

Our Story

We are open Tuesday, Wednesday, and Thursday from 8:30am -3pm at Freshwater Church, Entrance C located at 600 E. Michigan Ave, Paw Paw Michigan. Find us on Facebook at Paw Paw Township or on our website at <https://pawpawtownshipmi.gov> under the Paw Paw Senior Center tab.

ACTIVITIES Activity schedules with additional information such as dates, fees, and times are available for pick up at Paw Paw Township located at 114 N Gremps Street during business hours Monday-Thursday 9am-3pm or at the Senior Center.

Pickleball 8:30am-12pm

Indoor Walking 9am-2pm Still continuing to do the light house walk.

Exercise Class 11am-12pm

Cards/Dominos 9am-3pm

Lunch 12pm-1pm

Line Dancing, Yack & Yarnies, or Bingo 1pm-3pm (Varies by Day)

LUNCH

For residents of Paw Paw and other participating Townships of Pine Grove, Hamilton, Waverly, and Alma lunches are \$5.00 per meal and if you are not a resident, lunches are \$7.00. Meals you can enjoy with others or take them To-Go. Monthly lunch calendars are available for pick up at Paw Paw Township located at 114 N Gremps Street during business hours Monday-Thursday 9am-3pm or at the Senior Center.

July, August, September 2023

Paw Paw Senior Center Newsletter

Location: 600 E. Michigan Ave. Entrance C

Phone: 269-657-5076

Website: <https://pawpawtownshipmi.gov>



We are happy to announce that the Senior Center has over 500 members! Townships that are now members include Paw Paw, Pine Grove, Hamilton, Waverly, and our newest member is Alma Township!

Arts and Crafts: The 3rd Wednesday of every month we will be doing an art and craft project for \$5 from 9am-12pm.

Our next Social Mixer is Thursday August 10th from 6pm-9pm Bring \$5 to enter and enjoy refreshments, snacks, music and dancing with friends. Mark Graham will be the DJ for the night.



A Pickleball Tournament is going to be held during the weekend of Grape and Wine Festival on Saturday September 9th from 9am-3pm at Freshwater Church. Ages 50+ can enter to play round robin style with an entry fee of \$30 a person. There is only 24 slots and the deadline is August 24. There will also be a Silent Auction to win gift cards to local businesses and some other great prizes.

The Senior Center is always looking for donations of all sorts. Bingo prizes, yarn, arts and craft materials, games, seasonal fruit, and yoga blocks are just a few items in need. Please contact Gary for a more detailed list of needs.

Special Luncheons Coming Soon

4th of July Lunch: July 6th at 12pm is brats, beef franks with all toppings, baked beans, cole slaw & fruit.

Labor Day Lunch: September 5th at 12pm is bacon cheeseburgers, fries, baked beans, and dessert.



FREE ADMISSION to see **Grumpy Old Men** for Seniors at The Strand Theater, 115 E. Michigan Ave., sponsored by Oak Street Health Saturday July 22nd at 2pm. Doors open at 1:30pm.

Presentations

Thursday July 6th at 9am-11am in Room 112 will be a presentation about helping participants through basic phone features on their android or iPhone. Please bring your personal smartphone with you to help problem solve.

Thursday July 11th at 11:30 am in the café Dr. Michael Raphelson, MD, FAAHPM Medical Director, Palliative Care Services for Centrica Care Navigators is doing a presentation on Palliative and Hospice programs.

Thursday July 13th at 9am-10am in room 112 AARP is presenting on Fraud Watch Basics. These days fraud and identity thief are an everyday occurrence. Come learn how to protect yourself and ways to avoid becoming a victim.

Tuesday July 18th at 11:30 am in the café someone from "Wise Wellness Center" will be doing a presentation about acupuncture.

Tuesday July 25th at 11:30 am Hearing Life is bringing 3 providers, an Audiologist, a Hearing Aid Specialist, and their Office Manager from their local office to help seniors better their hearing.

Thursday August 3rd from 9am-11am in Room 112 AARP is presenting on Brain Health, understanding the basics of Dementia, and addressing common myths.

