake

Attention all music enthusiasts! We would like to extend our invitation to new players to join us. No prior experience is necessary. We provide chimes, which are easy to play handheld musical instruments. Each player will be given one or two chimes that produce a single note or sound. We hope to recruit a few individuals who can handle the heavier instruments with ease. All are welcome!

Singles Friday Night Out Dinner Club

Main Street Pub, 7509 S Westnedge Ave, Portage 49002

Fridays, July 11, 25, August 8, 22

5:30 – 7:30 PM

Group Leader: Toni Mount

Looking for an exciting way to spend your Friday evening? Come join us for a fun-filled dinner with other singles in search of new friendships, companionship, and engaging conversations. A relaxed and enjoyable social environment provides the perfect setting to meet new people and make lasting connections. Don't miss out on having a great time while expanding your social circle. The cost of meals and beverages is the responsibility of attendees. To register, please call (269) 329-4555.

Reminiscence Writing - Virtual via Zoom (No Classes in July and August)

Classes Resume in September

\$30 Member / \$40 Non-member

Instructor: Wilma Kahn

Join the PZSC Reminiscence "Virtual" Writing Class to express yourself with writing about past and present experiences in the form of essays, stories, fiction, and poems. Join this fun group of people who love to write. Class leader Wilma Kahn has an MFA in Creative Writing and a DA in English. She will provide written responses to weekly writing that you can hand in via email or mail. To register, please call (269) 329-4555.

Dining Out Club

Group Leaders: Denita Demler

Enjoy a delicious meal and good company! Please call and make your reservation today by calling (269) 329-4555. Reservations must be made no later than noon the previous day.

July

Breakfast

Tuesday, July 8, 8:30 AM

Uncle Ernie's Pancake House, 4005 Portage Road, Kalamazoo MI 49001

Lunch

Thursday, July 17, 11:30 AM

Garcia's Mexican Kitchen, 10445 Shaver Road, Portage MI 49002

Dinner

Monday, July 28, 5:00 PM

Lake Burger Tavern, 6800 S. Westnedge Ave. Portage MI 49002

August

Breakfast

Tuesday, August 12, 8:30 AM

Butler's Breakfast and Lunch, 3610 S. Sprinkle Road, Kalamazoo MI 49001

Lunch

Thursday, August 21, 11:30 AM

Jac's Cekola Pizza, 7640 S. Westnedge Ave. Portage MI 49002

Dinner

Monday, August 25, 5:00 PM

Main St. Pub, 7509 S. Westnedge Ave. Portage MI 49002

Cornhole

Mondays, 12 – 1:30 PM

Group Leader: Peggy Hamlin

Otherwise known as "bags," this game can be played by people of all ages and skill levels. Singles and doubles can be played depending on the number of participants. This game is fun, free, and promotes health and fitness. See you there!

Girlfriend Hour at the PZSC

1st Thursday,

July 3, August 7, September 4

3 – 4:30 PM



Welcome to The Girlfriend Hour! Ladies, get ready for an amazing time at the PZSC! This free and fabulous group is your ticket to making new friends, sharing laughs, and having a blast! Every month, we'll dive into a fabulous new topic—think favorite recipes, cool hobbies, clever life hacks, and juicy personal growth chats. Come prepared with one awesome tip for living your best life, and let's turn up the fun! We'll have light refreshments to keep the energy high, so bring your besties or come and make some new ones. Spaces are limited—don't miss out on the fun! Call today to register at (269) 329-4555 and let's get this party started!

Ping Pong

Mondays and Thursdays, 2:30 – 4:30 PM

Group Leader: James Geishart

Ping-Pong is a lively game, yet it's playable at the pace the participants choose. Enjoy the benefits of this way of staying physically and mentally active. Singles and pairs can be played depending on the number of participants.

Wii Bowling Open Play

Tuesdays, 9:30 – 11:30 AM

Group Leader: John Rey

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

Mah-Jongg

Tuesdays, Thursdays and Fridays, 1 – 4:30 PM

Group Leader: Julia Nikitas

Similar to the Western card game rummy, Mah-jongg is a game of skill, strategy, and calculation and involves a degree of chance. If you've already learned the game, join the group on Tuesdays and Thursdays. If you're curious about the game or would like to learn more, Fridays are considered "Teaching Fridays," where you may come to watch, learn and play.

