



PINNACLE SENIOR CENTER

MAY
2026



Welcome

◆ Monthly Newsletter

Pinnacle Senior
Center



Line Dance with Shelia

This publication provides a comprehensive overview of all programs, services, workshops, and special events available to our valued patrons.

We remain committed to promoting wellness, education, civic engagement, and social connection for adults 50 and older.



In this newsletter you will find:

All programs, services, workshops, and special events.



COMING *Soon!*




NEW CHECK-IN & REGISTRATION SYSTEM

We're excited to introduce a new, faster and easier check-in and registration system designed with **you** in mind!

WHAT YOU CAN EXPECT:

-  **FASTER CHECK-IN**
Quick and simple sign-in process to get you started faster.
-  **EASY REGISTRATION**
Register for programs and events online with just a few clicks.
-  **IMPROVED EXPERIENCE**
More accurate records and better communication.
-  **SECURE & CONFIDENTIAL**
Your information is safe and protected.



 **LAUNCHING SOON!**
STAY TUNED FOR MORE DETAILS.

Our goal is to make your experience more convenient, **efficient, and enjoyable!**

Thank you

for being a valued part of
Pinnacle Senior Center!



Together, we're building
a stronger community.

Swim Lessons *with* Tyler

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

*What You
Need to
Know*

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 or visit our website to register.

PARKING LOT SAFETY

A friendly reminder about new parking lot safety updates. These improvements help protect our patrons, visitors, and staff while reducing accidents. Please take note of the clearly marked pathways and traffic signs during your next visit.

*Help protect
our patrons,
visitors, &
staff.*

For Drivers:

- Drive slowly (5 mph) and follow marked pathways
- Watch for pedestrians and other vehicles
- Use turn signals
- Avoid distractions
- Be mindful of blind spots

For Pedestrians:

- Stay alert and avoid distractions
- Use designated walkways
- Watch for vehicles, especially when backing out
- Look both ways before crossing
- Report any suspicious activity to staff

Thank you for your continued support.

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)

WHAT'S HAPPENING

in **MAY**

Join us for Techi Tuesday on **May 05 at 10:00 AM** in the Multipurpose Room (**Browsers 101 - Understanding the Internet**).

On **May 19 (10:00–11:00 AM)**, Karina from the Area Agency on Aging will present Understanding Your Choices. Sign up with Angie for one-on-one Medicare assistance.

Bingo with Constable Daryl L. Smith Sr. has been **canceled** for this month.

The Pinnacle will be closed on **May 25, 2026**, in observance of **Memorial Day**.

Celebrate May birthdays on **May 27 (10:45–11:00 AM)** with music, dancing, and treats. See Angie if you missed your March certificate.

Fort Bend County Libraries **May Programs**
(10:00–11:00 AM):

May 4 – Book Club: Help Wanted, Adelle Waldman

May 7 – Create Kumihimo Bracelets

May 14 – Tech Q & A

May 21 – Make your own DIY Body Butter

May 28 – Drawing Hands

See flyers for details.

*Stay active,
informed, &
connected*

MAY EVENTS MENU

SELECT A FLYER BELOW TO VIEW DETAILS

[FITNESS CALENDAR](#)

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[TECHI TUESDAY](#)

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[MEDICARE WORKSHOP](#)

[ART & MEDITATION](#)

[WILD N WOOLY](#)

[MAHJONGG OPEN PLAY](#)

[BIRTHDAY CELEBRATION](#)

[CONTACT INFORMATION](#)

FITNESS CALENDAR

May 2026				
MON	TUE	WED	THU	FRI
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

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) & (Aqualics hours (7:30-4:00 PM))

May 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.

Volunteer Fitness Coordinator
Coach Dennis "Mac" McCaLpin

For updates, ask about our monthly Email-Blast and Remind101 text reminders.

