



## Visual Arts Workshops

with ARTreach artists

***Karen Skinner-Hellstern & Melba Lee***

February 10 & February 24

10:00 - 11:00am

RSVP with Angie



“Aging with Creativity” workshops by ARTreach are designed to provide quality life-enriching programs that help seniors engage with their community, reconnect to their creative spirit and remain independent and healthy.

Art promotes wellness and serves as a tool for stress reduction, emotional health, and overall well-being. Numerous studies highlight the mental and physical benefits of engaging in the arts, including improved brain function, immune system support, and emotional resilience.

### **About the artists:**

Karen has been a practicing watercolor artist since 2009 but also fancies herself a mixed media artist. She enjoys instructing people of all ages and tries to incorporate many of the artistic styles she learned in her travels. Her work is whimsical, fun, and often involves lots of color and movement.

Melba’s imaginative and resourceful activities help senior participants to engage socially and creatively and build new friendships. Seniors are amazed that the creative possibilities are endless, and they are inspired to look at things in a fresh new way.

# Join the adventure!



## 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

## 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!

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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 8, 15, 22,  
February 5, 12, 19, 26  
March 5, 12, 19



## Limited spots available: Sign up now!

The program will launch on **January 8 through March 19**

but participants have to be signed up by **December 30, 2024**

Please RSVP to: **Angie**

by **or call for more information (832) 471-2765**

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



**Calling all Veterans & Surviving Spouses**

**Find out how we can support you with at-home caregiver services at no cost to you.**

**Don't miss out - RSVP today!**

- **Please bring a copy of your DD214**

Date: February 3, 2025

Time: 9AM - 10:30AM

Location: Pinnacle Senior Center

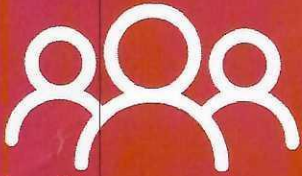
5525 Hobby Rd Bldg C,

Houston, TX 77053



Gabby (713) 828-3960

Attend our  
**Heart Health  
Awareness Month**



Hands Only  
**CPR**  
Class



**Pinnacle Senior Center**

5525 Hobby Rd., Houston, TX 77053



February 18th, 2025  
10 AM to 11:30 AM



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

# Area Agency on Aging

February, 2025

**New This  
Month**

Every 3<sup>rd</sup> Tuesday 10am  
February 18, 2025

**Topic:**  
**Medicare  
Open  
Enrollment  
on  
Advantage  
Plans**

*w/Karina Villela*

*Benefits  
Counselor II*

## Understanding Your Choices

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

# 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, February 14<sup>th</sup>, 2025  
1:00pm - 3:00pm  
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, 14 de Febrero del 2025  
1:00pm – 3:00pm  
5525-C Hobby Rd, Houston, TX, 77053

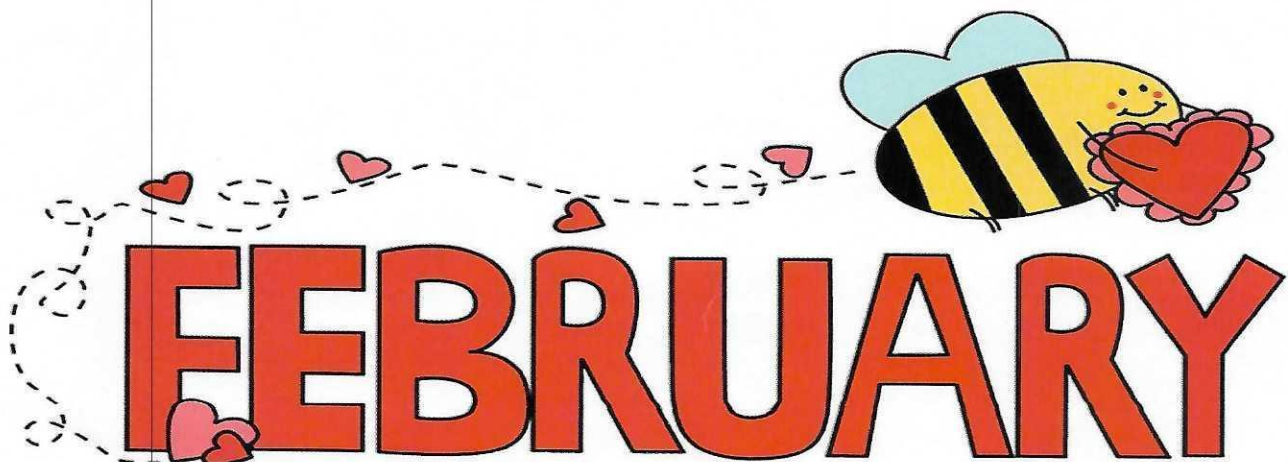
# Constable Daryl L. Smith Fort Bend County Pct. 2



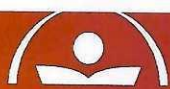
If your birthday is in February, please sign up for a special certificate from Constable Daryl L. Smith, Sr.

