

SAGINAW SENIOR CENTER

AUGUST 2019

Events CALENDAR

Nutrition Class Part One with Tiffany from A&M 08.27.19

Join us for this fun, free and informative 3 week class with Tiffany from A&G, A Fresh Start to a Healthier You. Learn How to Eat Healthy on a Budget. Learn How to Make a Healthy Dessert Everyone Will Enjoy. Free Samples and Recipes. Practical Cooking and Shopping Tips. Please RSVP by AUG 15TH. You will receive a free gift IF you attend all three classes. AUG 27th, SEPT 3rd, SEPT 10th.

SUMMER 50's DINNER & DANCE 08.22.19

On Thursday, August 22nd we will welcome back.. The Nostalgics! They will play some fun 50's hits and we will enjoy an evening of great food and music. Tickets will be sold in advance for \$5, includes dinner. The dance is sponsored by **care@care** insurance company.

FREE EXERCISE CLASSES AT THE SENIOR CENTER

The YMCA teaches a FREE class every Monday, Wednesday & Friday at the Senior Center from 9:30-10:30am.

Monthly Coloring Contest Winners

**1st: Wanda
2nd: Tina
3rd: Williene**



Wii Bowling Tournament Champions

**1st: Elsa
2nd: Adell
3rd: Mindy
4th: Bonnie**



CARD MAKING CLASS WITH VICKI 08.15.19

Once a month we have a card making class in the evening that is taught by the fabulous Vicki Bell. The class is FREE and whether you are a novice or an experienced card maker, you will enjoy this fun and creative class!

IN NEED OF EXTRA ASSISTANCE?

Volunteers from Eagles View Church would like to be of help if you are in need... for example, if you are unable to do yard work due to a recent injury or you are in need of help fixing something in your home -call Randy at 817.773.7261

LET'S GET CRAFTY!

The senior center craft fair is October 26th, but the crafting already started. We will meet twice a month in the craft room and start making some of our amazing items to sell. If you want to help out- just show up! You don't have to be an artist, we have jobs for everyone interested in helping. The craft fair helps raise a lot of money for the senior center and is really important but it is also very fun to be creative and we share a lot of laughs along the way.

Thank you to all of July's Sponsors

Andrea w/Family Benefits Store Saginaw Laundry Center
Noel w/Marine Creek Nursing & Rehab Trevor w/Walgreens
Pam w/Advance Senior Options
Suzan w/ Lakeview Fellowship Church
Jill w/Legacy Oaks



AUGUST CRAFTINESS

- Let's Get Crafty Aug 5th at 11:00
- Sew it's Monday Aug 12th at 11:00
- Card Making Class w/Vicki Aug 15th at 6pm
- Let's Get Crafty Aug 19th at 11:00
- Sew it's Monday Aug 26th at 11:00

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AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1 All Day – Games 9:30 Canasta 10:00 Scrabble for Seniors 11-12 Chili & Tots	2 All Day- Games 9:30 Exercise Class w/ YMCA
5 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Let's Get Crafty	6 All Day- Games 10:00 Scrabble for Seniors 11:00 Family Feud	7 9:30 Exercise Class w/ YMCA 10:30 BINGO (Universal Health Services) 12:00 Potluck Luncheon 1:30 Wii Bowling	8 All Day – Games 9:30 Canasta 10:00 Scrabble for Seniors 9-10 Belgium Waffles	9 All Day- Games 9:30 Exercise Class w/ YMCA
12 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Sew it's Monday	13 All Day- Games 10:00 Scrabble for Seniors	14 9:30 Exercise Class w/ YMCA 10:30 BINGO (Family Benefit Store) August Birthday Celebration 12:00 Potluck Luncheon 1:30 Wii Bowling	15 All Day – Games 9:30 Canasta 10:00 Scrabble for Seniors 11-12 Queso & Chips 6-8 Card Making Class	16 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Salad Bar
19 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Let's Get Crafty	20 All Day- Games 10:00 Scrabble for Seniors 11:00 Saginaw Spin	21 9:30 Exercise Class w/ YMCA 10:30 BINGO (Advance Senior Options) 12:00 Potluck Luncheon 1:30 Wii Bowling	22 All Day – Games 9:30 Canasta 10:00 Scrabble 11-12 Pizza Party (\$2) 6-8 50's Dinner & Dance with The Nostalgics (\$5 - RSVP ticket)	23 All Day- Games 9:30 Exercise Class w/ YMCA
26 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Sew it's Monday	27 All Day- Games 10:00 Scrabble for Seniors 11:00 Part 1 of 3: Nutrition Class with Tiffany from A&M	28 9:30 Exercise Class w/ YMCA 10:30 BINGO (Walgreens Pharmacy) 12:00 Potluck Luncheon 1:30 Wii Bowling Announce Coloring Contest Winners 1:00 Wii Bowling Tournament	29 All Day – Games 9:30 Canasta 10:00 Scrabble for Seniors 9-10 Egg & Hash Brown Waffles	30 All Day- Games 9:30 Exercise Class w/ YMCA 11:30 Baked Potato Bar

	08.06 Mindy Staruh	08.10 Beulah Nash	08.13 Dusty Ford	08.16 Larry Kruletz
	08.18 Donna Hogue	08.26 Betty Jean Cooper	08.26 Julia Feves	08.27 Ruth Llamozas
	08.28 Debbi Mayer	08.30 Mary Dobias		

HOURS: Mon – Fri, 8am– 4pm **PHONE:** 817.230.0593 **SUPERVISOR:** Kristi Sinclair **ASST SUPERVISOR:** Carrie Golden