



FREE FITNESS PROGRAMS FOR MEMBERS

MONDAYS @ 9AM- TAI CHI WITH JASON

Tai Chi is taught by Jason, a Board Certified Instructor of Tai Chi for the Health Institute. Tai Chi is low impact and is great for arthritis, fall prevention & relaxing for the mind.

MONDAYS @ 10AM- LINE DANCING WITH PEGGY

Our Line Dancing w/Peggy Classes are fun and you get some exercise too!

MONDAYS @ 1PM ROCK STEADY BOXING CLASSES WITH JAMES

Rock Steady Boxing is wonderful for Parkinson's and for upper body strength. Keep in mind that if you decide to take the classes you will need to purchase gloves. James will have some for sale & to view.

TUESDAYS @ 9AM- SENIOR EXERCISE WITH DONNA

An all activity level senior exercise class w/Donna, a Silver Sneakers certified instructor. We use weights, balls & bands to achieve a full body workout.

WEDNESDAYS @ 9:15AM- LINE DANCING WITH PEGGY

Our Line Dancing w/Peggy Classes are fun and you get some exercise too!

WEDNESDAYS @ 10:30AM- SENIOR MOVEMENT WITH DONNA

Donna (our instructor) has taken classes recently for a new Silver Sneakers Exercise program called Senior Movement. It will be the same great instructor as Tuesdays and Thursdays programs but slightly more vigorous.

THURSDAYS @ 9AM- SENIOR EXERCISE WITH DONNA

An all activity level senior exercise class w/Donna, a Silver Sneakers certified instructor. We use weights, balls & bands to achieve a full body workout.

FRIDAYS @ 9AM- TAI CHI WITH JOHN

Tai Chi on Mondays is taught by a fabulous instructor, John. Tai Chi is low impact and is great for arthritis, fall prevention & relaxing for the mind.

FRIDAYS @ 10:30AM- LINE DANCING WITH PEGGY

Our Line Dancing w/Peggy Classes are fun and you get some exercise too!

KARAOKE WITH FRIENDS FRIDAY, APRIL 12TH AT 12PM

Karaoke is extra fun with friends! Please join us for a light snack and to belt out your favorite tune or cheer on others, either way it should be FUN!

BINGO Join us for Bingo every Wednesday at noon (with a special birthday bingo once a month that includes a complimentary lunch). Bingo is free to attend, thanks to our fabulous sponsors and the City of Saginaw.

WII BOWLING Wii Bowling is a lot less strenuous than bowling but equally as fun! Once a month we have a fun Wii Bowling Tournament, but you can practice here anytime.

APRIL COLORING CONTEST 04.24.24

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, April 23rd to enter the contest. You can color with gel pens, colored pencils, or any method you prefer for your masterpiece. Coloring is a great way to relax your mind and stimulate your imagination (plus you could win a prize).

SAGINAW TRANSPORTATION

The City of Saginaw provides a ride program with a one-way trip fare of \$2.50 for Saginaw residents over the age of 65 as well as residents with disabilities. This program is available every Monday (except for Holidays) from 6AM- 6PM. All rides must be scheduled in advance. Call 817.336.8714 for more information or to schedule a ride.

IMPORTANT MEMBER INFORMATION

The Senior Center is funded by the City of Saginaw. Our doors are open to all residents and non-residents 55+ years of age. Senior center memberships will be free annually for residents & \$20 annually for non-residents. The Senior Center is neither designated nor qualified for Adult Day Care. All participants must be able to physically care for themselves or have a personal assistant with them. This includes being able to navigate a walker or wheelchair and function independently.

Director: Kristi Sinclair Asst Directors: Shyanne Tibbs & Evelyn Gahagan

Open Hours : Monday– Friday 9:00 AM– 4:00 PM

SAGINAW EVENTS & NEWS

4-13-24 Saginaw Farmers Market

A fun marketplace with fresh produce, artisan vendors, doers and dreamers. Open every 2nd & 4th Saturday. The Farmers Market is at the Saginaw Switchyard (Longhorn & Knowles) from 8AM- 1PM.

4-18-24 Saginaw Concert Series

Brad Thompson (variety) will be at the Saginaw Switchyard for a free concert at 7PM for all ages. The Saginaw Switchyard is located at corner of Longhorn & Knowles.

