



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

JUNE 2022



FATHER'S DAY SOCIAL 06.17.22

On Friday, June 17th at 11:00am we will gather to celebrate all the great fathers in our lives for Father's Day. The senior center will provide refreshments. Oak Street Health will be providing door prizes. You do not need to be a father to attend.

4TH OF JULY BBQ COOKOUT (FRIDAY, JULY 1ST)

Join us on Friday, July 1st for a delicious 4th of July cookout at 11am (the party will be inside the senior center not outdoors). The City of Saginaw will provide the food and our fabulous Keith Rinehart will be our Barbecue Chef. Wear your festive wear and we will have a special game of Bingo with prizes donated by The Lodge of Saginaw Health & Wellness. You will not want to miss this fun party to kick off your holiday weekend!



SEW WHAT 06.06.22 & 06.20.22 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.

CRAFTS WITH INEZ 06.13.22 & 06.27.22

On Monday, June 13th 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 27th of June at 11am. Our craft classes are free to attend and all supplies are provided.

PAINTING WITH SANDI EVERY TUESDAY AT 10AM



We are super excited to announce a new weekly class at the senior center... Painting with Sandi from ArtsNET. Sandi 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 every Tuesdays at 10am. Our classes will start w/ watercolor painting.

Wii Bowling Tournament



1st Place
Elsa

2nd Place
Wanda

3rd Place
Sandra



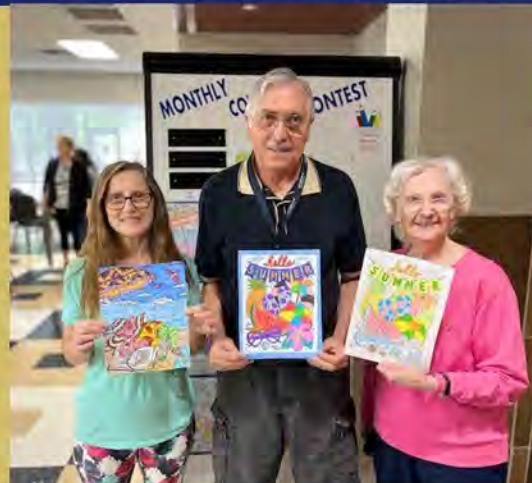
Monthly Coloring Contest



1st Place
Patty

2nd Place
Danny

3rd Place
Williene
















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JUNE 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:30 Senior Movement 12PM BINGO with Lorie- Bristol Park Eagle Mt 2PM- Wii Bowling	2 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA	3 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	4
5	6 ALL DAY GAMES 9AM DOMINOES <u>11AM SEW WHAT WITH INEZ</u> 1PM Wii Bowling 	7 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors <u>10AM PAINTING CLASS w/SANDI</u> (9am Senior Bingo at Chick-fil-a) 	8 10:30 Senior Movement 12PM BINGO with LeeAnn-The Lodge of Saginaw <u>2PM- Wii BOWLING TOURNAMENT</u> 	9 ALL DAY GAMES <u>No exercise class today</u> 10AM Scrabble for Seniors 10AM CANASTA	10 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	11 8AM-12PM Farmer's Market at Saginaw Switchyard 
12	13 ALL DAY GAMES 9AM DOMINOES <u>10AM Seasonal Monthly Tags</u> <u>11AM CRAFTS w/ INEZ</u> 1PM Wii Bowling 	14 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors Let's Get Puzzled <u>10AM PAINTING CLASS w/SANDI</u> 	15 10:30 Senior Movement <i>Happy Birthday!</i> 12PM BINGO with Trevor from Walgreens <u>BIRTHDAY LUNCHEON AFTER BINGO</u> Cupcakes from Oak Street Health 2PM- Wii Bowling	16 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA <u>7PM BLUE CLEAR SKY (GEORGE STRAIT TRIBUTE) FREE @ SAGINAW SWITCHYARD</u>	17 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES <u>11AM Father's Day Social</u> 	18
19 	20 ALL DAY GAMES 9AM DOMINOES <u>11AM SEW WHAT WITH INEZ</u> 1PM Wii Bowling 	21 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors <u>10AM PAINTING CLASS w/SANDI</u> 	22 10:30 Senior Movement 12PM BINGO with Andrea- Family Benefit Store <u>COLORING CONTEST VOTING</u> 2PM- Wii Bowling 	23 ALL DAY GAMES 9AM Exercise Class w/Donna 9AM Scrabble for Seniors 10AM CANASTA <u>6PM CARD MAKING CLASS w/ VICKI B</u>	24 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	25 8AM-12PM Farmer's Market at Saginaw Switchyard 
26	27 ALL DAY GAMES 9AM DOMINOES <u>11AM CRAFTS w/INEZ</u> 1PM Wii Bowling 	28 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors <u>10AM PAINTING CLASS w/SANDI</u> 	29 10:30 Senior Movement 12PM BINGO with Brittney- A Lending Hand 2PM- Wii Bowling	30 ALL DAY GAMES 9AM Exercise Class w/Donna 9AM Scrabble for Seniors 10AM CANASTA	1 (JULY) 9:30AM Tai Chi class w/Jason <u>11AM 4th of July BBO</u> <u>12PM Holiday Bingo!</u> 	

{special}
THANKS
 to our sponsors

The City of Saginaw
 Jason - Aviator Home Health
 Lorie - Bristol Park Eagle Mt
 Andrea - Family Benefit Store

Olga- Oak Street Health
 Vicki - Stampin' Up
 Brittney- A Lending Hand
 LeeAnn- The Lodge of Saginaw

Trevor - Walgreens
 Sandi- ArtsNET
 Inez H - Crafts



Morris S 06.01	Cathy H 06.03	Neva C 06.05	Valerie H 06.06
Betty R 06.06	Judith O 06.08	Adell F 06.10	Keith B 06.11
Bethany H 06.12	Gloria G 06.15	Sharon M 06.15	Faye F 06.17
Sandra H 06.18	Connie H 06.18	Janet D 06.20	John G 06.22

CARD MAKING CLASS WITH VICKI BELL 06.23.22 AT 6PM

On Thursday, June 23rd 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!

SAGINAW THURSDAY QUILTERS (@ THE SAGINAW COMMUNITY CENTER 620 PARK CENTER BLVD)

They meet every Thursday from 9am-3pm at the Saginaw Community Center & they would love to have some new members join the fun! If you like to quilt, just show up and they will answer any of your questions.

SAGINAW CONCERT SERIES 06.16.22 AT 7PM

The City of Saginaw has partnered with The Arts Council of Northeast Tarrant County to provide a FREE concert on Thursday, June 16th. Blue Clear Sky (George Straight Tribute) will perform at 7:00 PM at the Saginaw Switchyard at 752 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.

JUNE COLORING CONTEST 06.22.22

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

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 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.)**

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Saginaw, TX 76179

Call: (817) 230-0459

Ksinclair@saginawtx.org

Visit us on Facebook

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