

Pinnacle

SENIOR CENTER

OCTOBER

2026

Where Community Thrives! 



Stay
Active.
Stay
Connected.
Belong
Here. 

INSIDE THIS ISSUE



AQUATICS
CALENDAR



FITNESS
CALENDAR



ACTIVITY
CALENDAR



PROGRAMS &
ACTIVITIES



SPECIAL
EVENTS



LIBRARY
NEWSLETTER

And so much more! 

FEATURED CLASSES FOR OCTOBER



Tai Chi Bingo

Thursday, October 01, 2026

9:00 – 10:00 AM



Standing Tai Chi

Tuesday, October 06, 2026

9:00 – 10:00 AM



Houston Food Bank

Friday, October 09, 2026

1:00 – 3:00 PM



Aqua Meditation with Penelope

Wednesday, October 21, 2026

10:15 – 11:15 AM



Houston Voting Initiative (Movie – Selma)

Thursday, October 22, 2026

10:00 AM – 12:00 PM



Sound Bath Meditation with Penelope

Tuesday, October 27, 2026

10:00 – 11:00 AM



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.

Stay Active  Stay Connected  Stay Inspired

WHAT'S HAPPENING — IN — OCTOBER

Stay active, informed, and connected



1. CLOSURE

Pinnacle Senior Center will be closed from **10:00 AM – 12:00 PM** to prepare for Senior Boxes with the Houston Food Bank.



2. SAFETY GUIDELINES

Safety is everyone's responsibility! Please take a moment to review the updated Safety Guidelines. These guidelines are designed to help ensure a safe and enjoyable experience for everyone using the facility.



3. VOLUNTEER INSTRUCTOR (SOUND BATH)

Welcome, Penelope! We're excited to have you join the Pinnacle family as a regular volunteer instructor.



4. TECHI TUESDAY

Join us for Techi Tuesday on **October 6th** at **10:00 AM** in the Multipurpose Room (Safety, Scams & Privacy).



5. MEDICARE / UNDERSTANDING YOUR CHOICES

On **October 13th** (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.



6. BINGO

Enjoy Bingo with Constable Daryl L. Smith Sr. on **October 16th** from 11:00 AM – 12:00 PM. Seating is limited.



NO OCTOBER BIRTHDAY CELEBRATIONS

There will be no birthday celebrations for October.



NEW CLASS ALERT!



Aqua Meditation with Penelope
Wednesday, October 21, 2026

Sound Bath Meditation with Penelope
Tuesday, October 27, 2026

Standing Tai Chi & Tai Chi Bingo
Friday, October 02, 2026

★ EARLY VOTING ★

OCTOBER 19 – OCTOBER 30, 2026



FORT BEND COUNTY LIBRARIES OCTOBER PROGRAMS (10:00 – 11:00 AM)

OCT
1

- Streaming Music on Your Phone

OCT
5

- The MIX Book Club:
The Best Life Book Club
by Sheila Roberts

OCT
15

- Cozy to Clutter:
Fall Closet Reset

OCT
22

- Bookmark Decorating



SEE FLYERS FOR DETAILS.



PINNACLE LET'S TALK SAFETY

Pinnacle
— SENIOR CENTER —
Where Community Thrives!

Stronger Together. Safer Together.



1. GENERAL FACILITY SAFETY



- Stay aware of your surroundings



- Follow all check-in procedures



- Keep personal belongings with you at all times



- Report suspicious activity or safety concerns to staff immediately



- Treat fellow members, guests, and staff with kindness and respect



2. PARKING LOT SAFETY



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 suspicious activity to staff



3. WEIGHT ROOM SAFETY



- Know your limits and progress at your own pace



- Use equipment correctly and adjust machines before use



- Wear proper athletic shoes



- Warm up, stay hydrated, and listen to your body



- Rack weights and return equipment after use



- Clean equipment before and after use



- Report unsafe conditions or equipment issues



- Follow staff instructions



4. AQUATICS CENTER SAFETY



- Wear water shoes whenever you are not actively swimming



- Do not leave equipment on the pool deck when not in use



- Use the front door to enter and exit the Aquatics Center



- Shower or rinse off before entering the pool



- Use aquatic equipment at your own risk; ask staff if you need assistance



- During designated lap swim hours, walking in the pool is not permitted



- No lifeguards on duty; swim at your own risk



SAFE TODAY. STRONG TOMORROW.



