

# TECHI TUESDAY



JOIN US  
DECEMBER 3, 2024  
at 10 am

Working on Google Sheets

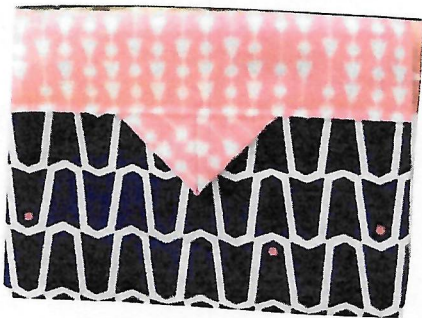
# SEW'L SISTERS

We will be selling a collection of items made in our workshops here at the Pinnacle.

Monday, December 2<sup>nd</sup>, 9 am to 12 noon

Friday, December 6<sup>th</sup>, 9 am to 12 noon

## Snap bags



## Pillows



## Tee Shirts



## Bags for Bags, and more



# NO COST\* Flu & COVID VACCINATIONS

Limited supply



**FORTBEND**  
HEALTH & HUMAN SERVICES  
Prevent. Promote. Protect.

## WHEN

Tuesday  
December 10, 2024

## TIME

9:30 AM to 12 PM

## Pinnacle Senior Center

5525 Hobby Rd., Houston, TX 77053



- ✓ Free flu vaccines for adults 65 years and older
- ✓ Free COVID vaccines for adults that are 65 years and older and
  - Uninsured, or
  - Underinsured.



ID required

# VACUNAS SIN COSTO

\* Gripe y COVID  
Suministro limitado



## CUANDO

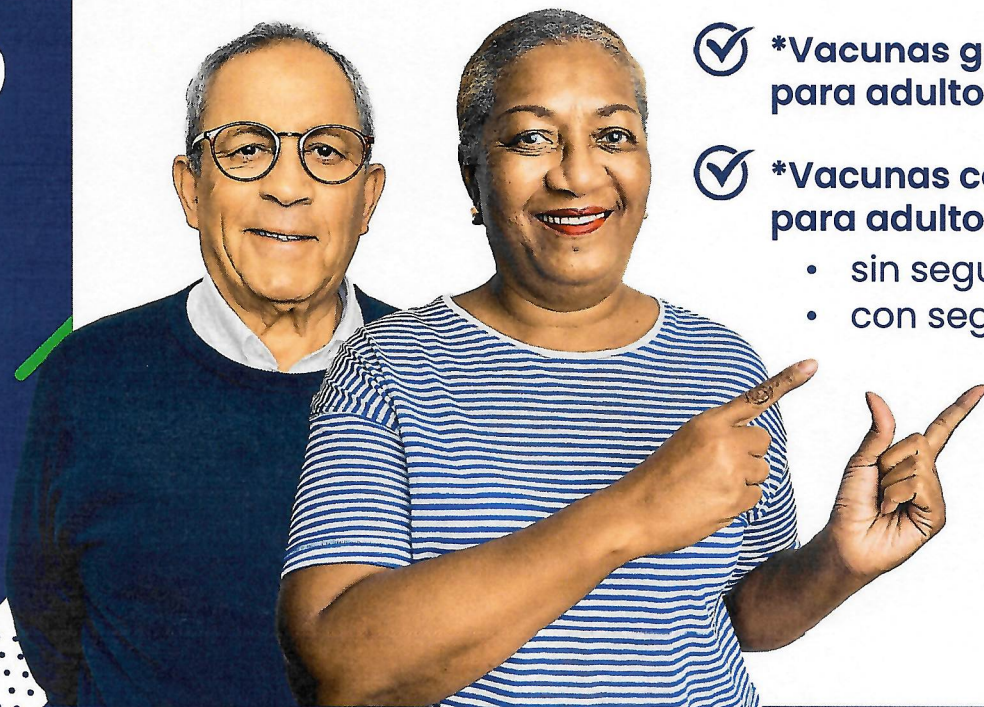
Martes  
10 de diciembre

## TIEMPO

9:30 AM a 12 PM

## Pinnacle Senior Center

5525 Hobby Rd., Houston, TX 77053



- ✓ \*Vacunas gratuitas contra la gripe para adultos mayores de 65 años.
- ✓ \*Vacunas contra COVID gratuitas para adultos mayores de 65 años y
  - sin seguro, o
  - con seguro insuficiente.



