

MARCH 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

Fort Bend County Parks & Recreations



Pinnacle Senior Center

5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)
 General Business Days & Hours: Monday-Fridays (7:30-4:30 PM)
 (Weight Room Hours- (7:30-4:15 PM) & (Aquatics hours (7:30-4:00 PM))

March Fitness Calendar Schedule

Please make sure you sign in at the front desk daily!

To Participate in The Pinnacle Programs & Activities everyone must complete a Registration Form and Sign a Release of Liability Waiver.

For Communication Updates please ask about the monthly {Email-Blast and Remind101} Text Messaging Reminder Registry

(AUD)-Auditorium/Exercise Gym & (YR)-Yoga Room Located in Aquatics Area

Time	Monday-3	Tuesday-4	Wednesday-5	Thursday-6	Friday-7
800-900 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM
	Step/w Shanna YR		Step/w Shanna YR		
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Inter-Line-Dance/w Sheila	Zumba w/ Valerie 10-11 AM	Beg-Line-Dance/w Faye		Pilates/w Shanna
1100-1200 PM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
1200-100 PM	Men-Fit/w Mac		Men-Fit/w Mac		Men-Fit/w Mac
1230-130 PM	Step/w Shanna YR	Yoga/w Shanna	Step/w Shanna YR	Yoga/w Shanna	
300-400 PM	Line-Dance/w Sheila				
Time	Mon-10	Tues-11	Wed-12	Thurs-13	Fri-14
800-900 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM
	Step/w Shanna YR		Step/w Shanna YR		
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Inter-Line-Dance/w Sheila	No Zumba w/ Valerie	Beg Line-Dance/w Faye		Pilates/w Shanna
1100-1200 PM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
1200-100 PM	Men-Fit/w Mac		Men-Fit/w Mac		Men-Fit/w Mac
1230-130 PM	Step/w Shanna YR	Yoga/w Shanna	Step/w Shanna YR	Yoga/w Shanna	
300-400 PM	Line-Dance/w Sheila				
Time	Mon-17	Tues-18	Wed-19	Thurs-20	Fri-21
800-900 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM
	Step/w Shanna YR		Step/w Shanna YR		
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Inter-Line-Dance/w Sheila	Zumba w/ Valerie 10-11 AM	Beg-Line-Dance/w Faye		Pilates/w Shanna
1100-1200 PM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
1200-100 PM	Men-Fit/w Mac		Men-Fit/w Mac		Men-Fit/w Mac
1230-130 PM	Step/w Shanna YR	Yoga/w Shanna	Step/w Shanna YR	Yoga/w Shanna	
300-400 PM	Line-Dance/w Sheila				
Time	Mon-24	Tues-25	Wed-26	Thurs-27	Fri-28
800-900 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM
	Step/w Shanna YR		Step/w Shanna YR		
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Inter-Line-Dance/w Sheila	Zumba w/ Valerie 10-11 AM	Beg-Line-Dance/w Faye		Pilates/w Shanna
1100-1200 PM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
1200-100 PM	Men-Fit/w Mac		Men-Fit/w Mac		Men-Fit/w Mac
1230-130 PM	Step/w Shanna YR	Yoga/w Shanna	Step/w Shanna YR	Yoga/w Shanna	
300-400 PM	Line-Dance/w Sheila				
Time	Monday March 31				
800-900 AM	Walk-Video-CM	950-1100 AM	Inter-Line-Dance/w Sheila	1230-130 PM	Cancel Step/w Shanna
	Step/w Shanna YR	1100-1200 PM	Move-Fit/w Mac	300-400 PM	Line-Dance/w Sheila
900-945 AM	Fitness/w Shanna	1200-100 PM	Men-Fit/w Mac		
Line Dance Instructors Mrs. Sheila & Mrs. Faye		Chair/Move/Men Fit Instructor/Coach Dennis "Mac" McCalpin # 832-471-2763		Step Strength/Yoga/Pilates Instructor Ms. Shanna Etemadi # 832-471-2764	

MARCH 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				


Fort Bend County Parks & Recreations





Pinnacle Senior Center
 5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)
 General Business Days & Hours: Monday-Fridays (7:30-4:30 PM)
 (Weight Room Hours- (7:30-4:15 PM) & (Aquatics hours (7:30-4:00 PM))

Aquatics Calendar Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
To participate in "Aquatic" activities you must register sign a waiver of liability You must also attend/view a pool orientation video on safety and guidelines		IMPORTANT You must shower before entering the pool. You must wear appropriate swimwear/water shoes. NO bandages or open sores/wounds		IMPORTANT No Free-Swimming during Lap Swimming Period	There will be no Swim lessons this month <div style="border: 2px solid red; padding: 5px; text-align: center;">  </div>

NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!

