

April 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 April

Dynamic F.M.T Exercise

Tuesday, Wednesday, Thursday

10:30am- 11:00am

NEW: Zumba Aerobics

Tuesdays 1:00pm-2:00pm

Community Council

April 2nd 11:30am- 12:30pm

Paw Paw Public School

Luncheon

April 10th

Doors open at 1:15pm

Line Dancing with Deb Snell

April 17th

6:30pm- 8:30pm

Volunteer Appreciation

Luncheon

April 20th 12:00pm

Commodities

April 21st

9:00am- 12:00pm

Cellphone Assistance

April 28th 1:00pm- 3:00pm

WMU OLLI Seniors Readers

Theatre Performance

April 29th

1:00pm- 2:00pm

Roll into Spring

Spring has officially arrived, and with it comes a wonderful sense of renewal and energy! As the days grow longer and the weather warms up, it's the perfect time to get out, get active, and reconnect with friends here at the senior center.

Speaking of getting active, be sure to mark your calendars for some exciting fitness highlights in April. Dynamic F.M.T., a class featuring boxing-inspired exercises with weights, is now offered daily from 10:30–11:00 a.m. We're also excited to introduce a new weekly Zumba class led by Amy Baker every Tuesday from 1:00–2:00 p.m. Don't forget your dancing shoes! Speaking of dancing, Deb Snell returns for the next three months with her popular Line Dancing Social Mixer on April 17th from 6:30–8:30 p.m. These activities are a wonderful way to stay active, try something new, and enjoy time with fellow members in a friendly and welcoming environment.

This month, we're excited to introduce a new activity called the Painting Project! This month-long art experience will take place every Wednesday from 10:00 a.m. to 12:00 p.m. Participants can work on their own personal art pieces at their leisure throughout the month, making it a flexible and relaxing creative outlet. Whether you're looking to fill time between classes or plan a casual get-together with a friend, this is a wonderful way to socialize over a cup of coffee while enjoying a simple yet beautiful paint-by-numbers project

We encourage everyone to attend our Monthly Community Council, held on the first Thursday of every month. This is your opportunity to share your ideas and help shape the activities and programs offered at the center. After all, this is YOUR center, and it should reflect what matters most to YOU! Whether you have suggestions, questions, concerns, or simply want to stay informed, this meeting is a great way to get involved and make your voice heard. We hope to see you there!

As always, our goal is to create a space where everyone feels included, supported, and inspired. Whether you visit us every day or are thinking about stopping by for the first time, we're so glad you're part of our community.

We look forward to sharing a joyful and active April with you!

The Heartbeat of Our Center: A Note of Gratitude



"Volunteers do not necessarily have the time; they just have the heart." — Elizabeth Andrew

They say that home is where the heart is, and at Paw Paw Senior Center, our volunteers are the heart of everything we do. Whether they're working at the front desk, serving a warm meal (over 1,000 meals served this year), or simply sharing a story and a cup of coffee. They bring a spark of joy to our members' lives that no program or activity could replace. Their gift of time is the most precious thing they can give, and we see the impact of that gift in every smile on every face.

Beyond the tasks and the schedules, our volunteers provide something essential: connection. By showing up each week, you all remind our members that they are valued, heard, and part of a vibrant community.

Thank you for your tireless energy and for the countless "small" gestures you offer our members- a helping hand, a listening ear, and a smiling face. These are the things that make the biggest difference of all.

Thank you for choosing to make our community a brighter, more connected place. We truly couldn't do this without you!

We want to celebrate all of you with a Volunteer Appreciation Luncheon, catered by April's Teapot Dome, on April 20th at 12:00pm in our café.

This month, let's give thanks to our volunteers and their wonderful contributions to our center! ❤️

Interested in becoming a volunteer? We could use your help!



WESTERN MICHIGAN UNIVERSITY
Osher Lifelong Learning Institute

The OLLI Senior Readers Theatre at Western Michigan University is a special interest group, for people 50 years and older. Members perform short plays by reading scripts aloud, focusing on the humorous and dramatic aspects of aging. Performances often involve minimal props and no memorization, emphasizing storytelling through voice, gestures, and facial expressions. An organization where age is embraced and wisdom is celebrated. Come check out this wonderful group on Wednesday, April 29th from 1:00pm- 2:00pm in the gymnasium. If their performance sparks an interest in your dramatic side, join the team! No experience? No problem! No memorization required—just show up, have fun, and bring scripts to life with your voice. Whether you're a natural performer or simply curious, this group is your chance to laugh, learn, and shine. Led by Director, Mary VanDerMaas, practices are on Wednesdays from 1:00pm-3:00pm at the Parkview Hills Clubhouse in Kalamazoo.



