

TECHIE TUESDAY'S

w/WYLESHA



IPHONES, ANDROIDS & TABLETS

**Have a simple tech question?
ask Wylesha**

**Will be here on
Tuesday, 4, 2024
10 AM**



Texas Southern University

CHRONIC DISEASE SELF- MANAGEMENT PROGRAM



Aging and Intergenerational Resources



The Chronic Disease Self-Management Program (CDSMP) is a workshop for adults with at least one chronic health condition, which may include arthritis. It focuses on disease management skills including decision making, problem-solving, and action planning.

This interactive program aims to increase:

- **Confidence**
- **Physical and psychological well-being**
- **Knowledge of ways to manage chronic conditions**
- **Motivation to manage challenges associated with chronic diseases**

Register Now

Classes begin May 7, 2024

** HEB or Walmart gift card for 5 eligible participants!!*

Drawing held each week of class



Writing Workshop

with Curtis R. Williams JD, MA, BA
on the 1st and 3rd Tuesdays of each month
10:00-11:00am in the library

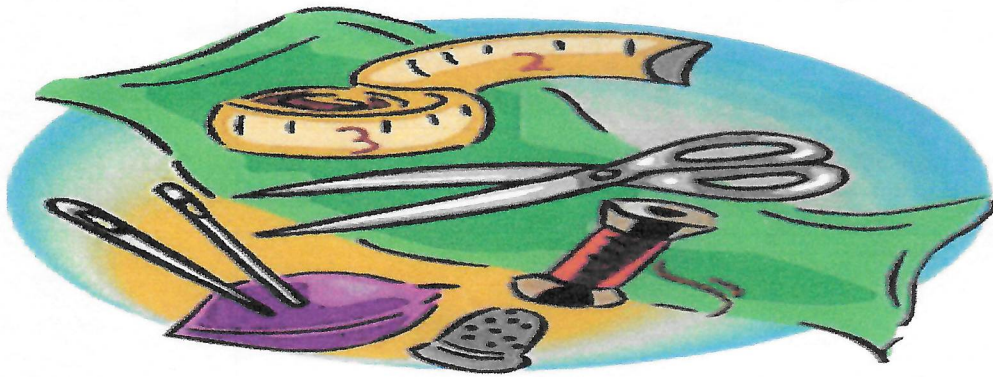
Starting in May

A holistic approach to writing which emphasizes the natural gifts and unique voice already present in each student. We will explore alternatives while recognizing that writing is most authentic when you, the writer, remain in control.

Personal letters, essays, announcements, short stories, books, poems, and even obituaries!

Come prepared to write or bring in your writing.

\$20 per session



SEWL SISTERS

**w/SUE MOORE & PAM BALLARD
EVERY FRIDAY 9AM – 11AM**

PROJECTS FOR THE MONTH OF JUNE

TEE SHIRT DESIGNS AND BUCKET HATS



SUPPLIES PROVIDED FOR A \$5.00 FEE

BRING YOUR OWN: TEE SHIRT, THREAD, SEWING MACHINE

June 10, 2024

RSVP

With

Angie



Paint & SIP
SOCIALIZE

11AM-1PM

Drinks

Snacks

Only 12 seats

Fun

Prizes

Senior Box Distribution

(Commodity and Supplemental Food Program - CSFP)

The Houston Food Bank has commodity boxes of shelf stable food valued at \$50 retail from the USDA/TDA to distribute to qualified senior applicants. ****Please note that this will be held inside the location, and you will need to come inside to for intake.***

Requirements for receiving Senior Box:

Be a resident of one of these counties: Harris, Montgomery, Galveston, Austin, Brazoria, Waller, Walker, Chambers, Liberty, Fort Bend

Be age 60 or older

Meet the following household income guidelines:

Household of 1: Monthly income does not exceed \$1,632

Household of 2: Monthly income does not exceed \$2,215

All applicants are subject to verify their age, residence, and household income.



Can't make it to the distribution?

Have your family or a friend pick up your Senior Box for you by following these instructions:

Write a letter stating you give them permission and include a time frame the person is allowed to pick up your box (for example: today only or always)

Sign and date that letter

Send the designated person with the letter and some form of your ID (a copy or photo of your ID or your apple/ food bank card)

Make sure the designated person also brings their own ID for verification

Please bring your ID and Apple Card to pick up Senior Box.

