

OCTOBER 2025				
MON	TUE	WED	THU	FRI
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	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)

October 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.
Line Dance: Ms. Sheila Brown & Lola Faye Walker Step Training, Strength, Pilates & Yoga: Ms. Shanna Etemadi			Zumba Ms. Valerie McHHargh Chair Fitness /Move Fitness/Boot Camp: Coach Dennis “Mac” McCalpin	
(AD) Auditorium/Exercise Gym	(YR)-Yoga Room Located in Aquatics Area.		(MP) Multi-Purpose Room	
Wk-1-MON-	TUE-	WED-1	THU-2	Friday-3
		8-845AM -Walk-Video	8-845AM -Walk-Video	8-845AM -Walk-Video
		8-9AM- Step/Shanna YR		
		850-950AM -SAIL AD	9-10AM-Strength/Shanna	9-10AM Fitness/Shanna
		950-1050AM Line Dance/Faye	10-11AM Pilates/Shanna AD	
		11-12PM- Move-Fit/Coach	11-12PM-Chair-Fit/Coach	10-11AM Zumba/Valerie AD
		12-1PM -Men-Fit/Coach	12-1225 Boot-Camp	11-12PM Move-Fit/Coach
		1-2PM -Step/Shanna	1230 PM Yoga/Shanna	12-1PM Men-Fit/Coach
Wk-2-MON-6	TUE-7	WED-8	THU-9	FRI-10
8-845AM -Walk-Video-	8-845AM -Walk-Video	8-845AM -Walk-Video	8-845AM -Walk-Video	8-845AM -Walk-Video
8-9AM- Step/w Shanna YR		8-9AM- Step/Shanna YR	9-10AM-Strength/Shanna	
850-950AM -SAIL AD	9-10AM-Strength/Shanna	850-950AM -SAIL AD	10-1045 Informational w/Coach (MP)	9-10AM Fitness/Shanna
950-1050AM -Line-Dance/Sheila	10-11AM Zumba/Valerie	950-1050AM Line Dance/Faye	10-11AM Pilates/Shanna AD	
11-12PM- Move-Fit/Coach	11-12PM-Chair-Fit/Coach	11-12PM- Move-Fit/Coach	11-12PM-Chair-Fit/Coach	10-11AM Zumba/Valerie AD
12-1PM -Men-Fit/Coach	12-1225 Boot-Camp	12-1PM -Men-Fit/Coach	12-1225 Boot-Camp	Food Bank & Truck Closing at 11AM
1-2PM -Step/Shanna	1230 PM Yoga/Shanna	1-2PM -Step/Shanna	1230 PM Yoga/Shanna	
2-3PM Line Dance Faye				
3-4PM -Line-Dance/Sheila				
Wk-3-MON-13	TUE-14	WED-15	THU-16	FRI-17
8-845AM -Walk-Video	8-845AM -Walk-Video	8-845AM -Walk-Video	<div>Alzheimer’s Symposium (9AM-11:30AM)</div> <div>All Fitness Classes Are Cancelled for This Event.</div>	8-845AM -Walk-Video
8-9AM- Step/w Shanna YR		8-9AM- Step/Shanna YR		
850-950AM -SAIL AD	9-10AM-Strength/Shanna	850-950AM -SAIL Last Day		9-10AM Fitness/Shanna
950-1050AM -Line-Dance/Sheila	10-11AM Zumba/Valerie	950-1050AM Line Dance/Faye		
11-12PM- Move-Fit/Coach	11-12PM-Chair-Fit/Coach	11-12PM- Move-Fit/Coach		10-11AM Zumba/Valerie AD
12-1PM -Men-Fit/Coach	12-1225 Boot-Camp-	12-1PM -Men-Fit/Coach		11-12PM Move-Fit/Coach
1-2PM -Step/Shanna	1230 PM Yoga/Shanna	1-2PM -Step/Shanna		12-1PM Men-Fit/Coach
2-3PM Line Dance Faye				
3-4PM -Line-Dance/Sheila				
Wk-4-MON-20	TUE-21	WED-22	THU-23	FRI-24
8-845AM -Walk-Video-	8-845AM -Walk-Video	8-845AM -Walk-Video	8-845AM -Walk-Video	8-845AM -Walk-Video
8-9AM- Step/w Shanna YR		8-9AM- Step/Shanna YR	9-10AM-Strength/Shanna	
9-945AM-Fitness/Shanna	9-10AM-Strength/Shanna	9-945AM-Fit& Strg/Shanna		9-10AM Fitness/Shanna
950-1050AM -Line-Dance/Sheila	10-11AM Zumba/Valerie	950-1050AM Line Dance/Faye	10-11AM Pilates/Shanna AD	
11-12PM- Move-Fit/Coach	11-12PM-Chair-Fit/Coach	11-12PM- Move-Fit/Coach	11-12PM-Chair-Fit/Coach	10-11AM Zumba/Valerie AD
12-1PM -Men-Fit/Coach	12-1225 Boot-Camp	12-1PM -Men-Fit/Coach	12-1225 Boot-Camp	11-12PM Move-Fit/Coach
1-2PM -Step/Shanna	1230 PM Yoga/Shanna	1-2PM -Step/Shanna	1230 PM Yoga/Shanna	12-1PM Men-Fit/Coach
2-3PM Line Dance Faye				
