



PINNACLE

— SENIOR CENTER —



NEWSLETTER

JULY 2026

Where Community Thrives!



STAY ACTIVE

Move More.
Feel Stronger.
Live Better.



STAY CONNECTED

Build Friendships.
Share Moments.
Belong Together.



STAY ENGAGED

Explore New
Interests.
Keep Growing.



STAY INSPIRED

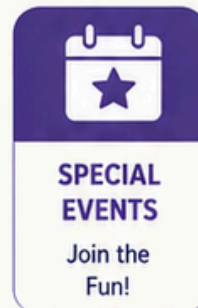
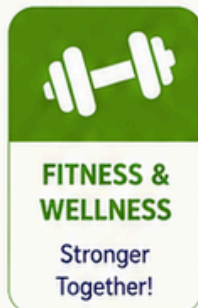
Stay Positive.
Stay Curious.
Stay You.



SPECIAL EVENTS

Exciting Events.
Memorable
Experiences.

• WHAT'S INSIDE •



Stay Active



Stay Connected



Stay Inspired



In Observance of
INDEPENDENCE
DAY

WE WILL BE CLOSED

Friday,
JULY 3, 2026

TO CELEBRATE
July 4th!

We honor our nation's freedom
and thank all who have served.

We will reopen on Monday, July 6, 2026.



NATIONAL

JULY 2026

PARKS & REC. MONTH



FORT BEND COUNTY UPCOMING EVENTS



JULY 1, 2026

**Popsicles In
The Park
Kick-Off**

JULY 2, 2026

**Sunset
Walk in the
Park**

JULY 15, 2026

**Parks
Proclamation
Ceremony**

JULY 17, 2026

**Parks &
Recreation
Professionals
Day**

JULY 17, 2026

**Bikes,
Trikes, &
Bites**

JULY 31, 2026

**Parks
After
Dark**

**REGISTER FOR
EVENTS HERE:**



**For more questions
contact: 832-612-1881**



FORT BEND COUNTY
KICK-OFF CELEBRATING
PARKS AND RECREATION MONTH

POPSICLES IN THE PARK

PINNACLE SENIOR CENTER

JULY 1ST , 2026

5525 HOBBY RD.
HOUSTON, TX 77053





FORT BEND COUNTY PARKS AND RECREATION
CELEBRATING

NATIONAL PARKS AND RECREATION MONTH

SUNSETWALK IN THE PARK

MIRABEAU B. LAMAR HOMESTEAD PARK
1317 EUGENE HEIMANN CIR, Richmond, TX 77469

THURSDAY, JULY 2, 2026
5:00 P.M. – 8:00 P.M.

- FBC HEALTH & HUMAN SERVICES
- FBC BEHAVIORAL HEALTH
- FBC RISK MANAGEMENT
- FBC AGRI-LIFE EXTENSION SERVICES

FOOD TRUCKS – FUN – MUSIC – PRIZES

FREE EVENT
SIGN UP USING THE QR CODE / LINK!

**MUST REGISTER
HERE!**



FORTBEND
HEALTH & HUMAN SERVICES
Prevent. Promote. Protect.



DEXTER L. McCOY
COMMISSIONER

OPTIONAL HAWAIIAN THEME



A FIT HOUSTON INITIATIVE

FITNESS CENTER COURTESY REMINDER



**PLEASE LIMIT
CARDIO EQUIPMENT
— USE TO —
30 MINUTES**



TREADMILLS



BIKES



ELLIPTICALS



OTHER CARDIO
EQUIPMENT

To ensure all patrons have an opportunity to enjoy the Fitness Center, we kindly ask that use of treadmills, bikes, ellipticals, and other cardio equipment be limited to **30 minutes** during busy periods.

THANK YOU FOR:



SHARING
EQUIPMENT
WITH OTHERS



BEING
CONSIDERATE
OF FELLOW
PATRONS



HELPING
CREATE A
POSITIVE FITNESS
ENVIRONMENT

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* JULY

Volunteer Instructor Donations

Help support our volunteer instructors. Donations are appreciated.

