

TECHIE TUESDAY

1ST TUESDAY OF THE MONTH

w/ Wylesha

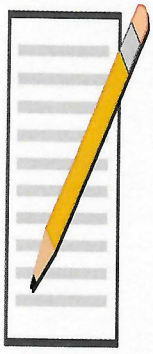
AUGUST 7TH | 10 AM

Bring in Laptop and Ipad

Topic of discussion

“Google Documents” &
Google Sheets

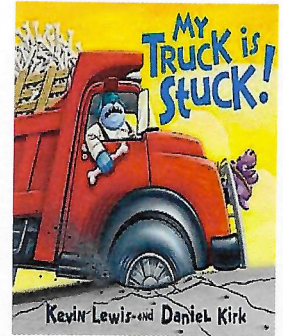




Writing Workshop Children's Stories

Curtis R. Williams
Writing Consultant

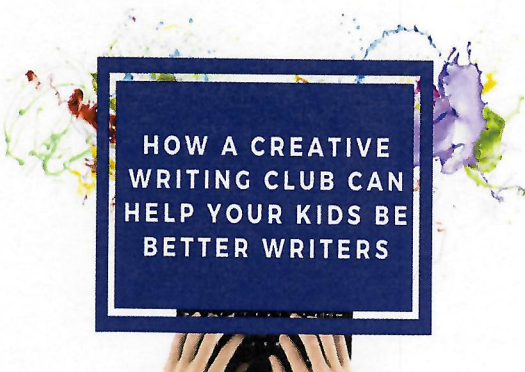
(New Phone Number: 346-302-1152)



During the month of August, we will give focused attention to writing children's stories which, if you wish, could become your first book! Your family will love it and it will help keep our mind sharp. Such narratives can be easy to create and will convey the life lessons we want to teach our younger relatives and others using a format they will enjoy reading again and again.

We will continue to work on projects we have previously begun as well as new projects that have captured your imagination. As necessary, we will expand the available time.

Sessions will continue on the 1st and 3rd Tuesday's of each month between 10:00 and 11:00 am



HOW A CREATIVE
WRITING CLUB CAN
HELP YOUR KIDS BE
BETTER WRITERS

I just need
the main ideas



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
Friday, August 9th, 2024
12:30pm - 2:30pm
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
Viernes, 9 de Agosto de 2024
12:30pm – 2:30pm
5525-C Hobby Rd, Houston, TX, 77053



***Bountiful Harvest Inc. DBA BH Branded
Products & Services***

Greetings Homeowners

Are you interested in pursuing Legitimate ways to pay off your Credit Card and Installment Loan Debts. If you are interested... JOIN ME 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 an Event to be held at the Pinnacle for various Financial Institutions to present their Home Equity Loan Opportunities to the community.

Thank you in advance for your participation on the 12th!!...

Mrs. Oscar Keye Johnson, Director/Founder.

Address: 16411 Lost Quail Drive, Missouri City, TX 77489...Tel# 281 435 4168

Email: bhproductsandservices@myyahoo.com...

Website: www.bhproductsandservices.com

8-19-24

10-12 pm

Paint

- N -



Sip

RSVP

(First Timers only)

Fun Food

Prizes

Music and More...

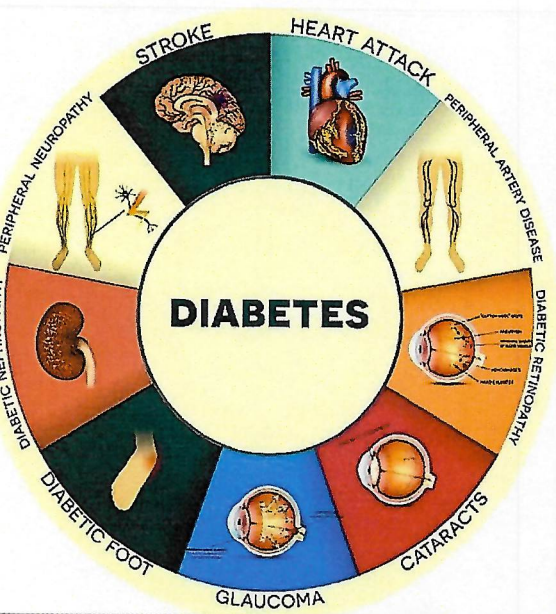
Texas Southern University
Aging and Intergenerational Resources

Presents

Managing Diabetes

at

Pinnacle Senior & Aquatics Fitness Center



- Participants must be 60 years of age or older
- All participants must register
- Completing at least Five (5) classes will get you a \$10 Gift Card
- See Class Schedule Below
- Learn How to Manage Diabetes
- Susan Davis from TSU will be the class Instructor

