

JUNE 2025

MON TUE WED THU FRI

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				



Fort Bend County Parks & Recreations



Pinnacle Senior Center

5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)

General Business Days & Hours: Monday-Fridays (7:30-4:30 PM)

(Weight Room Hours- (7:30-4:15 PM) & (Aquatics hours (7:30-4:00 PM)

June 2025 Calendar Schedule

Please make sure you sign in at the front desk daily!

To Participate in The Pinnacle Programs & Activities everyone must complete a Registration Form and Sign a Release of Liability Waiver.

For Communication Updates please ask about the monthly {Email-Blast and Remind101} Text Messaging Reminder Registry

(AUD)-Auditorium/Exercise Gym- (YR)-Yoga Room Located in Aquatics Area - (MPR) Multi-Purpose Room

Wk-1	MON-2	TUE-3	WED-4	THU-5	Friday-6
800-845 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM
800-845 AM	Step/w Shanna MP		Step/w Shanna MP		
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fitness/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1050 AM	Line-Dance/w Sheila	No Zumba	Line-Dance/w Faye	Chair-Fit /w Coach	Pilates/w Shanna
1100-1145 AM	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	Chair/Move-Fit /w Coach	Move-Fit /w Coach	Chair/Move-Fit /w Coach
1200-1245 PM	Men-Fit/w Coach		Men-Fit/w Coach		Men-Fit/w Coach
100-200 PM	Step/w Shanna AUD	Yoga/w Shanna 1230-130	Step/w Shanna AUD	Yoga/w Shanna 1230-130	
300-400 PM	Line-Dance/w Sheila				
Wk-2	MON-9	TUE-10	WED-11	THU-12	FRI-13
800-845 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM
800-845 AM	Step/w Shanna MP		Step/w Shanna MP		
900-945 AM	Fitness/w Video	Strength-T/w Mac	Fitness/w Video	Strength-T/w Video	Fitness/w Shanna
950-1050 AM	Line-Dance/w Sheila	Zumba w/ Valerie 10-11 AM	Line-Dance/w Faye	Chair-Fit /w Coach	Pilates/w Shanna
1100-1145 AM	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	Chair/Move-Fit /w Coach	Move-Fit /w Coach	Closed at 11 AM for Food Truck Reopen 12 PM For Distribution between 1-3 PM
1200-1245 PM	Men-Fit/w Coach		Men-Fit/w Coach		
100-200 PM	Step/w Cancelled AUD	Yoga/ Cancelled 1230-130	Step/w Cancelled AUD	Yoga/ Cancelled 1230-130	
300-400 PM	Line-Dance/w Sheila				
Wk-3	MON-16	TUE-17	WED-18	THU-19	FRI-20
800-845 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Closed Juneteenth Celebration	Walk-Video-CM
800-845 AM	Step/w Shanna MP	900-945 Conversation & Coffee with County Clerk (Property Fraud Alert)	Step/w Shanna MP		
900-945 AM	Fitness/w Shanna		Fitness/w Shanna		Fitness/w Shanna
950-1050 AM	Line-Dance/w Sheila	Zumba w/ Valerie 10-11 AM	Line-Dance/w Faye		Pilates/w Shanna
1100-1145 AM	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	Chair/Move-Fit /w Coach		Chair/Move-Fit /w Coach
1200-1245 PM	Men-Fit/w Coach		Men-Fit/w Coach		Men-Fit/w Coach
100-200 PM	Step/w Shanna AUD	Yoga/w Shanna 1230-130	Step/w Shanna AUD		
300-400 PM	Line-Dance/w Sheila				
Wk-4	MON-23	TUE-24	WED-25	THU-26	FRI-27
800-845 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM
800-845 AM	Step/w Shanna MP		Step/w Shanna MP		
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fitness/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1050 AM	Line-Dance/w Sheila	Zumba w/ Valerie 10-11 AM	Line-Dance/w Faye	Chair-Fit /w Coach	Pilates/w Shanna
1100-1145 AM	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	Chair/Move-Fit /w Coach	Move-Fit /w Coach	Chair/Move-Fit /w Coach
1200-1245 PM	Men-Fit/w Coach		Men-Fit/w Coach		Men-Fit/w Coach
100-200 PM	Step/w Shanna AUD	Yoga/w Shanna 1230-130	Step/w Shanna AUD	Yoga/w Shanna 1230-130	
300-400 PM	Line-Dance/w Sheila				
Wk-5	MON-30				
800-845 AM	Walk-Video-CM				
800-845 AM	Step/w Shanna MP				
900-945 AM	Fitness/w Shanna				
950-1050 AM	Line-Dance/w Sheila				
1100-1145 AM	Chair/Move-Fit /w Coach				
1200-1245 PM	Men-Fit/w Coach				
100-200 PM	Step/w Shanna AUD				
300-400 PM	Line-Dance/w Sheila				

