

# JANUARY 2025

MON	TUE	WED	THU	FRI
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

## THE PINNACLE SENIOR CENTER PARKS & RECREATION




5525-C Hobby Road • Houston, Texas 77053  
Mon-Fri: 7:30am - 4:30pm • 832-471-2765

# Activities Calendar & Schedule

## Activity Flyers

### TECHI TUESDAY



**JOIN US  
JANUARY 7, 2025  
at 10 am**  
Every 1<sup>st</sup> Tuesday of the Month  
In the Multi-purpose room

### Area Agency on Aging

January, 2025

**New This Month**  
**Topic:**  
**Get Help Navigating Medicare Advantage Plans**

Every 3<sup>rd</sup> Tuesday 10am  
Starting January 21, 2025

**Understanding Your Choices**

w/ Karina Villela  
Benefits Counselor II

**Sign up to receive one-on-one Assistance with Medicare Sign Up At The Front Desk**

### Join the adventure!

**Houston-Galveston Agency on Aging**

will be running the Aging Mastery Program soon!

**B**uild your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

**You Will Learn About:**

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

Aging Mastery Program workshops will be held at: Pinnacle Senior Center, Multipurpose Room, 5525 Hobby Road, Houston, Texas 77053

Wednesdays, 10:30 am - 12:00 pm  
2025 Dates: January 9, 16, 22, February 6, 13, 20, 27, March 5, 12, 19

**Limited spots available: Sign up now!**

The program will launch on **January 9** through **March 19** but participants have to be signed up by **December 30, 2024**

Please RSVP to: Angie  
or call for more information (832) 471-2765


**Snacks and bottled water will be served.**  
AMP leader: Misty Sullivan with HGAAC Area Agency on Aging office.

**NCOA | AgingMastery** [www.ncoa.org/AMP](http://www.ncoa.org/AMP)

### Pinnacle Senior Center & wellcare

Presents **A Path to Wellness**

Affirmation Meditation



**What you can expect**

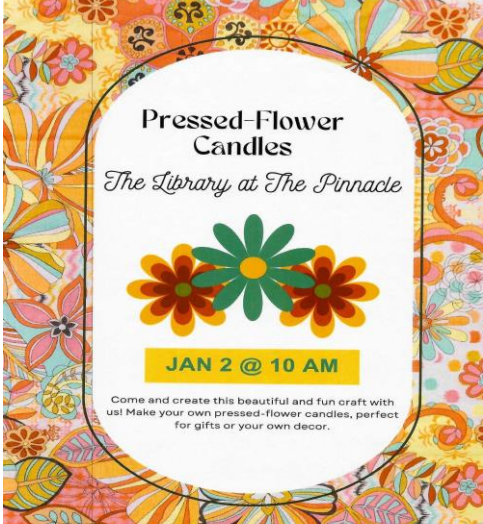
- 2025 Wellness goals, ready to live (weekly)
- 20 mins Meditation
- Wellness checks
- Health information
- Light breakfast
- Giveaways/Medicare Q/A

**Free admission for Seniors** RSVP (832) 471-2760

"Peace..be still"

### Pressed-Flower Candles

The Library at The Pinnacle



**JAN 2 @ 10 AM**

Come and create this beautiful and fun craft with us! Make your own pressed-flower candles, perfect for gifts or your own decor.

### FORT BEND COUNTY LIBRARIES

JANUARY 2025

#### THE PINNACLE SENIOR CENTER LIBRARY NEWSLETTER

Hours & News | Programs & Events

**HOURS**

Mon	9 am - 1 pm
Tue	9 am - 1 pm
Wed	9 am - 1 pm
Thu	9 am - 1 pm
Fri	9 am - 1 pm
Sat	CLOSED
Sun	CLOSED

**THE MIX BOOK CLUB**  
January 6, 2025

**STREAMING-VIDEO SERVICE**  
Visit our eLibrary for streaming movies, music, and audiobooks. <http://bit.ly/FBCL-VIDEO>

**LIBRARY CLOSURE**  
Wed, Jan 1 - New Year's Day  
Mon, Jan 20 - Martin Luther King, Jr. Day

**January 2 - (10:00 - 11:00 am)**  
Pressed-Flower Candles - Come and create this beautiful and fun craft with us! Make your own pressed-flower candles, perfect for gifts or your own decor.

**January 6 - (10:00 - 11:00 am)**  
The Mix Book Club: *The Gown*, by Jennifer Robson.

**January 9 - (10:00 - 11:00 am)**  
Computer Class: Pinterest Basics - Join us to learn the basics of how to use Pinterest!

**January 14 - (10:00 - 11:00 am)**  
Mom and Dad, I Want to Hear Your Story - Create your personal journaling story. Capture the memories, wisdom, and moments that define your journey. Registration required.

**January 16 - (10:00 - 11:00 am)**  
Decluttering Your Home - Learn the ins and outs of decluttering your home.

**January 23 - (10:00 - 11:00 am)**  
Intro to Genealogy - Learn about the genealogical information available at Fort Bend County Libraries.

