

# SAGINAW SENIOR CENTER

**JULY 2025**



## UPCOMING EVENTS

### **HEART HEALTH W/ TARRANT COUNTY PUBLIC HEALTH Thursday, July 17<sup>th</sup> at 10:30AM RSVP**

Malcom from Tarrant County Public Health will be here for an informative presentation on Heart and Vascular Health. The presentation will be approximately 1 hour in length.

### **BALANCE PRESENTATION W/FYZICAL Friday, July 11<sup>th</sup> at 12PM RSVP**

Fyzical Therapy and Balance Center will be here for a presentation on balance including helpful tips to help prevent falls.

### **BUILDING YOUR EMERGENCY KIT WITH CERT Thursday, July 31<sup>st</sup> at 10:30AM RSVP**

John Gantt, the President of the Northwest Tarrant Community Emergency Response Team will be here to help us learn about how to assemble an emergency kit for your home.

## 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 July 14<sup>th</sup> & July 28<sup>th</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.

### **Sew What with Inez Monday, July 7<sup>th</sup> (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, July 21<sup>st</sup> (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, July 10<sup>th</sup> & 24<sup>th</sup> 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, July 24<sup>th</sup> 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.

### **JULY Coloring Contest Wednesday, July 23<sup>rd</sup> (entries due on July 22<sup>nd</sup>)**

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by Tuesday, June 24th 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



**Inez Diane Linda**

## 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 9:05AM • Fridays w/Jason at 9:05AM

**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 9:05AM • Thursdays at 9:05AM

**Senior Movement with Donna** A vigorous, high intensity exercise program with weights, band and balls. Wednesdays at 10:30AM

### Wii BOWLING TOURNAMENT



Annie Cindie Rick

**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, July 25<sup>th</sup> 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.

### CITY OF SAGINAW COMMUNITY EVENTS



7-12-25

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

7-15-25

**ALZHEIMER'S & DEMENTIA  
SUPPORT GROUP AT 4:30PM**  
at the Saginaw Senior Center

7-26-25

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

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

**Saginaw Senior Center** 633 West McLeroy Blvd Saginaw, TX 76179

Call: (817) 230-0459 Email: [Ksinclair@saginawtx.org](mailto:Ksinclair@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**