Wk-1	MON-3	TUE-4	WED-5	THU-6	FRI-7	
730-900 AM LAP SWIM						
900-1100 AM Free Swim w/Cycles & Treadmills						
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi	
1200-200 PM	Free Swim w/Cycles & Treadmills	Free Swim w/Cycles & Treadmills				Free Swim w/Cycles & Treadmills
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler		
300-400 PM		Free Swim w/Cycles & Treadmills				
Wk-2	MON-10	TUE-11	WED-12	THU-13	FRI-14	
730-900 AM LAP SWIM						
900-1100 AM Free Swim w/Cycles & Treadmills						
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi	
1200-200 PM	Free Swim w/Cycles & Treadmills	Free Swim w/Cycles & Treadmills				Free Swim w/Cycles & Treadmills
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler		
300-400 PM		Free Swim w/Cycles & Treadmills				
Wk-3	MON-17	TUE-18	WED-19	THU-20	FRI-21	
730-900 AM LAP SWIM						
900-1100 AM Free Swim w/Cycles & Treadmills						
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi	
1200-200 PM	Free Swim w/Cycles & Treadmills	Free Swim w/Cycles & Treadmills				Free Swim w/Cycles & Treadmills
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler		
300-400 PM		Free Swim w/Cycles & Treadmills				
Wk-4	MON-24	TUE-25	WED-26	THU-27	FRI-28	
730-900 AM LAP SWIM						
900-1100 AM Free Swim w/Cycles & Treadmills						
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi	
1200-200 PM	Free Swim w/Cycles & Treadmills	Free Swim w/Cycles & Treadmills				Free Swim w/Cycles & Treadmills
200-300 PM		Aqua Aerobics w/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video		
300-400 PM		Free Swim w/Cycles & Treadmills				
Wk-5	MON-31					
730-900 AM LAP SWIM						
900-1100 AM Free Swim						
1100-1200 PM Aqua Zumba w/Sandi						
1200-200 PM	Free Swim w/Cycles & Treadmills					
200-300 PM						
300-400 PM						

Volunteer Swim Instructor	Aqua Zumba Instructor	Aqua Fitness Coordinator and Instructor
Booker Canty	Sandra Patterson	Tyler Shannon

MARCH 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

Fort Bend County Parks & Recreations



Pinnacle Senior Center

5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)
 General Business Days & Hours: Monday-Fridays (7:30-4:30 PM)
 (Weight Room Hours- (7:30-4:15 PM) & (Aquatics hours (7:30-4:00 PM))

March Activity Schedule

Please make sure you sign in at the front desk daily!

To Participate in The Pinnacle Programs & Activities everyone must complete a Registration Form and Sign a Release of Liability Waiver.

For Communication Updates please ask about the monthly {Email-Blast and Remind101} Text Messaging Reminder Registry

