



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

OCTOBER 2023

HALLOWEEN PARTY & COSTUME CONTEST 12PM OCT 31ST

Come and join us for fun, snacks, games & a costume contest. 1st, 2nd, and 3rd place prizes awarded for the best costumes.

NEUROPATHY LUNCH & LEARN RSVP ONLY 11:45AM OCT 19TH Come and learn about Neuropathy by Valiant Life Medical.

SPECIAL VISIT BY TARRANT COUNTY SHERIFF WAYBOURN WEDNESDAY, OCTOBER 11TH AT 11:30AM

Mark your calendars and make sure you come early for Bingo, to meet our Tarrant County Sheriff Waybourn!

MEDICARE HELP MONDAY OCT 2ND & FRIDAY OCT 13TH

Many of you have had questions about Medicare and since we are in the open enrollment time period (Oct 15-Dec 7th), we have scheduled two of our favorite sponsors to come talk with you about your questions and options. On Monday, Oct 2nd at 1:30PM we will have Rae from CareNcare here for a Q&A. Then on Friday, Oct 13 at 11:30AM we will have Cameo from Senior Solutions here for a Medicare 101. If you want to set up a private one-on-one appt, please ask us for their contact information.

SPECIAL GUEST- EAGLE MT SAGINAW ISD SUPERINTENDENT DR CHADWALL OCT 4TH AT 11:30AM

The EMS-ISD Superintendent will be here at 11:30 to have a Q & A about the upcoming school bond propositions for November.

ROCK STEADY BOXING WITH JAMES STARTS ON MONDAYS IN OCTOBER- YAY! RSVP REQUIRED

Rock Steady Boxing is wonderful for Parkinson's and for upper body strength. Our first couple of classes will be limited in class sizes so that the instructor can be able to teach on an individual level. Once all that are interested in taking the classes have participated in one of these classes, future class sizes will not be limited. 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!**

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 10.26.23 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.

OCTOBER COLORING CONTEST 10.25.23

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

CRAFTS WITH INEZ 11:00AM ON OCT 9TH & OCT 23RD 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.

CARD MAKING CLASS WITH VICKI BELL IN OCTOBER 12:00PM ON OCTOBER 20TH RSVP REQUIRED

Sign up to join us for a fun card making class with Vicki Bell w/Stampin' Up! at Noon on Friday, Oct 20th. We will make one card & one treat holder that you can take home with you! The class size is limited and RSVP is required.

SEWING CLASSES 11:00AM OCT 2ND-SEW SIMPLE W/ DARLENE & 11:00 ON OCT 16TH 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 and **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

Monthly Coloring Contest



1st Place
Danny
2nd Place
Mindy
3rd Place
Ana



1st Place
Linda
2nd Place
Shel
3rd Place
Danny

Sun	Mon	Tue	Wed	Thu	Fri	Sat										
1	2 ALL DAY GAMES 9AM Tai Chi Class w/John 10:15AM Line Dancing Class 11AM SEW SIMPLE W/ DARLENE 1:30 Medicare Q & A with Rae	3 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)	4 9:15 LINE DANCING CLASS 10:30 Senior Movement 11:30 EMS-ISD Bond Props Q & A 12PM BINGO with Jennifer w/ BRISTOL PARK 1:45PM Wii Bowling Tournament	5 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30-11:30 Nutrition Class with Texas A&M AgriLife Part 3 RSVP	6 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 12:00 Karaoke w/ Friends	7										
8 RSVP ONLY	9 ALL DAY GAMES 9AM Tai Chi Class w/John 10:15AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing- RSVP class size limited	10 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg	11 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with OAK STREET HEALTH 11:30 Special Visit with Tarrant County Sheriff Waybourn 12PM BINGO with LeeAnn w/ THE LODGE OF SAGINAW 1:45 Wii Bowling	12 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30-11:30 Nutrition Class with Texas A&M AgriLife Part 4 RSVP	13 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 11:30-12:30 MEDICARE 101 CAMEO-SENIOR SOLUTIONS	14 8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr										
15 RSVP ONLY	16 ALL DAY GAMES 9AM Tai Chi Class w/John 10:15AM Line Dancing Class 11AM SEW WHAT WITH INEZ 1PM Rock Steady Boxing- RSVP class size limited	17 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	18 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Trevor w/ Saginaw Walgreens Lunch by: Cameo 1:30PM BIRTHDAY PARTY 2PM Wii Bowling	19 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11:45 Neuropathy Lunch & Learn RSVP ONLY with Valiant Life Medical 7PM Saginaw Concert Series- Sentimental Journey (Barbershop Quartet) @ the Saginaw Rec Ctr	20 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 12PM Card Making Class with Vicki Bell- Stampin'Up	21 RSVP ONLY										
22 RSVP ONLY	23 ALL DAY GAMES 9AM Tai Chi Class 10:15AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing- RSVP class size limited	24 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg	25 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with OAK STREET HEALTH COLORING CONTEST VOTING 12PM BINGO with Rae w/ care@care 1:45 Wii Bowling	26 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making	27 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/JASON 10:30 LINE DANCING 12:00 Karaoke w/ Friends	28 8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard										
29 RSVP ONLY	30 ALL DAY GAMES 9AM Tai Chi Class 10:15AM Line Dancing Class 1PM Rock Steady Boxing- RSVP class size limited	31 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 12PM HALLOWEEN PARTY Door Prizes & Costume Contest	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 (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													
Judy W 10.01 Barbara S 10.11 Joe O 10.24	Abbie O 10.01 Barbara C 10.11 Linda F 10.25	Barbara G 10.01 Margaret L 10.11 Debbie D 10.26	Maria C 10.02 Peggy J 10.12 Hope M 10.27	Lisa O 10.02 Jean S 10.12 Billie D 10.27	Evelyn S 10.03 Diana S 10.14 Marie N 10.28	Linda L 10.04 Larry H 10.15 Peggy W 10.29	Barbara B 10.06 Teresa M 10.15 Karla H 10.29	Leal K 10.06 Cynthia H 10.20 Shel S 10.29	Rosa D 10.07 Vicki M 10.20 Pam F 10.30	Leona F 10.07 Michael M 10.21 Paul B 10.31	Marjorie D 10.07 Ruth M 10.21	Jan A 10.08 Ester S 10.23	Lizette F 10.09 Maria O 10.23	Ruby B 10.09 Elsa V 10.24	Patricia C 10.09 Mary J 10.24	Happy Birthday



FREE FITNESS PROGRAMS FOR MEMBERS

MONDAYS @ 1PM - ROCK STEADY BOXING CLASSES WITH JAMES



Our first classes will be RSVP only to limit our class sizes while you learn about the program. 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 Sept 1st & 15th 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.

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-11AM.

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



10-07-23 Saginaw Library

Boosters Book & Bake Sale

9AM-4PM Saginaw Public Library

355 West McLeroy Blvd

10-14-23 Farmers Market

A marketplace with fresh produce & artisan vendors.

Saginaw Switchyard 8AM-12PM

10-19-23 Empty Pockets

Empty Pockets, a Country/Western band will be at the Saginaw

Switchyard for a free concert at 7PM for all ages

10-20-23 Blood Drive

Your blood donation can save up to 3 lives! Appointment only, pre-register@ www.carterbloodcare.org

10-28-23 Farmers Market

A marketplace with fresh produce & artisan vendors.

Saginaw Switchyard 8AM-12PM

10-28-23 Trunk or Treat

The Saginaw Recreation Center has an annual Halloween Trunk or Treat from 5-7 PM on Saturday, Oct 28th. If you are interested in becoming a vendor, call 817.230.0350

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)**