

ALZHEIMER'S & DEMENTIA SUPPORT GROUP AT SAGINAW SENIOR CTR 12.17.24

At 4:30pm on the 3rd Tuesday every month, the Alzheimer's Association hosts a support group for family members and/or caretakers of one w/Alzheimer's or Dementia. The support group is free & open to all ages.

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 W/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 W/ 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 Fridays 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.

DECEMBER COLORING CONTEST 12.11.24 (ENTRIES DUE ON DEC 10TH)

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, December 10th 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

12-07-24 Holiday Ho Ho Hoedown

Holiday Ho Ho Hoedown event will take place on **December 7, 2024**, beginning at 8:00AM and ending with a parade that will start at **Willow Creek Elementary** and conclude at **The Saginaw Recreation Center** where the **Tree Lighting Ceremony** and **Drone Show** will follow immediately after the parade. This exciting holiday celebration is **FREE*** for everyone! Join us for a magical evening of holiday fun in Saginaw!

*Breakfast w/the Grinch is paid ticketed event

Schedule of Events

8AM to 10:30AM – Breakfast with the Grinch Event (Paid Ticketed Event inside the Rec Ctr)

1:00PM to 2:00PM- Christmas Bells Concert (Recreation Center-inside)

3:00PM to 5:15PM – Performances (Recreation Center-Parking Lot)

5:30PM – Parade Begins (Starting at Willow Creek Elementary Ending at Saginaw Recreation Center)

6:30PM Parade Ends

6:35PM Tree Lighting Ceremony

6:50PM Drone Show Starts (12 min show)

6:50PM-7:50PM Santa Meet & Greet and Grinch Photos (Saginaw Recreation – Inside)

This year the annual holiday event benefits the Saginaw Animal Shelter.

For more information regarding the parade,

please contact events@saginawtx.org

12-14-24 Saginaw Holiday Market

8AM-2PM at The Saginaw Switchyard

Holiday Market with over 100 Vendors. Pictures w/Santa, Good Food & More! 752 S Knowles Dr (Corner of Longhorn & Knowles)

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](https://www.facebook.com/SaginawSeniorCenter)



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

DECEMBER 2024

VARIETY MUSIC WITH STEVE LAYNE THURSDAY, DECEMBER 5TH AT 12PM

RSVP REQUIRED BY 12/03

Mark your calendar and join us for a fun performance by Steve Layne. Steve is an accomplished guitarist and singer. He will play multiple different genres, including country, oldies and gospel.



MEMBERS' ANNUAL CHRISTMAS PARTY FRIDAY, DECEMBER 13TH AT 11AM

RSVP REQUIRED BY 12/04

DOORS OPEN AT 10:45AM Please sign up to join us for a VERY FUN Members' Annual Christmas Party on Friday, December 13th at 11AM. We will have a catered meal, dancing, door prizes, Santa and a DJ! Our friends from Ardent Mills will be donating their time to help make our day extra special! The Lodge of Saginaw will be providing door prizes, Suvida Medical will be helping with the photographer, Brittney with a Lending Hand will be helping with Santa, Oliver with Oak Street Health will be helping with the DJ and MANY more sponsors will be on-hand to help with other needs! A lot of love has gone into this event!

MEMBERS' ANNUAL CHRISTMAS BINGO W/ TREVOR WEDNESDAY, DECEMBER 18TH AT 10:15AM

RSVP BY 12/12

DOORS OPEN AT 10AM For over 7 years, Trevor (the Store Mgr of the Walgreens in Saginaw) has collected awesome Christmas Presents/Bingo prizes with his colleagues, pharmacists, church members & family. His kindness is unmeasurable and definitely appreciated! This year, we will also include TWO fabulous performances by EMSISD students! This event will start at 10:15AM and end around 1:30PM. We will have pizza and a whole lot of FUN! Please sign up to attend.

PAINTING BUS TRIP TO SIXTY & BETTER TUESDAY, DECEMBER 10TH AT 12:15PM

RSVP BY 12/06 SEATS LIMITED

Sign up to join us on a 24 passenger bus to the Studio at Sixty & Better for a creative painting project! (The bus does not have a lift). If we have more than 24 sign up, then we will draw names for seats.

MRS TAYLOR'S SPUR AMBASSADORS FROM COMMANCHE SPRINGS ELEMENTARY THURSDAY, DEC 12TH AT 10:30AM

RSVP BY 12/06 Sign up and stop by to meet the kiddos from Commanche Springs Elementary. They will have a short (and usually cute/funny) Christmas presentation followed by cookies and hot cocoa. The students work hard every year to qualify to come for this visit– so let's be sure to be here to welcome them!

NEW YEARS EVE KARAOKE PARTY TUESDAY, DECEMBER 31ST **RSVP BY 12/27** Karaoke is a fun way to celebrate NEW YEARS EVE! We will have a mash-tini mashed potato bar, sing some songs and end 2024 together with friends!

OPEN CRAFTS MONDAYS DECEMBER 2ND & 9TH AT 11AM

NO RSVP REQUIRED

We will not have Crafts with Inez in December... but we will have Open Crafts. Inez will still be present to help guide you on the craft you select but everyone will not be making the same items. You will be asked to make the craft on-site, not take home a kit.

