



FREE FITNESS PROGRAMS FOR MEMBERS

MONDAYS @ 9AM- 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 @ 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 @ 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.

FRIDAYS @ 10:15AM- LINE DANCING WITH PEGGY
Our Line Dancing w/Peggy Classes are fun and you get some exercise too!

MAY COLORING CONTEST 05.22.24

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, May 21st 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 Directors: Shyanne Tibbs & Evelyn Gahagan

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



5-11-24 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.

5-16-24 Saginaw Concert Series
Legacy 4 (classic R&B and Motown) 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.

5-25-24 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.

5-10-24 Mothers Day Celebration
12PM at the Saginaw Senior Center



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



ACTIVITIES & EVENTS CALENDAR MAY 2024

CINCO DE MAYO PARTY FRIDAY, MAY 3RD AT 12PM

Since Cinco de Mayo falls on a Sunday this year we will be celebrating it a few days early, on Friday May 3rd at noon. We will have a laid back celebration with Loteria, a fun karaoke, and some tasty food.

MOTHERS DAY EVENT WITH JAZZ PIANIST TONY PALOS FRIDAY, MAY 10TH AT 12PM

Join us in celebrating all the fabulous Mothers in our lives on Friday, May 10th at noon with light food and a special performance by the highly talented Jazz Pianist Tony Palos (w/ Texas Winds Organization).

EMERGENCY PREPAREDNESS CLASS THURSDAY, MAY 16TH AT 10:30AM

On Thursday, May 16th at 10:30AM we will have an important presentation about Emergency Preparedness by two highly qualified guest speakers. Our first speaker is Jennifer Nieder, the Emergency Management Coordinator for both Saginaw & Lake Worth. Our second guest speaker is Hannah Bartosh, the Public Health Emergency Preparedness Specialist for Tarrant County Public Health. Disasters don't plan ahead, but you can.

ALZHEIMER'S SUPPORT GROUP MEETING TUESDAY, MAY 21ST AT 4:30PM

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 to

SEW WHAT WITH INEZ (NO CLASS IN MAY) 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 MAY 13TH & MAY 20TH 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, MAY 23RD 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, May 23rd. 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 MAY 9TH & MAY 23RD 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.

SEW SIMPLE WITH DARLENE MONDAY MAY 6TH 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.

Wii Bowling Tournament Monthly Coloring Contest

Wii BOWLING

NAME	Game 1	Game 2	Game 3	TOTAL
Widowmaker	150	150	150	450
...

1st Place **Annie**
2nd Place **Cindie**
3rd Place **Rick**

1st Place **Teena**
2nd Place **Ester**
3rd Place **Christine**

Sun	Mon	Tue	Wed	Thu	Fri	Sat																						
<p>THANK YOU SO MUCH & FABULOUS Instructors... Vicki- Card Making</p> <p>Our Sponsors... The City of Saginaw Jennifer- Bristol Park Eagle Mt LeeAnn- The Lodge of Saginaw Oliver- Oak Street Health Sandi- ArtsNET Brittney- A Lending Hand Amy- Home Instead Trevor- Saginaw Walgreens</p> <p>Inez- Crafts & Sewing Sandi- Watercolor Painting Jason & John- Tai Chi Donna- Exercise Darlene- Sewing Peggy- Line Dancing James- Boxing</p>	<p>1 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Jennifer w/ BRISTOL PARK</p> <p>2 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM CANASTA</p>	<p>3 ALL DAY GAMES 9AM Tai Chi Class w/John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12PM Cinco de Mayo Party with Loteria and Karaoke</p>	<p>4</p>	<p>5</p>	<p>6 ALL DAY GAMES 9AM Tai Chi Class w/Jason 10AM Line Dancing Class 11AM SEW SIMPLE W/DARLENE 1PM Rock Steady Boxing</p>	<p>7 ALL DAY GAMES 9AM 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)</p>	<p>8 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</p> <p>9 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30AM Jewelry Making Class</p>	<p>10 9AM Tai Chi Class w/John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12PM Mothers Day Event with Texas Winds Jazz Pianist Tony Palos</p>	<p>11 8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard</p>	<p>12 ALL DAY GAMES 9AM Tai Chi Class w/Jason 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing</p>	<p>13 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg</p> <p>14 9:15 LINE DANCING 10:30 Senior Movement 12PM BINGO with Trevor w/ Walgreens 1:30PM Birthday Luncheon 2PM Wii Bowling</p>	<p>15 9AM Exercise Class 10:30 Emergency Preparedness Class w/ Saginaw & Tarrant County 11:30AM Scrabble for Seniors 11:30AM CANASTA 7PM- Free Concert @ Saginaw Switchyard Legacy 4 (Motown, R&B)</p>	<p>16 ALL DAY GAMES 9AM Tai Chi Class w/John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS Remington Point School Recorders Performance</p>	<p>17 ALL DAY GAMES 9AM Tai Chi Class w/Jason 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing</p>	<p>18</p>	<p>19 ALL DAY GAMES 9AM Tai Chi Class w/Jason 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing</p>	<p>20 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg 4:30-6PM Alzheimer's Support Group</p>	<p>21 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Brittany w/ A Lending Hand 1:45PM Wii Bowling Coloring Contest Voting</p>	<p>22 9AM Exercise Class w/Donna 10:30AM Jewelry Making Class 10:30AM Scrabble for Seniors 10:30AM CANASTA 6PM Card Making Class w/ Vicki Bell from Stampin' Up</p>	<p>23 ALL DAY GAMES 9AM Tai Chi Class w/John 9AM-12PM Mah Jongg NO LINE DANCING CLASS</p>	<p>24 ALL DAY GAMES 9AM Tai Chi Class w/John 9AM-12PM Mah Jongg NO LINE DANCING CLASS</p>	<p>25 8AM-1PM Saginaw Farmer's Market at the Saginaw Switchyard</p>	<p>26</p>	<p>27 MEMORIAL DAY REMEMBER AND HONOR</p>	<p>28 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg</p>	<p>29 NO LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Amy w/ Home Instead 1:45PM Wii Bowling</p>	<p>30 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA</p>	<p>31 ALL DAY GAMES 9AM Tai Chi Class w/John 9AM-12PM Mah Jongg NO LINE DANCING CLASS</p>

Lorrie S 05.01	Jose R 05.01	Antonia G 05.03	Patsy P 05.04	Carrie S 05.04	Joan M 05.04	Marlina V 05.05	William G 05.06	Larry S 05.10	Abel S 05.10
Dan C 05.12	Sharon O 05.13	Terrance D 05.15	Linda B 05.15	Nancy C 05.16	Bennie C 05.16	Marianne B 05.17	Kay A 05.19	Curt N 05.19	Peggy C 05.21
Char D 05.21	Elida A 05.24	Christine W 05.24	Gonzalo G 05.24	Nina M 05.25	Ofelia M 05.25	Eleanor S 05.25	Luz D 05.25	James W 05.25	Clifton W 05.26
Teresa V 05.27	Sylvia B 05.29	Jerry R 05.29	Patty Y 05.30						

