

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! Please see the calendar attachments and important information for February 2026.

The Pinnacle Senior Center is pleased to welcome Ardelia Shaw as our new Administrative Assistant. We are confident that her skills, enthusiasm, and dedication will be an asset to our center and to the seniors we serve. Please join us in extending a warm welcome to Ardelia as begins her role with the Pinnacle team.

Happy 100th Birthday! 2026 marks the 100-year of commemorating Black History. Please feel free to wear your favorite African inspired apparel that honors our beautiful African American heritage or the symbolic colors red, black and green throughout the month of February.

Come join us for **Techi Tuesday**, February 3rd at **10:00AM** 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.**

Seniors Art & Meditation; Presented by ARTreach and mindAlign will host painting, crafting, and meditation **Wednesday, February 11th, 8:00AM-10:00AM** in the multi-Purpose Room. Ms. Melba 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, February 13th 1:00PM-3:00PM.** **The Pinnacle Senior Center will close at 10:00AM and reopen for registration at 12:00PM.** Please bring you 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 **February 17th, 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.**

Constable Daryl L. Smith, SR. will host his **Bingo Party on Friday February 20th, from 11AM-12PM in the** Multipurpose Room. Come out to enjoy the bingo party, win fun prizes, and eat delightful snacks. **Seating is limited.**

It sounds like a fun and lively **Birthday Celebration** is planned for **February 25th!** 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***

February 2nd *The Mix Book Club: Circe by Madeline Miller*, **February 5th** *Water Polaroids*, **February 12th** *Computer Basics*, **February 19th** *Declutter for Spring*, **February 26th** *Drawing Cats and Dogs*. **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, Dennis, and Ardelia)

Gwendolyn Tealer

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Pinnacle Senior & Aquatic Fitness Centers

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