



2025

HAPPY Birthday TO YOU

SUN	MON	TUES	WED	THURS	FRI	SAT
2	3 ALL DAY GAMES 9AM Tai Chi Class w/ John 10AM Line Dancing Class 10AM 42 Dominoes 11AM SEW WHAT W/ INEZ 1PM Rock Steady Boxing	4 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10:15AM Intro to Line Dancing 11AM Mah Jongg (9:30AM Senior Bingo at Chick-fil-a)	5 ALL DAY GAMES 9:15AM Line Dancing Class 10:30AM Senior Movement 12PM Lunch & Learn- Changes in Medicare w/ AMERILIFE RSVP	6 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM Mah Jongg	7 ALL DAY GAMES 10:30 BINGO with LeeAnn w/ The Lodge of Saginaw 12PM Wii Bowling	8 8AM-12PM FARMERS MARKET @ THE SAGINAW SWITCHYARD
9	10 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM CRAFTS W/ INEZ 10AM 42 Dominoes 1PM Rock Steady Boxing	11 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10:15AM Intro to Line Dancing 11AM Mah Jongg	12 ALL DAY GAMES 9:15AM Line Dancing Class 10:30AM Senior Movement 12PM 10 WARNING SIGNS OF ALZHEIMER'S WITH THE ALZHEIMER'S ASSOCIATION	13 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM Mah Jongg	14 ALL DAY GAMES 10:30 Coloring Contest Winners 10:30 BINGO with Trevor w/ Walgreens 12:30PM Wii Bowling Tournament	15
16	17 ALL DAY GAMES 9AM Tai Chi Class w/ John 10AM Line Dancing Class 10AM 42 Dominoes 11AM SEW SIMPLE W/ DARLENE 1PM Rock Steady Boxing	18 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10:15AM Intro to Line Dancing 11AM Mah Jongg 4:30-6PM Alzheimer's Support Group 6PM Card Making Class w/Viki Bell- Stampin Up	19 ALL DAY GAMES 9:15AM Line Dancing Class 10:30AM Senior Movement 12-1PM Travel Meet & Greet with Vanessa James RSVP	20 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM Mah Jongg	21 Senior Center Members' Thanksgiving Meal @11AM Doors open at 10:30AM for seating RSVP 11/3-11/10	22 8AM-12PM FARMERS MARKET @ THE SAGINAW SWITCHYARD
23	24 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM CRAFTS W/ INEZ 10AM 42 Dominoes 1PM Rock Steady Boxing	25 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10:15AM Intro to Line Dancing 10AM Brush Hour w/ Sandi 11AM Mah Jongg	26 ALL DAY GAMES 9:15AM Line Dancing Class 10:30AM Senior Movement	27 Happy Thanksgiving	28 Closed	29
30	THANK YOU The City of Saginaw LeeAnn- The Lodge of Saginaw Trevor- Saginaw Walgreens Sandi- ArtsNET Turkey Sponsor- Kimley-Horn Inez- Crafts & Sewing Darlene- Sewing Sandi- Watercolor Painting Donna- Exercise John- Tai Chi James- Boxing Peggy- Line Dancing Vicki- Card Making					

- 11/1 Adeana S
Rhonda W
- 11/2 Pauline K
Dale L
Mayaba C
- 11/3 Betty S
Charese W
Lucy W
Anita G
- 11/4 Ed A
Lynn D
George C
- 11/5 Phattharaw
adee G
- 11/6 Patricia W
Lois A
Julie F
- 11/9 Patricia C
Ted M
Raymond A
- 11/10 Christina R
Gloria G
Caleb O
- 11/11 Jolando C
Proviann M
Dottie M
Barbara S
- 11/13 Walter H
- 11/15 Karen H
Neil D
- 11/16 Mary C
- 11/17 Alice M
Gregoria M
Lequita B
Neil F
- 11/18 Aurora W
- 11/19 Cheri C
Brenda E
- 11/20 Dusty L
Clara S
- 11/21 Emelia H
Cindie H
Pennie W
Jeanie H
- 11/22 Darlene H
Kathy A
- 11/23 Brenda C
- 11/24 Mark Q
Joanna B
Clifford M
- 11/25 Joyce R
Brenda H
- 11/26 Cindy G
Betty S
- 11/27 Conni R
Harold E
Barbara K
- 11/28 Antonio M
Gloria B
Molly B
- 11/29 Suzanne K
- 11/30 Rosemarie
BuAnna P
Bobbi F
Dana T

FREE FITNESS PROGRAMS FOR MEMBERS (see calendar for cancelations)

Tai Chi Tai Chi is low impact and is great for arthritis, fall prevention & relaxing for the mind.

- Mondays w/John at 9AM

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

- Mondays at 10AM
- Wednesdays at 9:15AM

Rock Steady Boxing Classes w/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 at 1PM

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.

- Tuesdays at 9AM
- Thursdays at 9AM

Senior Movement with Donna A vigorous, high intensity exercise program with weights, bands and balls.

- Wednesdays at 10:30AM

Wii BOWLING TOURNAMENT



Wanda Mike Allen

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.

BINGO Fridays at 10:30AM (BINGO DOORS OPEN AT 10AM) Join us for bingo every Friday (with a special birthday bingo once a month that includes a complimentary lunch). Bingo is free to attend with a membership, thanks to our fabulous sponsors and the City of Saginaw.

INTRO TO LINE DANCING *new!*
Stop by at 10:15AM on Tuesdays in November for a introduction to line dancing class with Peggy.

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 \$20 annually for residents & \$60 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. Please do not hesitate to ask a Senior Center staff member, if you have any questions.

Saginaw Senior Center 300 West McLeroy Blvd Saginaw, TX 76179
(817) 230-0459 www.saginawtx.org Email: seniorcenter@saginawtx.org
Visit us on Facebook www.facebook.com/SaginawSeniorCenter
Director: Kristi Sinclair **Asst:** Ashton Rojas, Shyanne Tibbs & Evelyn Gahagan

HOURS
Monday-Friday
9AM -4PM

SAGINAW SENIOR CENTER
NOVEMBER 2025



MEMBERS' ANNUAL THANKSGIVING MEAL AT THE SENIOR CENTER

It is that time of year again, when we gather together and celebrate our friendships with a wonderful meal. This is a HUGE annual event for us and it is very important that you RSVP by November 10th to attend. Please stop by our front desk from Nov 3rd-Nov 10th to sign up and get your event ticket, please do not get your ticket until you are certain you can attend. If you have any questions, please let us know.

CARDS, DOMINOES, MAH JONGG, BRIDGE, SCRABBLE & MORE

Our new Senior Center has a bright and clean room for games. We have some time slots listed on the calendar for some specific games, but really you can come play games any time we are open. We list these time slots for new members to come and meet others.

ARTS & CRAFTS PROGRAMS

Brush Hour with Sandi (Watercolor Painting) Tuesdays 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, please don't miss out on this amazing opportunity, Tuesdays at 10am.

Crafts with Inez Mondays November 10th & November 24th RSVP
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 What with Inez Monday, November 3rd (advanced class)
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 they often require participants to finish the project at home.

Sew Simple with Darlene Monday, November 17th (beginners' class)
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.

Card Making Class with Vicki Bell Tuesday, November 18th at 6PM RSVP
Instructor, Vicki Bell from Stampin' Up will help you make one card & a treat holder that you can take home with you! This class is limited in size and requires an RSVP.

October Coloring Contest Friday, November 14th (entries due on November 13th)
At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, October 16th 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 & stimulate your imagination (plus you could win a prize).

COLORING CONTEST WINNERS



Inez Linda C Mary L