

FEBRUARY 2026

MON	TUE	WED	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

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)

February 2026 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.

(AD)-Auditorium

(YR)-Yoga Room Located in Aquatics Area.

(MP) Multi-Purpose Room

Fitness Instructors & Volunteers

Coach "Mac" Dennis McCalpin Jr.	Mrs. Sheila	Mrs. Faye	Mrs. Valerie	Ms. Misty
MON-2	TUE-3	WED-4	THU-5	Friday-6
8-845-Walk-Video-	8-845-Walk-Video	8-845-Walk-Video	8-845-Walk-Video	8-845-Walk-Video
8-845-Step MP	9-950-S.A.I.L.-Misty	8-845-Step MP	9-950-S.A.I.L.-Misty	9-945-Fitness
9-945-Fitness		9-945-Fit& Strong		
950-1050-Line-Dance	10-1045-Zumba	950-1050 Line Dance	10-1045-Pilates	
11-1145- Move-Fit	11-1145-Chair-Fit	11-1145- Move-Fit	11-1145-Chair-Fit	10-1045 Zumba
12-1245 -Men-Fit	1150-1225 Boot-Camp	12-1245 -Men-Fit	1150-1225 Boot-Camp	11-1145-Move-Fit
1-145-Step	1230-115-Yoga	1-145-Step	1230-115-Yoga	12-1245-Men-Fit
3-4 Line Dance Sheila	(1:30-2:30pm AD unavailable)	230-330 Game-Day-Coach		230-330 Game-Day-Coach
MON-9	TUE-10	WED-11	THU-12	FRI-13
8-845-Walk-Video-	8-845-Walk-Video	8-845-Walk-Video	8-845-Walk-Video	8-845-Walk-Video
8-845-Step MP	9-950-S.A.I.L.-Misty-AD	8-845-Step MP	9-950-S.A.I.L.-Misty-AD	9-945-Fitness
9-945-Fitness		9-945-Fit& Strong		
950-1050-Line-Dance	10-1045-Zumba	950-1050 Line Dance	10-1045-Pilates	Pinnacle Will Close
11-1145- Move-Fit	11-1145-Chair-Fit	11-1145- Move-Fit	11-1145-Chair-Fit	10AM-12PM
12-1245 -Men-Fit	1150-1225 Boot-Camp	12-1245 -Men-Fit	1150-1225 Boot-Camp	Houston Food Bank
1-145-Step	1230-115-Yoga	1-145-Step	1230-115-Yoga	1:00-3:00PM
3-4 Line Dance Sheila	(1:30-2:30pm AD unavailable)	230-330 Game-Day-Coach	130-230PM Informational Session w/Coach	
MON-16	TUE-17	WED-18	THU-19	FRI-20
8-845-Walk-Video-	8-845-Walk-Video	8-845-Walk-Video	8-845-Walk-Video	8-845-Walk-Video
8-845-Step MP	9-950-S.A.I.L.-Misty-AD	8-845-Step MP	9-950-S.A.I.L.-Misty-AD	9-945-Fitness
9-945-Fitness		9-945-Fit& Strong		
950-1050-Line-Dance	10-1045-Zumba	950-1050 Line Dance	10-1045-Pilates	
11-1145- Move-Fit	11-1145-Chair-Fit	11-1145- Move-Fit	11-1145-Chair-Fit	10-1045 Zumba
12-1245 -Men-Fit	1150-1225 Boot-Camp	12-1245 -Men-Fit	1150-1225 Boot-Camp	11-1145-Move-Fit
1-145-Step	1230-115-Yoga	1-145-Step	1230-115-Yoga	12-1245-Men-Fit
3-4 Line Dance Sheila	(1:30-2:30pm AD unavailable)	230-330 Game-Day-Coach		230-330 Game-Day-Coach
MON-23	TUE-24	WED-25	THU-26	FRI-27
8-845-Walk-Video-	8-845-Walk-Video	8-845-Walk-Video	8-845-Walk-Video	8-845-Walk-Video
8-845-Step MP	9-950-S.A.I.L.-Misty-AD	8-845-Step MP	9-950-S.A.I.L.-Misty-AD	9-945-Fitness
9-945-Fitness		9-945-Fit& Strong		
950-1050-Line-Dance	10-1045-Zumba	950-1050 Line Dance	10-1045-Pilates	
11-1145- Move-Fit	11-1145-Chair-Fit	11-1145- Move-Fit	11-1145-Chair-Fit	10-1045 Zumba
12-1245 -Men-Fit	1150-1225 Boot-Camp	12-1245 -Men-Fit	1150-1225 Boot-Camp	11-1145-Move-Fit
1-145-Step	1230-115-Yoga	1-145-Step	1230-115-Yoga	12-1245-Men-Fit
3-4 Line Dance Sheila	(1:30-2:30pm AD unavailable)	230-330 Game-Day-Coach	130-230PM Informational Session w/Coach	230-330 Game-Day-Coach

