



PINNACLE SENIOR CENTER

NEWSLETTER

JUNE 2026



WELCOME

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

Pinnacle Senior Center remains committed to promoting wellness, education, civic engagement, and social connection for adults 50 and older.



FITNESS & WELLNESS CLASSES

Our Fitness & Wellness classes support balance, flexibility, strength, mobility, and overall well-being while helping patrons move safely, feel better, and enjoy a healthier lifestyle.



AQUATIC FITNESS

Our Aquatic Fitness classes offer low-impact movement to help improve strength, flexibility, balance, and overall wellness while being gentle on the joints.



MISSION STATEMENT

The mission of the Pinnacle Senior & Aquatic Fitness Centers is to provide programs and activities that promote healthy aging, wellness, and a sense of well-being for adults ages 50 and older in Fort Bend County.

HAVE YOU REGISTERED?

for the **NEW CHECK-IN SYSTEM!**

Don't wait—get registered today!



 **REGISTER HERE:**

<https://communitycenters.fortbendcountytexas.gov/>



Scan the QR code
or visit the link to register today!



Join us every
MONDAY
at 9:00 AM

NEED HELP?
WE'VE GOT YOU COVERED!



Library at
Pinnacle Senior Center
5525-C Hobby Road,
Houston, TX 77053



**REGISTER
ON-SITE**



**LEARN HOW
THE SYSTEM WORKS**



**GET HANDS-ON
ASSISTANCE**



*Already have
your barcode?*

**YOU'RE ALL SET
AND READY TO
CHECK IN.**



houston
foodbank

WILL BE HERE

Friday
JUNE 12, 2026

 *Pinnacle Senior Center* will be
CLOSED
10:00 AM – 12:00 PM

 *Senior Box Distribution* will be
1:00 PM – 3:00 PM



donation

In Observance of

★ JUNETEENTH

FREEDOM • RESILIENCE • CELEBRATION •

WE WILL BE
CLOSED

★ **FRIDAY, JUNE 19, 2026** ★

in observance of
Juneteenth

Juneteenth commemorates
the end of slavery in the United States
and celebrates freedom, achievement,
and the enduring strength of our community.

CLOSED

FRIDAY
JUNE
19
2026



REOPEN

MONDAY
JUNE
22
2026

VOLUNTEER DONATIONS



YOUR SUPPORT
Makes a
DIFFERENCE!



INSTRUCTORS
VOLUNTEER THEIR
TIME & TALENTS



YOUR DONATION
SHOWS APPRECIATION
AND SUPPORT



HELP US
CONTINUE OFFERING
GREAT CLASSES

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* JUNE

Volunteer Instructor Donations

Help support our volunteer instructors. Donations are appreciated.

Join us for Tech Tuesday on **June 02 at 10:00 AM** in the Multipurpose Room (**App and the App Store**).

New Class Alert: Water Warriors

Join Tyler on Mondays and Fridays at 1:15 PM for a fun, 30-minute aqua fitness class combining cardio and strength training in the water.

On **June 16th (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.

The Pinnacle will be **CLOSED** on **Friday, June 19, 2026**, in observance of Juneteenth. Bingo with Constable Daryl L. Smith Sr. and The Red Hat Society will not meet due to the holiday.

Celebrate May birthdays on **June 26 (10:45–11:00 AM)** with music, dancing, and treats. See Angie if you missed your March certificate.

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

June 1 – Book Club: Help Wanted, Adelle Waldman

June 4 – Clutter2Cozy: Preserving Family Memories

June 11 – Woven-Book-Page Pencil Holder

June 18 – Flower-Pressed Bookmarkers

June 24 – Intro to Table - Top Role- Playing Games

See flyers for details.

