

**HAPPY
LABOR
DAY**

**THE PINNACLE WILL BE
CLOSED ON
Monday, SEPTEMBER 2, 2024
IN OBSERVANCE OF
LABOR DAY
SEE YOU ON TUESDAY!**

TECHIE TUESDAY

1ST TUESDAY OF THE
MONTH

w/ Wylesha

SEPTEMBER 3RD | 10 AM

Bring in Laptop and Ipad

Topic of discussion

“Google Documents” &

Google Sheets

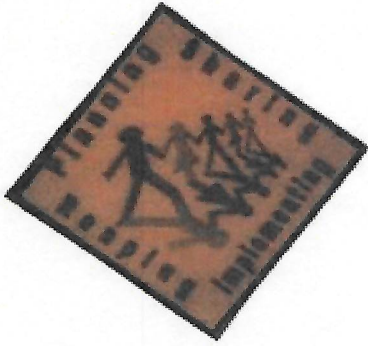


**STEP CLASS
ON
MONDAY'S & WEDNESDAY'S
STARTING**

September 4, 2024

@ 7:30 am – 8 am





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 Sept 10th, 2024, from 11am to 1pm 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.

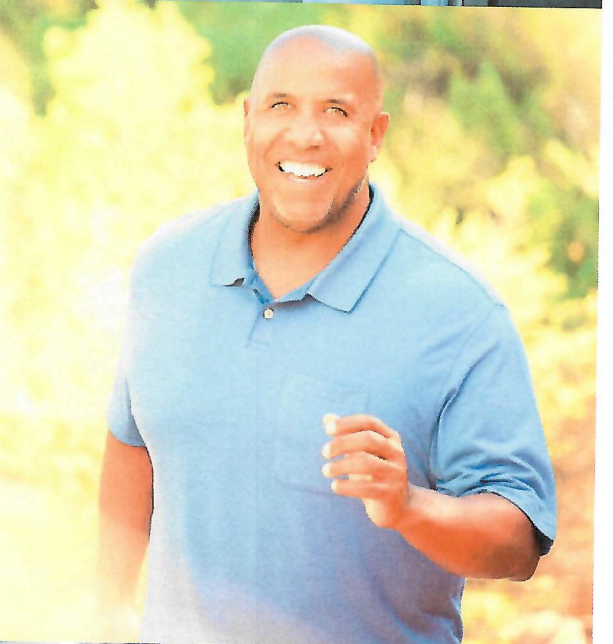
Thank you in advance for your participation on the 10th!!...

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



Be Well, Live Well: A Program on Healthy Aging

Learn How To:

- Reduce your risk for disease
- Engage in a healthy lifestyle

Be Independent, Eat Well

Learn which nutrients you need more of as you age, how to support cognition through food, and more!

Be Able, Read the Label

Find out how to use the nutrition facts label as tool to help you maintain a healthy eating pattern.

Be Safe, Eat Safe

Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices, and more!

Be Creative, Plan Meals

Find solutions to eating alone and learn how to plan meals for small households.

Be Fit, Move More

Learn the benefits of physical activity as you age, and ideas to include physical activity in your daily life.

Sessions Start:

Fridays, Sept. 6th, 13th, 20th, 27th and Oct. 4th. Multipurpose Room
10 a.m.

For more information contact:

Sign-up with Angie by Friday, August 23rd

TEXAS A&M
AGRILIFE
EXTENSION

BETTER LIVING FOR TEXANS

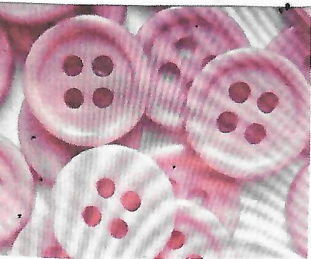
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider and employer.
Texas A&M AgriLife Extension is an equal opportunity employer and program provider.



SEWL SISTERS

W/SUE MOORE & PAM BALLARD
EVERY FRIDAY 9AM - 11AM

PROJECTS FOR THE MONTH OF SEPTEMBER



BUTTONS 102

SEPTEMBER 6, 13, 20 FUN WITH BUTTONS.



