

August 2026

Paw Paw Senior Center

Tuesday, Wednesday and Thursday

(269) 657- 5076

600 E. Michigan Ave- Entrance "C"

<http://pawpawtownship.gov>



Celebrating August

Farewell Freshwater

August 13th

Community Council

August 6th

11:00am- 12:00pm

Pen & Page Society

August 13th

11:00am- 12:00pm

New Exercise Classes:

Barre Above

Every Tuesday

10:30am- 11:00am

Tabata GX

Every Thursday

10:30am- 11:00am

Pickleball Schedule

Everyday

8:30am- 11:00am

Donations Accepted

All Month

Book Club

Starting in September

Safety Lunch Presentation

September Presentation

A Fond Farewell to Freshwater Church

After four wonderful years, it is time for us to say goodbye to our home at Freshwater Church. It is difficult to put into words just how thankful we are for the kindness, generosity, and support that Freshwater Church has shown our senior center.

From the moment we opened our doors, they welcomed us with open arms and provided a place where friendships were formed, laughter was shared, meals were enjoyed, and countless memories were made. Their generosity has allowed our members to gather, connect, learn, and thrive, and we will always be grateful for the opportunity to call Freshwater Church our home.

To the pastors, staff, volunteers, and church family who have supported us over the years, thank you. Your encouragement, hospitality, and willingness to share your space have meant more than you know. You have played an important role in helping our senior center grow into the vibrant community it is today.

As bittersweet as it is to leave, we are excited about what lies ahead. Our senior center has experienced tremendous growth, welcoming more than 70 new members since January alone! We are thrilled to see so many seniors discovering our programs, activities, meals, and friendships. With that growth comes the need for more room so we can continue to serve our community and provide even more opportunities for connection and fun.

Our last day at Freshwater Church will be Wednesday, August 13th. We are excited to open the doors to our new home at Cedar Street on Thursday, August 27th. We'll be back with all your favorite activities, plenty of opportunities to gather with friends, and, of course, Pat will be serving up her delicious home-cooked meals that everyone loves.

We are incredibly grateful for the memories we've made at Freshwater Church, and we look forward to creating many more in our new home.

Thank you to everyone who has been part of our journey. Here's to new beginnings, continued growth, and many more years of friendship, laughter, and community. We can't wait to welcome you to Cedar Street!

Lunch & Learn: Safety with Chief Eric Rottman

Join us in September for a special Lunch & Learn featuring Eric Rottman, Chief of Police for the Paw Paw Village Police Department.



Chief Rottman will share valuable safety tips designed to help you stay informed and protected.

His presentation will cover practical ways to avoid becoming a victim of crime, personal safety while driving and traveling, tips for staying safe at home, and behaviors and situations to be aware of that can help prevent scams and other safety concerns.

This informative presentation is a great opportunity to learn simple, effective strategies for protecting yourself and your loved ones.

We hope you'll join us for this informative and engaging program. The exact date and time will be in the September calendar.

Pen & Page Society

Join us for the second meeting of the Pen & Page Society, our new writers' club!

Whether you enjoy writing stories, preserving family memories, journaling, or simply putting your thoughts on paper, this group is for you. No writing experience is necessary—just bring your ideas, your curiosity, and a willingness to share (or simply listen).

If you've been looking for a creative outlet and a welcoming group where you can write, reflect, and connect with others, we'd love to have you join us. Come share your stories, hear the experiences of others, and discover the joy of writing in a friendly, supportive environment.

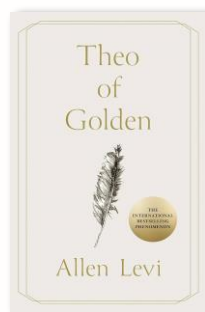
Give it a try—you may be surprised by the stories waiting to be told!

Help Us Bring Our New Senior Center to Life!

As we are preparing to move into our new home on Cedar Street, we're looking for donations to help create a warm, welcoming, and inviting space for everyone who walks through our doors.

All donations are greatly appreciated! We're looking for items such as home décor, plants, games, books, exercise equipment, craft supplies, and other useful items that will help make our new Senior Center feel like home.

Thank you for supporting our Senior Center. Your generosity helps create a vibrant, inclusive place where members can connect, stay active, and feel at home. Every donation, big or small, makes a difference!



September Book Club

The countdown is on! We're excited to welcome Penny from our local bookstore, Words on Pages, will be joining us in September, as we launch our new Book Club.

If you've registered to participate, please turn in your \$20 payment as soon as possible. Your payment reserves your own personal copy of *Theo of Golden*, which is yours to read, enjoy, and keep after our Book Club concludes.