Certificates will be presented by  
Captain Christopher Garrett  
at the February birthday celebration  
Wednesday, February 26, 2025  
10:45 -11:00

## HAPPY FEBRUARY BIRTHDAYS







FEBRUARY 2025

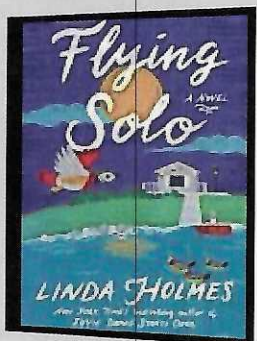
## THE PINNACLE SENIOR CENTER LIBRARY NEWSLETTER

### Hours & News

#### 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



February 3, 2025

#### STREAMING-VIDEO SERVICE

Visit our eLibrary for streaming movies, music, and audiobooks.

[http://bit.ly/FBCL\\_AVOD](http://bit.ly/FBCL_AVOD)

### Programs & Events

#### February 3 - (10:00 - 11:00 am)

The Mix Book Club: *Flying Solo*, by Linda Holmes

#### February 6 - (10:00 - 11:00 am)

**DIY Origami Hearts** - Join us to learn how to fold your very own origami-heart bouquets, just in time for Valentine's Day!

#### February 11 - (10:00 - 11:00 am)

**Create Your Visual Bucket List**: Turn your aspirations into a beautiful, inspiring visual representation with our Visual Bucket List Workshop! **Registration required.**

#### February 13 - (10:00 - 11:00 am)

**Embroidered Bookmarks** - Use felt and embroidery floss to make a corner bookmark.

#### February 20 - (10:00 - 11:00 am)

**Computer Class: Using Mail Merge in MS Word** - Mail merge can make it quick and easy to create labels for your holiday cards, make personalized letters for a mailing list, and more. Join us to learn how!

#### February 25 - (10:00 - 11:00 am)

**Cooking for Two: Texas Chili Edition (Slow-Cooker Style)**! - Set It, Forget It, and Savor It! Learn how to make Texas Chili in a small slow cooker. Easy, delicious, and perfectly portioned!

#### February 27 - (10:00 - 11:00 am)

**Computer Class: Bring Your Own Device** - Bring in your phone and/or tablet and any questions you have, and we will work with you to answer them!

