

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 October 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 Monday and Wednesday beginning October 1st through October 15th start at 8:50AM-9:50AM in the Auditorium.

Houston-Galveston Agency on Aging will be running the **Aging Mastery Program (AMP)** on Wednesday beginning October 1st through October 15th 10:30AM-12PM in the Multipurpose Room. Limited spots available. Please see flyer for additional information. **Please sign up with Angie.**

Come join us for **Techi Tuesday**, October 7th beginning at 10AM in the Multipurpose Room. **Please bring your preferred devices.**

ARTreach *Connecting Through the Arts* will host **Visual Arts Workshops** on Wednesday October 8th and October 22nd 9:00AM-10:00AM in the Multipurpose Room. **Please RSVP with Angie.**

The Houston Food Bank will host their **Senior Box Distribution** Friday, October 10th 1:00PM-3PM. Please bring your ID and Apple Card to pick up Senior Box. Need additional assistance? Call the Houston Food Bank Helpline at 832-369-9390. **The Pinnacle will close for business at 11:00AM and reopen at 12:00PM.**

The Links Incorporated and the Alzheimer's Association will host **PiecesofMe: Understanding Alzheimer's and Dementia Presentation and Panel Discussion** Thursday, October 16th 9:00AM-11:30AM in the Auditorium. **See flyer for additional information.**

Constable Daryl L Smith, Sr. will host his monthly **Bingo Party** Friday, October 17, 2025, 11:00AM-12:00PM in the Multipurpose Room. Seating is limited. **Please sign-up with Angie.**

Karina w/ Area Agency on Aging will continue with the topic of **Understanding Your Choices** on October 21st 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.**

Come hear Chris Noble from **The Rose** speak about what's new in the detection and treatment of breast cancer Thursday, October 23, 2025, 10:00AM-11:00AM in the Multipurpose Room. Come hear the **GOOD NEWS**.

It sounds like a fun and lively **Birthday Celebration with Constable Daryl L. Smith, October 29, 2025, 10:45AM-11:00AM** Come join Constable 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 September birthday certificate to please see 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: October 3rd 10:00AM-11:00AM, October 7th 10AM-11AM, and October 15th 9:00AM-10:00AM. Thank you, Oak Street Health, for your continued support.

Fort Bend County Offices will be closed on Friday, September 26th for Fort Bend County Fair Day.

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

October 2nd Smart Online Shopping, October 6th the Mix Book Club: The American Spy, by Lauren Wilkinson, October 9th Senior Citizen Legal Issues and Law Library Services, October 14th Paint & Sip, October 16th Decluttering for the Holidays, October 23rd Bookmark Decorating for Halloween, and October 28th Create Your Own Perfume. See flyer for additional details.

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 on safety and guidelines.

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

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 **September 17th 9:00AM-10:00AM** and **September 30th 10:00AM-11:00AM**.

*******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

Facilities & Programs Manager

Pinnacle Senior & Aquatic Fitness Centers

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