Friendly Reminder: Please limit cardio equipment use to 30 minutes during busy periods so everyone has an opportunity to exercise. Thank you for your cooperation!

The Pinnacle will be **CLOSED** on **Friday, July 03, 2026**, in observance of Independence holiday.

Join us for Tech Tuesday on **July 7th at 10:00 AM** in the Multipurpose Room (**Settings & Accessibility**).

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 **July 15th (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.

Enjoy **Bingo** with Constable Daryl L. Smith Sr. on **July 17th** from 11:00 AM –12:00 PM. Seating is limited.

Celebrate May birthdays on **July 29th (10:45–11:00 AM)** with music, dancing, and treats. See Angie if you missed your March certificate.

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

July 2 – Origami Cranes: Make an Origami Crane

July 6 – The Mix Book Club: Mrs. Quinn's Rise to Fame, by Olivia Ford

July 9 – Perler Beads: Plastic beads, a pattern iron on

July 16 - Genealogy Online - free online research

July 23 – Computer Basics: Learn the basics of how to use computers.

July 30 – Japanese Book - Stitching Craft

See flyers for details.

*Stay active,
informed, &
connected*

JULY EVENTS MENU

Select a button below to view details

> **FITNESS CALENDAR**

> **AQUATICS CALENDAR**

> **ACTIVITY CALENDAR**

> **LIBRARY NEWSLETTER**

> **Chair Tai Chi**

> **WATER WARRIORS**

> **CARD PLAYERS**

> **TECHI TUESDAY**

> **BIBLE STUDY**

> **MEDICARE WORKSHOP**

> **ART & MEDITATION**

> **WILD N WOOLY**

> **MAHJONGG OPEN PLAY**

> **BIRTHDAY CELEBRATION**

> **QUILTING BEE**

> **THE RED HAT SOCIETY**

> **Senior Medicare
Patrol Program**

> **SOUND BATH**

> **DIABETES PREVENTION**

> **VANITY SKIN CARE**

> **BINGO**

> **CONTACT INFORMATION**

July 2026				
MON	TUE	WED	THU	FRI
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31





Fort Bend County Parks & Recreation

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)

July 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	Strong & Fit Strength Training	Zumba
Boot-Camp-Chair-Men-& Move Fitness		Pilates & Yoga	Walk Video Session	Occasionally Informational Classes
MON-	TUE-	WED-1	THU-2	FRI-3
		8-845 -Walk-Video	8-845-Walk-Video	Closed Independence Day Observed
		8-845-Step YR	9-945-Strength	
		9-945-Fit& Strong		
		950-1050 Line Dance	10-1045-Pilates	
		11-1145- Move-Fit	11-1145-Chair-Fit	
		12-1245 -Men-Fit	1150-1230 Boot-Camp	
		1-145-Step	1245-130-Yoga	
		2-3 Game-Day-w/Coach		
MON-6	TUE-7	WED-8	THU-9	FRI-10
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		9-945-Fit& Strong		
950-1050-Line-Dance	10-11 Game-Day-w/Coach	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)	2-3 Game-Day-w/Coach		
MON-13	TUE-14	WED-15	THU-16	FRI-17
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	9-10 Seated Tai Chi w/Misty YR	9-945-Fit& Strong	9-10 Seated Tai Chi w/Misty YR	
950-1050-Line-Dance	10-11 Game-Day-w/Coach	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)	2-3 Game-Day-w/Coach		
MON-20	TUE-21	WED-22	THU-23	FRI-24
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	9-10 Seated Tai Chi w/Misty YR	9-945-Fit& Strong	9-10 Seated Tai Chi w/Misty YR	
950-1050-Line-Dance	10-11 Game-Day-w/Coach	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)	2-3 Game-Day-w/Coach		
MON-27	TUE-28	WED-29	THU-30	FRI-31
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	9-10 Seated Tai Chi w/Misty YR	9-945-Fit& Strong	9-10 Seated Tai Chi w/Misty YR	
950-1050-Line-Dance	10-11 Game-Day-w/Coach	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)	2-3 Game-Day-w/Coach		

