



2026



SUN	MON	TUES	WED	THURS	FRI	SAT
2	3 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 10AM 42 Dominoes 11AM SEW WHAT W/INEZ 1PM Rock Steady Boxing	4 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors NO Line Dancing Class 10AM Brush Hour w/ Sandi 10:30AM Mah Jongg (9:30AM SENIOR BINGO @CHICK-FIL-A)	5 ALL DAY GAMES 9:15AM Line Dancing Class 10:30 Senior Movement Class	6 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30 Holiday Trip to Branson Info Meeting w/Vanessa RSVP 10:30AM Mah Jongg	7 ALL DAY GAMES 10:30 BINGO w/ Barbara w/ BERKSHIRE HATHAWAY HOMESERVICES PENFed REALTY TEXAS 12PM Wii Bowling Tournament 12PM Hand & Foot Card Game	1/8 SAGINAW FARMERS MARKET 8 th -Saginaw Farmers Market at the Saginaw Switchyard from 8AM-12PM
9	10 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 10AM 42 Dominoes 11AM CRAFTS WITH INEZ RSVP 1PM Rock Steady Boxing	11 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10AM Line Dancing Class 10:30AM Mah Jongg	12 ALL DAY GAMES 9:15AM Line Dancing Class 10:30 Senior Movement Class 10:30AM Hooked on Crochet with Gloria RSVP 1PM Jewelry Making Class w/Shannon RSVP	13 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30AM MAH JONGG	14 ALL DAY GAMES 10:30 BINGO w/ Mike w/ Total Benefit Services 12PM Wii Bowling 12PM Hand & Foot Card Game	15
16	17 ALL DAY GAMES 9AM Tai Chi Class w/ John NO Line Dancing Class 10AM 42 Dominoes 11AM SEW SIMPLE W/DARLENE RSVP 1PM Rock Steady Boxing	18 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10AM Line Dancing Class 10:30AM Mah Jongg 5:30PM Card Making Class w/Vicki - Stampin Up RSVP	19 ALL DAY GAMES 9:15AM Line Dancing Class 10:30 Senior Movement Class 11:30 Krazy 4 Karaoke with Darla RSVP	20 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30AM Nutrition Class: Label Reading w/Malcolm & Tarrant County Public Health RSVP 10:30AM MAH JONGG *Coloring contest sheets are due	21 ALL DAY GAMES 10:30 Coloring Contest Winners 10:30 BINGO w/ LeeAnn w/ THE LODGE OF SAGINAW 12PM Wii Bowling 12PM Hand & Foot Card Game	22 SAGINAW FARMERS MARKET Saginaw Farmers Market at the Saginaw Switchyard from 8AM-12PM
23	24 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 10AM 42 Dominoes 11AM CRAFTS WITH INEZ RSVP 1PM Rock Steady Boxing	25 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10AM Line Dancing Class 10:30AM Mah Jongg	26 ALL DAY GAMES 9:15AM Line Dancing Class 10:30AM Senior Movement 10:30AM Hooked on Crochet with Gloria RSVP 1PM Jewelry Making Class w/Shannon RSVP	27 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30AM Mah Jongg	28 ALL DAY GAMES 10:30 BINGO w/ Trevor w/ Walgreens 12PM Birthday Luncheon 12:15PM Wii Bowling 12PM Hand & Foot Card Game	29
30	31 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 10AM 42 Dominoes 1PM Rock Steady Boxing	Thank you The City of Saginaw Vanessa- Essa Travel LeeAnn- The Lodge of Saginaw Trevor- Saginaw Walgreens Sandi- ArtsNET Malcolm- Tarrant County Public Health Barbara- Berkshire Hathway Realty Mike- Total Benefit Services OUR FABULOUS INSTRUCTORS Inez- Crafts & Sewing Darlene- Sewing Donna- Exercise Darla- Karaoke Sandi- Watercolor Painting John- Tai Chi Vicki- Card Making Peggy- Line Dancing James- Boxing Shannon- Jewelry Gloria- Crochet				

