



Thank you **The City of Saginaw** **LeeAnn**– The Lodge of Saginaw
Trevor– Saginaw Walgreens **Sandi**– ArtsNET **Rae**– MSA Insurance
Rodney– A&M AgriLIFE **Robin**– RL Insurance



2026

HAPPY
Birthday
TO YOU

SUN	MON	TUES	WED	THURS	FRI	SAT
& OUR FABULOUS INSTRUCTORS Inez – Crafts & Sewing Darlene – Sewing Donna – Exercise Darla – Karaoke Sandi – Watercolor Painting Vicki – Card Making Peggy – Line Dancing James – Boxing John – Tai Chi Shannon – Jewelry Gloria – Crochet			1 ALL DAY GAMES NO Line Dancing Class NO Senior Movement 1PM Jewelry Making Class w/Shannon RSVP	2 No Exercise Class w/ Donna 4th of July Shindig RSVP by June 19th to attend	3 Sorry we're CLOSED	4 250th 4th of July
5	6 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	7 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10AM Line Dancing Class 10:30AM Mah Jongg (9:30AM SENIOR BINGO @CHICK-FIL-A)	8 ALL DAY GAMES ➡ 12PM Line Dancing Class 10:30AM Hooked on Crochet with Gloria RSVP NO Senior Movement	9 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30AM MAH JONGG	10 ALL DAY GAMES 10:30 BINGO w/ LeeAnn w/ 12PM Wii Bowling Tournament 12PM Hand & Foot Card Game	11 Saginaw Farmers Market at the Saginaw Switchyard from 8AM-12PM
12	13 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	14 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10AM Line Dancing Class 10:30AM Mah Jongg	15 ALL DAY GAMES 10AM Beat the Heat: Protecting Your Home & Health in Summer Heat w/ Rodney RSVP TEXAS A&M AGRILIFE EXTENSION DISASTER ASSESSMENT AND RECOVERY NO Senior Movement ➡ 12PM Line Dancing Class	16 ALL DAY GAMES NO Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30AM MAH JONGG *Coloring contest sheets are due	17 ALL DAY GAMES 10:30 Coloring Contest Winners 10:30 BINGO w/ Jenn w/ 12PM Wii Bowling 12PM Hand & Foot Card Game	18
19	20 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 10AM 42 Dominoes 11AM SEW SIMPLE W/DARLENE RSVP 1PM Rock Steady Boxing	21 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10AM Line Dancing Class 10:30AM Mah Jongg 4:30-6PM Alzheimer's Support Group 5:30PM Card Making Class w/Vicki - Stampin Up RSVP	22 ALL DAY GAMES 10:30AM Hooked on Crochet with Gloria RSVP ➡ 12PM Line Dancing Class NO Senior Movement	23 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 10:30AM Mah Jongg	24 ALL DAY GAMES 9:30AM Line Dancing 12PM Wii Bowling 12PM Hand & Foot Card Game (no Bingo due to staffing issues)	25 Saginaw Farmers Market at the Saginaw Switchyard from 8AM-12PM
26	27 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	28 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Line Dancing Class 10AM Brush Hour w/ Sandi 10:30AM Mah Jongg	29 ALL DAY GAMES 9:15AM Line Dancing Class 10:30AM Senior Movement 11:30 Karaoke w/Darla & Robyn RSVP 1PM Jewelry Making class w/Shannon RSVP	30 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM Canasta 10:30AM Mah Jongg 12PM ARTHRITIS DOC TALK WITH DR MEYER RSVP	31 ALL DAY GAMES 10:30 BINGO w/ Trevor w/ Walgreens 12PM Birthday Luncheon 12:30PM Wii Bowling 12PM Hand & Foot Card Game	

- 01** Celeste P, Annie G, George L, Julia G, Janice K, Chris L, Janice W
02 Maria A, Glenna W, Shelly M, Michael W
03 Maritza R
04 Shirley P, Sandy E, Monica K
05 Herath A, William C, Tina F, David S, Esther P
06 Glenna H, Cathy T, Jim M, Deborah P
07 Helen S, Roxanne K, Gustavo V, Vicky D
08 Mary J, Mavis M, Leonard A, Sherri R
09 Joan D, Jim S, Bob V, Patricia B, John O, Danny F, Brenda W, Sara P
10 Wanda K, Ana R, Deborah D, Laura L
11 Chun Si M, Carlos S, Hailian W
12 Bonnie S, Barbara C, Edwina R, Patricia S, Rosalinda C
13 La Vonne S, Kathy B, Pamela P, Janine K
14 Bob B, Curtis B
15 Ronald K, Don W, Bathesheba O, Gary M
16 Darla H, Kaye M, Rebeckah A
17 Kathy R, Linda C, Patricia P, Terry C
18 Ken W, Mary Kay W, Ernest G, Bonnie R, Janet F, Yvonne C, Michael F
19 Don F, James S, Susan M, Steaven L
20 Kunnie B, Jean H, Mike R, Richard E, Diane R, Katherine C
21 Barbara Ann P, Ouida A, Mario S, David T, Joan D, Cheryl E
22 Bill H, Mary A, Ron S, Gary S,
23 Joyce D
24 Amalia C
Dick C, Ricky W, Diana C, Sherri S, William H, Murray D
25 Janice P
26 Ana T, Beatrice G, Susan B, Tammy R, Clyde G, Barbara W, Terry S, Lisa D
27 Alice W, Danny H, Sharon H
28 Angel P, Jerri F, Betsy B, Richard N, Lucy R, Jane L, Tracy S
29 Alberta B, Mary S, Anthe A, Lynette N, Alison R
30 Joan C, Jerry S, Linda S, James A, Sandra C
31 Susan T, Paul S, Anita C, Jill L

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 12PM ← 6/10-7/22

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 ➡ **CANCELED JUNE 10TH- JULY 22ND**
A vigorous, high intensity exercise program with weights, bands and balls. ● Wed at 10:30AM

Wii BOWLING TOURNAMENT





ANNIE LESLIE JIM

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, thanks to our fabulous sponsors and the City of Saginaw.



07-21-26 Saginaw Support Group for Caregivers of Alzheimer's & Dementia

The support group is open to the public & meets inside the Senior Center on the 3rd Tuesday every month at 4:30PM.

Karaoke with Darla Wednesday, July 29th 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!

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
JULY 2026



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

SEMINARS

- 7/15/26 BEAT THE HEAT: PROTECTING YOUR HOME & HEALTH IN THE SUMMER HEAT WITH A DISASTER ASSESSMENT RECOVERY SPECIALIST FROM TEXAS A&M AGRILIFE
- 7/30/26 ARTHRITIS DOC TALK WITH DR MEYER AND RAE FROM MSA INSURANCE

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, July 1st or July 29th 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 1st or the 29th. 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, July 13th and July 27th 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, July 6th 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, July 20th 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, July 21st 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, July 8th & July 22nd at 10:30AM RSVP

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

July Coloring Contest Friday, July 17th (entries due on July 16th)

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Thursday, July 16th 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



LINDA GREG CHARLOTTE