JULY 2026				
MON	TUE	WED	THU	FRI
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31



**THE PINNACLE SENIOR CENTER
PARKS & RECREATION**



5525-C Hobby Road • Houston, Texas 77053
Mon-Fri: 7:30am - 4:30pm • 832-471-2765



Aquatic

Center Calendar

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!!!					
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	WED-1 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Free Swim 3pm-350pm Swim Lessons (ADVANCED)	THU-2 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm Aqua Aerobics 3pm-350pm Free Swim	FRI-3 INDEPENDENCE DAY	
MON-6 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Zumba 12pm-115pm Free Swim 115pm-145pm Water Warriors 2pm-3pm Swim Lessons (BEGINNER) 2pm-350pm Free Swim	TUE-7 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Free Swim	WED-8 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Swim Lessons (ADVANCED) 3pm-350pm Free Swim	THU-9 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Free Swim	FRI-10 730am-9am LAP SWIM 9am -1050am Free Swim 11am-12pm Aqua Zumba 12pm-115pm Free Swim 115pm-145pm Water Warriors 2pm-3pm Swim Lessons (INTERMEDIATE) 3pm-350pm Free Swim	
MON-13 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Zumba 12pm-115pm Free Swim 115pm-145pm Water Warriors 2pm-3pm Swim Lessons (BEGINNER) 3pm-350pm Free Swim	TUE-14 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Free Swim	WED-15 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Swim Lessons (ADVANCED) 3pm-350pm Free Swim	THU-16 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Free Swim	FRI-17 730am-9am LAP SWIM 9am -1050am Free Swim 11am-12pm Aqua Zumba 12pm-115pm Free Swim 115pm-145pm Water Warriors 2pm-3pm Swim Lessons (INTERMEDIATE) 3pm-350pm Free Swim	
MON-20 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Zumba 12pm-115pm Free Swim 115pm-145pm Water Warriors 2pm-3pm Swim Lessons (BEGINNER) 2pm-350pm Free Swim	TUE-21 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Free Swim	WED-22 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Swim Lessons (ADVANCED) 3pm-350pm Free Swim	THU-23 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Free Swim	FRI-24 730am-9am LAP SWIM 9am -1050am Free Swim 11am-12pm Aqua Zumba 12pm-115pm Free Swim 115pm-145pm Water Warriors 2pm-3pm Swim Lessons (INTERMEDIATE) 3pm-350pm Free Swim	
MON-27 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Zumba 12pm-115pm Free Swim 115pm-145pm Water Warriors 2pm-3pm Swim Lessons (BEGINNER) 2pm-350pm Free Swim	TUE-28 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Free Swim	WED-29 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Swim Lessons (ADVANCED) 3pm-350pm Free Swim	THU-30 730am-9am LAP SWIM 9am-1030am Swim Lessons 9am -1050am Free Swim 11am-12pm Aqua Aerobics 12pm-2pm Free Swim 2pm-3pm -Aqua Aerobics 3pm-350pm Free Swim	FRI-31 730am-9am LAP SWIM 9am -1050am Free Swim 11am-12pm Aqua Zumba 12pm-115pm Free Swim 115pm-145pm Water Warriors 2pm-3pm Swim Lessons (INTERMEDIATE) 3pm-350pm Free Swim	
Volunteer Swim Instructor Booker Canty		Aqua Zumba Instructor Sandra Patterson		Aqua Fitness Coordinator and Instructor Tyler Shannon	

July 2026				
MON	TUE	WED	THU	FRI
		1	2	3
6	7	8	9	10
13	14	15	16	17
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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))

July 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.

