



FREE FITNESS PROGRAMS FOR MEMBERS

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.

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!

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.

SEPTEMBER COLORING CONTEST 09.25.24 (ENTRIES DUE ON SEPT 24TH)

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, September 24th 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

6 Part Gardening Series w/AgriLife

8-30, 9-6, 9-13, 9-20, 9-27

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.

9-14-24 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.

9-17-24 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.

9-19-24 Saginaw Concert Series

3 Fools on 3 Stools (Texas Country) will be at the Saginaw Switchyard (at corner of Longhorn & Knowles) for a free concert at 7pm for all ages.

9-28-24 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)



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

SEPTEMBER 2024

6 WEEK GARDENING SERIES WITH A&M AGRILIFE AUG 23TH, AUG 30TH, SEPT 6TH, SEPT 13TH, SEPT 20TH & SEPT 27TH

Texas A&M AgriLife will be here for 6 consecutive weeks to teach a fabulous gardening series, that will cover many important gardening topics. If you missed the first two classes, you can still join the other classes.

DIABETES DOC TALK WITH DR BARVE FROM PALM PRIMARY CARE MONDAY, SEP 30TH AT 11AM **RSVP REQUIRED**

If you have diabetes, are pre-diabetic, or if someone you love has diabetes, please join us for an informative Doc Talk with Dr Barve from Palm Primary Care. The Doc talk is free but we ask that you please sign up at the senior center to let us know you are coming. We will have a sign up sheet at the senior center entrance.

SAVE THE DATE(S) HALLOWEEN, THANKSGIVING MEAL, CHRISTMAS PARTY, AND THE ANNUAL CHRISTMAS BINGO W/TREVOR

Here are some dates for our Annual BIG events this Fall... Our Halloween Party will be on Wednesday, October 30th at noon. It will include Bingo, a costume contest and a pumpkin decorating contest. Our Thanksgiving meal will be on Wednesday, November 20th at 11am (we will not be having Bingo on this date). The Christmas Party with Santa, food and music will be on Friday, December 13th at 11AM. The popular Christmas Bingo with Trevor, will be on Wednesday, December 20th at 11AM (yes 11AM). We will have sign up sheets for these events as they get closer.

HIP PAIN WORKSHOP THURSDAY, SEPTEMBER 12TH AT 10:30AM **RSVP REQUIRED**

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

SEW WHAT WITH INEZ - WILL BE BACK IN OCTOBER

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 SEPTEMBER 9TH & SEPTEMBER 23RD 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 SEPTEMBER 16TH 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.

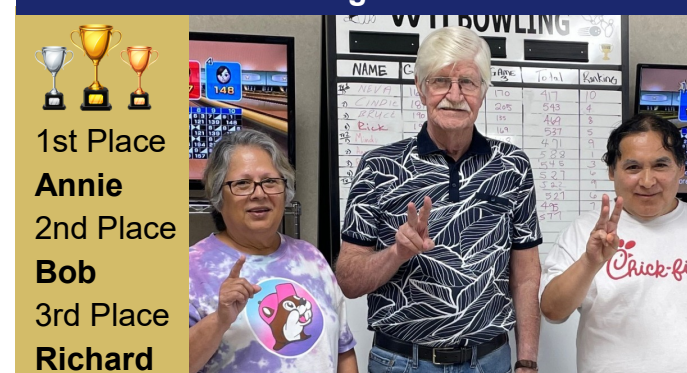
CARD MAKING CLASS WITH VICKI BELL THURSDAY, SEPTEMBER 26TH AT 6PM **RSVP REQUIRED**

We are super excited to be welcoming back Vicki Bell with Stampin' Up! She will be here at 6PM on Thursday, September 26th 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 SEPTEMBER 5TH & SEPTEMBER 19TH 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, Evelyn will guide you in making a special piece. Please do not be late to class.

Wii Bowling Tournament



1st Place

Annie

2nd Place

Bob

3rd Place

Richard

Monthly Coloring Contest



1st Place

Linda

2nd Place

Pam

3rd Place

Mary

