



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

AUGUST 2023



SENIOR SYNERGY EXPO AT WILL ROGERS ON THURSDAY, AUGUST 31ST

Tarrant County Judge Tim O'Hare's 10th Annual Senior Synergy Expo is on Aug 31st from 8:30AM-1:30PM. There will be door prizes throughout the day & lunch for all that signed up by July 21st. County Commissioner Manny Ramirez is providing a complimentary bus for all that registered at our location. If you did not sign up- see staff for any cancelations.

ARTS & CRAFTS PROGRAMS

WATERCOLOR PAINTING WITH SANDI EVERY TUESDAY AT 10AM

Painting with Sandi from ArtsNET. Sandi is a very skilled and talented artist 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 and join us on Tuesdays at 10am.

JEWELRY MAKING THURSDAY 08.10.23 & 08.24.23 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.

AUGUST COLORING CONTEST 08.23.23

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by August 22nd 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 at the Senior Center.

TO RSVP FOR CRAFTS WITH INEZ OR CARD MAKING WITH VICKI

Everyone has to sign up themselves, IN PERSON (no phone calls, no emails, no texts, and no Facebook messages will be accepted to RSVP- IN PERSON ONLY, no exceptions) no one will be allowed to sign up senior center member friends or senior center member family. We apologize for any inconvenience, we are trying hard to keep this manageable & fair.

CHANGES TO CRAFTS WITH INEZ IN AUGUST 11:00AM ON AUGUST 14TH & AUGUST 28TH RSVP REQUIRED

The craft class has been too difficult to manage at it's current attendance size, therefore we will be changing how we do crafts going forward.... we will have the **same class twice a month** for crafts with **RSVP ONLY** & a 25 person per class limit. You are only allowed to attend one of the monthly classes, not both.

CARD MAKING CLASS WITH VICKI BELL IN AUGUST 12:00PM ON AUGUST 25TH RSVP REQUIRED

We are super excited for a new day & time for the fun card making class with Vicki Bell w/Stampin' Up! She will be here at Noon on Friday, August 25th. We will make one card & one treat holder that you can take home with you! The class size is limited and RSVP is required.

CHANGES TO SEWING CLASSES IN AUGUST 11:00AM ON AUGUST 7TH & AUGUST 21ST

We will now offer two types of sewing classes monthly. One class will include beginners, this class will be on the calendar as "Sew Simple with Darlene." In this class, we will do hand sewing projects and learn how to use a sewing machine - nothing too advanced. The second sewing class will be "Sew What with Inez" and it will be more advanced and **require** knowledge of using a machine properly as to not damage our machines. Neither sewing class will require RSVP's how ever that is always subject to change in the future.