(AUD)-Auditorium		(YR)-Yoga Room Located in Aquatics Area.		(MPR) multi-Purpose Room	
Wk-1	MON-	TUE-	WED-1	THU-2	Friday-3
800-900AM					
900-10AM					Independence Day
1000-11AM				Origami Cranes - Library	Pinnacle Senior Center
1100-12PM					Closed
12PM-1PM					
1PM-2PM			Bid Whist		
2PM-3PM			1-4PM		
3PM-4PM					
Wk-2	MON-6	TUE-7	WED-8	THU-9	FRI-10
800-900AM					
900-10AM					
1000-11AM	The Mix Book Club - Library	Techie Tuesday		Perler Beads - Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM				Mahjongg Open Play 12-3pm	WWSS
1PM-2PM	Bid Whist	Bridge	Bid Whist		12-3PM
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-3	MON-13	TUE-14	WED-15	THU-16	FRI-17
800-900AM					
900-10AM	Diabetes Education-MPR				
1000-11AM		Medicare w/Karina		Genealogy Online - Library	
1100-12PM		Greater Works Bible Study			Bingo 11AM-12PM
12PM-1PM				Mahjongg Open Play 12-3pm	Red Hat Society
1PM-2PM	Bid Whist	Bridge	Bid Whist		12-3PM
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-3	MON-20	TUE-21	WED-22	THU-23	FRI-24
800-900AM			Meditation & Art 8-10AM	Quilting Bee 9-3PM	
900-10AM	Sound Bath Meditation - MPR				
1000-11AM			Vanity Aesthetics -10-11:30AM MPR	Computer Basics - Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM					WWPP
1PM-2PM	Bid Whist	Bridge	Bid Whist		12-3PM
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-4	MON-27	TUE-28	WED-29	THU-30	FRI-31
800-900AM				Quilting Bee 9-3PM	
900-10AM					
1000-11AM			Birthday Celebration 10:45-11am	Japanese Book-Stitching Craft 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					



JULY 2026

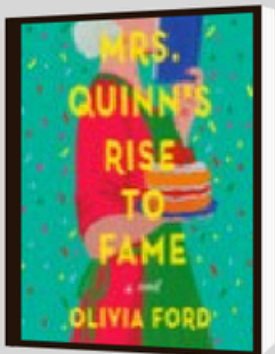
PINNACLE SENIOR CENTER LIBRARY NEWSLETTER

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



**July 6
10 am**

LIBRARY CLOSURES

- Friday, July 3
- Saturday, July 4
- Sunday, July 5

Programs & Events

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

Origami Cranes: Learn how to make origami cranes.

July 6 (10:00 - 11:00 am)

The MIX Book Club: *Mrs. Quinn's Rise to Fame*, by Olivia Ford

July 9 (10:00 - 11:00 am)

Perler Beads: Learn how to use plastic beads, a pattern, and an iron to make super fun decorations.

July 16 (10:00 - 11:00 am)

Genealogy Online: An introduction to some of the free online resources that are available to the genealogical researcher.

July 23 (10:00 - 11:00 am)

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

July 30 (10:00 - 11:00 am)

Japanese Book-Stitching Craft: Learn how to stitch paper together to make a journal or booklet!



