



FREE FITNESS PROGRAMS FOR MEMBERS

MONDAYS @ 9:AM- 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:AM- 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 @ 10:15AM- LINE DANCING WITH PEGGY

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

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.

AUGUST COLORING CONTEST 08.28.24

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, August 27th 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).

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.

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 are 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. Please do not hesitate to ask a Senior Center staff member, if you have any questions.

Director: Kristi Sinclair Asst: Shyanne Tibbs, Evelyn Gahagan & Ashton Rojas

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

SAGINAW EVENTS & NEWS



8-10-24 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.

8-15-24 Saginaw Concert Series

Rusty Strings (Classic Country) will be at the Saginaw Rec Center for a free concert at 7pm for all ages.

8-20-24 Alzheimer's & Dementia Support Group at 4:30PM

On the 3rd Tuesday every month, the Alzheimer's Association hosts a wonderful support group for family members and/or caretakers of a loved one with Alzheimer's or Dementia. The support group is free and open to all ages. The support group meets at the Saginaw Senior Center, located inside the Rec Center.

8-23-24 6 Part Gardening Series w/ AgriLife

For 6 consecutive Fridays, starting August 23rd AgriLife will be at the Senior Center to teach gardening classes. The classes will be an hour in length and start at 12pm.

8-24-24 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.

8-29-24 Empowering Seniors Expo at Will Rogers 8:30AM-1:30PM

This event will include workshops, exhibitors, demonstrations, entertainment, lunch, and so much more! RSVP

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

**www.facebook.com/
SaginawSeniorCenter**



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

AUGUST 2024

CLOSED FOR RENOVATIONS AUGUST 5TH-AUGUST 9TH

The Saginaw Recreation Center will be closed the week of August 5th-9th for some messy renovations, ALL programs at the Recreation Center & Senior Center will be canceled. We apologize for the inconvenience to our instructors and members.

SUMMER CAMP IS OVER- EXERCISE CLASSES RETURN TO NORMAL ON AUGUST 12TH!

Thank you to all of our exercise class instructors & members for helping us make it through another summer camp at the Recreation Center! See back page and/or inside calendar for the start times for all exercise programs after August 12th.

MINI WELLNESS FAIR WITH MULTIPLE VENDORS FRIDAY, AUGUST 16TH AT 12PM

On Friday August 16th at Noon, join us for a mini-wellness fair with health and wellness vendors, door prizes, and carnival treats (treats provided by Jennifer with VetAssist)!

SHOULDER PAIN WORKSHOP MONDAY, AUGUST 26TH AT 11:30AM

Do you currently have shoulder pain and would like to find some at home remedies? Join us for this informative Shoulder Pain Workshop with Dr Sharmaine Longworth, DPT, CIDN, CAFS, Owner/Physical Therapist at Physiophyx Physical Therapy.

6 WEEK GARDENING SERIES WITH A&M AGRILIFE AUG 23TH, AUG 30TH, SEPT 6TH, SEPT 13TH, SEPT 20TH & SEPT 27TH

Texas A&M AgriLife will be here for 6 consecutive weeks to teach a fabulous gardening series, that will cover many important gardening topics. The classes are free but we ask you to sign up in advance.

8:30AM- 1:30PM EMPOWERING SENIORS EXPO @WILL ROGERS AMON CARTER EXHIBITS HALL

THURSDAY, AUGUST 29TH REQUIRES PRE-REGISTRATION

"The Senior Synergy Expo, hosted by Tarrant County Judge Tim O'Hare, and Empowering Seniors, hosted by Tarrant County Commissioner Prect 3 Gary Fickes, are joining forces to bring you an unforgettable event that celebrates and empowers seniors like never before!" This event will include workshops, exhibitors, demonstrations, entertainment, lunch, and so much more! A pre-registration is required- please see senior center staff to register. IF you go to this event, you will want to stay until the very end as they have MANY amazing door prizes that will be given out at the end. The event and parking are FREE!

ARTS & CRAFTS PROGRAMS

SEW SIMPLE WITH DARLENE MONDAY AUGUST 19TH 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.

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, AUGUST 29TH AT 6PM **RSVP RSVP REQUIRED**

We are super excited to be welcoming back Vicki Bell with Stampin' Up! She will be here at 6PM on Thursday, AUG 29th 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 CLASS THURSDAYS AUGUST 15TH & AUGUST 22ND 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! Our instructor will guide you in making a special piece. Please do not be late to class.

