



# saginaw senior center

*Come Enjoy Life with Us!*



## ACTIVITIES & EVENTS CALENDAR

MARCH 2023

### AARP TAXES

The Saginaw Senior Center will be hosting AARP for FREE tax preparation for Seniors every Tuesday from Feb 7th-April 18th (by appointment only). To schedule your appointment, please stop by the senior center. You do not have to be a member to have your taxes prepared at the senior center.

### 211 TEXAS UNITED WAY HELPLINE CONNECTING PEOPLE TO SERVICES PRESENTATION 3.10.23 11:30AM

Amy Callaway w/211 Texas United Way will be here for a short presentation about their helpline and services. 211 Texas United Way Helpline is a free information and resource line that is answered 24/7 and can help people in over 150 languages. 211 Texas has resources for food, utility bill assistance, rent/mortgage assistance, health care, housing, mental health care, holiday food, pet food, legal resources, resources for seniors, veterans, active duty military members, military families, and more.

### ALZHEIMER'S MONTHLY SUPPORT GROUP 03.21.23 4:00-5:30PM

Please help us spread the word in the community that our senior center will be host a monthly support group for family members dealing with a loved one that has Alzheimer's. The support group is open to all ages and non-members too. They will have their first meeting at the senior center on March 21st, from 4-5:30PM. Please RSVP at 817.230.0459.

### IMPROVING CARDIOVASCULAR HEALTH PRESENTATION 3.24.23 11:30AM

Improving cardiovascular health: from the gym, to the hot tub, and beyond. // Learn about how exercise and heat therapy can help improve your cardiovascular health from Heidi Cope, a PhD student from the University of North Texas Health Science Center's human vascular physiology laboratory.

# CRAFTS

### CRAFTS WITH INEZ 03.13.23 & 03.27.23 AT 11:00AM

It is time to get crafty... we will have two craft classes in February with our VERY talented instructor- Inez! Our craft classes are free to attend and all supplies are provided. We only ask that you are on time for class. Please keep in mind that we never know how many will show up, therefore there is always a chance we may run out.

### CARD MAKING CLASS WITH VICKI B 03.30.23 AT 6PM

We are super excited to be welcoming back Vicki Bell with Stampin' Up! She will be here at 6pm on Thursday, March 30th. We will make one card and one treat holder that you can take home with you!

### PAINTING WITH SANDI EVERY TUESDAY AT 10AM

Painting with Sandi from ArtsNET. Sandi is a very skilled & talented painting teacher that has been teaching for many years. If you have always wanted to learn how to don't miss out on this amazing opportunity and join us every Tuesday at 10am.

### SEW WHAT WITH INEZ 03.06.23 & 03.20.23 AT 11:00AM

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.

### JEWELRY MAKING THURSDAY 03.09.23 & 03.23.23 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! You can make a set of earrings, a necklace or a bracelet. We will have a staff member available for questions. If you would like to donate any old costume jewelry necklaces, we can unstring them and be able to use them.

### Wii Bowling Tournament

### Monthly Coloring Contest



1st Place  
**Annie**  
2nd Place  
**Elsa**  
3rd Place  
**Wanda**



1st Place  
**Mary**  
2nd Place  
**Pam**  
3rd Place  
**Joan**





# saginaw senior center

Come Enjoy Life with Us!

# MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Don't forget- <b>AARP</b> is here every Tuesday from Feb 7th- April 18th to prepare your taxes for free. Reserve a time slot with Senior Center staff.</p>	<p> The bus trips are free but they have limited seating, sign up for each trip your interested in attending, we will draw names to fill the seats on the bus.</p>	<p><b>1</b> 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM <b>BINGO</b> with Megan w/  <b>BRISTOL PARK</b> 1:45PM Wii Bowling</p>	<p><b>2</b> <b>ALL DAY GAMES</b> 9AM Exercise Class w/Donna <b>10-11 AM Special Bingo w/  Sixty &amp; Better</b> 11AM Scrabble for Seniors 11AM CANASTA</p>	<p><b>3</b> <b>ALL DAY GAMES</b> 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS</p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b> <b>ALL DAY GAMES</b> 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop <b>11AM SEW WHAT WITH INEZ</b> 1PM Wii Bowling</p>	<p><b>7</b> <b>ALL DAY GAMES</b> 9AM Exercise Class 10AM Scrabble for Seniors <b>10AM PAINTING CLASS w/ SANDI</b> (9am Senior Bingo at Chick-fil-a)</p>	<p><b>8</b> 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM <b>BINGO</b> with LeeAnn w/  <b>THE LODGE OF SAGINAW</b> <b>1:45PM WII BOWLING TOURNAMENT</b></p>	<p><b>9</b> <b>ALL DAY GAMES</b> 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA <b>10:30 Jewelry Making</b></p>	<p><b>10</b> <b>ALL DAY GAMES</b> 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS <b>11:30 Presentation: 211 Texas United Way</b></p>	<p><b>11</b> 8AM- 1PM Saginaw Farmer's Market at the Saginaw Switchyard</p>
<p><b>12</b> Daylight Savings </p>	<p><b>13</b> <b>ALL DAY GAMES</b> 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop <b>11AM CRAFTS WITH INEZ</b> 1PM Wii Bowling</p>	<p><b>14</b> <b>ALL DAY GAMES</b> 9AM Exercise Class 10AM Scrabble for Seniors <b>10AM PAINTING CLASS w/ SANDI</b> <b>10AM Blood Pressure Checks</b> (Field Trip  Botanic Gardens)</p>	<p><b>15</b> 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM <b>BINGO</b> with  <b>COLORING CONTEST VOTING</b> 1:45PM Wii Bowling</p>	<p><b>16</b> <b>ALL DAY GAMES</b> 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA <b>7PM Free Concert at the Saginaw Switchyard- Abbey Munk Band</b> 752 S Knowles Drive Saginaw, TX</p>	<p><b>17</b> <b>ALL DAY GAMES</b> 9:30AM Tai Chi Class w/JASON 10:30AM 42 DOMINOES 10:30 LINE DANCING <b>HAPPY ST. PATRICK'S DAY</b> COOKIES w/ BRITTNEY </p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b> <b>ALL DAY GAMES</b> 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop <b>11AM SEW WHAT WITH INEZ</b> 1PM Wii Bowling</p>	<p><b>21</b> <b>ALL DAY GAMES</b> 9AM Exercise Class 10AM Scrabble for Seniors <b>10AM PAINTING CLASS w/ SANDI</b> 4-5:30PM Alzheimer's Support Group </p>	<p><b>22</b> 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM <b>BINGO</b> with Trevor w/ Saginaw <b>Walgreens</b> <b>1:30PM BIRTHDAY PARTY</b> Lunch by: Cameo with  <b>Humana</b></p>	<p><b>23</b> <b>ALL DAY GAMES</b> 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA <b>10:30 Jewelry Making</b></p>	<p><b>24</b> <b>ALL DAY GAMES</b> 9:30AM Tai Chi Class w/JASON 10:30AM 42 DOMINOES 10:30 LINE DANCING <b>11:30 Presentation: Improving Cardiovascular Health</b></p>	<p><b>25</b> 8AM- 1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Drive Saginaw, TX</p>
<p><b>26</b></p>	<p><b>27</b> <b>ALL DAY GAMES</b> 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop <b>11AM CRAFTS WITH INEZ</b> 1PM Wii Bowling</p>	<p><b>28</b> <b>ALL DAY GAMES</b> 9AM Exercise Class 10AM Scrabble for Seniors <b>10AM PAINTING CLASS w/ SANDI</b></p>	<p><b>29</b> 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM <b>BINGO</b> with Rae w/  <b>CARE@CARE</b> 1:45PM Wii Bowling</p>	<p><b>30</b> <b>ALL DAY GAMES</b> 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA <b>6PM Card Making Class w/ Vicki B</b> </p>	<p><b>31</b> <b>ALL DAY GAMES</b> 9:30AM Tai Chi Class w/JASON 10:30AM 42 DOMINOES 10:30 LINE DANCING</p>	

