

# JULY 2025

MON	TUE	WED	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	



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)

## July 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-	TUE-1	WED-2	THU-3	Friday-4
800-845 AM		Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Closed for Independence Day Celebration
800-845 AM			Step/w Shanna YR		
900-945 AM		Strength-T/w Shanna	Fitness/w Shanna	Strength-T/w Shanna	
950-1050 AM		Zumba w/ Valerie 10-11 AM	Line-Dance/w Faye	Cancelled Advance-Boot-Camp	
1100-1145 AM		Chair-Fit /w Coach	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	
1200-1245 PM			Men-Fit/w Coach		
100-200 PM		Yoga/w Shanna 1230-130 AUD	Step/w Shanna YR	Yoga/w Shanna 1230-130 AUD	
200-230		Advance-Boot-Camp 2-230 PM			
Wk-2	MON-7	TUE-8	WED-9	THU-10	FRI-11
800-845 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM
800-845 AM	Step/w Shanna YR		Step/w Shanna YR		
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	Advance-Boot-Camp /w Coach	Pilates/w Shanna
1100-1145 AM	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	Chair/Move-Fit /w Coach	Chair-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 YR	Yoga/w Shanna 1230-130 AUD	Step/w Shanna YR	Yoga/w Shanna 1230-130 AUD	
300-400 PM	Line-Dance/w Sheila	Canceled Advance-Boot-Camp 2-230 PM			
Wk-3	MON-14	TUE-15	WED-16	THU-17	FRI-18
800-845 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Closed For Senior Trade Show
800-845 AM	Step/w Shanna YR		Step/w Shanna YR		
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fitness/w Shanna	Strength-T/w Shanna	
950-1050 AM	Line-Dance/w Sheila	Zumba w/ Valerie 10-11 AM	Line-Dance/w Faye	Advance-Boot-Camp	
1100-1145 AM	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	
1200-1245 PM	Men-Fit/w Coach		Men-Fit/w Coach		
100-200 PM	Step/w Shanna YR	Yoga/w Shanna 1230-130 AUD	Step/w Shanna YR	Yoga/w Shanna 1230-130 AUD	
300-400 PM	Line-Dance/w Sheila	Advance-Boot-Camp 2-230 PM			
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800-845 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM
800-845 AM	Step/w Shanna YR		Step/w Shanna YR		
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	Advance-Boot-Camp	Pilates/w Shanna
1100-1145 AM	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	Chair/Move-Fit /w Coach	Chair-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 YR	Yoga/w Shanna 1230-130 AUD	Step/w Shanna YR	Yoga/w Shanna 1230-130 AUD	
300-400 PM	Line-Dance/w Sheila	Advance-Boot-Camp 2-230 PM			
Wk-5	MON-28	TUE-29	WED-30	THU-31	
800-845 AM	Walk-Video-CM	Walk-Video-SE	Walk-Video-CM	Walk-Video-SE	
800-845 AM	Step/w Shanna YR		Step/w Shanna YR		
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fitness/w Shanna	Strength-T/w Shanna	
950-1050 AM	Line-Dance/w Sheila	Zumba w/ Valerie 10-11 AM	Line-Dance/w Faye	Advance-Boot-Camp	
1100-1145 AM	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	
1200-1245 PM	Men-Fit/w Coach		Men-Fit/w Coach		
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## July 2025 Activity Calendar

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-	TUE-1	WED-2	THU-3	Friday-4
800-900AM				Quilting Bee 9-3PM MPR	
900-1000AM					
1000-1100AM		Techi Tuesday MPR			Closed
1100-1200PM		Greater Works Bible Study		Wild Side of Texas - Library	Independence Day
1200-100PM					
100-200PM		Bridge 1-3PM MPR	Card Players 1-4PM MPR		
200-300PM					
Wk-2	MON-7	TUE-8	WED-9	THU-10	FRI-11
800-900AM				Quilting Bee 9-3PM MPR	
900-1000AM			ARTreach - MPR		
1000-1100AM	The Mix Book Club - Library			Using OverDrive/Libby - Library	
1100-1200PM		Greater Works Bible Study			
1200-100PM					WWSS 12-3PM MPR
100-200PM	Card Players 1-4PM MPR	Bridge 1-3PM MPR	Card Players 1-4PM MPR		
200-300PM					
Wk-3	MON-14	TUE-15	WED-16	THU-17	FRI-18
800-900AM				Quilting Bee 9-3PM MPR	Closed
900-1000AM		Reflexology – Library 10-11am			
1000-1100AM		Medicare w/Karina MPR		Genealogy – Library	2025 Senior Citizens
1100-1200PM		Greater Works Bible Study			In the Spotlight Expo
1200-100PM					AUD
100-200PM	Card Players 1-4PM MPR	Bridge 1-3PM MPR	Card Players 1-4PM MPR		
200-300PM					
Wk-4	MON-21	TUE-22	WED-23	THU-24	FRI-25
800-900AM			Art & Meditation 8:30-10:30 MPR		
900-1000AM				The Immunization Partnership - MPR	
1000-1100AM				Rock Painting - Library	
1100-1200PM		Greater Works Bible Study			
1200-100PM					WWSS 12-3PM MPR
100-200PM	Card Players 1-4PM MPR	Bridge 1-3PM MPR	Card Players 1-4PM MPR		
200-300PM					
Wk-5	MON-28	TUE-29	WED-30	THU-31	
800-900AM				Quilting Bee 9-1PM - MPR	
900-1000AM					
1000-1100AM			Birthday Celebration 10:45-11AM		
1100-1200PM		Greater Works Bible Study			
1200-100PM					
100-200PM	Card Players 1-4PM MPR	Bridge 1-3PM MPR	Card Players 1-4PM MPR		
200-300PM					

