

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 June 2025.

Come join us for **Sun Style Tai Chi on June 2nd beginning at 10AM in the Multipurpose Room.** You can sit or stand to improve balance, relaxation, and mobility. **(FOR SENIORS AGE 60+)**

Come join us for **Techie Tuesday June 3rd beginning at 10am in the Multipurpose Room.** Please bring your preferred devices.

Oak Street Health will pass out bottles of water and a snack in the main building on the following dates in the main building: **June 6th 11:00AM-12Noon, June 9th 10:00AM-11:00AM, June 19th 9AM-10:00 and June 25th 10:45-11:45AM.**

ARTreach will host Visual Arts Workshops on **June 4th and June 11th from 9AM-10:00Am in the Multipurpose Room** with ARTreach artist Melba Lee. **Please RSVP with Angie.**

The Houston Food Bank will host the **Senior Box Distribution** Friday, **June 13th from 1:00pm-3:00pm in the Auditorium.** The Pinnacle Senior Center will close at **11:00am** for setup and reopen at **12Noon.** Please note that this will be held inside the senior center, and you will need to come inside for intake. Please bring your ID and Apple Card to pick up a Senior Box. Need additional assistance? Please call the Houston Food Bank Helpline at 832-369-9390. **If you would like to volunteer for the Senior Box Distribution, please contact Angie.**

You are cordially invited to **CONVERSATION & COFEE WITH THE COUNTY CLERK (Property Fraud Alert) Tuesday, June 17, 2025, 9:00AM-9:45AM in the Multipurpose Room.** A Property Fraud Alert is a service offered by county clerks, that notifies property owners via email or phone when a document is recorded in their name at the county's land records office. This can help detect potential property fraud, like someone filing a fake deed or lien against your property, allowing to act.

Karina w/ Area Agency on Aging will continue with the topic of **Advance Directives (Planning for Loss of Health)** on **June 17th from 10:00AM-11:00AM in the Multipurpose Room.** If you need one-on-one assistance with Medicare, **please sign up with Angie.**

The Pinnacle Senior Center will be closed on June 19, 2025, in observance of Juneteenth.

Constable Daryl L. Smith, Sr. PRESENTS **Bingo Party Friday, June 20, 2025, 11:00AM-12NOON in the Multipurpose Room.** Come out to enjoy the bingo party, win fun prizes, and eat delightful snacks. **Please sign up with Angie.**

Humana will host a presentation on **How to Let Go of Stress, Wednesday, June 25, 2025, 9:00AM-10:00AM in the Multipurpose Room.** Learn about maintaining a healthy lifestyle.

It sounds like a fun and lively **Birthday Celebration** is planned for **June 25, 2025.** 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 May certificate to please see Angie.**

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

June 2nd – The Mix Book Club: Before We Were Yours, by Lisa Wingate, **June 5th** – Smart Online Shopping, **June 10th** – Juice Your Way to Wellness, **June 12th** – Microsoft Office Alternatives, **June 24th** – Detox & Destress: The Steam Sauna Experience, and **June 26th** – Painted Bookends. See flyer for additional details.

AQUATIC CENTER

*****MAINTENANCE UPDATE*****

The aquatic center renovations and maintenance are nearing completion. It is my hope to have the pool open by mid-June for your summer enjoyment. Stay Tuned!

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

Facilities & Programs Manager

Pinnacle Senior & Aquatic Fitness Centers

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