

May 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 May

Karaoke Wednesdays

May 6th & May 20th

1:00pm- 2:30pm

Community Council

May 7th

11:00am-12:00pm

Chair Volleyball & Game

May 13th & May 27th

9:30am- 10:15am

Stroke Awareness Month

Bronson Hospital

May 14th

12:00pm- 2:00pm

Mother's Day

May 10th

Line Dancing with Deb

May 15th

6:30pm- 8:30pm

Commodities

May 19th

9:00am- 12:00pm

Memorial Day

May 25th

Step into May with Momentum

May arrives with a sense of renewal and gentle warmth, bringing longer days, blooming flowers, and more opportunities to enjoy time together. It's a wonderful month to step outside, breathe in the fresh air, and appreciate the beauty of the season. Whether enjoying a peaceful walk in the garden, relaxing on the porch, or opening the windows to let in the fresh air and sunshine, we are looking forward to the warmth of the season.

This month includes several special observances worth celebrating and reflecting on. We begin with Cinco de Mayo, a day that highlights Mexican heritage, culture, and resilience. While often celebrated with music, food, and community gatherings, it also offers a chance to learn more about the history and traditions behind the day.

Next, we honor Mother's Day, a heartfelt occasion to recognize mothers, grandmothers, and all who have played a nurturing role in our lives. It is a time to show appreciation for the love, strength, and guidance that shape families across generations. Whether through a call, a visit, or a shared memory, it's a meaningful day to celebrate those bonds.

Later in the month, Memorial Day invites us to pause in remembrance of the men and women who gave their lives in service to our country. It is a solemn time to reflect on their sacrifice and to express gratitude for the freedoms we enjoy today. Many find comfort in moments of quiet reflection, community ceremonies, or sharing stories of loved ones who served.

Throughout May, our center continues to offer a variety of programs designed to support wellness, creativity, and connection. From exercise and games to informative presentations and social gatherings, there are many opportunities to stay engaged. Be sure to attend your monthly Community Council to stay informed about what's happening at the center, and to share any ideas you may have for future programs or activities you'd like to see offered here.

We're excited to announce that 45 new members have joined our center since January! If you see a new face, please take a moment to say hello and make them feel welcome.

As we move further into spring, let's embrace the energy of the season—staying active, connected, and curious. We look forward to sharing a vibrant and joyful May with all of you!

How To Spot A Con: This June



Seniors are often targeted by scammers who use phone calls, emails, and even in-person tactics to take advantage of

someone's trust and generosity. Staying informed and cautious is essential, as these schemes can happen to anyone.

Next month, we will host a special presentation, "Spot the Con," featuring interactive dos and don'ts to help you recognize scams and protect yourself from becoming a victim. Join Andrew Haines, from Western Michigan's, Better Business Bureau, on June 2nd from 1:00pm–2:00pm and put your knowledge to the test while learning practical ways to stay safe.

We're also pleased to welcome our local police department for our "Coffee with a Cop", where you can engage in an open discussion about current community concerns and learn practical tips for staying safe. Everyone is encouraged to attend, ask questions, and walk away with valuable tools to help recognize and prevent scams.

Potential New Clubs at the Center



Some members have expressed interest in playing Pinochle and Chess. If you'd like to help start a club for either (or both) of these games, please let Anne know so she can add it to the calendar. It can be challenging to launch a new club without knowing the level of interest, so your feedback is appreciated.

Additionally, we have a wonderful resource in our community—Charles, a 90-year-old member, who enjoys researching ancestry and offers his help free of charge. If you're curious about your family history, contact Anne to make arrangements.

Karaoke Wednesdays



Come join us every other Wednesday for an afternoon of music, laughter, and great company at our karaoke gatherings! It's a wonderful way to lift your spirits, connect with friends, and enjoy a relaxed, welcoming atmosphere. Whether you love to sing your favorite songs, dance alone or with a partner—or simply sit back and enjoy the show, there's something for everyone! No pressure and no experience needed—just good times, familiar tunes, and plenty of smiles.

We hope to see you there!

