



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

APRIL 2023

ALZHEIMER'S MONTHLY SUPPORT GROUP 04.18.23 4:00-5:30PM

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. They will meet at the senior center on the third Tuesday every month from 4-5:30PM.

COOKING WELL WITH DIABETES CLASSES EVERY THURSDAY IN APRIL 1:00PM

Cooking Well with Diabetes is a cooking school designed to help people with diabetes or anyone that prepares food for them. This four-lesson course includes basic nutrition education to help plan meals and prepare food for people living with diabetes. Find quick dinner ideas and gain access to recipes that will help you cook well with diabetes.

HOLLYWOOD-STYLE SENIOR PROM 04.21.23 RSVP ONLY- DOORS OPEN AT 4PM

On Friday, April 21st the doors will open at 4PM for a fun Hollywood-style Senior Prom in the Gymnasium. The evening will include a catered meal, photographer and a live band! Preferred Attire is dressy casual to formal. If you didn't snag a ticket before the deadline- please see senior center staff for any availability. The Prom is funded by CenterWell -Senior Primary Care and Humana Insurance. Ardent Mills will also be onsite with dessert and volunteers. HUGE thank you to our sponsors!

-> DROP OFF YOUR ORIGINAL PROM PHOTO BY 4.18.23 WITH KRISTI TO BE DISPLAYED AT THE EVENT

BUS TRIP WITH SIXTY & BETTER

In March, Sixty & Better provided transportation and admittance to the FW Botanic Gardens for 50 of our seniors! Stay tuned for our next group outing! Thank you Sixty & Better!



CRAFTS WITH INEZ 04.10.23 & 04.24.23 AT 11:00AM

It is time to get crafty... we will have two craft classes in February with our VERY talented instructor- Inez! Our craft classes are free to attend and all supplies are provided. We only ask that you are on time for class. Please keep in mind that we never know how many will show up, therefore there is always a chance we may run out.

CARD MAKING CLASS WITH VICKI B 04.27.23 AT 6PM

We are super excited to be welcoming back Vicki Bell with Stampin' Up! She will be here at 6pm on Thursday, April 27th. We will make one card and one treat holder that you can take home with you!

PAINTING WITH SANDI EVERY TUESDAY AT 10AM

Painting with Sandi from ArtsNET. Sandi is a very skilled & talented painting teacher that has been teaching for many years. If you have always wanted to learn how to don't miss out on this amazing opportunity and join us every Tuesday at 10am.

SEW WHAT WITH INEZ 04.03.23 & 04.17.23 AT 11:00AM

Join us for a fun sewing class twice a month with Inez. We will make items to donate to different organizations. You do not need to know how to sew to be able to help us with our projects.

JEWELRY MAKING THURSDAY 04.13.23 & 04.27.23 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. If you would like to donate any old costume jewelry necklaces, we can unstring them and be able to use them.

CRAFTS

Wii Bowling Tournament

Monthly Coloring Contest



1st Place
Elsa
2nd Place
Wanda
3rd Place
Annie



1st Place
Pam
2nd Place
Linda
3rd Place
Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	4 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI (9am Senior Bingo at Chick-fil-a) 1PM-3PM Mah Jongg	5 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Megan w/ Bristol Park 1:45PM Wii Bowling	6 ALL DAY GAMES 9AM Exercise Class w/Donna 10-11 AM Special Bingo w/ Sixty & Better 11AM Scrabble for Seniors 11AM CANASTA 1PM Cooking Well w/Diabetes	 We will be Closed Easter	8 8AM- 1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr Saginaw, TX
9	10 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM CRAFTS WITH INEZ 1PM Wii Bowling	11 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Blood Pressure Checks 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	12 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Trevor w/ Saginaw Walgreens Lunch by: Cameo with Humana 1:30PM BIRTHDAY PARTY	13 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making 1PM Cooking Well w/Diabetes	14 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS	15
16	17 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	18 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 4-5:30PM Alzheimer's Support Group	19 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with LeeAnn w/ The Lodge of Saginaw 1:45PM WII BOWLING TOURNAMENT	20 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 1PM Cooking Well w/Diabetes 7PM Free Concert at the Saginaw Switchyard- Zack King (Blues/rock) at 752 S Knowles Drive Saginaw, TX	21 CLOSED ALL DAY TO PREPARE FOR PARTY RSVP ONLY HOLLYWOOD-STYLE SENIOR PROM DOORS OPEN AT 4PM	22 8AM- 1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr Saginaw, TX
23	24 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM CRAFTS WITH INEZ 1PM Wii Bowling	25 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	26 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Rae w/ care@care COLORING CONTEST VOTING 1:45PM Wii Bowling	27 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making 1PM Cooking Well w/Diabetes 6PM Card Making Class w/ Vicki B	28 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/JASON 10:30AM 42 DOMINOES 10:30 LINE DANCING	29 9AM- 4PM Saginaw Public Library Boosters' Bake and Book Sale 355 W McLeroy Saginaw, TX

