

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 March 2026.

Come join us for **Techi Tuesday, March 3rd at 10:00AM** in the Multipurpose Room. Focus: Comfort and orientation. **See flyer for additional details.**

Karina w/ Area Agency on Aging will continue with the topic of **Understanding Your Choices** on **March 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 March 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 **March 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 February certificate to please see Angie.**

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

March 2nd The Mix Book Club: Anxious People, by Frederick Backman, **March 5th** Popsicle Baskets, **March 12th** How to Avoid Common Phone and Email Scams, **March 19th** Paper Flowers, **March 26th** How to Find and Download IRS Forms. **See flyer 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 note of 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)

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