(MPR)-Multipurpose Room

Time	Monday-3	Tuesday-4	Wednesday-5	Thursday-6	Friday-7
800-900a					
900-1000a	Girling 9-10:30AM			Quilting Bee 9-3pm	
1000-1100a	The Mix Book Club "Flying Solo"	Techie Tuesday	HGAC Aging Mastery Program 10:30-12pm	Puzzle Swap & Sweet Treats - Library	
1100-1200p		Greater Works Bible Study			
1200-100p					Wild Wooley 12-3pm
100-200p	Card Players 1-4pm	Bridge 1-3pm	Card Players 1-4pm		
Time	Mon-10	Tues-11	Wed-12	Thurs-13	Fri-14
800-900a					
900-1000a	Lone Star Legal Aid 9-11am	HGAC Aging Mastery Program 9-10:30am		Quilting Bee 9-3pmC	
1000-1100a		The Language of Flowers Library	HGAC Aging Mastery Program 10:30-12pm	Book-Page Bunting Library	
1100-1200p		Greater Works Bible Study			
1200-100p					
100-200p	Card Players 1-4pm	Bridge 1-3pm	Card Players 1-4pm		
Time	Mon-17	Tues-18	Wed-19	Thurs-20	Fri-21
800-900a				Quilting Bee 9-3pm	Wellcare Meditation
900-1000a					
1000-1100a	ARTreach		HGAC Aging Mastery 10:30-12pm	Coffee-Filter Flowers Library	
1100-1200p		Greater Works Bible Study			Bingo Party w/ Constable Smith
1200-100p					Red Hat Society 12-3p
100-200p	Card Players 1-4pm	Bridge 1-3pm	Card Players 1-4pm		
Time	Mon-24	Tues-25	Wed-26	Thurs-27	Fri-28
800-900a				Quilting Bee 8-1pm	
900-1000a					
1000-1100a	ARTreach	Turtle Bites Library	Birthday Celebrations 10:45-11am	Computer Class Library	
1100-1200p		Greater Works Bible Study			
1200-100p					Wild Wooley 12-3pm
100-200p	Card Players 1-4pm	Bridge 1-3pm			
Time	Mon-31				
800-900a					
900-1000a					
1000-1100a					
1100-1200p					
1200-100p					
100-200p	Card Players 1-4pm				

MARCH 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

Fort Bend County Parks & Recreations



Pinnacle Senior Center

5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)
 General Business Days & Hours: Monday-Fridays (7:30-4:30 PM)
 (Weight Room Hours- (7:30-4:15 PM) & (Aquatics hours (7:30-4:00 PM))

Monthly Activity Flyers

Card Players



Monday & Wednesday's

You are free to play your cards as you wish, but not to choose them.

**1 pm – 4 pm
in the
Multi-Purpose Room**



PLAY BRIDGE

FOR MENTAL & SOCIAL BENEFITS

**TUESDAY'S
@ "MPR"
1 p.m.—3 p.m.**

Wild n Woolly Sewl Sisters



**Every 1st & last
Friday
of the month
Noon – 3 pm**



Meet Every 3rd Friday of the Month
 Meetings will be from
 Noon – 3 pm

**GREATER WORKS BIBLE STUDY & PRAYER MINISTRY
 TUESDAYS FROM 11AM-12PM
 ALL IS WELCOME TO JOIN!**

(YOU MUST BE A REGISTERED PATRON AT LEAST 50 YEARS OF AGE)

LOCATION:

Fort Bend County Parks & Recreations



Pinnacle Senior Center

5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)

MARCH 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

Fort Bend County Parks & Recreations




Pinnacle Senior Center

5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)
 General Business Days & Hours: Monday-Fridays (7:30-4:30 PM)
 (Weight Room Hours- (7:30-4:15 PM) & (Aquatics hours (7:30-4:00 PM))

Activity Flyers (See Dates)



CONSTABLE DARYL L. SMITH, SR.
 PRESENTS
Bingo Party



Friday
 March 21, 2025
 11am - 12pm

Pinnacle Senior Center
 5525 Hobby Rd Bldg C,
 Houston, TX 77053

Come out to enjoy the bingo party, win fun prizes, and eat delightful snacks.

FORT BEND COUNTY LIBRARIES

MARCH 2025

THE PINNACLE SENIOR CENTER LIBRARY NEWSLETTER

Hours & News

HOURS

Mon	9 am - 1 pm
Tue	9 am - 1 pm
Wed	9 am - 1 pm
Thu	9 am - 1 pm
Fri	9 am - 1 pm
Sat	CLOSED
Sun	CLOSED

THE MIX BOOK CLUB



March 3

STREAMING-VIDEO SERVICE

Visit our eLibrary for streaming movies, music, and audiobooks.
http://bit.ly/FBCL_AVOD

Programs & Events

March 3 - (10:00 - 11:00 am)
 The Mix Book Club: *Flying Solo*, by Linda Holmes

March 6 - (10:00 - 11:00 am)
 Puzzle Swap & Sweet Treats - You donate the puzzles, we bring the treats! Bring a puzzle on the day of the program and trade for a new-to-you puzzle.

March 11 - (10:00 - 11:00 am)
 The Language of Flowers: Discover the Meaning Behind Blooms - Say it with flowers! Join us to explore the timeless language of blooms and discover how to create meaningful floral messages.

