

FREE FITNESS PROGRAMS FOR MEMBERS (SEE CALENDAR FOR CANCELATIONS)



MONDAYS @ 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.

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 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.

FRIDAYS @ 10AM- 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.

APRIL COLORING CONTEST 04.23.25 (ENTRIES DUE ON APRIL 22ND)

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, April 22nd 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

4-03-25 SAGINAW CONCERT SERIES

King Booty (Disco Band) will be at the Saginaw Switchyard (at the corner of Longhorn and Knowles) for a free concert at 7PM for all ages.

4-12-25 EASTER EGG HUNT

The Annual Saginaw Fire Department's Easter Egg Hunt is held at the southern end of Willow Creek Park between W. McLeroy Blvd and Longhorn Rd. and begins at 10AM sharp! The "hunt" is divided into 3 age groups (0-3, 4-6, and 7-10). The Easter Bunny also makes an annual appearance to hand out candy and pose for photos. Rain Date– Sunday, April 13th at 3PM

4-12-25 & 4-26-25 THE SAGINAW SWITCHYARD'S 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.

4-15-25 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.

4-17-25 SAGINAW CONCERT SERIES

3 Fools 3 Stools (Country Band) will be at the Saginaw Switchyard (at the corner of Longhorn and Knowles) for a free concert at 7PM for all ages.

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

APRIL 2025

WHY SO MANY RSVPS? It helps us have enough seating set up/copies made/food prepared/supplies for attendees/etc.

HEALTH & HUMAN SERVICES HEARING TECHNOLOGY PRESENTATION FRIDAY, APRIL 11TH AT 12PM [RSVP](#)

Erineka, a Technology Specialist with Health and Human Services will be here to give a presentation to the community about the awareness of hearing loss resources provided by the state of Texas, Office of Deaf and Hard of Hearing Services within Texas Health and Human Services Commission.

MEDICATION SAFETY BINGO WITH CHALLENGE OF TARRANT COUNTY THURSDAY, APRIL 17TH AT 11AM [RSVP](#)

Hailey with Challenge of Tarrant County will host an educational, yet fun Medication Safety BINGO! She will have bingo cards with different medication safety tips as the bingo slots instead of numbers. She will pull out a tip or type of medication then she will give a little description to educate for Medication Safety.

SPRING FLING WEDNESDAY, APRIL 30TH AT 11AM (DOORS OPEN AT 10:45) [RSVP- TICKETS \\$5 EACH](#)

Let's celebrate Spring with a party! Our Spring Fling will be in the Gymnasium and we will have a DJ, food, photography, door prizes, dancing and fun! Tickets are \$5 and non-refundable. The Senior Center will be closed all day and all programs will be canceled for the dance.

DOC TALK WITH DR VIDAL WITH SUVIDA HEALTHCARE FRIDAY, APRIL 25TH AT 12PM [RSVP](#)

Dr Natalie Vidal, MD from Suvida Healthcare will be here for a presentation on Tips for Better Health. Dr Vidal is a bilingual Doctor at the Suvida Healthcare practice in Fort Worth. Please sign up and help us welcome her to our senior center.

SEW WHAT WITH INEZ MONDAY, APRIL 7TH AT 11AM (ADVANCED SEWING CLASS)

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 they often require participants to finish the project at home.

CRAFTS WITH INEZ MONDAYS APRIL 14TH & APRIL 28TH [RSVP ONLY](#)

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.

SEW SIMPLE WITH DARLENE MONDAY, APRIL 21ST AT 11AM (BEGINNERS SEWING CLASS)

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, please don't miss out on this amazing opportunity, Tuesdays at 10am.

CARD MAKING CLASS WITH VICKI BELL THURSDAY, APRIL 24TH AT 6PM [RSVP](#)

We are super excited to be welcoming back Vicki Bell with Stampin' Up! 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 APRIL 10TH & APRIL 24TH AT 11AM

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, Evelyn will guide you in making a special piece. Please do not be late to class.