**HIGH INTENSITY.
ZERO LIMITS.**

WATER WARRIORS

AQUA FITNESS CLASS

**HIGH INTENSITY
WORKOUTS.
BUILT IN THE WATER.
STRONG IN EVERY WAY.**

**30
MINUTES**





**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.



Card Players

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



CLASS 6

Settings & Accessibility

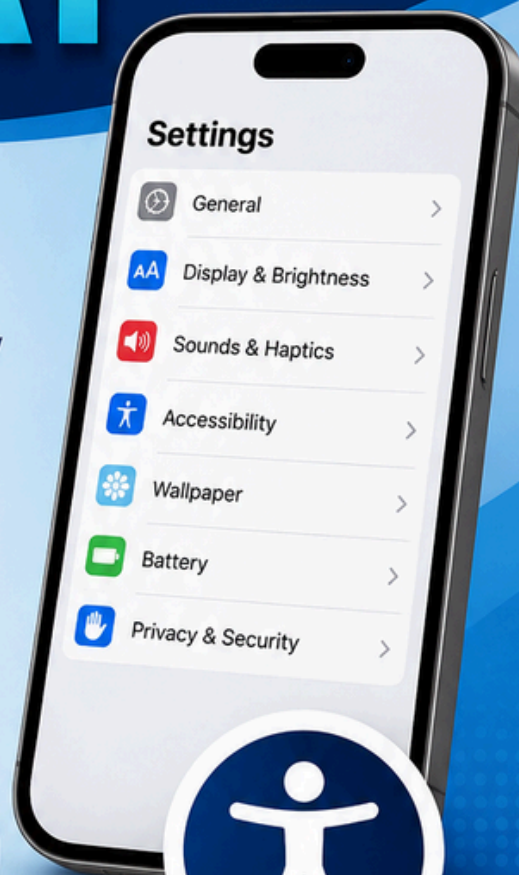
Make Your Phone Work for You



July 7, 2026



Focus: **Personalization and Ease of Use**



What You'll Learn:

- ✓ Understanding the Settings menu
- ✓ Adjusting text size, sound, and display settings
- ✓ Using accessibility features for easier navigation
- ✓ Battery basics and tips for extending battery life



