November 2026

Paw Paw Senior Center

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

555 Cedar Street, Door 1 (269) 657- 5076 http://pawpawtownshipmi.gov



Celebrating November

Spotlight Member:
Karen Coville

New Clubs, New Interests:
Foosball, Darts & Chess
Every Tuesday
11:00am- 2:00pm

Cards, Anyone?
Euchre & Pinnacle
Tuesday/Thursday
10:00am- 12:00pm

Grand Opening Celebration
November 7th
12:00pm- 2:00pm

Senior Support Group
November 4th & 18th
10:00am- 11:00am

The Verbavore's Book Club
November 25th
10:00am- 11:00am

Opening Our Doors, Growing Our Community

Mark your calendars Saturday, November 7th, from 12:00pm- 2:00pm, as we celebrate the grand opening of our senior center! We are excited to open our doors to the public and invite everyone to join us for an afternoon filled with community, fun, music, food, and exciting prizes.

The celebration will kick off promptly at 12:00pm with a ribbon-cutting ceremony hosted by the Chamber of Commerce. Our local news station, WWMT, will also be joining us to help celebrate this special occasion. Since the ceremony will begin right at noon, we encourage everyone to arrive a little early, so you don't miss a moment of the excitement!

Once the ribbon is cut, come in and explore everything our senior center has to offer. Take a stroll through the hallways and visit the tables featuring local resources and services available to seniors. This is a wonderful opportunity to meet community organizations, discover helpful resources, and learn more about what our area has to offer.

Be sure to stop by the café, where Pat will be serving up a free meal for our guests! While you enjoy your food, sit back and listen to music by Dave Johnson. There will be plenty of opportunities to mingle, enjoy the atmosphere, and celebrate with friends, family and neighbors.

And what's a celebration without a little excitement? Check out our amazing raffle prizes, try your luck in our 50/50 raffle, and don't forget to take a turn at the Human Slot Machine! There will be plenty of fun and chances to win throughout the afternoon.

We would like to extend a heartfelt thank you to the generous local businesses and our very own instructors who have sponsored this event by donating some incredible raffle prizes. We are also incredible grateful to all the volunteers who are giving their time, talents, and support to make this grand opening special. Thank you to everyone who will be demonstrating our fitness classes, showcasing our clubs and activities, and contributing donations to help make this even a success. Your dedication, generosity, and enthusiasm are what make our senior center such a wonderful place to connect, learn, stay active, and build friendships. We couldn't do it without you!

Bring a friend, bring your family, and come celebrate with us. We look forward to seeing you there!

Cards, Anyone?



We are excited to announce two new additions to our daily activities at the Senior Center! Join us for Euchre Club every Tuesday from 10:00am- 12:00pm and Pinochle every Thursday from 10:00am- 12:00pm.



Whether you're a pro or looking to learn something new, these fun card games are a wonderful way to socialize, have fun, and enjoy time with friends. We hope you'll stop by and play along.

Senior Support Group

"Does some deep part of you already "know that there has to be a far happier and more peaceful way to live your life, than what the material world all around us keeps showing us every day?

Has becoming a Senior Citizen in any way caused you to feel out-of-step with the times, and increasingly invisible and unheard?

My name is Jane Schuring, and I am also a Senior Citizen, like you. I am a retired Counseling Therapist and a life-long Seeker of my own Soul.

I would like to explore these questions (and more) with you, knowing that there is immense strength in coming together with a common goal; and that we can heal ourselves when we reach out to heal each other.

Getting in touch with our own inner-wisdom is vital work of our later-life years. I would be honored if you will join me in discovering more of your "real" selves and actually enjoying the process."

Respectfully,
Jane E. Schuring

Senior Support Group
November 4th & 18th 10:00am- 11:00am

Celebrating Our Members
November Spotlight: Karen Coville



We are excited to introduce this Member in the Spotlight recognition, created to celebrate the wonderful members who make our senior center such a special place! For November, we are proud to recognize Karen Coville.

Her dedication and willingness to help were on full display during our move to our new location. She was one of the first to arrive, ready to jump in and asking, "What can I do to help?" Whether moving exercise equipment, setting up activity rooms, or pulling staples from the activity room walls, Karen was ready to lend a helping hand!

We love knowing that we can expect to see Karen here each day, water jug in hand and ready to go! Whether she's participating in our fitness classes, enjoying a game of bingo, or cheering on those brave enough to grab the microphone for karaoke, Karen brings enthusiasm and a wonderful spirit to everything she does. She is always ready to show up, participate, and support those around her.

