



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

NOVEMBER 2023

SENIOR CENTER CRAFT FAIR, SILENT AUCTION AND SANTA QUILT RAFFLE NOV 1ST- NOV 15TH (M-F 9-4)

To raise money for our Thanksgiving meal and Christmas meal, we will be selling craft items, quilt raffle tickets and we will have over a 25 silent auction items. They will all be on display in the senior center for two weeks. The drawing and silent auction items will close at 1pm at our Thanksgiving meal (on Nov 15th). Items will be awarded following lunch.

ELEMENTARY KIDS PERFORMANCE IN HONOR OF VETERANS DAY FRIDAY, NOV 10TH AT 10:30AM

Stop by for a short concert (2-3 songs) by the kids of Remington Point Elementary in honor of Veterans Day! They have been working hard to prepare for this visit, so please be on time and join us for the fun!

VETERANS BENEFIT PRESENTATION FRIDAY, NOV 10TH AT 11AM On Friday, Nov 10th we will have a special presentation by Comfort Keepers on Veteran Benefits. If you (or spouse) served during a time of declared US war, then you may qualify for many benefits that you are unaware of and find this meeting beneficial in your long-term planning.

MEMBERS' ANNUAL THANKSGIVING MEAL WEDNESDAY, NOV 15TH AT NOON RSVP BY NOV 8TH

We would be thankful if you join us on Wednesday, November 15th at Noon, as we gather to share a meal with one another in appreciation for each other. Please RSVP by Nov 8th to attend, as seating will be limited and food will be catered.

ROCK STEADY BOXING WITH JAMES STARTS ---> RSVP REQUIRED

Rock Steady Boxing is wonderful for Parkinson's and for upper body strength. We ask that you sign up to attend each class so our instructor can plan the class according to expected attendance. Keep in mind that if you decide to take the classes you will need to purchase gloves. James will have some for sale & to view. Please see our staff to **sign up**.

MEMBERS' ANNUAL CHRISTMAS PARTY FRIDAY, DEC 15TH AT 11AM RSVP BY DEC 1ST

Sign up to join us for our Annual Christmas Party on Friday, December 15th at 11AM. Back Beats Band will play, we will share a catered lunch and the fabulous crew from Ventura Foods will be back too! Please RSVP by Dec 1st to attend.

ALZHEIMER'S MONTHLY SUPPORT GROUP 11.21.23 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

WATERCOLOR PAINTING WITH SANDI EVERY TUESDAY AT 10AM

Sandi is a very skilled and 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 11.09.23 & 11.30.23 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.

CRAFTS WITH INEZ 11:00AM ON NOV 6TH & NOV 13TH 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 NOV 20TH-SEW SIMPLE W/ DARLENE & 11:00 ON NOV 27TH SEW WHAT W/ INEZ

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



1st Place
DANNY H

2nd Place
RICK B

3rd Place
MINDY S

Monthly Coloring Contest



1st Place
PAM F

2nd Place
SHEL S

3rd Place
LINDA C

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 Rae- Care-N-Care Ins Brittney- A Lending Hand Ernesto- Oak Street Health Debbie- Alzheimer's Association			1 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Jennifer w/ Bristol Park 1:45PM WII Bowling Tournament 2PM Bus & tour of Bristol Park	2 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA RSVP ONLY	3 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 12:00 Karaoke w/ Friends	4						
5	6 ALL DAY GAMES 9AM Tai Chi Class w/John 10:15AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing- RSVP	7 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg (9:30am Senior Bingo at Chick-fil-a)	8 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with Oak Street Health 12PM BINGO with LeeAnn w/ The Lodge of Saginaw 1:45PM WII Bowling	9 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class	10 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 10:30 Kids Performance for Veterans Day 11AM Veterans Benefits Presentation	11 8AM–1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr THANK YOU VETERANS Honoring all who served!						
12	13 ALL DAY GAMES 9AM Tai Chi Class w/John 10:15AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing- RSVP	14 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	15 Thanksgiving Meal at Noon RSVP by Nov 8th	16 17 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 7PM Saginaw Concert Series– Sentimental Journey (Barbershop Quartet) @ the Saginaw Rec Center	17 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 12:00 Karaoke w/ Friends	18						
19	20 21 ALL DAY GAMES 9AM Tai Chi Class w/John 10:15AM Line Dancing Class 11AM SEW SIMPLE W/ DARLENE 1PM Rock Steady Boxing- RSVP	21 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	22 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with Oak Street Health 12PM BINGO with Cameo w/ CAMEO Senior Solutions 1:45PM WII Bowling	23 We will be CLOSED for the HOLIDAYS	24 Happy Thanksgiving	25 8AM–1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr						
26	27 ALL DAY GAMES 9AM Tai Chi Class w/John 10:15AM Line Dancing Class 11AM SEW WHAT WITH INEZ 1PM Rock Steady Boxing- RSVP	28 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	29 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with 12PM BINGO with Joyce w/ care@care 45PM WII Bowling	30 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class	THANK YOU SO MUCH Our FABULOUS instructors... Donna- Exercise Inez- Crafts & Sewing Vicki- Card Making Darlene- Sewing Sandi- Watercolor Painting Jason & John- Tai Chi Peggy- Line Dancing							
James L 11.01 Emily K 11.13 Mark Q 11.24	Betty S 11.03 Merdis D 11.15 Marsha S 11.25	Diane Y 10.03 Neil D 11.15 Robert M 11.26	Anita R 11.03 Mary C 11.15 Sansook 11.26	Ed A 11.04 Aurora W 11.18 Norma L 11.26	Sharon S 11.05 Michael W 11.19 Barbara K 11.27	Lois A 11.06 Brenda E 11.19 Jeanette R 11.28	Cheryl P 11.08 Dusty L 11.20 Gloria B 11.28	Barbara M 11.08 Johnny H 11.22 John S 11.29	Lora S 11.09 David H 11.23 Nancy G 11.30	Rachel V 11.12 Ricky F 11.23	Kim A 11.13 Brenda C 11.23	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 @10:15AM- 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 NOV 3rd & 17th 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.

NOVEMBER COLORING CONTEST 11.22.23

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

11-11-23 Veterans Day Celebration

A "Veteran's Day Celebration" to honor our Veterans on Sat, Nov 11 at 3:00 p.m. The celebration will be at NEW Veteran's Park in Saginaw on 333 W. McLeroy Blvd. behind Saginaw City Hall. This event is produced by the Kiwanis Club of Saginaw and the City of Saginaw. For more information, please call Debbie Muelker at 817-980-6601 or email at debbie.muelker@eecu.org.

11-11-23 Farmers Market

A marketplace with fresh produce & artisan vendors. Saginaw Switchyard 8AM-12PM

11-16-23 Sentimental Journey

Sentimental Journey, a Barbershop Quartet will be at the Saginaw Recreation Center for a free concert at 7PM for all ages

11-25-23 Farmers Market

A marketplace with fresh produce & artisan vendors. Saginaw Switchyard 8AM-12PM

12-9-23 Christmas Market

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

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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