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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		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 <div></div>
NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!					
Wk-1	MON-2	TUE-3	WED-4	THU-5	FRI-6
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 Aqua
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (BEGINNER) 2pm-3pm	Free Swim			Free Swim & Swim Lessons w/ Tyler (INTERMEDIATE) 2pm-3pm
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-2	MON-9	TUE-10	WED-11	THU-12	FRI-13
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 until 930am
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Houston Food Bank
1200-200 PM	Free Swim & Swim Lessons w/ Tyler (BEGINNER) 2pm-3pm	Free Swim			1pm-3pm
200-300 PM		Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Pinnacle will close 10:00am-12:00pm
300-400 PM		Free Swim	Swim Lessons w/ Tyler (ADVANCED)3-345pm	Free Swim	
Wk-3	MON-16	TUE-17	WED-18	THU-19	FRI-20
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) 2pm-3pm)
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-23	TUE-24	WED-25	THU-26	FRI-27
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) 2pm-3pm)
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	
Volunteer Swim Instructor		Aqua Zumba Instructor		Aqua Fitness Coordinator and Instructor	
Booker Canty		Sandra Patterson		Tyler Shannon	

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Fort Bend County Parks & Recreations



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

February 2026 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.

(AUD)-Auditorium

(LIB)-Library

(MPR) multi-Purpose Room

Wk-1	MON-2	TUE-3	WED-4	THU-5	Friday-6
800-900AM					
900-10AM				Quilting Bee 9-3PM	
1000-11AM	The Mix Book Club- LIB	Techi Tuesday		Watercolor Polaroids - LIB	
1100-12PM		Greater Works Bible Study			
12PM-1PM					WWSS
1PM-2PM	Bid Whist	Bridge	Bid Whist		12-3PM
2PM-3PM	1-4PM	1-3PM	1-4PM		
3PM-4PM					
Wk-2	MON-9	TUE-10	WED-11	THU-12	FRI-13
800-900AM			ARTreach & Meditation		
900-10AM			8-10AM MPR		
1000-11AM				Computer Basics - LIB	Pinnacle Will Close
1100-12PM		Greater Works Bible Study			10AM-12:00PM
12PM-1PM				Mahjongg Open Play	Houston Food Bank
1PM-2PM	Bid Whist	Bridge	Bid Whist	12-3PM	1:00PM-3:00PM
2PM-3PM	1-4pm	1-3PM	1-4pm		
3PM-4PM					
Wk-3	MON-16	TUE-17	WED-18	THU-19	FRI-20
800-900AM					
900-10AM					
1000-11AM		Medicare w/ Karina MPR		Declutter for Spring - LIB	
1100-12PM		Greater Works Bible Study			Bingo 11AM-12PM
12PM-1PM				Mahjongg Open Play	Red Hat Society
1PM-2PM	Bid Whist	Bridge	Bid Whist	12-3PM	12-3PM
2PM-3PM	1-4PM	1-3PM	1-4PM		
3PM-4PM					
Wk-4	MON-23	TUE-24	WED-25	THU-26	FRI-27
800-900AM					
900-10AM				Quilting Bee 9-3PM	
1000-11AM			Birthday Celebration 10:45-11am MPR	Drawing Cats & Dogs - LIB	WWPP 10-12PM
1100-12PM		Greater Works Bible Study			
12PM-1PM					WWSS
1PM-2PM	Bid Whist	Bridge	Bid Whist		12-3PM
2PM-3PM	1-4PM	1-3PM	1-4PM		
3PM-4PM					

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Activity Flyers (See Dates)



Join our weekly walking group!

