



ACTIVITIES & EVENTS CALENDAR

July 2023

THE BACK BEATS BAND JULY 20TH AT 7PM

On July 20th, the City of Saginaw is hosting the Back Beats Band in the Recreation Center Gymnasium for a 1 hour performance. They play 50's, 60's and 70's as well as country (& they have been the band at many of our dances over the past few years). If you want to put your dancing shoes on and join them, the performance is FREE to attend and is open to ALL ages.

ARTS & CRAFTS PROGRAMS

CHANGES TO CRAFTS WITH INEZ IN JULY 11:00AM ON JULY 17TH & JULY 31ST 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 20 person per class limit. You are only allowed to attend one of the monthly classes, not both. 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.

CHANGES TO SEWING CLASSES IN JULY 11:00AM ON JULY 10TH & JULY 24TH

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 however that is always subject to change in the future.

CARD MAKING CLASS WITH VICKI BELL IN JULY 12:00PM ON JULY 28TH 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, July 28th. We will make one card & one treat holder that you can take home with you! The class size is limited and RSVP is required. 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.

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 07.13.23 & 07.27.23 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.

JULY COLORING CONTEST 07.26.23

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

Wii Bowling Tournament



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



Monthly Coloring Contest



1st Place
Pam P
2nd Place
Shel
3rd Place
Mindy



Sun	Mon	Tue	Wed	Thu	Fri	Sat						
2	3 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 1PM Wii Bowling	4  (9am Senior Bingo at Chick-fil-a)	5 9:15 LINE DANCING CLASS 10:30 Senior Movement 11:30 Blood Pressure Checks 12PM BINGO with Megan w/  2:00PM Wii Bowling Tournament	6 ALL DAY GAMES 9AM Exercise Class w/Donna 11AM Scrabble for Seniors 11AM CANASTA	7 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS	8  8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr						
9	10 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM SEW SIMPLE WITH DARLENE 1PM Wii Bowling	11 ALL DAY GAMES 9AM Exercise Class 10AM Donuts w/ The Edition 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI	12 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with LeeAnn w/  1:45PM Wii Bowling	13 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making	14 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS 12:00 Karaoke w/Friends	15						
16 RSVP ONLY	17 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM CRAFTS WITH INEZ 1PM Wii Bowling7	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 Trevor w/ Saginaw Walgreens Lunch by: Cameo with Humana 1:30PM BIRTHDAY PARTY	20 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 7PM Back Beats Band in Recreation Center Gymnasium	21 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS	22  8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr						
23	24 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	25 ALL DAY GAMES No Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	26 9:15 LINE DANCING CLASS No Senior Movement COLORING CONTEST VOTING 12PM BINGO with Joyce w/ care@care 1:45PM Wii Bowling	27 ALL DAY GAMES No Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making RSVP ONLY	28 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	29						
30 RSVP ONLY	31 ALL DAY GAMES 9:15AM Tai Chi Class 10:15AM Line Dancing Workshop 11AM CRAFTS WITH INEZ 1PM Wii Bowling	27 ALL DAY GAMES No Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	(special) THANKS to our sponsors The City of Saginaw Darlene- Sewing Vicki- Stampin' Up Peggy- Line Dancing Trevor-Saginaw Walgreens Inez- Crafts & Sewing Joyce- Care-N-Care Ins Brittney- A Lending Hand LeeAnn- The Lodge of Saginaw Cameo- Humana Ins Megan - Bristol Park Eagle Debbie- Alzheimer's Association Sandi ArtsNET Jason- Tai Chi John-Tai Chi Sandy- The Edition									
	Annie G 07.01 Pam P 07.13 Richard C 07.24	Julia G 07.01 Debra C 07.14 Tere C 07.25	Maria A 07.02 Reynaldo L 07.14 Ana T 07.26	Glenna W 07.02 Carma S 07.16 Lori W 07.26	Gary P 07.04 Linda C 07.17 Danny H 07.27	Julia B 07.04 Terry C 07.17 Betsy B 07.28	Glenna H 07.06 Barbara D 07.18 Jerri F 07.28	Mavis M 07.08 Janet F 07.18 Lucy R 07.28	Joan D 07.09 Mike R 07.20 Laverne C 07.28	Wanda K 07.10 Joan D 07.21 Linda S 07.30	Aubrey M 07.12 Joyce D 07.22 Maureen G 07.31	Edwina R 07.12 Ron S 07.22 Paul S 07.31

S S E N T I E

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!

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.

KARAOKE WITH FRIENDS **NEW!**

We will have Karaoke at the senior center on Friday, July 14th at 12:00PM. Please join us to belt out your favorite tune or cheer on others, either way it should be a fun time!

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-12PM.

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

Saginaw Aquatic Center Hours

Mon-Thurs 12PM- 6PM

Friday 1PM- 5PM

Saturday 12PM- 6PM

Sunday 1PM- 5PM

For more info call 817.230.0350

7-08-23 Farmers Market

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

7-20-23 Back Beats Band

The Back Beats Band (50's, 60's, 70's & Country) will be at the Saginaw Recreation Center for a free concert for all ages at 7pm

7-22-23 Farmers Market

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

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)