	Barbara S 03.01	Patricia B 03.01	Griselda S 03.02	Pat S 03.02	John S 03.03	Beatriz R 03.05	Allida H 03.06	Marjorie C 03.06		The City of Saginaw	Trevor--Saginaw Walgreens	LeeAnn- The Lodge of Saginaw	Sandi- ArtsNET
	Sue B 03.10	Anna S 03.11	Gloria B 03.12	Anne J 03.13	Barbara B 03.13	Diana H 03.13	Carole E 03.14	Geneveve B 03.15		Stacey- Sixty & Better Org	Inez- Crafts & Sewing	Cameo- Humana Ins	Rae- Care-N-Care Ins
	Norma K 03.16	Nancy F 03.17	Pauline E 03.17	Dan H 03.18	Gilbert G 03.20	Darla P 03.21	Patty D 03.21	Donna C 03.22		Megan - Bristol Park Eagle	Brittney- A Lending Hand	Jason- Aviator Home Health	Vicki- Stampin' Up
	Sylvia P 03.22	Betty R 03.23	Debbie C 03.24	Peggy M 03.25	William S 03.25	Theresa N 03.25	Susan W 03.26	Susan S 03.31		Debbie- Alzheimer's Association	John-Tai Chi	Peggy- Line Dancing	Gunnar- Ultimate Home Health



# SILVER SNEAKERS EXERCISES

## FREE FITNESS PROGRAMS — SEE INSIDE CALENDAR FOR ANY CANCELED CLASSES

### MONDAYS @ 9:15AM- 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 @10:15AM- LINE DANCING WORKSHOP WITH PEGGY

Mondays line dancing workshop will be different from Wednesday & Fridays line dancing classes.

### 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 @9:15AM- LINE DANCING WITH PEGGY

Our Line Dancing Classes are fun and you get some exercise too! We start off with an easier line dance and then a harder one follows. You can stay for one or both.

### 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

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 is taught by Jason, a Board Certified Instructor of Tai Chi for the Health Institute. Tai Chi is low impact and is great for arthritis, fall prevention & relaxing for the mind.

### FRIDAYS @ 10:30AM- LINE DANCING WITH PEGGY

Our Line Dancing Classes are fun and you get some exercise too! We start off with an easier line dance and then a harder one follows. You can stay for one or both.

## 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.

### BUS TRIPS WITH SIXTY & BETTER - MARCH 14TH TO THE BOTANIC GARDENS

We are excited to announce that Sixty & Better is offering free bus trips to different locations through our senior center. We will announce trips on our Facebook page and on our bulletin board at the senior center. If you are interested in attending an outing, please sign up by the posted deadline and we will draw names for available seating. The trips are free and usually about 3 hours in length. The trips will vary in locations, but all pickups and drop-offs will be at our senior center. Please see the senior center staff for more information.

### BINGO

Join us for Bingo every Wednesday at noon (with a special birthday bingo once a month that includes a complimentary lunch), and a Thursday Bingo at 10:30am on the first Thursday of the month. Bingo is free to attend, thanks to our fabulous sponsors and the City of Saginaw.

### WII BOWLING

If you have never played or if you are a "pro" we would love for you to join us. We practice on Wednesdays following Bingo and Mondays at noon. Once a month we have a fun yet competitive Wii Bowling Tournament. Wii Bowling is a lot less strenuous than bowling but equally as fun!

### MARCH COLORING CONTEST 03.22.23

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by March 21st 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.

### 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. **Starting on January 1st, 2023 the senior center memberships will be free annually for residents & \$20 for non-residents. All current memberships will be void on the last day of December 2022.** Please do not hesitate to ask a senior center staff member, if you have any questions.

Director: Kristi Sinclair Asst Directors: Shyanne Tibbs & Evelyn Gahagan

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

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