Text Size



Sound



Display

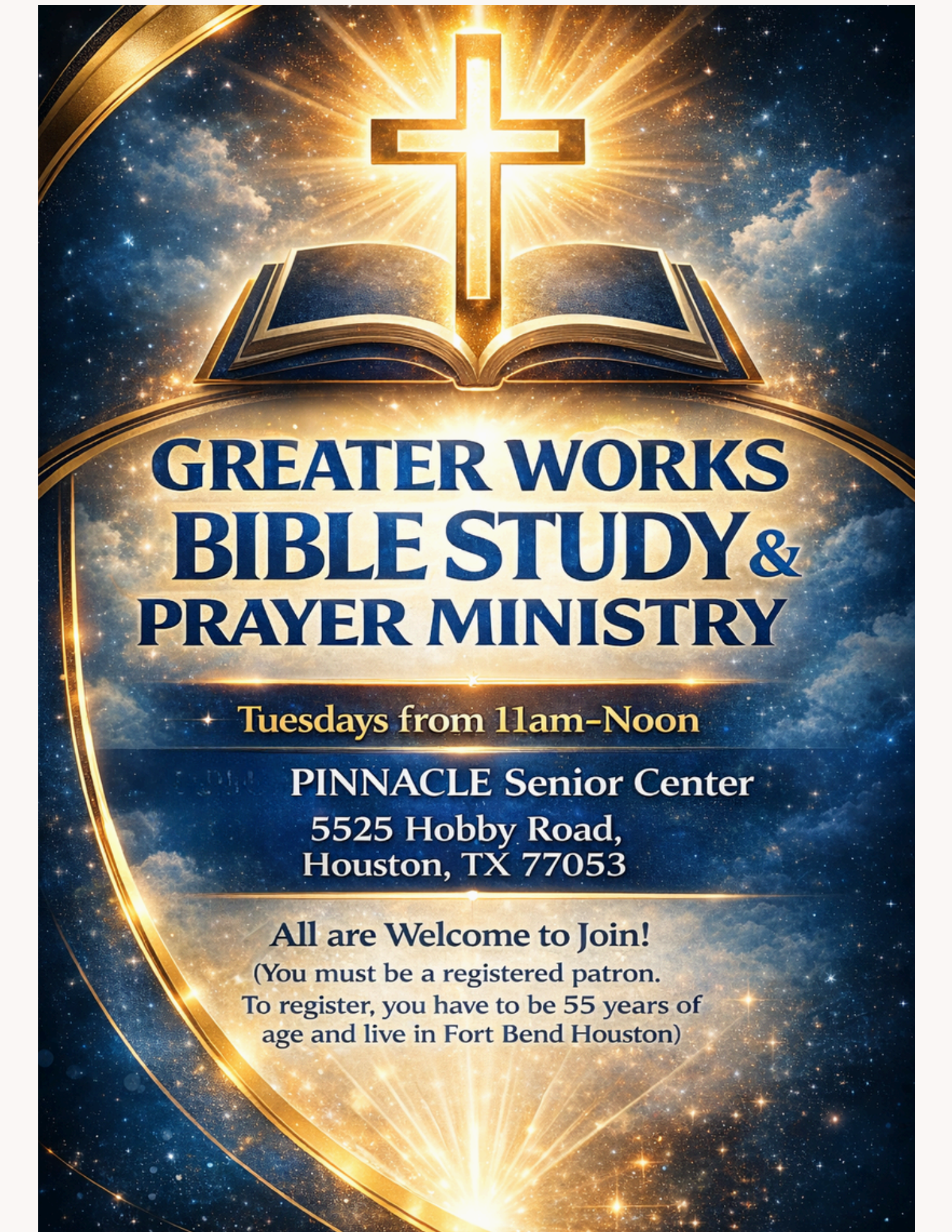


Battery



Learn how to **customize** your phone to fit your needs and make everyday tasks easier and more enjoyable.





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)

Bring your own projects

Wild n Woolly Sewl Sisters



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



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!

A HEALTHIER YOU STARTS TODAY!

PREVENT TYPE 2 DIABETES

YOU HAVE THE POWER TO CHANGE YOUR FUTURE!

Join our **CDC-Recognized Diabetes Prevention Program** and take control of your health, reduce your risk, and live your best life!

Small Steps
BIG
Results!

**1 IN 3
ADULTS**
HAS PREDIABETES—
DON'T BE
ONE OF THEM!



**LOSE
WEIGHT**

5–7% of your
body weight



**GET MORE
ACTIVE**

150 minutes
per week



**LOWER
RISK**

Reduce your risk
of Type 2 Diabetes
by up to 58%



**IMPROVE
HEALTH**

Better energy,
better mood,
better YOU!

WHAT YOU'LL GET:

- ✓ Expert-led sessions with a Registered Dietitian
- ✓ Practical tips on eating well, moving more & managing stress
- ✓ Support from a group that encourages you
- ✓ Tools & strategies for long-term success
- ✓ A healthier future—for YOU!

JOIN US AT

Pinnacle Senior Center!



CLASSES HELD ON
MONDAYS AT 9:00 AM

CLASSES BEGIN ON
➤ JULY 13, 2026 ➤



WEEKLY CLASSES FOR 4 MONTHS
THEN BI-WEEKLY & MONTHLY SESSIONS



1 HOUR PER CLASS



FUN, FRIENDLY & SUPPORTIVE ENVIRONMENT



SOME CLASSES MAY BE OFFERED VIRTUALLY
DETAILS TO BE SHARED CLOSER TO START DATE

**LIMITED
SPOTS!
SIGN UP
TODAY!**



**GLUCOSE
BOOT CAMP™**

LED BY:

Shana McGowan,
MS, RDN, CDCES

Registered Dietitian Nutritionist
Certified Diabetes Care and

READY TO TAKE THE FIRST STEP?

YOUR HEALTH. YOUR FUTURE. YOUR CHOICE.



SIGN UP WITH

In the Yoga
Room

SEATED
TAI CHI
CLASS
FOR SENIORS
AGE 60+



TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Beginner Level
9:00 am – 9:45 am
Tuesdays/Thursdays
July 14, 16, 21, 23, 28, 30
Wear comfortable clothes!
Provided by Certified Tai Chi for Health
Instructor, Misty Sullivan

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

Monthly **MEDICARE WORKSHOP**

Every 3rd Tuesday at 10 a.m.