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**Aquatics Hours Mon-Fri 7:30-4:00 PM**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
To participate in “Aquatic” activities you must register sign a waiver of liability  You must also attend/view a pool orientation video on safety and guidelines		<b>IMPORTANT</b> You must shower before entering the pool. You must wear appropriate swimwear/water shoes. NO bandages or open sores/wounds		<b>IMPORTANT</b> No Free-Swimming during Lap Swimming Period	Swim lessons taught by Mr. Booker & Tyler <div></div>
NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!					
Wk-1	TUE-1		WED-2	THU-3	FRI-4
730-900 AM	LAP SWIM				<b>HAPPY INDEPENDENCE DAY</b>
900-1100 AM	Swim Lessons w/ Mr. Booker (in designated area) Free Swim				
1100-1200 PM	Aqua Aerobics w/Tyler		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
1200-200 PM	Free Swim				
200-300 PM	Aqua Aerobics w/Tyler		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM	Free Swim				
Wk-2	MON-7	TUE-8	WED-9	THU-10	
730-900 AM	LAP SWIM				<b>Senior Trade Show</b>
900-1100 AM	Swim Lessons w/ Mr. Booker (in designated area) Free Swim				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
1200-200 PM	Free Swim	Free Swim w/Cycles & Treadmills			
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim			
2pm-345pm	Free Swim				
Wk-3	MON-14	TUE-15	WED-16	THU-17	FRI-18
730-900 AM	LAP SWIM				<b>Senior Trade Show</b>
900-1100 AM	Swim Lessons w/ Mr. Booker (in designated area) Free Swim				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm	Free Swim			
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim			
2pm-345pm	Free Swim				
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900-1100 AM	Swim Lessons w/ Mr. Booker (in designated area) Free Swim w/Cycles & Treadmills				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm	Free Swim			
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim			
2pm-345pm	Free Swim				
Wk-5	MON-28	TUE-29	WED-30	THU-31	
730-900 AM	LAP SWIM				
900-1100 AM	Swim Lessons w/ Mr. Booker (in designated area) Free Swim				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm	Free Swim	Free Swim	Free Swim	
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim	Free Swim	Free Swim	
2pm-345pm	Free Swim				
Volunteer Swim Instructor		Aqua Zumba Instructor		Aqua Fitness Coordinator and Instructor	
Booker Canty		Sandra Patterson		Tyler Shannon	

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## Activity Flyers (See Dates)

**TECHI  
TUESDAY**

**1<sup>st</sup> TUESDAY OF THE MONTH**

**10am - 11am**

**w/Wylesha**



**Bring in laptop and Ipad  
along with your Phone**

**July 1, 2025**



**4<sup>th</sup> JULY**  
**INDEPENDENCE DAY**

**THE PINNACLE SENIOR CENTER**

**WILL BE**

**CLOSED**

**Friday, July 4, 2023**

**IN OBSERVANCE OF  
INDEPENDENCE DAY**



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**Activity Flyers (See Dates)**



**Visual Arts Workshops**  
with ARTreach artist *Melba Lee*

**July 9**  
**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.*



# Area Agency on Aging

January, 2025

**New This  
Month**

**Every 3<sup>rd</sup> Tuesday 10am**  
**Starting July 15, 2025**

**Topic:**

**Difference  
between  
Traditional  
&**

**Advantage  
Plans**

*w/Karina Vilella*

*Benefits  
Counselor II*

# Understanding Your Choices

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

© Copyright 20xx

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**Activity Flyers (See Dates)**



