

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 December 2025.

Marketplace Monday's will be held December 1st, December 8th, and December 15th 9:00AM-1:00PM. **Please sign-up with Angie**, our receptionist and please bring a tent if you have one.

The Pinnacle Senior Center will be closed December 3rd for the Fort Bend County Parks & Recreation Workshop. The Pinnacle will reopen December 4th.

Seniors Art & Meditation; Sponsored by wellcare and presented by ARTreach will host painting, crafting and meditation Friday, December 5, 2025, 8:00AM-10:00AM in the multi-Purpose Room. Ms. Karen Hellstern will be the artist leading the class. **Please RSVP with Angie.**

The Houston Food Bank will host the Senior Box Distribution at the Pinnacle on Friday, December 5th 1:00PM-3:00PM. **The Pinnacle Senior Center will close at 10:00AM and reopen for registration at 12:00PM.** Please bring your ID and Apple Card to pick up Senior Box. If you need additional assistance, please call the Houston Food Bank Helpline at 832-369-9390.

Karina w/ Area Agency on Aging will continue with the topic of **Understanding Your Choices** on December 16, 2025, 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.**

Wild n Wooley Sewl Sisters will not meet in December. There will be a giveaway of all unused items on Tuesday, December 5th 9:00AM-1:00PM and all items must go. Meetings will resume January 2026.

Mahjong play will return January 2026.

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

December 1st The Mix Book Club: **Caul Baby**, by Morgan Jerkins, **December 4th** Streaming Music on Your Phone, **December 9th** DIY White Paper Bag Spa, **December 11th** Magazine Holiday Trees, **December 18th** Christmas Bingo. **See flyer for additional details.**

The Pinnacle Senior Center will be closed Thursday December 25th and Friday December 26th in Observance of Christmas Day & The Day after Christmas. Happy Holidays!

AQUATIC CENTER

To participate in “Aquatic” activities, you must register and sign a Waiver of Liability form, attend pool orientation and view a video on safety and pool guideline.

***** 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

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

A gentle reminder about parking lot safety and changes implemented. Parking lot safety is important because it protects everyone from hazards and reduces accidents. By maintaining a hazard-free parking area, the Pinnacle Senior Center and Fort Bend County demonstrates the commitment to the well-being of our patrons, visitors, and employees, which enhances safety and reduces liability. The new clearly marked pathways in the parking lot will assist in navigating the parking lot safely. Please make note of this new safety measure on your next trip to the Pinnacle Senior Center and thank you for your continued support.

For Drivers:

- **Drive slowly:** Parking lots are high traffic areas with pedestrians and other vehicles. Maintain a speed of 5 mph and follow the clearly marked pathways that assist in navigating the parking lot safely.
- **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, Tyler, Shanna, and Dennis)

Gwendolyn Tealer

Facilities & Programs Manager

Pinnacle Senior & Aquatic Fitness Centers

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