**JULY
15
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

CONSTABLE DARYL L. SMITH, SR.

PRESENTS



Bingo Party!



Friday
July 17, 2026



 **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





SOUND BATH

MEDITATION



MONDAY,
JULY 20, 2026



9:00 AM -
10:00 AM



**Pinnacle Senior Center
of Fort Bend County**

5525-C Hobby Road
Houston, TX 77053
United States



TO SIGN UP:

Please visit the
Reception Desk
to reserve your seat.

SEATING IS LIMITED

BENEFITS OF SOUND BATH & MEDITATION

- Promotes deep relaxation
- Reduces stress and anxiety
- Supports emotional well-being
- Improves focus and mental clarity
- Encourages restful sleep
- Helps calm the nervous system
- Creates a sense of inner peace and balance
- Enhances overall wellness



WHAT TO EXPECT

Experience a guided meditation accompanied by the soothing sounds and vibrations of crystal singing bowls and other healing instruments. As you relax comfortably, the frequencies help quiet the mind, release tension, and invite a deeper state of rest and restoration.

No experience is necessary.

Simply come as you are and allow yourself time to relax, receive, and reconnect.



ABOUT YOUR FACILITATOR

Penelope Hensley is a certified Sound Healing Practitioner, Meditation Facilitator, and founder of The Being Center. Through intentional sound experiences, she supports individuals in finding relaxation, balance, and deeper connection to themselves.



VANITY

IS A FAIR AESTHETICS



Healthy Skin, *Healthier You*



Join **Adrienne Bibbs**, Licensed Texas Esthetician, for an informative skincare presentation designed to help women take a more intentional approach to their skin health.

Learn practical tips and simple routines to address concerns such as aging skin, dullness, uneven skin tone, and maintaining a healthy, radiant glow.

TOPICS INCLUDE:



Daily Skincare Essentials



Healthy Aging Skin



Hydration & Skin Wellness



Creating a Simple Home Routine



Maintaining a Radiant Glow



Event Details



WEDNESDAY,
JULY 22, 2026



10:00 AM – 11:30 AM



MULTI-PURPOSE ROOM
Pinnacle Senior Center

Discover Simple Steps to:

- ✓ Improve Skin Health
- ✓ Address Dullness & Uneven Tone
- ✓ Build Confidence Through Self-Care
- ✓ Maintain a Healthy, Radiant Glow



Special Bonus

**GIFT BAGS
FOR ATTENDEES!**



⇒ SEATS ARE LIMITED! ⇒



SIGN UP AT THE FRONT DESK WITH ANGIE

✦ *Your Skin. Your Confidence. Your Time to Shine.* ✦

*Invest in
Your Skin.
It's Worth It.*



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, the 22nd. July, 2026

Time: 8:00 am- 10: 00am



Presented by:



ARTreach
CONNECTING THROUGH THE ARTS



JULY BIRTHDAY *Celebration!*



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

★ **WEDNESDAY** ★
JULY 29, 2026

Certificates will be presented by
CAPTAIN CHRISTOPHER GARRETT
★
≡ on July 29, 2026 ≡



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 ♥

COME FOR THE FRIENDSHIP. STAY FOR THE FUN!

Thank You

FOR BEING PART OF OUR

Pinnacle Family!



We'd Love to HEAR FROM YOU!



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



832.471.2765



pinnacleinfo@fortbendcountytexas.gov



Gwendolyn Tealer
Facility & Program Manager

HOURS OF OPERATION



SENIOR CENTER

Monday – Friday
7:30 AM – 4:30 PM



AQUATIC CENTER

Monday – Friday
7:30 AM – 4:00 PM

STAY CONNECTED!



[pinnacleseniorcenter](#)



[Return to Home Page](#)

*Building friendships,
promoting wellness, and
enriching lives every day.*



5525-C Hobby Road
Houston, TX 77053



832.471.2765



fortbendcountytexas.gov