



## 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** ★ CLASS WILL BE FROM 9AM-10:30AM

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 @ 10:30AM- LINE DANCING WITH PEGGY**

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

## ST PATTY'S DAY KARAOKE WITH FRIENDS FRIDAY, MARCH 15TH AT 12PM

St Patty's Day + Karaoke = fun with friends! Please join us for a light snack and 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.

## MARCH COLORING CONTEST 03.20.24

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by March 19th 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**



## EASTER EGG HUNT 03/23/24

The Annual Saginaw Fire Department's Easter Egg Hunt is held at the southern end of Willow Creek Park between W. McLeroy Blvd and Longhorn Rd & begins promptly at 10:00 a.m. The "hunt" is divided into 3 age groups being 0 to 3, 4 to 6 and 7 to 10. The Easter Bunny also makes an annual appearance to hand out candy and pose for photos.

## SAGINAW FARMERS MARKET

A fun marketplace with fresh produce, artisan vendors, doers and dreamers is back...



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**



# saginaw senior center

*Come Enjoy Life with Us!*



## ACTIVITIES & EVENTS CALENDAR

**MARCH 2024**

### SPRING DANCE WEDNESDAY, MARCH 27TH \$5 PER TICKET RSVP BY MARCH 6TH

Join us for a fun Spring Dance with a DJ, dancing, and a light lunch. Tickets are \$5 per person. Doors open at 11AM.

### SPECIAL PERFORMANCE BY TEXAS WINDS FRIDAY, MARCH 8TH AT 11:30AM

Texas Winds Musical Outreach takes live music out of the concert hall and brings it directly into the community. We have two fun and talented musicians visiting us for what will be a fabulous performance.

### LEARN ABOUT HOSPICE VOLUNTEER OPPORTUNITIES WEDNESDAY, MARCH 20TH AT NOON

Do you have extra time & would like to give back? Stop by & learn about volunteer opportunities at Solaris Hospice centers.

### US DEPT OF HEALTH AND HUMAN SERVICES TOWN HALL THURSDAY, MARCH 14TH AT 10AM

Julia Lothrop, Acting Regional Director, Region 6: US Department of Health and Human Services serving AR, LA, NM, OK, TX & 68 Tribal Nations will be at the Saginaw Senior Center to discuss Medicare Savings under the Inflation Reduction Act, the importance of up-to-date vaccinations, mental health support/988, and updates on Medicaid renewals.

### 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.

### SEW WHAT WITH INEZ MONDAY, MARCH 4TH 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 MARCH 11TH & MARCH 25TH 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 FRIDAY, MARCH 22ND AT 6PM **RSVP REQUIRED**

We are super excited to be welcoming back Vicki Bell with Stampin' Up! She will be here at 6PM on Friday, March 22nd. 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 MARCH 7TH & MARCH 21ST 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 MONDAY MARCH 18TH 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 |                           |
|--------------------------|--|--------------------------|---------------------------|
|                          |  |                          |                           |
| 1st Place<br><b>Rick</b> |  |                          | 1st Place<br><b>Betty</b> |
| 2nd Place<br><b>Elsa</b> |  |                          | 2nd Place<br><b>Wanda</b> |
| 3rd Place<br><b>Ana</b>  |  |                          | 3rd Place<br><b>Pam</b>   |

