

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

Greetings, Pinnacle Patrons! Please see the calendar attachment and important Information for August 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

Recreation Center

Wylesha will hold her Techie Tuesday class on **August 6th** at 10AM. **The Topic of Discussion “Google Document & Google Sheets Part 2.”**

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. **The topic this month will be Children’s Stories.**

Houston Food Bank Distribution will be held Friday, **August 9th, 2024** from 12:30PM-2:30PM. **Please note, The Pinnacle will close at 11:00AM.**

Are you interested in pursuing Legitimate ways to pay off your Credit Card and Installment Loan Debts? If you are interested...Mrs. Oscar Keye Johnson on **August 12th, 2024**, from 10AM to 11AM for an informative session on ways to accomplish this by using your accumulated Home Equity. Bountiful Harvest Inc. will use the percentage of participation to plan for scheduling and event to be held at the Pinnacle for various financial institutions to present their Home Equity Loan Opportunities to the community.

Texas Southern University Center on Family Aging and Intergenerational Resources will continue with the final four sessions on “Managing Diabetes” in August. Ms. Susan Davis will facilitate this wonderful evidence-based program on **August 20th, August 23rd**, and finally **August 27th**. 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.

ATTENTION!!! Calling all Seniors, Caregivers, Veterans, Families and Senior Focused Brands. **The 2024 Senior Citizens in the Spotlight Houston, TX Edition** will be held **August 30th** from 10:00AM-2:00PM here at the Pinnacle Senior Center. The 2024 Expo Theme: FUN FIESTA. This event is Free with giveaways, swag bags, exhibits, speakers, etc. So come out and join the fun and receive empowering information with resources that will help you make informed decisions. Please see the attached flyer for more information. **THE PINNACLE WILL BE CLOSED FOR BUSINESS.**

Oak St. Health will pass out bottles of water and a snack in the recreation center on **August 1st** at 10am, **August 9th** at 11AM, **August 15th** at 9AM, and August 21st at 11AM outside of the auditorium.

Sew'l Sister's project for the month of August will be **"Buttons 101"**.

Karina will hold her **Medicare Workshop** on Tuesday, **August 20th** at 10am. **The topic of the month will feature information on Medicare Part B.** You can schedule an individual session after class. See Karina for more information.

Join Constable Daryl L. Smith Sr. & his staff for **Bingo** on **August 16th** 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 other classes are in session to access a seat. Your continued cooperation is greatly appreciated.

Back by popular demand the **"Paint Sip Socialize"** event will be held at the Pinnacle **August 19th** 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.

World Senior Citizens Day Celebration – Please join County Judge KP George for Plant Propagation Wednesday, **August 21, 2024**, at 10:00AM at the Pinnacle Senior Center. All fitness classes after 8:00AM and Line Dancing w/Faye will be canceled in preparation for this event. Please sign up with Angie at the receptionist's desk.

LIBRARY

Every Thursday at 10am the Fort Bend County Library offers different classes in the Internet Café. The following are the topics for the month of August:

August 1st – 10:00AM – Legal Resources – Introduction to legal resources from a law librarian

August 5th – 10:00AM- The MIX Book Club – Discussion of "The Water Dancer" by Ta-Nehisi Coates

August 8th – 10:00AM– Budgeting with Excel – How to use Excel to make budget tables.

August 15th –10:00AM – City-Scape Art Class – Easy and Fun to Draw Cities and Skyscrapers

August 22nd –10:00AM– Candle/Trinket Jars – Learn how to decorate ordinary glass jars and turn them into candle holders or trinket dishes.

August 29th –10:00AM – Plan your Staycation – Local attractions.

Join Constable Smith or Captain Garrett on **August 28th** 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 the July birthdays 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. 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 July seniors a very Happy Birthday!



Aquatic Center

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 7:45AM 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. **Please note, there are only 8 slots available for each class with Tyler, so please sign up early.**

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 **August 13th** at 10AM and, **August 26th** 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>

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.](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 has been temporarily moved to the MPR room in the Recreation Building.

Due to the increased popularity of Chair Fit, Coach Mac has added classes on Tuesday and Thursday 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.

UPDATE: The new exercise equipment is scheduled to be delivered to the Pinnacle sometime during the 3rd week of August. Stay tuned for additional updates.

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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