Throughout our reading journey, Penny will visit each week to lead our discussions and bring thought-provoking questions that will help us dive deeper into the story. Together, we'll explore the characters, share our ideas, and discover the adventures that await Theo.

We're looking forward to an exciting season of reading, meaningful conversations, and making lasting memories together. Happy reading!

Sign-up at the Welcome Center before Aug. 31st

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) 9:00am – 10:00am
Everyday (with Kelli) 11:15am – 12:15pm

Sit & Stretch 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 10:00am – 10:30am

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.

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

Barre Above: A low-impact full body workout. Resistance training involving lighter weights with high reps. Small range of motion moves that build isometric strength. Improves posture and balance.

Join Kelli on Tuesdays 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.

Join Anne on Wednesdays from 10:00am- 10:30am

Tabata GX: An interval training using several different timing options. Periods of work followed by periods of rest. It improves heart health, bone density, muscle strength, and balance while keeping workouts short and efficient.

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

Line Dancing: A fun, low-impact, activity where participants perform choreographed, repeated, and synchronized steps to music without needing a partner. It strengthens cardiovascular health, boosts cognitive function, and improves balance.

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 – 11:00am
Wednesday 8:30am – 11:00am
Thursday 8:30am – 11:00am

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



New Pickleball Schedule

Due to our growing membership and expanding fitness programs, we will be making temporary changes to the pickleball schedule for the month of August. Our instructor, Kelli, will be introducing two new exercise classes and will also be offering her popular Cardio Drumming class every day. As a result, she will need use of the gym from 11:15 a.m. to 12:15 p.m. We know this may be an inconvenience for some of our pickleball players, and we truly appreciate your patience and understanding. We're doing our best to make room for everyone's favorite activities while we continue to grow.



The good news is that this is only temporary! We're looking forward to moving into our new location, where there will be plenty of space for pickleball, fitness classes, and so much more.

Congratulations, Kelli!



Please join us in congratulating Kelli on her retirement!

While she may be retiring from her career, we're happy to say she's

not retiring from the Senior Center. In fact, retirement means she'll be spending even more time with us!

Kelli will continue leading her popular Cardio Drumming class and is excited to expand her fitness programs by introducing two new classes—**Tabata GX** and **Barre Above**.

Her enthusiasm, encouragement, and passion for helping others stay active, make every class both fun and motivating.

We are grateful to have Kelli as part of our Senior Center family and look forward to this exciting new chapter. Congratulations, Kelli! We wish you a wonderful retirement filled with health, happiness, and many more opportunities to inspire others.

August Birthdays

- 1st- Larry Chase, Karen Coville, Alan Henderson
- 3rd- Nancy McKinney, Dawn Sively, Joseph Wise
- 4th- Pamela Dykstra, Greg Zyber
- 5th- Mary Kovach, Paula Mott, Helen Paulus, Tina Sherburn
- 6th- Lyle Swinehart
- 7th- Frank Lgcoreon, Rhonda Reigle
- 8th- Kirk Adams, Louis Barkovich, Diana Boop, Cheryl Dennis, Nadine Jarvis, Teddy Lane
- 9th- Len Brinkmoeller, Harry Loy, Donna Myers, Gene Sahr
- 10th- Shelly Johnson, Sheryl Stapert
- 11th- Ruth Johnson, Melody Manning, Paula Tinsman
- 12th- Linda Hartman, Heather Hill
- 13th- Brian Allison, Josephine Farrer, Gregory Flint, Christine Terrill
- 14th- Gary Secor
- 15th- Ken Barnes, Chris Mayer
- 16th- Todd Fisher, Phyllis Greene, Rolland Rife
- 17th- Linda Hardie, Diana Haselberger, Joanne Rankins
- 18th- Pam Parise, Gayle Penning
- 19th- Jeanie Barnes, Rainer Seidel
- 20th- Maria Serratos, Mick Velay, James Wesner, Rhonda Wilson
- 21st- Lisa Sylvester
- 22nd- Virgil Johnson, Robin Parks, Lisa Zinkil
- 23rd- Larry Harrison, Lois Richardson
- 24th- Sudhir Reddy
- 25th- Donald McKissie
- 26th- Gordan Forman, Rebecca Payne, Nancy Turk, Kathy Vogt
- 27th- Lois Craddock, David Kalmbach, Zoe Pond
- 28th- Roy Miller
- 29th- Conrad Buitron, Norma Diljak, Doug Greenman, Kelli Presley, Felicia Smith
- 30th- Mary Forrester, Ellen Larsen, Denise Lietzau, Connie Young
- 31st- Mary Beth Schdlinski

