



FORT BEND COUNTY
LIBRARIES

Fort Bend County Libraries Classes at Pinnacle Senior Center

NOVEMBER

- | | |
|----|-------------------------|
| 7 | Craft: Pinecone Turkeys |
| 14 | Craft: Star Ornament |
| 21 | Legal Resources |
| 28 | NO CLASS |

DECEMBER

- | | |
|----|-----------------------------|
| 5 | Technology: Intro to Typing |
| 12 | Using Google Photos |
| 19 | Create a Photo Legacy Box |
| 26 | NO CLASS |

Thursdays
10:00 am - 11:00 am

5525 #C Hobby Road • Houston



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

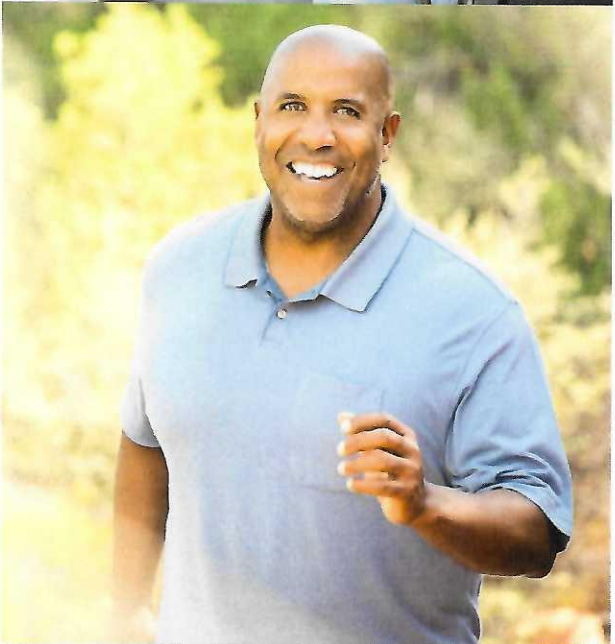
Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices, and more!

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, November 8th, and November 15th at 10AM. MPR

For more information contact:

Sign-up with Angie



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.



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.

Tech Tuesday

**1st Tuesday of the
Month**

w/ Wylesha

Have a simple tech question?

NOVEMBER 12TH | 10 AM

Bring in your Laptop,
Ipad & Phone



Area Agency on Aging

November, 2024

**New This
Month**

**Topic:
Open
Enrollment**

w/Karina Villela

*Benefits
Counselor II*

Understanding Your Medicare

After class time for one on one

November 19, 2024

10 a.m.

Introduction to Meditation

Pinnacle Senior Center &

wellcare

Presents

A Path to Wellness



Pinnacle Senior Center



Friday November 22nd, 2024
7:30am-8:30am



5525 Hobby Rd Bldg C, Houston,
TX 77053

What you can expect

- Fun stretch & breathing exercise
- 20 mins Meditation
- Light breakfast
- Giveaways/Medicare Q/A

Free admission for Seniors

RSVP

[\(832\) 471-2760](tel:(832)471-2760)

“Peace..be still”

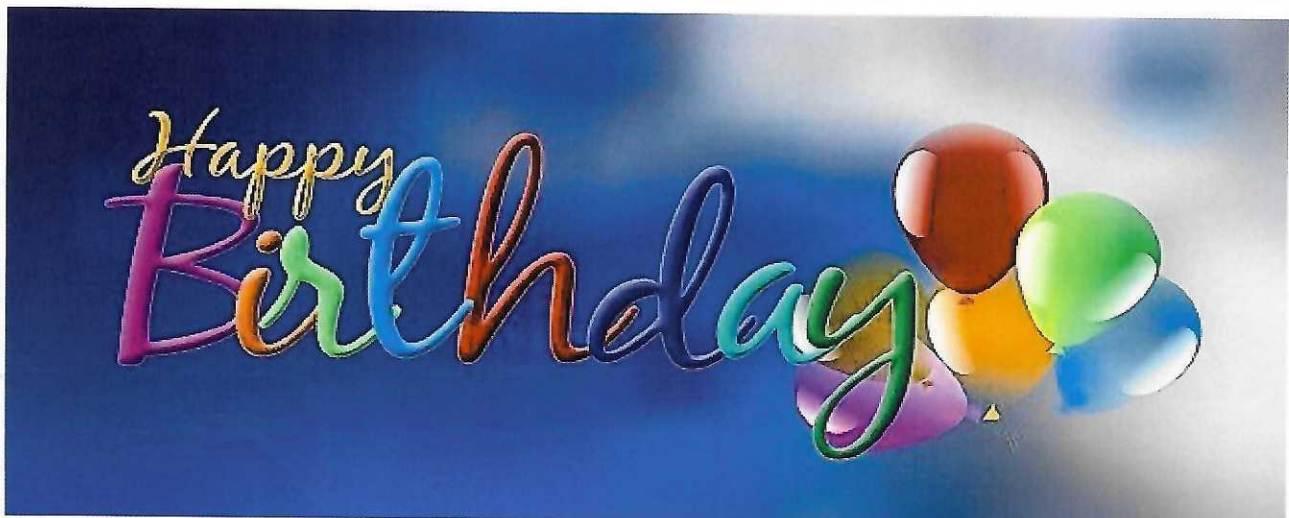
Constable Daryl L. Smith Fort Bend County Pct. 2



