

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

Greetings, Pinnacle Patrons! Please see the calendar attachment and important Information for March 2025.

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

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

Please welcome back Ms. Valerie Lee-McHargh to the Pinnacle! Ms. Valerie will be leading Zumba class every Tuesday 10am-11am in the auditorium.



*****NEW UPDATE***** Please follow on Facebook “The Pinnacle Senior Center of Fort Bend County.”

Come join us for Techie Tuesday March 4th beginning at 10am in the Multipurpose room. Please bring your preferred devices.

Oak Street Health will pass out bottles of water and a snack in the main building on the following dates in the main building: **March 7th 12noon, March 13th 11am, and March 19th 9am.**

Do you enjoy art? Please help me welcome **ARTreach** and their artists to the Pinnacle. “Aging with Creativity” workshops by ARTreach are designed to provide quality life-enriching programs that help seniors engage with their community, reconnect to their creative spirit, and remain independent and healthy. We will have workshops **March 17th & March 24th at 10am** in the Multipurpose Room. Come join the fun and remember, art promotes wellness and serves as a tool for stress reduction, emotional health, and overall well-being. Please RSVP with Angie.

Calling all Veterans and Surviving Spouses – Girling Personal Care will host another information session **March 3rd 9AM-10:30AM** in the Multipurpose room. Come find out on how they can support you with at-home caregiver services at no cost to you. Please RSVP with Angie, and please bring a copy of your DD214. (see attached flyer)

Karina w/ Area Agency on Aging will be partnering with Misty Sullivan who is facilitating the Aging Mastery Program on **March 5th at 10:30AM** in the Multipurpose Room. The topic of focus will be Advanced Directives.

Houston-Galveston Agency on Aging will continue the Aging Mastery Program on **March 5th, March 12th, and March 19th from 10:30AM-12:00PM** in the Multipurpose Room. There will be a makeup class **March 11th from 9-10:30AM** in the Multipurpose Room. This fun, innovative program empowers you to take key steps to strengthen ties to your community and meet new friends. Let's take the Aging Mastery journey together! (see attached flyer)

Lone Star Legal Aid will host a free legal presentation Monday, **March 10th 9-11:00AM** in the Multipurpose Room. This free presentation will provide legal information about the need for estate planning documents such as a Will, Statutory Durable Power of Attorney, HIPA, Physician's Directive (Living Will), Declaration of Guardianship and Disposition of Remains. *****Lone Star Legal Aid will be accepting applications for free legal services.*****

Constable Daryl L. Smith presents **BINGO PARTY!** Friday, **March 21st, 11-12:00PM** in the Multipurpose Room. This event is limited to 25 seats. **Please see Angie to sign up.**

Bringing up the rear end of each month is the birthday celebration. Join Constable Smith or Captain Garrett **March 26th** for the **BIRTHDAY CELEBRATION** at **10:45AM** in the multi-Purpose; afterwards 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 are sponsored by Oak Street Health, and we thank you for your continued support and donations of the Pinnacle. If you sign up for a birthday certificate, **PLEASE** attend the presentation and enjoy the birthday treats. If you have not received your birthday certificate from January, please let Angie know. She will have them for you at the front desk. We wish all our January seniors a very Happy Birthday!

AQUATIC CENTER

To participate in aquatic activities, you must register and sign a waiver of liability form and attend/view pool orientation and safety video.

*****NEW UPDATES*****

Aqua Balance w/Sandi has been discontinued.
There will be NO swim lessons in March

Oak Street Health will pass out snacks at the Aquatic Center March 10th at 10AM and March 25th at 10AM.

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

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

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