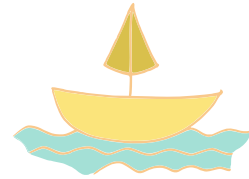




AUGUST



2025

SUN	MON	TUES	WED	THURS	FRI	SAT
The City of Saginaw Jennifer- Bristol Park Eagle Mt Trevor- Saginaw Walgreens Rodney- Texas A&M DAR Agent LeeAnn- The Lodge of Saginaw Sandi- ArtsNET Robin- RL Insurance Jessica- Azle Manor Inez- Crafts & Sewing Sandi- Watercolor Painting Jason & John- Tai Chi Peggy- Line Dancing Darlene- Sewing Donna- Exercise James- Boxing Vicki- Card Making 1 ALL DAY GAMES 9:05AM Tai Chi Class w/Jason 9AM Mah Jongg 10AM BEGINNERS Mah Jongg 10AM Line Dancing Class						
3	4 ALL DAY GAMES NO Tai Chi Class w/ John 10AM Line Dancing Class 10AM-1PM 42 Dominoes 11AM SEW WHAT W/ INEZ 1PM Rock Steady Boxing	5 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 11:30AM Mah Jongg (9:30AM Senior Bingo at Chick-fil-a)	6 9:15 Line Dancing Class 10:30 Senior Movement 12PM BINGO with Jennifer w/ 1:45M Wii Bowling Tournament	7 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM Jewelry Making Class	8 ALL DAY GAMES 9AM Tai Chi Class w/Jason 9AM Mah Jongg 10AM BEGINNERS Mah Jongg 10AM Line Dancing Class 12PM Disaster Preparedness with (DAR) Disaster Assessment & Recovery Agent RSVP	9 8AM-12PM FARMERS MARKET @ SAGINAW SWITCHYARD
10	11 ALL DAY GAMES NO Tai Chi Class w/John 10AM Line Dancing Class 11AM CRAFTS W/ INEZ RSVP 10AM-1PM 42 Dominoes NO Rock Steady Boxing	12 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 11:30AM Mah Jongg	13 HAPPY BIRTHDAY 9:15 Line Dancing Class 10:30 Senior Movement 12PM BINGO with Trevor w/ 1:30PM BIRTHDAY LUNCHEON 2PM Wii Bowling	14 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA	15 ALL DAY GAMES 9AM Tai Chi Class w/Jason 9AM Mah Jongg 10AM BEGINNERS Mah Jongg 10AM Line Dancing Class	
17	18 ALL DAY GAMES 9AM Tai Chi Class w/ John 10AM Line Dancing Class 10AM-1PM 42 Dominoes 11AM SEW SIMPLE W/ DARLENE 1PM Rock Steady Boxing	19 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 11:30AM Mah Jongg 4:30-6PM Alzheimer's Support Group	20 9:15 Line Dancing Class 10:30 Senior Movement 12PM Coloring Contest Winners 12PM BINGO with LeeAnn w/ 1:30PM Wii Bowling	21 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 11AM Jewelry Making Class 10AM CANASTA 6PM Card Making Class w/Vicki Bell- Stampin Up RSVP	22 ALL DAY GAMES 9AM Tai Chi Class w/Jason 9AM Mah Jongg 10AM BEGINNERS Mah Jongg 10AM Line Dancing Class	23 8AM-12PM FARMERS MARKET @ SAGINAW SWITCHYARD
24/31	25 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 11AM CRAFTS W/ INEZ RSVP 10AM-1PM 42 Dominoes 1PM Rock Steady Boxing	26 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 11:30AM Mah Jongg	27 9:15 Line Dancing Class 10:30 Senior Movement 12PM BINGO with Jessica w/ 1:30PM Wii Bowling	28 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA	29 ALL DAY GAMES 9AM Tai Chi Class w/Jason 9AM Mah Jongg 10AM BEGINNERS Mah Jongg 10AM Line Dancing Class 12PM Karaoke w/Friends RSVP	30

