

July 2026

Paw Paw Senior Center

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

(269) 657- 5076

600 E. Michigan Ave- Entrance "C"

<http://pawpawtownship.gov>



Celebrating July

Community Council

Thursday, July 2nd

11:00am -12:00pm

Independence Day

Saturday, July 4th

Core & More

Every Wednesday

10:30am- 11:00am

Pen & Page Society

Wednesday, July 8th

1:00pm- 2:00pm

Reader's Theatre

Wednesday, July 22nd

1:00pm- 2:00pm

Paw Paw Days

Saturday, July 25th

9:00am- 3:00pm

Karaoke

Wednesday,

July 1st, 15th & 29th

1:00pm-2:30pm

**Sign-Up for Book Club
this month!**

Stars, Stripes, and Summer Fun

July is a time to celebrate community, freedom, and the traditions that bring us together. As we gather with family and friends for Independence Day festivities, we are also looking ahead to a historic milestone—America's 250th birthday in 2026. This semi quincentennial celebration marks 250 years since the signing of the Declaration of Independence. This celebration offers a meaningful opportunity to reflect on our nation's history, honor the generations who came before us, and share our stories with those who will follow. Here at the Senior Center, we are especially grateful for the wisdom, experiences, and perspectives our members contribute to our community every day.

This month also brings the joy of Paw Paw Days, a special local tradition that celebrates the heart of our community. Events like these are a wonderful reminder of the connections we share with our neighbors and the importance of coming together to celebrate where we live, who we are, and the relationships that make our community strong.

As we reflect on this spirit of connection and shared history, we are also preparing for an exciting new chapter of our own. As many of you know, the Senior Center will be moving to our new location on Cedar Street, and we look forward to the opportunities this next step will bring. As we move through July, we want to keep everyone informed of any updates that occur throughout our transition. The Township has confirmed that the Senior Center will remain at our Freshwater location throughout both July and August, as our current lease runs through that time.

Anne will continue to keep everyone updated and will share final moving dates and other important information as soon as they are confirmed. We know that change can bring questions, and we are committed to making this transition as smooth and transparent as possible.

Everyone is encouraged to attend our monthly Community Council meetings to ask questions, share concerns, or stay informed about new developments and activities. These gatherings are a valuable way to stay connected, exchange ideas, and continue building the strong sense of community that defines our Center. As we move through this season of celebration and change, let us continue to find strength in one another and pride in the community we share.

New Exercise Class: Core & More

Join Kelli, our Cardio Drumming Instructor, every Wednesday from 10:30am-11:00am for her new exercise class that focuses on strengthening your core! This low-impact class focuses on strengthening the



muscles of the abdomen, back, hips, and pelvis—the foundation of everyday movement. A stronger core can help improve posture, reduce the

risk of falls, and make daily activities easier and more comfortable. Suitable for a variety of fitness levels, the class features guided exercises that can be modified to meet individual needs. Join us for a fun and supportive workout that helps you stay strong, active, and confident.

Paw Paw Days 2026

Join the Paw Paw Area Chamber of Commerce for Paw Paw Days, one of the community's main events of the summer. Family-friendly activities attract thousands of visitors to Paw Paw's Central Business District, including the Classic Car and Truck Show along Michigan Avenue, arts and crafts and food vendors in the Van Buren County Park downtown. Kids Zone and other child's play add to our "something for everyone" offerings. Or just come to town - bring your friends and family to sample the weekend's fun and local restaurants and retail shops that are the heart of Paw Paw year 'round.



Saturday, July 25th from 9:00am-3:00pm

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 |
|-------------|---|

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|-------------------|------------------|
| Exercise Classes: | \$5.00 per class |
|-------------------|------------------|



The Talent Show Disaster

Get ready for an afternoon of laughter and entertainment as our Readers Theatre group presents *The Great Senior Center Talent Show Disaster!* This humorous play follows a talent show that doesn't quite go according to plan, leading to plenty of unexpected mishaps and funny moments.

We are looking for eight volunteers to read the character roles. No acting experience or memorization is required—just bring your enthusiasm and enjoy reading the script with others. Whether you choose to participate as a reader or join us as an audience member, you're sure to have a great time.

Come be part of the fun and help bring this hilarious story to life!

Fitness Classes

Cardio Drumming: A fast-paced, 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) 9:30am – 10:30am
Wednesday (with Kelli) 11:15am – 12:15pm

Seated Core: Fun, seated routines set to music, designed to improve strength, flexibility, and balance without putting pressure on the joints.

Join Misty on Tuesdays and Thursdays
from 10:30am – 11:00am

Core & More: A partially seated exercise class designed to improve core strength, stability, and overall fitness. Participants use a variety of equipment, including weights, resistance bands, and hula hoops, while exercising to upbeat, fun music. The class combines strength, coordination, and flexibility exercises, making it an engaging workout suitable for a range of fitness levels.