(AD) Auditorium **(YR)** Yoga Room Located in Aqualics Area. **(MP)** Multi-Purpose-Room

Fitness Classes				
Beginner & Advanced Line Dance	Game Days & Step Classes	Strong & Fit Strength Training	Zumba	
Boot-Camp-Chair-Men-& Move Fitness	Pilates & Yoga	Walk Video Session	Occasionally Informational Classes	
				Friday-1
				8-845 -Walk-Video
				9-945-Fit & Strong
				10-1045 Zumba
				11-1145-Move-Fit
				12-1245-Men-Fit
MON-4	TUE-5	WED-6	THU-7	FRI-8
8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
8-845-Step YR	9-945-Strength	8-845-Step YR	9-945-Strength	9-945-Fit & Strong
9-945-Fit & Strong	10-11AM Game-Day-Coach Temporarily until Zumba returns	9-945-Fit& Strong	10-1045-Pilates	
950-1050-Line-Dance		950-1050 Line Dance		
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	1230-125-Yoga	1-145-Step	1230-125-Yoga	12-1245-Men-Fit
3-4 Line Dance Sheila	(1:30-2:30pm AD unavailable)	2-3PM Game-Day-Coach		
MON-11	TUE-12	WED-13	THU-14	FRI-15
8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
8-845-Step YR	9-945-Strength	8-845-Step YR	9-945-Strength	9-945-Fit & Strong
9-945-Fit & Strong	10-11AM Game-Day-Coach Temporarily until Zumba returns	9-945-Fit& Strong	10-1045-Pilates	
950-1050-Line-Dance		950-1050 Line Dance		
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	1230-125-Yoga	1-145-Step	1230-125-Yoga	12-1245-Men-Fit
3-4 Line Dance Sheila	(1:30-2:30pm AD unavailable)	2-3PM Game-Day-Coach		
MON-18	TUE-19	WED-20	THU-21	FRI-22
8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
8-845-Step YR	9-945-Strength	8-845-Step YR	9-945-Strength	9-945-Fit & Strong
9-945-Fit & Strong	10-11AM Game-Day-Coach Temporarily until Zumba returns	9-945-Fit& Strong	10-1045-Pilates	
950-1050-Line-Dance		950-1050 Line Dance		
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	1230-125-Yoga	1-145-Step	1230-125-Yoga	12-1245-Men-Fit
3-4 Line Dance Sheila	(1:30-2:30pm AD unavailable)	2-3PM Game-Day-Coach		
MON-25	TUE-26	WED-27	THU-28	FRI-29
Pinnacle Senior Center -Closed- Memorial Day	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
	9-945-Strength	8-845-Step YR	9-945-Strength	9-945-Fit & Strong
	10-11AM Game-Day-Coach Temporarily until Zumba returns	9-945-Fit& Strong	10-1045-Pilates	
	11-1145-Chair-Fit	950-1050 Line Dance	11-1145-Chair-Fit	10-1045 Zumba
	1150-1225 Boot-Camp	11-1145- Move-Fit	1150-1225 Boot-Camp	11-1145-Move-Fit
	1230-125-Yoga	1-145-Step	1230-125-Yoga	12-1245-Men-Fit
	(1:30-2:30pm AD unavailable)	2-3PM Game-Day-Coach		

AQUATIC CALENDER

MAY 2026				
MON	TUE	WED	THU	FRI
				1
4	5	6	7	8
11	12	13	14	15
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Fort Bend County Parks & Recreations





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 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))