If your birthday is in September & 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 BIRTHDAYS





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

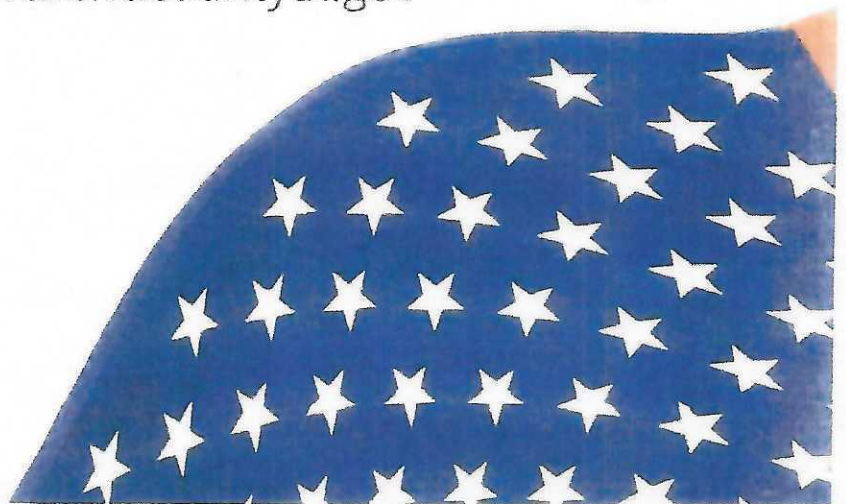
Missouri City office: 281-403-8050



socialservicesinbox@fortbendcountytexas.gov



FORT BEND
HEALTH & HUMAN SERVICES





Constable Daryl L. Smith, Sr.

PRESENTS

BINGO PARTY

Friday, November 15th

11 am – Noon

**Come out and enjoy fun games,
prizes and yummy snacks!**

**For more Information Contact:
Captain Penny Jackson (832) 471-4172**

**Seating will be limited!
See Angie for Signup**

All Patrons are welcome!



**SEWL'S SISTERS... JOIN SUE AND PAM FOR SEW'L
TALK AND SHARING EVERY FRIDAY IN November 9AM-11AM
BRING YOUR OWN PROJECT TO WORK ON OR SHARE.**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

**THIS MONTH WE ARE ACCEPTING DONATIONS OF THINGS TO
PUT ON UGLY SWEATERS, OUR PROJECT AND EVENT PLANNED
FOR DECEMBER. NEW PARTICIPANTS WELCOME.**



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

PHOENIX SCHOOL OF MASSAGE



BOOK YOUR MASSAGE WITH ZELLA - PROGRAM INTERN

& TAKE ADVANTAGE OF THESE INCREDIBLE PACKAGE DEALS!

GENERAL MASSAGE – ONLY \$35/HOUR!

GET EVEN MORE VALUE WITH OUR GENERAL MASSAGE PACKAGE OF:

4 AND GET 1 FREE! (THAT'S ONLY \$28 PER MASSAGE!)

6 AND GET 2 FREE! (THAT'S ONLY \$26 PER MASSAGE!)

8 AND GET 3 FREE! (THAT'S ONLY \$25 PER MASSAGE!)

SWEDISH DEEP TISSUE MASSAGE – ONLY \$50/HOUR!