Guitar Club

Fridays, 2 – 4 PM

2nd Sunday, 2:30 – 4:30 PM

Group Leader: Carrie McKean

This is a "just for fun" club where you can meet other people interested in playing the guitar. All skill levels are welcome, but this is not for lessons. Participants must bring their own instruments.



A few members of the PZSC Guitar Club



Beginners Ping Pong Class

**Mondays and Thursdays, July 7 - July 31 and
August 4 - August 28**

4 - 5 PM

Instructor: James Geishart

Maximum of 8 per class

To register, please call (269) 329-4555

Welcome to our Beginner's Ping Pong Class! This class is designed for those just starting or looking to refine their skills in the fast-paced world of table tennis. Throughout the lessons, you'll learn and practice the five basic shots that form the foundation of the game: the forehand drive, backhand drive, forehand and backhand push, and the serve.

1. **Forehand Drive:** A powerful shot played with the front of the racket, perfect for attacking.
2. **Backhand Drive:** Like the forehand but executed with the back of the racket, crucial for controlling the ball from both sides.
3. **Forehand Push:** A controlled shot to return low balls with finesse.
4. **Backhand Push:** A softer return that helps in maintaining rally flow and setting up your next move.
5. **Serve:** A skillful way to start the point, setting the tone for each rally.

Ping pong is an excellent way to improve hand-eye coordination, as it requires quick reactions and precision to hit the small ball accurately. The fast nature of the game sharpens focus, timing, and reflexes, all while working on fine motor control.

In addition to mental focus, this sport offers a full-body workout, improving agility, balance, and endurance. Constant movement on both sides of the table strengthens your legs, core, and upper body as you shuffle, pivot, and stretch to return shots.

Whether you're playing for fun or competition, this class provides a fun and engaging way to stay active, improve coordination, and build strength, all while enjoying a dynamic sport!

Equipment is provided, or you can bring your own.

Creative Art Groups/Clubs

Are you passionate about art, crafts, or recycling? If so, you're in luck! The PZSC is the perfect place for like-minded individuals to come together and create some amazing projects. Whether you're a seasoned pro or a beginner, all groups are welcome to join and collaborate. Don't miss out on the chance to connect with fellow creators and unleash your creativity!

Open Art

Tuesdays, 9 AM – 12 PM

Beginner and accomplished artists of all mediums are welcome to come and join others to share their creativity. Did you recently attend a PZSC art class such as Beginner Watercolor or have a passion for any other art hobby? Expand your learning by coming to DIY Creativity! Bring your own supplies and enjoy!

Crafty Recyclers

Fridays, 9 AM – 12 PM

Group Leader: Felicia Orlowski

Join in on the fun of cutting and pasting used greeting cards to make new, recycled, beautiful cards. We accept all new and used greeting cards to recycle for this project, as well as supplies. Proceeds support programs and services at the PZSC. Check out the selection for sale in the PZSC Gallery.

Needlers

Thursdays, 9 AM – 12 PM

Group Leader: Patricia Woodruff

Welcome to our knitting circle! Every week, we gather in a space filled with laughter, creativity, and a shared passion for knitting. Whether you're a seasoned knitter or just picking up the needles, you'll find a supportive and friendly environment here. Our group doesn't just enjoy crafting beautiful pieces; we also come together for a purpose. Many of our creations are lovingly donated to local charities, spreading warmth and comfort to those in need. Join us to stitch, chat, and make a difference in our community!

Woodcarving

Tuesdays, 2 – 4 PM

Group Leader: Ed Healy

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

Quilting and More

Fridays, 2 – 5 PM

Group Leader: Georganne Oldenburg

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

Bag Recycling Program

1st Friday, 9 – 11:30 AM

Group Leader: Rosalie Daniels

The PZSC collects CLEAN/EMPTY paper and plastic grocery bags. This group sorts, folds and organizes the donated bags to give to various community organizations. Join others for this community building project.