May 2026 Aquatic Calendar

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 
NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!					
					FRI-1
					730am-9am LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)
					9am -1050am Free Swim
					11am-12pm Aqua Zumba w/Sandi
					12pm-345pm Free Swim
					2pm- 3pm Swim Lessons w/ Tyler (INTERMEDIATE)
					2pm- 3pm Swim Lessons w/ Tyler (INTERMEDIATE)
MON-4	TUE-5	WED-6	THU-7	FRI-8	
730am-9am LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)					
					9am -1050am Free Swim
9am-1030am Swim Lessons w/ Mr. Booker (in designated area)					
9am -1050am Free Swim					
11am-12pm Aqua Zumba w/Sandi	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Zumba w/Sandi	
12pm-345pm Free Swim	12pm-2pm Free Swim				
	2pm-3pm Aqua Aerobics w/Tyler	2pm-3pm Aqua Aerobics w/Tyler	2pm-3pm Aqua Aerobics w/Tyler	12pm-345pm Free Swim	
2pm- 3pm Swim Lessons w/ Tyler (BEGINNER)	3pm-345pm Free Swim	3pm-345pm Free Swim & Swim Lessons w/ Tyler (ADVANCED)	3pm-345pm Free Swim	2pm- 3pm Swim Lessons w/ Tyler (INTERMEDIATE)	
MON-11	TUE-12	WED-13	THU-14	FRI-15	
730am-9am LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)					
					9am -1050am Free Swim
9am-1030am Swim Lessons w/ Mr. Booker (in designated area)					
9am -1050am Free Swim					
11am-12pm Aqua Zumba w/Sandi	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Zumba w/Sandi	
12pm-345pm Free Swim	12pm-2pm Free Swim				
	2pm-3pm Aqua Aerobics w/Tyler	2pm-3pm Aqua Aerobics w/Tyler	2pm-3pm Aqua Aerobics w/Tyler	12pm-345pm Free Swim	
2pm- 3pm Swim Lessons w/ Tyler (BEGINNER)	3pm-345pm Free Swim & Swim Lessons w/ Tyler (ADVANCED)	3pm-345pm Free Swim & Swim Lessons w/ Tyler (ADVANCED)	3pm-345pm Free Swim	2pm- 3pm Swim Lessons w/ Tyler (INTERMEDIATE)	
MON-18	TUE-19	WED-20	THU-21	FRI-22	
730am-9am LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)					
					9am -1050am Free Swim
9am-1030am Swim Lessons w/ Mr. Booker (in designated area)					
9am -1050am Free Swim					
11am-12pm Aqua Zumba w/Sandi	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Zumba w/Sandi	
12pm-345pm Free Swim	12pm-2pm Free Swim				
	2pm-3pm Aqua Aerobics w/Tyler	2pm-3pm Aqua Aerobics w/Tyler	2pm-3pm Aqua Aerobics w/Tyler	12pm-345pm Free Swim	
2pm- 3pm Swim Lessons w/ Tyler (BEGINNER)	3pm-345pm Free Swim	3pm-345pm Free Swim & Swim Lessons w/ Tyler (ADVANCED)	3pm-345pm Free Swim	2pm- 3pm Swim Lessons w/ Tyler (INTERMEDIATE)	
MON-25	TUE-26	WED-27	THU-28	FRI-29	
730am-9am LAP SWIM (MUST ATTEND LAP SWIM ORIENTATION)					
					9am -1050am Free Swim
9am-1030am Swim Lessons w/ Mr. Booker (in designated area)					
9am -1050am Free Swim					
11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Aerobics w/Tyler	11am-12pm Aqua Zumba w/Sandi	
12pm-2pm Free Swim					
2pm-3pm Aqua Aerobics w/Tyler	2pm-3pm Aqua Aerobics w/Tyler	2pm-3pm Aqua Aerobics w/Tyler	2pm-3pm Aqua Aerobics w/Tyler	12pm-345pm Free Swim	
3pm-345pm Free Swim	3pm-345pm Free Swim & Swim Lessons w/ Tyler (ADVANCED)	3pm-345pm Free Swim	3pm-345pm Free Swim	2pm- 3pm Swim Lessons w/ Tyler (INTERMEDIATE)	
CLOSED MEMORIAL DAY					
Volunteer Swim Instructor Booker Canty		Aqua Zumba Instructor Sandra Patterson		Aqua Fitness Coordinator and Instructor Tyler Shannon	

ACTIVITY CALENDAR

May 2026				
MON	TUE	WED	THU	FRI
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Fort Bend County Parks & Recreations





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

May 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/Exercise Gym
(YR) Yoga Room Located in Aquatics Area.
(MPR) multi-Purpose Room

Wk-1	MON-	TUE-	WED-	THU-	Friday-1
800-900AM					
900-10AM					
1000-11AM					
1100-12PM					
12PM-1PM					WWSS
1PM-2PM					12-3PM
2PM-3PM					
3PM-4PM					
Wk-2	MON-4	TUE-5	WED-6	THU-7	FRI-8
800-900AM					
900-10AM	Bingocize - MPR		Bingocize - MPR	Quilting Bee 9-3PM	
1000-11AM	The Mix Book Club Library	Techie Tuesday		Kumihimo Bracelets - Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM					
1PM-2PM	Bid Whist		Bid Whist		
2PM-3PM	1-4PM		1-4PM		
3PM-4PM					
Wk-3	MON-11	TUE-12	WED-13	THU-14	FRI-15
800-900AM					
900-10AM	Bingocize - MPR		Bingocize - MPR		
1000-11AM		Medicare w/Karina		Tech Q&A - Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM				Mahjongg Open Play	Red Hat Society
1PM-2PM	Bid Whist		Bid Whist	12-3PM	12-3PM
2PM-3PM	1-4PM		1-4PM		
3PM-4PM					
Wk-4	MON-18	TUE-19	WED-20	THU-21	FRI-22
800-900AM			Meditation & Art 8-10AM		
900-10AM	Bingocize - MPR		Bingocize - YR		
1000-11AM				DIY Body Butter - Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM				Mahjongg Open Play	WWPP
1PM-2PM	Bid Whist		Bid Whist	12-3PM	12-3PM
2PM-3PM	1-4PM		1-4PM		
3PM-4PM					
Wk-5	MON-25	TUE-26	WED-27	THU-28	FRI-29
800-900AM					
900-10AM	MEMORIAL DAY		Bingocize - MPR	Quilting Bee 9-3PM	
1000-11AM	CLOSED		Birthday Celebration 10:45-11am	Drawing Hands - Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM					WWSS
1PM-2PM			Bid Whist		12-3PM
2PM-3PM			1-4PM		
3PM-4PM					

