

Wellness Initiative for Senior Education (WISE) Program: An Evidence –based Wellness Program for Older Adults

Presented by Porter Starke every Tuesday 1/6/26-2/10/26 from 9:15am to 11: 15am in the Four Seasons Room.

- 1/6/2026 Week 1: Understanding the Changes Associated with Aging
- 1/13/2026 Week 2: Aging Sensitivity
- 1/20/2026 Week 3: Valuing Cultural & Generational Diversity
- 1/27/2026 Week 4: Medication & the Older Adult
- 2/3/2026 Week 5: Substance Abuse, Addiction, and Older Adults
- 2/10/2026 Week 6: An Enhanced Quality of Life



January Trips



- America's Antique Mall—Highland Indiana
Sign up: 1/7/26 9am-3pm
Trip Date: 1/14/26 BL 9:35am

Cost: \$12 + Lunch OYO @ Eatery 41 located inside the mall.

- Four Winds Casino—New Buffalo, MI
Sign up: 1/5/2026 9am-3pm
Trip Date: 1/21/26 BL 9:40am
Cost: \$15
- Supper Club—Texas Roadhouse
Sign up: 1/14/26 9am-3pm
Trip Date: 1/28/2025 BL 4pm
Cost: \$8



CLOSED

Thank you to our Newsletter Sponsor!

Thursday, January 1,
2026 in observance of
New Years Day.

Monday, January 19,
2025 in observance of
Martin Luther King Jr.
Day.

Brendan Clancy, Trustee
3590 Willowcreek Rd. Ste. B
Portage, IN 46368
219-762-1623



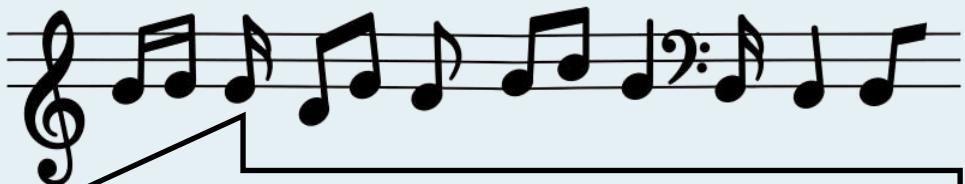
www.portagetwppcin.gov

Avery Edmonds, Site Mgr.
5800 Lexington Ave.
Portage, IN 46368
219-762-3591

Bonner Senior & Community Center

January
2026

Happy New Year!



Journey Back January

#1 Songs in January...

1945: "Don't Fence Me In" by Bing Crosby & The Andrews Sisters

1955: "Mr. Sandman" by The Chordettes

1965: "I Feel Fine" by The Beatles

1975: "Lucy in the Sky with Diamonds" by Elton John

1985: "Like a Virgin" by Madonna

1995: "On Bended Knee" by Boyz II Men

Most Famous Person Born in January...

1945: Jack Palance

1955: Kevin Costner

1965: Rob Zombie

1975: Bradley Cooper

1985: Jeff Carter

1995: Jisoo

#1 Movies in January...

1945: Mom and Dad

1955: There's No Business Like Show Business

1965: Goldfinger

1975: The Godfather Part II

1985: Beverly Hills Cop

1995: Dumb and Dumber

BIG 10 Championship Winners headed into January...

1945: Indiana University

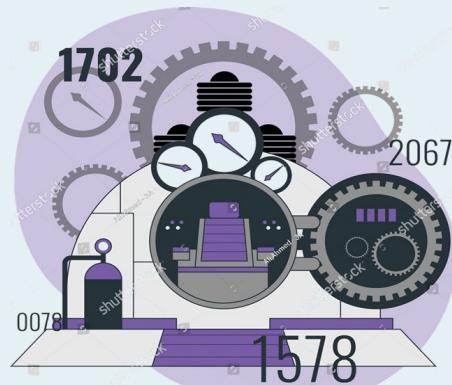
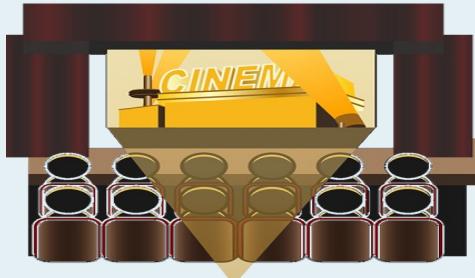
1955: Ohio State University

1965: Michigan State

1975: Ohio State University

1985: Iowa

1995: Northwestern



January 19, 2026: Martin Luther King Jr. Day



Martin Luther King Jr. spoke often about building a "Beloved Community". This meant a society based on equal opportunity, justice, and love of one's fellow human beings. Practicing acceptance and inclusion, and living in a way where everyone feels accepted, is a way of keeping his legacy alive.

Practical Ways to Practice Inclusion & Acceptance:

- Actively hear others' perspectives without judgement.
- Use inclusive language by avoiding the use of stereotypes and labels; choose words that respect identities.
- Speak up when you see discrimination or exclusion happening.
- Acknowledge cultural, religious, and personal diversity as strengths by celebrating differences.
- Reflect on your own assumptions and stereotypes and then challenge them.
- Realize it takes all kinds to make the world go round.
- Reflect on moments where you could have been more inclusive and plan to improve next time.