

September 2026

Paw Paw Senior Center

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

(269) 657- 5076

555 Cedar Street- Door 3

<http://pawpawtownship.gov>



Celebrating September

Paw Paw Public Schools Partnership

Thank You Staff & Volunteers

Parking Lot Renovations

Staying Informed

Donations

Book Club Kick-Off

September 30th

10:00am- 12:00pm

Happy September Birthdays!

Exciting New Beginnings at Cedar Street!

We are so excited to begin this new chapter at our Cedar Street location and are especially grateful for the opportunity to partner with Paw Paw Public Schools. This partnership allows us to share our new space with our community and create even more opportunities for connection, learning, and involvement.

Our new building is already becoming a wonderful place to gather, and we're excited about all the possibilities ahead. We look forward to growing together, building new relationships, and making Cedar Street a welcoming home for our Senior Center and the many programs that serve our community.

Here's to new beginnings, new partnerships, and many great memories to come!

A Heartfelt Thank You to Our Volunteers & Staff

We want to take a moment to express our deepest gratitude to all our wonderful volunteers and staff who worked so hard to make our move from Freshwater to Cedar Street a success.

Moving a senior center is no small task! From packing and organizing to lifting, carrying, cleaning, setting up, and handling all the details in between, so many helping hands came together to make it happen. Your time, energy, patience, and willingness to pitch in wherever needed truly made a difference.

Most importantly, you helped us make this transition with the care and spirit that makes our Senior Center such a special place. We could not have done it without you!

Thank you for showing up, pitching in, and going the extra mile. We are incredibly grateful for each and every one of you and look forward to making wonderful new memories together at our Cedar Street location!

With heartfelt appreciation,

Thank you for all that you do!

September Parking Lot Renovations



We want to let everyone know that parking lot renovations will be taking place throughout the month of September. We understand that the limited parking during this project

may be an inconvenience, and we truly appreciate everyone's patience and understanding.

While parking will be limited for a short time, the project itself is also temporary. Once completed, we will have improved parking accommodations for not only our Senior Center members, but everyone who utilizes the building.

Our Cedar Street location is home to several important programs, including Flowers Preschool in Rooms 1 & 2, Adult Education in Room 10, and the ISD Program, which utilizes the other half of Cedar Street. We want to make sure there is ample, accessible parking for everyone who comes to the building each day.

We appreciate your patience as we work through this temporary inconvenience. A little patience in September will help provide better parking for all of our programs and visitors moving forward.

Thank you for your understanding and for helping us make this transition as smooth as possible!

Southwest Michigan Community Action Agency

Commodities will resume on Tuesday, September 15th, 2026 from 9:00am- 12:00pm at Door 5. If you are unable to pick up your box at this time, please give us a call and we will set it aside for another available time.

If you would like to sign up, please see Anne Belecki.

(269) 657-5076

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
-------------------	------------------

Stay Connected & Informed!

There's always something happening at the Senior Center, and we want to make sure you don't miss out!

From upcoming activities and special events to schedule changes, cancellations, and important announcements, there are several easy ways to stay informed.

Our Senior Center Broadcast System is one of the best ways to receive timely updates. You can choose to receive messages by text, email, or both, so important information can come directly to you. Be sure to also follow our Facebook page, Paw Paw Senior Center, for the latest news, event reminders, photos, and updates from the center. We also encourage you to check the Township website, <http://pawpawtownship.gov>, for community-wide announcements and information.

With so many ways to stay connected, we encourage everyone to make sure their contact information is up-to-date and follow along with our online pages.

Stay connected, stay informed, and stay involved!

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



We're Still Looking For Donations



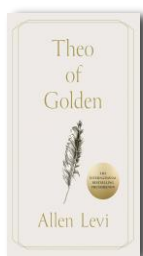
We are still looking for donations to help support our Senior Center, programs, and

activities. Whether it's a small contribution or a much-needed item, your generosity helps us create a welcoming and enjoyable place for our members to gather, socialize, and have fun.

As we settle into our new Cedar Street location, we are especially looking for a round, wooden, dining table with chairs, a DVD player, exercise equipment for our fitness center, a dart board or other recreation room items, gently used home décor, and bingo prizes.

If you have any of these items in good, gently used condition that you would be willing to donate, we would truly appreciate your generosity.

Thank you for supporting our Senior Center and helping us make Cedar Street feel like home!



Upcoming Book Club Selection: *Theo of Golden*

Join us for our next Book Club meeting on September 30th from 10:00–11:00

AM! We are excited to welcome Penny, owner of Words on Pages Bookstore, who will lead our group discussion and provide thoughtful discussion questions to help guide the conversation.

Our featured book will be *Theo of Golden* by Allen Levi. Whether you're an avid reader or simply looking for a fun way to connect with others, we hope you'll join us for a great conversation! Registration is \$20 and is due as soon as possible to reserve your spot and receive your own copy of the book to keep.

Come ready to read, share your thoughts, and enjoy some great conversation with fellow book lovers.

September Birthdays

- 1st- Maxine Buss, Craig Hess, Tera Jamesen, Fran Wallace
- 2nd- Linda Heidenreich, Patti Schascheck
- 3rd- Sharon Desimone, Tom Palenick, Thersa Skogen
- 4th- Laura Bassett
- 5th- Brenda Gimbel, Wayne Henry, Pamela Lyngstad, Mark Ritchie
- 6th- Doris Barker, Larry Curtis, June Depierre, Keith Rife
- 7th- Anne Mahrle
- 8th- Karen Miner
- 9th- Clarence DeBoer, Pita Korabik, Mary Ann Mateyack
- 10th- Gary Ewert, Nancy Forrest, Rod Knoerr
- 11th- Judy Aguirre
- 12th- Rosi Boelman
- 13th- Karen Pennington, Helen Van Dam
- 14th- Louise Berdahl, Frank Garvelink
- 15th- Anne Belecki, Karen Berzin, Kathy Whelan, Dwight Whitson
- 16th- AJ Henderson, Carter Henderson, Thomas Jarvis
- 17th- Roger Dennis
- 18th- Marme Courtney, Kathy Moerman, Anita Perigo, Lynn Stevens
- 19th- Paula Leedy, Vince Soo,
- 20th- Lois Barich, William Echols, Paulette Greene, Craig Warner
- 21st- Bobn Baren, Brenda Benedict, Lyn Earwood, Marilyn Kuchenreuther, Diane Miller, Phyllis Murray, Caron White
- 22nd- Arlie Hammons, Will Mortimore
- 23rd- Judy Fitzgerald, David Hoover
- 24th- Greg Cashen, Sandy Goetsch, Juanita Paez
- 25th- Grace Pullen, Pat Truesdale
- 26th- Dena Adriance, William Brott
- 27th- John Beasley, Carla Betzner, Lawrence Lonsbury
- 28th- Janet Clawson, Debra Linenger, Donna Rook
- 29th- Dennis Adams, Mark Edwards, Jane Quizon
- 30th- Christine Price

