

# AUGUST 2025

MON	TUE	WED	THU	FRI
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29



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)

## August 2025 Calendar Schedule

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

**Participation in Pinnacle Programs requires a registration form and signed liability waiver.**

**For updates, ask about our monthly Email-Blast and Remind101 text reminders.**

**(AD)-Auditorium/Exercise Gym**

**(YR)-Yoga Room Located in Aquatics Area.**

**(MPR) Multi-Purpose Room**

Wk-1	MON-	TUE-	WED-	THU-	Friday-1
800-845 AM					Walk-Video-CM
800-845 AM					
900-945 AM					9-AM Fitness/w Shanna AD
950-1050 AM					10-AM Pilates/w Shanna YR
1100-1145 AM					Chair/Move-Fit /w Coach
1200-1245 PM					Men-Fit/w Coach
100-200 PM					
200-230					
Wk-2	MON-4	TUE-5	WED-6	THU-7	FRI-8
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		9-AM Fitness/w Shanna AD
900-945 AM	Fitness/w Shanna AD	Strength-T/w Shanna AD	Fitness/w Shanna AD	Strength-T/w Shanna AD	10-AM Pilates/w Shanna YR
950-1050 AM	Line-Dance/w Sheila	10-AM Zumba w/ Valerie AD	Line-Dance/w Faye	10-1045 Informational w/Coach AD/MPR	10-AM Zumba w/ Valerie AD
1100-1145 AM	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	Chair/Move-Fit /w Coach	Chair-Fit /w Coach	Food Truck Closing @ 11AM
1200-1245 PM	Men-Fit/w Coach	12-1235 Boot-Camp-AD	Men-Fit/w Coach	12-1235 Boot-Camp-AD	
100-200 PM	Step/w Shanna YR	1245 PM Yoga/w Shanna AD	Step/w Shanna YR	1245 PM Yoga/w Shanna AD	
300-400 PM	Line-Dance/w Sheila				
Wk-3	MON-11	TUE-12	WED-13	Thurs-14	FRI-15
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		9-AM Fitness/w Shanna AD
900-945 AM	Fitness/w Shanna AD	Strength-T/w Shanna AD	Fitness/w Shanna AD	Strength-T/w Shanna AD	10-AM Pilates/w Shanna YR
950-1050 AM	Line-Dance/w Sheila	10-AM Zumba w/ Valerie AD	Line-Dance/w Faye		10-AM Zumba w/ Valerie AD
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	12-1235 Boot-Camp-AD	Men-Fit/w Coach	12-1235 Boot-Camp-AD	Men-Fit/w Coach
100-200 PM	Step/w Shanna YR	1245 PM Yoga/w Shanna AD	Step/w Shanna YR	1245 PM Yoga/w Shanna AD	
300-400 PM	Line-Dance/w Sheila				
Wk-4	MON-18	TUE-19	WED-20	THU-21	FRI-22
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		9-AM Fitness/w Shanna AD
900-945 AM	Fitness/w Shanna AD	Strength-T/w Shanna AD	Fitness/w Shanna AD	Strength-T/w Shanna AD	10-AM Pilates/w Shanna YR
950-1050 AM	Line-Dance/w Sheila	10-AM Zumba w/ Valerie AD	Line-Dance/w Faye	10-1045 Informational w/Coach AD/MPR	10-AM Zumba w/ Valerie AD
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	12-1235 Boot-Camp-AD	Men-Fit/w Coach	12-1235 Boot-Camp-AD	Men-Fit/w Coach
100-200 PM	Step/w Shanna YR	1245 PM Yoga/w Shanna AD	Step/w Shanna YR	1245 PM Yoga/w Shanna AD	
300-400 PM	Line-Dance/w Sheila				
Wk-5	MON-25	TUE-26	WED-27	THU-28	FRI-29
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		9-AM Fitness/w Shanna AD
900-945 AM	Fitness/w Shanna AD	Strength-T/w Shanna AD	Fitness/w Shanna AD	Strength-T/w Shanna AD	10-AM Pilates/w Shanna YR
950-1050 AM	Line-Dance/w Sheila	10-AM Zumba w/ Valerie AD	Line-Dance/w Faye		10-AM Zumba w/ Valerie AD
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	12-1235 Boot-Camp-AD	Men-Fit/w Coach	12-1235 Boot-Camp-AD	Men-Fit/w Coach
100-200 PM	Step/w Shanna YR	1245 PM Yoga/w Shanna AD	Step/w Shanna YR	1245 PM Yoga/w Shanna AD	
300-400 PM	Line-Dance/w Sheila				