3-4PM -Line-Dance/Sheila				
Wk-5-MON-27	TUE-28	WED-29	THU-30	FRI-31
8-845AM -Walk-Video-	8-845AM -Walk-Video	8-845AM -Walk-Video	8-845AM -Walk-Video	8-845AM -Walk-Video
8-9AM- Step/w Shanna YR		8-9AM- Step/Shanna YR	9-10AM-Strength/Shanna	
9-945AM-Fitness/Shanna	9-10AM-Strength/Shanna	9-945AM-Fit& Strg/Shanna	10-1045 Informational w/Coach (MP)	9-10AM Fitness/Shanna
950-1050AM -Line-Dance/Sheila	10-11AM Zumba/Valerie	950-1050AM Line Dance/Faye	10-11AM Pilates/Shanna AD	10-11AM Pilates/Shanna YR
11-12PM- Move-Fit/Coach	11-12PM-Chair-Fit/Coach	11-12PM- Move-Fit/Coach	11-12PM-Chair-Fit/Coach	10-11AM Zumba/Valerie AD
12-1PM -Men-Fit/Coach	12-1225 Boot-Camp-	12-1PM -Men-Fit/Coach	12-1225 Boot-Camp	11-12PM Move-Fit/Coach
1-2PM -Step/Shanna	1230 PM Yoga/Shanna	1-2PM -Step/Shanna	1230 PM Yoga/Shanna	12-1PM Men-Fit/Coach
2-3PM Line Dance Faye				
3-4PM -Line-Dance/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			WED-1	THU-2	FRI-3
730-900 AM			LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)		
900-1100 AM			Swim Lessons w/ Mr. Booker (in designated area) Free Swim		Free Swim
1100-1200 PM			Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-200 PM			Free Swim	Free Swim	Free Swim & Swim Lessons w/ Tyler (INTERMEDIATE)
200-300 PM			Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM			Swim Lessons w/ Tyler (ADVANCED)3-345pm Free Swim		
Wk-2	MON-6	TUE-7	WED-8	THU-9	FRI-10
730-900 AM	LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)				
900-1100 AM	Swim Lessons w/ Mr. Booker (in designated area) Free Swim				Free Swim Aqua Zumba w/Sandi (10am)
1100-1200 PM	Aqua Zumba w/Video	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Closed Houston Food Bank Senior Box Distribution
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (BEGINNER) 2pm-3pm	Free Swim			
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim	Swim Lessons w/ Tyler (ADVANCED)3-345pm	Free Swim	
Wk-3	MON-13	TUE-14	WED-15	THU-16	FRI-17
730-900 AM	LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)				
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 (BEGINNER) 2pm-3pm	Free Swim			Free Swim & Swim Lessons w/ Tyler (INTERMEDIATE)
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim	Swim Lessons w/ Tyler (ADVANCED)3pm-345pm	Free Swim	
Wk-4	MON-20	TUE-21	WED-22	THU-23	FRI-24
730-900 AM	LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)				
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 (BEGINNER) 2pm-3pm	Free Swim			Free Swim & Swim Lessons w/ Tyler (INTERMEDIATE)
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim	Swim Lessons w/ Tyler (ADVANCED)3-345pm	Free Swim	
Wk-5	MON-27	TUE-28	WED-29	THU-30	FRI-31
730-900 AM	LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)				
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 (BEGINNER) 2pm-3pm	Free Swim			Free Swim & Swim Lessons w/ Tyler (INTERMEDIATE)
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM		Free Swim	Swim Lessons w/ Tyler (ADVANCED)3-345pm	Free Swim	
Volunteer Swim Instructor		Aqua Zumba Instructor		Aqua Fitness Coordinator and Instructor	
	Booker Canty		Sandra Patterson		Tyler Shannon

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

## October 2025 Activity Calendar

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 E-Blast and Remind101 text reminders.