For more information call: (713) 313-7635



Supported in part by:

Texas Southern University

Houston–Galveston Area Agency on Aging

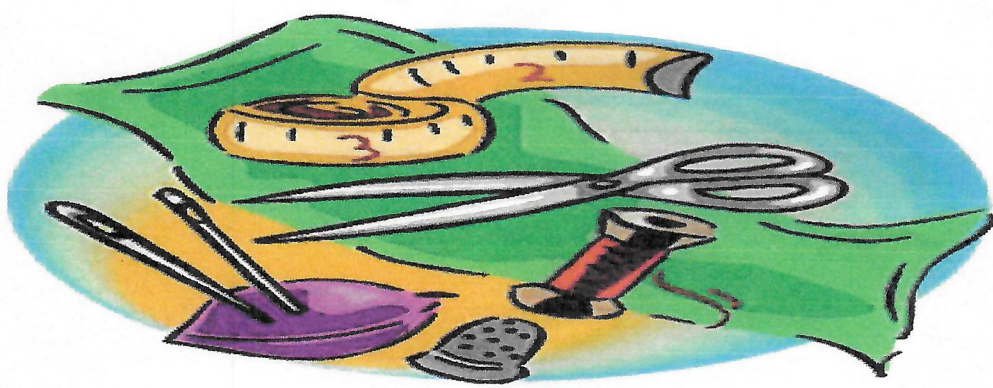
Dates 10AM - 11AM include:

Tuesday, 8/20/2024

Friday, 8/23/2024

Tuesday, 8/27/2024

Thursday, 8/29/24



SEWL SISTERS

w/SUE MOORE & PAM BALLARD

EVERY FRIDAY 9AM - 11AM

PROJECT FOR THE MONTH OF AUGUST

BUTTONS 101

1. _____

8. _____

2. _____

9. _____

3. _____

10. _____

4. _____

11. _____

5. _____

12. _____

6. _____

13. _____

7. _____

14. _____

Area Agency on Aging

AUGUST 2024

**New This
Month**

**Topic:
Medicare
Part B**

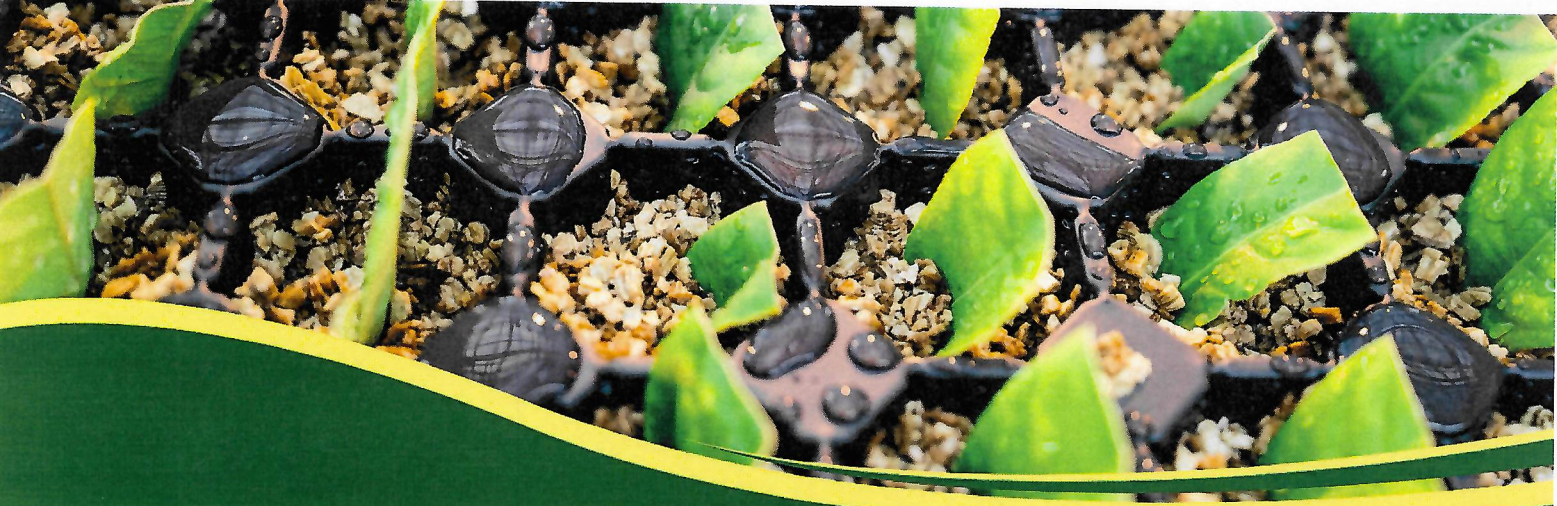
w/Karina Villela

*Benefits
Counselor II*

Understanding Your Medicare

After class time for one on one

*August 20, 2024
10 a.m.*



WORLD SENIOR CITIZENS DAY CELEBRATION

Join County Judge KP George
for Plant Propagation

WED. AUG 21, 2024 | 10AM

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

**Sign up with Angie Villareal
at the reception desk**



TEXAS A&M
AGRILIFE
EXTENSION

FAMILY &
COMMUNITY HEALTH





FORT BEND COUNTY
LIBRARIES

Fort Bend County Libraries Classes at Pinnacle Senior Center

JULY

- 4 NO PROGRAM
- 11 Online Streaming Services
- 18 Online Genealogy Research
- 25 Vacation Planning on a Budget

AUGUST

- 1 Legal Resources
- 8 Tech: Budgeting with Excel
- 15 Cityscape Art Class
- 22 Craft: Candle Jars
- 29 Staycations and Local Attractions

Thursdays
10:00 am - 11:00 am

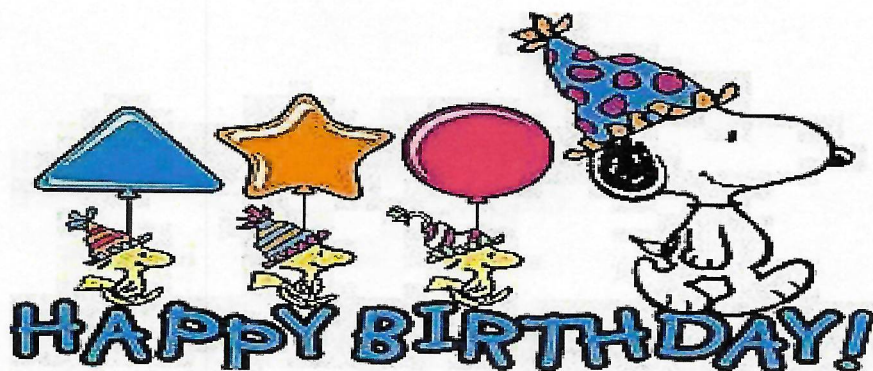
5525 #C Hobby Road • Houston

Constable Daryl L. Smith Fort Bend County Pct. 2



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

Certificates will be presented by
Captain Christopher Garrett
at the August birthday celebration
Wednesday, August 28, 2024



HAPPY AUGUST BIRTHDAY'S



ATTENTION!
CALLING ALL
• SENIORS
• CAREGIVERS
• VETERANS
• FAMILIES &
• SENIOR FOCUSED BRANDS

2024 SENIOR CITIZENS IN THE SPOTLIGHT

HOUSTON, TX EDITION



Empowering You with Resources to Make Informed Decisions

Powered by **Senior™**
Trade Shows

The premier lifestyle, health, educational & entertainment expo for 55+ aging adults, caregivers, veterans & families

2024 EXPO THEME: FUN FIESTA

AUGUST 30TH
TIME: 10AM-2PM



PINNACLE SENIOR CENTER
5525 HOBBY ROAD, BLDG C
HOUSTON, TX 77053

- Health & Wellness Resources
- Caregiver Support Resources
- Elder Abuse Prevention Resources
- Government Benefits Resources
- Health Insurance Resources
- Financial Planning Resources
- Senior Housing Resources
- End of Life Planning Resources
- Legacy Planning Resources
- Work and Volunteerism Resources
- Social Activities & Recreation Resources
- & More

- Free Event
- Free swag Bags
- Exhibits
- Speakers
- Education
- Light Bites
- Entertainment
- Health Screening
- Giveaways & More

PARTNER WITH SENIOR TRADE SHOWS TO SERVE THE SENIOR COMMUNITY
FOR ADVERTISEMENT/EXHIBITION/SPONSORSHIP/SPEAKING OPPORTUNITIES EMAIL OR CALL
☎ 1-855-238-7274 ✉ info@seniortradeshow.com or info@seniortradeshow.net



**We wish all our June & July birthday patrons
a very**

Happy Birthday!

Delories Russell

Ruama Camp-Gary

Brenda Crofton

Linda McGowan

Mary Escobar

Yolanda Foster

Yolanda M. Garcia

Sydnei Henderson

Helen Parker

Jane Williams