FREE Senior Education Series:

"Is It Time for Your NextHome?"



Call us at:
269-220-0430

- What if I want to stay in my home? Can I do that safely?
- Is now the right time? What has changed in the housing market?
- Do I really need to move? How do I even start?
- What is my home worth? What are the tax implications?
- What kind of home & care do I need?



NextHome ONE would like to warmly welcome you to our **FREE**

6 part educational series

hosted at the Portage Zhang Senior Center

203 E Centre Ave, Portage, MI 49002

Part 1: Wednesday 06/11 at 9 - 1030 AM

Who We Are and Why We Care
Humans Over Houses
Then vs Now
Cost of Living
Market Shifts
BigPicture Q&A

Part 2: Wednesday 07/09 at 9 - 1030 AM

Preserve Your Legacy
Estate Planning
Tax Implications
Deeds / Titles

Part 3: Wednesday 08/06 at 9 - 1030 AM

Navigating Today's World
Financing Types - Loans, Bridge, HELOC, etc.
Technology
Myths vs Facts
Safety and Common Scams - Be prepared

Part 4: Wednesday 09/10 at 9 - 1030 AM

The Logistics of Moving
Selling As-Is vs after improvements
Cleaning/Organizing - What do I do with my stuff?
Floorplan Services
Utilities and Insurance
FSBO or Listing Agent

Part 5: Wednesday 10/08 at 9 - 1030 AM

The Personal Side of Moving
Should / Can I stay here? What type of home is right?
What if my health or relationship status changes?
Will this new home support me as I age?
What will my family think?

Part 6: Friday 11/14 at 9 - 1030 AM

Family Fun Day
Q & A For Family Members
Raffle Give-Aways
How can NextHome ONE Support you?
Meet Resources & Community Partners

We are not selling anything! We are providing valuable information for FREE because we care and are trying to navigate this ourselves! ADVOCATES WELCOME!

CALL US AT 269-220-0430 WITH ANY QUESTIONS! NO REGISTRATION NEEDED!

News from the Trip Office

- Contact the Travel Office at 269-324-9239 or stop by to check on availability and/or to sign up for a trip. Spots fill up quickly! Flyers and brochures are available in the Travel Office as well as on the website. It never hurts to be on the waitlist!
- When sending in or dropping off payment by check, please make the check out to: City of Portage
- The Travel Office is located at the west end of the Senior Center and is open from 8:30AM - 5PM, M - F
- Abbreviations used: M = Member Price / NM = Non-Member Price

2025 Travel

- 07/09** Four Winds Casino New Buffalo, MI \$50 M / \$60 NM
- 07/10** Lovely Lavender & Seasonal Fruit Mattawan/Paw Paw, MI \$20 M / \$25 NM (Minibus)
- 07/16** Wander & Wonder Summer Mystery \$85 M / \$95 NM
Wait List Available
- 07/29-08/01** 40 Days & Nights Ark Encounter & Concerts with Ed & Ted's Excellent Adventures pricing available in Travel Office- Call for Availability
- 7/30** Baseball & Bingo with the Whitecaps Grand Rapids, MI \$45 M / \$55 NM Includes Lunch Package (Minibus)
- 07/31** Hamilton at Devos Performance Hall Grand Rapids, MI \$150 M / \$160 NM (Minibus) Wait List Available
- 08/02** Pottawatomi Gathering Hopkins, MI \$25 M / \$30 NM (Minibus)
- 08/13** Detroit Tigers vs Chicago White Sox Chicago, IL \$125 M / \$135 NM (Includes Pre-Game Food, Drink, and Bingo)
Wait List Available
- 08/20** Detroit Tigers vs Houston Astros Detroit, MI \$100 M / NM \$110
Wait List Available
- 08/25-08/30** Wisconsin's Best- Green Bay/Milwaukee with Ed & Ted's Excellent Adventures pricing available in Travel Office- Call for Availability
- 08/27** Star of Saugatuck and Waitress at Mason Street Theatre, Saugatuck, MI \$135 M / \$145 NM (Minibus)
- 09/17** St. Joseph County Fair Centreville, MI \$30 M / \$35 NM (Minibus)
- 09/21** Detroit Tigers vs Atlanta Braves Detroit, MI \$100 M / NM \$110
Wait List Available
- 09/23** Art Prize Grand Rapids, MI \$25 M / \$30 NM (Minibus)
- 09/25** Essenhause Classic Car Cruise-in and Das Dutchman Essenhause Shishewana, IN \$40 M / \$50 NM (Minibus)
- 09/29** Chicago Gangster Tour and Architectural Boat Tour Chicago, IL \$145 M / \$155 NM Wait List Available
- 10/13-10/17** Grand Hotel Mackinac Island, MI- Wait List Available
- 10/20-10/26** The American Story: From Gettysburg to Williamsburg Ed & Ted's Excellent Adventures pricing available in Travel Office- Call for Availability
- 10/21-10/29** Treasures of Ireland with Premier World Discovery pricing available in the Travel Office-Call for Availability
- 10/22** Four Winds Casino New Buffalo, MI \$50 M / \$60 NM
- 11/04-11/06** Columbus and Dayton at A Glance with PZSC pricing available in Travel Office-Call for Availability