Wednesday August 16th at 11:30 am in the café Angela LaBarca, from Caring Circle of Spectrum Health Lakeland, is presenting on a range of programs offered for quality-of-life care and non-hospice.

Thursday September 14th and Thursday September 28th from 9am-1pm AARP Smart Driver Course is a 2-day 4 hour course, must attend both, to teach driving techniques to keep drivers and their loved ones safe on the road. \$20 fee for members of AARP and a \$25 fee for non-members. You will receive a certificate that your insurance company may accept and give a discount to you.

Tuesday September 19th at 11:30am in the café Kristy Capita, LPN from Gentiva, is doing a presentation on Breaking the Cycle of Hospitalization and Basic Pain Management.



Erica, the owner of Tinker Shop in downtown Paw Paw, will also come to Senior's houses for haircuts if you are unable to make it to her. Call to make an appointment 269-363-2540.



Every Wednesday Family Fare offers a 5% discount on all items in the store even if it is on sale for Seniors 55+. Items that don't qualify are tobacco products, liquor, lotto, and some pharmaceutical items.

Paw Paw Library Activities

1st Friday Memory Café 10:30am-12pm Enjoy snacks, music and memory sharpening games.

2nd Thursday Needle work Night 6pm-7:30 pm

2nd Saturday Electronic Day 10am-12pm Bring in your devices with any questions and they will help set it up or teach you how to use it.

2nd and 4th Tuesday Color Me Happy 10:30am-12pm Adult Coloring



Need assistance with traveling? Give Van Buren Star Public Transit a call to get a ride to appointments, to shop, or to run errands in Van Buren County. Call public transit to schedule your ride at 269-427-7921. Have ready the place, date, and time of your appointment or your destination, name, address, and contact number. Veterans ride for free to VA appointments.



Chicken Coop, located at 206 G E Fadel Street in Paw Paw, offers 10% off orders every Wednesday for Seniors. Call 269-657-6136 to place an order or go inside to dine in.



Eleanor's Pantry

Eleanor's Pantry is open Monday and Friday from 10am-1pm and on Tuesday, Wednesday, and Thursdays from 3pm-5pm. It is located at 221 Drew Street in Paw Paw. Families from Paw Paw and Lawton can come to get food to take home or schedule a delivery. They are also always accepting donations. For more information call 269-415-0444.



Lawrence Township Senior Services offers monthly trips for both residents and non-residents. For more information, contact Lawrence's Clerk, Judy Janssen, at the township 269-674-4255 ext. 102 or by cell phone 269-532-3044 or Kim Thompson, Senior Services Chair, at 269-655-4458.

Trips Coming Soon

Saturday July 29th Kalamazoo Growlers Game-bus, dinner, Bear Cave Evening Game

Friday August 11 Shipshewana Blue Gate Theater-bus, Confession The Musical, and lunch. 1pm show \$75 for non-residents



Bringing help and hope to residents in East Van Buren County

Located at 600 E Michigan Ave Paw Paw Michigan

Call 269-415-0767 or www.unitedchristianservices-evbc.com

The Porch: Arrive around 12pm on Mondays and Thursday to take a number in line. Porch opens after food is delivered between 12:30pm and 1pm. Providing fruit, vegetables, meats, and bread to anyone in need, no questions asked. We close when food runs out.

Lydia's Closet: Monday and Thursday Mornings from 10am-1pm. Provides free clothing, blankets, bedding, and other household items to people in need. If we don't have what you are looking for, we will try to find it.

Emergency Assistance: Come to *Coffee Connections* on Monday mornings between 9am-11am. We help local people in our community facing emergency situations such as utility shut offs, evictions, and rent deposits. During the interview, we will require copies of proof of income and the bill you need assistance with. *A decision notice from DHHS speeds up our process so apply first if you can.

Sustainability Programs: We love to help families achieve sustainability through education with programs such as The Learning Kitchen, Reality Days, Dollars and Sense, and The Michelle Peaslee Learning Garden.



ADULT FOSTER CARE

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