Wii Bowling Tournament



1st Place
Danny
2nd Place
Wanda
3rd Place
Mindy



Monthly Coloring Contest



1st Place
Shel
2nd Place
Linda
3rd Place
Elsa



Sun	Mon	Tue	Wed	Thu	Fri	Sat					
(special) THANKS to our sponsors The City of Saginaw LeeAnn— The Lodge of Saginaw Trevor—Saginaw Walgreens Cameo—Humana Ins Amanda— Home Well Jennifer- Bristol Park Eagle Mt Joyce— Care-N-Care Ins Brittney— A Lending Hand Sandi— ArtsNET Debbie— Alzheimer's Association		1 ALL DAY GAMES NO Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg (9am Senior Bingo at Chick-fil-a) 	2 NO LINE DANCING CLASS NO Senior Movement 12PM BINGO with Jennifer w/  1:45PM Wii Bowling ing	3 ALL DAY GAMES No Exercise Class w/Donna 11AM Scrabble for Seniors 11AM CANASTA	4 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS 12:00 Karaoke w/ Friends 	5					
6	7 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM SEW SIMPLE W /DARLENE 1PM Wii Bowling 	8 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 	9 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with LeeAnn w/  2:00PM Wii Bowling Tournament	10 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making 	11 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS	12 8AM–1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr 					
13 RSVP ONLY	14 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM CRAFTS WITH INEZ 1PM Wii Bowling 	15 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 	16 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 	17 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 7PM SlipStream (Variety) Band at the Saginaw Switchyard 	18 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS 12:00 Karaoke w/ Friends 	19					
20	21 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM SEW WHAT WITH INEZ 1PM Wii Bowling 	22 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 	23 9:15 LINE DANCING CLASS No Senior Movement COLORING CONTEST VOTING 12PM BINGO with Amanda w/ HomeWell CARE SERVICES 1:45PM Wii Bowling 	24 ALL DAY GAMES No Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making RSVP ONLY 	25 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/JASON 10:30AM 42 DOMINOES 10:30 LINE DANCING 12PM Card Making Class w/Vicki B 	26 8AM–1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr 					
27 RSVP ONLY	28 ALL DAY GAMES 9:15AM Tai Chi Class 10:15AM Line Dancing Workshop 11AM CRAFTS WITH INEZ 1PM Wii Bowling 	29 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 	30 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Joyce w/ care@care 1:45PM Wii Bowling	31 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA DAY TRIP TO SENIOR SYNERGY EXPO 	Our FABULOUS instructors... Donna- Exercise Inez- Crafts & Sewing Vicki- Card Making Darlene- Sewing Sandi- Watercolor Painting Jason & John- Tai Chi Peggy- Line Dancing 						
HAPPY birthday!	Richard V 08.02 Johnny E 08.05 Donna H 08.18 Judy D 08.20 Bonnie R 08.28 John M 08.28	Mindy S 08.06 Margaret M 08.20 Charles A 08.29	Susie T 08.07 Pam F 08.21 Linda T 08.29	Frances C 08.08 Christine A 08.21 Shelly H 08.29	Clay S 08.09 Robert H 08.22 Barbara W 08.30	Charlene M 08.10 Kathleen J 08.25 David N 08.30	Billie E 08.11 Kay W 08.25 Mary D 08.30	Carmen C 08.16 Mike M 08.25 Kathleen B 08.31	Judith R 08.16 Julia F 08.26 Raymond R 08.31	Sandra R 08.17 Mary H 08.27 Gayle R 08.31	Sonya R 08.17 Ruth L 08.27



FREE FITNESS PROGRAMS FOR MEMBERS

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. 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!

KARAOKE WITH FRIENDS

We will have Karaoke at the senior center on Friday, Aug 4th & 18th at 12:00PM. Please join us 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

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!

MAH JONGG

We are always looking for new Mah Jongg players, so please help us spread the word. Our Mah Jongg players meet on Tuesdays 1PM-3PM and on Fridays from 9AM-11AM.

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. **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



SAGINAW EVENTS & NEWS

8-7-23 Community Meeting

The City of Saginaw will have a 6:30pm Community Meeting at the Saginaw Recreation Center to discuss the upcoming reconstruction project of Knowles

8-12-23 Farmers Market

A marketplace with fresh produce, artisan vendors, doers and dreamers. Open every 2nd & 4th Saturday
Saginaw Switchyard 8am-12pm

8-17-23 SlipStream Variety Band

The Slip Stream Variety Band will be at the Saginaw Switchyard for a free 7pm concert for all ages

8-18-23 New Fire Station Tour

The new Fire Station at the corner of McLeroy Blvd & Amber Dr will have an Inaugural Open House on Fri, Aug 18th from 9am-Noon

8-26-23 Farmers Market

A marketplace with fresh produce, artisan vendors, doers and dreamers. Open every 2nd & 4th Saturday
Saginaw Switchyard 8am-12pm

Contact Us

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

633 West McLeroy Blvd
Saginaw, TX 76179

Call: (817) 230-0459

Ksinclair@saginawtx.org

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