- 11/05-11/13** Highlights of Italy's Amalfi Coast & Rome with Premier World Discovery pricing available in the Travel Office- Call for Availability
- 12/01-12/06** Christmas in New York City with Ed & Ted's Excellent Adventures pricing available in Travel Office- Call for Availability
- 12/05-12/09** Sierra Snow Train with Premier World Discovery pricing available in the Travel Office- Call for Availability
- 12/09** A Christmas Carol at the Blue Gate Shishewana, IN \$100 M / \$110NM (Minibus)
- 12/12-12/16** Discover Spotlight on New York City Holiday with Collette pricing available in Travel Office- Call for Availability
- 12/30-01/04** Rose Parade New Year's with Premier World Discovery pricing available in Travel Office- Call for Availability
- 12/30-01/01** New Year's Eve on the River with Ed & Ted's Excellent Adventures pricing available in Travel Office- Call for Availability

2026 Travel

- 02/15-02/24** Sunny Portugal Lisbon, Alentejo, Algarve & Portuguese Riviera with Collette pricing available in Travel Office- Call for Availability
- 02/24-03/03** Ecuador & Galapagos Islands with Premier World Discovery pricing available in Travel Office- Call for Availability
- 03/08-03/13** Arizona Spring Training Explorer with Premier World Discovery pricing available in Travel Office- Call for Availability
- 03/28-04/10** Cultural Treasures of Japan with Collette pricing available in Travel Office- Call for Availability
- 04/28-05/06** Athens & The Greek Islands with Premier World Discovery pricing available in Travel Office- Call for Availability
- 05/28-06/04** West Virginia Rails & Williamsburg with Premier World Discovery pricing available in Travel Office- Call for Availability
- 06/14-06/20** Utah's Mighty National Parks with Premier World Discovery pricing available in Travel Office- Call for Availability
- 07/22-07/31** Explore Switzerland, Austria & Bavaria with Collette pricing available in Travel Office- Call for Availability
- 08/12-08/18** Canadian Rockies & Glacier National Park with Premier World Discovery pricing available in Travel Office- Call for Availability
- 09/08-09/19** National Parks of America with Collette pricing available in Travel Office- Call for Availability
- 10/02-10/07** Albuquerque Balloon Fiesta & Santa Fe with Premier World Discovery pricing available in Travel Office- Call for Availability
- 10/13-10/23** Treasures of Croatia & Slovenia with Premier World Discovery pricing available in Travel Office- Call for Availability
- 11/07-11/20** Discover Southern Italy & Sicily with Collette pricing available in Travel Office- Call for Availability
- 12/04-12/10** Historic Savannah & Charleston Holiday with Premier World Discovery pricing available in Travel Office- Call for Availability

