

4TH OF JULY PARTY Our fun 4th of July Party will be on Wednesday, July 3rd at 11AM (in lieu of Bingo), we have a signup sheet at the Senior Center. Please RSVP by June 21st.

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!

JUNE COLORING CONTEST 06.26.24

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

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.

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. 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

6-08-24 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

6-18-24 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 Recreation Center.

6-20-24 Saginaw Concert Series Squeezebox Bandits (Zydeco, Tex-Mex) will be at the Saginaw Switchyard for a free concert at 7PM for all ages. The Saginaw Switchyard is located at corner of Longhorn & Knowles.

6-22-24 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

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)



ACTIVITIES & EVENTS CALENDAR

JUNE 2024

FATHERS DAY KARAOKE WITH FRIENDS FRIDAY, JUNE 14TH AT 12PM

On Friday, June 14th we will get together and celebrate all the great Fathers in our lives with Karaoke and a light snack.

COOKING WELL FOR HEALTHY BLOOD PRESSURE THURSDAYS, JUNE 6TH, 13TH, 20TH AT 12:30PM

In June, we will welcome back Aliana with Texas A&M AgriLife to teach a 3 week class that covers prevention & management of high blood pressure. She will also teach how to make some yummy & healthy recipes to help support those goals.

SUMMER CAMP IS BACK AT THE RECREATION CENTER & HOW IT WILL AFFECT YOU...

Summer Camp at the Rec starts on June 3rd. The kiddos will be in the bathrooms & hallways (stay alert for fast movers), but they will not be inside the Senior Center. We will need to share the 2nd room where we do exercise classes, with campers & the Rec Ctr exercise programs. We will NOT be opening 15min early during the summer months, please do NOT arrive before 9AM and line up, it causes an unnecessary and unsafe congestion in the halls with the camp kiddos. At 9am we will open the Senior Center, after we set up the exercise room THEN you can get your exercise equipment and head to the room. Classes will be delayed (see calendar for summer start times), your exercise class may be a little shorter during the summer months. On Wednesdays at 10AM, the Library has a large show in the Gymnasium every week. It will end at 11AM. The event will take up a lot of parking spaces but should clear out by 11AM, please consider this when you plan your visit to the Senior Center for Bingo on Wednesdays. One more thing, every summer many of our seniors become babysitters for family, please enjoy your time with the kiddos but unfortunately we can not have kiddos at our Senior Center.

SEW WHAT WITH INEZ MONDAY, JUNE 3RD 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 JUNE 10TH & JUNE 24TH 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 JUNE 17TH 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.

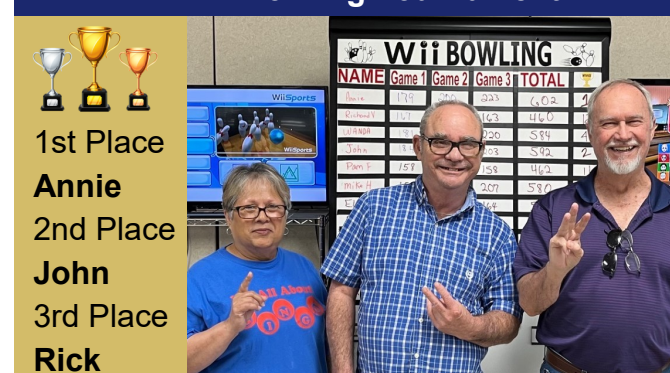
CARD MAKING CLASS WITH VICKI BELL THURSDAY, JUNE 27TH AT 6PM RSVP REQUIRED

We are super excited to be welcoming back Vicki Bell with Stampin' Up! She will be here at 6PM on Thursday, June 27th 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 JUNE 6TH & JUNE 27TH 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



