

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

Greetings, Pinnacle Patrons! Please see the calendar attachment and important Information for June 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 June 4th at 10am. See attached flyer.

The “Writing Workshop” with Curtis R. Williams will continue the 1st and 3rd Tuesdays of each month from 10:00-11:00am Dental Room#109 and Library. Patrons will learn 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.

Texas Southern University Center on Family Aging and Intergenerational Resources and will continue during the month of June. Let’s welcome Ms. Susan Davis who will now facilitate the evidence-based program “Chronic Disease Self-Management.” During the remainder of the program our patrons will continue to 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 from 10:00-11:00am in the library.

Oak St. Health will pass out bottles of water and a snack in the recreation center on June 3rd at 12pm, June 11th at 10am, June 20th at 11am, and June 28th at 8am outside of the auditorium.

Calling all Veterans! Come join us at the Pinnacle for another special event hosted by Girling Personal Care on June 26th 9am-1pm. Find out how you can receive support with at-home caregiver services at no cost to you and by appointment only. Please see Angie to sign up for this wonderful event.

Sew’l Sister’s projects for the month of June will be “T-shirt Designs and Bucket Hats.”

Join Constable Daryl L. Smith Sr. & his staff for Bingo on June 21st at 11am. There are always great prizes, snacks & fun!

Karina will hold her Medicare Workshop on Tuesday, June 18th 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 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 is now limited to the first 45 participants to sign up. You want to get there early for your spot. Swimming lessons will resume this month and are available Monday through Thursday 9:10-10:45am in the designated area. Welcome back Mr. Booker!

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. Please see Tyler for additional 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 June 13th at 10am and, June 25th at 9am 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. June 6th Brain Teasers, Riddles, and Puzzles, June 13th Tech: Computers 101, June 20th Tech: Savvy Online Shopping, and June 27th Craft: Popsicle Stick Lanterns. This month, the Mix Book Club will be discussing “The One Hundred Years of Lenni and Margot by Marianne Cronin.

Come out and join us for our 1st Sip, Paint, Socialize event on June 10th at 11am-1pm. Relax and have fun painting with a great group of people. There are only 12 seats available so please RSVP with Angie.

Bringing up the rear end of each month is the birthday celebration. Join Constable Smith or Lieutenant Garrett for the June 26th 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 May 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

June 3rd – 11am- Oak Street Health visits Chair Fit

June 4th – 10am-Techie Tuesday w/Wylesha [See attached flyer.](#)

June 10th – 11am-Paint Sip Socialize [See attached flyer.](#)

June 11th– 10am – Oak Street Health visits MixxedFit w/AnJonee [MPR](#)

June 14th – 1pm- Houston Food Bank Senior Box Distribution **See attached flyer.**

June 18th - 10am- Medical Health Insurance w/Karina **See attached flyer.**

June 20th – 11am -Oak Street Health visits Chair Fit

June 21st – 11am- Bingo- w/Constable Daryl L. Smith, Sr. **See attached flyer.**

June 26th- 9am-Veterans Caregiver Support present by Girling Personal Care **See attached flyer.**

June 26th–10:45am May Birthday Celebration w/ Constable Daryl L. Smith, Sr. **See attached flyer.**

June 28th – 9am- Oak Street Health visits Wake Up & Walk w/Shanna.

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 Birthday! **See attached flyer.**

We wish all our May 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