March 13 - (10:00 - 11:00 am)
 Book-Page Bunting - Learn how to turn recycled book pages into festive decorative bunting.

March 20 - (10:00 - 11:00 am)
 Coffee-Filter Flowers - Celebrate spring by making coffee-filter flowers.

March 25 - (10:00 - 11:00 am)
 Make Your Own Healthier Turtle Bites - Indulge without the guilt! Join us to create your own healthier no-bake Turtle bites with just 3 simple ingredients. Fun, easy, and delicious.

March 27 - (10:00 - 11:00 am)
 Computer Class: Intro to Flipster Magazines - Learn how to use Flipster to check out digital magazines.

MARCH 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

Fort Bend County Parks & Recreations



Pinnacle Senior Center

5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)
 General Business Days & Hours: Monday-Fridays (7:30-4:30 PM)
 (Weight Room Hours- (7:30-4:15 PM) & (Aquatics hours (7:30-4:00 PM))

Activity Flyers (See Dates)

Constable Daryl L. Smith Fort Bend County Pct. 2



If your birthday is in March, please sign up for a special certificate from Constable Daryl L. Smith, Sr.

Certificates will be presented by
 Captain Christopher Garrett
 at the March birthday celebration
 Wednesday, March 26, 2025
 10:45 -11:00

HAPPY MARCH BIRTHDAYS



FREE CIVIL LEGAL SERVICES
 for Low Income Texans

SERVICIOS LEGALES CIVILES GRATUITOS
 para tejanos de bajos ingresos

DỊCH VỤ PHÁP LÝ DÂN SỰ MIỄN PHÍ
 dành cho người dân Texas có thu nhập thấp

FREE LEGAL PRESENTATION MARCH 10, 2025

Date	Location
MONDAY MARCH 10, 2025	PINNACLE SENIOR CENTER 5525 HOBBY RD. HOUSTON, TX 77053
Time	Event Description
9:00 A.M. – 11:00 A.M.	This free presentation will provide legal information about the need for estate planning documents such as a Will, Statutory Durable Power of Attorney, Medical Power of Attorney, HIPAA, Physician's Directive (Living Will), Declaration of Guardianship and Disposition of Remains.
Hosted By	(We will be accepting applications for free legal services.)
Pro Bono Unit	



Lone Star Legal Aid is a 501(c)(3) nonprofit law firm focused on advocacy for low-income and underserved populations. Lone Star Legal Aid serves millions of people at 125% of federal poverty guidelines that reside in 72 counties in the eastern and Gulf Coast regions of Texas, and 4 counties of Southwest Arkansas. Lone Star Legal Aid focuses its resources on maintaining, enhancing, and protecting income and economic stability; preserving housing; improving outcomes for children; establishing and sustaining family safety and stability, health and well-being; and assisting populations with special vulnerabilities, like those with disabilities, or who are elderly, homeless, or have limited English language skills. Lone Star Legal Aid does not discriminate on the basis of race, color, religion, creed, gender, gender expression, sexual orientation, age, national origin, ancestry, disability, marital status, or military status, in any of its activities or operations.



www.lonestarlegal.org 1 (800) 733 8394

MARCH 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

Fort Bend County Parks & Recreations



Pinnacle Senior Center

5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)
 General Business Days & Hours: Monday-Fridays (7:30-4:30 PM)
 (Weight Room Hours- (7:30-4:15 PM) & (Aquatics hours (7:30-4:00 PM))



Activity Flyers (See Dates)

Affirmation Meditation

Pinnacle Senior Center & 
 Presents
A Path to Wellness



Pinnacle Senior Center

 Friday March 21st, 2025
 8: am-9:00 am
 5525 Hobby Rd Bldg C, Houston, TX 77053

What you can expect

- 2025 Wellness goals, ready to live (keynote)
- 20 mins Meditation
- Wellness checks
- Health information
- Light breakfast
- Giveaways/Medicare Q/A

Free admission for Seniors ———— RSVP (832) 471-2760

“Peace..be still”



Calling all Veterans & Surviving Spouses

Find out how we can support you with at-home caregiver services at no cost to you.
 Don't miss out - RSVP today!

- **Please bring a copy of your DD214**

Date: March 3, 2025

Time: 9AM - 10:30AM

Location: Pinnacle Senior Center
 5525 Hobby Rd Bldg C,
 Houston, TX 77053



Gabby (713) 828-3960