*Stay active,
informed, &
connected*

JUNE EVENTS MENU

Select a button below to view details

> **FITNESS CALENDAR**

> **AQUATICS CALENDAR**

> **ACTIVITY CALENDAR**

> **LIBRARY NEWSLETTER**

> **BINGOCIZE**

> **WATER WARRIORS**

> **CARD PLAYERS**

> **TECHI TUESDAY**

> **BIBLE STUDY**

> **HOUSTON FOOD BANK
SENIOR BOX**

> **HOUSTON FOOD BANK
SENIOR BOX - SP**

> **MEDICARE WORKSHOP**

> **ART & MEDITATION**

> **WILD N WOOLY**

> **MAHJONGG OPEN PLAY**

> **BIRTHDAY CELEBRATION**

> **QUILTING BEE**

> **THE RED HAT SOCIETY**

> **Senior Medicare
Patrol Program**

> **CONTACT INFORMATION**

FITNESS CALENDAR

June 2026				
MON	TUE	WED	THU	FRI
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

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))

June 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 Aquatics Area.

(MP) Multi-Purpose-Room

Fitness Classes				
Beginner & Advanced Line Dance		Game Days & Step Classes		Zumba
Boot-Camp-Chair-Men-& Move Fitness		Pilates & Yoga		Occasionally Informational Classes
MON-1	TUE-2	WED-3	THU-4	FRI-5
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	9-945-Fit& Strong		
950-1050-Line-Dance	Temporarily until Zumba returns	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	1150-1230 Boot-Camp	12-1245 -Men-Fit	1150-1230 Boot-Camp	11-1145-Move-Fit
1-145-Step	1245-130-Yoga	1-145-Step	1245-130-Yoga	12-1245-Men-Fit
3-4 Line Dance Sheila	(1:45-2:45pm AD unavailable)	2-3PM Game-Day-Coach		
MON-8	TUE-9	WED-10	THU-11	FRI-12
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	9-945-Fit& Strong		Houston Food Bank Closing 10AM-12PM
950-1050-Line-Dance	Temporarily until Zumba returns	950-1050 Line Dance	10-1045-Pilates	
11-1145- Move-Fit	11-1145-Chair-Fit	11-1145- Move-Fit	11-1145-Chair-Fit	
12-1245 -Men-Fit	1150-1230 Boot-Camp	12-1245 -Men-Fit	1150-1230 Boot-Camp	
1-145-Step	1245-130-Yoga	1-145-Step	1245-130-Yoga	
3-4 Line Dance Sheila	(1:45-2:45pm AD unavailable)	2-3PM Game-Day-Coach		
MON-15	TUE-16	WED-17	THU-18	FRI-19
8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	Closed Juneteenth
8-845-Step YR	9-945-Strength	8-845-Step YR	Clayton Catchings Bridge Builders, The Lineage, The Lives and The Legacy 9:30-11AM Auditorium	
9-945-Fit & Strong	10-11AM Game-Day-Coach	9-945-Fit& Strong	The Inquisitor Barbara Jordan Story Movie	
950-1050-Line-Dance	Temporarily until Zumba returns	950-1050 Line Dance	Lite Refreshments 11AM-1PM Auditorium	
11-1145- Move-Fit	11-1145-Chair-Fit	11-1145- Move-Fit		
12-1245 -Men-Fit	1150-1230 Boot-Camp	12-1245 -Men-Fit		
1-145-Step	1245-130-Yoga	1-145-Step		
3-4 Line Dance Sheila	(1:45-2:45pm AD unavailable)	2-3PM Game-Day-Coach		
MON-22	TUE-23	WED-24	THU-25	FRI-26
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	9-945-Fit& Strong		
950-1050-Line-Dance	Temporarily until Zumba returns	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	1150-1230 Boot-Camp	12-1245 -Men-Fit	1150-1230 Boot-Camp	11-1145-Move-Fit
1-145-Step	1245-130-Yoga	1-145-Step	1245-130-Yoga	12-1245-Men-Fit
3-4 Line Dance Sheila	(1:45-2:45pm AD unavailable)	2-3PM Game-Day-Coach		
MON-29	TUE-30			
8-845-Walk-Video-	8-845-Walk-Video			
8-845-Step YR	9-945-Strength			
9-945-Fit & Strong	10-11AM Game-Day-Coach			
950-1050-Line-Dance	Temporarily until Zumba returns			
11-1145- Move-Fit	11-1145-Chair-Fit			
12-1245 -Men-Fit	1150-1230 Boot-Camp			
1-145-Step	1245-130-Yoga			
3-4 Line Dance Sheila	(1:45-2:45pm AD unavailable)			

