

NOVEMBER 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28



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)

November 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 B. & Faye W.

Step Training, Strength, Pilates & Yoga: Pinnacle Instructor SE

Zumba Ms. Valerie M.

Chair Fitness /Move Fitness/Boot Camp: Coach Dennis "Mac"

(AD)-Auditorium/Exercise Gym

(YR)-Yoga Room Located in Aquatics Area.

(MP) Multi-Purpose Room

MON-3	TUE-4	WED-5	THU-6	Friday-7
8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
8-845-Step/SE MP	9-945-Strength/SE	8-845-Step/SE MP	9-945-Strength/SE	9-945-Fitness/SE
9-945-Fitness/SE		9-945-Fit& Strg/SE		
950-1050-Line-Dance/Sheila	10-1045-Zumba/Valerie	950-1050 Line Dance/Faye	10-1045-Pilates/SE AD	10-1045 Informational w/Coach YR
11-1145- Move-Fit/Coach	11-1145-Chair-Fit/Coach	11-1145- Move-Fit/Coach	11-1145-Chair-Fit/Coach	10-1045 Zumba/Valerie AD
12-1245 -Men-Fit/Coach	1150-1225 Boot-Camp	12-1245 -Men-Fit/Coach	1150-1225 Boot-Camp	11-1145-Move-Fit/Coach
1-145-Step/SE	1230-115-Yoga/SE	1-145-Step/SE	1230-115-Yoga/SE	12-1245-Men-Fit/Coach
2-3-Line Dance Faye 3-4-Line-Dance/Sheila	2-330-Chair Volleyball w/Coach AD	3-4 Line Dance Faye	2-330 PM Chair Volleyball w/Coach AD	
MON-10	TUE-11	WED-12	THU-13	FRI-14
8-845-Walk-Video-	Closed Veterans Day Celebration	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
8-845-Step/SE MP		8-845-Step/SE MP	9-945-Strength/SE	9-945-Fitness/SE
9-945-Fitness/SE		9-945-Fit& Strg/SE		
950-1050-Line-Dance/Sheila		950-1050 Line Dance/Faye	10-1045-Pilates/SE AD	10-1045 Informational w/Coach YR
11-1145- Move-Fit/Coach		11-1145- Move-Fit/Coach	11-1145-Chair-Fit/Coach	10-1045 Zumba/Valerie AD
12-1245 -Men-Fit/Coach		12-1245 -Men-Fit/Coach	1150-1225 Boot-Camp	11-1145-Move-Fit/Coach
1-145-Step/SE		1-145-Step/SE	1230-115-Yoga/SE	12-1245-Men-Fit/Coach
2-3-Line Dance Faye 3-4-Line-Dance/Sheila		3-4 Line Dance Faye	2-330 PM Chair Volleyball w/Coach AD	
MON-17	TUE-18	WED-19	THU-20	FRI-21
8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
8-845-Step/SE MP	9-945-Strength/Shanna	8-845-Step/SE MP	9-945-Strength/SE	9-945-Fitness/SE
9-945-Fitness/SE		9-945-Fit& Strg/SE		
950-1050-Line-Dance/Sheila	10-1045-Zumba/Valerie	950-1050 Line Dance/Faye	10-1045-Pilates/SE AD	10-1045 Informational w/Coach YR
11-1145- Move-Fit/Coach	11-1145-Chair-Fit/Coach	11-1145- Move-Fit/Coach	11-1145-Chair-Fit/Coach	10-1045 Zumba/Valerie AD
12-1245 -Men-Fit/Coach	1150-1225 Boot-Camp	12-1245 -Men-Fit/Coach	1150-1225 Boot-Camp	11-1145-Move-Fit/Coach
1-145-Step/SE	1230-115-Yoga/Shanna	1-145-Step/SE	1230-115-Yoga/SE	12-1245-Men-Fit/Coach
2-3-Line Dance Faye 3-4-Line-Dance/Sheila	2-330 PM Chair Volleyball w/Coach AD	3-4 Line Dance Faye	2-330 PM Chair Volleyball w/Coach AD	
MON-24	TUE-25	WED-26	THU-27	FRI-28
8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	Closed For The Thanksgiving Day Celebration	
8-845-Step/SE MP	9-945-Strength/Shanna	8-845-Step/SE MP		
9-945-Fitness/SE		9-945-Fit& Strg/SE		
950-1050-Line-Dance/Sheila	10-1045-Zumba/Valerie	950-1050 Line Dance/Faye		
11-1145- Move-Fit/Coach	11-1145-Chair-Fit/Coach	11-1145- Move-Fit/Coach		
12-1245 -Men-Fit/Coach	1150-1225 Boot-Camp	12-1245 -Men-Fit/Coach		
1-145-Step/SE	1230-115-Yoga/Shanna	1-145-Step/SE		
2-3-Line Dance Faye 3-4-Line-Dance/Sheila	2-330 PM Chair Volleyball w/Coach AD	3-4 Line Dance Faye		

