

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 Almena 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.

October, November, December 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 600 members! Townships that are now members include Paw Paw, Pine Grove, Hamilton, Waverly, and Almena!

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 October 19th 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. We will be having a *Potluck & Halloween Costume Party*, see the Halloween flyer for more details.



The Grape and Wine Festival Pickleball Tournament and Silent Auction/Gift Card Pulls turned out great. Winners: Gold-Jeff Nystrom, Silver-Rich Maxwell, and Bronze-Tom Kohl. Thank you all that took part in our first Paw Paw Senior Center Pickleball Tournament & Silent Auction. A big thanks to the pickleball committee that helped with the event. We really appreciated the donations of Gift Baskets and Gift Cards from many local businesses in the Paw Paw area.

Attention all Seniors: Bridge is starting back up in November 2023 in Room 112 (Library) and if you are interested in playing a new card game called Five Crowns, let Gary know so we have time to get this and a space to play.

Special Luncheons Coming Soon

Note: on days with Special Luncheon, no Salads are served. Lunch Served at 12p.m. – 1 p.m.

Friday October 13th at 1:30pm the first of the school year PPPS Luncheon held in Paw Paw High School Cafeteria.

Tuesday October 31st Halloween & Costume Party: Cluckie Italian Gold w/Ribbons in Slim & Garden Delight & Vampire Repellant.

Wednesday November 8th Veterans Lunch: Ham & Bean Soup & Corn Bread.

Tuesday November 21st Thanksgiving Lunch: Turkey & Dressing, Mashed Potatoes, Green Beans & Cranberry Sauce, plus Kristy doing Blood Pressure Checks.

Monday December 4th at 11:30am Paw Paw Lions Club Luncheon held in their cafeteria at the Lions Club.

Thursday December 21st Christmas Luncheon: Ham, Cheesy Potatoes, Veggies & Deviled Eggs.

We all want to thank the Family of Marlene Krajewski for the nice donation to PawPaw Senior Center

Note: 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.

Presentations

Thursday October 5th from 9am-1pm Bronson Fall Prevention Course, in Room 112, We can only have maximum of 12 total in class, so sign up early to keep your place open.

Tuesday October 10th at 1pm-2 pm Oak Street Health is coming to talk about their programs and benefits they have about Medicare for seniors since Medicare open enrollment starts October 15th.

Thursday October 12th at 11:30am in the café Kristy Capita, LPN from Gentiva, is doing a presentation on Depression and older Adults and Blood Pressure checkup.

Tuesday October 17th at 11:30 am DHS of Van Buren County is coming to talk about their programs and benefits they have for seniors.

Wednesday October 18th at 9:30 am -2:30pm in the office someone from AARP "MMAP counselor will be here to help you navigate health benefit decisions. We will be doing appointments every Wednesday starting October 18th.

Wednesday November 8th at 11:00am the office of Veterans Services of Paw Paw will be here to do a presentation for Veterans about their benefits.

Tuesday November 14th at 11:30am in the café Melissa Powell from Area Agency on Aging is going to talk on **Shakedown on Sodium**, learn more about managing your health with the DASH and Mediterranean eating patterns.

Thursday November 16th from 9:30am-12:30pm Bronson Fall Prevention Course, in Room 112 we can only have maximum of 12 total in class, so sign up early to keep your place open.

Tuesday December 5th at 11:30am Resilience Health Center is back to do a presentation on Chiropractic and Neuropathy care.

Thursday December 7th from 9:30am-12pm Bronson Fall Prevention Course, in Room 112, We can only have maximum of 12 total in class, so sign up early to keep your place open.

Tuesday December 12th at 11:30am in the café Kristy Capita, LPN from Gentiva, is doing a presentation on supporting patients and families in Transition to Hospice care and Blood Pressure Checks.

Thursday December 14th at 11:30am -2pm Hearing Life is back to do a cleaning and hearing aids checkups.