



FREE FITNESS PROGRAMS FOR MEMBERS

MONDAYS @ 9:05AM- 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.

MONDAYS @ 10AM- LINE DANCING WITH PEGGY

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

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.

TUESDAYS @ 9:10AM- 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 @ 9:10AM- 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 @ 9:05AM- 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.

FRIDAYS @ 10:15AM- LINE DANCING WITH PEGGY

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

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.

JULY COLORING CONTEST 07.24.24

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, July 23rd 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).

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.

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 are 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. Please do not hesitate to ask a Senior Center staff member, if you have any questions.

Director: Kristi Sinclair Asst: Shyanne Tibbs, Evelyn Gahagan & Ashton Rojas

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

SAGINAW EVENTS & NEWS



7-13-24 Saginaw Farmers Market

A fun marketplace with fresh produce, artisan vendors, doers and dreamers. Open every 2nd & 4th Saturday. The Farmers Market is at the Saginaw Switchyard (Longhorn & Knowles) from 8AM- 1PM.

7-16-24 Alzheimer's & Dementia Support Group at 4:30PM

On the 3rd Tuesday every month, the Alzheimer's Association hosts a wonderful support group for family members and/or caretakers of a loved one with Alzheimer's or Dementia. The support group is free and open to all ages. The support group meets at the Saginaw Senior Center, located inside the Rec Center.

7-18-24 Saginaw Concert Series

State of Mind (Country/ Southern Rock) will be at the Saginaw Recreation Center for a free concert at 7PM for all ages.

7-27-24 Saginaw Farmers Market

A fun marketplace with fresh produce, artisan vendors, doers and dreamers. Open every 2nd & 4th Saturday. The Farmers Market is at the Saginaw Switchyard (Longhorn & Knowles) from 8AM- 1PM.

8-23-24 6 Part Gardening Series w/AgriLife

For 6 consecutive Fridays, starting August 23rd AgriLife will be at the Senior Center to teach gardening classes. The classes will be an hour in length and start at 12pm.

Contact Us

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

633 West McLeroy Blvd
Saginaw, TX 76179

Call: (817) 230-0459

Ksinclair@saginawtx.org

Visit us on Facebook

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



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

JULY 2024

FOURTH OF JULY PARTY WEDNESDAY, JULY 3RD AT 11AM DOORS OPEN AT 10AM

Don't forget if you signed up, to join us for our fun 4th of July Party on Tuesday, July 3rd we will have music, food and patriotic themed prizes! You will not want to miss this fun event with over 200 seniors in attendance!

TEXAS WINDS CONCERT WITH THE K ELLINGSON DUO FRIDAY, JULY 12TH AT 12PM

In July, we will welcome back the K Ellingson Duo from Texas Winds. Texas Winds Musical Outreach takes live music out of the concert halls and brings it directly into the community. We have two fun and talented musicians visiting us for what will be a fabulous interactive musical performance.

SUMMER POOL PARTY FRIDAY, JULY 19TH FROM 6PM-8PM \$2 TICKETS

On Friday, July 19th from 6-8pm we will have a PRIVATE pool party for our senior center members and up to 4 family members at the Aquatic Center located outside of the Recreation Center. We will have lifeguards on duty for the event. The tickets will be presold until July 12th for \$2 each. You are welcome to bring any age family member (incl children) with a ticket. If there is bad weather and the pool is closed by the life guards, you will get your \$2 refunded IF you keep your ticket. Please let our senior center staff know if you have any questions.

KNEE PAIN WORKSHOP THURSDAY, JULY 18TH FROM 11AM-12PM

Do you currently have knee pain and would like to find some at home remedies? Join us for this informative Knee Pain Workshop with Dr Sharmaine Longworth, DPT, CIDN, CAFS, Owner/Physical Therapist at Physiophyx Physical Therapy.

SEW WHAT WITH INEZ MONDAY, JULY 1ST 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 JULY 8TH & JULY 22ND 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.

SEW SIMPLE WITH DARLENE MONDAY JULY 15TH AT 11AM

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.

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, JULY 25TH 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, July 25th 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 CLASS THURSDAYS JULY 11TH & JULY 25TH AT 10:30AM

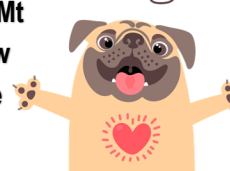
Jewelry making is fun and you get to be creative too! If you are an expert or a novice, join in the fun! Our instructor will guide you in making a special piece. Please do not be late to class.