Need additional food assistance? Call the Houston Food Bank Helpline at 832-369-9390

Pinnacle Senior Center

06-14-2024

1:00pm to 3:00pm

5525-C Hobby Rd, Houston, TX, 77053

Distribución de Senior Box

(Programa Suplementario de Comestibles Básicos - CSFP)

El Banco de Alimentos de Houston tiene cajas de alimentos estables en almacenamiento valorados en \$50 de la USDA/TDA para distribuir a los solicitantes mayores que califiquen. ***La distribución tomará lugar dentro del edificio, tendrá que entrar para la registración.**

Traiga una carreta para llevar la comida a su vehículo o a casa.

Requisitos para recibir Senior Box:

Ser residente de uno de estos condados: Harris, Montgomery, Galveston, Brazoria, Waller, Walker, Chambers, Liberty, Fort Bend

Tener 60 años o más.

Necesita cumplir con las siguientes pautas de ingresos familiares:

Hogar de 1 persona: El ingreso mensual no excede \$1,632

Hogar de 2 personas: El ingreso mensual no excede \$2,215



Todos los solicitantes están sujetos a verificar su edad, residencia e ingresos familiares.

¿No puede llegar a la distribución?

Pida que un familiar o amigo recoja su Senior Box siguiendo estas instrucciones:

Escriba una carta indicando que les da permiso e incluya un período de tiempo en el que la persona puede recoger su caja de alimentos (por ejemplo: solo hoy o siempre).

Firme y incluya la fecha en esa carta.

Envíe a la persona designada con la carta y alguna forma de identificación (una copia o foto de su identificación o su tarjeta de manzana/banco de alimentos).

Asegúrese de que la persona designada también traiga su propia identificación para la verificación.

Traiga su identificación y tarjeta de manzana para recoger su Senior Box.

¿Necesita asistencia alimentaria adicional? Llame la línea de ayuda del Banco de Alimentos de Houston: 832-369-9390

Pinnacle Senior Center

06-14-2024

1:00pm to 3:00pm

5525-C Hobby Rd, Houston, TX, 77053



Presents
Monthly MEDICARE
WORKSHOP

Every 3rd Tuesday @ 10 a.m.

June 18, 2024

w/Karina Villela

Benefits Counselor II

HEALTH INSURANCE

The Houston-Galveston Area Agency on Aging is funded by the Centers for Medicare and Medicaid Services and Administration for Community Living to provide unbiased assistance with Medicare.

[CMS.gov](https://www.cms.gov)

Centers for Medicare & Medicaid Services

**Fort Bend County
Offices**

CLOSED

on

**Wednesday
June 19, 2024**

in observance of



JUNETEENTH



CONSTABLE
DARYL L. SMITH, SR.

PRESENTS

BINGO PARTY

Friday

June 21, 2024

11am - 12pm

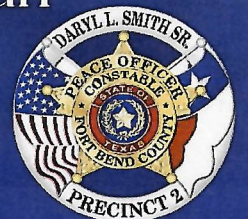


Pinnacle Senior Center

5525 Hobby Rd Bldg C,

Houston, TX 77053

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





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!

- **By Appointment Only**
- **Please see Angie to confirm your time**
- **Please bring a copy of your DD214**

Date: June 26, 2024 Location: Pinnacle Senior Center
Time: 9 AM-1 PM 5525-C Hobby Road



Gabby (713) 828-3960



Constable Daryl L. Smith Fort Bend County Pct. 2



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

Certificates will be presented by
Lieutenant Christopher Garrett
at the June birthday celebration
Wednesday, June 26, 2024



HAPPY JUNE BIRTHDAY'S



Fort Bend County Libraries Classes at Pinnacle Senior Center

MAY

- 2 Tech: eBooks at FBCL
- 9 Craft: Embroidered Flower Bookmarks
- 16 Board Games
- 23 Access Demand and Streaming Video
- 30 Tech: eFaxing

JUNE

- 6 Brain Teasers, Riddles, and Puzzles
- 13 Tech: Computers 101
- 20 Tech: Savvy Online Shopping
- 27 Craft: Popsicle Stick Lanterns

Thursdays
10:00 am - 11:00 am

5525 #C Hobby Road • Houston