GET EVEN MORE VALUE WITH OUR SWEDISH DEEP TISSUE PACKAGES OF:

4 AND GET 1 FREE! (THAT'S ONLY \$40 PER MASSAGE!)

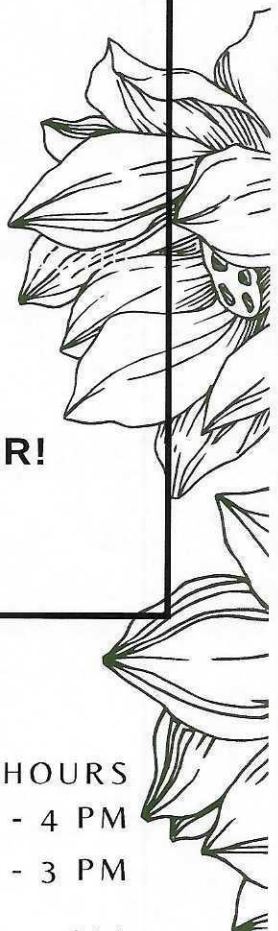
6 AND GET 2 FREE! (THAT'S ONLY \$33 PER MASSAGE!)

*ALL PRICES REFLECT A 2% DISCOUNT FOR CASH OR CHECK PAYMENTS.

ZELLA'S HOURS
MONDAY & WEDNESDAY | 3 - 4 PM
FRIDAY & SATURDAY | 10 AM - 3 PM

FOR MORE INFORMATION
CALL @ 925.339.5293

PHOENIX SCHOOL OF MASSAGE
6600 HARWIN, SUITE 101
HOUSTON, TX 77036
WWW.THEMASSAGESCHOOL.COM





DePelchin Children's Center Bridging Community & Culture

Join us for a 14 week course that focuses on
parenting and supporting our African American
children

Talking Points:

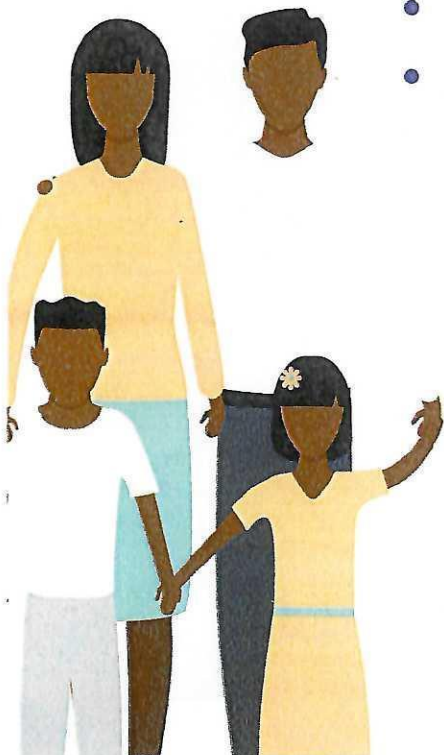
- Child Development- Toddler to Teen
- It's All About The Praise
- Talk, Talk Rather Than TikTok
- Equip Your Child For Life
- More Tools for Rules

For more information on
this program, contact:

✉ mrayford@depelchin.org

☎ 832 993 6719

Use the QR code to
make a referral:



