

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

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

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

Thank you to our Newsletter Sponsor!

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



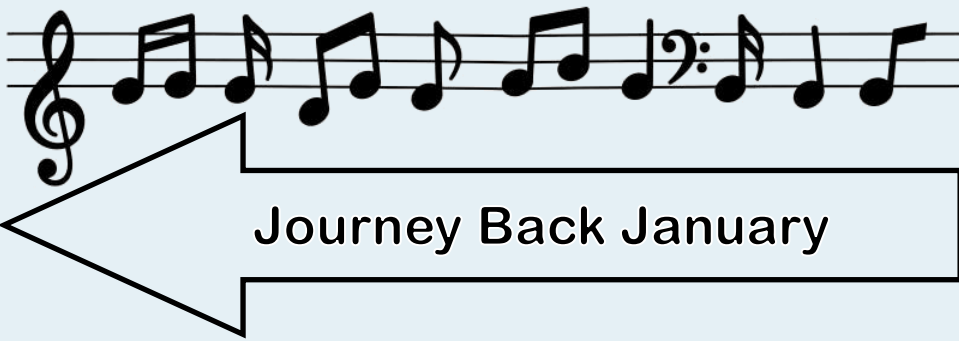
Avery Edmonds, Site Mgr.
5800 Lexington Ave.
Portage, IN 46368
219-762-3591

www.portagetwppcin.gov

Bonner Senior & Community Center

January 2026

Happy New Year!



#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...

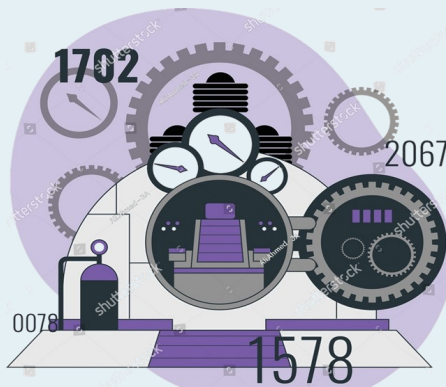
- 1945:** Jack Ickx
- 1955:** Kevin Costner
- 1965:** Rob Zombie
- 1975:** Bradley Cooper
- 1985:** Jeff Carter
- 1995:** Jisoo

#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.