Be Safe. Be Respectful. Be Pinnacle.



Swim Lessons *with* Tyler

What You Need to Know

1 Skill Levels:



LEVEL 1

- Level 1 (Beginner):
- No swimming skills needed.
- Max 6 participants



LEVEL 2

- Level 2 (Intermediate):
- Must be able to submerge head underwater and float on front and back.
- Max 8 participants



LEVEL 3

- Level 3 (Advanced):
- For those working on stroke techniques and endurance
- Max 8 participants

2 Important Reminders:



- Arrive 5 minutes early to prepare for class.
- Bring: Towel, goggles, and swim cap (if applicable)



3 To Sign up:



See the Aquatic Fitness Coordinator, Tyler Shannon or visit our website to register.

<https://forms.cloud.microsoft/g/ifVCY6esUH>



Pinnacle Aquatic Fitness Center
Pool & Safety Orientation

Watch Video



RELAX • RESET • RENEW

AQUA

Meditation

WITH

PENELOPE

FIND
YOUR PEACE.
FEEL YOUR
BEST.

Immerse yourself in the soothing sounds of crystal bowls and gentle vibrations that calm the mind, restore balance, and uplift the spirit.

SOUND
HEALS.
YOU
THRIVE.



**WEDNESDAY,
OCTOBER 21, 2026**



10:15 AM – 11:15 AM



PINNACLE AQUATIC CENTER

5525-C Hobby Road
Houston, TX 77053

PLEASE NOTE:

**Floating is encouraged
but not mandatory.**

Must provide your own float.



MUST PROVIDE YOUR OWN FLOAT.

BENEFITS OF

Sound Bath



Promotes deep relaxation



Reduces stress and anxiety



Supports emotional well-being



Encourages restful sleep



Restores inner balance and peace

Where Would You Like to Start?



STAY ACTIVE

-  Fitness Calendar
-  Aquatics Calendar
-  Water Warriors
-  Tai Chi
-  Aqua Meditation



LEARN SOMETHING NEW

-  Tech Tuesday
-  Medicare Workshop
-  Library Newsletter



HAVE FUN

-  Activity Calendar
-  Bingo Party
-  Card Players
-  Mahjongg Open Play



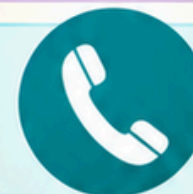
CREATE & RELAX

-  Art & Meditation
-  Quilting Bee
-  Wild N Wooly
-  Sound Bath



CONNECT WITH OTHERS

-  Bible Study
-  The Red Hat Society
-  Birthday Celebration
-  Bingo Party



NEED ASSISTANCE?

-  Contact Information

We're here to help! ♥

A New Season. A Stronger Community. ♥

October 2026

MON	TUE	WED	THU	FRI
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
25	27	28	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))

October 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 E-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

Boot-Camp-Chair-Men-& Move Fitness

Pilates & Yoga

Walk Video Session

MON-

TUE-

WED-

THU-1

FRI-2

8-845-Walk-Video

8-845 -Walk-Video

9-945-Fit & Strong

9-945 Standing Tai Chi Bingo (AD)

10-1045-Pilates

10-1045-Strength

11-1145 Chair Fit

11-1145-Move-Fit

1150-1235 Boot Camp

12-1245 -Men-Fit

1245-130 Yoga

MON-5

TUE-6

WED-7

THU-8

FRI-9

8-845-Walk-Video-

8-845-Walk-Video

8-845 -Walk-Video

8-845-Walk-Video

8-845 -Walk-Video

8-845-Step YR

9-935 Stretch w/Coach (YR)

