



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

June 2023

FATHER'S DAY

Stop by on Friday, June 16th at 11:30AM to help us celebrate and remember all the great fathers in our lives. We will have snacks and door prizes. Everyone is welcome to attend this celebration!

4TH OF JULY CELEBRATION WITH A SPECIAL PERFORMANCE BY THE SILVER SISTERS OF FW (RSVP REQUIRED)

On Thursday, June 29th at Noon we will have a special performance by The Silver Sisters of FW, please be on time for the show. We will enjoy a 4th of July lunch following the performance. The Silver Sisters are fun and do a fabulous patriotic performance that you will not want to miss! The sign up sheet to attend is at the Senior Center- **RSVP by June 15th.**

ALZHEIMER'S MONTHLY SUPPORT GROUP 06.20.23 4:00-5:30PM

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.

A SPECIAL THANK YOU TO HUMANA INSURANCE

Cameo from Humana Insurance has generously been providing our yummy food for our monthly birthday luncheons since January! Our luncheons feed way over 100 seniors every month! Humana's donation has helped us during a year of extreme growth in membership at our senior center. Thank you Cameo & Humana!

CHANGES IN JULY

We will be changing crafts/sewing programs in July. We will have the same class twice a month for crafts with RSVP ONLY & 20 person per class limit. We will have one sewing craft class and one "how to sew" class a month.

CRAFTS

CRAFTS WITH INEZ 06.26.23 AT 11:00AM

It is time to get crafty... we will have one craft classes in June 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.**

CARD MAKING CLASS WITH VICKI B 06.23.23 AT NOON ← NEW TIME & 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, June 23rd. We will make one card & one treat holder that you can take home with you!

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 paint, then please don't miss out on this amazing opportunity and join us on Tuesdays at 10am.

SEW WHAT WITH INEZ 06.19.23 AT 11:00AM

Join us for a fun sewing class this month with Inez. We will make items to donate to different organizations, and sometimes make items for you to keep. You do need to know how to sew to be able to help us with our projects.

JEWELRY MAKING THURSDAY 06.08.23 & 06.22.23 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.

Wii Bowling Tournament



1st Place
Danny
2nd Place
Elsa
3rd Place
Sandra



Monthly Coloring Contest



1st Place
Shel
2nd Place
Nada
3rd Place
Pam





saginaw senior center
Come Enjoy Life with Us!

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JUNE 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat							
	(special) THANKS to our sponsors City of Saginaw Sandi- ArtsNET John-Tai Chi Cheryl- Mariposa	Trevor-Saginaw Walgreens Cameo- Humana Ins Joyce- Care-N-Care Ins Brittney- A Lending Hand	LeeAnn- The Lodge of Saginaw Debbie- Alzheimer's Association Megan - Bristol Park Eagle Jason- Tai Chi	Inez- Crafts & Sewing Vicki- Stampin' Up Peggy- Line Dancing Sandy- The Edition	1 ALL DAY GAMES 9AM Exercise Class w/Donna 11AM Scrabble for Seniors 11AM CANASTA	2 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS							
4	5 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 1PM Wii Bowling	6 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg (9am Senior Bingo at Chick-fil-a)	7 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Trevor w/ Walgreens 1:45PM WII BOWLING TOURNAMENT	8 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making	9 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS	10 8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr Saginaw, TX							
11	12 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 1PM Wii Bowling	13 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	14 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with LeeAnn w/ 1:45PM Wii Bowling	15 ALL DAY GAMES NO Exercise Class Today 10AM Scrabble for Seniors 10AM CANASTA 7PM Free Concert at the Saginaw Switchyard-Squeeze Box Bandits 752 S Knowles Drive Saginaw, TX	16 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 11:30 FATHER'S DAY SNACKS DOOR PRIZES BY: Edition	17							
18	19 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	20 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	21 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Megan w/ Lunch by: Cameo with 1:30PM BIRTHDAY PARTY 2:00PM Wii Bowling	22 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making RSVP ONLY	23 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 Bell	24 8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr Saginaw, TX							
25	26 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM CRAFTS WITH INEZ 1PM Wii Bowling	27 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Senior 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	28 COLORING CONTEST VOTING 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Joyce w/ 1:45PM Wii Bowling care@care	29 9AM Exercise Class 12PM FOURTH of July PERFORMANCE BY THE SILVER SISTERS OF FW	30 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS								
HAPPY birthday!	Daniel G 06.01 Wayne C 06.14	Morris S 06.01 Gloria G 06.15	Betty R 06.06 Martha S 06.17	Valerie H 06.06 Guadalupe V 06.18	Frances R 06.07 Sandra H 06.18	Francisco L 06.08 Elmira E 06.19	Theresa B 06.09 Steve C 06.19	Adell F 06.10 Lynn J 06.20	Randy J 06.10 Danny C 06.29	Suzanne H 06.11 Lila T 06.29	Bethany H 06.12 Laurene M 06.30	Karen J 06.12 MaryAnn M 06.30	Marilyn C 06.14



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 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 w/Peggy Classes are fun and you get some exercise too!

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.

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!

JUNE COLORING CONTEST 06.28.23

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by June 27th 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

SAGINAW EVENTS & NEWS

6-10-23 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

6-15-23 Concert in the Park

Squeeze Box Bandits (Tex/Mex, Country, Zydeco) will be at the Saginaw Switchyard for a free concert at 7pm

6-23-23 Blood Drive

The Carter Blood Care bus will be at the Saginaw Recreation Center on Friday, June 23rd from 2-5:30PM. To schedule an appt, visit carterbloodcare.org

6-24-23 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.)**

633 West McLeroy Blvd
Saginaw, TX 76179

Call: (817) 230-0459

Ksinclair@saginawtx.org

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