Travel Presentation – Premier World Discovery

Tuesday, August 12, 2025

10 AM

Registration Requested

Register for an in-person presentation with Tracey Schenk of Premier World Discovery at the PZSC. Discover the exciting 2025 & 2026 trips available through Premier World Discovery. Tracey will share 2025 highlights, including the Sierra Snow Train and Rose Parade New Year's! The 2026 lineup features Ecuador & the Galapagos, Arizona Spring Training, Athens & the Greek Islands, West Virginia Rails & Williamsburg, Utah's National Parks, and the Canadian Rockies & Glacier National Park. Whether you prefer domestic or international travel, there's something for everyone. Spots are limited—call 269-324-9239 to register.



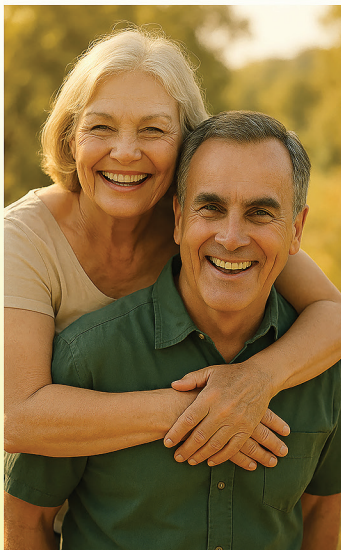
Cancellation/Refund Policy for Travel

The PZSC Travel Office has updated its cancellation policy due to an increase in cancellations. Please take note of the following changes.

- All cancellations are accepted up to 45 days before the travel date. However, any prepaid expenses will be deducted from the refund amount.
- If you need to cancel your reservation, please inform the Travel Manager in writing via letter, email, or phone.
- If there is a waitlist available, the Travel Manager or another staff member will try to secure a substitute for your spot.
- A refund will be issued to the person canceling, with a service fee of \$20.00 for all motorcoach travel and \$10.00 for minibus travel deducted from the refund amount.
- If a substitute is unavailable and you cancel within the 45-day period, no refund will be issued.
- In case of emergencies, a refund may be allowed with the approval of the Executive Director.

We hope this updated policy will help you better understand our cancellation process and make your travels with us more enjoyable.

Look No Further!



Buying insurance, be it Medicare or under 65 or small group, can be a confusing and daunting experience. Save yourself a big headache and come to see us (or call) at the **Endres Insurance Agency**. Here's how we can help:

- Approaching 65 and wondering what to do about Medicare? We guide you each step of the way and tell you when, how and why or sometimes why not.
- Turning 65 but still working? We explain how to deal with this situation to make sure you are in the best place which may or may not be your employer's group coverage.

- Under 65 and in need of health insurance? We know where to look for best prices and best coverage for your needs.
- Losing your group coverage or paying way too much? We evaluate your options including costs and benefits and help you enroll.
- Small employer and don't know what to do for medical coverage for your employees?

We can take you step by step through the process of finding out what's best for you and what you can afford.



We are always working on your behalf. Call Endres Insurance Agency at 323-7888

6660 South Westnedge Ave (Ring Road at Crossroads Mall)

Portage Zhang Senior Center Facility Rental Opportunities

Do you, a family member or your place of employment have a special event coming up? The Portage Zhang Senior Center, conveniently located on Centre Avenue, is easy to find and has ample parking available. The 36,000 square foot building features a beautiful exterior, a spacious interior and numerous amenities. With two large Community Rooms, a commercial kitchen, a courtyard, meeting rooms and a secluded lower-level space, we can accommodate a variety of events, as well as a range of group sizes.

Lions Club International Eyeglass Recycling Program Accepting used eyeglasses at the PZSC!*



Do you, or someone you know, have a pile of old eyeglasses sitting around, and you're just not sure what to do with them? We have a solution! Since 1925, Lions International has been a champion in helping combat vision impairment and blindness. The Portage Lions Club, District 11B2, Michigan has a drop-box, located at the PZSC in the community lounge at the east end of the building. We hope you'll help support this great cause.

* Due to the added weight and cost of shipping, the Lions Club is no longer requesting / accepting donated eyeglass cases.

