



Thank you **The City of Saginaw** **LeeAnn**– The Lodge of Saginaw
Trevor– Saginaw Walgreens **Malcolm**– Tarrant County Public Health
Sandi– ArtsNET **Liz**– Beyond Faith Home Care **Kelly**– Legacy Oaks
Barbara– Berkshire Hathaway Realty **Heidi** – Alpine Funeral Home



& 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 **Darla**– Karaoke

2026

HAPPY
Birthday
TO YOU

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 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	2 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Brush Hour w/Sandi 10AM Line Dancing Class 11AM Mah Jongg (9:30AM SENIOR BINGO @ CHICK-fil-a)	3 ALL DAY GAMES 9:15AM Line Dancing Class 10:30AM Senior Movement 11:45AM WOW (Weighing on Wellness) Presentation by Malcolm w/ Tarrant County Public Health RSVP	4 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM Mah Jongg	5 ALL DAY GAMES 10:30 BINGO w/ Liz w/ Beyond Faith HOME CARE 12PM Wii Bowling Tournament 12PM Hand & Foot Card Game	6
7	8 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 10AM 42 Dominoes 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing RSVP	9 ALL DAY GAMES NO Exercise Class w/Donna 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi NO Line Dancing Class 11AM Mah Jongg	10 ALL DAY GAMES 12PM Line Dancing Class 10:30AM Hooked on Crochet with Gloria RSVP NO Senior Movement 1PM Jewelry Making Class w/Shannon RSVP	11 ALL DAY GAMES NO Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM Mah Jongg	12 ALL DAY GAMES 10:30 BINGO w/ Barbara w/ BERKSHIRE HATHAWAY HOMESERVICES w/ PENFED REALTY TEXAS 12PM Wii Bowling 12PM Hand & Foot Card Game	13 Saginaw Farmers Market at the Saginaw Switchyard from 8AM-12PM
14	15 ALL DAY GAMES NO Tai Chi Class w/ John 10AM Line Dancing Class 10AM 42 Dominoes 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing RSVP	16 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10AM Line Dancing Class 11AM Mah Jongg 4:30-6PM Alzheimer's Support Group 5:30PM Card Making Class w/Vicki-Stampin Up RSVP	17 ALL DAY GAMES 11AM Dementia "Live" Demo (a hands-on simulation, to help better understand the dementia journey) W/Legacy Oaks & Freedom Hospice RSVP 12PM Line Dancing Class NO Senior Movement	18 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM MAH JONGG 12PM Getting your Ducks in a Row w/Alpine Funeral Homes RSVP *Coloring sheets are due for the contest on the 18th	19 ALL DAY GAMES 10:30 Coloring Contest Winners 10:30 Father's Day w/ LeeAnn w/ THE LODGE OF SAGINAW 12PM Wii Bowling 12PM Hand & Foot Card Game	20
21 HAPPY FATHER'S DAY	22 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 10AM 42 Dominoes 11AM CRAFTS WITH INEZ 1PM Rock Steady Boxing RSVP	23 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM Brush Hour w/ Sandi 10AM Line Dancing Class 11AM Mah Jongg	24 ALL DAY GAMES 12PM Line Dancing Class 10:30AM Hooked on Crochet with Gloria RSVP NO Senior Movement 1PM Jewelry Making Class w/Shannon RSVP	25 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM CANASTA 11AM BEGINNERS Mah Jongg 11AM Mah Jongg	26 ALL DAY GAMES 10:30 BINGO w/ Trevor w/ Walgreens 12PM Wii Bowling 12PM Hand & Foot Card Game	27 Saginaw Farmers Market at the Saginaw Switchyard from 8AM-12PM
28	29 ALL DAY GAMES 9AM Tai Chi Class w/John 10AM Line Dancing Class 10AM 42 Dominoes 1PM Rock Steady Boxing	30 ALL DAY GAMES 9AM Exercise Class w/ Donna 10AM Scrabble for Seniors 10AM Line Dancing Class 10AM Brush Hour w/ Sandi 11AM Mah Jongg	1 JULY ALL DAY GAMES NO Line Dancing Class NO Senior Movement	2 NO Exercise Class 4th OF JULY SHINDIG RSVP by June 19th to attend. Door Prizes, Reds BBQ bag lunch & more! With your RSVP/ticket stop by anytime from 11AM-12:30PM for your bagged lunch!	3 Sorry we're CLOSED	4 250th 4th JULY

