

Tech Tuesday

**1st Tuesday of the
Month**

w/ Wylesha

Have a simple tech question?

OCTOBER 1ST | 10 AM

Bring in your Laptop,
Ipad & Phone



TAI CHI

CLASS

**FOR SENIORS
AGE 60+**

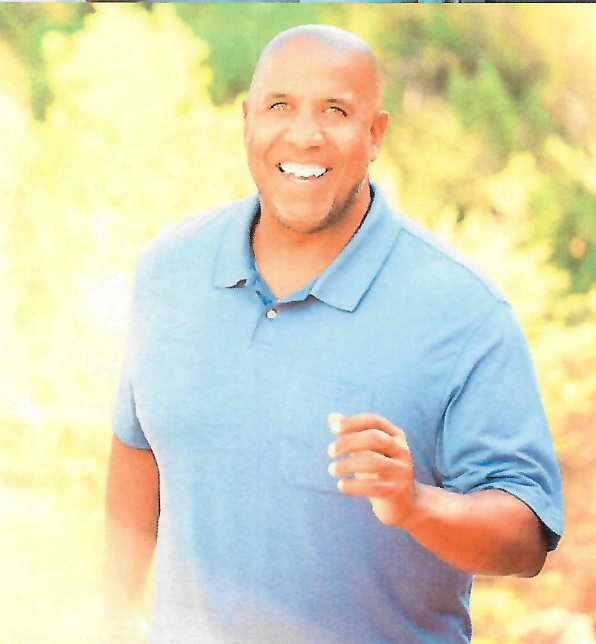
Pinnacle Senior Center

October 3, 10, 24, 31, November 7, 14

Thursdays at 10:00 am

Come and join us for Sun Style Tai Chi with slow and gentle movements. You can sit or stand to improve balance, relaxation, and mobility!

Wear comfortable clothes you can move around in and tennis shoes. Bring water for hydration. Exercise at your own fitness level. Provided by Certified Instructor, Misty Sullivan.



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.



Fort Bend County Libraries Classes at Pinnacle Senior Center

SEPTEMBER

- 5 Intro to Digital Literacy
- 12 Craft: Embroidered Bookmarks
- 19 Herbal Remedies
- 26 Instagram 101

OCTOBER

- 3 Craft: Easy Origami
- 10 Tech: Microsoft Word Basics
- 17 Genealogy
- 24 Craft: Book Page Bunting
- 31 Online Health Tools

Thursdays
10:00 am - 11:00 am

5525 #C Hobby Road • Houston

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

Sacred Heart of Jesus Catholic Community

Monday, October 14, 2024

8:00am – 11:00am

6502 County Rd 48, Manvel, TX 77578

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

Sacred Heart of Jesus Catholic Community

Lunes, 14 de Octubre de 2024

8:00am – 11:00am

6502 County Rd 48, Manvel, TX 77578

Area Agency on Aging

October, 2024

**New This
Month**

**Topic:
Open
Enrollment**

w/Karina Villela

*Benefits
Counselor II*

Understanding Your Medicare

After class time for one on one

*October 15, 2024
10 a.m.*

Constable Daryl L. Smith Fort Bend County Pct. 2



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

Certificates will be presented by
Captain Christopher Garrett
at the November birthday celebration
Wednesday, November 27, 2024



HAPPY NOVEMBER BIRTHDAY'S

Alignment Meditation

Pinnacle Senior Center &

wellcare

Presents

A Path to Wellness



Pinnacle Senior Center



Monday October 28th, 2024
7:30am-8:30am



5525 Hobby Rd Bldg C, Houston,
TX 77053

What you can expect

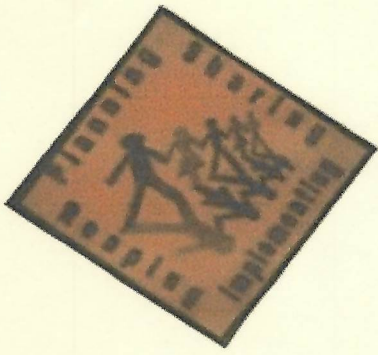
- Introduction to Meditation
- 20 mins Meditation
- Light breakfast
- Giveaways/Medicare Q/A

Free admission for Seniors

RSVP

(832) 471-2760

“Peace..be still”



Bountiful Harvest Inc.

DBA BH Branded Products & Services

ORDER FORM

NAME:

TEL#:

EMAIL :

DATE:

QUANTITY	DESCRIPTION	SIZE	PRICE EA
	Tump's Gourmet Tea Kakes	6/package	\$12.00
	Tump's Gourmet Tea Kakes	12/package	\$24.00
	Tump's Gourmet Tea Kakes	24/package	\$48.00
	Community Coffee Ground Toasted Hazel Nut () Café Special Med Dark ()	12oz	\$ 7.99
	Cranberry/Nut Bread	1.75lb/loaf	\$ 12.99
	Community Coffee Single Serve Cups Toasted Hazel Nut () Café Special Med Dark ()	12 Cups	\$8.99

*Seniors Discount 7.6%

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

E-mail: bhproductsandservices@myyahoo.com...Website: www.bhproductsandservices.com



**We wish all our September
birthday patrons a very
Happy Birthday!**

Grace Spencer

Harriette Brown

Ardis Bush

Aldine Williams

Priscilla Martin

Joyce Gallien

Eunice Bias

Patricia A Grant

Mary Carter



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.