NOVEMBER 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28



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)



Pinnacle Senior Center

November 2025 Chair Volleyball



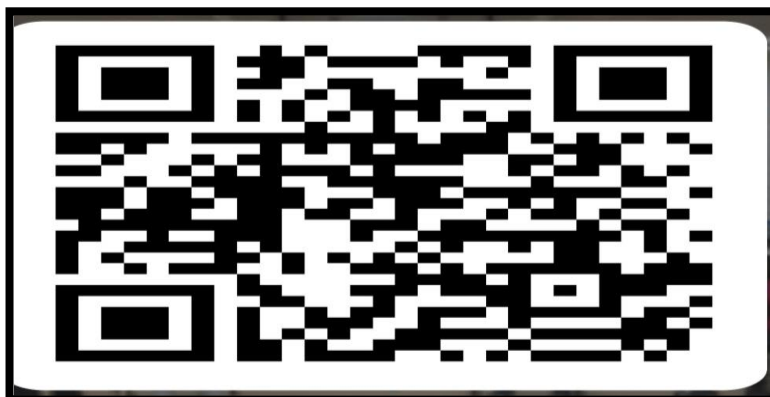
Tuesdays and Thursdays

2:00 - 3:30 PM

In the Auditorium

Please Check with Coach Mac to sign-up

Scan this QR to register



NOVEMBER 2025

MON TUE WED THU FRI

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

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		IMPORTANT You must shower before entering the pool. You must wear appropriate swimwear/water shoes. NO bandages or open sores/wounds		IMPORTANT No Free-Swimming during Lap Swimming Period	Swim lessons taught by Mr. Booker & Tyler 
NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!					
Wk-2	MON-3	TUE-4	WED-5	THU-6	FRI-7
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 w/Cycles & Treadmills			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-3	MON-10	TUE-11	WED-12	THU-13	FRI-14
730-900 AM	LAP SWIM	Happy Veterans Day	LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)		
900-1100 AM	Free Swim & Swim Lessons w/ Mr. Booker (in designated area)		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 Zumba w/Sandi
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (BEGINNER) 2pm-3pm		Free Swim		Free Swim & Swim Lessons w/ Tyler (in designated area) 2pm-345pm
200-300 PM			Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	
300-400 PM			Swim Lessons w/ Tyler (ADVANCED)3-345pm	Free Swim	
Wk-4	MON-17	TUE-18	WED-19	THU-20	FRI-21
730-900 AM	LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)				
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 (BEGINNER) 2pm-3pm	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	Swim Lessons w/ Tyler (ADVANCED)3-345pm	Free Swim	
Wk-5	MON-24	TUE-25	WED-26	THU-27	FRI-28
730-900 AM	LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)			Happy Thanksgiving	
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		
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		
300-400 PM		Free Swim	Swim Lessons w/ Tyler (ADVANCED)3-345pm		
Volunteer Swim Instructor		Aqua Zumba Instructor		Aqua Fitness Coordinator and Instructor	
Booker Canty		Sandra Patterson		Tyler Shannon	

NOVEMBER 2025

MON TUE WED THU FRI

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28



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)

November 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 email-Blast and Remind101 text reminders.