Friends of the Portage Zhang Senior Center

The Friends of the Portage Zhang Senior Center is a non-profit 501(c)3 organization dedicated to enduring both short- and long-term funding for the Portage Zhang Senior Center. Only a small portion of Portage citizen tax dollars goes toward the budget required to operate the PZSC. The Friends of the Portage Zhang Senior Center believes that older adults in our community should have access to programs and services that promote a youthful spirit, independence, friendship and a high quality of life. Achieving these goals takes an entire community. We hope you'll consider supporting the FPZSC by becoming a board member, participating in their fundraising events, or becoming a "Friend" by making a financial donation! Monetary donations to the FPZSC can be made online by visiting www.friendspsc.org. For additional information on how you can get involved with the Friends of the Portage Zhang Senior Center, please call the reception desk at (269) 329-4555.



PZSC Accepting Donations of Gently Used Grocery Bags

Did you know that the PZSC has a Bag Recycling Group? This dedicated group meets monthly to sort, fold, and prepare gently used grocery bags for distribution to local food pantries. However, they need your help! If you're wondering how to upcycle your grocery bags, we'd love to accept your donations—just make sure they're clean and dry! Clean, dry bags are essential for ensuring they're ready for use by those in need.

You can drop off your donated grocery bags at the reception desk or the administrative suite. Your contributions will make a difference in supporting local families and promoting sustainability!

**DOING SOME SPRING
CLEANING?
BRING US YOUR
PURSE & JEWELRY
DONATIONS!**



SAVE THE DATE!
"IT'S IN THE BAG" PURSE & JEWELRY SALE
OCTOBER 4, 2025

**DONATIONS CAN BE DROPPED OFF AT THE
PZSC DURING BUSINESS HOURS**

Welcome New Members (April 1 - May 31)

Kathryn Adamson	Cindy Delanoy	Nicolina Lambe	Nancy Rogers
Brian Agne	Thomas Delanoy	Julie Leslie	Jackie Rollee
Robin Alexander	Sherry Dennis	Kathy Lesman	Dianne Rothermel
Donna Anderson	Daniel Derfiny	Susan Lesman	Susan Rowland
Kimberly Anderson	Albert Dixon	Schmiatke Linda	Jennifer Sales
Lizabeth Anderson	Joseph Durlach	Robert Lohrberg	Catherine Schau
William Anderson	Marge Eggen	Cheryl Lord	Cathie Schau
Julie Apker	Lori Ellis	Mary Lovely	Larry Schimmel
Elaine Armenis	Chris Everhardus	Carolyn Lyons	Chris Schipper
Jim Aсталos	Rose Everhardus	Gene Lyons	Janice Selby
Patti Aсталos	Laura Evers	George Magas	Peggy Sich
Chris Barber	John Fletcher	Susan Marin	Donna Simonton
Dana Barrick	Grace Franks	Sherry Max	Nicole Sobell
Kenneth Barrick	Harley Franks	Mary Maxwell	Janice Sokolowski
Terry Baxter-Jefferson	Kerry Fry	Sally Mayes	Beverly Solik
Pamela Behrje	Jean Galia	Wess Mazurek	Jacquelyn Stamos-Gray
Dawn Bishop	Trudy Gallihugh	Michelle McBride	Patricia Steinert-Otto
Kirk Blackwood	Lyle Garrison	Karen McDonald	Candace Stevens
Bill Blakesly	Schmiatke Gene	Marsha Michael-Harrison	Mark Stevens
Carol Block	Mona Gillespie	David Middleton	Adrienne Struck
Anne Marie Boarman	Donna Anastasia Gutowski	Delores Miller	Renee Szostek
Beverly Bogoslaw	Merryl Gutowski	Roger Miller	Patti Taylor
Anne Bond	Robin Haag	Alden Milller	Jeff Tennings
Stephen Borr	Ethellen Harris	Julie Montgomery	Carl Tomlinson
David Boubelik	Jacques Harris	Nancy Morton	Julie Trusewicz
Emily Boulter	Deborah Haseman	Carolyn Navis	Kathy Tyler
Laurie Bowles	Jim Hawarny	Rebecca Nevala	John VanderBilt
Elaine Breur	Dee Heiser	Anthony Nieboer	Eugenia VanDerwall
Dorothy Broekhuizen	Geraldine Henry	Gay Noel	Don VandeVusse
Margaret Broekhuizen	Alan Hill	Shannon Nofz	Jan vandeVusse
Laurie Brown	Sarah Hoard	Paula Novess	Donna Waalkes
Jill Bush	William Houseman	Margaret Olson	Jay Waalkes
Martin Bush	Francesca Impellizzeri	Sonia Personette	Matthew Wahl
Sharron Butler	Tracie James	Patricia Peters	Patricia Wahl
Robert Callaghan	Cathy Johnson	Roger Peters	Penny Ward
Diane Capalbo	Cheryl Johnson	Sue Potts	David Webster
Dorothy Carlisle	Dorothy Kasunic	Sharon Powell	Sara Weienberg
Kymm Chantrenne	Kay Keller	Lorraine Pschygoda	Steve Weisner
Molly Chase	Patty Keller	Nancy Ragsdale	Kristin Wessell
Stuart Christie	Deborah Kelley	Judith Ranger	Tammi West
Linda Cieresewski	Jerutha Kennedy	Cindy Rayman	Lisa York
Glen Cobbs	Jean Kiel	Steven Rayman	Debra Youngs
Sheri Collins	John Kiel	Constance Reed	Beth Ziegler
Ed Cowles	Rachel King	Janice Regner	Thomas Zwier
Erin Coxeter	Linda Kopp	Carmela Renda	
Juliet Cramer	Jeffrey Kozminske	Jill Reynolds	
Tammy Crawford	Colleen Kuda	Helen Ann Robin	
Andrea Cronin	Anthony LaLonde	Stan Robin	
BSD Dance Studio	Kam Lam	Clyde Robinson	

