



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

SEPTEMBER 2023

4 PART NUTRITION CLASS WITH TEXAS A&M AGRILIFE ON SEPT 21 & 28, OCT 5 & 12

Sign up to attend this 4 part series on how healthy carbohydrates can be incorporated into a healthy meal plan.

WE HAVE HAD OVER 500 MEMBERS JOIN THIS YEAR! TIME TO PARTY!!! FRIDAY, SEPT 29TH AT 11AM

TICKETS \$5

Sign up & purchase your \$5 ticket by Sept 13th to join us for a fun casual BBQ luncheon, DJ for dancing, and door prizes!

10 WARNING SIGNS OF ALZHEIMER'S BY THE ALZHEIMER'S ASSOCIATION SEPT 7TH 10:00AM-10:30AM



Join us for a short presentation about the 10 warning signs of Alzheimer's by the Alzheimer's Association.

SAGINAW SCHOOL OF FINE ARTS WILL BE HERE ON FRI, SEPT 15TH AT 11:30 TO DISCUSS PIANO/GUITAR/VOICE LESSONS.

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 09.14.23 & 09.21.23 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.

SEPTEMBER COLORING CONTEST 09.27.23

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by September 26th 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.

TO RSVP FOR CRAFTS WITH INEZ OR CARD MAKING WITH VICKI

Everyone has to sign up themselves, IN PERSON (no phone calls, no emails, no texts, or Facebook messages will be accepted to RSVP- IN PERSON ONLY, no exceptions) We apologize for any inconvenience.

CHANGES TO CRAFTS WITH INEZ IN SEPTEMBER 11:00AM ON SEPT 11TH & SEPT 25TH 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 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 SEPTEMBER 12:00PM ON SEPTEMBER 22ND RSVP REQUIRED

Sign up to join us for a fun card making class with Vicki Bell w/Stampin' Up! at Noon on Friday, Sept 22nd. 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 IN SEPTEMBER 11:00AM ON SEPT 18TH (NO SEW SIMPLE W/ DARLENE IN SEPT)

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 (we do not have this class in Sept due to holiday). 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 how ever that is always subject to change in the future.

ARTS & CRAFTS PROGRAMS

Wii Bowling Tournament



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



Monthly Coloring Contest



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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
(special) THANKS to our sponsors	The City of Saginaw Cameo- Senior Solutions Jennifer- Bristol Park Eagle Mt Brittany- A Lending Hand	LeeAnn- The Lodge of Saginaw Ernesto- Oak Street Health Debbie- Alzheimer's Association	Rae- Care-N-Care Ins Trevor- Saginaw Walgreens Sandi- ArtsNET	 Our FABULOUS instructors... Inez- Crafts & Sewing Donna- Exercise Vicki- Card Making Darlene- Sewing Sandi- Watercolor Painting Jason & John- Tai Chi Peggy- Line Dancing	1 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 12:00 Karaoke w/ Friends	2
3	4  We will be closed for Labor Day	5 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg (11am Senior Bingo at Chick-fil-a)	6 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Jennifer w/  1:45PM Wii Bowling Tournament	7 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10-10:30 10 Warning Signs of Alzheimer's by: Alz Association	8 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 w/ CAMEO -SENIOR SOLUTIONS	9  8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr
10	11 ALL DAY GAMES 9AM Tai Chi Class w/John 10:15AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Wii Bowling	12 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	13 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with  12PM BINGO with LeeAnn w/  1:45PM Wii Bowling	14 ALL DAY GAMES NO Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making	15 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 11:30 Piano/Guitar/Voice Lessons Presentation 12:00 Karaoke w/ Friends	16
17	18 ALL DAY GAMES 9AM Tai Chi Class w/John 10:15AM Line Dancing Class 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	19 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	20 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	21 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 1 RSVP 7PM Me & My Monkey Band at the Saginaw Switchyard	22 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/JASON 10:30 LINE DANCING 12PM Card Making Class w/ Vicki Bell	23  8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr
24	25 26 ALL DAY GAMES 9AM Tai Chi Class 10:15AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Wii Bowling	26 27 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	27 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with  COLORING CONTEST VOTING 12PM BINGO with Rae w/ care@care 1:45PM Wii Bowling	28 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making 10:30-11:30 10:30-11:30 Nutrition Class with Texas A&M AgriLife Part 2 RSVP	29  LUNCH & DANCE PARTY \$5 RSVP BY 9/13 DOORS OPEN AT 11AM	Senior Center closed & classes canceled Friday
Candy C 09.01 Laticia H 09.01 Carolyn G 09.02 Jerry M 09.02 Janice B 09.03 Debbie M 09.04 Gloria P 09.04 Glenda G 09.05 Carlos S 09.06 Carmelo M 09.06 Deborah P 09.06 Susan S 09.07 Gwen A 09.08 Patricia B 09.08 Betty P 09.09 Joanne M 09.09 Lorraine H 09.09 Mary B 09.09 Opal C 09.09 Patricia D 09.09 Bob S 09.10 Gloria W 09.11 William R 09.11 Cynthia M 09.13 Gayle K 09.15 Harriette A 09.15 French T 09.16 Josie P 09.16 Richard G 09.16 Dana C 09.18 John H 09.18 Wayne C 09.18 Joanne S 09.21 Pat N 09.21 Shirley D 09.21 Les J 09.21 Darla T 09.22 Karmie G 09.22 Beth S 09.22 Mary B 09.23 Lola S 09.24 Rosemary R 09.24 Etheldra S 09.24 Faye S 09.24 Ramona G 09.26 Peggy G 09.27 Betty T 09.29 Debbie B 09.29 Judy B 09.30 Karen S 09.30 Evelyn R 09.30						



FREE FITNESS PROGRAMS FOR MEMBERS

MONDAYS @ 9AM- TAI CHI WITH JOHN ←(NEW TIME)

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

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-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



SAGINAW EVENTS & NEWS

09-04-23 Labor Day

In observance of Labor Day, City of Saginaw Facilities will be closed.

9-09-23 Farmers Market

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

9-16-23 Preparedness Fair 9am-12pm

Be prepared when disaster strikes.

At this FREE event, learn about emergency preparedness techniques, visit with vendors & receive info about your local resources.

TCC—4801 Marine Creek Pkwy

9-21-23 Me & My Monkey

Me & My Monkey are a fun Beatles tribute band that will be at the Saginaw Switchyard for a free 7pm concert for all ages

9-23-23 Farmers Market

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

Contact Us

**Saginaw Senior Center
(at the Recreation Ctr.)**

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Saginaw, TX 76179

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