| Sun                                               | Mon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Tue                                                                                                                                                                | Wed                                                                                                                                                                                                 | Thu                                                                                                                                                                    | Fri                                                                                                                                                          | Sat                                                                |                                                      |                                                    |                                                  |
|---------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------|--------------------------------------------------|
|                                                   | <div><div>THANK<br/>YOU<br/>SO<br/>MUCH</div><div>Our Sponsors... The City of Saginaw Cameo- Senior Solutions LeeAnn- The Lodge of Saginaw Trevor- Saginaw Walgreens Sandi- ArtsNET Joselle- AAA<br/>Jennifer- Bristol Park Eagle Mt Jessica- Alzheimer's Association Brittney- A Lending Hand Oliver- Oak Street Health Deidre- Palm Primary Care<br/>&amp; FABULOUS instructors... Inez- Crafts &amp; Sewing Vicki- Card Making Donna- Exercise Jason &amp; John- Tai Chi Darlene- Sewing Peggy- Line Dancing<br/>James- Boxing Sandi- Watercolor Painting</div></div> |                                                                                                                                                                    |                                                                                                                                                                                                     |                                                                                                                                                                        | 1 ALL DAY GAMES<br>9AM-12PM Mah Jongg<br>9:30 Tai Chi Class w/Jason<br>10:30 LINE DANCING CLASS                                                              | 2                                                                  |                                                      |                                                    |                                                  |
| 3                                                 | 4<br>ALL DAY GAMES<br>9AM Tai Chi Class w/Jason<br>10AM Line Dancing Class<br>11AM SEW WHAT WITH INEZ<br>1PM Rock Steady Boxing                                                                                                                                                                                                                                                                                                                                                                                                                                          | 5<br>ALL DAY GAMES<br>9AM Exercise Class<br>10AM Scrabble for Seniors<br>10AM PAINTING CLASS W/ SANDI<br>1PM-3PM Mah Jongg<br>(9:30am Senior Bingo at Chick-fil-a) | 6<br>9:15 LINE DANCING CLASS<br>10:30 Senior Movement<br>12PM BINGO with LeeAnn w/<br>1:45PM Wii Bowling Tournament                                                                                 | 7<br>ALL DAY GAMES<br>9AM Exercise Class w/ Donna<br>10AM Scrabble for Seniors<br>10AM CANASTA<br>10AM Jewelry Making Class                                            | 8<br>ALL DAY GAMES<br>9AM-11:30AM Mah Jongg<br>9-10:30 Tai Chi Class w/John<br>10:30 LINE DANCING CLASS<br>11:30 SPECIAL PERFORMANCE BY TEXAS WINDS          | 9                                                                  |                                                      |                                                    |                                                  |
| 10                                                | 11<br>ALL DAY GAMES<br>9AM Tai Chi Class w/John<br>10AM Line Dancing Class<br>11AM CRAFTS WITH INEZ<br>1PM Rock Steady Boxing                                                                                                                                                                                                                                                                                                                                                                                                                                            | 12<br>ALL DAY GAMES<br>9AM Exercise Class<br>10AM Scrabble for Seniors<br>10AM PAINTING CLASS W/ SANDI<br>1PM-3PM Mah Jongg                                        | 13<br>9:15 LINE DANCING CLASS<br>10:30 Senior Movement<br>11AM BP Checks w/<br>12PM BINGO with Jennifer w/<br>1:45PM Wii Bowling                                                                    | 14<br>9AM Exercise Class<br>10AM US Health & Human Service<br>Townhall Re: Inflation Reduction<br>Act IRA & it's benefits<br>11AM Scrabble for Seniors<br>11AM CANASTA | 15<br>ALL DAY GAMES<br>9AM-12PM Mah Jongg<br>9-10:30 Tai Chi Class w/John<br>NO LINE DANCING TODAY<br>12:00 St Patty's Day Karaoke with Friends              | 16                                                                 |                                                      |                                                    |                                                  |
| 17                                                | 18<br>ALL DAY GAMES<br>9AM Tai Chi Class w/John<br>10AM Line Dancing Class<br>11AM SEW SIMPLE W/DARLENE<br>1PM Rock Steady Boxing                                                                                                                                                                                                                                                                                                                                                                                                                                        | 19<br>ALL DAY GAMES<br>9AM Exercise Class<br>10AM Scrabble for Seniors<br>10AM PAINTING CLASS W/ SANDI<br>1PM-3PM Mah Jongg<br>4:30-6PM Alzheimer's Support Group  | 20 9:15 LINE DANCING<br>10:30 Senior Movement<br>12PM Hospice Volunteer Info Booth<br>12PM BINGO with Trevor w/ Walgreens<br>1:30PM Birthday Luncheon<br>2PM Wii Bowling<br>COLORING CONTEST VOTING | 21<br>ALL DAY GAMES<br>9AM Exercise Class w/Donna<br>10AM Scrabble for Seniors<br>10AM CANASTA<br>10:30 Jewelry Making Class                                           | 22<br>ALL DAY GAMES<br>9AM-12PM Mah Jongg<br>9-10:30 Tai Chi Class w/John<br>10:30 LINE DANCING CLASS<br>6PM Card Making Class w/Vicki Bell from Stampin' Up | 23<br>8AM-1PM<br>Saginaw Farmer's Market at the Saginaw Switchyard |                                                      |                                                    |                                                  |
| 24/31                                             | 25<br>ALL DAY GAMES<br>9AM Tai Chi Class w/Jason<br>10AM Line Dancing Class<br>11AM CRAFTS WITH INEZ<br>1PM Rock Steady Boxing                                                                                                                                                                                                                                                                                                                                                                                                                                           | 26<br>ALL DAY GAMES<br>9AM Exercise Class<br>10AM Scrabble for Seniors<br>10AM PAINTING CLASS W/ SANDI<br>1PM-3PM Mah Jongg                                        | 27<br>DOORS OPEN AT 11AM<br>MUSIC, DANCING & LIGHT LUNCH<br>\$5 PER TICKET-<br>RSVP BY MARCH 6TH                                                                                                    | 28<br>ALL DAY GAMES<br>9AM Exercise Class<br>11AM Scrabble for Seniors<br>10AM CANASTA                                                                                 | 29<br>WE ARE CLOSED FOR EASTER WEEKEND                                                                                                                       | 30<br>RSVP ONLY                                                    |                                                      |                                                    |                                                  |
| Barbara S 03/01<br>Sandra H 03/08<br>Anna O 03/23 | Tony D 03/01<br>Santos G 03/11<br>Barbara A 03/22                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Patricia B 03/01<br>Diana H 03/13<br>Kaye J 03/22                                                                                                                  | Monica G 03/01<br>Barbara B 03/13<br>Debbie C 03/24                                                                                                                                                 | Linda R 03/04<br>Angie F 03/18<br>Fred J 03/25                                                                                                                         | Beatriz R 03/05<br>Anna S 03/19<br>Peggy M 03/25                                                                                                             | Allida H 03/06<br>Gilberto G 03/20<br>William S 03/25              | Monique W 03/06<br>Darla P 03/21<br>Patricia G 03/25 | James G 03/07<br>Patty D 03/21<br>J Kermit S 03/26 | Susan 03/08<br>Sylvia P 03/22<br>Vaneesa C 03/26 |