***CRAFTS WITH INEZ & SEW WHAT WITH INEZ ARE TAKING AN ANNUAL SMALL BREAK.. THEY WILL RETURN.**

Wii Bowling Tournament



1st Place

Annie

2nd Place

Richard

3rd Place

Danny



Monthly Coloring Contest



1st Place

Pam W

2nd Place

Janice

3rd Place

Pam F



	Mon	Tue	Wed	Thu	Fri	Sat
	Our Sponsors... THANK YOU SO MUCH The City of Saginaw Amy- Home Instead Ruth- Oak Street Health Brittney- A Lending Hand Jennifer- Bristol Park Eagle Mt LeeAnn- The Lodge of Saginaw Trevor- Saginaw Walgreens Dr Longworth- Physiophx		& FABULOUS Instructors... Inez- Crafts & Sewing Sandi- Watercolor Painting Jason & John- Tai Chi Peggy- Line Dancing Donna- Exercise Darlene- Sewing Vicki- Card Making James- Boxing	1 ALL DAY GAMES 9:05AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA	2 ALL DAY GAMES 9:05AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12PM KARAOKE WITH FRIENDS	3
4	5	6	7	8	9	10
The Saginaw Recreation Center and Saginaw Senior Center will be closed all week for renovations.						
		(9:30am Senior Bingo at Chick-fil-a)				8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard
11	12	13	14	15	16	17
	ALL DAY GAMES 9AM-2PM 42 Dominoes 9AM Tai Chi Class w/Jason 10AM Line Dancing Class 1PM Rock Steady Boxing	ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg	9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP checks w/ Oak Street 12PM BINGO with LeeAnn w/ 1:45PM Wii Bowling Tournament	ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class 7PM-Free Concert @ Saginaw Rec Ctr- Rusty Strings (Classic Country)	ALL DAY GAMES 9AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12PM Mini Wellness Fair with multiple vendors and carnival treats by:	
18	19	20	21	22	23	24
	ALL DAY GAMES 9AM-2PM 42 Dominoes 9AM Tai Chi Class w/ Jason 10AM Line Dancing Class 11AM SEW SIMPLE W/DARLENE 1PM Rock Steady Boxing	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	9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Trevor w/ Walgreens 1:30PM BIRTHDAY LUNCHEON 2PM Wii Bowling	ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class	ALL DAY GAMES 9AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12-1PM 6 WEEK GARDENING SERIES W/ A&M AGRILIFE	8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard
25	26	27	28	29	30	31
	ALL DAY GAMES 9AM-2PM 42 Dominoes 9AM Tai Chi Class w/ Jason 10AM Line Dancing Class 11:30AM Shoulder Pain Workshop with 1PM Rock Steady Boxing	ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg	9:15 LINE DANCING CLASS 10:30 Senior Movement COLORING CONTEST VOTING 10:30 Senior Movement 12PM BINGO with Jennifer w/ 1:45PM Wii Bowling	ALL DAY GAMES 8:30-1:30 Senior Synergy Expo/ Empowering Seniors @ Will Rogers Amon Carter Exhibits Hall -RSVP online 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 6PM Card Making Class w/Vicki Bell from Stampin' Up	ALL DAY GAMES 9AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12-1PM 6 WEEK GARDENING SERIES W/ A&M AGRILIFE	
08.01 Janet L 08.02 Richard V, Maria P 08.05 Sarah K, Henry K 08.06 Mindy S, Linda P, JD J, Natalie H 08.07 Marsha M, Susie T 08.08 Marilyn G, Frances C 08.09 Clay S 08.10 Charlene M 08.11 Maria G, Billy E 08.13 Janet K 08.15 Linda M, Martha L 08.16 Judith R, Carmen C 08.17 Sandra R, Sonia M 08.18 Donna H 08.19 Mary L, Esther R 08.20 Margaret M, Judy D 08.21 Pam F, Christine A 08.22 Robert H, Charles W 08.24 Ruth J 08.25 Kay W, Kathleen J, Jeanine D, Mike M 08.26 Julia F, Jackie L, Susana G 08.27 Ruth L, Mary H 08.28 Bonnie R, John M 08.29 Katherine O, Linda T, Charles A, Shelly H 08.30 Barbara W, Mary D, Glenda H 08.31 Kathleen B, Gayle R, Henry M, Raymond R						
Happy Birthday						