# Buffalo Soldiers National Museum History of the Buffalo Soldiers



# 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**



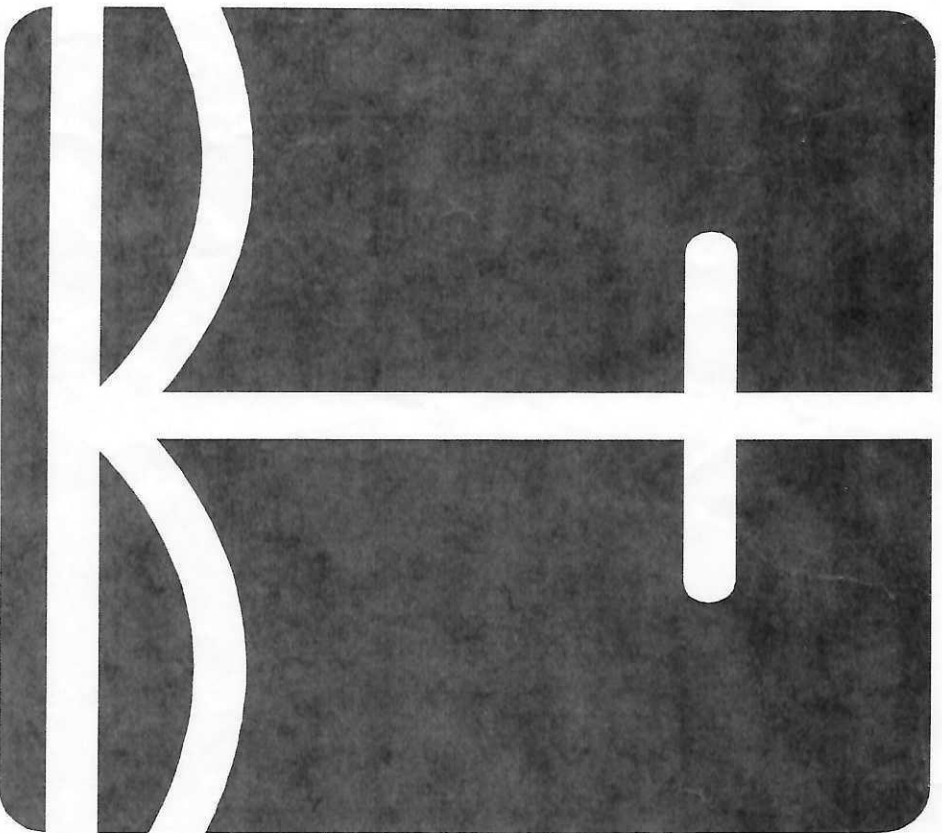
**FOR  
MENTAL & SOCIAL  
BENEFITS**

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**TUESDAY'S**

**@ "MPR"**

**1 p.m.—3 p.m.**



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)

# **GREATER WORKS BIBLE**

# **STUDY & PRAYER MINISTRY**



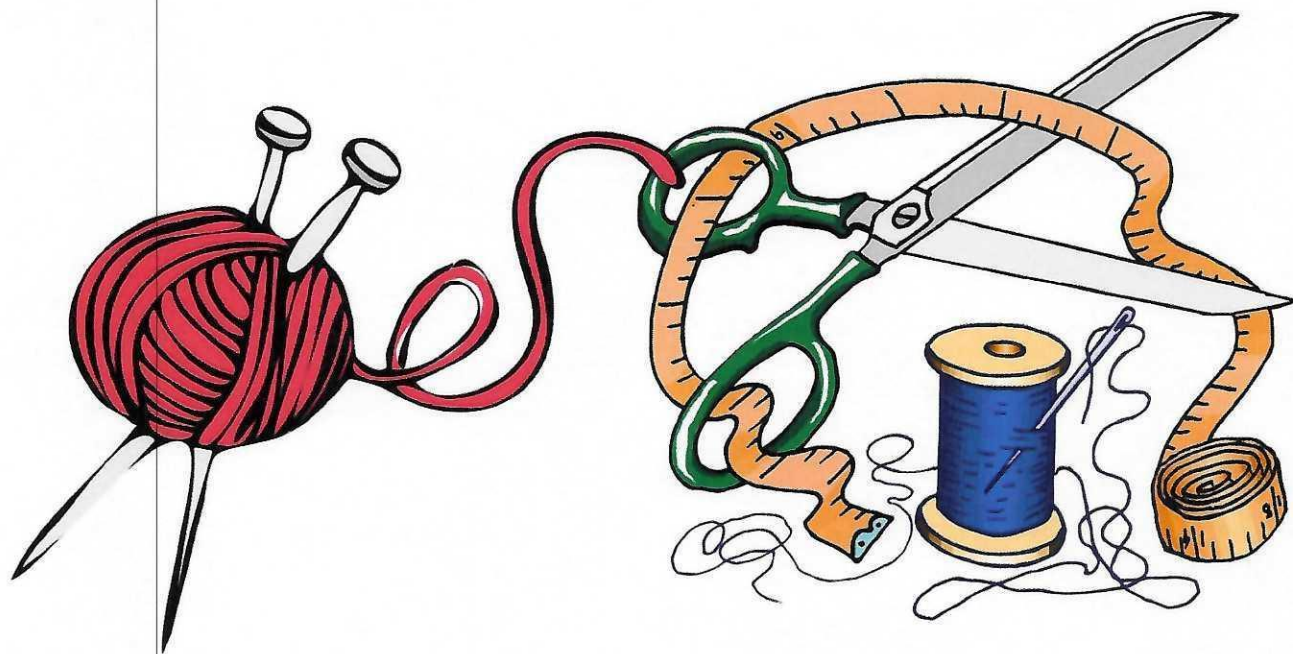
Meet Every 3<sup>rd</sup> Friday of  
the Month

Meetings will be

from

Noon – 3 pm

# Wild n Woolly Sewl Sisters



**Every 1<sup>st</sup> & last  
Friday  
of the month  
Noon - 3 pm**