**ATTENTION!!**

- CALLING ALL
- SENIORS
- CAREGIVERS
- VETERANS
- FAMILIES &
- SENIOR FOCUSED BRANDS

**July 18<sup>th</sup>**

**Time: 10am-2pm**

Pinnacle Senior Center  
5525 Hobby Road, Building C,  
Houston, Tx 77053

**2025 EXPO THEME:**

**LUAU**

Powered By



**Featuring**

- Health & Wellness Resources
- Caregiver Support Resources
- Elder Abuse Prevention Resources
- Government Benefits Resources
- Health Insurance Resources
- Financial Planning Resources
- Senior Housing Resources
- End of Life Planning Resources
- Legacy Planning Resources
- Work and Volunteerism Resources
- Social Activities & Recreation Resources
- & More



**2025 SENIOR CITIZENS  
IN THE SPOTLIGHT-HOUSTON, TX**

**EMPOWERING YOU WITH RESOURCES  
TO MAKE INFORMED DECISIONS**



**THE PREMIER LIFESTYLE, HEALTH, EDUCATIONAL & ENTERTAINMENT EXPO  
FOR 55+ AGING ADULTS, CAREGIVERS, VETERANS & FAMILIES**

**FREE EVENT  
FREE LUNCH**

**FREE SWAG BAGS  
FREE HEALTH SCREEN  
FREE RESOURCES**

**SPEAKERS  
ENTERTAINMENT  
& MORE**

**GRAND PRIZE  
\$100 GIFT CARD**

**GRAND PRIZE  
\$100 GIFT CARD**

**PARTNER WITH SENIOR TRADE SHOWS TO SERVE THE SENIOR COMMUNITY**

**FOR ADVERTISEMENT/EXHIBITION/SPONSORSHIP/SPEAKING OPPORTUNITIES EMAIL OR CALL**

**JOIN THE IMMUNIZATION PARTNERSHIP  
AND PINNACLE SENIOR CENTER FOR**

**COFFEE,  
CONVERSATION,  
AND GAMES!**

- Get your questions answered about vaccines and how they protect you
- Learn in a fun and engaging way through a health-focused game
- Enjoy great conversation over a cup of coffee

**Come sip, chat, and play  
your way to better health!**

5525 Hobby Rd., Bldg C, Houston, TX 77053

**JULY 24<sup>TH</sup>, 2025**

**9-10 AM**





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**Activity Flyers (See Dates)**

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



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

Certificates will be presented by  
Captain Christopher Garrett  
at the July birthday celebration  
Wednesday, July 30, 2025



**BIRTHDAYS**  
THIS MONTH

**HAPPY JULY BIRTHDAY'S**

**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  
Fall 2025 Dates: August 6, 13, 20, 27  
September 10, 17, 24  
October 1, 8, 15



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

The program will launch on August 6 through October 15

but participants have to be signed up by July 30, 2025

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

Snacks will be served.

AMP leader: Misty Sullivan  
with Houston-Galveston  
Area Agency on Aging  
office.

**ncoa** | AgingMastery  
national council on aging

[www.ncoa.org/AMP](http://www.ncoa.org/AMP)

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**Activity Flyers (See Dates)**

**FORT BEND COUNTY LIBRARIES**

JULY 2025

## 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

**Reflexology for Relaxation:**  
Join us to relieve stress with reflexology.



LEFT

RIGHT

**JULY 15 @ 10 AM**

**July 3 - (10:00 - 11:00 am)**

**The Wild Side of Texas: Seeing the State's Wildlife.**  
Join us as we explore the wild side of this great state! Learn about wildlife attractions close to home and farther afield. You don't have to go too far from home to see beautiful and exciting animal life.

**July 7 (10:00 - 11:00 am)**

**The Mix Book Club: *The House of Eve*, by Sadeqa Johnson**

**July 10 - (10:00 - 11:00 am)**

**Using OverDrive/Libby:** Learn how to use this great resource to check out ebooks and e-audiobooks! If you don't want to, you'll never have to pay for a book again.

**July 15 - (10:00 - 11:00 am)**

**Reflexology for Relaxation: Feel Better from Head to Toe:** Discover the ancient art of reflexology! Learn how simple pressure points in your hands and feet can help relieve stress, ease pain, and improve circulation.

**July 17 - (10:00 - 11:00 am)**

**Free Genealogy Online Resources:** Discover how to research your family history using Fort Bend County Libraries and Online resources. You'll be exploring your family tree in no time!

**July 24 - (10:00 - 11:00 am)**

**Rock Painting:** Who says you have to spend a lot of money to make arts & crafts? In this class, you'll learn how to paint rocks to make fun little decorations.

5525 Hobby Rd  
Houston, TX 77053

281.238.2100  
[www.fortbendlibraries.gov](http://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



**FOR  
MENTAL & SOCIAL  
BENEFITS**

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

### Wild n Woolly Sewl Sisters



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



**Meet Every 3<sup>rd</sup> 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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