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
(April 1 – May 31)**

J Phillip Horwich	Art Nemitz
Lucy Wadney	Chris Burt
Kay Tomas	Loraine Pschigoda
Richard Roth	Bobbie Fry
Harry Sibert	Martha Warpehoski
Mark & Mary Jane Soule	Katharine Maxey
Georganne Oldenburg	Clara Ogren
William Peet	Art & Esther Wurfel
Linda Hunt	Roy Cloud
Christine Walker	Patricia Graham
Nancy Jean	Paul Swope
Larry Brelje	Paul Swope
Stan Pochron	Betty Medsker
Paul Marquardt	Donna Smith
Robert Davenport	Jean Walker
Stephen Rodia	Robert Stafford
Stephen Newell	Diane Tucker
Barbara Soda	Dorothea Dail
Ted Vliek Sr	Joyce Shehee
Richard VanDyke	Jeffrey & Judy Smith
Toni Dibble	Jessica Raznick
Laura LeClear	John Martens
Judith Rome	Gary Sherman
Phyllis Barents	Barbara Knickerbocker
Gene Orton	Joseph Gibson
Jim Brinkman	Kay Hanson
Jim Majka	Linda Todd
Kimberly Phillips	Karen Miner
Dorothy Allen	Lucille R Martin
Dot Blessing	Janice Herrick
Paul Minert	Joanna Lundberg
Judy Berger	Marvel Sims
Joseph Salvatore	Jill Rozanoff
Helen Bogatschow	Cynthia Semark
Joyce Branch	Amy Susan
Sandra Kantz	Arnie Johnston
Mary Ann Keane	Jean Elzinga
Mary & Robert Smolen	Robert & Ann Perkins
Phillip Green	Geoffrey Lee
Leon Hayward	Patricia Dolan
Art Roberts	Karol Dill
Marlis Macholz	Gay Colby

