

October, November, and December 2025



PAW PAW SENIOR CENTER NEWSLETTER

Days: Tuesday, Wednesday and Thursday from
8:30am-3pm

Location: 600 E. Michigan Ave
Entrance C

Phone: 269-657-5076 60+
Website: <https://pawpawtownshipmi.gov>

Paw Paw Senior Center Fees

Residents & Partners:

Lunch	\$6.00
To Go Meals	\$7.00

Non-Residents:

Lunch	\$8.00
To Go Meals	\$9.00

Non-Residents:

Membership Fee	\$40.00 a year or \$12 quarterly
Pickleball	\$5.00 per day or \$25 unlimited play a month.
Exercise Classes	\$5.00 per class

Note: Mark your calendar! Paw Paw Senior Center is closed these Holidays!

Tuesday November 11th for Veterans Day

Thursday November 27th for Thanksgiving Day

Tuesday December 23 through Tuesday January 6th, 2026.

Have a wonderful Christmas and Happy New Year from your staff at PPSC.

Fitness Classes

Pickleball

Tuesday & Thursday 8:30 –12:00 & Wednesday 8:30-10:45 Pickleball is a fun and fast-growing sport played on a badminton-sized court with a net and a paddle. Pickleball is a combination of tennis, badminton, and ping pong, this will help to increase flexibility and improve range of motion along with eye and hand motion.

Pickleball Lessons

Tuesday & Thursday 11:00 –12:00 by appointments only

Pickleball is a fun, social and friendly sport that is easy to learn but can be competitive. Learning the basics of serving, scoring, volleying, tips, and rules, we offer basic lessons.

Chair Exercise

Tuesday & Thursday 10:00 –10:30

This is a fun fitness class that implements exercise motions into stretching movements while sitting in a chair, will help to release muscle tension, increase flexibility, and improve range of motion.

Dynamic F.M.T Dance

Wednesday 10:00 –11:00

This is a fun fitness dance class that implements exercise motions into dance movements, every two weeks, the genre of music/dance changes. The primary focus is to have fun and stay moving.

Beginning Yoga

Tuesday and Thursdays: 9:30 –10:30

Yoga can be a subtle but powerful way to improve balance, flexibility, and strength, all of which are especially important in older adults. This class addresses each of these as well as focus and relaxation. We perform standing, sitting and floor postures in which we gently ease from pose to pose with frequent rests. The session ends with a deep relaxation practice.

Gentle Yoga

Tuesday 10:45 –11:45

This yoga class is designed especially for those who prefer not to move to the floor for their practice. Using standing and seated postures we address balance, flexibility, and strength just like traditional yoga but in a way that is gentler on the body. Relaxation and restoration are woven into the practice, and we end the session with a deep relaxation practice.

Healthy Eating

Wednesday 10:00-11:00

Would you like to eat healthier, but do not know where to start? Learn to improve your diet and prepare meals with ease and confidence. This weekly class will teach you basic principles of healthy eating, plus healthy meal-building skills. You will get recipes, meal prep guidelines, online resource lists, and more. Learn why your food choices matter.

Cardio Drumming

Tuesday & Wednesday 11:00 –12:00

It is a high-low energy fitness workout that combines drumming on exercise balls with drumsticks and rhythmic aerobic movements. It improves cardiovascular health, mood, coordination, and full-body strength. We use larger yoga balls that sit on a utility bucket to make the ball waist high. It is suitable for all fitness levels. If you love great music and want to have wholesome fun. All levels are welcomed.

Core Stretching

Tuesday 10:30 –11:00

A lighter way to stretch. This class will use different tools to lengthen and strengthen our bodies. Chairs are used in conjunction with bands to add tension which creates muscle and helps tone. In this class we start by sitting and end up standing. This class may also introduce diverse types of tools, hand weights and weighted hoops that can be used to help us stretch. All levels welcomed.

Line Dancing Intermediate level

Thursday 11:00 –12:00

This is a fun class that implements line dancing motions with the latest line dance moves with music. Learn current, fun, easy dances, along with the steps. A great form of exercise for the brain. No partner needed.

Social Dance

Tuesday 1:00 –2:00

Fun dances that are done at social events. Dances that include the crowd involvement and are fun to learn. From very beginning ballroom moves to the electric slide or from the waltz to the cupid shuffle, you will love it. Bring a partner or come alone. This class typically runs for 6-week sessions.

Social Events

See activities calendar for day and time -Card game, Mexican Train, Yack & Yarnies Puzzles, Coffee Club, Arts & Crafts and PPPS flyer of there meals, please check our flyer stand by the greeter desk of various events going on in the area. Also, Medicare Counselor is starting Wednesday's October 15th -December 3rd signup every other week at greeter table, so if you want to review or change your Medicare.



Our next Social Mixer is Thursday, October 16th from 6pm-9pm for Halloween, costumes are encouraged. \$5.00 entry fee and is open to all ages. Light snacks and refreshments are provided.

*Guest speakers will be sitting at a table next to the greeter table to talk about health issues with Seniors from time to time from 11:30am-1pm.

Special Luncheons - *Salads are not available during these special events.

Veterans Day Lunch: Wednesday November 12th-ham & bean soup w/cornbread & cole slaw
Thanksgiving Lunch: Thursday, November 20th- turkey, dressing, sweet potatoes & green beans & roll

Christmas lunch: Thursday December 18th-ham, baked beans, cheesy potatoes & deviled eggs & roll.

Other Events-

* The pickleball tournament and silent auction that was held during the Grape and Wine Festival Saturday, September 6th at Freshwater Community Church was successful this year. We had three gold medals given out for the Paw Paw area. And a big thank you to the seniors who helped with our first Human Slot Machine on Friday September 5th.

*Line Dancing- is in the FW commons use entrance A. Friday, November 14th from 6-8pm with a \$5 fee. Snacks and water are provided. Note this event is open to all ages. So, bring your family's and have some fun!

*Fall Craft Show and Bake Show-in the FW gym Noted: No Pickleball that day! Thursday November 20th, Shopper's doors will open 9am-2pm, Venders space 8'x10' \$25 fee when you book a space plus \$10 NRD, this is if no show when you signup, if you would like to get a space, please see Gary or call 269-657-5076 for more info.

*Commodities- can be pickup on the 3rd Tuesday of each month only between 9am-12pm.

*Note: Monthly Activity Calendar and Lunch Menu can be found at the check-in table or online.