



## ACTIVITIES & EVENTS CALENDAR

MARCH 2022



### SPRING DANCE 03.30.22

The Saginaw Senior Center is excited to announce our Spring Dance on Wednesday, March 30th at Noon. We are thrilled to welcome back the Back Street Band! We will be serving a catered lunch, so we will need you to RSVP at the senior center by March 18th to attend. Our band is being paid for by an anonymous & generous senior, our desserts by Care-N-Care Health Insurance, and our fabulous catered meal by the City of Saginaw. Our dance will be in lieu of Bingo. The dance will be in the gymnasium and our senior center will be closed ALL DAY. Our gymnasium doors will not open until noon, so no need to arrive early. We look forward to seeing everyone and having some much needed F-U-N!

### 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.

### CRAFTS WITH INEZ 03.14.22 & 03.28.22

On Monday, March 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 March at 11am. Our craft classes are free to attend and all supplies are provided.

### SEW WHAT 03.07.22 & 03.21.22

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.

### CARD MAKING CLASS WITH VICKI BELL 03.17.22 6PM

On Thursday, March 17th 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!

### Wii Bowling Tournament

### Monthly Coloring Contest



1st Place  
**Mindy**

2nd Place  
**Elsa**

3rd Place  
**Sandra**



1st Place  
**Pam**

2nd Place  
**Linda**

3rd Place  
**Danny**





# saginaw senior center

Come Enjoy Life with Us!

# MARCH 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>ALL DAY GAMES</b> <b>9AM Exercise Class</b> <b>10AM Scrabble for Seniors</b> (9am Monthly Senior Bingo at the Saginaw Chick-fil-a)	<b>2</b> <b>10:30 Senior Movement</b> <b>12PM BINGO</b> with Lorie- Bristol Park Eagle Mt <b>2PM- Wii Bowling</b>	<b>3</b> <b>ALL DAY GAMES</b> <b>9AM Exercise Class w/Donna</b> <b>10AM Scrabble for Seniors</b> <b>10AM CANASTA</b>	<b>4</b> <b>ALL DAY GAMES</b> <b>9:30AM Tai Chi class w/Jason</b> <b>10:30AM 42 DOMINOES</b>	<b>5</b>
<b>6</b>	<b>7</b> <b>ALL DAY GAMES</b> <b>9AM DOMINOES</b> <b>11AM Sew What with Inez</b> <b>1PM Wii Bowling</b>	<b>8</b> <b>ALL DAY GAMES</b> <b>9AM Exercise Class w/Donna</b> <b>10AM Scrabble for Seniors</b> Let's Get Puzzled	<b>9</b> <b>10:30 Senior Movement</b> <b>12PM BINGO</b> Pizza -from (Brooke) Mariposa <b>2PM- Wii Bowling Tournament</b>	<b>10</b> <b>ALL DAY GAMES</b> <b>9AM Exercise Class w/Donna</b> <b>10AM Scrabble for Seniors</b> <b>10AM CANASTA</b>	<b>11</b> <b>ALL DAY GAMES</b> <b>9:30AM Tai Chi class w/Jason</b> <b>10:30AM 42 DOMINOES</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>ALL DAY GAMES</b> <b>10AM Seasonal Monthly Tags</b> <b>11AM Crafts w/ Inez</b> <b>1PM Wii Bowling</b>	<b>15</b> <b>ALL DAY GAMES</b> <b>9AM Exercise Class w/Donna</b> <b>10AM Scrabble for Seniors</b> Let's Get Puzzled	<b>16</b> <b>10:30 Senior Movement</b> <b>12PM BINGO</b> with Trevor from Walgreens <b>Happy Birthday!</b> <b>Birthday Luncheon after Bingo</b> Cupcakes from Oak Street Health	<b>17</b> <b>ALL DAY GAMES</b> <b>9AM Exercise Class</b> <b>10AM Scrabble for Seniors</b> <b>10AM CANASTA</b> <b>6PM Card Making Class w/Vicki Bell</b> <b>Happy St. Patrick's Day</b>	<b>18</b> <b>ALL DAY GAMES</b> <b>9:30AM Tai Chi class w/Jason</b> <b>10:30AM 42 DOMINOES</b> <b>SPRING DANCE RSVP DEADLINE IS TODAY!</b>	<b>19</b>
<b>20</b>	<b>21</b> <b>ALL DAY GAMES</b> <b>9AM DOMINOES</b> <b>11AM Sew What with Inez</b> <b>1PM Wii Bowling</b>	<b>22</b> <b>ALL DAY GAMES</b> <b>9AM Exercise Class w/Donna</b> <b>10AM Scrabble for Seniors</b> Let's Get Puzzled	<b>23</b> <b>10:30 Senior Movement</b> <b>12PM BINGO</b> with Andrea- Family Benefit Solutions <b>Coloring Contest Voting</b> <b>2PM- Wii Bowling</b>	<b>24</b> <b>ALL DAY GAMES</b> <b>9AM Exercise Class w/Donna</b> <b>9AM Scrabble for Seniors</b> <b>10AM CANASTA</b>	<b>25</b> <b>ALL DAY GAMES</b> <b>9:30AM Tai Chi class w/Jason</b> <b>10:30AM 42 DOMINOES</b>	<b>26</b> <b>8AM-12PM Farmer's Market at Saginaw Switchyard</b>
<b>27</b>	<b>28</b> <b>ALL DAY GAMES</b> <b>9AM DOMINOES</b> <b>11AM Crafts w/Inez</b> <b>1PM Wii Bowling</b>	<b>29</b> <b>ALL DAY GAMES</b> <b>9AM Exercise Class w/Donna</b> <b>10AM Scrabble for Seniors</b> Let's Get Puzzled	<b>30</b> <b>Senior Center -CLOSED ALL DAY</b> <b>SPRING DANCE IN GYMNASIUM, DOORS OPEN AT NOON -RSVP ONLY</b>			

{special}  
**THANKS**  
 to our sponsors

The City of Saginaw  
 Jason - Aviator Home Health  
 Becky- Advance Senior Options  
 Andrea - Family Benefit Solutions

Olga- Oak Street Health  
 Lorie - Bristol Park Eagle Mt  
 Brooke- Mariposa Apartments  
 Inez H our Craft Instructor

Trevor - Walgreens  
 Vicki - Stampin' Up  
 Kelli - Care-N-Care  
 Nilmary- Wellcare



Barbara S 03.01  
 Marjorie C 03.06  
 Diana H 03.13  
 Donna C 03.22

Pat S 03.02  
 Sue B 03.10  
 Carole E 03.14  
 Betty R 03.23

Beatriz R 03.05  
 Barbara B 03.13  
 Norma R 03.16  
 Peggy M 03.25



## **SAGINAW CONCERT SERIES 03.17.22 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, March 17th. Frenchie's Blues Destroyers will perform at 7:00 PM at the Saginaw Switchyard at 725 South Knowles Dr. Please bring a lawn chair. Food trucks will be at the concert.

## **OPENING DAY FOR SAGINAW'S FARMERS MARKET 03.26.22 FROM 8AM-12PM**

Save the Date for The Farmers Market at The Saginaw Switchyard Spring opening!! The Farmers Market at The Saginaw Switchyard will be having our first market of the 2022 season on Saturday, March 26, 2022, from 8am-12pm. Our vendors are eager to get back on Saturday mornings and provide you with all of their quality products!

## **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.

## **MARCH COLORING CONTEST**

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by March 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**

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