

February 2026

# PPSC NEWSLETTER

Tues, Wed, Thurs 8:30am- 3:00pm | 600 E. Michigan Ave | Entrance "C" | (269) 657-5076



## Fun Things in February

### Community Council

February 5<sup>th</sup>

11:30am -12:30pm

### Valentine's Karaoke

February 11<sup>th</sup>

11:00am - 12:00pm

### Dance Zone Performance

February 13<sup>th</sup>

5:30pm \$5.00 fee

### Commodities

February 17<sup>th</sup>

9:00am -12:00pm

### Dr. G - Podiatrist

February 24<sup>th</sup>

9:00am - 12:00pm

### Tai Chi Classes

### Crafting Classes

### Yin Yoga

Every Monday from

11:00- 11:30am

### Movie Matinee's

Every Wednesday from

1:00-3:00pm

## Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless relay passes on the ice, supporting teammates in grueling downhill runs, or striving to shave precious seconds off their times, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement. Even the competition itself, while intense, is framed by respect and admiration, highlighting the joy of challenging oneself and connecting with others from around the world.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. Whether you're drawn by the chance to witness record-breaking performances or simply to enjoy the snowy landscapes and Italian charm, the 2026 Winter Olympics are shaping up to be a spectacular, heartwarming celebration of skill, spirit, and wintertime joy.

## Good Deeds and Good Fortune



February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away

any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, *Losar* rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games. Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, the dead, and the spirits of the enlightened. Since it's common to hurl barley flour, known as *tsampa*, as a spiritual offering, it may be a good thing their neighbors have a broom handy.

## Guardians of the Arctic

You don't have to live in the Arctic to celebrate International Polar Bear Day on February 27. The polar bear is one of nature's most awesome beasts and is the world's biggest hunter. Polar bears spend much of their time lying in wait outside holes cut in the ice by ringed seals, which must return to the surface for air every five to 15 minutes. A seal's survival depends on maintaining its series of breathing holes. That same survival instinct is what eventually provides the polar bear with its next meal.

As the Arctic warms and ice recedes, polar and brown bear habitats have begun to overlap, and hybrid polar-brown bear offspring have appeared. Dubbed *nanulaks* by Canadian wildlife officials, the hybrid bears are whitish brown with long claws and a humped back. Offspring of a male polar bear and a female grizzly are called *pizzlies*; reverse the parentage and it's a *grolar bear*.

However, as long as there is ice to roam and there are seals to hunt, a polar bear's home will always be the Arctic.

## Dancing the Divine



Ballet is not only a beautiful and elegant dance form, but it's also the perfect civilizing art, says ballerina, critic, and historian Jennifer Homans. Throughout its history, ballet has been used to refine the body, mind, and soul. Since its origins as a dance of

wealthy Italians during the Renaissance, ballet grew beyond the dance floors of the rich. To develop its fluid and balanced movements, choreographers used math and geometry, then taught by ballet teachers to their students. The dance was thought to be so harmonious and perfect that it was given religious significance. In their view, mastering ballet could actually improve the soul. With results like that, why not try a few steps on February 7, Ballet Day?

## February Aloha

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Spring is just a month away, but who can think of spring when the snow's still falling? Drive away the chill on February 1 with Hula in the Coola Day.



Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing. Hula has been performed during religious rituals, rites of passage, social

gatherings, and even football games. So if you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher. Ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.

Since hula is Hawaii's iconic dance, the ukulele must be Hawaii's iconic instrument. In the 1900s, the ukulele became part of the musical backdrop to hula dances, so it stands to reason that World Ukulele Day falls on February 2, the day after Hula in the Coola. Famed Hawaiian musician Samuel Kamaka explained that the ukulele was first played in the islands in 1879 by João Fernandes, an immigrant from Portugal. His fingers rapidly strummed a four-stringed *braguinha*, which the native Hawaiians nicknamed *ukulele*, a word meaning "jumping fleas."

Perhaps no ukulele musician was as beloved as Israel "IZ" Kamakawiwo'ole. Raised in a musical family from Honolulu (his uncle was Moe Keale), he was exposed to entertainers like Don Ho and Palani Vaughan. His version of "Over the Rainbow" may rival Judy Garland's. It will, no doubt, be strummed the world over on World Ukulele Day.

## 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 Yearly
	\$15.00 Quarterly

Pickleball:	\$5.00 Daily
	\$25.00 Unlimited Monthly

Exercise Classes: \$5.00 per class

## Trekkies Rejoice



This year, *Star Trek* celebrates an incredible milestone: 60 years of exploring strange new worlds. Since its first broadcast in 1966, the franchise has captivated audiences of all ages with its stories of courage, friendship, and hope for a better future.

For longtime fans, the anniversary is a chance to reconnect with cherished memories. Special events are planned across the country, including fan conventions, commemorative exhibits, and even themed museum displays showcasing classic costumes and props. Streaming services will highlight favorite episodes and launch new series like *Star Trek: Starfleet Academy*.

A themed cruise from February 20–27 offers a fun way to join fellow fans, but the celebrations extend far beyond the ocean. Whether revisiting the adventures of Captains Kirk and Jean-Luc Picard or discovering new stories, the 60th anniversary is a joyful reminder of the optimism and imagination that *Star Trek* has inspired for

## Tai Chi Classes with Ed Kehoe



Ed Kehoe is a certified Tai Chi & Holistic Medical Qigong Instructor and owner of Kehoe Martial Arts.

### ***What is Tai Chi?***

Tai Chi is a form of moving meditation designed to help strengthen the body from the inside out. This gentle form of exercise promotes internal health benefits and produces an overall sense of calm. With a focus on keeping classes light and enjoyable, Ed creates an inviting atmosphere to entice students back class after class. The real benefits of Tai Chi come from consistent practice over time. Often referred to as “the dance of Qigong,” Tai Chi strings together a series of continuous movements to facilitate enhanced circulation throughout the entire body.

With more than 20 years of experience teaching martial arts, Ed began teaching Tai Chi, Qigong, and self-defense full time with the creation of Kehoe Martial Arts in 2004.

While teaching an average of 25 classes a week, Ed also maintains a personal training schedule that averages 1 to 3 hours of practice a day. Meticulous in his details and driven to expand the reach of his teachings, Ed keeps a written record of his personal studies and classes. Ed’s love of training comes from many sources and is only surpassed only by his drive to help others. He feels extremely fortunate to be in a position to help so many people in the classes and workshops he teaches. The lessons he has received from his students have been invaluable in his development of skill and ability to teach many different types of students with many different challenges and levels of ability. He hopes to continue teaching and helping others for many years to come.

Join Ed every Thursday from 1:00pm- 2:00pm  
\$5.00 fee per class.

## February Birthdays

### **Crafting with Brea**

Brenda (Brea) Sipla and her husband, Bret Sipla own a shop called Here 4-U, located in Dowagiac, MI. Their shop slogan is “Where community meets creativity- shop, consign, mend, notarize, craft &



discover treasures you’ll love.” This month, Brea will be coming to the center on Monday, February 10<sup>th</sup> and Monday, February 24<sup>th</sup> from 1:00-3:00pm. Her first craft to assist her participants with will be this wonderful, wintry snowman. Come test your painting skills with step-by-step instructions from a professional. Check the bulletin board for her second craft of the month. Be sure to sign up at the Welcome Center and prepay to save your spot! All materials will be supplied by Brea.

Join Brea every other Wednesday from 1:00pm-3:00pm  
\$15.00 due prior to her class