(AUD)-Auditorium/Exercise Gym

(YR)-Yoga Room Located in Aquatics Area.

(MPR) Multi-Purpose Room

Wk-1	MON-	TUE-	WED-1	THU-2	Friday-3
800-900AM			SAIL 8:50-9:50AM AUD		
900-10AM				Quilting Bee 9-3PM MPR	
1000-11AM			AMP 10:30-12:00PM MPR	Online Shopping - Library	
1100-12PM					
12PM-1PM					WWSS 12-3PM MPR
1PM-2PM					
2PM-3PM					
3PM-4PM					
Wk-2	MON-6	TUE-7	WED-8	THU-9	FRI-10
800-900AM	SAIL 8:50-9:50am AUD		SAIL 8:50-9:50am AUD		
900-10AM			ARTreach MPR	Quilting Bee 9-3PM MPR	
1000-11AM	The Mix Book Club Library	Techie Tuesday MPR	AMP 10:30-12:00PM MPR	Legal Issues - Library	
1100-12PM		Greater Works Bible Study			Closing at 11PM
12PM-1PM					Houston Bank
1PM-2PM	Card Players 1-4PM MPR	Bridge 1-3pm	Card Players 1-4PM MPR		Senior Box
2PM-3PM					Distribution
3PM-4PM					
Wk-3	MON-13	TUE-14	WED-15	THU-16	FRI-17
800-900AM	SAIL 8:50-9:50AM AUD		SAIL 8:50-9:50am AUD	Alzheimer's Presentation 9:00-11:30AM AUD	
900-10AM				Quilting Bee 9-3PM MPR	
1000-11AM		Paint & Sip - Library	AMP 10:30-12:00PM MPR	Decluttering - Library	
1100-12PM		Greater Works Bible Study			Bingo Party MPR
12PM-1PM					Red Hat Society 12-3pm MPR
1PM-2PM	Card Players 1-4PM MPR	Bridge 1-3pm	Card Players 1-4PM MPR		
2PM-3PM					
3PM-4PM					
Wk-4	MON-20	TUE-21	WED-22	THU-23	FRI-24
800-900AM					
900-10AM			ARTreach MPR	Bookmark Decorating 10-11AM Library	
1000-11AM		Medicare w/Karina MPR		The Rose Breast Cancer Awareness MPR	
1100-12PM		Greater Works Bible Study			
12PM-1PM					
1PM-2PM	Card Players 1-4PM MPR	Bridge 1-3pm	Card Players 1-4PM MPR		
2PM-3PM					
3PM-4PM					
Wk-5	MON-27	TUE-28	WED-29	THU-30	FRI-31
800-900AM					
900-10AM				Quilting Bee 9-3PM MPR	
1000-11AM		Create Perfume - Library	Birthday Celebration MPR 10:45-11:00AM	Drawing - Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM					WWSS 12-3PM MPR
1PM-2PM	Card Players 1-4PM MPR	Bridge 1-3pm	Card Players 1-4PM MPR		
2PM-3PM					



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## Activity Flyers (See Dates)

\*\*\*New Class Time Starts at 8:50 am\*\*\*



## 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

8:50 a.m. – 9:50 a.m.