AQUATIC CALENDER

JUNE 2026				
MON	TUE	WED	THU	FRI
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			



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 	
NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!					
MON-1	TUE-2	WED-3	THU-4	FRI-5	
730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	
9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am -1050am Free Swim	
9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim		
11am-12pm Aqua Zumba	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Zumba	
12pm-115pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	12pm-115pm Free Swim	
115pm-145pm Water Warriors	2pm-3pm -Aqua Aerobics	2pm-3pm -Aqua Aerobics	2pm-3pm Aqua Aerobics	115pm-145pm Water Warriors	
2pm-3pm Swim Lessons (BEGINNER)	3pm-350pm Free Swim	3pm-350pm Free Swim	3pm-350pm Free Swim	2pm-3pm Swim Lessons (INTERMEDIATE)	
2pm-350pm Free Swim		3pm-350pmSwim Lessons (ADVANCED)		2pm-350pm Free Swim	
MON-8	TUE-9	WED-10	THU-11	FRI-12	
730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	
9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am -930am Free Swim	
9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	Aquatic Center Closed at 945am	
11am-12pm Aqua Zumba	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics		
12pm-115pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	Houston Food Bank 1pm-3pm	
115pm-145pm Water Warriors	2pm-3pm -Aqua Aerobics	2pm-3pm -Aqua Aerobics	2pm-3pm -Aqua Aerobics		
2pm-3pm Swim Lessons (BEGINNER)	3pm-350pm Free Swim	3pm-350pmSwim Lessons (ADVANCED)	3pm-350pm Free Swim		
2pm-350pm Free Swim		3pm-350pm Free Swim			
MON-15	TUE-16	WED-17	THU-18	FRI-19	
730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	Closed Juneteenth	
9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons		
9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim		
11am-12pm Aqua Zumba	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics		
12pm-115pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim		
115pm-145pm Water Warriors	2pm-3pm -Aqua Aerobics	2pm-3pm -Aqua Aerobics	2pm-3pm -Aqua Aerobics		
2pm-3pm Swim Lessons (BEGINNER)	3pm-350pm Free Swim	3pm-350pm Swim Lessons (ADVANCED)	3pm-350pm Free Swim		
3pm-350pm Free Swim		3pm-350pm Free Swim			
MON-22	TUE-23	WED-24	THU-25	FRI-26	
730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	
9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am -1050am Free Swim	
9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	11am-12pm Aqua Zumba	
11am-12pm Aqua Zumba	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	12pm-115pm Free Swim	
12pm-115pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	115pm-145pm Water Warriors	
115pm-145pm Water Warriors	2pm-3pm -Aqua Aerobics	2pm-3pm -Aqua Aerobics	2pm-3pm -Aqua Aerobics	2pm-3pm Swim Lessons (INTERMEDIATE)	
2pm-3pm Swim Lessons (BEGINNER)	3pm-350pm Free Swim	3pm-350pm Swim Lessons (ADVANCED)	3pm-350pm Free Swim	3pm-350pm Free Swim	
2pm-350pm Free Swim		3pm-350pm Free Swim			
MON-29	TUE-30				
730am-9am LAP SWIM	730am-9am LAP SWIM	Swim At Your Own Risk NO LIFEGUARD ON DUTY MUST HAVE WATER SHOES		Swim Lessons: Mr. Booker Instructs morning lessons Tyler Instructs afternoon lessons *Swim Lessons are held in designated area at the same time as Free Swim	
9am-1030am Swim Lessons	9am-1030am Swim Lessons				
9am -1050am Free Swim	9am -1050am Free Swim				
11am-12pm Aqua Zumba	11am-12pm Aqua Aerobics				
12pm-115pm Free Swim	12pm-2pm Free Swim				
115pm-145pm Water Warriors	2pm-3pm -Aqua Aerobics				
2pm-3pm Swim Lessons (BEGINNER)	3pm-350pm Free Swim				
2pm-350pm Free Swim					
Volunteer Swim Instructor		Aqua Zumba Instructor		Aqua Fitness Coordinator and Instructor	
Booker Canty		Sandra Patterson		Tyler Shannon	

