

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 and Happy New Year! Please see the calendar attachments and important information for January 2026.

The Pinnacle Senior Center will be closed Thursday, January 1, 2026, in Observance of the New Year.

Come join us for **Techi Tuesday**, January 6th at 10AM in the Multipurpose Room. **Please bring your preferred devices.**

Come join us again 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 **Tuesdays and Thursdays 9:00AM-9:50AM** starting **January 6th through March 12th in the Auditorium**. If you are new to this class, you **must** complete the Intake and Client Rights and Responsibilities Forms prior to attending class. **Please sign in with Angie.**

Please come out and join Mr. Ron Johnson as he celebrates a movie event honoring his late father, Mr. Conrad Johnson **Friday, January 16th 10:00AM-2:00PM** in the auditorium. *Thunder Soul*, the acclaimed documentary about the Kashmere High School Stage Band, has received overwhelmingly positive and emotionally charged responses.

The Pinnacle Senior Center will be closed Monday, January 19, 2026, in Observance of Martin Luther King Day.

Karina w/ Area Agency on Aging will continue with the topic of **Understanding Your Choices** on January 20th, 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 **January 28th!** We will be celebrating both December and January Birthdays together. 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 December certificate to please see Angie.**

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

January 5th The Mix Book Club: **Save What's Left** by *Elizabeth Castellano*, January 8th *Beginner's Genealogy*, January 15th *Smart Online Shopping*, January 22nd *Free Streaming Services*, January 29th *the Law Library, the County, and the Community*. **See flyers for additional details.**

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 and traffic signs in the parking lot will assist in navigating the parking lot safely. Please make the new safety measures 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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