Presidential Election <i>Elecciones presidenciales</i>				
COUNTYWIDE POLLING PLACE	Voting Location	ADDRESS	CITY	ZIP
BAPS Shri Swaminarayan Mandir	Dining Room Hall-Front	1150 Brand Ln	STAFFORD, TX	77477
Beasley City Hall	CITY HALL BACK BOARDROOM	319 S. Third Street	BEASLEY, TX	77417
Beckendorf Jr High School	Gym Lobby	8200 South Fry Rd.	KATY, TX	77494
Bowie Middle School	Main Hallway by Gym	700 Plantation Dr	RICHMOND, TX	77406
Brazos Bend Baptist Church	Education Building	22311 FM 762 Rd	NEEDVILLE, TX	77461
Briarchase Missionary Bapt Ch.	Fellowship hall	16000 Blueridge Rd	MISSOURI CITY, TX	77489
Calvary Baptist Church	Fellowship Hall	4111 Airport Ave	ROSENBERG, TX	77471
Chasewood Clubhouse	Level 1 (Clubhouse Facility)	7622 Chasewood Dr	MISSOURI CITY, TX	77489
Cinco Ranch Branch Library	Meeting Room	2620 Commercial Center Blvd.	KATY, TX	77494
Commonwealth Clubhouse	Clubhouse	4330 Knightsbridge Blvd	SUGAR LAND, TX	77479
Crawford High School	TBD	801 Caldwell Ranch Road	ROSHARON, TX	77583
Crockett Middle School	Girls Gym	19001 Beechnut St	RICHMOND, TX	77407
Dickenson Elementary School	TBD	7110 Greatwood Pkwy	SUGAR LAND, TX	77479
Eagle Heights Church	Foyer	16718 West Bellfort	RICHMOND, TX	77407
Elkins High School	Front lobby	7007 Knights Ct	MISSOURI CITY, TX	77459
Fairgrounds Bldg D	Main Room	4310 Highway 36 S	ROSENBERG, TX	77471
Farmhouse at Harvest Green	Event Hall	3400 Harvest Corner Drive	RICHMOND, TX	77406
Fort Bend ESD No. 4 Admin. Bldg.	TBD	33301 FM 1093 Rd	FULSHEAR, TX	77441
Firethorne Clubhouse	TBD	2???? N. Firethorne Rd	KATY, TX	77494
Fort Settlement Middle School	TBD	5440 Elkins RD	SUGAR LAND, TX	77479
Foster High School	Front of Auditorium	4400 FM Rd 723	RICHMOND, TX	77406
Four Corners Community Center	"Sprint Room"	15700 Old Richmond Road	SUGAR LAND, TX	77498
Fulshear Branch Library	TBD	6350 FM Library Road	FULSHEAR, TX	77441
Gallery Furniture	Atrium	7227 W Grand Parkway S	RICHMOND, TX	77407
Garcia Middle School	Gym Area Hallway	18550 Old Richmond Rd	SUGAR LAND, TX	77478
George Bush High School	Gym Foyer	6707 FM 1464 RD	RICHMOND, TX	77407
George Memorial Library	Large Meeting Room, 1st Floor	1001 Golfview Dr	RICHMOND, TX	77469
Great Oaks Baptist Church	Parish Hall	7101 FM 2759 Rd	RICHMOND, TX	77469
Hightower High School	Front Lobby	3333 Hurricane Ln	MISSOURI CITY, TX	77459
Hunters Glen Elementary School	Gym	695 Independence Blvd	MISSOURI CITY, TX	77459
Jacks Conference Center	Main Room	3232 Austin Pkwy	SUGAR LAND, TX	77479
Jones Creek Ranch Park	Main Room	7714 FM 359 Rd	RICHMOND, TX	77406
Jordan High School	Gym Lobby	27500 Fulshear Bend Dr	FULSHEAR, TX	77441
Joy Lutheran Church	Parish Hall	717 FM 359 Rd	RICHMOND, TX	77406
Kempner High School	Side hallway thru student park	14777 Voss Rd	SUGAR LAND, TX	77498
Kendleton Church of God	ED Building	619 FM 2919 Rd	KENDLETON, TX	77417
Kroger Riverstone	Community Room	18861 University Blvd	SUGAR LAND, TX	77479
Lake Olympia Club House	Ballroom	180 Island Blvd	MISSOURI CITY, TX	77459
Lakes of Bella Terra Rec Center	TBD	11620 W Torino Reale Dr.	RICHMOND, TX	77406
Lantern Lane Elementary School	cafeteria	3323 Mission Valley Dr	MISSOURI CITY, TX	77459
Lexington Creek Elementary School	Gymnasium	2335 Dulles Ave	MISSOURI CITY, TX	77459
Living Word Lutheran Church	Life Center - Courtyard Side	3700 South Mason Road	KATY, TX	77450
Lost Creek Conference Center	Main Room	3703 Lost Creek Blvd	SUGAR LAND, TX	77478
M.R. Massey Admin. Bldg.	Event Space	1570 W. Sycamore Rd	FRESNO, TX	77545
Maryam Islamic Center	Multi-purpose Area/Room	504 Sartartia Rd	SUGAR LAND, TX	77479
Meadows Place City Hall	Council Chambers	1 Troyan Dr	MEADOWS PLACE, TX	77477

