

SAGINAW SENIOR CENTER

March 2019

Events CALENDAR

"NEW" AARP Smart DriverTEK Workshop 03.19.19

Smart DriverTEK is a brand-new, 90 minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about blind-spot detection systems, front-collision warning systems and more- and it is FREE! Register today and bring a friend.

SPRING FASHION SHOW 03.07.19

Candace will be back to emcee our Spring Fashion Show on Thursday, March 7th at 12:30. The Spring Fashion Show will showcase the latest fashions with many clothing racks to shop from following the show. The clothing company is Famous Brands, not the same as our Fall Fashion Show (less expensive). Please let Kristi know if you are interested in walking the runway for this fun event!

EXERCISE PROGRAMS

The YMCA is at the Saginaw Senior Center every Monday, Wednesday and Friday at 9:30am to teach a complimentary exercise class. Please join us for this fun and important class. "Diet and exercise are key factors in preventing chronic diseases and delaying aging." -Dr L Fontana

Monthly Coloring Contest Winners

1st: Mindy
2nd: Elsa
3rd: Harriette



Wii Bowling Tournament Champions

1st: Elsa
2nd: Wanda
3rd: Adell
4th: Velma



LINE DANCING

Marjorie will be back on Friday, March 15th at 11am to hold another Line Dancing Class. Come out and burn some calories while having fun dancing!

Presentation: Free Cancer Gene Screening Kit with Medicare 03.18.19

On Monday, March 18th we will have a volunteer at the Senior Center to explain the process for obtaining the free cancer gene screening kit with Medicare and what the testing includes. If you bring identification and your medical card, they will be able to check your eligibility to participate in this program.

GAME NIGHT WITH KIDS FROM ED WILKIE MIDDLE SCHOOL

Pizza and Saginaw Spin with the kids from Ed Wilkie Middle School at the Senior Center Friday, March 29th from 5:30-7:30pm. We will play additional games and have pizza following Saginaw Spin.

Thank you to all of February's Sponsors

Andrea w/Medco Medical/Dental Shirley (&JC) with Century 21
Trevor w/ Walgreens Andrea w/Family Benefits Store
Kasey w/ Aviator Home Health Jill w/ Legacy Oaks
Pam w/Advance Senior Options
Suzan w/ Lakeview Fellowship Church
Kayla w/ Sansom Pointe Senior Apartments
Tana w/ CareNCare Health Insurance




MARCH CRAFTINESS

- Sew it's Monday March 4th at 11:00
- Crafts with David March 8th at 11:00
- Crafts with Inez Monday March 11th at 11:00
- Card Making Class w/Vickie March 14th at 6
- Sew it's Monday March 18th at 11:00
- Crafts with Inez Monday March 25th at 11:00

SAGINAW SENIOR CENTER

MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Please fill out a membership form if you attend the Senior Center. There is NO cost for membership. Please ask staff for a form.</p>				1 All Day- Games 9:30 Exercise Class w/ YMCA 10:30-11:30 Kris Wallace on Guitar
4 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Sew it's Monday	5 All Day- Games 10:00 Scrabble for Seniors 10-2 Taxes with AARP (by APPT only)	6 9:30 Exercise Class w/ YMCA 10:30 BINGO (Aviator Home Health) 12:00 Potluck Luncheon 1:30 Wii Bowling	7 All Day – Games 9:30 Canasta 10:00 Scrabble for Seniors 12:30-1:00 SPRING FASHION SHOW	8 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Crafts with David
11 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Crafts with Inez	12 All Day- Games 10:00 Scrabble for Seniors 10-2 Taxes with AARP (by APPT only)	13 9:30 Exercise Class w/ YMCA 10:30 BINGO (Family Benefit Store) March Birthday Celebration 12:00 Potluck Luncheon 1:30 Wii Bowling	14 All Day – Games 9:30 Canasta 10:00 Scrabble for Seniors 11-12 Queso & Chips 6-8 Card Making Class	15 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Line Dancing 101 Class with Marjorie
18 All Day- Games 9:30 Exercise Class w/ YMCA 10:30 Presentation: Free Cancer Gene Screening Kit with Medicare 11:00 Sew it's Monday	19 All Day- Games 10:00 Scrabble for Seniors 10-11:30 AARP DRIVING TECHNOLOGY CLASS 10-2 Taxes with AARP (by APPT only)	20 9:30 Exercise Class w/ YMCA 10:30 BINGO (Sansom Pointe Senior Apartments) 12:00 Potluck Luncheon 1:30 Wii Bowling Announce Coloring Contest Winners 1:00 Wii Bowling Tournament	21 All Day – Games 9:30 Canasta 10:00 Scrabble for Seniors 11-12 Chili & Tots	22 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Family Feud
25 All Day- Games 9:30 Exercise Class w/ YMCA 11:00 Crafts with Inez	26 All Day- Games 10:00 Scrabble for Seniors 10-2 Taxes with AARP (by APPT only)	27 9:30 Exercise Class w/ YMCA 10:30 BINGO (Walgreens Pharmacy) 12:00 Potluck Luncheon 1:30 Wii Bowling	28 All Day – Games 10:00 Scrabble for Seniors 9:30 Canasta 11-12 Pizza Party (suggested \$2 donation)	29 All Day- Games 9:30 Exercise Class w/ YMCA 5:30-7:30 Game Night with Ed Wilkie Middle School Kids



03.02 Pat Straw	03.05 Beatriz Rios	03.05 Randy Yow	03.06 Marjorie Courtright
03.10 Nan Ireson	03.10 Verbette Lizenbee	03.14 Nadean Bell	03.15 Virginia Chadwell
03.18 Billie Shelton	03.23 Betty Reynolds	03.24 Vickie Bruce	03.26 Vicky Mori-Caram

HOURS: Mon – Fri, 8am– 4pm **PHONE:** 817.230.0593 **SUPERVISOR:** Kristi Sinclair **ASST SUPERVISOR:** Carie Golden