

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.

Cardio Drumming 11am -12pm
Exercise Class 10am-10:30am

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.

January, February, March 2024

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 700 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.

One Year Anniversary Celebration

Come join us **January 16th** Time: 8:30am-1:30pm we are also giving away a TV, bring a friend for chance to win a **Sony 40-inch TV** that day. The raffle runs December 1st -January 11th Winner will be announced Jan 16th at 12:30pm during lunch. How it works when a existing member brings a friend 60+, to become a new member of the Senior Center, the new member will get a coupon for \$2.00 off their next meal, and the existing member gets entered in a raffle to win the TV!

Paw Paw Senior Center New Rates starting January 2024

Resident & Partners: Fees lunch \$5.00, no activities fee

Non-Residents: Fees Lunch \$7.00

All Exercise Classes: \$5.00

Pickleball Daily Fee \$5.00

\$40.00 quarterly or \$150.00 annually.

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.

Special Luncheons Coming Soon

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

Tuesday January 16th at 12pm-1pm Paw Paw Senior Center One Year Anniversary

Friday January 19th at 1:30pm PPPS Luncheon held in **Paw Paw High School Cafeteria**. Beef & Noodles, Carrots & Peas, Warm Cinnamon Apples & Chocolate Cake, \$5 donation fee

Thursday February 15th at 12:00pm as we celebrate Valentine Day, with party, Valentine Day Luncheon Pork-loin, Baked Potato w/Veggies & Roll

Friday February 16th at 1:30pm PPPS Luncheon held in **Paw Paw High School Cafeteria**. Sloppy Joes, Cheesy Potato Casserole, Corn Bread & Cinnamon Rolls, \$5 donation fee

Tuesday February 27th at 12:00pm as we celebrate Mardi Gras Day with party & Mardi Gras Day Special Luncheon to be Jambalaya, Slaw & Corn Bread

Friday March 15th at 1:30pm PPPS Luncheon held in **Paw Paw High School Cafeteria**. Corned Beef Cabbage, Roasted Potato Casserole w/Carrots, Biscuit, & Cookies, \$5 donation fee

Tuesday March 19th at 12:00pm as we celebrate St. Patrick Day with party & Special Luncheon to be Corned Beef Cabbage w/Carrots & Rye Bread

Thursday March 28th at 12:00pm as we celebrate Easter Lunch with & Special Luncheon to be Ham, Cheesy Potatoes, Devil Eggs & Roll

Presentations

Tuesday January 9th at 11:00am in the café Kristy Capita, LPN from Gentiva, is doing Blood Pressure checkup, **11:30am** presentation on Caring for the Caregiver.

Thursday January 11th from 11:30am in the café Allison Goyings from Nulty Insurance will be here to do a presentation on Medicare for seniors.

Tuesday January 16th at 11:00am in the café join us for our One Year Celebration party raffle and giveaways.

Thursday January 25th at 11:00am in the café Kristy Capita, LPN from Gentiva, is doing Blood Pressure checkup.

Tuesday February 6th at 11:00am in the café Kristy Capita, LPN from Gentiva, is doing Blood Pressure checkup, **11:30am** presentation on Communication Skills.

Tuesday February 13th at 11:30am in the café Mellisa Powell, Registered Dietitian from Region IV Area Agency on Aging Inc., is doing a presentation on Nutrition focus on Cardiac Health

Thursday February 22nd at 11:00am in the café Kristy Capita, LPN from Gentiva, is doing Blood Pressure checkup.

Thursday February 29th at 11:30am in the café Kimberly Ghindea, AMBA; offers numerous benefits designed to protect you and your nest egg.

Tuesday March 5th at 11:00am in the café Kristy Capita, LPN from Gentiva, is doing Blood Pressure checkup, **11:30am** presentation on Compassion Fatigue.

Thursday March 21st at 11:00am in the café Kristy Capita, LPN from Gentiva, is doing Blood Pressure checkup.

Thursday March 28th at 11:30am in the café Kathy Barnitz from Jaqua Realtors SRES; Retiring... Downsizing... Relocating... I present my clients with best options to make the right transitional decisions.