



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

DECEMBER 2022

THANK YOU TO ALL THAT HELPED MAKE OUR THANKSGIVING MEAL WONDERFUL! ❤️

Thank you to the **City of Saginaw**, our **Crafters** & a kind **anonymous donor** for providing our Thanksgiving meal. Thank you to **Heaven's Gate Restaurant** for a delicious meal & working with us on cost, to **Care-N-Care** for desserts, to **Julien & Lambert Photography** for capturing so many smiles, to our **staff**, the **Mayor** & many **volunteers** for making the day extra special!



ANNUAL CHRISTMAS PARTY 12.14.22 FOR SENIOR CENTER MEMBERS - RSVP BY DEC 7TH

Join us for our fun annual Christmas Party on Wednesday, Dec 14th. Doors will open at 10:45am. We will enjoy lunch together and music by the Back Beats Band.

CONCERT BELLS OF FW AT THE SAGINAW RECREATION CENTER 12.03.22 AT 3PM

The City of Saginaw's Recreation Center will host ArtsNET concert series on Saturday, December 3rd at 3pm. The performance will be free to attend. The Saginaw Holiday Parade & Tree lighting will be at 6pm.

CHRISTMAS CENTERPIECES WITH INEZ - 12.05.22 AT 11AM

On Monday, Dec 5th we will get together and make our Christmas party centerpieces. You will be able to take the centerpiece you make on Dec 5th home with you, **after our party on the 14th.**

HOT COCOA & COOKIES AND READERS THEATER WITH KIDDOS - 12.08.22 AT 10:30AM

Kids from Comanche Springs Elementary will be stopping by to share cookies, cocoa and a readers theater with you. The kids coming will have had to work hard to earn this reward. Please come out to support them and have a cookie or two!

THE SAGINAW SWITCHYARD CHRISTMAS MARKET - 12.10.22 AT 8AM-2PM

The Saginaw Switchyard (located at Knowles & Longhorn) will be having their outdoor Christmas Market (benefiting the Saginaw Food Pantry- Community Link). The market will have over 75 vendors, photos with Santa, and 50 coffee drinks!

HOLIDAY MOVIE TRIVIA - 12.16.22 10:30AM SPONSORED BY CARE-N-CARE INSURANCE

It's that time of year for binging on Holiday movies- come test your knowledge with a fun Holiday Movie Trivia program

A VERY SPECIAL ANNUAL CHRISTMAS BINGO WITH TREVOR 12.21.22 AT NOON

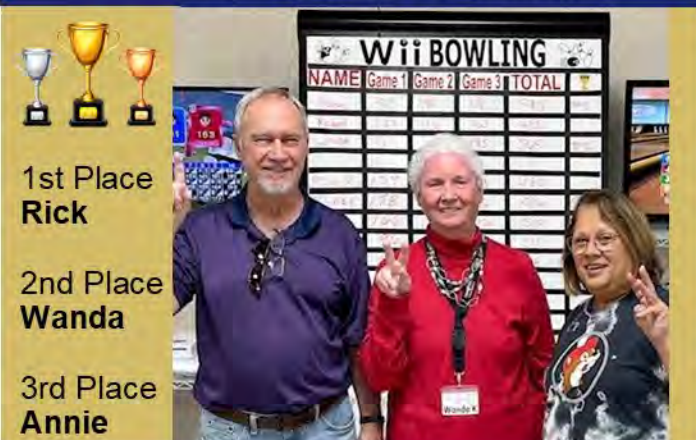
The wonderful manager of the Saginaw Walgreens has been sponsoring monthly Bingos at the Senior Center for MANY years and every December he does an extra special Bingo! Trevor, his pharmacists, and staff purchase a LOT of fabulous prizes to help make your Christmas even a little bit nicer. Mark your calendar- as you will not want to miss this one!

PRE-REGISTER FOR A MONTHLY CRAFT HOUR WITH AN ART TEACHER FROM THE SIXTY & BETTER ORGANIZATION

Classes will be the 1st Thursday every month at 10AM. Register with staff by Dec 22nd for our 1st class on January 5th.

Wii Bowling Tournament

Monthly Coloring Contest

























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Come Enjoy Life with Us!

DECEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat					
<p>THANKS to our sponsors</p> <p>The City of Saginaw Kasey- Harbor Hospice Andrea - Family Benefit Store LeeAnn- The Lodge of Saginaw</p> <p>Peggy- Line Dancing Brittney- A Lending Hand Gunnar-Ultimate Home HealthCare Cameo- Humana Insurance</p> <p>Inez- Crafts & Sewing Megan - Bristol Park Eagle Donna & Debbie-Jewelry Making Joyce & Rae- Care-N-Care Ins</p> <p>Vicki- Stampin' Up Jason- Aviator Home Health Harriette- Thrivent Mutal Funds Sandi- ArtsNET</p> <p>Trevor with Walgreens & Ventura Foods in Saginaw for sponsoring our Christmas Parties!</p>											
<p>4</p>	<p>5</p> <p>ALL DAY GAMES</p> <p>9AM DOMINOES</p> <p>9:30AM Tai Chi Class w/Jason</p> <p>1PM Wii Bowling</p> <p>11AM CHRISTMAS CENTRPIECES WITH INEZ</p> 	<p>6</p> <p>ALL DAY GAMES</p> <p>9AM Exercise Class w/Donna</p> <p>10AM Scrabble for Seniors</p> <p>10AM PAINTING CLASS W/ SANDI (9am Senior Bingo at Chick-fil-a)</p> 	<p>7</p> <p>ALL DAY GAMES</p> <p>10:30 Senior Movement</p> <p>12PM BINGO with Megan- Bristol Park Eagle Mt</p> <p>2PM- Wii BOWLING TOURNAMENT</p> <p>LAST DAY TO RSVP FOR CHRISTMAS PARTY</p> 	<p>8</p> <p>ALL DAY GAMES</p> <p>9AM Exercise Class</p> <p>10AM Scrabble for Seniors</p> <p>10AM CANASTA</p> <p>10:30 Hot Cocoa & Cookies and Readers Theater with kids from Comanche Springs Elementary</p> 	<p>9</p> <p>ALL DAY GAMES</p> <p>9:30AM Tai Chi class w/Jason</p> <p>10:30AM 42 DOMINOES</p> <p>10:30 LINE DANCING CLASS</p>	<p>10</p> <p>8am-2pm Saginaw Christmas Market at the Switchyard (Knowles & Longhorn) with 75 vendors, photos with Santa & 50 coffee drinks</p>					
<p>11</p>	<p>12</p> <p>ALL DAY GAMES</p> <p>9AM DOMINOES</p> <p>9:30AM Tai Chi Class w/Jason</p> <p>1PM Wii Bowling</p>	<p>13</p> <p>ALL DAY GAMES</p> <p>9AM Exercise Class w/Donna</p> <p>10AM Scrabble for Seniors</p> <p>10AM PAINTING CLASS W/ SANDI</p> <p>10AM Blood Pressure Checks</p> 	<p>14</p> <p>Christmas PARTY</p> <p>DOORS OPEN AT 10:45AM- Annual Christmas Party with lunch and the Back Beats Band</p> <p>RSVP by Dec 7th</p>	<p>15</p> <p>ALL DAY GAMES</p> <p>9AM Exercise Class w/Donna</p> <p>10AM Scrabble for Seniors</p> <p>10AM CANASTA</p> <p>10:30 Jewelry Making Class</p> <p>6PM Card Making Class w/Vicki</p> 	<p>16</p> <p>ALL DAY GAMES</p> <p>9:30AM Tai Chi Class WITH JASON</p> <p>10:30 LINE DANCING</p> <p>10:30 Holiday Movie Trivia with Care -N- Care</p> 	<p>17</p>					
<p>18</p>	<p>19</p> <p>ALL DAY GAMES</p> <p>9AM DOMINOES</p> <p>9:30AM Tai Chi Class with Jason</p> <p>1PM Wii Bowling</p> 	<p>20</p> <p>ALL DAY GAMES</p> <p>9AM Exercise Class w/Donna</p> <p>10AM Scrabble for Seniors</p> <p>10AM PAINTING CLASS W/ SANDI</p> 	<p>21</p> <p>10:30 Senior Movement</p> <p>12PM A Very Special Christmas B-I-N-G-O w/Trevor- Walgreens</p> 	<p>22</p> <p>ALL DAY GAMES</p> <p>9AM Exercise Class w/Donna</p> <p>10AM Scrabble for Seniors</p> <p>10AM CANASTA</p> <p>COLORING CONTEST VOTING</p> 	<p>23</p> <p>Sorry WE'RE CLOSED</p> 	<p>24</p> <p>Thurs the Night Before Christmas</p> 					
<p>25</p> <p>MERRY Christmas</p> 	<p>26</p> <p>Sorry WE'RE CLOSED</p> 	<p>27</p> <p>ALL DAY GAMES</p> <p>NO Exercise Class</p> <p>10AM Scrabble for Seniors</p> <p>10AM PAINTING CLASS W/ SANDI</p> 	<p>28</p> <p>10:30 Senior Movement</p> <p>12PM BINGO with</p> <p>1:30PM BIRTHDAY PIZZA PARTY</p> <p>Cupcakes by: Harbor Hospice</p> <p>2PM- Wii Bowling</p> 	<p>29</p> <p>ALL DAY GAMES</p> <p>9AM Exercise Class w/Donna</p> <p>10AM Scrabble for Seniors</p> <p>10AM CANASTA</p> <p>10:30 Jewelry Making Class</p> 	<p>30</p> <p>ALL DAY GAMES</p> <p>9:30AM Tai Chi class w/Jason</p> <p>10:30AM 42 DOMINOES</p> <p>10:30 LINE DANCING CLASS</p>	<p>31</p> <p>New Years Eve</p> 					
	<p>Sharon S 12.02</p> <p>Brenda A 12.12</p> <p>Dotty C 12.22</p>	<p>Rita C 12.05</p> <p>Bobbi C 12.13</p> <p>Jackie B 12.24</p>	<p>Liz E 12.06</p> <p>Georgia S 12.13</p> <p>Christie C 12.25</p>	<p>Yolanda C 12.06</p> <p>Carol C 12.15</p> <p>Christine S 12.25</p>	<p>Gerald E 12.07</p> <p>Jeanine P 12.15</p> <p>Reiko E 12.25</p>	<p>Lorne B 12.07</p> <p>Rol M 12.15</p> <p>Connie J 12.26</p>	<p>Allen R 12.08</p> <p>Ann R 12.18</p> <p>Mark O 12.26</p>	<p>Bill P 12.09</p> <p>Cindy E 12.21</p> <p>Alexander P 12.27</p>	<p>John F 12.09</p> <p>Juanita V 12.21</p> <p>Cleo R 12.27</p>	<p>Doris H 12.10</p> <p>Nancy W 12.21</p> <p>Brenda R 12.28</p>	<p>Cecila F 12.11</p> <p>Cynthia K 12.21</p> <p>Martha C 12.29</p>

