

June 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 June

### WMU: Spot the Con

June 2<sup>nd</sup>

1:00pm- 2:00pm

### New Club: Mahjong

Every Wednesday

11:00am- 3:00pm

### Community Council

June 4<sup>th</sup>

11:00am- 12:00pm

### New Class:

#### Movin' & Groovin'

June 10<sup>th</sup> and June 24<sup>th</sup>

10:00am- 10:30am

### Commodities

June 15<sup>th</sup>

9:00am- 12:00pm

### Coffee with a Cop

June 17<sup>th</sup>

9:00am- 10:00am

### Father's Day

June 21<sup>st</sup>

### Line Dancing with Debra Snell

June 26<sup>th</sup>

6:30pm- 8:30pm

## Big Changes Are Coming to the Senior Center!

We are excited to officially announce that the Senior Center will be moving to Cedar Street Elementary School in August! This incredible opportunity marks the beginning of an exciting new chapter for our center, our members, and the entire community.

The Senior Center will officially close its doors at Freshwater Church on July 22, 2026, as we begin the transition into our new location. We are excited to reopen at Cedar Street Elementary School, 555 Cedar St, Paw Paw, MI 49079, on August 6, 2026, and welcome everyone into our expanded facility.

The new location will occupy the entire west wing of the school, providing more space than ever to expand programs, introduce new activities, and continue serving our growing membership. This move creates endless possibilities for the future of the Senior Center.

The new facility will feature a large cafeteria with a performance stage, a gymnasium, eight spacious classrooms, significantly larger than the rooms we currently use, an outdoor pavilion for events and barbeques, as well as a beautiful welcome center.

One of the most exciting aspects of this move is the opportunity for many of our clubs, classes, and activities to finally have dedicated spaces of their own. The additional room will allow for more exercise equipment, increased storage for supplies, expanded programming, and new opportunities we simply could not offer before.

To celebrate this major milestone, plans are underway for a huge community open house on August 15, 2026. The event is expected to include live music, local vendors, facility tours, demonstrations of our classes and activities, great food, and a few hidden surprises. We hope this celebration will give the entire community an opportunity to experience all the wonderful programs and services our Senior Center has to offer.

This move represents much more than a change of location — it represents growth, progress, and a continued investment in creating a energetic and welcoming place for older adults in our community.

We look forward to welcoming everyone into this exciting new space as we begin the next chapter together. The future is bright at the Senior Center, and we are excited to continue growing and thriving together!

## Welcome, Sunshine & Summer Days

The first day of summer marks the official start of a season filled with sunshine, longer days, and plenty of opportunities to enjoy the outdoors. It's a time when nature feels especially vibrant—flowers are in full bloom, trees are lush and green, and the warm weather invites us to slow down and savor the season.

The first day of summer, also known as the summer solstice, arrives on Saturday, June 21, 2026. It marks the official start of the season and the longest day of the year, bringing extended daylight and the beginning of summer's warm and sunny days.

Summer is also a wonderful time for connection and activity. Whether it's spending time with friends, enjoying community events, taking walks outside, or simply relaxing in the sunshine, the season encourages us to stay active and engaged in ways that bring joy and energy to everyday life.

As we welcome summer, we look forward to all the simple pleasures it brings and the chance to make the most of these bright and beautiful days ahead.

## What is Community Council?



Community Council is an opportunity for members of the Senior Center to come together, share ideas, and stay informed about what is happening at the center. Community Council is held in room 104, the first

Thursday of every month, from 11:00am- 12:00pm.

During these meetings, members can discuss new programs and activities, share thoughts about meals and food options, suggest changes they would like to see, and provide input on clubs, classes, and future events. Whether there is an activity you enjoy, an opinion or suggestion you have about current happenings, or a new idea you would like to explore, Community Council is the place to share your voice. This is your center, and we want it to reflect the interests, needs, and ideas of the people who make it such a special community. We hope to see you there!

## Smart Steps Against Scams

As scams and fraud schemes targeting older adults continue to increase, staying informed and aware is more important than ever. Fraud prevention programs provide valuable information on how to recognize scams, safeguard personal information, and respond appropriately to suspicious phone calls, emails, text messages, and online activity.

On June 2<sup>nd</sup>, we are pleased to welcome Andrew Haines from the Better Business Bureau for an engaging and interactive presentation on fraud awareness and scam prevention. Attendees will participate in a fun and educational activity called "Spot the Con," designed to help participants identify common scams and better understand the tactics fraudsters use to target individuals.

Then, on June 17<sup>th</sup>, join our local police department for our first Coffee with a Cop — building relationships, one cup at a time. This community-focused event offers an opportunity for seniors and law enforcement officers to come together in a relaxed setting to discuss concerns, ask questions, and strengthen community connections over coffee.