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(AUD)-Auditorium/Exercise Gym (YR)-Yoga Room Located in Aquatics Area (MPR)-Multi-Purpose Room

Wk-1	MON-2	TUE-3	WED-4	THU-5	Friday-6
800-900AM					
900-1000AM			ARTreach MPR		
1000-1100AM	Tai Chi MPR The Mix Book Club-Library	Techi Tuesday MPR		Smart Oline Shopping-Library	
1100-1200PM		Greater Works Bible Study			
1200-100PM					Wild & Wooley 12-3PM
100-200PM		Bridge 1-3PM	Card Players 1-4PM		
200-300PM					
Wk-2	MON-9	TUE-10	WED-11	THU-12	FRI-13
800-900AM					
900-1000AM			ARTreach MPR		
1000-1100AM	Tai Chi MPR	Juice Your Way-Library		Microsoft Alternatives-Library	
1100-1200PM		Greater Works Bible Study			
1200-100PM					Houston Food Bank 12-3PM
100-200PM	Card Players 1-4PM	Bridge 1-3PM	Card Players 1-4PM		
200-300PM					
Wk-3	MON-16	TUE-17	WED-18	THU-19	FRI-20
800-900AM					
900-1000AM		Property Fraud Alert 9-9:45AM			
1000-1100AM	Tai Chi MPR	Medicare w/Karina		CLOSED	
1100-1200PM		Greater Works Bible Study		Juneteenth	Bingo w/Constable Smith
1200-100PM					Red Hat Society 12-3PM
100-200PM	Card Players 1-4PM	Bridge 1-3PM	Card Players 1-4PM		
200-300PM					
Wk-4	MON-23	TUE-24	WED-25	THU-26	FRI-27
800-900AM					
900-1000AM		Humana MPR			
1000-1100AM		Detox & Destress-Library	Birthday Celebration 10:45-11:00AM	Painted Bookends-Library	
1100-1200PM		Greater Works Bible Study			
1200-100PM					Wild & Wooley 12-3PM
100-200PM	Card Players 1-4PM	Bridge 1-3PM	Card Players 1-4PM		
200-300PM					
Wk-5	MON-30				
800-900AM					
900-1000AM					
1000-1100AM					
1100-1200PM					
1200-100PM					
100-200PM	Card Players 1-4PM				
200-300PM					

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Activity Flyers (See Dates)

TAI CHI
CLASS
FOR SENIORS
AGE 60+

Pinnacle Senior Center

Multipurpose Room

May 05, 12, 19, June 02, 09, 16

Mondays 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 Tai Chi for Health Certified Instructor, Misty Sullivan.

TECHI TUESDAY



JOIN US

June 3, 2025

at 10 am

Every 1st Tuesday of the Month
In the Multi-purpose room

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Activity Flyers (See Dates)



Visual Arts Workshops
with ARTreach artist *Melba Lee*

June 4 & June 11
9:00 - 10:00am

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 artist:

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.

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 \$1,696

Household of 2: Monthly income does not exceed \$2,292



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, June 13th, 2025

1:00pm - 3:00pm

5525-C Hobby Rd, Houston, TX, 77053

This institution is an equal opportunity provider.

houstonfoodbank.org

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Activity Flyers (See Dates)

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 \$1,696

Hogar de 2 personas: El ingreso mensual no excede \$2,292

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 periodo 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 Junio del 2025
1:00pm – 3:00pm
5525-C Hobby Rd, Houston, TX, 77053

Esta institución ofrece igualdad de oportunidades

houstonfoodbank.org



Laura Richard,
Fort Bend County Clerk



You're invited to

**CONVERSATION & COFFEE
WITH THE COUNTY CLERK**

Property Fraud Alert

Pinnacle Senior & Aquatic Fitness Centers
Tuesday, June 17, 2025
9:00am-9:45am



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Activity Flyers (See Dates)

**MEDICARE
PRESENTATION**

w/Karina Villela

Advance Directives

Planning for Loss of Health

From The
Houston-Galveston Area
Agency on aging

ADVANCE HEALTH CARE DIRECTIVE

INSTRUCTIONS

Part 1 of this form lets you name another individual as agent to make health care decisions for you if you become incapable of making your own decisions, or if you want someone else to make those decisions for you now even though you are still capable. You may also name an alternate agent to act for you if your first choice is not willing, able, or reasonably available to make decisions for you.