# July

# 2025

Happy Birthday

| SUN                                                                                                                                                                                                                                                                                                                           | MON                                                                                                                                                                                                                     | TUES                                                                                                                                                                                                               | WED                                                                                                                                                                                                                                  | THURS                                                                                                                                                                                                                                                | FRI                                                               | SAT        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|------------|
| <br><b>The City of Saginaw</b><br>LeeAnn- <b>The Lodge of Saginaw</b><br>Jennifer- <b>Bristol Park Eagle Mt</b><br>Trevor- <b>Saginaw Walgreens</b><br>Rory- <b>Fyzical</b> Sandi- <b>ArtsNET</b> John- <b>CERT</b><br>Malcolm- <b>Tarrant County Public Health</b><br>Robin- <b>RL Insurance</b> Hartley- <b>Legacy Oaks</b> | <b>1</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Exercise Class w/ Donna</b><br><b>10AM Scrabble for Seniors</b><br><b>10AM Brush Hour w/ Sandi</b><br>11:30AM Mah Jongg<br>(9:30AM Senior Bingo at Chick-fil-a)           | <b>2</b><br><br><b>Party starts at Noon</b><br><b>Party</b>                                                                                                                                                        | <b>3</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Exercise Class w/Donna</b><br>10AM Scrabble for Seniors<br><b>10AM CANASTA</b>                                                                                                         | <b>4</b><br><b>4th JULY</b>                                                                                                                                                                                                                          | <b>5</b>                                                          | <b>6</b>   |
| <b>7</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Tai Chi Class w/ John</b><br>10AM Line Dancing Class<br>10AM-1PM 42 Dominoes<br><b>11AM SEW WHAT W/ INEZ</b><br><b>1PM Rock Steady Boxing</b>                                                                                                                                   | <b>8</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Exercise Class w/ Donna</b><br><b>10AM Scrabble for Seniors</b><br><b>10AM Brush Hour w/ Sandi</b><br>11:30AM Mah Jongg                                                   | <b>9</b><br><b>NO Line Dancing Class</b><br><b>10:30 Senior Movement</b><br>12PM <b>BINGO</b> with Jennifer<br>w/<br><b>1:45M Wii Bowling Tournament</b>                                                           | <b>10</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Exercise Class w/Donna</b><br>10AM Scrabble for Seniors<br><b>10AM CANASTA</b><br><b>11AM Jewelry Making Class</b>                                                                    | <b>11</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Tai Chi Class</b><br>9AM Mah Jongg<br><b>NO Line Dancing Class</b><br><b>12PM Balance Presentation by Fyzical</b> <b>RSVP</b>                                                                         | <b>12</b><br>10AM-12PM<br>FARMERS MARKET @ SAGINAW SWITCHYARD<br> | <b>13</b>  |
| <b>14</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Tai Chi Class w/John</b><br><b>11AM CRAFTS W/ INEZ</b> <b>RSVP</b><br>10AM Line Dancing Class<br>10AM-1PM 42 Dominoes<br><b>1PM Rock Steady Boxing</b>                                                                                                                         | <b>15</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Exercise Class w/ Donna</b><br><b>10AM Scrabble for Seniors</b><br><b>10AM Brush Hour w/ Sandi</b><br>11:30AM Mah Jongg<br><b>4:30-6PM Alzheimer's Support Group</b><br> | <b>16</b><br><b>HAPPY BIRTHDAY</b><br><b>9:15 Line Dancing Class</b><br><b>10:30 Senior Movement</b><br>12PM <b>BINGO</b> with Trevor<br>w/ <i>Walgreens</i><br><b>1:30PM BIRTHDAY LUNCHEON</b><br>2PM Wii Bowling | <b>17</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Exercise Class w/Donna</b><br>10AM Scrabble for Seniors<br><b>10AM CANASTA</b><br><b>10:30AM Heart Health Presentation by Tarrant County</b> <b>RSVP</b>                              | <b>18</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Tai Chi Class w/Jason</b><br>9AM Mah Jongg<br><b>10AM Line Dancing Class</b>                                                                                                                          | <b>19</b>                                                         | <b>20</b>  |
| <b>21</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Tai Chi Class w/ John</b><br>10AM Line Dancing Class<br>10AM-1PM 42 Dominoes<br><b>11AM SEW SIMPLE W/ DARLENE</b><br><b>1PM Rock Steady Boxing</b>                                                                                                                             | <b>22</b><br><b>ALL DAY GAMES</b><br><b>NO Exercise Class w/ Donna</b><br><b>10AM Scrabble for Seniors</b><br><b>10AM Brush Hour w/ Sandi</b><br>11:30AM Mah Jongg<br><b>COLORING CONTEST ENTRIES DUE</b>               | <b>23</b><br><b>9:15 Line Dancing Class</b><br><b>NO Senior Movement</b><br><b>12PM Coloring Contest Winners</b><br>12PM <b>BINGO</b> with Hartley w/<br>1:45PM Wii Bowling                                        | <b>24</b> <b>ALL DAY GAMES</b><br><b>NO Exercise Clas w/Donna</b><br>10AM Scrabble for Seniors<br><b>11AM Jewelry Making Class</b><br><b>10AM CANASTA</b><br><b>6PM Card Making Class with Vicki Bell- Stampin Up</b> <b>RSVP</b>    | <b>25</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Tai Chi Class w/Jason</b><br>9AM Mah Jongg<br><b>10AM Line Dancing Class</b><br><b>12PM Karaoke w/Friends</b> <b>RSVP</b>                                                                             | <b>26</b><br>10AM-12PM<br>FARMERS MARKET @ SAGINAW SWITCHYARD<br> | <b>27</b>  |
| <b>28</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Tai Chi Class w/John</b><br><b>11AM CRAFTS W/ INEZ</b> <b>RSVP</b><br>10AM Line Dancing Class<br>10AM-1PM 42 Dominoes<br><b>1PM Rock Steady Boxing</b>                                                                                                                         | <b>29</b><br><b>ALL DAY GAMES</b><br><b>NO Exercise Class w/ Donna</b><br><b>10AM Scrabble for Seniors</b><br><b>10AM Brush Hour w/ Sandi</b><br>11:30AM Mah Jongg                                                      | <b>30</b><br><b>9:15 Line Dancing Class</b><br><b>NO Senior Movement</b><br>12PM <b>BINGO</b> with Robin w/<br>1:45PM Wii Bowling                                                                                  | <b>31</b><br><b>ALL DAY GAMES</b><br><b>9:05AM Exercise Class w/Donna</b><br>10AM Scrabble for Seniors<br><b>10AM CANASTA</b><br><b>10:30AM Building Your Emergency Kit with CERT</b> <b>RSVP</b><br>(Community Emerg Response Team) | <br><b>Inez- Crafts &amp; Sewing</b><br><b>Sandi- Watercolor Painting</b><br><b>Darlene- Sewing</b><br><b>Donna- Exercise</b><br><b>Jason &amp; John- Tai Chi</b><br><b>James- Boxing</b><br><b>Peggy- Line Dancing</b><br><b>Vicki- Card Making</b> |                                                                   | <b>7/1</b> |

- 7/1** Julia G  
Annie G  
George L  
Janice K
- 7/3** Maritza R
- 7/4** Monica K
- 7/5** Tina F  
Herath A  
William C
- 7/6** Cathy T  
Glenna H  
Deborah P
- 7/8** Mary J
- 7/9** Joan D  
John O  
Patricia B  
Sara P  
Bob V  
Danny F
- 7/10** Wanda K  
Ana R  
Deborah D
- 7/11** Chun Si M
- 7/12** Bonnie S  
Edwina R
- 7/13** Pam P
- 7/14** Curtis B
- 7/16** Kaye M  
Darla H  
Carmen S
- 7/17** Kathy R  
Linda C  
Terry C
- 7/18** Yvonne C  
Janet F  
Bonnie R
- 7/19** Steven L  
Don F
- 7/20** Kunnie B  
Mike R
- 7/21** Joan D  
Mario S  
Barbara P  
Cheryl E
- 7/22** Mary A  
Bill H
- 7/24** Dick C
- 7/26** Terry S  
Ana T  
Beatrice G
- 7/27** Sharon H  
Danny H
- 7/28** Lucy R  
Jane L  
Richard N  
Betsy B
- 7/29** Alberta B  
Alison R
- 7/31** Jill L  
Susan T  
Paul S