



AARP TAXES

The Saginaw Senior Center is hosting AARP for FREE tax preparation for Seniors every Tuesday from Feb 1st– April 12th (by appointment only). To schedule your appointment, please stop by the senior center.

CARD MAKING CLASS WITH VICKI BELL 02.10.22 6PM

On Thursday, January 10th at 6pm our talented and kind teacher, Vicki Bell from Stampin' Up will be back for our fun card making class. Vickie brings all of the supplies needed and the class is FREE for our members, so mark your calendars to attend!

COOKIE DECORATING WITH HARRIETTE 02.11.22 10:30AM

Ms. Harriette will be back on Friday the 11th to teach a fun cookie decorating class. We will decorate multiple cookies to share or take home.

CHEF HENRY COOKING PRESENTATION 02.18.22 10:30AM

We are super excited that the fun and fabulous Chef Henry will be back for another entertaining and educational cooking presentation sponsored by Care-N-Care.

CRAFTS WITH INEZ 02.14.22 & 02.28.22

On Monday, February 14th we will be making our tags for our blocks at 10am, then we will have Crafts with Inez at 11am. We will have a second Crafts with Inez on the 28th of February at 11am. Our craft classes are free to attend and all supplies are provided.

SEW WHAT 02.07.22 & 02.21.22

Join us for a fun sewing class twice a month with Inez. We will make items to donate to different organizations. You do not need to know how to sew to be able to help us with our projects,

Wii BOWLING TOURNAMENT 🎳 02.09.22

We were unable to have our monthly Wii Bowling Tournament in January but it is back on the calendar for February. Stop by any time we are open to get in a few practice games before tournament on the 9th.

Wii Bowling Tournament



Monthly Coloring Contest



1st Place
Barbara

2nd Place
Wanda

3rd Place
Linda

VALENTINE'S DAY 02.14.22

Stop by the Saginaw Senior Center anytime on Valentine's Day for a sweet treat from the staff.

SAGINAW CONCERT SERIES 02.17.22 AT 7PM

The City of Saginaw has partnered with The Arts Council of Northeast Tarrant County (ARTS NET) to provide a FREE concert on Thursday, February 17th. The Sentimental Journey Quartet (Barbershop & Romantic Songs) will perform at 7:00 PM inside the Saginaw Recreation Center, 633 West McLeroy Blvd.

BINGO

Join us for Bingo every Wednesday at noon. If you would like to bring a sack lunch, we can put it in our fridge for you to enjoy following Bingo. We have a Birthday Bingo once a month and we will provide lunch following this Bingo. Bingo is free to attend, thanks to our fabulous sponsors & the City of Saginaw.

FREE FITNESS PROGRAMS

TUESDAYS @ 9AM- SENIOR EXERCISE WITH DONNA

A senior exercise class with Donna, a Silver Sneakers certified instructor. All activity levels are welcome to attend. We use weights, balls & bands to achieve a full body workout.

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 Tues/Thursdays programs but slightly more vigorous.

THURSDAYS @ 9AM- SENIOR EXERCISE WITH DONNA

A senior exercise class with Donna, a Silver Sneakers certified instructor. All activity levels are welcome to attend. We use weights, balls & bands to achieve a full body workout.

FRIDAYS @ 9:30AM- TAI CHI WITH JASON

Tai Chi is taught by Jason, a Board Certified Instructor of Tai Chi for the Health Institute (sponsored by Aviator Home Health). Tai Chi will be free to attend. Tai Chi is low impact and is great for arthritis, fall prevention & relaxing for the mind.

FEBRUARY COLORING CONTEST

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by February 22nd to enter the contest. You can color with gel pens, colored pencils, or any method you prefer for your masterpiece. You do NOT need to be an artist to participate or to enjoy coloring. Coloring is a great way to relax your mind and stimulate your imagination (plus you could win a prize). Take it home or work on it here.

NEW MEMBER INFORMATION



The Senior Center is funded by the City of Saginaw. Our doors are open to all residents and non-residents 55+. There is no charge to attend the Senior Center, but we do ask you fill out a membership form on your first visit with your contact and emergency information. Please do not hesitate to reach out to us with any questions or concerns. We look forward to meeting you!

Director: Kristi Sinclair Assistant Director: Shyanne Tibbs

Open Hours : Monday– Friday 9:00 AM– 4:00 PM



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](http://www.facebook.com/SaginawSeniorCenter)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors (9am Monthly Senior Bingo at the Saginaw Chick-fil-a)	2 10:30 Senior Movement No Bingo 2PM- Wii Bowling	3 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA	4 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	5
6	7 ALL DAY GAMES 9AM DOMINOES 11AM Sew What with Inez 1PM Wii Bowling	8 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors Let's Get Puzzled	9 10:30 Senior Movement 12PM DOMINOES with Sandy- Edition Senior Living 2PM- Wii Bowling Tournament	10 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 6PM Card Making Class w/Vicki Bell	11 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES 10:30AM Cookie Decorating with Harriette	12
13	14 ALL DAY GAMES 10AM Seasonal Monthly Tags 11AM Crafts w/ Inez 1PM Wii Bowling	15 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors Let's Get Puzzled	16 10:30 Senior Movement <i>Happy Birthday!</i> 12PM DOMINOES with Trevor from Walgreens Birthday Luncheon after Bingo	17 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 7PM Quartet Concert @ the Rec Ctr	18 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM Chef Henry Cooking Demonstration	19
20	21 ALL DAY GAMES 9AM DOMINOES 11AM Sew What with Inez 1PM Wii Bowling	22 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors Let's Get Puzzled	23 10:30 Senior Movement 12PM DOMINOES with Andrea- Family Benefits Coloring Contest Voting 2PM- Wii Bowling	24 9AM Exercise Class w/Donna 9AM Scrabble for Seniors 10AM CANASTA	25 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	26
27	28 ALL DAY GAMES 9AM DOMINOES 11AM Crafts w/Inez 1PM Wii Bowling					
 <p>The City of Saginaw Jason - Aviator Home Health Becky- Advance Senior Options Andrea - Family Benefit Solutions</p>		<p>Sandy -Edition Senior Living Lorie - Bristol Park Eagle Mt Kelli - Care-N-Care Inez H our Craft Instructor</p>	<p>Trevor - Walgreens Vicki - Stampin' Up Renovate Church</p>	 <p>Inez H 02.01 Marilyn L 02.11 Valerie P 02.20 MaryJane W 02.22</p>	<p>Vicki C 02.02 Frank P 02.16 Tina Y 02.21 Raja P 02.25</p>	<p>Nelson E 02.03 SueAnn K 02.19 Sue H 02.21 Betty M 02.27</p>