

PLEASE DO NOT RESPOND TO THIS EMAIL-FOR INFORMATIONAL PURPOSES ONLY

The Senior Recreational Center is open Monday – Friday from 7:30am until 4:30pm

The Aquatic Center is open Monday – Friday from 7:30am until 4:00pm

Please follow us on Facebook “The Pinnacle Senior Center of Fort Bend County.”

Greetings, Pinnacle Patrons! Please see the calendar attachments and important Information for September 2025.

The Pinnacle Senior Center of Fort Bend County will be closed in observance of Labor Day Monday, September 1st. The Pinnacle will be open Tuesday, September 2nd at 7:30AM. Have a safe and happy holiday!

Come join us for **Techi Tuesday September 2nd** beginning at **10AM in the Multipurpose Room**. Please bring your preferred devices.

Come join us for **Stay Active & Independent for Life (SAIL)** a strength, balance, and fitness class for adults 60+. You'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls. Classes will be held on **Mondays and Wednesdays** beginning **September 8th through September 29th** new start time **8:50AM-9:50AM in the Auditorium**.

Houston-Galveston Agency on Aging will be running the **Aging Mastery Program (AMP)** on **Wednesdays** beginning **September 10th through September 24th** **10:30AM-12PM in the Multipurpose Room**. Limited spots available. Please see flyer for additional information. **Please sign up with Angie.**

Karina w/ Area Agency on Aging will continue with the topic of **Understanding Your Choices** on **September 16th from 10:00AM-11:00AM in the Multipurpose Room**. If you need one-on-one assistance with Medicare. **Please sign-up Angie to receive one-on-one Assistance with Medicare.**

Fort Bend County Health & Human Services will be hosting the **FREE FLU CLINIC at PINNACLE September 19th from 9:30AM-1200PM**. **See flyer for additional details.**

Do you enjoy art and meditation? **ARTreach** and **Wellcare** will host **SENIORS ART & MEDITATION September 22nd from 8:30-10:30AM** in the **Multipurpose**. There will be painting, crafting, and meditation for those who want to reconnect to their creative spirit while relaxing and keeping inner peace. **Please RSVP with Angie.**

Oak Street Health will pass out bottles of water and a snack in the main building on the following dates in the main building: **September 5th 11AM-12PM, September 9th 11AM-12PM, and September 18th 10:00AM-11:00AM.** Thank you, Oak Street Health, for your continued support.

It sounds like a fun and lively **Birthday Celebration** is planned for **September 24th!** Come join Constable Daryl L. Smith and his staff for a combination of music, dancing, and delicious treats like ice cream and cupcakes **from 10:45AM-11:00AM** in the **Multipurpose Room**. Plus, having **Oak Street Health** sponsor the cupcakes is a nice touch. We are also encouraging those who've signed up for a birthday certificate to attend and enjoy the treats. **As a reminder for anyone who missed their August certificate to please see Angie.**

Fort Bend County Offices will be closed on Friday, September 26th for Fort Bend County Fair Day.

Fort Bend County Libraries *All programs and events are from 10-11:00AM*****

September 4th Beaded Safety-Pin Flags: Join us to make your own flag-inspired, beaded safety-pin craft. **September 8th The Mix Book Club: The care and feeding of Ravenously Hungry Girls,** by Anissa Gray. **September 11th Book-Page Origami:** Learn how to turn recycled book pages into fun decorations and bookmarks. **September 16th The Art of Herbal Teas:** Discover herbal teas that naturally support your health. **September 18th Lavender and Calendula Bath Soak:** Learn to make your own soothing bath soak with ingredients anyone can find. **September 25th MS Excel Project Tracker:** Learn how to create a project tracker in MS excel. **September 30th Pickling Vegetables:** Learn to pickle fresh vegetables quick, easy, and delicious! **See flyer for additional details.**

AQUATIC CENTER

To participate in "Aquatic" activities, you must register and sign a waiver of liability form and attend/view pool orientation and safety video on safety and guidelines

***** Swim Lessons with Tyler – What You Need to Know*****

Skill Levels:

- **Level 1 (Beginner):**
No swimming skills needed.
Max 6 participants
- **Level 2 (Intermediate):**
Must be able to submerge head underwater and float on front and back.
Max 8 participants
- **Level 3 (Advanced):**
For those working on stroke techniques and endurance
Max 8 participants

Important Reminders:

- **Arrive 5 minutes early** to prepare for class.
- **Bring:** Towel, goggles, and swim cap (if applicable)

To Sign up:

See the Aquatic Fitness Coordinator, Tyler Shannon

Oak Street Health will pass out snacks at the Aquatic Center **September 17th 9:00AM-10:00AM** and **September 30th 10:00AM-11:00AM**.

*******PARKING LOT SAFETY*******

For Drivers:

- **Drive slowly:** Parking lots are high traffic areas with pedestrians and other vehicles. Maintain a speed of 5 mph.
- **Be aware of your surroundings:** Watch for pedestrians, and other vehicles, especially when backing out.
- **Use turns signals:** Clearly indicate your intentions.
- **Avoid distractions:** Put away your phone and avoid other distractions that impede your attention.
- **Be cautious of blind spots:** Be especially aware of blind spots, particularly when backing out or near larger vehicles.

For Pedestrians:

- **Stay alert:** Pay attention to your surroundings and avoid distractions like phones or headphones.
- **Use designated walkways:** Walk in designated walkways.
- **Be aware of vehicles:** Don't assume drivers can see you and be cautious when walking between parked cars.
- **Look before crossing:** Always look both ways before crossing any area of the parking lot.
- **Be cautious of backing vehicles:** Watch for vehicles backing out and avoid walking behind them.
- **Report suspicious activity:** Please notify staff immediately.

Changing lives, one class at a time...

Always working within our power, potential, passion, and purpose! The Pinnacle Power Team (Gwendolyn, Angie, Keith, Tyler, Shanna & Dennis)

Gwendolyn Tealer

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