8-845-Step YR

9-945-Fit & Strong

9-945-Fit & Strong

9-945-Fit & Strong

9-930 Standing Tai Chi (AD)

9-945-Fit & Strong

9-945 Standing Tai Chi Bingo (AD)

Houston Food Bank

950-1050-Line-Dance

10-1045-Strength

950-1050 Line Dance

10-1045-Strength

11-1145-Move-Fit

11-1145 Chair Fit

11-1145- Move-Fit

11-1145 Chair Fit

11-1145-Move-Fit

12-1245 -Men-Fit

1150-1235 Boot Camp

12-1245 -Men-Fit

1150-1235 Boot Camp

12-1245 -Men-Fit

1-145-Step

1245-130 Yoga

1-145-Step

1245-130 Yoga

3-4 Line Dance Sheila

(1:45-2:45pm AD unavailable)

2-3 Game-Day-w/Coach

Distribution 1-3PM

MON-12

TUE-13

WED-14

THU-15

FRI-16

8-845-Walk-Video-

8-845-Walk-Video

8-845 -Walk-Video

8-845-Walk-Video

8-845 -Walk-Video

8-845-Step YR

9-935 Stretch w/Coach (YR)

8-845-Step YR

9-945-Fit & Strong

9-945-Fit & Strong

9-945-Fit & Strong

9-930 Standing Tai Chi (AD)

9-945-Fit & Strong

9-945 Standing Tai Chi Bingo (AD))

10-1045-Pilates

950-1050-Line-Dance

10-1045-Strength

950-1050 Line Dance

10-1045-Strength

11-1145-Move-Fit

11-1145 Chair Fit

11-1145- Move-Fit

11-1145 Chair Fit

11-1145-Move-Fit

12-1245 -Men-Fit

1150-1235 Boot Camp

12-1245 -Men-Fit

1150-1235 Boot Camp

12-1245 -Men-Fit

1-145-Step

1245-130 Yoga

1-145-Step

1245-130 Yoga

3-4 Line Dance Sheila

(1:45-2:45pm AD unavailable)

2-3 Game-Day-w/Coach

MON-19

TUE-20

WED-21

THU-22

FRI-23

8-845-Walk-Video-

8-845-Walk-Video

8-845 -Walk-Video

8-845-Walk-Video

8-845 -Walk-Video

8-845-Step YR

9-935 Stretch w/Coach (YR)

8-845-Step YR

9-945-Fit & Strong

9-945-Fit & Strong

9-945-Fit & Strong

9-930 Standing Tai Chi (AD)

9-945-Fit & Strong

Houston's Voting Initiative

10-1045-Pilates

950-1050-Line-Dance

10-1045-Strength

950-1050 Line Dance

Selma Movie Event

11-1145-Move-Fit

11-1145-Move-Fit

11-1145 Chair Fit

11-1145- Move-Fit

9:30-12:00 PM

12-1245 -Men-Fit

12-1245 -Men-Fit

1150-1235 Boot Camp

12-1245 -Men-Fit

Pinnacle Auditorium

12-1245 -Men-Fit

1-145-Step

1245-130 Yoga

1-145-Step

1245-130 Yoga

3-4 Line Dance Sheila

(1:45-2:45pm AD unavailable)

2-3 Game-Day-w/Coach

MON-26

TUE-27

WED-28

THU-29

FRI-30

8-845-Walk-Video-

8-845-Walk-Video

8-845 -Walk-Video

8-845-Walk-Video

8-845 -Walk-Video

8-845-Step YR

9-930 Standing Tai Chi (AD)

8-845-Step YR

9-945-Fit & Strong

9-945-Fit & Strong

9-945-Fit & Strong

10-1045-Sound Bath (AD)

9-945-Fit & Strong

9-945 Standing Tai Chi Bingo (AD)

