

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-Wednesday 8am-3pm Thursday 8am-11am or at the Senior Center.
Pickleball 8:30am-12pm
Pickleball 8:30am-10:45am Wed
Indoor Walking 9am-2pm Still continuing to do the light house walk. Two teams now!
Cardio Drumming 11am-12pm
Chair Exercise 10am-10:30am
Cards/Dominos 9am-2pm
Lunch 12pm-1pm
Line Dancing 11am, Yack & Yarnies 9am, or Bingo 1pm-2pm
Yoga 9:30am, 1:30pm Dancer-Cise

LUNCH

For residents of Paw Paw and other participating Townships of Pine Grove, Hamilton, & Waverly lunches are \$6.00 per meal and if you are not a resident, lunches are \$8.00. Meals you can enjoy with others. Monthly lunch calendars are available for pick up at Paw Paw Township located at 114 N Gremps Street during business hours Monday-Wednesday 8am-3pm Thursday 8am-11am or at the Senior Center.

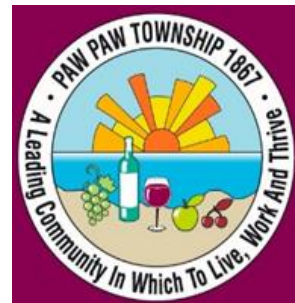
July, August, September 2024

Paw Paw Senior Center Newsletter

Location: 600 E. Michigan Ave. Entrance C

Phone: 269-657-5076

Website: <https://pawpawtownshipmi.gov>



New Time Changes

We are changing our hours at the Paw Paw Senior Center. We are now open from 8:30am-3:00pm Tuesday, Wednesday, and Thursday. Meals for here are 12pm-1pm, Note: to-go meal and frozen meal are available after everyone is served in the café here. We are a Senior Center for people 60 and older, we do allow under 60 as a guest of a Senior.

Paw Paw Senior Center new rates started July 2024

Resident & Partners: lunch \$6.00 with no activities fee

Non-Residents: lunch \$8.00, all exercise classes \$5.00,
Pickleball Daily Fee \$5.00, \$40.00 quarterly.

Special Event Trips:

Friday July 19th: Blue Gate Theater and Lunch fee \$75

Monday August 19th Blue Horizon Nursery & Gardens Fee \$15

Saturday September 21st Coldwater Apple Festival Fee \$15

Bus Leaves FW 8:30am, See Gary if interested...bus can only hold 21 people max...with fold up walkers. Fees will vary. See the flyer for details.

Pickleball Tournament

Another fun pickleball tournament is going to be held during the weekend of Grape and Wine Festival Saturday September 7th 9am-3pm Located at Freshwater Community Church Ages 50+ can enter to play round robin style for Men's division & Women's division with entry fee \$35 per person, this includes a Tee Shirt. There are only 24 slots, and the **deadline is August 22**. There will also be a Silent Auction and Gift Card Pulls from local businesses. This is a Fund Raiser for Paw Paw Senior Center so come out and support us...

Donations:

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. We also have a donation money box located at our greeter check-in table.

Arts and Crafts: The 3rd Wednesday of every month we will be doing an art and craft project for \$5 from 10am-12pm.

Special Luncheons Coming Soon

Note: on days with Holiday Luncheon, no salads are served. Lunch Served from 12p.m. - 1 p.m.

Tuesday July 2nd at 12:00pm-celebrate 4th of July Luncheon with brats & beef hotdogs w/all the fixings, baked beans & macaroni & cheese

Thursday August 29th at 12:00pm-celebrate Labor Day Luncheon with Pulled Pork w/Baked Beans, Veggies & Roll

Presentations

Tuesday July 9th from 11am-12pm in the café Kalamazoo Athletic Wellness is doing Chair Massages, cost is \$1.50 per minute that you would pay them for this service. **\$5 for Five minutes.**

Wednesday July 10th at 11:30 am in the café (UCS) United Christian Services is here to talk about their Christmas in July program that is going on.

Thursday July 11th at 10:30 am in Room 112 **Demystifying Dementia** is a new 60-minute presentation. The session will discuss dementia and its impact on our daily lives. Max 10 people

Thursday July 18th at 11:30am in the café, **Mobile Help** will do a presentation for Senior's two-way communication system at home or away to keep in contact for medical help.

Thursday July 25th at 11am-2pm in café **Hearing Life** of Paw Paw is back to offer their services to Seniors that need it again.

Tuesday August 6th from 11am-12pm in the café Kalamazoo **Stretch Zone** will be here doing a presentation and a overview what they have to offer.

Tuesday August 13th from 11am-12pm in the café Kalamazoo Athletic Wellness is doing Chair Massages, cost is \$1.50 per minute that you would pay them for this service. **\$5 for Five minutes.**

Tuesday August 20th at 10:30am in Room in the café Blue Hill Assisted Living will be here to talk to Seniors on living a long healthy life.

Tuesday September 10th from 11am-12pm in the café Kalamazoo Athletic Wellness is doing Chair Massages, cost is \$1.50 per minute that you would pay them for this service. **\$5 for Five minutes.**

Wednesday September 18th from 9am-11am in Room 112, AARP **Smart Phone Care Basics**. The workshop covers the latest high-tech features on your phone.

Thursday September 26th from 10am-12pm in Room 112, the AARP **Smart Drive TEK Workshop**. The 2-hour workshop covers the latest high-tech safety features in one's current or rental car, or what technology to look for when shopping for a new car. The safety benefits of blind spot warning systems, forward collision warnings, and more. Max 10 people