



# FEBRUARY



# 2026

| SUN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | MON                                                                                                                                                                                                     | TUES                                                                                                                                                                                                                                                                                   | WED                                                                                                                                                                                               | THURS                                                                                                                                                                                                                          | FRI                                                                                                                                                                      | SAT                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| <div>THANK YOU</div> <div>The City of Saginaw LeeAnn– The Lodge of Saginaw Vandana– ComForCare Vanessa– Essa Travel Lori– Ultimate Plus Trevor– Saginaw Walgreens Shakita– Area Agency on Aging of Tarrant County Cherilyn– Comfort Keepers Sandi– ArtsNET Robin– RL Insurance Rae– MSA Insurance Malcolm– Tarrant County Public Health LeAnne– Sedona Place Inez– Crafts &amp; Sewing Donna– Exercise John– Tai Chi James– Boxing Peggy– Line Dancing Vicki– Card Making Shannon– Jewelry Gloria– Crochet Darla– Karaoke</div> |                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                   |                                                                                                                                                                                                                                |                                                                                                                                                                          |                             |
| 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2<br>ALL DAY GAMES<br>9AM Tai Chi Class w/ John<br>10AM Line Dancing Class<br>10AM 42 Dominoes<br>11AM CRAFTS WITH INEZ<br>1PM Rock Steady Boxing<br>HAPPY GROUNDHOG DAY!                               | 3<br>ALL DAY GAMES<br>9AM Exercise Class w/ Donna<br>10AM Scrabble for Seniors<br>10AM Brush Hour w/ Sandi<br>10AM Intro to Line Dancing<br>11AM Mah Jongg<br>(9:30AM Senior Bingo at Chick-fil-a)                                                                                     | 4<br>ALL DAY GAMES<br>9:15AM Line Dancing Class<br>10:30AM Senior Movement<br>1PM Jewelry Making Class with Shannon<br>RSVP                                                                       | 5<br>ALL DAY GAMES<br>9AM Exercise Class w/Donna<br>10AM Scrabble for Seniors<br>10AM CANASTA<br>10:30AM Medicare Update Q&A with Robin<br>11AM BEGINNERS Mah Jongg<br>11AM Mah Jongg                                          | 6<br>ALL DAY GAMES<br>11 AM Hand & Foot Card Game<br>10:30 BINGO with Lori<br>12PM Wii Bowling Tournament<br>→ SUPERBOWL BINGO- WEAR THE COLORS OF YOUR SUPERBOWL PICK   | 7                           |
| 8<br>2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 9 ALL DAY GAMES<br>9AM Tai Chi Class w/ John<br>9:30-11AM Area Agency on Aging Listening Session<br>CANCELED- Line Dancing Class<br>10AM 42 Dominoes<br>11AM CRAFTS WITH INEZ<br>1PM Rock Steady Boxing | 10 ALL DAY GAMES<br>9AM Exercise Class<br>10AM Scrabble for Seniors<br>10AM Brush Hour w/ Sandi<br>CANCELED- Intro to Line Dancing<br>11AM Mah Jongg                                                                                                                                   | 11 ALL DAY GAMES<br>CANCELED- Line Dancing Class<br>10:30AM Senior Movement<br>12PM STRESS AWARENESS AND MANAGEMENT w/Malcolm from Tarrant County Public Health<br>1:30PM Krazy 4 Karaoke w/Darla | 12 ALL DAY GAMES<br>9AM Exercise Class w/Donna<br>10AM Scrabble for Seniors<br>10AM CANASTA<br>10:30 Essa Travel Meetup<br>11AM BEGINNERS Mah Jongg<br>11AM MAH JONGG                                                          | 13 ALL DAY GAMES<br>11 AM Hand & Foot Card Game<br>10:30 BINGO w/ Trevor & LeeAnn w/ Walgreens<br>12PM Birthday Luncheon<br>→ VALENTINES DAY BINGO- WEAR YOUR REDS/PINKS | 14<br>Happy Valentine's Day |
| 15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 16 ALL CITY BUILDINGS WILL BE CLOSED<br>PRESIDENTS' DAY                                                                                                                                                 | 17 ALL DAY GAMES<br>9AM Exercise Class<br>10AM Scrabble for Seniors<br>10AM Brush Hour w/ Sandi<br>10AM Intro to Line Dancing (sml rm)<br>11AM Mah Jongg<br>12:30 Hooked on Crochet w/Gloria<br>4:30-6PM Alzheimer's Support Group<br>5:30PM Card Making Class w/Viki Bell- Stampin Up | 18 ALL DAY GAMES<br>9:15AM Line Dancing (Sml Rm)<br>CANCELED Senior Movement<br>1PM Jewelry Making Class with Shannon<br>(EARLY ELECTIONS FROM FEB 17-FEB 27)                                     | 19 ALL DAY GAMES<br>9AM Exercise Class w/Donna<br>10AM Scrabble for Seniors<br>10AM CANASTA<br>11AM BEGINNERS Mah Jongg<br>11AM Mah Jongg<br>9:30AM Coffee w/the Mayor<br>*Coloring sheets are due for the contest on the 20th | 20 ALL DAY GAMES<br>11 AM Hand & Foot Card Game<br>10:30AM Coloring Contest Winners<br>10:30 BINGO w/ Robin<br>12PM Wii Bowling                                          | 21                          |
| 22                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 23 ALL DAY GAMES<br>9AM Tai Chi Class w/John<br>10AM 42 Dominoes<br>10AM Line Dancing Class<br>11AM CRAFTS WITH INEZ<br>1PM Rock Steady Boxing                                                          | 24 ALL DAY GAMES<br>9AM Exercise Class w/Donna<br>10AM Scrabble for Seniors<br>10AM Intro to Line Dancing (sml rm)<br>10AM Brush Hour w/ Sandi<br>11AM Mah Jongg                                                                                                                       | 25 ALL DAY GAMES<br>9:15AM Line Dancing Class<br>10:30AM Senior Movement<br>11:30 RESPITE CARE LISTENING SESSION W/ VANDANA                                                                       | 26 ALL DAY GAMES<br>9AM Exercise Class<br>10AM Scrabble for Seniors<br>10AM CANASTA<br>11AM BEGINNERS Mah Jongg<br>11AM MAH JONGG<br>10:30 Neuropathy Talk with Doc with Dr Meyer                                              | 27 ALL DAY GAMES<br>11 AM Hand & Foot Card Game<br>10:30 BINGO w/ Cherilyn<br>12PM Wii Bowling                                                                           | 28                          |