LIBRARY NEWSLETTER



FORT BEND COUNTY LIBRARIES

May 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



May 4
10:00 am

LIBRARY CLOSURES

Memorial Day
May 24 and 25

Programs & Events

May 4 (10:00 - 11:00 am)

The Mix Book Club: *Help Wanted*,
by Adelle Waldman

May 7 (10:00 - 11:00 am)

Kumihimo Bracelets: Learn how to create
Kumihimo bracelets!

May 14 (10:00 - 11:00 am)

Tech Q & A: Bring all of your technology
questions and we'll help you find some
answers.

May 21 (10:00 - 11:00 am)

DIY Body Butter: Learn to make your own
soothing body butter!

May 28 (10:00 - 11:00 am)

Drawing Hands: Do you have difficulty
drawing hands? They can be hard to render
realistically. Join us to learn how to portray
them with ease.



5525 Hobby Rd
Houston, TX 77053

281.238.2100
www.fortbendlibraries.gov

BINGOCIZE

BINGOCize

with Misty

**Classes are on Mondays
& Wednesdays!**

See all scheduled dates below!



APRIL DATES

**01, 06, 08, 20,
22, 27, 29**

MAY DATES

**04, 06, 11, 13,
18, 20, 27**

Pinnacle

Multi-Purpose Room
9 am – 10 am

JUNE DATES


01, 03, 08, 10




BingoCize® is a health promotion program that combines the game of bingo, nutrition discussion, and fall prevention exercises (seated or standing). BingoCize® is exercise for your body, mind, and spirit. Come join the



TECHI TUESDAY



TECHI TUESDAY



Join us on May 5, 2026

Browsers 101 (Understanding the Internet)

Focus: How the internet actually works



BIBLE STUDY



GREATER WORKS BIBLE STUDY & PRAYER MINISTRY

Tuesdays from 11am-Noon

**PINNACLE Senior Center
5525 Hobby Road,
Houston, TX 77053**

All are Welcome to Join!
(You must be a registered patron.
To register, you have to be 55 years of
age and live in Fort Bend Houston)

MEDICARE

**Area Agency
on Aging**
of the Houston-Galveston Area

Monthly

MEDICARE WORKSHOP

Every 3rd Tuesday at 10 a.m.

May
19
2026

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


MAHJONGG


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!

ART & MEDITATION

SENIOR'S ART & MEDITATION

Painting, Crafting and
Meditation!

REGISTER NOW

(832) 471-2760

Pinnacle Senior Center

5525 Hobby Rd Bldg C, Houston, TX 77053

Date: Wednesday 20th May, 2026

Time: 8:00 am- 10:00am



Presented by:



WILD N WOOLY

Wild n Wooly Sewl Sisters



**Every 1st & last
Friday of the month
Noon – 3 pm**




MAY BIRTHDAY



MAY BIRTHDAY CELEBRATION!



If your birthday is in **May**, please sign up for a special certificate from Constable **Daryl L. Smith, Sr.**



Wednesday
MAY 27, 2026

Certificates will be presented by **Captain Christopher Garrett** on **May 27, 2026**





PINNACLE SENIOR CENTER

MAY
2026



Contact Us



Pinnacle Senior Center
5525-C Hobby Road
Houston, Texas 77053



Phone:
832.471.2765



Email:
pinnacleinfo@fortbendcountytexas.gov



Gwendolyn Tealer
Facility and Program Manager



Hours

.....
Monday – Friday
7:30 AM – 4:30 PM



Aquatic Center
7:30 AM – 4:00 PM



fortbendcountytexas.gov



VISIT US ON FACEBOOK