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## THE PINNACLE SENIOR CENTER PARKS & RECREATION



5525-C Hobby Road • Houston, Texas 77053  
Mon-Fri: 7:30am - 4:30pm • 832-471-2765

## Aquatics Calendar Schedule

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	FRI-1				
730-900 AM	LAP SWIM				
900-1100 AM	Free Swim				
1100-1200 PM	Aqua Zumba w/Sandi				
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm				
200-300 PM					
300-400 PM					
Wk-2	MON-4	TUE-5	WED-6	THU-7	FRI-8
730-900 AM	LAP SWIM				
900-1100 AM	Swim Lessons w/ Mr. Booker (in designated area) Free Swim				Free Swim
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	CLOSED AT 11am FOR HOUSTON FOOD BANK
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm	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			
Wk-3	MON-11	TUE-12	WED-13	THU-14	FRI-15
730-900 AM	LAP SWIM				
900-1100 AM	Swim Lessons w/ Mr. Booker (in designated area) Free Swim				Free Swim
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm	Free Swim			Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim			
Wk-4	MON-18	TUE-19	WED-20	THU-21	FRI-22
730-900 AM	LAP SWIM				
900-1100 AM	Swim Lessons w/ Mr. Booker (in designated area) Free Swim w/Cycles & Treadmills				Free Swim
1100-1200 PM	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm	Free Swim			Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim			
Wk-5	MON-25	TUE-26	WED-27	THU-28	FRI-29
730-900 AM	LAP SWIM				
900-1100 AM	Swim Lessons w/ Mr. Booker (in designated area) Free Swim				Free Swim
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm	Free Swim			Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim	Free Swim		
Volunteer Swim Instructor		Aqua Zumba Instructor		Aqua Fitness Coordinator and Instructor	
Booker Canty		Sandra Patterson		Tyler Shannon	

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Fort Bend County Parks & Recreations



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

## August 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-	WED-	THU-	Friday-1
800-900AM					
900-1000AM					
1000-1100AM					
1100-1200PM					
1200-100PM					WWSS 12-3PM MPR
100-200PM					
200-300PM					
Wk-2	MON-4	TUE-5	WED-6	THU-7	FRI-8
800-900AM				Quilting Bee 9-3PM MPR	
900-1000AM	SAIL 9:15-10:15am MPR		SAIL 9:15-10:15am MPR		
1000-1100AM	The Mix Book Club - Library	Techi Tuesday MPR	AMP 10:30-12PM MPR	Streaming Music - Library	
1100-1200PM		Greater Works Bible Study			Houston Food Bank
1200-100PM					Pinnacle will close @ 11AM
100-200PM	Card Players 1-4PM MPR	Bridge 1-3PM MPR	Card Players 1-4PM MPR		
200-300PM					
Wk-3	MON-11	TUE-12	WED-13	THU-14	FRI-15
800-900AM				Quilting Bee 9-3PM MPR	ARTreach & Meditation 8:30-10:30AM MPR
900-1000AM	SAIL 9:15-10:15am MPR		SAIL 9:15-10:15am MPR		
1000-1100AM			AMP 10:30-12PM	Book Folding - Library	
1100-1200PM		Greater Works Bible Study			BINGO MPR
1200-100PM					Red Hat Society 12-3pm MPR
100-200PM	Card Players 1-4PM MPR	Bridge 1-3PM MPR	Card Players 1-4PM MPR		
200-300PM					
Wk-4	MON-18	TUE-19	WED-20	THU-21	FRI-22
800-900AM				HHS – Social Services 9-10AM MPR	
900-1000AM	SAIL 9:15-10:15am MPR		SAIL 9:15-10:15am MPR		
1000-1100AM		Create Your Bucket List - Library	AMP 10:30-12PM MPR	Cleaning Digital Files - 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-25	TUE-26	WED-27	THU-28	FRI-29
800-900AM				Quilting Bee 9-3PM MPR	
900-1000AM	SAIL 9:15-10:15am MPR		SAIL 9:15-10:15am MPR		
1000-1100AM		Essential Oils - Library	AMP 10:30-12PM MPR		
1100-1200PM		Greater Works Bible Study	Birthday Celebration 10:45-11AM Library		
1200-100PM					WWSS 12-3PM MPR
100-200PM	Card Players 1-4PM MPR	Bridge 1-3PM MPR	Card Players 1-4PM MPR		
200-300PM					

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**Activity Flyers (See Dates)**



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

**10am – 11am**

**w/Wylesha**



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

**August 5, 2025**



Adults 60+



**Stay Active  
& Independent  
for Life (SAIL)**

a strength, balance, and fitness class for adults



**It Works!**

You'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls.