Wii Bowling Tournament

1st Place	Bob
2nd Place	Mindy
3rd Place	Neva

Monthly Coloring Contest

1st Place	Linda
2nd Place	Elizabeth
3rd Place	Teena

	Mon	Tue	Wed	Thu	Fri	Sat
	1 ALL DAY GAMES 9:05AM Tai Chi Class w/Jason 9AM-2PM 42 Dominoes NO Line Dancing Class 11AM SEW WHAT WITH INEZ 1PM Rock Steady Boxing	2 ALL DAY GAMES 9:10AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	3 No Exercise Classes  Doors open at 10AM Party is RSVP	4  CLOSED	5 ALL DAY GAMES 9:05AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS	6
7 RSVP ONLY	8 ALL DAY GAMES 9:05AM Tai Chi Class 9AM-2PM 42 Dominoes 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing	9 ALL DAY GAMES 9:10AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	10 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP Checks w/ 12PM BINGO with Jennifer w/ 1:45PM Wii Bowling Tournament	11 ALL DAY GAMES 9:10AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class	12 ALL DAY GAMES 9:05AM Tai Chi Class 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12PM TEXAS WINDS CONCERT w/ THE K. ELLINGSON DUO	13 8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard
14	15 ALL DAY GAMES 9:05AM Tai Chi Class 9AM-2PM 42 Dominoes 10AM Line Dancing Class 11AM SEW SIMPLE w/DARLENE 1PM Rock Steady Boxing	16 ALL DAY GAMES 9:10AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 4:30-6PM Alzheimer's Support Group	17 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Trevor w/ Walgreens 1:30PM BIRTHDAY LUNCHEON 2PM Wii Bowling	18 19 ALL DAY GAMES 9:10AM Exercise Class w/Donna 10AM Scrabble for Seniors 11-12 Knee Pain Workshop 7PM- Free Concert @ REC CTR State of Mind (Country, Southern Rock)	19 ALL DAY GAMES 9:05AM Tai Chi Class 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 6-8PM Senior Center Private Pool Party at the Recreation Ctr Aquatic Center RSVP \$2	20
21 RSVP ONLY	22 ALL DAY GAMES 9:05AM Tai Chi Class w/ Jason 9AM-2PM 42 Dominoes 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing	23 ALL DAY GAMES NO Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	24 25 9:15 LINE DANCING CLASS COLORING CONTEST VOTING NO Senior Movement 12PM BINGO with Cassidy w/ 1:45PM Wii Bowling	25 ALL DAY GAMES NO Exercise Class w/Donna 10AM Scrabble for Seniors 10:30 Jewelry Making Class 10AM CANASTA 6PM Card Making Class w/Vicki Bell from Stampin' Up	26 ALL DAY GAMES 9:05AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS RSVP ONLY	27 8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard
28	29 ALL DAY GAMES 9:05AM Tai Chi Class w/ Jason 9AM-2PM 42 Dominoes 10AM Line Dancing Class 1PM Rock Steady Boxing	30 ALL DAY GAMES NO Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	31 9:15 LINE DANCING CLASS NO Senior Movement 12PM BINGO with Rae & Michael w/ 1:45PM Wii Bowling	Our KIND & GENEROUS Sponsors... The City of Saginaw Jennifer- Bristol Park Eagle Mt Sandi- ArtsNET LeeAnn- The Lodge of Saginaw Trevor-Saginaw Walgreens Rae - MSA Insurance Cassidy- Palm Primary Ruth-Oak Street Health  thank you! & FABULOUS Instructors... Inez- Crafts & Sewing Darlene- Sewing Peggy- Line Dancing Vicki- Card Making Donna- Exercise Jason & John- Tai Chi Sandi- Watercolor Painting James- Boxing		

07.01 Janice K, Julia G, George L, Annie G 07.02 Glenna W 07.04 Gary P 07.05 Tina F, Esther P 07.06 Glenna H 07.07 Roxanne K, Martha F 07.09 Sara P, Joan D, Patricia B, Bob V, Danny F, Monte B 07.10 Wanda K, Deborah D, Ana R, Trinidad P 07.11 Tawna W 07.12 Barbara C, Edwina R, Aubrey M, Gary Y, Martha S 07.13 Pam P 07.14 Debra C, Reynaldo L 07.16 Carmen S, Darla H 07.17 Kathy R, Linda C, Terry C, Selma B 07.18 Janet F, Amos B, Eduardo A, Yvonne C 07.19 Steven L 07.20 Diane R, Mike R 07.21 Joan D 07.22 Julie B, Ron S, Joyce D, Mary A 07.24 Richard C, Dick C 07.25 Thomas P, Tere C 07.26 Lori W, Ana T, Carol D 07.27 Sharon H 07.28 Luverne C, Lucy R, Angel P, Betsy B, Richard N 07.30 Michael C, Linda S, Anabela N 07.31 Jill L, Susan T, Paul S