



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

DECEMBER 2023

UPDATE ON OUR SENIOR CENTER CRAFT FAIR, SILENT AUCTION AND SANTA QUILT RAFFLE

Our fundraiser was very successful. We raised over \$4400! Thank you to Inez and Darlene G for the gorgeous quilt & the many handmade items they both made & donated for the craft fair! Thank you to all the seniors and our friends that shopped and shopped and shopped some more! We appreciate everyone's generosity and your love for your senior center!

MRS TAYLOR'S SPUR AMBASSADORS FROM COMANCHE SPRINGS ELEMENTARY THURSDAY, DEC 14TH AT 10AM

Stop by to meet the kiddos from Comanche Springs Elementary. They will have a short presentation followed by cookies and hot cocoa. They work hard every year to qualify to come for this visit- so let's be sure to be here to welcome them!

GROUND BREAKING CEREMONY TUESDAY, DEC 5TH AT 4PM



On Tuesday, Dec 5th at 4PM we will gather at our new location (300 West McLeroy Blvd- across from City Hall) for a groundbreaking ceremony to celebrate our NEW Senior Center and Library! We have worked hard for over a year planning the new center with the architects and designers... and the time has finally come to throw some dirt around!

MEMBERS' ANNUAL CHRISTMAS PARTY FRIDAY, DEC 15TH AT 11AM **RSVP BY DEC 8TH**

Please sign up to join us for a VERY FUN Members' Annual Christmas Party on Friday, December 15th at 11AM. We will have a catered meal, dancing, door prizes, Santa and music by the Back Beats Band! **Please RSVP by Dec 8th to attend, as seating will be limited and food will be catered.**

TREVOR'S ANNUAL CHRISTMAS BINGO WEDNESDAY, DEC 20TH AT NOON

For over 6 years, Trevor (the Store Manager of Walgreens in Saginaw) has collected awesome Christmas Presents/Bingo prizes with his colleagues, pharmacists, church members and family. His kindness is unmeasurable and definitely appreciated! This is a one of kind Annual Christmas Bingo that you will not want to miss! Thank you Trevor & friends!

ALZHEIMER'S MONTHLY SUPPORT GROUP TUESDAY, DEC 19TH 4PM-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

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.

JEWELRY MAKING THURSDAY DEC 7TH & DEC 28TH 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.

CRAFTS WITH INEZ 11:00AM ON DEC 4TH & DEC 11TH **RSVP REQUIRED**

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.

SEWING CLASSES 11:00AM DEC 18TH-SEW SIMPLE W/ DARLENE (NO SEW WHAT WITH INEZ IN DECEMBER)

We now offer two types of sewing classes monthly, a beginners class "Sew Simple with Darlene" and an advanced class "Sew What with Inez". In the beginners 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 & **require** knowledge of using a machine properly as to not damage our machines. No RSVP needed on the classes.

ARTS & CRAFTS PROGRAMS

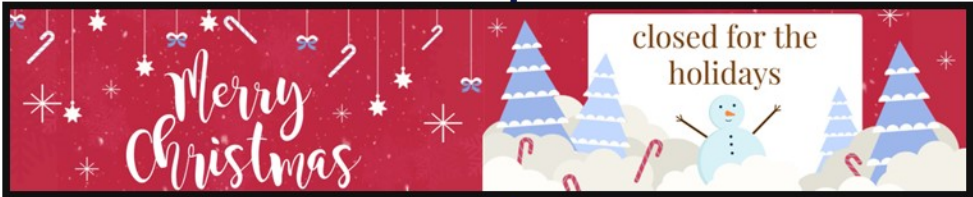
Wii Bowling Tournament

Monthly Coloring Contest

NAME	Game 1	Game 2	Game 3	TOTAL
Annie	200	200	200	600
Wanda	150	150	150	450
Mindy	100	100	100	300