Karen, thank you for your kindness, dependability, and positive energy. We are so grateful to have you as part of our senior center family and are thrilled to recognize you as our November Spotlight Member.

You are appreciated more than you know!



If you know someone who goes above and beyond, brings a smile to others, or helps make our senior center a welcoming place, we encourage you to submit a nomination for next month's Member in the Spotlight.

Let's continue celebrating the amazing people who make our center feel like family!

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.

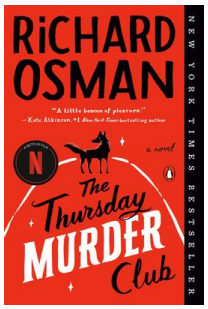
Yin Yoga: A slow-paced, passive style ideal for stretching deep connective tissues, improve joint mobility, and reduce stiffness. It enhances flexibility, combats stiffness and improves range of motion.

Join Diane on Tuesdays and Thursdays for Yoga
from 10:00am- 11:00am and
Yin Yoga from 11:00am – 11:30am

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

The Verbavore's Book Club



Calling all book lovers! The Verbavore's Book Club is excited to announce our November selection: *The Thursday Murder Club* by Richard Osman!

Set in a peaceful retirement village, this delightful mystery follows four unlikely friends who spend their Thursdays investigating unsolved murder cases. Elizabeth, Joyce, Ibrahim, and Ron are clever, curious, and certainly not ready to slow down. But when a real murder occurs close to home, the club finds itself caught up in a thrilling investigation filled with unexpected twists, intriguing suspects, humor, and plenty of surprises.

With its charming characters, clever clues, and a perfect blend of mystery and comedy, *The Thursday Murder Club* promises to be a fun and engaging read. It's the perfect book to spark conversation, share theories, and enjoy some book club camaraderie!

Every month, we're proud to partner with **Words On Pages Bookshop**, a local independent bookstore in our community. By purchasing our book through a local business, we're supporting our neighbors, strengthening our community, and helping our local businesses thrive. Every purchase makes a difference! Please sign up with Anne and submit your $20 payment to reserve your copy of the book

We can't wait to dive into this mystery together and hear everyone's thoughts, theories, and favorite moments. Grab your copy, get comfortable, and get ready to solve a murder with The Verbavore's Book Club!

📖 Happy Reading, Verbavores! 📖

Book Club Meeting
November 25th 10:00am- 11:00am

November Birthdays

1st- Beth Davis, John Hunt, John Major
2nd- Carol Grant, Emily Horton, Anna Ronk
3rd- Rose Rook
4th- Barbara Madden, Marilyn Murphy
5th- Donald Howard
6th- Wil Billings, Tamara Epinosa
7th- Julie Hendrix, Barbara Kruse
8th- Charles Uridil
9th- Karen Burton, Emily Humphrey, James Kerr
10th- Diane Chaddock, Sandi Schmied
11th- Victor Karney
12th- Judy Bennett, Toma Hibler, Pamela Koehne, Gwen Reidenbach
13th- Karen Cabras, C. Sue Martin
14th- Kraig Adams, Jan Guilloz, Robert Horton, Andy Kimble, Esther Olson, Renee Zaya
15th- Laure Erickson
16th- Gill Dyett, Joanne Wright
17th- Randy Boothby, Robert Van Brocklin
18th- Jean Ferrari, Dale Meabon
19th- Pam Hendrickson, Charlotte King, Donna Peters
20th- Leonor Beraza
21st- Marylu Garcia
22nd- Kelle Dillon, Susan Hunt
23rd- Derith Garrison, Kathy Murphy
24th- Bonnie Davis, Dawn Hunerjager
25th- Joe Adams, Larry Wile
26th- Martin Duffy, Sandra Peterson, Vickey Pumford
27th- Lisa Huggett
28th- Lexi Briggs, Jan Terrill
29th- Karen Phillips, Norm Puocell, Louie Rosado
30th- David Walton

New Club Alert!

Looking for some Wednesday fun? The Senior Center is starting four new clubs: Foosball, Darts & Chess, in the Recreation Room. Come enjoy friendly competition, meet new friends, and try something new. There's a game for everyone! If there's another game you'd like to add, please let Anne know!

Every Tuesday
Foosball, Darts & Chess- 1:00pm- 2:00pm