

March 2026

# Paw Paw Senior Center

Tuesday, Wednesday, Thursday 8:30am- 3:00pm

(269) 657- 5076 600 E. Michigan Ave Entrance "C" <http://pawpawtownshipmi.gov>



## Celebrating March

### **Community Council**

*March 5<sup>th</sup>*

*11:30am - 12:30pm*

### **Paw Paw Public Schools**

#### **Luncheon**

*March 13<sup>th</sup>*

*1:15pm*

### **St. Patrick's Day Mixer**

*March 13<sup>th</sup>*

*6:00pm - 9:00pm*

### **Commodities**

*March 17<sup>th</sup>*

*9:00am - 12:00pm*

### **Southwest Hearing Services**

*March 19<sup>th</sup>*

*9:00am - 12:00pm*

### **Paw Paw Library Craft**

*March 26<sup>th</sup>*

*11:00am*

### **New Classes**

Men's Group- Man Cave Huddle  
Karaoke  
Table Talk Trivia  
Finish the Lyric  
Board Games  
Dancefit with Misty

## **March Into Something New**

Welcome to March! As the winter chill begins to fade, our center is bursting with new energy, much like the changing season. March symbolizes a fresh start—a perfect time to shake off the winter blues and dive into the vibrant activities we have planned. Whether you are looking to “spring clean” your routine, join a new fitness class, or just enjoy the company of friends, there is something for everyone this month.

With the growing number of new members, we are realizing that our fitness classes are outgrowing their space. Cardio Drumming is especially difficult to do in a small space with swinging drumsticks and large equipment. Thankfully, we've found a solution that can accommodate the recent expansion. Misty's Cardio Drumming classes will now be held in the common area of Freshwater church every Tuesday and every other Thursday. She is instructing a new class this month, Dance Fitness, which incorporates both dance and exercise, on Tuesday's from 11:00am-12:00pm. If fitness is not what you're looking for, perhaps one of our newer activities is more your speed.

Last month, we had a wonderful turnout for our “Valentine's Karaoke”, and it has been requested to be added to our monthly calendar going forward. Request granted. Join us on March 4<sup>th</sup> from 12:30pm-2:00pm for a fun afternoon of karaoke. Think you know the lyrics, but don't have an interest in singing? Join our Director Anne the following week on March 11<sup>th</sup> from 1:00pm-2:00pm as she hosts, “Finish the Lyric” an interactive game where you can put your lyrical skills to the test. Anne will also be hosting “Table Talk Trivia” following lunch on March 18<sup>th</sup> from 12:30pm-2:00pm. Groups will sit at tables and choose a captain to represent their team. Each group will be asked trivia questions and the first to ring in with the correct answer will get a point. At the end, the team with the most points will win a prize. Lastly, come try out your acting skills at “Readers Theatre” on March 25<sup>th</sup>, from 1:00pm-2:00pm. Whether you choose to read for a part or just be a part of the audience, this interactive storytelling is sure to put a smile on your face.

Let's keep the competition going by filling out our March Madness Brackets and competing to see who can predict the overall winner. Think you can do it? The lucky winner will win \$10 and a free lunch voucher at the center. Pick up your bracket and game rules at the welcome center and all brackets must be turned in by March 17<sup>th</sup>.

Lastly, we are starting a monthly men's group that offers a welcoming space for camaraderie and conversation. This group is all about fostering friendships, sharing stories, and engaging in activities tailored to men's interests, such as cars, fishing, sports, and whatever else men want to discuss over a warm cup of java. Come introduce yourself and perhaps meet a new friend on March 25<sup>th</sup> from 1:00pm- 3:00pm for the first meeting of “Man Cave Huddle”. You may even want to form teams and play a game of cornhole in Room 103. So, let's March into some fun and don't forget about our St. Patrick's Day Mixer on March 13<sup>th</sup>.

## Paw Paw Library DIY Soup

Our local library has more to offer than just books, music and movies. From book clubs to gardening classes and even candle-making courses, the activities are endless. An additional program they offer is called Memory Café, that meets the first Friday of every month and provides a special gathering place for care partners and their loved ones with dementia, providing live entertainment and refreshments. Interested in their book clubs? This month's book club is reading a contemporary romance novel called, *You Deserve Each Other* by Sarah Hogle. Their alternative book club, led by professional writer Abbey Tippin, explores the techniques an author uses to tell a story. They will be discussing *Indian Country* by Shobha Rao. For all of you that are ready to get your hands dirty, a new class is beginning at the end of the month called, "Intro to Seed Starting and Saving". Join Master Gardener, Mandy Dixon, to learn the basics of seed starting and seed saving. You'll also be making your own seed starters to take home, perfect for beginners and home gardeners alike. At the end of the month, we have partnered with the Paw Paw Library to bring their wonderful activities to our center. Please join Kayla Jellies for her informative class that will teach you how to make your own DIY dry soup mixes. She will be providing all the delicious ingredients for you to make two separate soup mixes that you'll be able to bring home and make for yourself and your loved ones.