Presidential Election Elecciones presidenciales				
COUNTYWIDE POLLING PLACE	Voting Location	ADDRESS	CITY	ZIP
Merrell Center	Meeting Rooms	6301 S Stadium Ln	KATY, TX	77494
Mission Bend Library	Meeting Room	8421 Addicks Clodine Rd	HOUSTON, TX	77083
Missouri City Baptist Church	Multipurpose Building	16816 Quail Park Dr	MISSOURI CITY, TX	77489
Missouri City Parks and Rec.	Main Room	2701 Cypress Point Dr	MISSOURI CITY, TX	77459
Missouri City Visitors Center	Main Room	1522 Texas Parkway	MISSOURI CITY, TX	77489
Museum of Natural Science	Snack Bar	13016 University Blvd.	SUGAR LAND, TX	77479
Mustang Community Center	Classroom	4521 FM 521 Rd	FRESNO, TX	77545
Oak Lake Baptist Church	Church Sanctuary	15555 W. Airport Blvd	SUGAR LAND, TX	77498
Orchard City Hall	Room # 7	9714 Kibler	ORCHARD, TX	77464
Our Lady of Guadalupe Fam Life C	Family Life Center	1600 Ave D	ROSENBERG, TX	77471
Pecan Grove MUD Admin Bldg	Main Conference Room	751 Pitts Road	RICHMOND, TX	77406
Pinnacle Senior Center	Multi-purpose Room	5525 Hobby St	HOUSTON, TX	77053
Quail Valley Elementary School	Main Room	3500 Quail Village Dr	MISSOURI CITY, TX	77459
Quail Valley Fund Office	Board Room	3603 Glenn Lakes Ln	MISSOURI CITY, TX	77459
Randle High School	Front of Auditorium	7600 Koeblen Road	RICHMOND, TX	77469
Reese Tech Ctr	B116 - Physical Therapy Room	12300 University Blvd	SUGAR LAND, TX	77479
Richmond Water Mnt. Facility	1st room to the right	110 N 8th St	RICHMOND, TX	77469
Ridge Point High School	Gym Foyer	500 Waters Lake Blvd.	MISSOURI CITY, TX	77459
Ridgegate Community Ass'n	Main Room	5855 West Ridgecreek Dr	HOUSTON, TX	77489
Ridgemont Early Childhood Ctr	Extended Day Room	5353 Ridgecreek Circle	HOUSTON, TX	77053
River Park Recreation Ctr.	Rec Center	5875 Summit Crk Drive	SUGAR LAND, TX	77479
Road and Bridge (Needville)	Meeting Room	3743 School St	NEEDVILLE, TX	77461
Rosenberg Annex Building	varies	4520 Reading Rd	ROSENBERG, TX	77471
Sartartia Middle School	Front Area	8125 Homeward Way	SUGAR LAND, TX	77479
Seven Lakes High School	PAC Lobby or Gym Lobby	9251 S Fry Rd	KATY, TX	77494
Sienna Annex	Community Room	5855 Sienna Springs Way	MISSOURI CITY, TX	77459
Simonton City Hall	Meeting Room	35011 FM 1093	SIMONTON, TX	77476
Stafford City Hall	Large Conference Room	2610 S Main St	STAFFORD, TX	77477
Sugar Creek Country Club	Ballroom	420 Sugar Creek Blvd	SUGAR LAND, TX	77478
Sugar Lakes Clubhouse	Clubhouse	930 Sugar Lakes Dr	SUGAR LAND, TX	77478
Sugar Land Branch Library	Meeting Room	550 Eldridge Rd	SUGAR LAND, TX	77478
Sugar Land Church of God	Fellowship Hall	1715 Eldridge Rd	SUGAR LAND, TX	77478
Sugar Land City Hall	Lobby	2700 Town Center Blvd N	SUGAR LAND, TX	77479
T. E. Harman Center	Meeting Room	226 Matlage Way	SUGAR LAND, TX	77478
Thompsons City Hall	Community Center	520 Thompson Oil Field Road	THOMPSONS, TX	77481
Tompkins High School	PAC Lobby or Gym Lobby	4400 Falcon Landing Blvd	KATY, TX	77494
Townwest Towne Hall	Main Room	10322 Old Towne Ln	SUGAR LAND, TX	77498
University Branch Library	Meeting Room 1	14010 University Blvd	SUGAR LAND, TX	77479
Vadtal Dham Sree Swaminarayan Temple	TBD	10825 Clodine Road	RICHMOND, TX	77407
Fort Bend ESD No. 4 Admin. Bldg.		33301 FM 1093	FULSHEAR, TX	77441