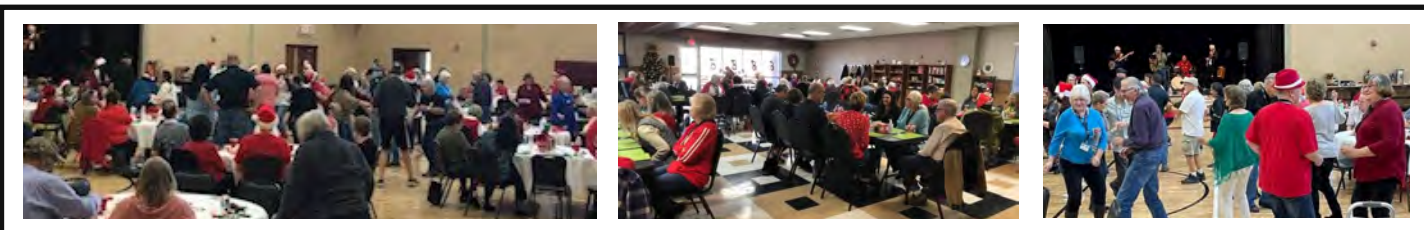


## WHO KNOWS HOW TO PARTY?

YOU DO!!! Thank you to all of you that came out for our MANY events in December. We had our Special Christmas Bingo w/ Trevor from Walgreens. Wasn't it awesome all the great BINGO gifts they bought us! Then we had many laughs at our cooking demonstration (w/ the hilarious Chef Henry)— who knew Gingerbread Bundt Cake could be so tasty! We had a fun birthday luncheon with chicken stir-fry! We decorated cute baked goods with our Ms. Harriette— how could anyone eat that CUTE polar bear? We had kiddos read us Christmas stories and bring us yummy cookies & hot chocolate. We made gorgeous holiday centerpieces & decoupage jars with our super talented Ms. Inez (& helper Ms. Peggy). Then last but not least, we had the most amazing Christmas party (yes, it will be talked about for years to come). A Saginaw company (Ventura Foods) donated our delicious meal, most of the presents and even had some fun dance partners for us! And our fabulous City of Saginaw made all of this possible, thank you Saginaw! All in all, I think we can say December was F-U-N!



## SEW WHAT

On Monday, January 17th at 11am we will kick off our Sew What class. We will be making dog toys to donate to our City of Saginaw Animal Services and Adoption Center. If you know how to sew— join us and we will have sewing machines available for you to use. If you do not know how to sew- join us and you can help measure, cut and assemble. Let's work together to give the dogs a little joy while they await their fur-ever family.

## CARD MAKING CLASS WITH VICKI BELL 01.20.21 6PM

On Thursday, January 20th 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!

## 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.

## JANUARY COLORING CONTEST

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by January 25th 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



saginaw senior center  
Come Enjoy Life with Us!



## ACTIVITIES & EVENTS CALENDAR

JANUARY 2022

### TARRANT COUNTY 911 01.25.22 10:00AM

The 9-1-1 system has evolved to become a system heavily relied upon by the public. Come learn about the changes with the networks, your cell phones and how YOU can make sure you are able to get the help you need to deal with emergencies.

### AARP TAXES

The Saginaw Senior Center will be 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.

### HELLO 2022

The Saginaw Senior Center wants to help you reach your health and fitness goals with free fitness programs 4 DAYS A WEEK that are taught by awesome certified instructors.

### 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.

### Wii Bowling Tournament

		
1st Place Mindy		1st Place Danny
2nd Place Elsa		2nd Place Pam
3rd Place Rose		3rd Place Julia

### Monthly Coloring Contest



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 	4 <b>ALL DAY GAMES</b> 9AM Exercise Class w/Donna 10AM Scrabble for Seniors (9am Monthly Senior Bingo <u>at</u> the Saginaw Chick-fil-a)	5 10:30 Senior Movement 12PM  with Lorie-- Bristol Park Eagle Mt 2PM-- Wii Bowling	6 <b>ALL DAY GAMES</b> 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA	7 <b>ALL DAY GAMES</b> 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	8
9	10 <b>ALL DAY GAMES</b> 10AM Seasonal Monthly Tags 11AM Crafts w/ Inez 1PM Wii Bowling	11 <b>ALL DAY GAMES</b> 9AM Exercise Class w/Donna 10AM Scrabble for Seniors Let's Get Puzzled	12 10:30 Senior Movement 12PM  with Sandy-- Edition Senior Living 2PM-- Wii Bowling Tournament	13 <b>ALL DAY GAMES</b> 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA	14 <b>ALL DAY GAMES</b> 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	15 8AM-- 12PM Saginaw Farmers Market at the Switchyard
16	17 <b>ALL DAY GAMES</b> 9AM DOMINOES 11AM Sew What with Inez 1PM Wii Bowling	18 <b>ALL DAY GAMES</b> 9AM Exercise Class w/Donna 10AM Scrabble for Seniors Let's Get Puzzled	19 10:30 Senior Movement 12PM  with Trevor from Walgreens Happy Birthday! Birthday Luncheon after Bingo	20 <b>ALL DAY GAMES</b> 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 6PM Card Making Class w/Vicki Bell	21 <b>ALL DAY GAMES</b> 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	22
23	24 <b>ALL DAY GAMES</b> 9AM DOMINOES 11AM Monthly Craft Project with Inez 1PM Wii Bowling	25 <b>ALL DAY GAMES</b> 9AM Exercise Class w/Donna 10AM Tarrant County 911 10AM Scrabble for Seniors Let's Get Puzzled	26 10:30 Senior Movement 12PM  with Andrea- Family Benefits Coloring Contest Voting 2PM-- Wii Bowling	27 <u>NO Exercise Class</u> 9AM Scrabble for Seniors 9AM CANASTA <u>CLOSING AT NOON</u> 4-8 Taste of Northwest @ Rec Center Food Trucks, Restaurants, Businesses	28 <b>ALL DAY GAMES</b> 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	29 8AM-- 12PM Saginaw Farmers Market at the Switchyard
30	31 <b>ALL DAY GAMES</b> 9AM DOMINOES 11AM Sew What with Inez 1PM Wii Bowling					

<p>{special}</p> <p><b>THANKS</b></p> <p>to our sponsors</p>	<b>The City of Saginaw</b>	<b>Sandy -Edition Senior Living</b>	<b>Trevor - Walgreens</b>		<b>Barbara S 01.02</b>	<b>Mercedes W 01.03</b>	<b>Frances W 01.03</b>	<b>Chris G 01.03</b>
	<b>Jason - Aviator Home Health</b>	<b>Lorie - Bristol Park Eagle Mt</b>	<b>Vicki - Stampin' Up Renovate Church</b>		<b>Mariea E 01.05</b>	<b>Chii K 01.05</b>	<b>Loreta W 01.06</b>	<b>Candy W 01.11</b>
	<b>Becky- Advance Senior Options</b>	<b>Kelli - Care-N-Care</b>			<b>Linda T 01.11</b>	<b>Suellen P 01.13</b>	<b>Mary M 01.14</b>	<b>Mollie L 01.15</b>
	<b>Andrea - Family Benefit Solutions</b>	<b>Inez H our Craft Instructor</b>			<b>LaVerne L 01.17</b>	<b>Gloria W 01.24</b>	<b>Craig H 01.27</b>	<b>Dennis G 01.27</b>