Zumba is a fitness program that combines dance and exercise into a fun, high-energy workout set to music. It was created by Beto Pérez in the 1990s and is inspired mostly by Latin styles like salsa, merengue, cumbia, and reggaeton, along with other global rhythms. Instead of traditional workouts, Zumba feels more like a dance party, where participants follow simple, repetitive moves led by an instructor. A typical Zumba class includes a warm-up, several dance routines that raise your heart rate, and a cool-down at the end. The choreography is designed so people of all fitness levels can join in, even if they don't have dance experience. The main goal is to improve cardiovascular fitness, burn calories, and boost mood while keeping exercise enjoyable and engaging. Zumba is popular because it doesn't feel like a strict workout—it's a lively, social activity that helps people stay active while having fun.

**Join Certified Instructor, Amy Baker, on Tuesdays
from 1:00pm- 2:00pm.**

Fitness Classes at the Center

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
Wednesday (with Kelli) 11:15am – 12:15pm

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
Tuesday, Wednesday, Thursday 10:30am – 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

Zumba: Easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Join Amy Baker for a fun exercise on
Tuesdays from 1:00pm – 2:00pm for \$5.00

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 – 12:15pm

Yoga: A gentle accessible practice focusing on functional movement, balance, and joint mobility to improve daily life and reduce fall risks, alleviate

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
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Pickleball:	\$5.00 Daily \$25.00 Monthly Unlimited
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Exercise Classes:	\$5.00 per class
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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.

<i>Tuesday</i>	<i>8:30am – 12:00pm</i>
<i>Wednesday</i>	<i>8:30am – 11:00am</i>
<i>Thursday</i>	<i>8:30am – 12:00pm</i>

Tai Chi: focuses on slow, flowing movements, deep breathing, and mindful relaxation to cultivate internal energy. It is widely used to reduce stress, improve balance, increase flexibility, and promote overall health through structured, low-impact exercise.

Join Martial Art Instructor, Ed Kehoe, on
Thursdays from 1:00pm- 2:00pm for \$5.00

Line Dancing with Deb Snell

Line dancing is a wonderful activity for seniors because it combines gentle exercise with social connection and



pure enjoyment. The repetitive steps help improve balance, coordination, and memory, all while being easy to learn at any skill level. It's also a low-impact way to stay active, which is important for maintaining joint health and overall fitness. Beyond the physical benefits, line dancing brings people together, creating friendships and a sense of belonging. The music adds an extra layer of fun, often sparking nostalgia and lifting spirits, making each session feel less like a workout and more like a celebration. Dance is not just for the body; it's for the heart, mind, and spirit, too.

Join Debra Snell on April 17th from 6:30pm- 8:30pm in the Commons Area of Freshwater Church, Entrance "A". This fun, interactive evening of music and dancing is open to the public and the cost is \$5.00.

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: Alfredo Pasta with Chicken, Garlic Bread, Broccoli, Carrots w. Cauliflower & Chocolate Cream Pie

Parking: On the west side of the high school

Friday, April 10th, 2026 at 1:30pm

April Birthdays

- April 3rd** Kathy Beer, Karen Elmore, Wayne Nelson, Bill Wilson
April 4th Ronda Stull
April 5th Ken Nielson
April 6th James Brininger, Mary Hartwell, Patsy Herring, Starla Moyer, Penny Saline, Helga Seidel
April 7th Terry Goetsch, Sharon Labadie
April 8th Matthew Hensen Jr.
April 9th Chris Moldovan, Gerald Schur, Sylvia Sherburn
April 10th Art Espinosa, Robert Fergeson, Robert Lesterhouse, Margaret Waite
April 11th Leony Waite
April 12th Elaine Hoff, Phyllis McNeill, Jean Young
April 13th Linda Felcyn, Tonda Warner
April 14th Mary Anderson, Pamela Eldred
April 15th Joe Burke, Stephanie Rudd
April 16th Sushila Day, Janet Newhouse, Bailey Robinson, Dave Sivley
April 17th Dan Alphenaar, Julia Cornelius, Joanne Halifax
April 18th Sharron Dettloff, Dennis Rudd
April 19th Madlena Ewert, Carl Popkey, Pamela Thomas
April 21st Harold Steffey, Betty Thom
April 22nd Renee Collins, Marilyn Doyle, Morene Huggett
April 23rd Pat Garrod, Wally Knighton
April 25th Jeff Schelinski, Brenda Wills, Janice Wilson
April 26th Linda Billings, Adonna Briske
April 27th Char Decou, Jeffrey Hose, Peggy Kniss
April 28th Lee Ann Blakely, Carolann Davis, Jim Day
April 29th Lori Greenman



Cellphone Assistance for Seniors

Struggling to use your cellphone or feeling overwhelmed by all the buttons and apps? You're not alone—and help is right here at the senior center! The Paw Paw Library will be here to provide friendly, patient, and easy-to-understand help with your phone. Whether you want to learn how to make calls, send text messages, take photos, or understand your settings, Debbie will be here to guide you step by step. Sign up for your free, one-on-one, 15-minute session.

Tuesday, April 28th, from 1:00pm- 3:00pm