October 2026

Paw Paw Senior Center

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

(269) 657- 5076 | 555 Cedar Street | http://pawpawtownship.gov |



Celebrating October

Kalamazoo Music School Performance
Friday, Oct 2nd
6:00pm- 7:00pm

Medicare Enrollment
October 21st
9:00am- 3:00pm

Flu Shot Clinic Sign-Up

Halloween Party
Saturday, October 24th
6:00pm- 9:00pm

Book Club
October 28th
10:00am- 11:00am

Grand Opening
Saturday, Nov. 7th
12:00pm-2:00pm

Come Celebrate Our Grand Opening!

We've officially been moved into Cedar Street for a month! Now it's time to open our doors and invite the entire community to join us for our Grand Opening celebration on Saturday, November 7th from 12:00pm- 2:00pm

This special celebration will be a wonderful opportunity for the community to tour our new building, meet our local businesses and community partners, learn about available resources, and see all the wonderful programs and activities we have planned.

We're also thrilled to welcome the Chamber of Commerce, local news, and our community newspaper for a special Ribbon Cutting Ceremony as we officially celebrate the opening of our new building.

There will be plenty to enjoy throughout the day, including a small car show, instructor-led class demonstrations, building tours, a light snack made by Pat and a few fun surprises we're keeping under wraps!

Most importantly, this is your center, and we want the seniors who call it home to be a part of this special day. We'll need volunteers to help welcome guests, participate in classes and clubs and help make newcomers feel at home and give them the real experience of what it's like to spend your days here.

If you'd like to help, please see Anne to sign up. Your time, energy, and familiar faces will help make our Grand Opening feel like the trust community celebration it is. It's a great chance to bring a friend, meet your neighbors, and experience everything our new center has to offer.

Whether you volunteer or simply come out to celebrate, we hope you'll join us for this exciting day! We're incredibly excited to share this new space with you and look forward to opening our doors to the entire community.

ANNOUNCEMENT: The Senior Luncheons hosted by the Paw Paw Public Schools will now be held here at the center. Superintendent, Jeremy Davison, will be hosting this once a month.

Kalamazoo Music School Presents: Pop Voice Ensemble

The Paw Paw Senior Center has partnered with the Kalamazoo Music School to bring entertaining and talented students to our stage to perform for our members and the community. The Kalamazoo Music School is a highly acclaimed award-winning music school that educates students with the skills and experience they need to excel in the industry. From group ensembles to individual performances using an array of instruments.

Get ready for an energetic showcase featuring some of your favorite pop hits. Come cheer on KMS's talented young performers as they take the stage, bringing powerful vocals, and plenty of personality to every song.

This is a free event for all ages! Donations to support our Senior Center are greatly appreciated.

Friday, October 2nd from 6:00pm-7:00pm

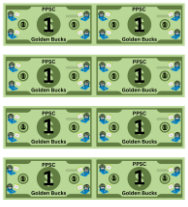
Golden Bucks Bingo Is Here!

Looking for a little fun and friendly competition? Join us every Thursday from 1:00pm- 2:00pm for Golden Bucks Bingo.

Play bingo, win Golden Bucks, and start saving! Your bucks can be kept in the Bingo Room and redeemed at the end of each month for lunches or fun gifts from our Bingo Store.

We're just getting started and will be adding even more ways to spend your Golden Bucks as the program grows!

Come play, win, and have some fun!
Donations for Bingo Prizes are always appreciated.



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
Exercise Classes:	$5.00 per class

Book Club Is in Full Swing!



With the leaves changing and a crisp chill in the air, October is the perfect month to cozy up with a good book! If you've signed up for this month's book club selection, 'Theo of Golden', your copy is waiting for you at the front desk. Be sure to stop by and pick it up! Then join Penny and her assistant on Oct. 28th at 10:00am as we gather to discuss this wonderful book. We look forward to sharing thoughts, insights, and a great conversation with fellow book lovers. Happy Reading!



Halloween Party

Spooky season is upon us and we're ready to howl! Join us and DJ Mark Graham on Saturday, Oct. 24th from 6:00pm- 9:00pm for a festive costume party. Get ready for an evening of dancing, delicious snacks, refreshing beverages, and having a frightfully fun night with friends. Bring your Halloween spirit and come dressed to impress. We'll be casting our vote for:

- ☐ **Best Overall / Best Costume**
- ☐ **Most Creative / Most Original**
- ☐ **Funniest Costume**
- ☐ **Scariest Costume**
- ☐ **Best DIY/Homemade Costume**

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

Prepare for Fall: Medicare Enrollment & Flu Shots

Medicare Open Enrollment

Medicare Open Enrollment will be taking place over the next three months. Joann will be available by appointment on the following dates:

- October 21
- November 4
- November 18
- December 2

Please bring your Medicare card, any other insurance cards, and a current list of your medications, including the dosage and frequency.

A sign-up sheet is available in the front office. Please sign up by October 19.

Flu Shot Clinic

The Paw Paw Village Pharmacy will be conducting a Flu Shot Clinic this month.

Many flu shots are covered by insurance. If your insurance does not cover the shot, the cost is:

Regular flu shot: $40

High-dose flu shot for those 65 and older: $100

The sign-up sheet is in the front office. Please sign up as soon as possible if you are interested.

There's Enough Parking for All

The wait is finally over! 🎉 Our parking lot is expected to be completed by October 2nd! Moving forward, please use the front parking lot and enter through the front entrance, Door 1. As a reminder, because we are located within a school, the doors will remain locked. Gabby will buzz everyone in upon arrival. Thank you for your patience and understanding throughout the parking lot project!

October Birthdays

1st- Joyce Gronau, Sue Knighton, Jack VanAvery
2nd- Cathy Duffek, Nancy McCorry, Gerry Stackhouse, Thomas Staggs, Betty Wise
3rd- Fran Scholtz, Ann Schroeder
4th- Judith Barnes
5th- Lorraine Sauer, Christine Subacz, Forest Wright
6th- Mary Martin, Russell Schultz
7th- Louise Carmmire, Patty Clarke
8th- Kathy Brennan, Bob Lang, Robert Lemmer, Wanda Nielsen
9th- Vicki Hosbein, Harold Zehner
10th- Roark Consolatti, Terry Knopp
11th- Mary Ewert, Mary Martin, Rebecca Nichols, Wilma Thierjung
12th- Mary Lou Gerke, Wendell Meade, Pat Peters, Amber Slater
13th- Bobette Dorre, Carol Gowen, James Whelan
14th- Otis Belin
15th- Amy Plucinski
16th- Jim Alden, Bridget Grossa, Luanne Wright
17th- Michael Jufeirt, Denise King, Kenneth Sabin, Laurel Sherburn
19th- Thresa Babcock, Sandy Gall, Debbie Huntoon, Barbara Sampsell
20th- Elaine Etheridge, Jeanette Livock, Donna Salverson, Cynthia White
21st- Michele Brown, Mike Whippo
23rd- Keith Kimble, James Westcott
24th- Larry Devalle, Robert Harrison, Mark Thomas
25th- Roxie Fargo, John Miner
26th- Dana Briske, Anna Cleveland, Lila Dragicevich, Rick Mitchell
27th- Ron Eldred, Ron Fender
28th- Rudy Aguirre, Cathy Paluch
29th- Leanne Fader, Joan Grosvenor, Elizabeth Halliburton, Kathleen McIntyre, Elaine Rife, Robert Robinson
30th- Kasha Balcerak, Mitchell Martin