- 01 Daniel G, Larysa G, Kenneth H, Pushpa M
02 Jenny M, Bobby G
03 Marylee T, Randall L, Dan C, Jessie B, Kelly C, Kyungsun P
04 Julie F, Mark E
05 Neva C, Eleanor T, David C, Stephen W, Ken M
06 Louise P, Betty R, Janice C, Marta S, Kevin T
07 Jerry H, Joyce S, Frances R
08 Judith O, Mary B, Francisco L
09 Margarita R, Gloria A, Ruben D, Darlene M
10 Thurman J, Teresa A, Katrina C, Cynthia J, Margarita M
11 Santos C
12 Rachel S, Bethany H, Eva S, Gregory G, Lisa G
13 Tony M, Mirma G, Louis M, Manuel V
14 Theresa H, Marsha A, Debbi W, Evelyn J
15 Gloria G, Norma G, Tena P
17 Patricia R, Patricia J, Jeffrey B
18 Evan C, Larry W, Sandra H, Daniel K, Constance H, Charlotte S
19 Pamula S, Elaine A
20 Rachel G, Frances J, Mary W, Milton H, Shelley A, Cheri O
21 Christine M, Debra G, Maria E, Jacqueline S
22 Donna S, Junann S, Donna B
23 Gloria M, Bruce S
24 Mary S, Beatrice M
25 Denise R, Karen S, Judy, Sandra D, Pam Z
26 Ann M, Flora E, Linda H, Valerie P, Debbie W
27 Gary S, Roger S
28 Dolores W, Oralia M, Rhonda W, Lynda R
29 Renee H
31 MaryAnn M, Carol P

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

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 CHARLOTTE 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 & the City of Saginaw.

MEMBERS- SIGN UP AT THE FRONT DESK FOR THE 4TH OF JULY SHINDIG ON JULY 2ND ----> BY JUNE 19TH. PLEASE DO NOT SIGN UP UNTIL YOU KNOW YOU CAN ATTEND, AS WE ORDER FOOD BASED ON RSVPS.

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
JUNE 2026



BIG ANNOUNCEMENT-

WE HEARD YOU, AND WE ARE CHANGING OUR OPEN HOURS TO **MONDAY-FRIDAY 8:30AM- 3:30PM**

MEMBERS 4TH OF JULY SHINDIG STOP BY THE FRONT DESK BY 6/19 TO RSVP & PICK UP YOUR TICKET

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

SEMINARS

- ✓ WOW (WEIGHING ON WELLNESS) PRESENTATION BY MALCOM W/TARRANT COUNTY PUBLIC HEALTH
- ✓ DEMENTIA "LIVE" DEMONSTRATION WITH LEGACY OAKS AND FREEDOM HOSPICE
- ✓ GETTING YOUR DUCKS IN A ROW PRESENTATION WITH ALPINE FUNERAL HOME

CLASSES & PROGRAMS

- ✓ JEWELRY MAKING CLASS W/SHANNON
- ✓ HOOKED ON CROCHET W/GLORIA
- ✓ CARD MAKING CLASS W/VICKI BELL
- ✓ CRAFTS W/INEZ



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, June 10th or June 24th RSVP

This is a new class with a new instructor! Sign up to attend one of the classes at 1PM on either the 10th or the 24th. 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 June 8th, June 15th, June 22nd RSVP

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

Sew What with Inez (advanced class) Monday, June 1st

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) No class is scheduled for June

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, June 16th 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, June 10th & June 24th at 10:30AM RSVP

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

June Coloring Contest Friday, June 19th (entries due on June 18th)

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Thursday, June 18th 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



JOLENE PAM NADA