HAPPY Birthday TO YOU

- 01 Richard S, Inez H, Amy M
- 02 Vickie C, Karen H, Thi N
- 03 Lu C, Zoe R, Adriana P
- 04 Zohreh H
- 05 Arthur A, Karen B, Teresa B
- 06 Vanda S, Paula F
- 07 Fredrick H, Juliana C
- 08 David M, Valerie R, Lea Ann V
- 09 Larry J, Joan K, Ronald S, Wendy B, Michelle C
- 10 Michael W, Ulrike J, Brent L, Debbie T, Jeff M
- 11 Susie H, Katherine K
- 12 Gina C
- 13 John W
- 15 Linda B, Sherry M
- 16 Ginny W, Frank P, Sandy N
- 17 Synthia H
- 18 Pennie P, Georgeanna V, Vicki E, Phyllis T
- 19 Martha B
- 20 Hector O, Kathy G, Sandra M
- 21 Patricia S, Millie C, Sheila N, Linda K
- 22 Michelle S, Carolyn A, Sheila C, Ruth C, Sandra W, Gay S
- 23 Catina C, Jay W, Craig H
- 24 Linda T, Kyaw S
- 25 Jolene B
- 26 Gayle A, Wayne K, Ginger H
- 27 Joyce S, Pat B
- 28 Betty S, Thetis T, Bonnie C

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

**Line Dancing w/Peggy** Line Dancing Classes are fun and you get some exercise too!  
● Mondays at 10AM ● Wednesdays at 9:15AM ● INTRO CLASS on Tuesdays 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, bands and balls. ● Wednesdays at 10:30AM

Wii BOWLING TOURNAMENT



Annie Allen Mindy

**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** (BINGO DOORS OPEN AT 9AM) Join us for bingo on Fridays (with a special birthday bingo once a month that includes a complimentary lunch). Bingo is free to attend, thanks to our fabulous sponsors & the City of Saginaw.

 **Krazy 4 Karaoke with Darla**  
Wednesday, Feb 11<sup>th</sup> at 1:30PM  
Karaoke is back with a new DJ!  
Join us for a fun hour of songs and laughter with Ms Darla!

**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 \$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](http://www.saginawtx.org) Email: [seniorcenter@saginawtx.org](mailto:seniorcenter@saginawtx.org)  
Visit us on Facebook [www.facebook.com/SaginawSeniorCenter](https://www.facebook.com/SaginawSeniorCenter)  
**Director:** Kristi Sinclair **Asst:** Ashton Rojas, Shyanne Tibbs & Evelyn Gahagan

**HOURS**  
Monday-Friday  
9AM -4PM

SAGINAW SENIOR CENTER  
FEBRUARY 2026



TAXES WITH AARP

Every year the Saginaw Senior Center hosts AARP to prepare your taxes for FREE. The appointment book opens after Jan 1<sup>st</sup> and appointments are available for Tuesdays from Feb 3<sup>rd</sup> - April 14<sup>th</sup>. Our appointment book will fill up fast, so don't hesitate to schedule your date/time with our front desk.

SIGN UP SHEETS ARE AT THE FRONT DESK FOR...

STRESS AWARENESS AND MANAGEMENT W/MALCOLM FROM TARRANT COUNTY PUBLIC HEALTH

JEWELRY MAKING CLASS W/SHANNON

CARD MAKING CLASS W/VICKI BELL

HOOKED ON CROCHET W/GLORIA

AREA AGENCY ON AGING LISTENING SESSION

NEUROPATHY DOC TALK W/ DR MEYER AND MSA INSURANCE

CRAFTS W/INEZ

ESSA TRAVEL MEETUP W/VANESSA

RESPITE CARE LISTENING SESSION W/ VANDANA

TAX PREP W/ AARP

KARAOKE W/ DARLA

MEDICARE UPDATE Q&A W/ROBIN

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 Wednesday, Feb 4<sup>th</sup> or Feb 18<sup>th</sup> RSVP

This is a new class with a new instructor! Sign up to attend one of the classes at 11AM on either the 4<sup>th</sup> or the 18<sup>th</sup>. We will have the same class twice a month with in person RSVP ONLY & a 24 person per class limit. You are only allowed to attend one of the monthly classes, not both.

Crafts with Inez Mondays February 9<sup>th</sup> & February 23<sup>rd</sup> 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.

COLORING CONTEST WINNERS



Jolene Rosalie Angela

Sew What with Inez CANCELED FOR FEBRUARY (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 CANCELED FOR FEBRUARY (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.

Card Making Class with Vicki Bell Tuesday, February 17<sup>th</sup> 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 NEW Tuesday, February 17<sup>th</sup> at 12:30PM RSVP

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

February Coloring Contest Friday, February 20<sup>th</sup> (entries due on February 19<sup>th</sup>)

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Thursday, February 19<sup>th</sup> 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).