ACTIVITY CALENDAR

June 2026				
MON	TUE	WED	THU	FRI
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			





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)

June 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-1	TUE-2	WED-3	THU-4	Friday-5
800-900AM					
900-10AM	Bingocize - MPR		Bingocize - MPR	Quilting Bee 9-3PM	
1000-11AM		Techie Tuesday		Clutter2Cozy - Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM					WWSS
1PM-2PM	Bid Whist	Bridge	Bid Whist		12-3PM
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-2	MON-8	TUE-9	WED-10	THU-11	FRI-12
800-900AM					
900-10AM	Bingocize - MPR		Bingocize - MPR	Woven Pencil Holder - Library	
1000-11AM	The Mix Book Club Library Senior Medicare Patrol - 10:15-11:15AM MPR				Pinnacle Closed
1100-12PM		Greater Works Bible Study			10am-12pm
12PM-1PM				Mahjongg Open Play	Houston Food Bank
1PM-2PM	Bid Whist	Bridge	Bid Whist	12-3PM	1pm-3pm
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-3	MON-15	TUE-16	WED-17	THU-18	FRI-19
800-900AM					
900-10AM					
1000-11AM		Medicare w/Karina		Flower Pressed Bookmarks Library	CLOSED
1100-12PM		Greater Works Bible Study			JUNETEENTH
12PM-1PM				Mahjongg Open Play	
1PM-2PM	Bid Whist	Bridge	Bid Whist	12-3PM	
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-4	MON-22	TUE-23	WED-24	THU-25	FRI-26
800-900AM			Meditation & Art 8-10AM		
900-10AM				Quilting Bee 9-3PM	
1000-11AM			Tabletop Games Library		
1100-12PM		Greater Works Bible Study	Birthday Celebration 10:45-11am		
12PM-1PM					WWSS
1PM-2PM	Bid Whist	Bridge	Bid Whist		12-3PM
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-5	MON-29	TUE-30			
800-900AM					
900-10AM					
1000-11AM					
1100-12PM		Greater Works Bible Study			
12PM-1PM					
1PM-2PM	Bid Whist	Bridge			
2PM-3PM	1-4PM	1-4PM			
3PM-4PM					



FORT BEND COUNTY LIBRARIES

JUNE 2026

THE 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



June 1

STREAMING-VIDEO SERVICE

Visit our eLibrary for streaming movies, music, and audiobooks.

http://bit.ly/FBCL_AVOD

All Fort Bend County Libraries will be CLOSED Friday - Sunday, June 19-21, for Juneteenth.

Programs & Events

June 1 - (10:00 - 11:00 am)

The MIX Book Club

Help Wanted, by Adelle Waldman

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

Clutter2Cozy: Preserving Family Memories

Learn simple ways to preserve family photos, recipes, and treasured memories while turning them into a meaningful keepsake craft to display in your home. This program offers practical preservation tips alongside a hands-on activity to help you honor your family's unique traditions and stories.

June 11 - (10:00 - 11:00 am)

Woven-Book-Page Pencil Holder

Learn how to take some simple strips of paper and turn them into a vessel to hold your pencils

June 18 - (10:00 - 11:00 am)

Flower-Pressed Bookmarks

Join us in creating flower-pressed bookmarks!

June 24 - (10:00 - 11:00 am)

Intro to Table-Top Role-Playing Games

Curious about what Dungeons and Dragons is? Want to learn more about table-top role-playing games? Curious to find a new fun way to socialize? Then this is the class for you.

BINGOCIZE



**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



WATER WARRIORS

HIGH INTENSITY.
ZERO LIMITS.

WATER WARRIORS

AQUA FITNESS CLASS

30
MINUTES

HIGH INTENSITY
WORKOUTS.

BUILT IN THE WATER.
STRONG IN EVERY WAY.