HAPPY Birthday TO YOU

- 8/1 Lahoma B Janet L
- 8/2 Belinda G
- 8/3 Bettie M
- 8/5 Sarah K
- 8/6 Mindy S Natalia H
- 8/7 Marsha M
- 8/8 Frances C
- 8/10 Lorenza V
- 8/12 Alice B
- 8/13 Janet K Pamela R
- 8/14 Kelly A
- 8/15 Linda M Ruby G
- 8/16 Judith R
- 8/18 Shelley B
- 8/19 Mary L Alan S Janice G
- 8/20 Barbara L
- 8/21 Christine A
- 8/22 Robert H Cindy H
- 8/25 Kay W Kathleen J William C
- 8/26 Julia F Susana G
- 8/27 Ruth L
- 8/28 Debbie M Edward B Wanda M
- 8/29 Iris D Daniel E
- 8/30 David N
- 8/31 Kathleen B Lorraine P Gayle R

FREE FITNESS PROGRAMS FOR MEMBERS (see calendar for cancelations)

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

- Mondays w/John at 9AM
- Fridays w/Jason at 9AM

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

- Mondays at 10AM
- Wednesdays at 9:15AM
- Fridays at 10AM

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, band and balls.

- Wednesdays at 10:30AM

Wii BOWLING TOURNAMENT



Annie Danny Mike

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 Wednesdays at Noon Join us for bingo every Wednesday at noon (with a special birthday bingo once a month that includes a complimentary lunch). Bingo is free to attend, thanks to our fabulous sponsors and the City of Saginaw.

Karaoke with Friends
Friday, Aug 29th at Noon
Karaoke is extra fun with friends! Please join us for a light snack & to belt out your favorite tune!

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 or to 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 free annually for residents & \$20 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 633 West McLeroy Blvd Saginaw, TX 76179
Call: (817) 230-0459 Email: Ksinclair@saginawtx.org
Visit us on Facebook www.facebook.com/SaginawSeniorCenter
Director: Kristi Sinclair **Asst:** Ashton Rojas, Shyanne Tibbs & Evelyn Gahagan

HOURS
Monday-Friday
9AM -4PM

CITY OF SAGINAW COMMUNITY EVENTS

8-9-25
THE SAGINAW SWITCHYARD'S FARMERS MARKET 8AM-12PM
at the Saginaw Switchyard

8-19-25
ALZHEIMER'S & DEMENTIA SUPPORT GROUP AT 4:30PM
at the Saginaw Senior Center

8-23-25
THE SAGINAW SWITCHYARD'S FARMERS MARKET 8AM-12PM
at the Saginaw Switchyard

FOR MORE INFORMATION,
WWW.CI.SAGINAW.TX.US

SAGINAW SENIOR CENTER
AUGUST 2025



UPCOMING EVENTS

DISASTER PREPAREDNESS WITH DAR Friday, August 8th at 12PM RSVP
Rodney from DAR (Disaster Assessment & Recovery) with Texas A&M will be here for an informative presentation on disaster preparedness for older adults and/or disabilities.

DO YOU WANT TO LEARN HOW TO PLAY MAH JONGG?
Do you want to work out your mind and put on your thinking cap? Join us on Fridays at 10AM to learn how to play American Mah Jongg. It is not the matching game that you can play on your phone/tablet, it takes more skill but we will teach you how to play.

When our new Senior Center is ready for us to move into, we will need to temporarily shutdown. Our calendar is subject to change during this time. We will try to give you as much notice as possible, please be understanding as we enter these final stages.

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.

Crafts with Inez Mondays August 11th & August 25th RSVP
We have the same class twice a month for crafts with in person RSVP ONLY & a 25 person per class limit. You are only allowed to attend one of the monthly classes, not both.

Sew What with Inez Monday, August 4th (advanced class)
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 Monday, August 18th (beginners' class)
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.

Jewelry Making Class Thursdays, August 7th & August 21st at 11AM
Jewelry making is fun and you get to be creative too! If you are an expert or a novice, join in the fun! Our instructor, Evelyn will guide you in making a special piece.

Card Making Class with Vicki Bell Thursday, August 21st at 6PM 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.

August Coloring Contest Wednesday, August 20th (entries due on August 19th)
At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, August 19th 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



Wanda Danny Mindy