#WALK30 with
... Fort Bend ...
at Pinnacle Senior Center!

 Starts February 2nd!

 Every Monday at 9:00 AM

 5525 Hobby Rd Bldg. C
Houston, TX 77053

 getmoving@fithouston.org

All fitness levels welcome!



Presented in partnership with Pinnacle Senior Center



TECH TUESDAY



Join us February 3 at 10:00

Every 1st Tuesday of the month
in the multi-purpose room.



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Activity Flyers (See Dates)



SENIOR'S ART & MEDITATION
Painting • Crafting • Meditation.

FEB 11, 2026
8:00-10:00 AM
Pinnacle Senior Center
(832) 471-2760

REGISTER NOW
(832) 471-2760

Presented by:
ARTreach **mindAlign** **mindAlign**



Steps to Better Health
Brought to you by FBCHHS Community Health & Wellness Division

FREE Classes

Cholesterol Prevention and Management

Date
February 12th, 2026

Time
12:00pm-1:00pm

Webex



FORTBEND HEALTH & HUMAN SERVICES
PHAR

FEBRUARY 2026

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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.

Bring a cart to take your cheese/boxes home or to your vehicle.

Requirements for receiving Senior Box:

Be a resident of one of these counties: Harris, Montgomery, Galveston, 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 or 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 FEBRUARY 13, 2026

1:00P.M- 3:00P.M

5525-C HOBBY ROAD

HOUSTON, TX, 77053

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.

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

FRIDAY FEBRUARY 13, 2026

1:00P.M- 3:00P.M

5525-C HOBBY ROAD

HOUSTON, TX, 77053

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Activity Flyers (See Dates)

Area Agency on Aging
of the Houston-Galveston Area

Monthly MEDICARE WORKSHOP

Every 3rd Tuesday at 10 a.m.

Feb 17 Every 3rd Tuesday at 10 a.m.

The Houston-Galveston Area Agency on Aging is funded by the Centers for Medicare and Medicaid Services and Administration for Community Living to provide unbiased assistance with Medicare.

CMS.gov
Centers for Medicare & Medicaid Services

Designed for Pinnacle Senior Center Community

MAHJONGG OPEN PLAY

Pinnacle Senior Center
5525 Hobby Road, Building C
Every 2nd & 3rd Thursday
12:00 PM - 3:00 PM
getmoving@fithouston.org

All 55+ Players Are Welcome! FREE!

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Activity Flyers (See Dates)

CONSTABLE DARYL L. SMITH, SR.
— PRESENTS —

Bingo Party!

Friday
February 20, 2026
11 AM-12 PM

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.

FORT BEND COUNTY TEXAS



FORT BEND COUNTY LIBRARIES

FEBRUARY 2026

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



February 2
10 am

LIBRARY CLOSURES

- No Closures

Programs & Events

February 2 (10:00 - 11:00 am)

The Mix Book Club: *Circe* by Madeline Miller

February 5 (10:00 - 11:00 am)

Watercolor Polaroids: Join us in using watercolor to paint small polaroids!

February 12 (10:00 - 11:00 am)

Computer Basics: Learn the basics of how to use computers.

February 19 (10:00 - 11:00 am)

Decluttering for Spring: Out with the old! Make room for a Spring cleaning with this helpful class on how to pare down.

February 26 (10:00 - 11:00 am)

Drawing Cats and Dogs: Learn how to draw portraits of your dog or cat!

**BLACK
HISTORY
MONTH**

5525 Hobby Rd
Houston, TX 77053

281.238.2100

www.fortbendlibraries.gov

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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



**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



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