



Paw Paw Senior Center January 2026 Activities

Tuesday

Wednesday

Thursday

6	8:30- 12:00 Pickleball 8:30- 9:00 Sit & Stretch 9:00- 10:00 Cardio Drumming 10:15- 11:15 Yoga 1:00- 2:00 Bingo	7	8:30- 10:30 Pickleball 9:00- 10:00 Healthy Eating Class 10:00- 11:00 Dynamic F.M.T Workout Class 11:00- 12:00 Cardio Drumming 1:00- 3:00 Movie Matinee- "The Long, Long Trailer"	8	8:30- 12:00 Pickleball 8:30- 9:00 Sit & Stretch 9:00- 10:00 Cardio Drumming 10:15- 11:15 Yoga 11:15- 12:15 Line Dancing 1:00- 2:00 Community Council
13	8:30- 12:00 Pickleball 8:30- 9:00 Sit & Stretch 9:00- 10:00 Cardio Drumming 10:15- 11:15 Yoga 1:00- 2:00 Bingo	14	8:30- 10:30 Pickleball 9:00- 10:00 Healthy Eating Class 10:00- 11:00 Dynamic F.M.T Workout Class 11:00- 12:00 Cardio Drumming 1:00- 3:00 Movie Matinee- Your Choice- Sign Up Sheet	15	8:30- 12:00 Pickleball 8:30- 9:00 Sit & Stretch 9:00- 10:00 Cardio Drumming 10:15- 11:15 Yoga 11:15- 12:15 Line Dancing 1:00- 2:00 Jeopardy
20	8:30- 12:00 Pickleball 8:30- 9:00 Sit & Stretch 9:00- 12:00 Commodities 9:00- 10:00 Cardio Drumming 10:15- 11:15 Yoga 1:00- 2:00 Bingo	21	8:30- 10:30 Pickleball 9:00- 12:00 Dr. G- Pediatric 9:00- 10:00 Healthy Eating Class 10:00- 11:00 Dynamic F.M.T Workout Class 11:00- 12:00 Cardio Drumming 1:00- 3:00 Movie Matinee- "Patch Adams"	22	8:30- 12:00 Pickleball 8:30- 9:00 Sit & Stretch 9:00- 10:00 Cardio Drumming 10:15- 11:15 Yoga 11:15- 12:15 Line Dancing 1:00- 2:00 Painting to Gogh
27	8:30- 12:00 Pickleball 8:30- 9:00 Sit & Stretch 9:00- 10:00 Cardio Drumming 10:15- 11:15 Yoga 1:00- 2:00 Bingo	28	8:30- 10:30 Pickleball 9:00- 10:00 Healthy Eating Class 10:00- 11:00 Dynamic F.M.T Workout Class 11:00- 12:00 Cardio Drumming 1:00- 3:00 Movie Matinee- "Same Time, Next Year"	29	8:30- 12:00 Pickleball 8:30- 9:00 Sit & Stretch 9:00- 10:00 Cardio Drumming 10:15- 11:15 Yoga 11:15- 12:15 Line Dancing 1:00- 2:00 Brain Games
<p style="text-align: center;"><u>Daily Activities</u></p> <p>Coffee & Chronicles 9am- 12pm Indoor Walking 9am- 3pm Cards & Games 9am- 3pm Yack & Yarnies 9am- 3pm LUNCH 12pm- 1pm</p>		<p style="text-align: center;"><u>LUNCH COSTS:</u></p> <p style="text-align: center;">Residents: \$6.00/ \$7.00 (To-go) Non- Residents: \$8.00/\$9.00 (To-go)</p>		<p style="text-align: center;">Paw Paw Senior Center 600. E Michigan Ave, Enterance "C"</p> <p style="text-align: center;">Hours- 8:30am- 3:00pm</p> <p style="text-align: center;">(269) 657-5076</p>	