MUST BE NOT
AFRAID OF

WATER

OR GETTING
FACE WET!

A 30-MINUTE HIGH INTENSITY CLASS
THAT COMBINES HIGH CARDIO AND
STRENGTH TRAINING FOR A FULL
BODY WORKOUT.

A POWERFUL COMBINATION OF:



HIGH CARDIO

Boost endurance,
burn calories,
and get your
heart pumping!



STRENGTH TRAINING

Build lean muscle,
tone your body,
and increase
overall strength!



BURN CALORIES
MAXIMIZE RESULTS



LOW IMPACT
HIGH RESULTS



BUILD STRENGTH
TONE & SCULPT



FEEL AMAZING
IN AND OUT
OF THE POOL



FUN. MOTIVATING.
STRONGER
TOGETHER!



WHEN:
**MONDAYS AND
FRIDAYS AT
1:15 PM**



WHERE:
**PINNACLE
SENIOR CENTER**
5525 Hobby Rd
Houston, TX 77053



CONTACT **TYLER**
FOR MORE
INFORMATION
ABOUT CLASS.

BRING YOUR ENERGY. WE'LL BRING THE SPLASH!

BE READY. GET WET. WORK HARD. BECOME A WATER WARRIOR.

Monday & Wednesday – Bid Whist

You are free to play your cards
as you wish, but not to
choose them.

1 pm – 4 pm in the Multi-Purpose Room

TECHI TUESDAY

Join us **June 2, 2026** at 10:00

Apps & the App Store  

Focus: Choosing the right tools

What students learn:

- What apps are
- Built-in vs downloaded apps
- App Store vs Play Store
- Free vs paid apps
- Downloading, updating, deleting apps



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)

Come join us

Meets 1st, 4th and 5th
Thursdays.

9:00-3:00pm

Bring your own projects

SENIOR MEDICARE PATROL PROGRAM

SENIOR MEDICARE PATROL PROGRAM: FRAUD & SCAM PREVENTION

Helping to prevent Fraud through scams
using social media, phone calls and mail.
Learn the signs to prevent this from happening to you.

JUNE 8, 2026

10:15 AM- 11:15 AM

**Pinnacle Senior Center
5525 Hobby Road
Houston, Texas 77053
(832) 471-2760**



Taught by:
Leticia Hardy, MS
County Extension Agent
Family & Community Health

WILD N WOOLY

Wild n Wooly Sewl Sisters



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



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!

SENIOR BOX

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, 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 \$1,729

Household of 2: Monthly income does not exceed \$2,345

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, JUNE 12, 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 \$1,729

Hogar de 2 personas: El ingreso mensual no excede \$2,345

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, JUNE 12, 2026

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

5525-C HOBBY ROAD

HOUSTON, TX, 77053

MEDICARE

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

Monthly
**MEDICARE
WORKSHOP**

Every 3rd Tuesday at 10 a.m.

**JUNE
16
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

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 24th June, 2026

Time: 8:00 am- 10: 00am



Presented by:



JUNE BIRTHDAY

JUNE BIRTHDAY *Celebration!*



If your birthday
is in **June**, please
sign up for a special
certificate from
Constable

Daryl L. Smith, Sr.

★ WEDNESDAY ★
JUNE 24, 2026

Certificates will be presented by
CAPTAIN CHRISTOPHER GARRETT



THE RED HAT SOCIETY



The Red Hat Society

*Good Friends. Great Times.
Fabulous Memories.*



LAUGHTER • FRIENDSHIP • FUN

JOIN US!

WE MEET EVERY
3RD FRIDAY
of the Month

12:00 PM – 3:00 PM

WEAR YOUR
Red Hat
AND BRING
YOUR SMILE!

*New members are
always welcome!*



♥ Pinnacle Senior Center ♥



PINNACLE SENIOR CENTER

JUNE
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

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Monday – Friday

7:30 AM – 4:30 PM



Aquatic Center

7:30 AM – 4:00 PM



[Return to Home Page](#)



fortbendcountytexas.gov



VISIT US ON FACEBOOK