SEPTEMBER 27TH. *AFRICAN HEAD WRAPS FACILITATED BY CRYSTAL

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |



*YOU WILL NEED 1 YARD, ATLEAST 40"X12" AFRICAN FABRIC

40" GALVANIZED STEEL WIRE-24 GAUGE

WIRE CUTTERS, PLIERS, SEWING MACHINE PROVIDED

Area Agency on Aging

AUGUST 2024

**New This
Month**

**Topic:
Medicare
Part C & D**

w/Karina Villela

*Benefits
Counselor II*

Understanding Your Medicare

After class time for one on one

*September 17, 2024
10 a.m.*

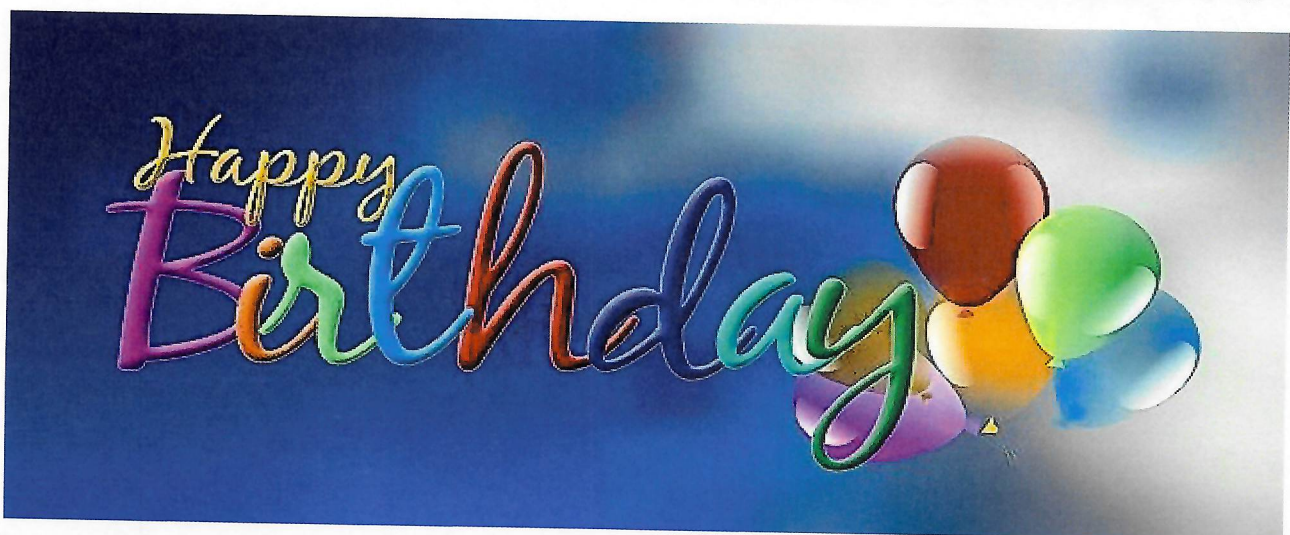
Constable Daryl L. Smith Fort Bend County Pct. 2



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

Certificates will be presented by
Captain Christopher Garrett
at the September birthday celebration
Wednesday, September 25, 2024

HAPPY SEPTEMBER BIRTHDAYS



FORT BEND COUNTY FAIR HOLIDAY

FORT BEND COUNTY OFFICES

WILL BE CLOSED ON

Friday

September 27, 2024



Introduction to Meditation

Pinnacle Senior Center &

wellcare

Presents

A Path to Wellness



Pinnacle Senior Center



Monday September 30th, 2024
7:30am-8:30am



5525 Hobby Rd Bldg C, Houston,
TX 77053

What you can expect

- Introduction to Meditation
- 20 mins Meditation
- Light breakfast
- Giveaways/Medicare Q/A

Free admission for Seniors

RSVP

(832) 471-2760

“Peace..be still”



**We wish all our August birthday patrons
a very happy birthday!**

**Georgia Harmon
Arleen Woodson
Jewel G. Wright
Terri Gathing
Arlene Mosley
Shelia Brown
James Brown
Joan Garrett
Charlett Mounts**



Are you a veteran living in Fort Bend County?

Fort Bend County Social Services may be able to assist you with the following:

- Rent
- Utility Bills
- Case Management Services
- Auto Gas
- Daycare expenses

To schedule an appointment:



Rosenberg office: 281-238-3502

Missouri City office: 281-403-8050



socialservicesinbox@fortbendcountytexas.gov



FORTBEND
HEALTH & HUMAN SERVICES
Prevent. Promote. Protect.