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

1st Place
Elizabeth
2nd Place
Shel
3rd Place
Danny

Sun	Mon	Tue	Wed	Thu	Fri	Sat							
(special) THANKS to our sponsors	The City of Saginaw Cameo- Senior Solutions LeeAnn- The Lodge of Saginaw Trevor- Saginaw Walgreens Jennifer- Bristol Park Eagle Mt Sandi- ArtsNET Joyce- Care-N-Care Ins Brittney- A Lending Hand Ernesto- Oak Street Health Debbie- Alzheimer's Association Ventura Foods Ardent Mills		 Our FABULOUS instructors... Donna- Exercise Inez- Crafts & Sewing Vicki- Card Making Darlene- Sewing Sandi- Watercolor Painting James-Boxing Jason & John- Tai Chi Peggy- Line Dancing		1 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS	2							
3	4 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing- RSVP	5 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 4PM Senior Center Groundbreaking (9:30am Senior Bingo at Chick-fil-a)	6 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Jennifer w/  1:45PM Wii Bowling Tournament	7 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class	8 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 	9 8AM-1PM CHRISTMAS MARKET at the Saginaw Switchyard 752 S Knowles Dr							
10	11 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing- RSVP	12 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	13 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with  12PM BINGO with LeeAnn w/  1:45PM Wii Bowling COLORING CONTEST VOTING	14 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Christmas Presentation by Comanche Springs Kiddos, Cookies & Hot Cocoa 11AM Scrabble for Seniors 11AM Canasta	15 Closed for Christmas Party RSVP ONLY- DOORS OPEN AT 11AM 	16							
17	18 20 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM SEW SIMPLE W/ DARLENE 1PM Rock Steady Boxing- RSVP	19 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	20 NO EXERCISE CLASSES TODAY 12pm PLEASE JOIN US FOR OUR ANNUAL CHRISTMAS BINGO W/ TREVOR FROM <i>Walgreens</i>	21 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA	22 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 12:00 XMAS Edition - Karaoke w/ Friends	23 8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr							
24/31  Closed Monday, January 1st	25 	26 	27 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with  12PM BINGO with Joyce w/ <i>care@care</i> 1:45PM Wii Bowling	28 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class	29 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 12:00 New Years Edition- Karaoke w/Friends	30							
Glenda H 12.01 Janice P 12.12 Cynthia K 12.22 Brenda R 12.28	Kay C 12.01 Patti S 12.13 Venecia G 12.23 Sara S 12.28	Sharen S 12.02 Marjorie G 12.15 Ruth B 12.24 Sue L 12.28	Gary C 12.023 Rol M 12.15 Janet M 12.25 Martha C 12.29	Milton C 12.03 Gerald B 12.15 Reiko E 12.25 Patricia H 12.29	Rita C 12.05 Margie T 12.15 Christine S 12.25 Christine M 12.29	D'Anne C 12.06 Adriana O 12.15 JoAnn L 12.26 Diane R 12.29	Yolanda C 12.06 Amanda B 12.17 Cleo R 12.27 Rose A 12.30	Donna H 12.06 Brenda K 12.21 Traci S 12.27 Dora T 12.31	Gloria M 12.07 Juanita V 12.21 Melinda B 12.27 Phillip Y 12.31	Judy T 12.07 Cindy E 12.21 Dianne C 12.27	Tim S 12.10 Tami E 12.21 Karen T 12.27	Cecilia F 12.11 Dotty C 12.22 Jan F 12.27	Happy Birthday 



FREE FITNESS PROGRAMS FOR MEMBERS

MONDAYS @ 1PM - ROCK STEADY BOXING CLASSES WITH JAMES

Our first classes will be RSVP only to help our instructor prepare for the expected attendance. See staff to sign up.

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!

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 DEC 22nd & 29th 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

Wii Bowling is a lot less strenuous than bowling but equally as fun! Once a month we have a fun yet competitive Wii Bowling Tournament, but you can practice here anytime.

DECEMBER COLORING CONTEST 12.13.23

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by December 13th 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).

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

12-05-23 GROUNDBREAKING

Groundbreaking ceremony for our new Senior Center & Library
4PM at 300 West McLeroy Blvd
(across from City Hall)



12-9-23 Christmas Market

Christmas Market at the Saginaw
Switchyard from 8AM-2PM

12-09-23 Pet Photos with Santa

PHOTOS WITH SANTA & MRS. CLAUS

Saturday, December 9th 2023

3-7PM 633 W. McLeroy Blvd
Saginaw, Tx 76179

\$40 donation for professional
images, captured by Megan
Le Photography which
includes 2 digital images
delivered via link

\$20 donation for walk-in "self
service" for photos with Santa
taken with your personal
device or phone.

All proceeds
will
be donated
to



12-23-23 Farmers Market

A marketplace with fresh
produce & artisan vendors.

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

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