August 04 through October 15

## 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.

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Fort Bend County Parks & Recreations



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## Activity Flyers (See Dates)

**OCTOBER  
TECH  
TUESDAY**

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

**10am - 11am**

**w/Wylesha**



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

**October 7, 2025**



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

**October 8**  
**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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Fort Bend County Parks & Recreations



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## Activity Flyers (See Dates)

### 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, October 10<sup>th</sup>, 2025  
1:00pm - 3:00pm  
5525-C Hobby Rd, Houston, TX, 77053

This institution is an equal opportunity provider.

houstonfoodbank.org

### 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, 10 de Octubre del 2025  
1:00pm - 3:00pm  
5525-C Hobby Rd, Houston, TX, 77053

esta institución ofrece igualdad de oportunidades

houstonfoodbank.org

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## Activity Flyers (See Dates)



Linked in Friendship, Connected in Service  
Fort Bend County (TX) Chapter



## Pieces of Me:

Understanding Alzheimer's  
and Dementia

Presentation and Panel Discussion



The Pinnacle Senior Center  
5525 Hobby Road  
Houston, TX 77053



Thursday, October 16, 2025



9:00 am - 11:30 am

Contact: Dr. Jonnae Atkinson @joatkins@bcm.edu



Constable Daryl L. Smith, Sr.

PRESENTS

## Bingo Party

Friday, October 17, 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

October, 2025

**New This  
Month**

Every 3<sup>rd</sup> Tuesday 10am  
October 21, 2025

**Topic:  
Open  
Enrollment**

## Understanding Your Choices

w/Karina Villeda

*Benefits  
Counselor II*

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

© Copyright 20xx



**Visual Arts Workshops**  
with ARTreach artist **Danny Russo**

**October 22**  
**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:

Danny Russo is a native of Houston, Texas where he makes his career as a visual artist. He has been an ARTreach Lead Teaching Artist since 2004. Educated in Houston schools, he received a Bachelor of Fine Arts degree in art from the University of Houston. Danny expresses his art in drawing, painting, and crafts.





# OCTOBER 2025

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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)

## Activity Flyers (See Dates)



Thursday, October 23, 2025

Pinnacle Senior Center

5525-C Hobby Road

Houston, Texas 77053

10:00AM -11:00AM

Come hear Chris Noble from The Rose speak about what's new in the detection and treatment of breast cancer. Come hear the GOOD NEWS.

For 39 years, The Rose has provided mammograms to both insured and uninsured women. AND, if the uninsured women is diagnosed with breast cancer, The Rose gets her treatment.



Chris Noble

Chris is Director of Corporate & Community Relations for The Rose, a Breast Center of Excellence founded in 1986. Chris works within communities, bringing the **Good News** - annual mammograms save lives.

Her talks are filled with humor, pink hair, a pink tambourine and "Rapping for The Rose"

Prior to joining The Rose in 2013, Chris owned an IT firm for 24 years. She holds a BS and MS from the University of Houston.

### Special Activities on behalf of The Rose

- Serves on Texas Health Equity Alliance for Breast Cancer Steering Committee (through M.D. Anderson)
- Serves on Texas Southern Breast Cancer Screening and Prevention Advisory Committee
- Serves on the Houston Women's Chamber of Commerce Women's Health Initiative Committee

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



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

Certificates will be presented by  
Captain Christopher Garrett  
at the October birthday celebration  
Wednesday, October 29, 2025



# Happy Birthday!

## HAPPY OCTOBER BIRTHDAY'S

# OCTOBER 2025

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Fort Bend County Parks & Recreations



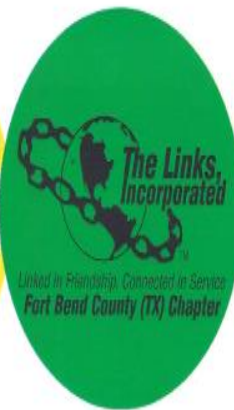
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## Activity Flyers (See Dates)



**FORT BEND COUNTY (TX) CHAPTER OF THE LINKS, INCORPORATED  
&  
THE PINNACLE SENIOR CENTER**

## JOIN OUR TEAM FOR 2025 ALZHEIMER'S FORT BEND WALK

### EVENT DETAILS

**DATE:**  
**SATURDAY, OCTOBER 25TH, 2025**

**TIME:**  
**EVENT START 8:00AM**  
**OPENING CEREMONY 9:00AM**  
**WALK START 9:30AM**

**LOCATION:**  
**BRAZOS RIVER PARK**  
**18427 SOUTHWEST FWY**  
**SUGAR LAND, TX 77479**

**JOIN OUR TEAM OR  
DONATE**



[HTTP://ACT.ALZ.ORG/GOTO/FORTBENDCOUNTYLINKS](http://act.alz.org/goto/fortbendcountylinks)



**Stephanie Boyd-Rogers 281-914-3220**



## FORT BEND COUNTY LIBRARIES

OCTOBER 2025

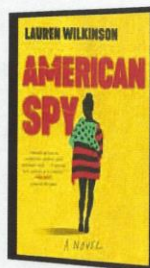
## PINNACLE SENIOR CENTER LIBRARY NEWSLETTER

### Hours & News

#### 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



**October 6  
10 am**

### Programs & Events

**October 2 (10:00 - 11:00 am)**

**Smart Online Shopping:** This class will cover how to safely and smartly conduct online shopping for the holidays and beyond!