IMPORTANT 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 currently no charge to attend the Senior Center until Jan 1st, 2023. After 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. If it is your 1st visit we ask you to fill out a membership form with your contact & emergency information. If you are a current member renewing your membership in January, you will need to update your membership form (not fill out a new one) and then you will need to bring a current copy of your Saginaw Water Bill to prove residency. If you live in an apartment in Saginaw and do not have a water bill, you will need a copy of a utility bill to your apartment (electricity, cable, etc). Please do not hesitate to reach out to us with any questions.

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.

JEWELRY MAKING CLASS WITH DONNA & DEBBIE ON THURSDAY 12.01.22, 12.15.22 & 12.29.22 10:30AM

We are very excited to have Jewelry Making with Donna & Debbie. The class is fun and you get to be creative too! Please note we will not be accepting any jewelry fixing requests as they tend to be too time consuming. If you would like to donate any old costume jewelry necklaces, we can unstring them and be able to use them.

FREE FITNESS PROGRAMS — SEE INSIDE CALENDAR FOR ANY CANCELED CLASSES

MONDAYS @ 9:30AM- ADVANCED TAI CHI WITH JASON

ADVANCED Tai Chi is taught by Jason, a Board Certified Instructor of Tai Chi for the Health Institute sponsored by Aviator Home Health.

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. 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.

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!

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.

DECEMBER COLORING CONTEST 12.22.22

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

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

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