SEW SIMPLE WITH DARLENE MONDAY DECEMBER 16TH 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, DECEMBER 19TH 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, December 19th. 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.

Wii Bowling Tournament



1st Place

Danny

2nd Place

Rick

3rd Place

Annie



Monthly Coloring Contest



1st Place

Chris G

2nd Place

Wanda

3rd Place

Elida

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 ALL DAY GAMES 9AM-12PM 42 Dominoes 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM OPEN CRAFTS (No RSVP) 1PM Rock Steady Boxing	3 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)	4 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Jennifer w/ BRISTOL PARK 1:45PM Wii Bowling Tournament	5 ALL DAY GAMES 9:05AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 12PM Variety Music with Steve Layne	6 ALL DAY GAMES 9AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS	7 8AM-7PM Holiday Ho Ho Hoedown at the Saginaw Rec Ctr (See City Website for details)
8	9 ALL DAY GAMES 9AM-12PM 42 Dominoes 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM OPEN CRAFTS (No RSVP) 1PM Rock Steady Boxing	10 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg 12:15 Painting BUS TRIP (RSVP) Coloring Contest entries deadline	11 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP checks with 12PM Coloring Contest 12PM BINGO with Rae w/ MSA Insurance Advisors LLC 1:45PM Wii Bowling	12 10:30 Christmas Presentation by Kiddos from Commanche Springs Elementary with Cookies and Cocoa 11:30AM Scrabble 11:30AM CANASTA	13 Members' Annual Christmas Party *doors open at 10:45am *rsvp by 12/4	14 8AM-2PM Saginaw Christmas Market at the Saginaw Switchyard
15	16 ALL DAY GAMES 9AM-12PM 42 Dominoes 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM SEW SIMPLE w/DARLENE 1PM Rock Steady Boxing	17 ALL DAY GAMES 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg 4:30-6PM Alzheimer's Support Group	18 Members' Annual CHRISTMAS BINGO with Trevor (Walgreens) & 2 SPECIAL PERFORMANCES RSVP BY 12/12 DOORS OPEN AT 10AM	19 ALL DAY GAMES 10AM Scrabble for Seniors 10AM CANASTA 6PM Card Making Class w/ Vicki Bell from Stampin Up	20 ALL DAY GAMES 9AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS	21
22	23 ALL DAY GAMES 9AM-12PM 42 Dominoes 9AM Tai Chi Class w/ John No Line Dancing Class 1PM Rock Steady Boxing	24/25 MERRY CHRISTMAS WE WILL BE CLOSED TUES & WED & HAPPY HANUKKAH		26 ALL DAY GAMES 10AM Scrabble for Seniors 10AM CANASTA	27 ALL DAY GAMES 9AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12PM Senior Fraud Prevention	28
29	30 ALL DAY GAMES 9AM-12PM 42 Dominoes 9AM Tai Chi Class w/ John 10AM Line Dancing Class 1PM Rock Steady Boxing	31 10AM PAINTING CLASS W/ SANDI 10AM Scrabble 12PM NEW YEARS KARAOKE PARTY RSVP ONLY	1 Closed	Thank you to our AMAZING sponsors... The City of Saginaw Jennifer- Bristol Park Eagle Mt Sandi- ArtsNET Trevor- Saginaw Walgreens Rae- MSA Insurance LeeAnn- The Lodge of Saginaw Brittney- A Lending Hand Trenton- Kimley-Horn Oliver- Oak Street Health Employees from Ardent Mills		
Thank You to our FABULOUS Instructors... Inez- Crafts & Sewing Donna- Exercise Sandi- Watercolor Painting Darlene- Sewing Vicki- Card Making John- Tai Chi Peggy- Line Dancing James- Boxing						



12.01 Glenda H, Kay C 12.02 Sharon S 12.03 Gary C 12.04 Elizabeth P 12.05 Rita C 12.06 D'Anne C, Yolanda C, Donna H, Maria R, Barbara W 12.07 Gloria M, Cheryl H 12.08 Manuel D 12.09 John F, Jane L, Nancy B 12.10 Tim S 12.11 Cecilia F 12.12 Janice P 12.13 Patti S, Roberta C 12.15 Marjorie G, Rolland M, Gerald B, Margie T, Adriana D 12.16 Bob L 12.17 Carolina T, Amanda B 12.18 Mary R, Shelia R 12.19 Mike L 12.20 Larry R, Marie S 12.21 Michael B, Brenda K, Juanita V, Cindy E, Tami E, Judy D 12.22 Dotty C, Cynthia K 12.24 Ruth B, Belinda A, Becky W 12.25 Janet M, Reiko E, Christine S, JoAnn L, Juana F 12.26 Dolores S 12.27 Cleo R, Melinda B, Dianne C, Karen T 12.28 Brenda R, Sara S, Sue L 12.29 Christine M, Diane R 12.30 Rose A, Carol B 12.31 Kari W, Dora T, Phillip Y