



ACTIVITIES & EVENTS CALENDAR

APRIL 2022

CRAFTS WITH INEZ 04.11.22 & 04.25.22

On Monday, April 11th 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 25th of April at 11am. Our craft classes are free to attend and all supplies are provided.

SEW WHAT 04.04.22 & 04.18.22 AT 11AM

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.

GEL PRINTING CLASS WITH FAIRLLE 04.12.22 AT 10:30AM

On Tuesday, April 12th at 10:30am join us for a fun new art class. We will make cute Easter theme cards with a fun gel printing technique. Huge thank you to Fairlle for donating her time to teach us a new art form.

EASTER COOKIE DECORATING WITH Ms. HARRIETTE 04.14.22 AT 10:30AM

If you have missed out on Ms. Harriette's previous classes, you will want to join us for this one... she is very talented and helps guide us to make the cookies super adorable! Maybe she will even bring us some photos of her cookies she has made for The White House.

HERB GARDENING WITH CHEF HENRY 04.22.22 AT 10:30AM

On Friday, April 22nd our favorite Chef Henry from CareNCare will be here for a fun herb gardening program.

CARD MAKING CLASS WITH VICKI BELL 04.21.22 AT 6PM

On Thursday, April 21st 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!

WATERCOLOR PAINTING WITH SANDY 04.26.22 AT 10AM



We are super excited to announce a new class at the senior center... Watercolor painting with Sandy from ArtsNET. Sandy is a very skilled and talented painting teacher that has been teaching for many years. If you have always wanted to learn how to paint, please don't miss out on this amazing opportunity and join us on Tuesday, April 26th at 10am for our first class.

Wii Bowling Tournament

Monthly Coloring Contest



1st Place
Mindy

2nd Place
D'Nette

3rd Place
Wanda



1st Place
Elsa

2nd Place
Harriette

3rd Place
Linda

SPRING CLEANING DAY 04.09.22 9AM-11AM

Household hazardous waste, paper shredding, electronics, tire collection, and bulk garbage drop off will be handled at Public Works on Saturday, April 9th from 9am– 11am.

CITY COUNCIL CANDIDATE FORUM AT THE RECREATION CENTER 04.20.22 AT 7PM

The League of Women Voters will be hosting a City Council Candidate Forum on Wednesday, April 20th at 7pm in the Recreation Center Gymnasium.

SAGINAW CONCERT SERIES 04.21.22 AT 7PM

The City of Saginaw has partnered with The Arts Council of Northeast Tarrant County to provide a FREE concert on Thursday, April 21st. **Me & My Monkey** (Beatles Tribute band) 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.

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.

APRIL 27TH COLORING CONTEST

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by April 26th 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](https://www.facebook.com/SaginawSeniorCenter)



saginaw senior center

Come Enjoy Life with Us!

APRIL 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	2
3	4 ALL DAY GAMES 9AM DOMINOES 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	5 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors (9am Monthly Senior Bingo at the Saginaw Chick-fil-a)	6 10:30 Senior Movement 12PM BINGO with Lorie- Bristol Park Eagle Mt 2PM- Wii Bowling	7 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA	8 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	9 8AM-12PM Farmer's Market at Saginaw Switchyard
10	11 ALL DAY GAMES 10AM Seasonal Monthly Tags 11AM CRAFTS w/ INEZ 1PM Wii Bowling	12 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10:30AM ART CLASS-GEL PRINTING W/ FAIRLLE	13 10:30 Senior Movement 12PM BINGO with Trevor from Walgreens 2PM- Wii BOWLING TOURNAMENT	14 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 10:30AM COOKIE DECORATING W/ MS HARRIETTE	15 	16
17 	18 ALL DAY GAMES 9AM DOMINOES 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	19 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors Let's Get Puzzled	20 NO exercise class today 12PM BINGO with Olga from Oak Street Health BIRTHDAY LUNCHEON AFTER BINGO 7PM CITY COUNCIL FORUM AT REC	21 ALL DAY GAMES 9AM Exercise Class w/Donna 9AM Scrabble for Seniors 10AM CANASTA 6PM CARD MAKING CLASS w/VICKI	22 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES 10:30AM HERB GARDENING CLASS WITH CHEF HENRY	23 8AM-12PM Farmer's Market at Saginaw Switchyard
24	25 ALL DAY GAMES 9AM DOMINOES 11AM CRAFTS w/INEZ 1PM Wii Bowling	26 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM NEW INTRODUCTION TO PAINTING CLASS WITH SANDY	27 10:30 Senior Movement 12PM BINGO with Andrea- Family Benefit Solutions COLORING CONTEST VOTING 2PM- Wii Bowling	28 ALL DAY GAMES 9AM Exercise Class w/Donna 9AM Scrabble for Seniors 10AM CANASTA	29 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	30

Special THANKS to our sponsors

The City of Saginaw	Olga- Oak Street Health	Trevor - Walgreens	Sharon F 04.01	Gerri J 04.01	Peggy W 04.03	Sylvia M 04.03
Jason - Aviator Home Health	Lorie - Bristol Park Eagle Mt	Vicki - Stampin' Up	Kay L 04.04	Gail C 04.08	Cathy Q 04.10	Tria W 04.11
Becky- Advance Senior Options	Brooke- Mariposa Apartments	Kelli - Care-N-Care	Judy S 04.13	Michael B 04.26	Sylvia R 04.27	Michael S 04.27
Andrea - Family Benefit Solutions	Inez H our Craft Instructor	Nilmary- Wellcare	Carolyn P 04.29	Elsa D 04.30		

