

January, February, and March 2026



PAW PAW SENIOR CENTER NEWSLETTER

Days: Tuesday, Wednesday and Thursday from
8:30 a.m.-3:00 p.m.

Location: 600 E. Michigan Ave
Entrance C

Phone: 269-657-5076

Ages 60+

Website: <https://pawpawtownshipmi.gov>

Paw Paw Senior Center Fees 2026

Residents & Partners:

Lunch	\$6.00
To Go Meals	\$7.00

Non-Residents:

Lunch	\$8.00
To Go Meals	\$9.00

Non-Residents:

Membership Fee	\$50.00 a year or \$15 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 will be closed throughout the Holidays. Closed: Tuesday, December 23rd - Tuesday January 6th, 2026. Have a wonderful Christmas and Happy New Year from the staff at PPSC. A reminder, if Paw Paw Public Schools are closed, the PPSC is also closed.

Fitness Classes offered at Paw Paw Senior Center

Pickleball

Tuesday & Thursday 8:30 –11:00 & 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, and we offer basic lessons.

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 9:00-10:00

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.

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.

Cardio Drumming

Tuesday, Wednesday & Thursday 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.

Stretch/Exercise

Tuesday & Thursday 10:00 –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. Will help to release muscle tension, increase flexibility, and improve range of motion.

All levels welcomed.

Social Events

See activities calendar for day and time -Card game, Mexican Train, Yack & Yarnies Puzzles, Coffee Club, Arts & Crafts and PPS flyer of their meals, please check our flyer stand by the greeter desk of various events going on in the area.

*NOTE: 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.*

Valentine's Day Meal: Thursday February 12th - Pork loin with apple stuffing, veggies and roll.

Mardi Gras Day Meal: Tuesday, February 17th - Jambalaya with cole slaw and corn bread.

St. Patrick's Day Meal: Thursday, March 18th – Corned Beef & Cabbage with red potatoes, carrots and rye bread.

PPPS Luncheon held in Paw Paw High School Cafeteria-Doors open at 1:15pm. Cost: Suggested Donation \$6

Friday January 9th at 1:30pm-Beef & Noodles, Carrots & Peas, Warm Cinnamon Apples & Chocolate Cake.

Friday February 13th at 1:30pm- Sloppy Joes, Chesy Potatoes Casserole, Cornbread, & Cinnamon Rolls

Friday March 13th at 1:30pm- Corned Beef & Cabbage, Roasted Potatoes w/Carrots, Biscuit & Cookies

Other Events-

***Commodities-** can be picked up 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.