- 01 Janet L, Rob R,
Reta H, Lahoma B,
John B
- 02 Belinda G
- 03 Bettie M
- 04 Rao K, Jerilyn M,
William H
- 05 Erlinda M, Araceli P,
Sarah K, Ester W
- 06 Mindy S, Vivan W,
Natalia H, Linda E,
Cynthia G, John B,
Marie C, Jennifer F
- 07 Marsha M,
Bobbi C, Howard C
- 08 Frances C, David W,
Valorie R, Elaine D,
Raymond P
- 09 Paula R, Kolene D,
Ronald G, Janell R
- 10 Lorenza V, Micha K
- 11 Dehn S, John N,
Stephanie H, Ron B
- 12 Alice B
- 13 Pamela R, Janet K,
Nancy P
- 14 Loretta G, Leslie C,
Kelly A
- 15 Linda M, Beverly R,
Ruby G, Deborah S,
Jon S
- 16 Sharon W, Betty P,
Judith R, Shelley P
- 17 Doug W
- 18 Delia R, James P,
Shelley B, Andrea B
- 19 Mary L, Janice G,
Mary L, Alan S,
Kenneth D, Aubrey C
- 20 Judy D, Teresa F
- 21 Ruth J, Christine A
- 22 Robert H, Cathy E,
Cindy H, Maria P,
Phillip S, Kevin J
- 23 Maryann T, Teresa A,
Kathleen W, Scott B,
- 25 Claudia W, William C
Kathleen J
- 26 Federico O, Ector H,
Susana G, Julia F,
Lisa B
- 27 Amelia S, Betsy M,
Ruth L, John B,
Insuk W
- 28 Sharon F, Bonnie R,
Debby M, William H,
Edward B, Wanda M
- 29 Gloria M, Linda T,
Iris D, Daniel E
- 30 Rusty C, David N,
Mary A, Gina K
- 31 Kathleen B,
Gayle R, Pam J,
Charlotte M,
Barbara D

FREE FITNESS PROGRAMS FOR MEMBERS (see calendar for cancelations & please be on time)

Tai Chi Tai Chi is low impact and is great for arthritis, fall prevention & relaxing for the mind.

- Mondays w/John at 9AM

Line Dancing w/Peggy Line Dancing Classes are fun and you get some exercise too!

- Mondays at 10AM
- Tuesdays at 10AM
- Wednesdays at 9:15AM
- *No Line Dancing on 8/4 & 8/17**

Rock Steady Boxing Classes w/James Rock Steady Boxing is wonderful for Parkinson's and for upper body strength. Keep in mind that if you decide to take the classes you will need to purchase gloves. James will have some for sale & to view.

- Mondays at 1PM

Senior Exercise with Donna An all activity level senior exercise class w/Donna, a Silver Sneakers certified instructor. We use weights, balls & bands to achieve a full body workout.

- Tuesdays at 9AM
- Thursdays at 9AM

Senior Movement with Donna A vigorous, high intensity exercise program with weights, bands and balls.

- Wednesdays at 10:30AM

Wii BOWLING TOURNAMENT



GAIL MINDY ELSA

Wii Bowling Wii Bowling is a lot less strenuous than bowling but equally as fun! Once a month we have a fun Wii Bowling Tournament, but you can practice here anytime.

BINGO Fridays at 10:30AM Join us for bingo on most Fridays (with a special birthday bingo once a month that includes a complimentary lunch). Bingo is free to attend for our members, thanks to our fabulous sponsors and the City of Saginaw.

Krazy 4 Karaoke w/ Darla
Wed, Aug 19th at 11:30AM **RSVP**
It's YOUR time to shine at Karaoke w/Darla! No pressure, just good vibes, great songs, and a crowd that loves every note!



Why so many RSVP events?