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	Gerri J 04/01 Cathy Q 04/10 Liz H 04/13 Lowell J 04/27	Pam W 04/01 Mary C 04/10 Vania F 04/17 Michael S 04/27	Sharon F 04/01 Marian H 04/10 Kathy S 04/18 Sylvia R 04/27	Peggy W 04/03 Karen T 04/11 Kathy P 04/23 Carolyn P 04/29	Sylvia M 04/03 Trai W 04/11 Karen W 04/23 Elsa D 04/30	Maria G 04/05 Mary S 04/12 Maria D 04/24 Wilma L 04/30	Gail C 04/08 Darlene G 04/13 Michael B 04/26 Teddy C 04/30	Sharon S 04/09 Judy S 04/13 Faye C 04/27		The City of Saginaw Stacey- Sixty & Better Org Megan - Bristol Park Eagle Debbie- Alzheimer's Association	Trevor-Saginaw Walgreens Inez- Crafts & Sewing Brittney- A Lending Hand John-Tai Chi	LeeAnn- The Lodge of Saginaw Cameo- Humana Ins Jason- Aviator Home Health Peggy- Line Dancing	Sandi- ArtsNET Rae- Care-N-Care Ins Vicki- Stampin' Up Gunnar- Ultimate Home Health
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FREE FITNESS PROGRAMS

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

Mondays line dancing workshop is different from Wednesday /Fridays classes.

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 @ 9:30AM- TAI CHI WITH JASON

Tai Chi is taught by Jason, a Board Certified Instructor of Tai Chi for the Health Institute sponsored by Aviator Home Health. 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 @ 10:30AM- LINE DANCING WITH PEGGY

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

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.

BINGO

Join us for Bingo every Wednesday at noon (with a special birthday bingo once a month that includes a complimentary lunch), and a Thursday Bingo at 10:30am on the first Thursday of the month. Bingo is free to attend, thanks to our fabulous sponsors and the City of Saginaw.

WII BOWLING If you have never played or if you are a "pro" we would love for you to join us. We practice on Wednesdays following Bingo and Mondays at noon. Once a month we have a fun yet competitive Wii Bowling Tournament. Wii Bowling is a lot less strenuous than bowling but equally as fun!

APRIL COLORING CONTEST 03.25.23

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by April 25th to enter the contest. You can color with gel pens, colored pencils, or any method you prefer for your masterpiece. You do NOT need to be an artist to participate or to enjoy coloring. Coloring is a great way to relax your mind and stimulate your imagination (plus you could win a prize). Take it home or work on it here.

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. **Starting on January 1st, 2023 the senior center memberships will be free annually for residents & \$20 for non-residents. All current memberships will be void on the last day of December 2022.** Please do not hesitate to ask a senior center staff member, if you have any questions.

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

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

CITY EVENTS

4-3-23 Bulky Trash Pickup

Items must be on curb by 4-3
www.saginawtx.org/bulk

4-7-23 Last Day to Register

for THE BIG EVENT city wide
volunteer day- sign up to
volunteer or receive services
www.saginawtx.org/bigevent

4-8-23 City of Saginaw

Spring Cleaning

Household Hazardous Waste
drop-off & paper shredding
[www.saginawtx.org/
springcleaning](http://www.saginawtx.org/springcleaning)

4-12-23 League of Women

Voters Candidate Forum

The Recreation Center will be
the location of a candidate forum
of City Council candidates.

4-20-23 Concert in the Park

A free concert at 7pm by the
Zack King (Blues/Rock) at the
Saginaw Switchyard at Willow
Creek Park 752 S Knowles Dr
Saginaw 76179

4-22-23 THE BIG EVENT

An event to give back to
our Saginaw community
www.saginawtx.org/bigevent

Contact Us

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

633 West McLeroy Blvd
Saginaw, TX 76179

Call: (817) 230-0459

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Visit us on Facebook

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