4-20-24 Spring Cleaning Day

Residential Hazardous Waste-Paper Shredding-Electronics-Tires-Bulk Garbage. At the Public Works Facility 205 Brenda Lane (next to the Animal Shelter) from 9AM-11AM. Must provide a current Saginaw residential water bill. The capacity of the Crud Cruiser is limited, the event may end earlier than advertised & may also be cancelled or interrupted in the event of rainy/indement weather. For more info, please call 817.230.0500.

4-27-23 Saginaw Farmers Market

A fun marketplace with fresh produce, artisan vendors, doers and dreamers. Open every 2nd & 4th Saturday. The Farmers Market is at the Saginaw Switchyard (Longhorn & Knowles) from 8AM- 1PM.

Contact Us

**Saginaw Senior Center
(at the Recreation Ctr.)**

633 West McLeroy Blvd
Saginaw, TX 76179

Call: (817) 230-0459

Ksinclair@saginawtx.org

Visit us on Facebook



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

APRIL 2024

SOLAR ECLIPSE MONDAY, APRIL 8TH AT 1:41PM

Join us in viewing the Solar Eclipse. If you have your own certified glasses bring them, we will have 60 pairs on site to SHARE.

MOBILE APPS FOR DEAF AND HARD OF HEARING MONDAY, APRIL 29TH AT 11:30AM

Jason Taylor will be back for this informative class about Communication Access w/Mobile Apps for Deaf and Hard of Hearing.

HELPING PEOPLE DISCOVER THE TREASURES IN THEIR HOME THURSDAY, APRIL 25TH AT 10:30AM

Charles Tinsley is a 17yr veteran of the collectibles industry. He has owned and operated a successful jewelry and fine assets buying business with offices in the Dallas Fort Worth market as well as owning and operating a licensed auction house. In his presentation he will talk about the current market. How it has changed and why. What's hot and what's not. The Millennial impact and their unique way at looking at "stuff". He will share stories about interesting things he has encountered. He hopes to get everyone to rethink whether they really need all the things they have and how letting some go could be a good idea.

ALZHEIMER'S SUPPORT GROUP MEETING TUESDAY, APRIL 16TH AT 4:30PM

Please help us spread the word in the community that our senior center will host a monthly support group for family members dealing with a loved one that has Alzheimer's or Dementia. The support group is open to all ages and non-members too.

SEW WHAT WITH INEZ MONDAY, APRIL 1ST AT 11AM

Sew What with Inez is an advanced sewing class. This class will be more advanced & require knowledge of using a sewing machine properly, as to not damage our machines. The sewing projects will be complex and often require participants to finish the project at home.

CRAFTS WITH INEZ MONDAYS APRIL 8TH & APRIL 22ND AT 11AM [RSVP REQUIRED](#)

We have the same class twice a month for crafts with in person RSVP ONLY & a 25 person per class limit. You are only allowed to attend one of the monthly classes, not both.

WATERCOLOR PAINTING WITH SANDI EVERY TUESDAY AT 10AM

Sandi is a very skilled & talented artist from ArtsNET that has been teaching for many years. If you have always wanted to learn how to watercolor paint, then please don't miss out on this amazing opportunity, Tuesdays at 10am.

CARD MAKING CLASS WITH VICKI BELL THURSDAY, APRIL 25TH AT 6PM [RSVP REQUIRED](#)

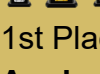
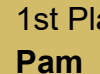
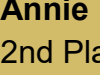
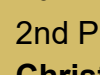
We are super excited to be welcoming back Vicki Bell with Stampin' Up! She will be here at 6PM on Thursday, April 25th. We will make one card and one treat holder that you can take home with you! This class is limited in size and requires an RSVP. You can bring a non-member for this class since it is after hours.

JEWELRY MAKING THURSDAYS APRIL 4TH & APRIL 18TH AT 10:30AM

Jewelry making is fun and you get to be creative too! If you are an expert or a novice, join in the fun! You can make a set of earrings, a necklace or a bracelet. We will have a staff member available for questions.

SEW SIMPLE WITH DARLENE MONDAY APRIL 15TH AT 11AM

Sew Simple with Darlene is a beginners sewing class. In this beginners class, we will do hand sewing projects and learn how to use a sewing machine –nothing too advanced.