**It's Safe!**

The instructors are experienced and skilled, and exercises have been tested with seniors.

**It's Fun!**

You'll meet other seniors and make new friends!

**One-hour classes will be held  
2 times each week.**

**Pinnacle Senior Center**

5525 Hobby Road, Houston, 77053

**Mondays + Wednesdays**

**9:15 a.m. – 10:15 a.m.**

August 04 through October 15



**JULY 2025**

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## Activity Flyers (See Dates)

## 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.

## 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, August 8<sup>th</sup>, 2025

1:00pm - 3:00pm

5525-C Hobby Rd, Houston, TX, 77053

**ncoa** | AgingMastery  
national council on aging

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

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This institution is an equal opportunity provider.

[houstonfoodbank.org](http://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 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, 8 de Agosto del 2025  
1:00pm – 3:00pm  
5525-C Hobby Rd, Houston, TX, 77053

Esta institución ofrece igualdad de oportunidades

houstonfoodbank.org



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

August 12  
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.





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**Activity Flyers (See Dates)**

# SENIOR'S ART & MEDITATION

Painting, Crafting and  
Meditation.

There's something in the bag  
for everyone,  
don't miss out!

**REGISTER NOW**

(832) 471-2760

@ **Pinnacle Senior Center**

Date: Friday August 15th, 2025

Time: 8:30 am- 10: 30am



Presented by:



Sponsored by:



CONSTABLE DARYL L. SMITH, SR.

PRESENTS

# Bingo Party



Friday

August 15, 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)**

# Area Agency on Aging

January, 2025

**New This  
Month**

Every 3<sup>rd</sup> Tuesday 10am  
Starting Aug. 19, 2025

**Topic:**

**Difference  
between  
Traditional  
&  
Advantage  
Plans**

## Understanding Your Choices

w/Karina Villela

*Benefits  
Counselor II*

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

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



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

Certificates will be presented by  
Captain Christopher Garrett  
at the August birthday celebration  
Wednesday, August 27, 2025

# Happy BIRTHDAY

## HAPPY AUGUST BIRTHDAY'S



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**Activity Flyers (See Dates)**

**FORT BEND COUNTY LIBRARIES**

AUGUST 2025

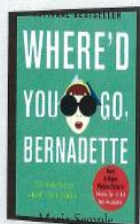
**PINNACLE SENIOR CENTER LIBRARY NEWSLETTER**

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

**THE MIX BOOK CLUB**



**August 4  
10 am**

**STREAMING-VIDEO SERVICE**

Visit our eLibrary for streaming movies, music, and e-audiobooks.  
[bit.ly/FBCL\\_Video-Streaming](http://bit.ly/FBCL_Video-Streaming)

**August 4 (10:00 - 11:00 am)**

The Mix Book Club: *Where'd You Go, Bernadette*, by Maria Semple

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

**Streaming Music On Your Phone**

Learn about different music apps for streaming from your phone, tablet, Smart TV, or PC to play from your phone's storage. We'll cover playlists, stations, free versus paid music apps, sharing with your friends via message and social media, and more.

**August 14 (10:00 - 11:00 am)**

Book Folding: Learn how to turn an ordinary book into a work of art.

**August 19 (10:00 - 11:00 am)**

**Create Your Bucket List: Dream It, Do It:** What's still on your list? Travel, hobbies, or personal milestones? This inspiring workshop helps you reflect, write, and share your life goals. Come dream big and leave with a personalized list to keep you moving forward with purpose.

**August 21 (10:00 - 11:00 am)**

**Fall Into Cleaning Your Digital Files:** Join us for a session focused on organizing and decluttering your digital files. Learn how to clean your email inbox, organize your files, and use cloud storage to back up and manage your digital life.

**August 26 (10:00 - 11:00 am)**

**Essential Oils 101: Nature's Remedies for Everyday Wellness:** Curious about essential oils? Learn how these natural plant extracts can support sleep, boost mood, ease aches, and freshen your home. Includes live demonstrations and tips on safe use.

5525 Hobby Rd  
Houston, TX 77053

281.238.2100

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

**For the month of August**  
**"Represent Your Favorite T-Shirt"**  
**For the following each week!**



**Week of August 1<sup>st</sup> - 8<sup>th</sup>**

**Favorite**

**Church**



**Week of August 11<sup>th</sup> -15<sup>th</sup>**

**Favorite**

**School/College**



**Week of August 18<sup>th</sup> - 22<sup>nd</sup>**

**Favorite**

**Travel Destination**



**Week of August 25<sup>th</sup> - 29<sup>th</sup>**

**Favorite**

**Organization**



**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)

**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:**

Fort Bend County Parks & Recreations



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