



JANUARY



2026

HAPPY Birthday TO YOU

SUN	MON	TUES	WED	THURS	FRI	SAT
The City of Saginaw LeeAnn- The Lodge of Saginaw Trevor- Saginaw Walgreens Hartley- Legacy Oaks Sandi- ArtsNET Robin- RL Insurance Rae- MSA Insurance Inez- Crafts & Sewing Darlene- Sewing Sandi- Watercolor Painting Donna- Exercise John- Tai Chi James- Boxing Peggy- Line Dancing Vicki- Card Making Shannon- Jewelry Gloria- Crochet Darla- Karaoke						
4	5 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 10AM 42 Dominoes 11AM SEW WHAT WITH INEZ 1PM Rock Steady Boxing	6 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors NO Brush Hour w/ Sandi 10AM Intro to Line Dancing 11AM Mah Jongg (9:30AM Senior Bingo at Chick-fil-a)	7 ALL DAY GAMES 9:15AM Line Dancing Class 10:30AM Senior Movement 12:30PM Krazy 4 Karaoke w/ Darla RSVP	1 ALL CITY BUILDINGS WILL BE CLOSED HAPPY NEW YEAR!	2 ALL DAY GAMES 11AM Hand & Foot No BINGO due to staffing	3
11	12 ALL DAY GAMES 9AM Tai Chi Class w/ John 10AM Line Dancing Class 10AM 42 Dominoes 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing	13 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10AM Intro to Line Dancing 11AM Mah Jongg	14 ALL DAY GAMES 9:15AM Line Dancing Class 10:30AM Senior Movement 12PM How to Talk to your Healthcare Provider w/Malcolm from Tarrant County Public Health RSVP	8 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM Mah Jongg 11AM JEWELRY CLASS W/ SHANNON RSVP	9 ALL DAY GAMES 11 AM Hand & Foot 10:30 BINGO with LeeAnn w/ Legacy Lodge of Saginaw 12PM Wii Bowling Tournament	10
18	19 ALL CITY BUILDINGS WILL BE CLOSED MLK DAY	20 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10AM Intro to Line Dancing 11AM Mah Jongg 4:30-6PM Alzheimer's Support Group 5:30PM Card Making Class w/Viki Bell- Stampin Up RSVP	21 ALL DAY GAMES 9:15AM Line Dancing 10:30AM Senior Movement (EARLY ELECTIONS FROM JAN 21- JAN 27)	15 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM Mah Jongg 11AM JEWELRY CLASS W/ SHANNON RSVP	16 ALL DAY GAMES 11 AM Hand & Foot 10:30 BINGO w/Trevor w/ Walgreens Birthday Luncheon 12PM Coloring Contest Winners	17
25	26 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM 42 Dominoes 10AM Line Dancing Class 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing	27 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM Intro to Line Dancing 10AM Brush Hour w/ Sandi 11AM Mah Jongg 12:30 Hooked on Crochet w/Gloria	28 ALL DAY GAMES 9:15AM Line Dancing Class 10:30AM Senior Movement 2PM Neuropathy Doc Talk with Dr. Meyer RSVP	22 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM Mah Jongg 11AM JEWELRY CLASS W/ SHANNON RSVP	23 ALL DAY GAMES 11 AM Hand & Foot 10:30 BINGO w/ Hartley w/ Legacy Oaks of Azle	24
				29 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM MAH JONGG	30 ALL DAY GAMES 11 AM Hand & Foot 10:30 BINGO w/ Robin w/ RE Insurance & Associates	31

- 01 Patsy O, JoAnna M, Debbie B, Becky P, Chinh P
- 02 Patsy K, Daniel D, Barbara S, Bertha R, Marilyn G, Maria M, Jackie H, Susan Z
- 03 Mercedes W, Ricky M, Irene F, Larry M
- 04 Olga R, Charon K
- 05 Chii K, John W, Cynthia W, Susie S,
- 06 Lucina W, Loreta W, Rena P, Patricia S, Manuela L
- 07 Myrna B, Nona M
- 08 Richard W, Deb R
- 09 Bettye W, Eduardo H, Karen S
- 10 Jerry M, Rhonda S, Neta B, Leticia F
- 11 Diane R, Claude W, Linda T, Larry D
- 12 Douglas R, Mary B, Morela C
- 13 John C, Angela S
- 14 Ralph G, Mariza O, Jimmy H
- 15 Cheri B
- 16 Sylvia P, Pat S
- 17 John J, Theresa B, Dolores G, Shirley C, Marcelino P
- 19 Joe S, Maria G, Donna S, Richard D
- 20 Gracie V, Nada G
- 21 Patricia D
- 22 Naoma F
- 23 Kaye K, Duane F
- 24 Jack H, Peggy F, Nanci O
- 25 Argelia S, Steve B, Court B, Kate G, Carolyn C, Tiffany K, William K
- 26 Teena P, Charlyn B, Guadalupe P
- 27 Lorin S, Judith L
- 28 Yvonne H, James R, Joe C, Sarah L
- 29 Jana P, Beverly M, Rosemary R, Tammy S, Dortha D
- 31 Fulton C, Josie O, Linda P, Dorel W

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



Rick Carol Allen

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 10AM) 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
1-7-26 at 12:30PM

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 Email: seniorcenter@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

SAGINAW SENIOR CENTER

JANUARY 2026



TAXES WITH AARP

Every year the Saginaw Senior Center hosts AARP to prepare your taxes for FREE. The appointment book opens after Jan 1st and appointments are available for Tuesdays from Feb 3rd - April 14th. Our appointment book will fill up fast, so don't hesitate to schedule your date/time with our front desk. Please note, that if you have complicated or out of state taxes, this is probably not a good option for you.

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

- ✓ HOW TO TALK TO YOUR HEALTHCARE PROVIDER W/MALCOLM FROM TARRANT COUNTY PUBLIC HEALTH
- ✓ JEWELRY MAKING CLASS W/SHANNON
- ✓ NEUROPATHY DOC TALK W/ DR MEYER AND MSA INSURANCE
- ✓ CARD MAKING CLASS W/VICKI BELL
- ✓ CRAFTS W/INEZ
- ✓ TAX PREP W/ AARP
- ✓ KARAOKE W/ DARLA

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 Thurs, Jan 8th or Jan 22nd RSVP

This is a new class with a new instructor! Sign up to attend one of the classes at 11AM on either the 8th or the 22nd. 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 January 12th & January 26th 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, January 5th (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 No classes in Jan/Feb but it will be back in March (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, January 20th at 5:30PM NEW time **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, January 27th at 12:30PM**

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

January Coloring Contest Friday, January 16th (entries due on January 15th)

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, January 15th 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



Pam Diane Linda