Join Kelli on Wednesdays from 10:30am- 11:00am

Movin' & Groovin': Get moving and have fun with this energetic exercise class that follows along with upbeat Zumba-inspired fitness videos. The routines are designed to get your heart pumping and keep you active. If the video moves become too challenging, Anne will demonstrate simplified versions so everyone can participate comfortably while still enjoying a great workout.

Join Anne on Wednesdays 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 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.

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

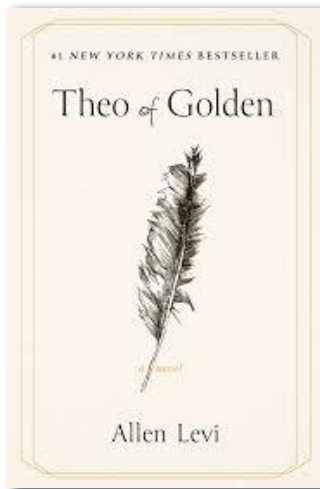
Tuesday 8:30am – 12:00pm
Wednesday 8:30am – 11:00am
Thursday 8:30am – 12:00pm

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

Stay Fit





Summertime Book Club

Join us for a new book club hosted by Penny, owner of the local bookstore, *Words on Pages*. Penny has generously offered to lead the discussion at our senior center free of charge.

Our first selection is *Theo of Golden* by Allen Levi, a heartwarming novel about

Theo, an enigmatic 86-year-old Portuguese widower who moves to a small Southern town. Through a unique mission of purchasing pencil sketches of local residents and anonymously returning them to their subjects, Theo creates a remarkable chain of kindness, connection, and generosity throughout the community.

Participants may purchase a copy of the book for \$20 or Anne can help locate free copies through nearby libraries and pick them up for you.

Come discover a memorable story, share your thoughts, and enjoy good conversation with fellow readers. Let's get reading together!

Pen & Page Society

The Senior Center is excited to announce the launch of the Pen & Page Society, a new writing club designed for anyone who enjoys putting thoughts, memories, and stories on paper. Whether you're an experienced writer,



an aspiring author, or simply looking for a creative outlet, this welcoming group offers a supportive space to share ideas, explore different writing styles, and connect with fellow enthusiasts. Through writing prompts, group discussions, and

opportunities to share work, members can develop their skills while having fun and building friendships. Join the Pen & Page Society and discover the joy of writing in a relaxed and encouraging environment.

Wednesday, July 8th 1:00pm- 2:00pm

July Birthdays

- 1st- Vince Cabras, Linda Morseau
- 2nd- Brooke Fogt
- 3rd- Mary Austin, Barbara Davis, John Fitzgerald, Tareyn Norcross, Cheryl Prather, Renee Steffey, Susan VanAvery
- 4th- Tony Harrop, Jesse Valdez
- 5th- Jan Palmer
- 6th- Heather Massa, Sue VanderHorst
- 7th- Jane Cowin
- 8th- David Ashen, Janice Drummond, Jo Flowers, Tony Millek, Mark Robertson, Len Schoenherr, Charlee Zinkil
- 9th- Kathryn Coady, Tracy Hodges, Stuart Horton
- 10th- Barbara Davis, Gary Mitchell
- 11th- Mae Cobb, Anders Fogt, Tammy Hill, Fran Korteway, Larry Rinehart, Nancy Schmucker, Nancy Strzynski
- 12th- Ken Carlsen, Kay Drake, Ed Sullivan
- 13th- Dennis Foss
- 15th- Sandy Balbo, Steven Flowers
- 16th- Ray Passkiewicz, Kyle Visitacion
- 17th- Vonnie Dingess
- 18th- Scott Dare, Peggy Doxey, Deb Lemmer
- 19th- Lawrence Berger, Doris Chase, Wanda Dare, Ron Harmon, Mary Howard, Susan King, Von Vanderwiel, Alice Yonkman
- 20th- Ann Barkman, Barbara Dowd, Sandy Hanson, Steve Korabik, Conley Popp
- 21st- Susan Blower
- 22nd- Jonathon Crawford, Jill Loy, Colleen Stewart
- 23rd- Shaun Killeen, Raf Turanz
- 24th- Ray Firnbach, Janet Julien, Kathleen Van Brocklin
- 25th- Sandy Graham, Ann Kob
- 26th- Ron Maillard
- 27th- Lee Kison, Denise Morrison, Cindy Stineback, Donna Wilkinson
- 28th- Michael Davis, Robin Esterline, Christine Roach-Brown, Jan Wilder
- 29th- Nancy Vendeville, Becky Wehn
- 30th- Joseph Mapes, Shirryl Sanger, Frank Thompson
- 31st- Michelle Devine, Cindi Hansen, Terrie Hunkins, Laura Kell, Vickie Kerr, Daniel White

Have a voice in shaping the programs, activities, and future of your Senior Center by joining the Community Council. This welcoming group provides an opportunity for members to share ideas, offer feedback, and discuss ways to enhance services and events. Whether you have suggestions for new programs, thoughts on current offerings, or simply want to stay involved, the Community Council is a great place to make your opinions heard.

1st Thursday of every month