



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

FEBRUARY 2024

EMBRACING HEARING SOLUTIONS SEMINAR FRIDAY, FEB 2ND AT 11:30AM

Jason, a Deaf & Hard of Hearing Technology Specialist at Sorenson will be here to discuss navigating mobile apps for communication access and a few highlights of state resources including visitor cards to help in identifying driver's who are Deaf or Hard of Hearing, as well as telephone access with the voucher exchange program.

10 SIGNS OF ALZHEIMER'S SEMINAR THURSDAY, FEB 15TH AT 10:30AM

Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

VALENTINE'S DAY BINGO WEDNESDAY, FEB 14TH AT 12PM

Join us for a fun Bingo with old friends & new and enjoy a sweet treat!

ALZHEIMER'S SUPPORT GROUP MEETING TIME HAS CHANGED TO 4:30PM ON THE THIRD TUESDAY OF EVERY MONTH

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 4:30-6PM.

SEW WHAT WITH INEZ MONDAY, FEB 5TH AT 11AM

Sew What with Inez is an advanced sewing class. This class will be more advanced & **require** knowledge of using a sewing machine properly, as to not damage our machines. The sewing projects will be complex and often require participants to finish the project at home.

CRAFTS WITH INEZ MONDAYS FEB 12TH & FEB 26TH AT 11AM **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.

WATERCOLOR PAINTING WITH SANDI EVERY TUESDAY AT 10AM

Sandi is a very skilled & 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.

CARD MAKING CLASS WITH VICKI BELL THURSDAY, FEB 29TH AT 6PM **RSVP REQUIRED**

We are super excited to be welcoming back Vicki Bell with Stampin' Up! She will be here at 6PM on Thursday, Feb 29th. We will make one card and one treat holder that you can take home with you! This class is limited in size and requires an RSVP. You can bring a non-member for this class since it is after hours.

JEWELRY MAKING THURSDAYS FEB 8TH & FEB 22ND 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.

SEW SIMPLE WITH DARLENE DUE TO PRESIDENTS DAY- FEBRUARY'S CLASS IS CANCELED

Sew Simple with Darlene is a beginners sewing class. In this beginners class, we will do hand sewing projects and learn how to use a sewing machine -nothing too advanced.

ARTS & CRAFTS PROGRAMS

Wii Bowling Tournament



1st Place
Annie
2nd Place
Richard
3rd Place
Ana



Monthly Coloring Contest



1st Place
Mary L
2nd Place
Pam F
3rd Place
Patty



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	THANK YOU SO MUCH Our Sponsors... The City of Saginaw Cameo- Senior Solutions LeeAnn- The Lodge of Saginaw Trevor-Saginaw Walgreens Jennifer- Bristol Park Eagle Mt Jessica- Alzheimer's Association Brittney- A Lending Hand Eddy & Oscar- Oak Street Health Jessica- VetAssist Sandi- ArtsNET & FABULOUS instructors... Inez- Crafts & Sewing Sandi- Watercolor Painting Vicki- Card Making Donna- Exercise Jason & John- Tai Chi Darlene- Sewing Peggy- Line Dancing James- Boxing					
4	5 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM SEW WHAT WITH INEZ 1PM Rock Steady Boxing	6 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)	7 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Jennifer w/ BRISTOL PARK 1:45PM Wii Bowling Tournament	8 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class	9 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS 12:00 Karaoke w/ Friends	10
11	12 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing	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 11AM BP Checks w/ OAK STREET HEALTH 12PM BINGO with LeeAnn w/ THE LODGE OF SAGINAW 1:45PM Wii Bowling	15 ALL DAY GAMES 9AM Exercise Class w/Donna 11AM Scrabble for Seniors 10AM CANASTA 10:30 10 Signs of Alzheimer's by the Alzheimer's Association	16 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS	17
18	19 ALL CITY BUILDINGS WILL BE CLOSED ON PRESIDENT'S DAY	20 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 4:30-6PM Alzheimer's Support Group	21 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Trevor w/ Walgreens 1:30PM Birthday Luncheon 2PM Wii Bowling COLORING CONTEST VOTING	22 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class	23 ALL DAY GAMES 9AM-11AM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30 LINE DANCING CLASS	24
25	26 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing	27 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	28 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks with OAK STREET HEALTH 12PM BINGO with Jessica w/ VetAssist 1:45PM Wii Bowling	29 ALL DAY GAMES 9AM Exercise Class w/ Donna 11AM Scrabble for Seniors 10AM CANASTA 6PM Card Making Class w/Vicki Bell from Stampin' Up	RSVP ONLY	
Inez H 02.01 Olivia L 02.02 Vickie C 02.02 Zoe R 02.03 Betty H 02.03 Roger S 02.04 Steve B 02.04 Karen B 02.05 Susan S 02.06 Lewis C 02.06 Fredrick H 02.07 Joan K 02.09 Silvia R 02.09 Ronald S 02.09 Ulrike J 02.10 Michael W 02.10 Katrina L 02.11 Vicki C 02.11 Vicki D 02.11 Frank P 02.16 Scott H 02.16 Phyllis T 02.18 Lorenzo R 02.18 Gladys J 02.18 Hector O 02.20 Sue H 02.21 Tina Y 02.21 Shelia N 02.21 Millie C 02.21 Patricia S 02.21 Dorothy W 02.21 Gay S 02.22 Sharon w 02.22 Nelda A 02.23 Judy B 02.23 Kay B 02.25 Wayne K 02.26 Norma E 02.27 Betty M 02.27 Sherrie H 02.28						
Happy Birthday						



FREE FITNESS PROGRAMS FOR MEMBERS

MONDAYS @ 1PM - ROCK STEADY BOXING CLASSES WITH JAMES

Rock Steady Boxing is wonderful for Parkinson's and for upper body strength. 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.

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 @ 10AM - 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 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 February 9th 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 Wii Bowling Tournament, but you can practice here anytime.

FEBRUARY COLORING CONTEST 02.21.24

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by February 20th 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. **Senior center memberships will be free annually for residents & \$20 annually for non-residents.** The Senior Center is neither designated nor qualified for Adult Day Care. All participants must be able to physically care for themselves or have a personal assistant with them. This includes being able to navigate a walker or wheelchair and function independently.

Director: Kristi Sinclair Asst Directors: Shyanne Tibbs & Evelyn Gahagan

Open Hours : Monday– Friday 9:00 AM– 4:00 PM



SAGINAW EVENTS & NEWS

The months of January & February often have days with inclement weather issues. These days can present frustration when you are not informed of early closures, cancelations, or late openings. With over 600 current members, we are unable to contact you individually, as most of these decisions are last minute. If bad weather is expected, please check our Saginaw Senior Center Facebook Page, City Website, or you can try to call us but it will be unlikely that staff will be at the center to return calls if there is inclement weather. The City of Saginaw follows Eagle Mt Saginaw School (EMS ISD) delays and/or closings.

Contact Us

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

633 West McLeroy Blvd
Saginaw, TX 76179

Call: (817) 230-0459

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