



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

FEBRUARY 2023

AARP TAXES

The Saginaw Senior Center will be hosting AARP for **FREE** tax preparation for Seniors every Tuesday from Feb 7th– April 18th (by appointment only). To schedule your appointment, please stop by the senior center. You do not have to be a member to have your taxes prepared at the senior center.

BUS TRIPS WITH SIXTY & BETTER

We are excited to announce that Sixty & Better is offering free bus trips to different locations through our senior center. We will announce trips on our Facebook page and on our bulletin board at the senior center. If you are interested in attending an outing, please sign up by the posted deadline and we will draw names for available seating. The trips are free and usually about 3 hours in length. The trips will vary in locations, but all pickups and drop-offs will be at our senior center. Please see the senior center staff for more information.

ALZHEIMER'S LISTENING SESSION 02.23.23 6:00-7:30PM

The Alzheimer's Association is hosting a listening session to help spread the word about being in our community. City officials, local businesses and caretakers are welcome to join us as we discuss ways to get Alzheimer's help to those in need.

ALZHEIMER'S MONTHLY SUPPORT GROUP 03.21.23 4:00-5:30PM

Please help us spread the word in the community that our senior center will be host a monthly support group for family members dealing with a loved one that has Alzheimer's. The support group will have their first meeting at the senior center on March 21st, from 4-5:30PM. Please RSVP to let us know you are coming.

CRAFTS

CRAFTS WITH INEZ 02.13.23 & 02.27.23 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.

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 02.06.23 & 02.20.23 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 CLASS WITH DONNA & DEBBIE ON THURSDAY 02.09.23 & 02.16.23 AT 10:30AM

We are very excited to have Jewelry Making with Donna & Debbie. The class is fun and you get to be creative too! Please note we will not be accepting any jewelry fixing requests as they tend to be too time consuming. If you would like to donate any old costume jewelry necklaces, we can unstring them and be able to use them.

Wii Bowling Tournament

Monthly Coloring Contest



1st Place
Wanda

2nd Place
Elsa

3rd Place
Rick



1st Place
Patty

2nd Place
Danny

3rd Place
Linda L

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	Don't forget- AARP is here every Tuesday from Feb 7th-April 18th to prepare your taxes for free. Reserve a time slot with Senior Center staff.	 The bus trips are free but they have limited seating, sign up for each trip your interested in attending, we will draw names to fill the seats on the bus.	1 9:30 LINE DANCING CLASS 10:30 Senior Movement 12PM  with Megan- Bristol Park Eagle Mt 1:45PM Wii Bowling (Field trip  FW Country Day)	2 ALL DAY GAMES 9AM Exercise Class w/Donna 10-11 AM Special Bingo  with 11AM Scrabble for Seniors 11AM CANASTA	3 ALL DAY GAMES 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS	4		
5	6 ALL DAY GAMES 9AM DOMINOES 9:30AM Tai Chi Class w/Jason 11AM SEW WHAT WITH INEZ 1PM Wii Bowling 	7 ALL DAY GAMES  9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI (9am Senior Bingo at Chick-fil-a)	8 9:30 LINE DANCING CLASS 10:30 Senior Movement  12PM  with LeeAnn-The Lodge of Saginaw 1:45PM WII BOWLING TOURNAMENT	9 ALL DAY GAMES  9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class	10 ALL DAY GAMES 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS	11		
12	13 ALL DAY GAMES  9AM DOMINOES 9:30AM Tai Chi Class w/Jason 11AM CRAFTS WITH INEZ 1PM Wii Bowling	14 ALL DAY GAMES  9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 10AM Blood Pressure Checks	15 9:30 LINE DANCING CLASS  10:30 Senior Movement 12PM  with Trevor- Saginaw Walgreens Lunch by: Cameo w/ Humana 1:45PM Wii Bowling	16 ALL DAY GAMES  9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class	17 ALL DAY GAMES 9:30AM Tai Chi Class w/JASON 10:30AM 42 DOMINOES 10:30 LINE DANCING	18		
19	20 ALL DAY GAMES  9AM DOMINOES 9:30AM Tai Chi Class w/Jason 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	21 ALL DAY GAMES  9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI (Field trip  Makerspace Lab)	22 9:30 LINE DANCING CLASS  10:30 Senior Movement 12PM  with Rae- Care-N-Care Insurance COLORING CONTEST VOTING 1:45PM Wii Bowling	23 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 6-7:30PM Alzheimer's Listening Session 	24 ALL DAY GAMES 9:30AM Tai Chi Class w/JASON 10:30AM 42 DOMINOES 10:30 LINE DANCING	25		
26	27 ALL DAY GAMES  9AM DOMINOES 9:30AM Tai Chi Class w/Jason 11AM CRAFTS WITH INEZ 1PM Wii Bowling	28 ALL DAY GAMES  9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI	 The City of Saginaw Peggy- Line Dancing Inez- Crafts & Sewing Vicki- Stampin' Up Trevor-Saginaw Walgreens Stacey- Sixty & Better Org Megan - Bristol Park Eagle Jason- Aviator Home Health LeeAnn- The Lodge of Saginaw Gunnar-Ultimate Home HealthCare Donna & Debbie-Jewelry Making Debbie- Alzheimer's Association Sandi- ArtsNET Cameo- Humana Insurance Joyce & Rae- Care-N-Care Ins					
	Inez H 02/01 Ulrike J 02/10 Shelia N 02/21	Kimberly M 02/03 Marilyn L 02/11 Sue H 02/21	Maria Q 02/03 Rebecca H 02/12 Tina Y 02/21	Nelson E 02/03 Frank P 02/16 Gay S 02/22	Jim E 02/05 Gladys J 02/18 Mary Jane W 02/22	Karen B 02/05 Sue Ann K 02/19 Raja P 02/25	Joan K 02/09 Valerie 02/20 Betty M 02/27	Michael W 02/10 Millie C 02/21 Sherrie H 02/28

SENIOR LIFE

FREE FITNESS PROGRAMS — SEE INSIDE CALENDAR FOR ANY CANCELED CLASSES

MONDAYS @ 9:30AM- ADVANCED TAI CHI WITH JASON

ADVANCED 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.

TUESDAYS @ 9AM- SENIOR EXERCISE WITH DONNA

A senior exercise class with Donna, a Silver Sneakers certified instructor. All activity levels are welcome to attend. We use weights, balls & bands to achieve a full body workout.

WEDNESDAYS @ 9:30AM- LINE DANCING WITH PEGGY NEW

Our Line Dancing Classes are fun and you get some exercise too! We start off with an easier line dance and then a harder one follows. You can stay for one or both.

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

A senior exercise class with Donna, a Silver Sneakers certified instructor. All activity levels are welcome to attend. We use weights, balls & bands to achieve a full body workout.

FRIDAYS @ 9:30AM- TAI CHI WITH JASON

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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.

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!

B I N G O Join us for Bingo every Wednesday at noon. If you would like to bring a sack lunch, we can put it in our fridge for you to enjoy following Bingo. We have a Birthday Bingo once a month and we will provide lunch following this Bingo. And a Bingo on the first Thursday of the month. Bingo is free to attend, thanks to our fabulous sponsors & the City of Saginaw.

FEBRUARY COLORING CONTEST 02.22.23

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Feb 21st 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

Contact Us

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

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Saginaw, TX 76179

Call: (817) 230-0459

Ksinclair@saginawtx.org

Visit us on Facebook

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