ARTS & CRAFTS PROGRAMS

Wii Bowling Tournament



1st Place

Annie

2nd Place

Bruce

3rd Place

Allen

Monthly Coloring Contest



1st Place

Pam P

2nd Place

Danny

3rd Place

Elsa D

	Mon	Tue	Wed	Thu	Fri	Sat																									
	Thank you to our FABULOUS Instructors... Inez- Crafts & Sewing Sandi- Watercolor Painting Donna- Exercise Darlene- Sewing James- Boxing Vicki- Card Making Jason & John- Tai Chi Peggy- Line Dancing	1 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)	2 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Jennifer w/ Bristol Park Eagle Mt 1:45PM Wii Bowling Tournament	3 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA RSVP ONLY	4 ALL DAY GAMES 9AM Tai Chi Class w/ Jason 9AM-12PM Mah Jongg 10AM LINE DANCING CLASS 12PM Karaoke w/ Friends	5																									
6	7 ALL DAY GAMES 9AM Tai Chi Class w/ John 10AM Line Dancing Class 10AM-1PM 42 Dominoes 11AM SEW WHAT W/ INEZ 1PM Rock Steady Boxing	8 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg	9 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with Oak Street Health 12PM BINGO with LeeAnn w/ The Lodge of Saginaw 1:45PM Wii Bowling	10 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM Jewelry Making Class	11 ALL DAY GAMES 9AM Tai Chi Class w/ Jason 9AM-12PM Mah Jongg 10AM LINE DANCING CLASS 12PM Hearing Tech Presentation with HHS—Erineka	12 8AM - 1PM Saginaw Farmer's Market at Saginaw Switchyard 2025 EASTER EGG HUNT SATURDAY APRIL 12TH TIME: 10AM SHARP!																									
13	14 ALL DAY GAMES 9AM Tai Chi Class w/ John 10AM Line Dancing Class 10AM-1PM 42 Dominoes 11AM CRAFTS W/ INEZ 1PM Rock Steady Boxing RSVP ONLY	15 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	16 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Trevor w/ Walgreens 1:30PM BIRTHDAY LUNCHEON 2PM Wii Bowling	17 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM Medication Safety Bingo with Challenge of Tarrant County RSVP ONLY	18 CLOSED TODAY GOOD FRIDAY RSVP ONLY	19 See back page for event details																									
20	21 ALL DAY GAMES 9AM Tai Chi Class w/ John 10AM Line Dancing Class 10AM-1PM 42 Dominoes 11AM SEW SIMPLE W/ DARLENE 1PM Rock Steady Boxing	22 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM PAINTING CLASS W/ SANDI 10AM Scrabble 1PM-3PM Mah Jongg Coloring Contest Entries DUE	23 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM Coloring Contest 12PM BINGO with Rae w/ MSA Insurance Advisors LLC 1:45PM Wii Bowling RSVP ONLY	24 ALL DAY GAMES NO Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM Jewelry Making Class 6PM Card Making Class w/ Vicki Bell	25 ALL DAY GAMES 9AM Tai Chi Class 9AM-12PM Mah Jongg 10AM LINE DANCING CLASS 12PM Doc Talk with Dr Vidal with Suvida Healthcare	26 8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard RSVP ONLY																									
27	28 ALL DAY GAMES 9AM Tai Chi Class w/ John 10AM Line Dancing Class 10AM-1PM 42 Dominoes 11AM CRAFTS W/ INEZ 1PM Rock Steady Boxing RSVP ONLY	29 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM PAINTING CLASS W/ SANDI 10AM Scrabble 1PM-3PM Mah Jongg CLOSING AT 3PM TODAY	30 SPRING FLING TICKETS \$5 PURCHASE BY APRIL 17TH DJ, FOOD & FUN	Thank you to our AMAZING sponsors... The City of Saginaw Sandi- ArtsNET Kia- Hallmark Homecare Jennifer- Bristol Park Eagle Mt Trevor- Saginaw Walgreens LeeAnn- The Lodge of Saginaw Angie- The Meridian Group Adrian & Dr Vidal- Suvida Oliver- Oak Street Health Hailey- Challenge of Tarrant County Rae- MSA Insurance Jessica- Synergy Homecare Erineka- Hearing Tech w/ HHS																											
HAPPY Birthday <table><tr><td>04.01 Pam W, Sharon F, Sue J, Vicki B</td><td>04.02 Diane D</td><td>04.03 Peggy W, Esperanza H</td><td>04.04 Jeffery H</td><td>04.05 Concepcion M, Susanne G</td><td>04.07 Cristy B, Beatriz G</td><td>04.09 Susan S, Janet H</td></tr><tr><td>04.12 Mary S</td><td>04.13 Carl W, Darlene G</td><td>04.14 Dolores M</td><td>04.15 Guadalupe C, Ronald B</td><td>04.16 Donna B</td><td>04.18 Kathy S, Deby J</td><td>04.20 Jackie S</td></tr><tr><td>04.26 Deborah P, Michael B, Sylvia W</td><td>04.27 Sylvia R, Michael S, Elodia C, Faye C, Paul C</td><td></td><td>04.29 Pamela C, Rose C, Merry B, Sherry S</td><td></td><td>04.30 Elsa D, Teddy C, Wilma L, Karen C</td><td></td></tr></table> <table><tr><td>04.10 Cathy Q, Mary C</td><td>04.11 Karen T, Tria W</td></tr><tr><td>04.22 Linda Y, Sharon H</td><td>04.23 Kathy P</td></tr></table>							04.01 Pam W, Sharon F, Sue J, Vicki B	04.02 Diane D	04.03 Peggy W, Esperanza H	04.04 Jeffery H	04.05 Concepcion M, Susanne G	04.07 Cristy B, Beatriz G	04.09 Susan S, Janet H	04.12 Mary S	04.13 Carl W, Darlene G	04.14 Dolores M	04.15 Guadalupe C, Ronald B	04.16 Donna B	04.18 Kathy S, Deby J	04.20 Jackie S	04.26 Deborah P, Michael B, Sylvia W	04.27 Sylvia R, Michael S, Elodia C, Faye C, Paul C		04.29 Pamela C, Rose C, Merry B, Sherry S		04.30 Elsa D, Teddy C, Wilma L, Karen C		04.10 Cathy Q, Mary C	04.11 Karen T, Tria W	04.22 Linda Y, Sharon H	04.23 Kathy P
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