

PLEASE DO NOT RESPOND TO THIS EMAIL-FOR INFORMATIONAL PURPOSES
ONLY

Greetings, Pinnacle Patrons! Please see the calendar attachment and important Information for May 2024.

The Senior Recreational Center is open Monday – Friday from 7:30am until 4:30pm

The Aquatic Center is **NOW** open Monday – Friday from 7:30am until 4:00pm

Wylesha will hold her Techie Tuesday on the First Tuesday this month May 7th at 10am. See attached flyer.

Introducing, Writing Workship with Curtis R. Williams on the 1st and 3rd Tuesdays of each month from 10:00-11:00am Dental Room#109 and Library. A holistic approach to writing which emphasizes the natural gifts and unique voice already present in you. You will explore alternatives while recognizing that writing is most authentic when you, the writer, remain in control.

Gifted with Style Mother's Day Dress Sale. May 3rd from 8:00-1:00pm Dental Office #106.

This month, Texas Southern University Center on the Family Aging and Intergenerational Resources and Mrs. Laticea Sheared will facilitate another evidence-based program called "Chronic Disease Self-Management." During this 6-week program our patrons will learn how to gauge their pain, create action plans, develop healthy eating habits, communication styles and exercise. Classes will be held on Tuesday and Friday beginning May 7th from 10:00-11:00am in Dental Room #109.

Oak St. Health will pass out bottles of water and a snack in the recreation center on May 3rd at 12pm, May 10th at 10am, May 13th at 10am, and May 22nd at 12pm in the Recreation Center.

Calling all Veterans! Come join us at the Pinnacle for a special event hosted by Girling Personal Care on May 1st beginning at 10am. Find out how you can receive support with at-home caregiver services at no cost to you.

Sew'l Sister's projects for the month of May will be "Snap Bags" on May 3rd and "Zipper Bags" on May 17th will be led by Juanita. Jewelry making and repair with Crystal and Bessie will be held on May 10th and May 24th. The show and tell will be on May 31st. Come out and join the fun.

Join Constable Daryl L. Smith Sr. & his staff for Bingo on May 17th at 11am. There are always great prizes, snacks & fun!

Karina will hold her Medicare Workshop on Tuesday, May 15th at 10am. Karina will begin with 2024 changes and updates to her regular Medicare workshop for those who will turn 65 in 2024. Karina can meet w/you individually by request following the class.

The Pinnacle Aquatic Fitness Center has new hours of operation Monday – Friday from 7:30am until 4:00pm. Free Swim begins at 9:05am and ends at 10:30am. We will continue opening the pool at 7:45 am for “Lap Swimmers” before the Free Swim scheduled time. This will allow space and time for lap swimmers. Tyler will conduct Aqua Aerobics on Tuesdays, Wednesdays and Thursdays at 11am. Tyler has added additional classes on Tuesday and Thursday beginning at 2pm. This is a popular class, and you want to get there early for your spot.

Sandra Patterson will conduct The Aqua Zumba class each Monday and Friday at 11am and she introduces Aqua Balance on Wednesdays beginning at 12:15pm. You do not have to know how to swim to enjoy the classes at the Aquatic Center. Swimming instruction has been suspended temporarily. Please see Tyler for additional information. Tyler for more information. Swimming is FUN, it is FREE! It is a VIBE! [See the aquatic center calendar.](#)

Oak St. Health will pass out bottles of water and a snack on May 7th at 9am and, May 23rd at 10am in the Aquatic Center.

To speed your registration time for the pool, please view the orientation video prior to coming to the center. See link: <https://www.youtube.com/watch?v=0jFMRvsLd7A>

Every Thursday at 10am the Fort Bend County Library offers different classes in the Internet Café. May 2nd Tech: eBooks at FBCL, May 9th Craft: Embroidered Flower Bookmarks, May 16th Board Games, May 23rd Access Demand and Streaming Video and April 30th Tech: eFaxing The MIX Book Club will be discussing Lessons in Chemistry by Bonnie Garmus on May 6th beginning at 10am.

