



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!

KARAOKE WITH FRIENDS 11.08.24

Karaoke is extra fun with friends! Please join us 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.

NOVEMBER COLORING CONTEST 11.13.24 (ENTRIES DUE ON NOV 12TH)

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, November 12th 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



11-09-24 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.

11-09-24 Veterans Day Celebration

Join us for the Veterans Day Celebration presented by the Saginaw Kiwanis Club on Saturday, Nov 9th at 3pm at Saginaw Kiwanis/Veterans Park, located behind City Hall. This heartfelt event honors the brave men and women who have served our country, featuring a ceremony that includes special tributes and recognitions. Following the celebration, everyone is invited to enjoy a delicious BBQ social, fostering community spirit and camaraderie. In the event of inclement weather, the celebration will be held indoors at Fire Station 1 (700 W McLeroy Blvd). For more information, please call 817.380.6601. Come celebrate and honor our veterans with us!

11-17-24 Saginaw Concert Series

Sentimental Journey (Barbershop Quartet) will be in the Saginaw Recreation Center Gymnasium for a free concert at 7pm for all ages.

11-19-24 Alzheimer's & Dementia Support

Group At 4:30pm on the 3rd Tuesday every month, the Alzheimer's Association hosts a support group for family members and/or caretakers of 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.

11-23-24 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

NOVEMBER 2024

MUSIC BINGO WITH PALM PRIMARY CARE MONDAY, NOVEMBER 11TH AT 12PM

RSVP REQUIRED BY 11/6

What is Music Bingo? Palm Primary Care will provide music bingo cards with songs on them... as they play music, you will mark the songs off your bingo card– it's a fun twist on the traditional game! We do ask that you sign up by November 6th if you would like to join us, so we have enough music bingo cards for everyone to play.

MEMBERS' ANNUAL THANKSGIVING MEAL WEDNESDAY, NOVEMBER 20TH AT 11AM

RSVP REQUIRED BY 11/11

We are thankful for ALL of you and it is that time of the year again to gather for a delicious Thanksgiving meal together with friends. We invite you to sign up and join us for this fun annual event. We will have a special musical guest and a photographer. Our Thanksgiving meal will be catered by Caitlyn's Catering (at a generously reduced price) and is paid for by the City of Saginaw Senior Center, Kimley-Horn, our Annual Silent Auction proceeds, and an anonymous donation in memory of a senior center member. Door Prizes are from Saginaw Senior Center and The Lodge of Saginaw Health and Wellness. Please sign up by the November 11th deadline to join us for this delicious meal! DOORS OPEN AT 10:30AM

MEDICARE CHANGES WITH ROBIN FRIDAY, NOVEMBER 15TH AT 12PM

RSVP REQUIRED BY 11/13

A lot has changed with Medicare and Robin has been in the business for over 20yrs, she will help educate you on the changes as well as be able to answer any questions you may have about Medicare or coverage. Palm Primary Care will also be onsite to answer any questions about their services.

ARTS & CRAFTS PROGRAMS

OPEN CRAFTS MONDAYS NOVEMBER 4TH & 25TH AT 11AM

NO RSVP REQUIRED

We will not have Crafts with Inez in November or December... but we will have Open Crafts. Inez will still be present to help guide you on the craft you select but everyone will not be making the same items. It is a way for us to use up leftover items from previous craft classes and/or crafting items that were donated. You will be asked to make the craft on-site, not take home a kit. You will be able to keep what you make in these classes, and no need to sign up to attend however seating will be limited to first 25.

SEW SIMPLE WITH DARLENE MONDAY NOVEMBER 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.

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, NOVEMBER 21ST 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, November 21st. 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 NOVEMBER 7TH & NOVEMBER 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! Our instructor, Evelyn will guide you in making a special piece. Please do not be late to class.