(AD)-Auditorium/Exercise Gym

(YR)-Yoga Room Located in Aquatics Center

(MP) multi-Purpose Room

Wk-1	MON-3	TUE-4	WED-5	THU-6	Friday-7
800-900AM					
900-10AM				Quilting Bee 9-3PM	
1000-11AM	The Mix Book Club -Library			Yarn Weaving - Library	
1100-12PM		Elections Day			
12PM-1PM					WWSS 12-3PM MPR
1PM-2PM	Card Players 1-4PM MPR		Card Players 1-4PM MPR		
2PM-3PM					
3PM-4PM					
Wk-2	MON-10	TUE-11	WED-12	THU-13	FRI-14
800-900AM					
900-10AM					
1000-11AM		Closed in Observance		Card Game Day - Library	
1100-12PM		of			
12PM-1PM		Veterans Day		Mahjong Open Play MPR	
1PM-2PM	Card Players 1-4PM MPR		Card Players 1-4PM MPR	12-3PM	
2PM-3PM					
3PM-4PM					
Wk-3	MON-17	TUE-18	WED-19	THU-20	FRI-21
800-900AM		Art & Meditation 8-10AM MPR			
900-10AM					
1000-11AM	DIY Body Scrub - Library	Medicare w/ Karina MPR		Food, Winery, Brewery Vacation-Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM				Mahjong Open Play MPR	Red Hat Society 12-3PM MPR
1PM-2PM	Card Players 1-4PM MPR	Bridge 1-3PM MPR	Card Players 1-4PM MPR	12-3PM	
2PM-3PM					
3PM-4PM					
Wk-4	MON-24	TUE-25	WED-26	THU-27	FRI-28
800-900AM					
900-10AM					
1000-11AM			Birthday Celebration MPR 10:45-11AM	Closed in Observance	Closed in Observance
1100-12PM		Greater Works Bible Study		Of	Of
12PM-1PM				Thanksgiving Holiday	Thanksgiving Holiday
1PM-2PM	Card Players 1-4PM MPR	Bridge 1-3PM MPR	Card Players 1-4PM MPR		
2PM-3PM					
3PM-4PM					

NOVEMBER 2025

MON TUE WED THU FRI

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

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)

MARKETPLACE on MONDAY'S starting Nov. 3, 10, & 17 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!

Constitutional Amendments & Special Election Day Tuesday, Nov. 4, 2025

Polls will be open from 7:00 AM to 7:00 PM



The Pinnacle Senior Center
7 AM—7 PM
Multi-Purpose Room

NOVEMBER 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28



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)



THE PINNACLE SENIOR CENTER

WILL BE CLOSED

Tuesday

November 11, 2025

**IN OBSERVANCE OF
VETERANS DAY**



Mahjong Open Play!

All 55+ Players are Welcome!

Pinnacle Senior Center

5525 Hobby Rd. Bldg C

Houston, TX 77053

832-471-2765

Thursdays,

November 13 & 20

12:00pm - 3:00pm

Free

NOVEMBER 2025

MON TUE WED THU FRI

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

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)

SENIOR'S ART & MEDITATION

Painting, Crafting and
Meditation!

REGISTER NOW

(832) 471-2760

@ Pinnacle Senior Center

Date: Tuesday November 18th 2025

Time: 8:00 am- 10: 00am



Presented by:



Sponsored by:



Area Agency on Aging

November, 2025

**New This
Month**

Every 3rd Tuesday 10am
November 18, 2025

**Topic:
Open
Enrollment**

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**

© Copyright 2022

NOVEMBER 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

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)

Constable Daryl L. Smith Fort Bend County Pct. 2



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

Certificates will be presented by
 Captain Christopher Garrett
 at the November birthday celebration
 Wednesday, November 26, 2025 @ 10:45 am



HAPPY NOVEMBER BIRTHDAY'S



THE PINNACLE SENIOR CENTER
 Will be

CLOSED

**Thursday & Friday
 NOV. 27 & 28, 2025**

**In Observance of
 Thanksgiving Day**

NOVEMBER 2025

MON TUE WED THU FRI

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28



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)



FORT BEND COUNTY LIBRARIES

NOVEMBER 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



November 3
10 am

LIBRARY CLOSURES

November 11
Veterans Day

November 27 - 30
Thanksgiving Holiday

Programs & Events

November 3 (10:00 - 11:00 am)

The Mix Book Club: One Night In Georgia,
by Celeste O. Norfleet

November 6 (10:00 - 11:00 am)

Yarn Weaving on a Loom: Join us to learn how to do
your own weaving on a handmade cardboard loom!
The looms and yarn will be provided.

November 13 (10:00 - 11:00 am)

Card Game Day: Come and play a variety of different
card games!

November 18 (10:00 - 11:00 am)

DIY Body Scrub: Discover how to create natural
body scrubs. Exfoliate, refresh, and give your skin a
healthy glow.

November 20 (10:00 - 11:00 am)

Food, Winery, and Brewery Vacations in Texas:
Join us to learn about the exciting places to eat and
drink in Texas!



5525 Hobby Rd
Houston, TX 77053

281.238.2100
www.fortbendlibraries.gov

NOVEMBER 2025

MON TUE WED THU FRI

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28



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 1st & last
Friday
of the month
Noon – 3 pm**



**Meet Every 3rd 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)