**January 28 - (10:00 - 11:00 am)**  
Coffee & Tea Tasting - Discover a world of new flavors. Dive into the world of coffee and tea alternatives that provide unique flavors and health benefits.

**January 30 - (10:00 - 11:00 am)**  
Drawing Portraits - Learn the steps to drawing a portrait.

5525 Hobby Rd  
Houston, TX 77053

281.238.2100  
[www.fortbend.lib.tx.us](http://www.fortbend.lib.tx.us)

### GREATER WORKS BIBLE STUDY & PRAYER MINISTRY

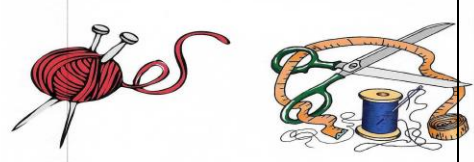
Tuesdays from 11am-Noon  
@ The PINNACLE Senior Center  
5525 Hobby Road,  
Houston, TX 77053  
All are Welcome to Join!

(You must be a registered patron.  
To register, you have to be 50 years of age and live in Fort Bend Houston)

### Red Hatters

Meet Every 3<sup>rd</sup> Friday of the Month  
next meeting will be  
January 17<sup>th</sup> @  
Noon - 3 pm

### Wild n Woolly Sewl Sisters



**Every 1<sup>st</sup> & last Friday of the month**  
**Noon - 3 pm**  
**First Meeting will be January 3, 2025**

### Card Players



**Monday & Wednesday's**

You are free to play your cards as you wish, but not to choose them.

**1 pm - 4 pm**  
**in the Multi-Purpose Room**

### PLAY BRIDGE FOR MENTAL & SOCIAL BENEFITS



**TUESDAY'S @ "MPR"**  
**1 p.m.-3 p.m.**

Oak Street Health will be bringing water and snacks on the following days

**Recreation Building**

1/3 11am-12noon  
1/9 10am-11am  
1/24 8am-9am

**Aquatic Center**

1/22 9am-10am  
1/31 10am-11am

Thank you, Oak Street Health, for your continued support of the Pinnacle Senior Center.

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PARKS & RECREATION



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## Activities Calendar & Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Activities Informational Schedule</b>					
<b>Week #1</b>				<b>Thurs-2</b>	<b>Fri-3</b>
800-900 AM			<b>The</b>	Quilting Bee 9-3pm	
900-1000AM			<b>Pinnacle</b>		
1000-1100AM			<b>Senior</b>	Library – Pressed Flower Candles	
1100-1200 PM			<b>Center</b>		
1200-100PM			<b>Closed for</b>		Wild n Woolly Sewl Sisters <b>12-3PM</b>
100-200PM			<b>New Year's Day</b>		
<b>Week #2</b>	<b>Mon-6</b>	<b>Tues-7</b>	<b>Wed-8</b>	<b>Thurs-9</b>	<b>Fri-10</b>
800-900 AM				Quilting Bee <b>9-3pm</b>	
900-1000AM			HGAC Aging Mastery Program <b>10:30-12:PM</b>		
1000-1100 AM	The Mix Book Club "The Gown"	Techi Tuesday		Library - Computer Class Pinterest Basics	
1100-1200 PM		Greater Works Bible Study			
1200-100PM					
100-200PM		Bridge <b>1-3PM</b>			
<b>Week #3</b>	<b>Mon-13</b>	<b>Tues-14</b>	<b>Wed-15</b>	<b>Thurs-16</b>	<b>Fri-17</b>
800-900 AM				Quilting Bee <b>9-3pm</b>	
900-1000AM			HGAC Aging Mastery Program <b>10:30-12:PM</b>		
1000-1100AM		Library-Create Personal Journaling		Library-Decluttering Your Home	
1100-1200 PM		Greater Works Bible Study			
1200-100PM					Red Hat Society <b>12-3PM</b>
100-200PM		Bridge <b>1-3PM</b>			
<b>Week #4</b>	<b>Mon-20</b>	<b>Tues-21</b>	<b>Wed-22</b>	<b>Thurs-23</b>	<b>Fri-24</b>
800-900 AM	<b>The</b>			Quilting Bee <b>8-1pm</b>	Wellcare Affirmation Meditation <b>7:30-8:30A</b>
900-1000AM	<b>Pinnacle</b>	Medicare w/Katrina	HGAC Aging Mastery Program <b>10:30-12:PM</b>		
1000-1100AM	<b>Senior</b>			Library-Intro to Genealogy	
1100-1200 PM	<b>Center</b>	Greater Works Bible Study			
1200-100PM	<b>Closed for</b>				
100-200PM	<b>Martin Luther King Jr Day</b>	Bridge <b>1-3PM</b>			
<b>Week #5</b>	<b>Wed-27</b>	<b>Tues-28</b>	<b>Wed-29</b>	<b>Thurs-30</b>	<b>Fri-31</b>
800-900 AM					
900-1000AM					
1000-1100AM		Library-Coffee & Tea Tasting		Library-Drawing Portraits	
1100-1200 PM		Greater Works Bible Study			
1200-100PM					Wild n Woolly Sewl Sisters <b>12-3PM</b>
100-200PM		Bridge <b>1-3PM</b>			