

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

Greetings, Pinnacle Patrons! Please see the calendar attachment and important Information for July 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 class on July 2nd at 10am.

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 will continue with the final four sessions on “Managing Diabetes” in July. Ms. Susan Davis will facilitate this wonderful evidence-based program on July 9th, July 12th, July 16th, and finally July 19th. Seniors’ 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 July 1st at 9am, July 11th at 10am, July 12th at 12pm, and July 17th at 11am outside of the auditorium.

Sew’l Sister’s will continue with “T-shirt Designs and Bucket Hats” as the project for the month of July and includes “Jeweled Night Lights.”

Join Constable Daryl L. Smith Sr. & his staff for Bingo on July 19th at 11am. There are always great prizes, snacks & fun! There will be a 25-capacity limit enforced by the Constable’s Office so please arrive early. You can have a seat in the library, or you can sit in the hallway where additional seating is available. Please do not enter the multi-Purpose Room while classes are in session to access a seat. Your continued cooperation is greatly appreciated.

Karina will hold her Medicare Workshop on Tuesday, July 16th at 10am. The topic of the month will feature information on Medicare Part A. You can schedule an individual session after class. See Karina for more information.

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 are available Monday through Thursday 9:10-10:45am with Mr. Booker and Monday, Wednesday, and Friday 2:00pm-3:45pm with Tyler.

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. Sandi will be off and unable to facilitate classes on July 3rd, July 15th, July 17th, and July 19th, exercise videos will be available during her absence. will 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 July 26th at 10am and, July 29th 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. July 11th the topic will be “Streaming Services.” You will learn information about the various streaming services, how to find and download them and what they offer. July 18th the topic will be “Genealogy” You will be introduced to some of the free online resources that are available to the genealogical researcher. There will also be a demonstration of databases such as FamilySearch.org, Find-a-Grave, HeritageQuest, Chronicling America, among others. Staff will provide tips and strategies for more efficiency. Lastly, July 25th the topic will be “Vacation Planning on a Budget.” You will learn about cheap destinations to travel to and fun things to do for a little money and ways to save on travel and hotels. This month, the Mix Book Club will meet on July 1st and will be discussing “The Night She Disappeared” by Lisa Jewell.

Back by popular demand the “Paint Sip Socialize” event will be held at the Pinnacle July 22nd at 10am-12pm. Relax and have fun painting with a great group of people. There will be drinks, snacks, prizes, and lots of fun. 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 on July 31st for the birthday celebration at 10:45am in the multi-Purpose; after you can 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 June were sponsored by Oak St. Health and we thank you for your continued support and donations here at the Pinnacle. If you sign up for a birthday certificate, PLEASE attend the presentation and enjoy the birthday treats on the last Wednesday of the 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:

July 1st - 9:00am-10:00am – Oak Street visits Fitness w/Shanna

July 2nd - 10:00-11:00am - Techie Tuesday w/Wyleshia **See attached flyer.**

July 2nd – 10:00am-12:pm - Writing Workshop w/Curtis Tuesday **See attached flyer.**

July 9th – 10:00am-11:00am – TSU “Managing Diabetes” **See attached flyer.**

July 10th - 10:00am-11:00am – Bountiful Harvest “Credit Card & Loan Installment” Debt Seminar **See attached flyer.**

July 11th– 10:00-11:00am Oak Street Health visits MixxedFit w/AnJonee **MPR**

July 12th – 10:00am-11:00am – TSU “Managing Diabetes” **See attached flyer.**

July 12th - 12:00pm-1:00pm - Oak Street Health visits Fellas Let’s Get Fit.

July 16th – 10:00am-11:00am – TSU “Managing Diabetes” **See attached flyer.**

July 16th - 10:00am-12:pm - Writing Workshop w/Curtis Tuesday **See attached flyer.**

July 16th – 10:00am-11:00am – Medicare Part A w/Karina **See attached flyer.**

July 17th– 11:00am-12:00pm - Oak Street Health visits Chair Fit w/Coach Mac

July 19th – 11:00am-12:00pm – Bingo w/Constable Daryl L. Smith, Sr.

July 19th - 10:00am-11:00am – TSU “Managing Diabetes” **See attached flyer.**

July 31st – 10:45am-11:10am – June Birthday Celebrations w/ Constable Daryl L. Smith, Sr.

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 June seniors 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

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