Wii Bowling Tournament		Monthly Coloring Contest	
	1st Place Annie		1st Place Pam
	2nd Place Elsa		2nd Place Christine
	3rd Place Mindy		3rd Place Suzanne

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
	1 ALL DAY GAMES 9AM Tai Chi Class w/Jason 10AM Line Dancing Class 11AM SEW WHAT WITH INEZ 1PM Rock Steady Boxing 	2 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg (9:30am Senior Bingo at Chick-fil-a) 	3 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Jennifer w/ Bristol Park 1:45PM Wii Bowling Tournament 	4 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30AM Jewelry Making Class 	5 ALL DAY GAMES 9AM Tai Chi Class w/John 9AM-12PM Mah Jongg 10:30 LINE DANCING CLASS	6			
7 RSVP ONLY	8 ALL DAY GAMES 9AM Tai Chi Class w/Jason 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing 1:41PM Solar Eclipse 	9 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 	10 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks w/ Oak Street Health 12PM BINGO with LeeAnn w/ The Lodge of Saginaw 1:45PM Wii Bowling 	11 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA	12 ALL DAY GAMES 9AM Tai Chi Class w/John 9AM-11:30AM Mah Jongg 10:30 LINE DANCING CLASS 12:00 Karaoke w/ Friends 	13  8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard			
14	15 ALL DAY GAMES 9AM Tai Chi Class w/Jason 10AM Line Dancing Class 11AM SEW SIMPLE W/DARLENE 1PM Rock Steady Boxing 	16 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 4:30-6PM Alzheimer's Support Group 	17 9:15 LINE DANCING 10:30 Senior Movement 12PM BINGO with Trevor w/ Walgreens 1:30PM Birthday Luncheon 2PM Wii Bowling 	18 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class 7PM- Saginaw Concert Series @ Saginaw Switchyard- Brad Thompson (Variety) 	19 ALL DAY GAMES 9AM Tai Chi Class w/John 9AM-12PM Mah Jongg 10:30 LINE DANCING CLASS	20			
21 RSVP ONLY	22 ALL DAY GAMES 9AM Tai Chi Class w/Jason 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing EARTH DAY "Keep the Earth Clean & Green" 	23 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 	24 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Rae w/ care@care 1:45PM Wii Bowling Coloring Contest Winners 	25 9AM Exercise Class w/Donna 10:30 Helping People Discover the Treasures in Their Home 11:30AM Scrabble for Seniors 11:30AM CANASTA 6PM Card Making Class w/ Vicki Bell from Stampin' Up 	26 ALL DAY GAMES 9AM Tai Chi Class w/John 9AM-12PM Mah Jongg 10:30 LINE DANCING CLASS RSVP ONLY	27  8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard			
28	29 ALL DAY GAMES 9AM Tai Chi Class w/Jason 10AM Line Dancing Class 11:30AM COMMUNICATION ACCESS w/ MOBILE APPS FOR DEAF & HARD OF HEARING 1PM Rock Steady Boxing 	30 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 	THANK YOU SO MUCH Our Sponsors... The City of Saginaw LeeAnn- The Lodge of Saginaw Joselle- AAA Trevor-Saginaw Walgreens Jennifer- Bristol Park Eagle Mt Sandi- ArtsNET Jessica- Alzheimer's Assoc Brittney- A Lending Hand Cameo- Senior Solutions Oliver- Oak Street Health & FABULOUS Instructors... Inez- Crafts & Sewing Sandi- Watercolor Painting Vicki- Card Making Donna- Exercise Jason & John- Tai Chi Darlene- Sewing Peggy- Line Dancing James- Boxing						
Pam W 04.01 Mary C 04.10 Michael S 04.27	Vicki B 04.01 Tria W 04.11 Lowell J 04.27	Geri J 04.01 Darlene G 4.13 Faye C 04.27	Sharon F 04.01 Guadalupe C 04.15 Manuel M 04.28	Sue J 04.01 Kathy S 04.18 Merry B 04.29	Diane D 04.02 Linda Y 04.22 Elsa D 04.30	Peggy W 04.03 Michael B 4/26 Teddy C 04.30	Cristy B 04.07 Sylvia R 04.27 Wilma L 04.30	Cathy Q 04.10 Sylvia R 04.27	HAPPY Birthdays