Five Things To Do Before You Donate to a Charity

1. Search online for the cause you care about — like “hurricane relief” or “homeless kids” — plus phrases like “best charity” or “highly rated charity.” Once you find a specific charity you’re considering giving to, search its name plus “complaint,” “review,” “rating,” “fraud,” or “scam.” If you find bad reviews, it might be best to find another organization.
2. Check out the charity’s website. Does it give you details about the programs you want to support or how it uses donations? How much of your donation will go directly to support the programs you care about? If you can’t find detailed information about a charity’s mission and programs, be suspicious.
3. Use one of these organizations that help you research charities:
 - BBB Wise Giving Alliance
 - CharityWatch
4. Find out if the fundraiser and the charity are registered. Some states require that charities register with the state regulator. Check to see if a fundraiser and the charity they’re calling on behalf of are registered with your state’s charity regulator.
5. Check if the donation will be tax deductible. If this is important to you, confirm that the organization you’re donating to is registered with the IRS as a tax-exempt organization. Look up the organization in the IRS’s Tax Exempt Organization Search.

Showcase Your Business! Sponsorship Opportunities Available at the PZSC!

The Portage Zhang Senior Center is excited to announce a variety of sponsorship opportunities designed to engage with our vibrant community of older adults. These opportunities not only allow businesses and organizations to showcase their support for seniors but also enable them to connect in meaningful ways while having fun.

At the Portage Zhang Senior Center, we believe that every interaction counts. Sponsorships can range from community events and wellness programs to art classes and social gatherings. Whether you’re interested in sponsoring a monthly social, a fitness class, or a seasonal celebration, there is something for every budget.

By becoming a sponsor, you have the chance to promote your brand while enriching the lives of our senior members through enjoyable and engaging activities. Your contributions will help us enhance our programming and ensure that our center continues to be a welcoming and lively environment for all.



PZSC Donation of Goods Policy

Our organization deeply appreciates the generosity and support of our community. While we are committed to accepting a wide range of donations that can significantly benefit PZSC groups and activities, certain limitations apply. Due to space constraints and specific needs, we encourage our kind donors to review the full list of acceptable items or contact us directly for more information before donating. Thank you for your understanding and continued support. For more information, you may call (269) 329-4554.

Accepted Donations:

- AA Batteries
- Laundry Soap
- Boxes of Facial Tissue
- Paper Towel
- Hand Sanitizer
- Disinfecting Wipes
- Postage Stamps
- Reams of 8 ½ x 11 White Copy Paper
- New Packaged Office Supplies
(tape, binder/paper clips, staples, etc)
- Books
- Boxed Puzzles (with all pieces intact)
- Cases of Bottled Water (unopened)
- Used Greeting Cards
- New Packaged Yarn
- Clean, Folded Fabric
- Purses
- Jewelry

Unable to Accept:

- Clothing
- Kitchenware and/or Household Goods
- Used Games and/or Gaming Accessories
- Electronics
- Food
- Used Office Supplies

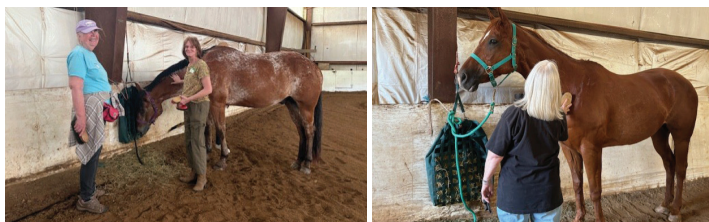
2025 Cars & Cocktails Car Show



Pacific Rim & KVCC Offsite Cooking Classes



Golden Hoof Adventures Horsemanship Class



COMING JULY 2025 NEEDS ASSESSMENT FOR OLDER ADULTS

The Area Agency on Aging will be releasing a survey to randomly selected older adult households.

This survey will help identify needs and plan services for the aging community in Kalamazoo County.

Share the word and check kalcounty.gov/AAA for updates!



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



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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, July 10th 2pm

Tuesday, July 22nd 11am

Thursday, August 7th 2pm

Tuesday, August 19th 11am

To register go to davidcarrierlaw.com and click on
Workshops tab 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 our Attorney *David L. Carrier* and learn how to protect your tomorrow.
Workshops are offered weekly at our Portage location. Visit DavidCarrierLaw.com or call (269) 350-2323

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