Your agent must be an adult who is not your supervising health care provider. Your agent also may not be an employee of the health care facility or a residential care facility where you are receiving care, unless such person is related to you by blood or marriage.

Unless you specify otherwise on this form, your agent will have the right to:

1. Consent to or refuse any care, treatment, service, or procedure, or to maintain, diagnose, or treat any medical condition.
2. Select or change health care providers and institutions.
3. Approve or disapprove diagnostic tests, medical procedures, and prescription of medication.
4. Direct the provision, withholding, or withdrawal of artificial nutrition and hydration and all other health care, including cardiopulmonary resuscitation.
5. Donate organs or tissues, authorize an autopsy, and direct the disposition of remains.

However, your agent will not be able to commit you to a mental health facility, to consent to treatment, psychosurgery, sterilization or abortion for you.

Date: June 17, 2025

Located at the

Time: 10 am—11 am

Multi-Purpose Room



Constable Daryl L. Smith, Sr.

PRESENTS

Bingo Party

Friday, June 20, 2025

11am - 12pm

Pinnacle Senior Center

5525 Hobby Rd Bldg C

Houston, TX 77053



Come out to enjoy the bingo party, win fun prizes, and eat delightful snacks.



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Activity Flyers (See Dates)

Humana. A more human way to healthcare®

You're invited

Save the date



Please join us to learn more about : How to Let go of Stress

Wednesday, June 25 at 9 a.m.

Pinnacle Senior Center
5525 Hobby Rd Bldg C, Houston, TX 77053



Bring your friends!

- Come learn about maintaining a healthy lifestyle
 - Come enjoy coffee and donuts provided by our team
 - And feel free to bring your friends
- No obligation to enroll.

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For accommodations of persons with special needs at meetings, call 877-320-1235 (TTY: 711), 8 a.m. – 8 p.m., seven days a week.

Constable Daryl L. Smith Fort Bend County Pct. 2



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

Certificates will be presented by
Captain Christopher Garrett
at the June birthday celebration
Wednesday, June 25, 2025



HAPPY JUNE BIRTHDAY'S

Activity Flyers (See Dates)

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FORT BEND COUNTY LIBRARIES

JUNE 2025

THE PINNACLE SENIOR CENTER LIBRARY NEWSLETTER

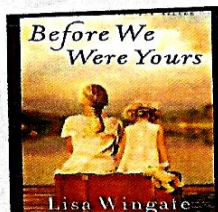
Hours & News

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



June 2
10 am

STREAMING-VIDEO SERVICE

Visit our eLibrary for streaming movies, music, and e-audiobooks.
bit.ly/FBCL_Video-Streaming

**All libraries closed on
June 19
Juneteenth Holiday**

June 2 (10:00 - 11:00 am)

The Mix Book Club:

Before We Were Yours, by Lisa Wingate

June 5 - (10:00 - 11:00 am)

Smart Online Shopping: Learn to shop smart, save money, and stay safe online—no tech skills required!

June 10 - (10:00 - 11:00 am)

Juice Your Way to Wellness: Join us for a fun and informative session where you'll learn to boost energy and immunity with simple, delicious homemade juices.

June 12 - (10:00 - 11:00 am)

Microsoft Office Alternatives: Learn about free software that can take the place of Microsoft Office.

June 24 - (10:00 - 11:00 am)

Detox & Destress: The Steam Sauna Experience: Relax and detox naturally with the calming benefits of steam sauna therapy.

June 26 - (10:00 - 11:00 am)

Painted Bookends: Paint 3D-printed bookends.

5525 Hobby Rd
Houston, TX 77053

281.238.2100

www.fortbendlibraries.gov

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Monthly Activity Flyers

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



**TUESDAY'S
@ "MPR"
1 p.m.—3 p.m.**

Wild n Woolly Sewl Sisters



**Every 1st & last
Friday
of the month
Noon – 3 pm**



**Meet Every 3rd Friday of
the Month
Meetings will be
from
Noon – 3 pm**

GREATER WORKS BIBLE STUDY & PRAYER MINISTRY

TUESDAYS FROM 11AM-12PM

ALL IS WELCOME TO JOIN!

(YOU MUST BE A REGISTERED PATRON AT LEAST 50 YEARS OF AGE)

LOCATION:

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