*Join Kayla on Thursday, March 26<sup>th</sup> at 11:00am*



## Paw Paw Public School Luncheon:

“At Paw Paw Public Schools, we are committed to fostering connections among our schools and the community to increase authentic learning opportunities for students and improve civic engagement. The Vision of Paw Paw Public Schools is to be united with our community to build success.”

*All Paw Paw area senior citizens age 60 years and older are invited to attend.*

Location: Paw Paw High School  
30609 Red Arrow Hwy.

Time: Doors open at 1:15pm.  
Lunch is served at 1:30pm.

Cost: Suggested donation for meal: \$6.00

Lunch: Corned Beef & Cabbage, Roasted Potatoes with Carrots, Biscuit & Cookie

Parking: On the west side of the high school

## Yacking Yarnies



Yacking Yarnies is a knitting and crocheting club that was started in the fall of 2013 by Janet Clawson. She began this club when our center was still a part of

the Van Buren Senior Services and many of the participants were made up of Lions Club members. When the ladies get together, it's not all yacking. They sometimes work on their own projects, but majority of their time is spent knitting things like baby hats, car seat blankets and afghans for charities throughout our community. The charities they are currently donating to are SEITA Scholars Charity, Blue Star Mothers, Bronson Birthing Center and the VFW, just to name a few. If you would like to join this amazing club, stop by on Tuesday from 1:00pm-3:00pm and join in on the yacking and charitable yarnning. Don't worry about bringing your own supplies, we have plenty of yarn and needles to get you started!

*Every Tuesday from 1:00pm to 3:00pm*

## Movin' & Groovin' Fitness Classes

**Cardio Drumming:** A fun, workout combining music, rhythm, and light exercise by drumming on stability balls with drumsticks. Designed to boost heart health, coordination, and mental focus, set to upbeat music to emphasize enjoyment over technical perfection.

*Tuesday & Thursday (with Misty) 9:00am – 10:00am  
Low to Medium Impact  
Wednesday (with Kelli) 11:00am – 12:00pm  
Low Impact*

**Dynamic F.M.T:** A fun, fitness class that blends resistance, mobility, and core activation, focusing on controlled, functional movements to improve stability and neuromuscular function.

*Join the fun with Coach D on  
Wednesdays from 10:00am – 11:00am*

**Sit & Stretch:** Fun, seated routines set to music, designed to improve strength, flexibility, and balance without putting pressure on the joints.

*Join Misty and her easy stretches on  
Tuesdays and Thursdays from 10:00am – 10:30am*

**DanceFit:** Do you like dance? Do you like fitness? This low to medium impact Dancefit class is perfect for you! Follow Misty's lead as she instructs you through an energetic routine with a fun atmosphere and amazing music.

*Join Misty following her Sit & Stretch Classes on  
Tuesdays from 11:00am – 12:00pm*

**Line Dancing:** A fun, low-impact, group social activity where participants perform choreographed, repeated, and synchronized steps to music without needing a partner. It strengthens cardiovascular health, boosts cognitive function, improves balance, and fosters community connection in a joyful, stress-free environment.

*Join Jane and her creative dances on  
Thursdays from 11:15am – 12:15am*

## 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 Fees: \$15.00 Quarterly  
\$50.00 Yearly

Pickleball: \$5.00 Daily  
\$25.00 Monthly Unlimited

Exercise Classes: \$5.00 per class

## Additional Fitness Classes

**Yoga:** A gentle accessible practice focusing on functional movement, balance, and joint mobility to improve daily life and reduce fall risks, alleviate arthritis stiffness and improve mental well-being.

**Yin Yoga:** A slow-paced, passive style ideal for stretching deep connective tissues, improve joint mobility, and reduce stiffness. It enhances flexibility, combats stiffness and improves range of motion.

*Join Diane on Tuesdays and Thursdays for her  
relaxing Yoga from 10:00am- 11:00am and Yin  
Yoga on Tuesdays from 11:00am – 11:30am.*

**Pickleball:** An ideal, low-impact sport, blending tennis, badminton, and ping-pong, making it gentle on joints while providing excellent cardiovascular, social, and cognitive benefits. It enhances balance, flexibility, and hand-eye coordination while requiring quick, strategic thinking. Free lessons are available with a great teacher, Raf! Inquire for an appointment.

