

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 (Currently Closed**)**

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 July 2025.

Come join us for **Techie Tuesday July 1st beginning at 10am in the Multipurpose Room.** Please bring your preferred devices.

The Pinnacle Senior Center will be **closed** in observance of **Independence Day (July 4th).**

Oak Street Health will pass out bottles of water and a snack in the main building on the following dates in the main building: **July 1st 9AM-10AM, July 7th 10AM-11AM, July 25th 11AM-10AM and July 30th 10:45-11:45AM** (Birthday Celebration).

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

Karina w/ Area Agency on Aging will continue with the topic of **Understanding Your Choices** on **July 15th from 10:00AM-11:00AM in the Multipurpose Room.** If you need one-on-one assistance with Medicare. **Please sign up with Angie.**

Come join us for **2025 Senior Citizens in the Spotlight – EXPO THEME: LUAU** – This is event is free to our senior community. **See attached flyer for additional information.**

Do you enjoy art and meditation? **ARTreach** and **Wellcare** will host **SENIORS ART & MEDITATION July 23rd 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.**

Please join **The Immunization Partnership and Pinnacle Senior Center** for Coffee, Conversation, and Games! **July 24th 9-10:00AM** Get your questions answered about vaccines and how they protect you. Come sip, chat, and play your way to better health.

It sounds like a fun and lively **Birthday Celebration** is planned for **July 30th !** 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 June certificate to please see Angie.**

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

July 3rd – The Wild Side of Texas: Seeing the State's Wildlife, **July 7th – The Mix Book Club:** **The House of Eve**, by Sadequa Johnson, **July 10th Using OverDrive/Libby** Learn how to use this great resource to check out eBooks and audiobooks, **July 15th Reflexology for Relaxation:** Feel Better from Head to Toe, **July 17th Free Genealogy Online Resources:** Discover how to research your family history using FBC Libraries and Online resources. – **July 24th Rock Painting.** **See flyer for additional details.**

Join the adventure! **The Houston-Galveston Agency on Aging** will be running the **Aging Mastery Program** soon! Build 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. The program for the fall will launch in August, but participants must be signed up by **July 30, 2025.** **See flyer for additional details and please RSVP with Angie.**

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.

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

The aquatic center renovations and maintenance are nearing completion. It is my hope to have the pool open by **July 7th** for your summer enjoyment. Stay Tuned!

*****NEW UPDATE*****

Swim Lessons with Mr. Booker will resume this month. **Please see the calendar for details.**

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

Session Details:

- Each sign-up includes a **4-lesson session** over **2 weeks**.
- Classes are held weekly on **Mondays and Fridays**.
- Each class is **30 minutes**.
- Lessons take place **in the afternoon**.

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 **July 2nd 10:00AM-11:00AM** and **July 24th 10:00AM-11:00AM**.

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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Pinnacle Senior & Aquatic Fitness Centers

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