We encourage everyone to take advantage of these two opportunities to learn more about your community and strengthen your protection against scams and fraud.

## Movin' & Groovin' with Anne



Join us, beginning this month, for our new dance-inspired exercise class designed to get you moving, smiling, and having fun! This upbeat class, combines easy-to-

follow dance moves, with lively music from a variety of eras and styles. Enjoy a light cardio workout while improving balance, coordination, and energy in a welcoming and supportive environment. No dance experience is needed — just bring comfortable shoes and a willingness to have fun while staying active with friends!

## 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*  
*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
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## Stay Fit

*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.

<i>Tuesday</i>	<i>8:30am – 12:00pm</i>
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**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*

## EXTRA! EXTRA! NEW CLUBS COULD BE STARTING HERE!



Our Senior Center is filled with talented, friendly, and active members who enjoy a wide variety of hobbies, games, and social activities. From cards, chess, euchre,

dominoes, and board games to crafts, books, walking groups, and special interest gatherings — there are many wonderful ideas waiting to come together.

One challenge we often face is knowing how many people share the same interests. A club can only begin when enough members express interest in participating. That’s why we are inviting everyone to help us discover new opportunities for fun, friendship, and connection.

Share your interests, invite your friends, and help us bring new clubs and activities to life. We’ve had a few members show interest in starting a euchre club, as well as a chess club- if you’d like to join, please let Anne know.

### NEW CLUB ALERT!

Mahjong is a tile-based game of skill, strategy, and luck that originated in China in the 19th century. Often compared to the Western card game rummy, it is typically played by four people who draw, exchange, and discard tiles with the goal of being the first to build a complete winning hand.



Studies suggest that playing Mahjong regularly can help sharpen memory, improve focus, and support cognitive function.

Interested in learning how to play? Join fellow members, every Wednesday from 11:00 a.m. to 3:00 p.m., to try something new, have fun, and maybe even make a few new friends!

## June Birthdays

- 1<sup>st</sup>- Kay Pyard, Becky Rife, Susan Schanz, Patricia Stanek
- 2<sup>nd</sup>- Ken Bowen, Robert Gaudio, Maureen Jarvis, Shelly Pattison
- 3<sup>rd</sup>- Mary Springer
- 4<sup>th</sup>- Lindsey Basinger, Connie Demske, Erica Haselberger, Keith Lirones, Sandra Rinehart
- 5<sup>th</sup>- David Van Dam
- 6<sup>th</sup>- Lucia Meyers, Michelle Meyers, Anne Presley
- 7<sup>th</sup>- Sarah Armbrust, David Block, Bob Cantins, Jean Gregory, Phyllis Mandigo
- 8<sup>th</sup>- Cindy McDonald, Joan Miller, Pamela Rector, Lori Reits
- 10<sup>th</sup>- Pam Cole, Cheryl Reinoehl
- 11<sup>th</sup>- Jim Gerencer
- 12<sup>th</sup>- Danni Young
- 13<sup>th</sup>- Elaine Beam, Dona McQueen
- 14<sup>th</sup>- Sharon Curtis, Julia Seivert
- 15<sup>th</sup>- Eva Harmon, Jerri Horton, Claudia Keys, George Kilts, Richard Maxwell, Vicki Milazzo
- 16<sup>th</sup>- Gary Arrans, Michael Karsen, Judy Meyers, Patricia Meyers, Kim Palenick
- 17<sup>th</sup>- Robert Kenney, James Moulthrop, Robert Reits, Pam Visser
- 19<sup>th</sup>- Joel Ayres, Charles Clark Sr., Lee Harton, Mark Klinger, Jim Smith
- 20<sup>th</sup>- Rachel Darling
- 21<sup>st</sup>- Nancy DeYoung, Bill Markovich, Maria Martinez
- 22<sup>nd</sup>- Wanda Bournay, John Ferrari, Donice Grassore, Sharon Hines, Barbara Leaser, Janis Onofrio, Debbie Robertson
- 23<sup>rd</sup>- Georgia Brown, Bernice Puskaric, Doug Smith
- 25<sup>th</sup>- Diane Chase, Shirley Raymond, Karen Welburn
- 26<sup>th</sup>- Carolyn Baron, Donna Cantrell, Peaches Maize, Lori Smith
- 27<sup>th</sup>- Billy Brown
- 28<sup>th</sup>- Pamela Beadle, Jim Brinkman, Lydia Garza, Ginger Smietana
- 29<sup>th</sup>- Glenda Sealy
- 30<sup>th</sup>- Karen Edwards, Marcia Shannon



