



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

JANUARY 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.

ALZHEIMER'S ASSOCIATION EDUCATION EVENT ON FRIDAY, JAN 20TH 10:30AM-11:30AM

Join us to learn about: » The impact of Alzheimer's. » The difference between Alzheimer's and dementia. » Alzheimer's disease stages and risk factors. » Current research and treatments available to address some symptoms. » Alzheimer's Association resources.

HELLO 2023 The Saginaw Senior Center wants to help you reach your health and fitness goals with free fitness programs 5 DAYS A WEEK that are taught by awesome certified instructors and included with your annual membership.

SENIOR FITNESS

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 @ 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 Tues/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 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 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.

Wii Bowling Tournament



1st Place
Elsa

2nd Place
Rick

3rd Place
Neva



Monthly Coloring Contest



1st Place
Linda

2nd Place
Pam

3rd Place
Patty



Sun	Mon	Tue	Wed	Thu	Fri	Sat			
1 	2 	3 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors <u>10AM PAINTING CLASS w/ SANDI</u> (9am Senior Bingo at Chick-fil-a)	4 ALL DAY GAMES 10:30 Senior Movement 12PM  with Megan- Bristol Park Eagle Mt 1:45PM Wii Bowling	5 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA <u>10AM CRAFT CLASS w/</u> 	6 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS	7			
8	9 ALL DAY GAMES 9AM DOMINOES 9:30AM Tai Chi Class w/Jason <u>11AM CRAFTS WITH INEZ</u> 1PM Wii Bowling	10 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors <u>10AM PAINTING CLASS w/ SANDI</u> <u>10AM Blood Pressure Checks</u>	11 ALL DAY GAMES 10:30 Senior Movement 12PM  with LeeAnn-The Lodge of Saginaw <u>1:45PM WII BOWLING TOURNAMENT</u>	12 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA <u>10:30 Jewelry Making Class</u>	13 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS	14			
15	16 ALL DAY GAMES 9AM DOMINOES 9:30AM Tai Chi Class w/Jason <u>11AM SEW WHAT WITH INEZ</u> 1PM Wii Bowling	17 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors <u>10AM PAINTING CLASS w/ SANDI</u>	18 10:30 Senior Movement 12PM  with Trevor- Saginaw Walgreens <u>1:30PM BIRTHDAY PIZZA PARTY</u> Cupcakes: Cameo with Humana 1:45PM Wii Bowling	19 ALL DAY GAMES 9AM Exercise Class w/Donna <u>10AM A SPECIAL</u>  <u>WITH</u> 	20 ALL DAY GAMES 9:30AM Tai Chi Class w/JASON 10:30 LINE DANCING <u>10:30AM Alzheimer's Association Education Event- Understanding Alzheimer's</u>	21 <u>You do NOT need to be a Senior or a member to attend</u>			
22	23 ALL DAY GAMES 9AM DOMINOES 9:30AM Tai Chi Class w/Jason <u>11AM CRAFTS WITH INEZ</u> 1PM Wii Bowling	24 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors <u>10AM PAINTING CLASS w/ SANDI</u>	25 ALL DAY GAMES 10:30 Senior Movement 12PM  with Andrea- Family Benefit Store <u>COLORING CONTEST VOTING</u>	26 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA <u>10:30 Jewelry Making Class</u>	27 ALL DAY GAMES 9:30AM Tai Chi Class w/JASON 10:30AM 42 DOMINOES 10:30 LINE DANCING	28			
29	30 ALL DAY GAMES 9AM DOMINOES 9:30AM Tai Chi Class w/Jason <u>11AM SEW WHAT WITH INEZ</u> 1PM Wii Bowling	31 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors <u>10AM PAINTING CLASS w/ SANDI</u>	 The City of Saginaw Peggy- Line Dancing Inez- Crafts & Sewing Vicki- Stampin' Up Trevor-Saginaw Walgreens Susan- Sixty & Better Org Megan - Bristol Park Eagle Jason- Aviator Home Health Andrea - Family Benefit Store Gunnar-Ultimate Home HealthCare Donna & Debbie-Jewelry Making Debbie- Alzheimer's Association LeeAnn- The Lodge of Saginaw Cameo- Humana Insurance Joyce & Rae- Care-N-Care Ins Sandi- ArtsNET						
	JoAnna M 01/01 Loreta W 01/06 Mary M 01/14	Barbara S 01/02 Myrna B 01/07 Mollie L 01/15	Bertha R 01/02 Candy W 01/11 LaVerne 01/17	Chris G 01/03 Linda T 01/11 Shirley C 01/17	Frances W 01/03 Curt M 01/12 Mary G 01/19	Mercedes W 01/03 Diana H 01/13 Gloria W 01/24	Chii K 01/05 Joan C 01/12 Craig H 01/27	Mariea E 01/05 Suellen P 01/13 Dennis G 01/27	Susie S 01/05 Bobby P 01/14 Roger B 01/28

IMPORTANT MEMBER INFORMATION

The Senior Center is funded by the City of Saginaw. Our doors are open to all residents and non-residents 55+. After 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. If it is your 1st visit we ask you to fill out a membership form with your contact & emergency information. If you are a current member renewing your membership in January, you will need to update your membership form (not fill out a new one) and then you will need to bring a current copy of your Saginaw Water Bill to prove residency. If you live in an apartment in Saginaw and do not have a water bill, you will need a copy of a utility bill to your apartment (electricity, cable, etc). Please do not hesitate to reach out to us with any questions.

CRAFTS

PRE-REGISTER FOR A MONTHLY CRAFT W/ AN ART TEACHER FROM THE SIXTY & BETTER ORGANIZATION

Classes on the 1st Thursday every month at 10AM. Register with staff and our 1st class is on January 5th at 10AM.

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.

CRAFTS WITH INEZ 01.09.23 & 01.23.23 AT 11:00AM

It is time to get crafty... we will have two craft classes in January 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.

SEW WHAT WITH INEZ 01.16.23 & 01.30.23 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 01.12.23 & 01.26.23 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.

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!

BINGO

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. Bingo is free to attend, thanks to our fabulous sponsors & the City of Saginaw.

JANUARY COLORING CONTEST 01.25.23

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Jan 24th 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.

NEW FILTERED WATER BOTTLE FILLER

The Recreation Center installed a filtered water bottle filler by the front desk. Please bring a reusable bottle/cup and help us save money \$\$\$ & the environment! We will still have plastic water bottles available if you forget.

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

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