Wednesday, May 6th and May 20th
1:00pm- 2:30pm



Nutrition Class

Join Patrice, every Wednesday at 9:00am, for a welcoming and informative nutrition

class designed to help you feel your best! In a relaxed, friendly setting, Patrice shares easy-to-follow tips on healthy eating, meal planning, and simple ways to boost your energy and well-being. It's a great opportunity to learn, ask questions, and connect with others who are also interested in staying healthy and active. Whether you're looking to refresh your eating habits or just pick up a few helpful ideas, you'll leave feeling encouraged and inspired—come be a part of it!

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) 11:00am – 12:00pm

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

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 Nancy and her creative dances on
Thursdays from 11:15am – 12:15pm

Yoga: Yoga is a practice that combines gentle movement, breathing, and relaxation to improve flexibility, strength, and balance. It also helps reduce stress and supports overall physical and 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.

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

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

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 – 11:00am
Thursday 8:30am – 12:00pm

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

Chair Volleyball



Some of our members have shown interest in trying chair volleyball, a fun and adapted version of the game that's played while seated.

Using chairs on each side of a lowered net, players gently volley a beach ball back and forth, making it easy to join in regardless of mobility level. The game focuses on teamwork, coordination, and plenty of laughter. It offers a light, low-impact way to stay active and have fun. It's a great mix of movement and social interaction, and laughter.

After chair volleyball, stick around for a quick and entertaining 15-minute game of "Guess That Song" on May 13th and trivia on May 27th. It's an easy, no-pressure way to relax, laugh, and test your memory while enjoying time with friends. Whether you're a music lover or just enjoy a good challenge, everyone is welcome to join in!

May 13th and May 27th from 9:30am- 10:15am

Stroke Awareness Month

May is Stroke Awareness Month, a time to highlight the importance of recognizing stroke symptoms and taking steps to reduce risk. One of the most effective ways to protect yourself is by monitoring your blood pressure, as high blood pressure is a leading cause of stroke.

Regular blood pressure screenings can help detect issues early, even before symptoms appear, allowing for timely treatment and lifestyle changes. Remember the warning signs of stroke—sudden numbness, confusion, trouble speaking, vision problems, dizziness, or severe headache—and seek immediate medical attention if they occur. Staying informed and proactive can save lives. Join Jamie Warner, from Bronson, will be joining us for lunch to conduct free BP screenings, followed by an informative presentation with helpful handouts.

May 14th from 12:00pm- 2:00pm

May Birthdays

- May 1st** Nancy Manning, James Raymond
May 2nd Dennis Gokey, Frank Hash, Celine Lanting
May 3rd Rex Grant, Meg Kuchek, Michael Morris
May 6th Dolores Burchell, John Faul
May 7th Judy Guidebeck, Bob Tomas
May 8th Carol Arndt, Toni Meabon, Teresa Rzonca
May 9th Jackie Lee, William Richardson, Cheryl Rumery
May 10th Mary Brill, Mark Visser
May 11th Nancy Benefiel, Charissa Ekema
May 12th Tammy Kalmbach, Luann Kucks, James Lee, Dave Wilder
May 14th Lily Bryan, Doug Hicks, Judy Little
May 15th Frank Wunderlich
May 16th Scott Chabitch, Bob Leedy, Darrell Meabon
May 17th Stan Canfield, Pat Skelding
May 19th Cheryl Happel
May 20th Mildred Farrow, Toni Herner, Michael Hogg, Jan Lang, Pamella Leiter, Craig McDannel
May 21st Lynna Dylhoff, Bill VanTassel
May 22nd Robert Leet, Nancy Reinhardt, Mark Root
May 23rd Gale Cameron, Starr Lewis, Merle Mortimore
May 25th Gerrie Kalisiak, Karen Makay, Roger Subacz
May 26th Susan Teague
May 27th Crystal Fisher-Prediger, Lora Foss, Albert Lallinger, Randy Stewart, Sharon Sunlin
May 28th Janice Abnet, Marie Kotarski
May 29th Terry Blakley, Patty Hoover, Annette Markovich, Terry Moerman, Kay Richardson
May 31st Steven Cowell, Carolyn Zagar

Line Dancing with Deb Snell



Reminder: Our next Line Dancing Party is coming up on May 15th from 6:30pm- 8:30pm in the Commons Area of

Freshwater Church, Entrance "A". Join us for an evening of music, movement, and fun as we learn simple steps, enjoy familiar tunes, and dance together in a relaxed, friendly atmosphere. No experience needed—just bring your energy and get ready to have a great time! \$5.00 and open to all.