**October 6 (10:00 - 11:00 am)**

**The Mix Book Club:** *American Spy*, by Lauren Wilkinson.

**October 9 (10:00 - 11:00 am)**

**Senior Citizen Legal Issues and Law Library Services:** Learn about key legal resources offered by the Fort Bend County Willie Melton Law Library and Fort Bend County for retired residents and senior citizens.

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

**Paint & Sip:** Relax and unleash your creativity as you paint a beautiful masterpiece – no experience needed, just bring your imagination!

**October 16 (10:00 - 11:00 am)**

**Decluttering for the Holidays:** Ready to get organized for the holidays? Join this fun and useful decluttering workshop to get your home and supplies in order!

**October 23 (10:00 - 11:00 am)**

**Bookmark Decorating for Halloween:** Decorate fun and creepy 3D-printed bookmarks for everyone's favorite fall holiday!

**October 28 (10:00 - 11:00 am)**

**Create Your Own Perfume:** Learn how to turn essential oils into custom natural perfumes using simple, fragrant techniques.

**October 30 (10:00 - 11:00 am)**

**Drawing Cats and Dogs:** Learn how to draw fun cat and dog cartoon portraits!

5525 Hobby Rd  
Houston, TX 77053

281.238.2100

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



**OCTOBER 2025**

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**Activity Flyers (See Dates)**

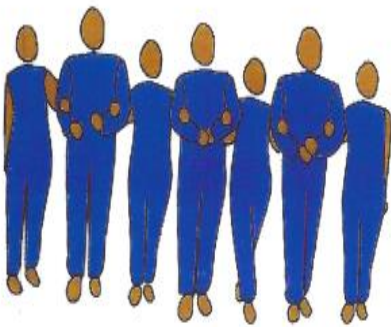
**SENIOR CORNHOLE**

**AGES 65 & UP**

**DARRYL/COORDINATOR**

**713-794-6504**

**ARE YOU READY FOR THE CHALLENGE ?**  
**PLEASE JOIN US IN THIS GREAT FUN FILLED ACTIVITY**



**CORNHOLE**

**SENIOR CORNHOLE LEAGUE IS NOW  
RECRUITING SENIORS TO JOIN OUR LEAGUE  
IF YOU ARE INTERESTED PLEASE CALL  
DARRYL 713-794- 6504**

**MARKETPLACE**  
**on MONDAY'S**  
**starting**  
**October 6, 2025**  
**8 AM - 1 PM**



**8 a.m. - 1 p.m.**

**Please sign-up w/Angie, our receptionist**  
**Please bring a tent if you have one!**

# OCTOBER 2025

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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



**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



## Pinnacle Senior Center

5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)





**Drippin Juice Entertainment, LLC**

**1<sup>ST</sup> CHARITY & NON PROFIT EVENT**

**HOSTED BY ASTARA'S CREATIONS**

**NEVER  
GIVE UP**

**BREAST CANCER  
AWARENESS MONTH**

**SATURDAY, OCTOBER 18TH 2025**

**TIME:**

**12:00 PM - 4:00 PM**

**WHERE:**

**THE PINNACLE  
SENIOR CENTER -  
5525 HOBBY RD..  
HOUSTON TX 77053  
(BEHIND THE FORT  
BEND BOYS & GIRLS CLUB**

**\$25 ENTRY FEE \*\*GO TOWARDS NON-PROFIT\*\***

**40 GUEST ONLY**

**RSVP BY OCTOBER 6 2025**

**LIVE MUSIC | GIVEAWAYS | FOOD & DRINKS**

**RAFFLE | VENDORS BENEFITTING**

**BREAST CANCER AWARENESS**

**RSVP AT (832) 746-9963**

