

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 August 2025.

Come join us for **Stay Active & Independent for Life (SAIL)** a strength, balance, and fitness class for adults 60+. You'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls. Classes will be held on **Mondays and Wednesdays** beginning **August 4th through August 27th 9:15AM-10:15AM in the Multipurpose Room**. Limited spots available. **Please sign up with Angie.**

Come join us for **Techi Tuesday August 5th** beginning at **10am in the Multipurpose Room**. Please bring your preferred devices.

Houston-Galveston Agency on Aging will be running the **Aging Mastery Program (AMP)** on **Wednesdays** beginning **August 6th through August 27th 10:30AM-12PM in the Multipurpose Room**. Limited spots available. Please see flyer for additional information. **Please sign up with Angie.**

The Pinnacle Senior Center will hosting the **Houston Food Bank Senior Box Distribution on Friday, August 8th 1:00PM-3:00PM**. The Pinnacle will close its doors for normal operation at 11:00AM and reopen at Noon for client intake. **For additional assistance or information, please call the Houston Food Bank Helpline at 832-369-9390.**

ARTreach will host the Visual Arts Workshops on **August 12th from 9AM-10:00Am in the Multipurpose Room** with ARTreach artist Melba Lee. **Please RSVP with Angie.**

Do you enjoy art and meditation? **ARTreach** and **Wellcare** will host **SENIORS ART & MEDITATION August 15th 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.**

Oak Street Health will pass out bottles of water and a snack in the main building on the following dates in the main building: **August 1st 11AM-12 Noon, August 14th 9AM-10AM**

Constable Daryl L. Smith, SR. will host his **Bingo Party on Friday August 15th from 11AM-12PM in the Multipurpose Room**. Come out to enjoy the bingo party, win fun prizes, and eat delightful snacks. **Seating is limited.**

Karina w/ Area Agency on Aging will continue with the topic of **Understanding Your Choices** on **August 19th from 10:00AM-11:00AM in the Multipurpose Room**. If you need one-on-one assistance with Medicare. **Please sign-up Angie to receive one-on-one Assistance with Medicare.**

It sounds like a fun and lively **Birthday Celebration** is planned for **August 27th!** 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 July certificate to please see Angie.**

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

August 4th – The Mix Book Club: Where'd You Go, Bernadette, by Maria Semple, **August 7th Streaming Music on Your Phone:** Learn about different music apps for streaming from your phone and other devices, **August 14th Book Folding:** Learn how to turn an ordinary book into a work of art, **August 19th Create Your Bucket List: Dream It, Do It:** What's still on your list? **August 21st Fall into Cleaning Your Digital Files:** Session focused on organizing and decluttering your digital files, and **August 26th Essential Oils: Nature's Remedies for Everyday Wellness.** **See flyer for additional details.**

*******REPRESENT YOUR FAVORITE T-SHIRT*******

Week of August 1st-8th – Favorite Church,

Week of August 11th – 15th – Favorite School/College

Week of August 18th – 22nd – Favorite Travel Destination

Week of August 25th – 29th – Favorite Organization

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.

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

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 **August 7th 10:00AM-11:00AM** and **August 20th 9:00AM-10:00AM.**

*******PARKING LOT SAFETY*******

For Drivers:

- **Drive slowly:** Parking lots are high traffic areas with pedestrians and other vehicles. Maintain a speed of 5 mph.
- **Be aware of your surroundings:** Watch for pedestrians, and other vehicles, especially when backing out.
- **Use turns signals:** Clearly indicate your intentions
- **Avoid distractions:** Put away your phone and avoid other distractions that impede your attention
- **Be cautious of blind spots:** Be especially aware of blind spots, particularly when backing out or near larger vehicles.

For Pedestrians:

- **Stay alert:** Pay attention to your surroundings and avoid distractions like phones or headphones
- **Use designated walkways:** Walk in designated walkways
- **Be aware of vehicles:** Don't assume drivers can see you, and be cautious when walking between parked cars

- **Look before crossing:** Always look both ways before crossing any area of the parking lot
- **Be cautious of backing vehicles:** Watch for vehicles backing out and avoid walking behind them
- **Report suspicious activity:** Please notify staff immediately.

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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