SEW WHAT WITH INEZ -CLASSES ARE CANCELLED FOR NOVEMBER & DECEMBER

CRAFTS WITH INEZ -CLASSES ARE CANCELLED FOR NOVEMBER & DECEMBER

Wii Bowling Tournament



Monthly Coloring Contest





NOVEMBER 2024

Mon		Tue		Wed		Thu		Fri		Sat	
THANK YOU SO MUCH Thank you to our AMAZING sponsors... The City of Saginaw Jennifer- Bristol Park Eagle Mt Robin- RL Insurance Trevor- Saginaw Walgreens LeeAnn- The Lodge of Saginaw Sandi- ArtsNET Dr Longworth- Physiophyx Cassidy- Palm Primary Care Kelly- Legacy Oaks				Thank You to our FABULOUS Instructors... Inez- Crafts & Sewing Donna- Exercise Sandi- Watercolor Painting Darlene- Sewing Vicki- Card Making John- Tai Chi Peggy- Line Dancing James- Boxing				1 ALL DAY GAMES 9AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS		2	
3		4 ALL DAY GAMES 9AM 42 Dominoes 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM OPEN CRAFTS (No RSVP) 1PM Rock Steady Boxing		5 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg (9:30am Senior Bingo at Chick-fil-a)		6 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Jennifer w/ Bristol Park 1:45PM Wii Bowling Tournament 1:45PM Wii Bowling		7 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making Class		8 ALL DAY GAMES 9AM Tai Chi Class 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12PM Karaoke with Friends	
10 HAPPY Veterans Day NOV 11th RSVP ONLY		11 ALL DAY GAMES 9AM 42 Dominoes 9AM Tai Chi Class w/John 10AM Line Dancing Class 12PM MUSIC BINGO! w/ Palm Primary Care 1PM Rock Steady Boxing		12 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg		13 9:15 LINE DANCING CLASS 10:30 Senior Movement 11AM BP checks with Oak Street Health 12PM Coloring Contest Voting 12PM BINGO with Trevor w/ Walgreens		14 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 7PM-Free Concert @ Saginaw Rec Ctr Sentimental Journey (Barbershop Quartet)		15 ALL DAY GAMES 9AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS 12PM Medicare Changes 101 w/ Robin & Palm Primary Care	
17		18 ALL DAY GAMES 9AM 42 Dominoes 9AM Tai Chi Class w/ John 10AM Line Dancing Class 11AM SEW SIMPLE W/DARLENE 1PM Rock Steady Boxing		19 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg 4:30-6PM Alzheimer's Support Group		20 we invite you to sign up & join us for our Members Thanksgiving Meal wednesday, november 20 • eleven o'clock Doors open at 10:30 AM RSVP by 11/11 Turkey Level Sponsors: Kimley & Horn		21 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10:30 Jewelry Making Class 10AM CANASTA 6PM Card Making Class w/Vicki Bell from Stampin' Up		22 ALL DAY GAMES 9AM Tai Chi Class w/ John 9AM-12PM Mah Jongg 10:15 LINE DANCING CLASS	
24		25 ALL DAY GAMES 9AM 42 Dominoes 9AM Tai Chi Class w/ John 10AM Line Dancing Class 11AM OPEN CRAFTS (No RSVP) 1PM Rock Steady Boxing		26 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS W/ SANDI 1PM-3PM Mah Jongg		27 No LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Kelly w/ Legacy Oaks 1:45PM Wii Bowling		28 Happy Thanksgiving		29 CLOSED FOR THANKSGIVING WE WILL REOPEN ON MONDAY	
30		31		1		2		3		4	
HAPPY Birthday 11.03 Betty S 11.05 Sharon S, Lydia V, Phattharawadee G 11.06 Lois A 11.07 Ronnetta P 11.08 David B, Hilda B 11.10 Caleb O 11.11 Dottie M 11.12 Joyce C 11.15 Merdis D, Neil D 11.16 Mary C 11.17 Gregoria M, Lequita B 11.18 Joyce F 11.19 Brenda E 11.20 Dusty L 11.21 Pennie W 11.22 Patricia D, Randy H, Patricia M 11.23 Matthew S, Melissa P 11.24 Donna W, Mark Q, Kim H, Ouida C, Deborah L 11.25 Joyce R 11.26 Robert M, Norma L, Yoshida W 11.27 Barbara K, Dorothy H, Vanessa P 11.28 Gloria B 11.29 Joy B, Michael E 11.30 Nancy G											