Se requiere identificación

# 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, December 13<sup>th</sup>, 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**

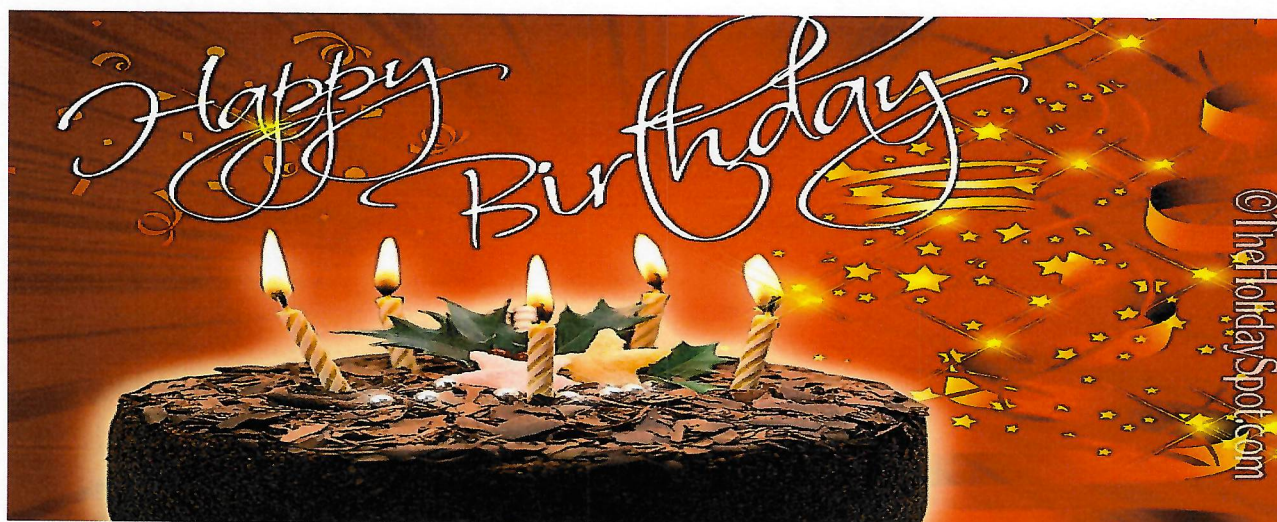
Pinnacle Senior Center  
Viernes, 13 de Diciembre de 2024  
12:30pm – 2:30pm  
5525-C Hobby Rd, Houston, TX, 77053

# Constable Daryl L. Smith Fort Bend County Pct. 2



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

Certificates will be presented by  
Lieutenant Christopher Garrett  
at the December birthday celebration  
Wednesday, December 18, 2024



## DECEMBER BIRTHDAY'S

# THE PINNACLE SENIOR CENTER

**HAPPY**

**HOLIDAYS**

## CLOSED

**Tuesday & Wednesday  
December 24 & 25, 2024**

**IN OBSERVANCE OF  
CHRISTMAS EVE & CHRISTMAS DAY**



Affirmation Meditation

**Pinnacle Senior Center &**

**wellcare**

Presents

# A Path to Wellness



## **Pinnacle Senior Center**



Friday January 24th, 2025  
7:30am-8:30am



5525 Hobby Rd Bldg C, Houston,  
TX 77053

## **What you can expect**

- 2025 Wellness goals, ready to live (keynote)
- 20 mins Meditation
- Wellness checks
- Health information
- Light breakfast
- Giveaways/Medicare Q/A

**Free admission for Seniors**

RSVP

**(832) 471-2760**

“Peace..be still”