We currently have over 1000 members and for some activities/events it is helpful to have a good estimate on how many will attend, in other cases, the class size may be limited to function better for our instructors.

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 & schedule a ride.

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. Senior center memberships are \$20 annually for residents & \$60 annually for non-residents. The Senior Center is neither designated nor qualified for Adult Day Care. All participants must be able to physically care for themselves or have a personal assistant with them. Please do not hesitate to ask a Senior Center staff member, if you have any questions.

Saginaw Senior Center 300 West McLeroy Blvd Saginaw, TX 76179
(817) 230-0459 www.saginawtx.org Email: seniorcenter@saginawtx.org
Visit us on Facebook www.facebook.com/SaginawSeniorCenter
Director: Kristi Sinclair **Asst:** Ashton Rojas, Shyanne Tibbs & Evelyn Gahagan

HOURS
Mon- Fri
8:30AM - 3:30PM

SAGINAW SENIOR CENTER
AUGUST 2026



SIGN UP SHEETS ARE AT THE SENIOR CENTER FOR...

SEMINARS

- ✓ **8/20/26** NUTRITION: READING LABELS WITH MALCOLM FROM TARRANT COUNTY PUBLIC HEALTH
- ✓ **8/06/26** HOLIDAY TRIP TO BRANSON INFORMATION SESSION WITH VANESSA

CLASSES & PROGRAMS

- ✓ JEWELRY MAKING CLASS W/SHANNON
- ✓ KARAOKE W/DARLA
- ✓ CRAFTS W/INEZ
- ✓ HOOKED ON CROCHET W/GLORIA
- ✓ CARD MAKING CLASS W/VICKI BELL
- ✓ SEW SIMPLE W/DARLENE



ARTS & CRAFTS PROGRAMS

Brush Hour with Sandi (Watercolor Painting) Tuesdays at 10AM

Sandi is a very skilled & talented artist from ArtsNET, that has been teaching for many years. If you have always wanted to learn how to watercolor paint, please don't miss out on this amazing opportunity, Tuesdays at 10am.

Jewelry Making Class w/Shannon Wed, Aug 12th or Aug 26th at 1PM **RSVP**

This is a new class with a new instructor! Sign up to attend one of the classes at 1PM on either the 12th or the 26th. We will have the same class twice a month with in person RSVP ONLY & a 16 person per class limit. You are only allowed to attend one of the monthly classes, not both.

Crafts with Inez Mondays, Aug 10th or Aug 24th at 11AM **RSVP**

We have the same class twice a month for crafts with in person ONLY & a 24 person per class limit. You are only allowed to attend one of the monthly classes, not both.

Sew What with Inez (advanced class) Monday, August 3rd at 11AM

Sew What with Inez is an advanced sewing class. This class will be more advanced & require knowledge of using a sewing machine properly, as to not damage our machines. The sewing projects will be complex and they often require participants to finish the project at home.

Sew Simple with Darlene (beginners' class) Monday, August 17th at 11AM **RSVP**

Sew Simple with Darlene is a beginners sewing class. In this beginners class, we will do hand sewing projects and learn how to use a sewing machine –nothing too advanced.

Card Making Class with Vicki Bell Tuesday, August 18th at 5:30PM **RSVP**

Instructor, Vicki Bell from Stampin' Up will help you make one card & a treat holder that you can take home with you! This class is limited in size and requires an RSVP.

Hooked on Crochet with Gloria Wednesdays, August 12th & August 26th at 10:30AM **RSVP**

If you love crocheting or want to learn how to crochet, join us for this new program.

August Coloring Contest Friday, August 21st (entries due on Aug 20th)

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Thursday, August 20th to enter the contest. You can color with gel pens, colored pencils, or any method you prefer for your masterpiece. Coloring is a great way to relax your mind & stimulate your imagination (plus you could win a prize).

COLORING CONTEST WINNERS



DONNA PATTY GAYLE