Bringing up the rear end of each month is the birthday celebration. Join Constable Smith or Captain Garrett for the May 29th birthday celebration at 10:45am in the multi-Purpose; after you join Faye’s Keep Moving Line Dance group for the birthday line dance! Oh yeah, there is ice cream and cupcakes as well. The cupcakes and ice cream for April were sponsored by Oak St. Health. If you sign up for a birthday certificate, PLEASE attend the presentation and enjoy the birthday treats on the last Wednesday of each month. If you have not received your birthday certificate, please let Angie know. She will have them for you at the front desk.

Key Dates & Activities briefly

May 1st – 10am Girling Presents “Veterans Support Services” [See attached flyer.](#)

May 3rd – 12pm Oak St. visits Fellas, Let’s get Fit.

May 3rd – Sew’l Sister’s Snap & Zipper Bags. [See attached flyer.](#)

May 3rd – 8am Gifted w/Style Mother’s Day Dress Sale. [See attached flyer.](#)

May 7th – 10am TSU Chronic Disease Self-Management Program. [See attached flyer.](#)

May 7th – 10am-Techie Tuesday w/Wylesha [See attached flyer.](#)

May 7th – 10am-Writing Workshop w/Curtis. [See attached flyer.](#)

May 10th – 10am Oak St. visits Chair Fit

May 10th – 9am Sew’l Sisters Jewelry making/repair. [See attached flyer.](#)

May 13th – 10am- Oak St. visits Line Dance w/Sheila

May 17th – 11am Bingo w/Constable Daryl Smith, Sr. [See attached flyer.](#)

May 17th – 9am- Sew’l Sisters Snap and Zipper Bag. [See attached flyer.](#)

May 21st – 10am Medical Health Insurance w/ Karina. [See attached flyer.](#)

May 21st - 10am-Writing Workshop w/Curtis. [See attached flyer.](#)

May 22nd – Oak St. visits Fellas Let’s Get Fit. [See attached flyer.](#)

May 24th – 9am Sew’l Sisters Jewelry making/repair. [See attached flyer.](#)

May 27th – Fort Bend Closed in Observance of Memorial Day.

May 29th – 10:45am May Birthday Celebration. [See attached flyer.](#)

May 31st – 9am Sew’l Sisters Show and Tell all participants. [See attached flyer.](#)

We started posting a flyer with the names of our patrons who are celebrating birthdays for the previous month. If you want to celebrate, you must sign the sheet in the lobby. Happy April Birthdays! [See attached flyer.](#)

We wish all our April patrons a very happy birthday!



If you cannot make it back in person for the fitness classes, all our videos will still be available for you. We have moved all videos to the YouTube Channel for the Pinnacle Senior Center. See link:

https://www.youtube.com/channel/UCPno2M6VIPsqDBe5llMbJZg?view_as=subscriber

‡ Community Corner ‡

Funds for Veteran’s Assistance -Are you a veteran living in Fort Bend County? Fort Bend Social Services may be able to assist you with the following: Rent-Utility Bills-Case

Management Services-Auto Gas-Daycare Expenses **See attached flyer for more information.**

✦ **Fitness Class Update** ✦

ATTENTION-Wake Up & Walk w/video will now be held in the Yoga room in the Aquatic Center.

Due to the increased popularity of Chair Fit, Coach Mac has added classes on Tuesday and Friday beginning at 10am. Please remember our instructors have limited the number of participants to 45 in each class. This will allow for proper spacing, movement and most importantly your safety during the exercise session. Our instructors are working to diligently to provide additional time slots for those popular classes as soon as they possibly can.

IMPORTANT NOTICE We would also like to encourage you to arrive 5 to 10 minutes early to any fitness class that you would like to participate in so that there is no disruption to that class. Effective this month, there will be no admittance to any fitness class after either the music begins playing or the instructor begins instructing the class. Your cooperation and consideration are greatly appreciated, and we hope that you continue to have an enjoyable experience at the Pinnacle.

Changing lives, one class at a time...

Always working within our power, potential, passion and purpose! The Pinnacle Power Team (Gwendolyn, Angie, Keith, Tyler, Shanna & Dennis)

Gwendolyn Tealer

Facilities & Programs Manager

Pinnacle Senior & Aquatic Fitness Centers

Fort Bend County Parks Department

832-471-2762 (Office)

832-344-7810 (Cellular)

Email: Gwendolyn.Tealer2@fortbendcountytexas.gov