*Tuesday 8:30am – 12:00pm  
Wednesday 8:30am – 10:30am  
Thursday 8:30am – 12:00pm*

## St. Patrick's Day Mixer



Let the shenanigans begin! Grab your dancing shoes and put on something green, we're having a St. Patrick's Day party! Mark Graham, the talented DJ is coming back to

entertain us with all the classics as well as a few Irish jigs. Mark your calendars for Friday, February 13<sup>th</sup> from 6:00pm- 9:00pm and join us for an evening of dancing and refreshments in the common areas of Freshwater Church.

**Friday, February 13<sup>th</sup> from 6:00pm – 9:00pm**  
**\$5.00 Admission**

## Southwest Michigan Hearing Services



When you're searching for hearing care, you deserve a provider who combines professional testing with honest guidance and long-term support. Southwest Michigan Hearing Services

was founded to bring accessible, reliable hearing solutions to individuals and families across the region, without the pressure or sales tactics often found elsewhere. Our practice is built on a simple belief: everyone deserves to hear clearly, understand their options, and receive care that fits their lifestyle and budget. We focus on diagnostic accuracy, patient education, and personalized recommendations that put your comfort and confidence first. From your first visit to ongoing adjustments and support, you can expect transparency, honesty, and a commitment to helping you make informed decisions about your hearing health.

**Join Crisitn on Thursday, March 19<sup>th</sup>**  
**from 9:00am -12:00pm**

## March Birthdays

- Mar. 1<sup>st</sup> Michele Marcinek, Sharon Stevens, Donna Stanford, Diane Schoch
- Mar. 2<sup>nd</sup> Marlene Tucker, Rachel McPhillips
- Mar. 3<sup>rd</sup> Chris Robbins, Phyllis Sahr, Karina Lamorandar
- Mar. 4<sup>th</sup> Jeff Sauer, Barb Chonnells, Anthony Cap
- Mar. 5<sup>th</sup> Laura Smith
- Mar. 6<sup>th</sup> Roger Beadle, Jim Grossa, William Elmer, John Adriance
- Mar. 7<sup>th</sup> Jonnie Johnson
- Mar. 9<sup>th</sup> Faith Ricciuti, Rosemarie Firnbach, Annabel Field
- Mar. 10<sup>th</sup> Debbie Foune
- Mar. 11<sup>th</sup> Lorraine Serbenski, Penny Chaloupka
- Mar. 12<sup>th</sup> Robert Adams
- Mar. 13<sup>th</sup> Bill Hoffman
- Mar. 14<sup>th</sup> Ann Holland, Dale Wills, Richard Rowe, Lucy Hood, Cindee Moore
- Mar. 15<sup>th</sup> Scott Prentiss
- Mar. 16<sup>th</sup> Connie Longcore, Al Huntoon, Cindy Kinney
- Mar. 17<sup>th</sup> Dawn Glass
- Mar. 18<sup>th</sup> Jeff Brown
- Mar. 19<sup>th</sup> Sherrie Carr
- Mar. 20<sup>th</sup> Jim Vogel, Conni Arnold, Nancy Winchester, Tim Andrews
- Mar. 21<sup>st</sup> Tony Dacoba, Avis Moore, Valerie Davis
- Mar. 22<sup>nd</sup> Frank Rogus, William Veit
- Mar. 23<sup>rd</sup> Paul Joles, Cathy Jones
- Mar. 24<sup>th</sup> Debbie Siwula
- Mar. 25<sup>th</sup> Rose Emmendorfer, Greg Pardike
- Mar. 26<sup>th</sup> Nancy Maxwell, Phil Hover, Sharon Rice
- Mar. 28<sup>th</sup> Betty Nichol
- Mar. 29<sup>th</sup> Sheilah Barnhart, Carolyn Nielson, Diane Seltz
- Mar. 30<sup>th</sup> Susan Rankin
- Mar. 31<sup>st</sup> Carol Dannenberg, Nancy Vann, Diane Kerns

### Community Council

March 5<sup>th</sup> 2026  
 11:30am- 12:30pm  
 Room 104



This is YOUR Senior Center and it should be centered around YOU!

Come share your opinions and ideas & discuss the new things happening at YOUR center!

### COMMODITIES

Providing monthly food packages to individuals who are income-eligible and have applied for the program. These packages contain nutritious, shelf-stable and domestic items, such as canned fruits/vegetables, meats, pasta, rice, dry beans, peanut butter, and cheese.

**March 17<sup>th</sup> from 9:00am - 12:00pm**  
**600 E. Michigan Ave, Entrance "A"**