Monthly Coloring Contest



Sun	Mon	Tue	Wed	Thu	Fri	Sat					
THANK YOU SO MUCH	Our Sponsors... The City of Saginaw Jennifer- Bristol Park Eagle Mt LeeAnn- The Lodge of Saginaw Ruth- Oak Street Health Sandi- ArtsNET Brittney- A Lending Hand Amy- Home Instead Trevor—Saginaw Walgreens			thank you!  & FABULOUS Instructors... Inez- Crafts & Sewing Sandi- Watercolor Painting Donna- Exercise Jason & John- Tai Chi Vicki- Card Making Darlene- Sewing Peggy- Line Dancing James- Boxing	1						
2	3  ALL DAY GAMES 9:05AM Tai Chi Class w/Jason 9AM-2PM 42 Dominoes 10AM Line Dancing Class 11AM SEW WHAT WITH INEZ 1PM Rock Steady Boxing	4  ALL DAY GAMES 9:10AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg (9:30am Senior Bingo at Chick-fil-a)	5  NO LINE DANCING CLASS NO Senior Movement 12PM B I N G O with Jennifer w/  1:45PM Wii Bowling Tournament	6  ALL DAY GAMES 9:10AM Exercise Class w/Donna 10AM Scrabble for Seniors 10:30AM Jewelry Making Class 10AM CANASTA 12:30 Cooking Well w/ High Blood Pressure by AgriLife 3 week class	7 ALL DAY GAMES 9:05AM Tai Chi Class w/John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS	8  8AM–1PM Saginaw Farmer’s Market at the Saginaw Switchyard					
9 RSVP ONLY	10  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	11  ALL DAY GAMES 9:10AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg	12  9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM B I N G O with LeeAnn w/  1:45PM Wii Bowling	13 ALL DAY GAMES 9:10AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 12:30 Cooking Well w/ High Blood Pressure by AgriLife 3 week class	14  9:05AM Tai Chi Class w/John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12PM Father’s Day Karaoke w/ Friends 	15					
16 	17  ALL DAY GAMES 9:05AM Tai Chi Class w/Jason 9AM-2PM 42 Dominoes 10AM Line Dancing Class 11AM SEW SIMPLE W/ DARLENE 1PM Rock Steady Boxing	18  ALL DAY GAMES 9:10AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg 4:30-6PM Alzheimer’s Support Group 	19  9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM B I N G O with Trevor w/ <i>Walgreens</i> 1:30PM Birthday Luncheon 2PM Wii Bowling	20 ALL DAY GAMES 9:10AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 12:30 Cooking Well w/ High Blood Pressure by AgriLife 3 week class 7PM– Free Concert @ Saginaw Switchyard -Squeezebox Bandits 	21 ALL DAY GAMES 9:05AM Tai Chi Class w/John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS	22  8AM–1PM Saginaw Farmer’s Market at the Saginaw Switchyard					
23/30 RSVP ONLY	24  ALL DAY GAMES 9:05AM Tai Chi Class w/Jason 9AM-2PM 42 Dominoes NO LINE DANCING CLASS 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing	25  ALL DAY GAMES 9:10AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg	26  NO LINE DANCING CLASS 10:30 Senior Movement Coloring Contest Voting 12PM B I N G O with Ruth w/  1:45PM Wii Bowling	27  ALL DAY GAMES 9:10AM Exercise Class w/Donna 10AM Scrabble for Seniors 10:30AM Jewelry Making Class 10AM CANASTA 6PM Card Making Class w/Vicki Bell from Stampin’ Up 	28 ALL DAY GAMES 9:05AM Tai Chi Class w/John 9AM-12PM Mah Jongg NO LINE DANCING CLASS	29 RSVP ONLY					
Daniel G 06.01 Larysa G 06.09 Gloria G 06.15 AnaMaria R 06.28	Alan C 06.03 Theresa B 06.09 Martha S 06.17 Danny C 06.29	Marylee T 06.03 Cynthia J 06.10 Sandra H 06.18 Mary Ann M 06.30	Mark E 06.04 Adell F 06.10 Milton H 06.20	Sandy T 06.04 Suzanne H 06.11 Cheri O 06.20	Neva C 06.05 Karen J 06.12 Margaret B 06.21	Ken M 06.05 Bethany H 06.12 Christine M 06.21	Eleanor T 06.05 Theresa H 06.14 John G 06.22	Betty R 06.06 Wayne C 06.14 Laura K 06.24	Frances R 06.07 Nancy H 06.14 Patricia H 06.25	Francisco L 06.08 Jesus G 06.14 Debbie W 06.26	HAPPY Birthday