10-1045-Pilates

950-1050-Line-Dance

11-1145 Chair Fit

11-1145- Move-Fit

10-1045-Strength

11-1145-Move-Fit

1150-1235 Boot Camp

12-1245 -Men-Fit

1150-1235 Boot Camp

12-1245 -Men-Fit

12-1245 -Men-Fit

1245-130 Yoga

1-145-Step

1245-130 Yoga

3-4 Line Dance Sheila

(1:45-2:45pm AD unavailable)

2-3 Game-Day-w/Coach

OCTOBER 2026

MON	TUE	WED	THU	FRI
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	26
26	27	28	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!!!					
			THU-1	FRI-2	
Swim At Your Own Risk NO LIFEGUARD ON DUTY MUST HAVE WATER SHOES		Swim Lessons: Volunteer Mr. Booker Instructs morning lessons Tyler Instructs afternoon lessons *Swim Lessons are held in designated area at the same time as Free Swim	730am-9am LAP SWIM	730am-9am LAP SWIM	
			9am-1030am Swim Lessons	9am -1050am Free Swim	
			9am -1050am Free Swim		
			11am-12pm Aqua Aerobics	11am-12pm Aqua Zumba	
			12pm-2pm Free Swim	12pm-215pm Free Swim	
			2pm-3pm Aqua Aerobics	215pm-3pm Water Warriors	
			3pm-350pm Free Swim	2pm-350pm Free Swim	
MON-5	TUE-6	WED-7	THU-8	FRI-9	
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 -945am Free Swim	
9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	Closed at 10am Houston Food Bank	
11am-12pm Aqua Zumba	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics		
12pm-350pm Free Swim	12pm-2pm Free Swim	12pm-350pm Free Swim & LAP SWIM (circle swimming required)	12pm-2pm Free Swim		
2pm-3pm Swim Lessons (BEGINNER)	2pm-3pm -Aqua Aerobics		2pm-3pm -Aqua Aerobics		
	3pm-350pm Free Swim		3pm-350pm Free Swim		
MON-12	TUE-13	WED-14	THU-15	FRI-16	
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-215pm Free Swim	
12pm-350pm Free Swim	12pm-2pm Free Swim	11am-12pm Aqua Aerobics	12pm-2pm Free Swim	215pm-3pm Water Warriors	
	2pm-3pm -Aqua Aerobics		2pm-3pm -Aqua Aerobics		
2pm-3pm Swim Lessons (INTERMEDIATE)	3pm-350pm Free Swim	12pm-350pm Free Swim & LAP SWIM (circle swimming required)	3pm-350pm Free Swim	3pm-350pm Free Swim	
MON-19	TUE-20	WED-21	THU-22	FRI-23	
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-215pm Free Swim	
12pm-350pm Free Swim	12pm-2pm Free Swim		12pm-2pm Free Swim	215pm-3pm Water Warriors	
	2pm-3pm -Aqua Aerobics	12pm-350pm Free Swim & LAP SWIM (circle swimming required)	2pm-3pm -Aqua Aerobics		
2pm-3pm Swim Lessons (ADVANCED)	3pm-350pm Free Swim		3pm-350pm Free Swim	3pm-350pm Free Swim	
MON-26	TUE-27	WED-28	THU-29	FRI-30	
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-215pm Free Swim	
12pm-350pm Free Swim	12pm-2pm Free Swim	12pm-350pm Free Swim & LAP SWIM (circle swimming required)	12pm-2pm Free Swim	215pm-3pm Water Warriors	
	2pm-3pm -Aqua Aerobics		2pm-3pm -Aqua Aerobics		
2pm-3pm Swim Lessons (BEGINNER)	3pm-350pm Free Swim		3pm-350pm Free Swim	3pm-350pm Free Swim	
Volunteer Swim Instructor Booker Cauty		Aqua Zumba Instructor Sandi Patterson		Aqua Fitness Coordinator and Instructor Tyler Shannon	

October 2026				
MON	TUE	WED	THU	FRI
			1	2
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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)

October 2026 Calendar

Schedule

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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-	THU-1	Friday-2
800-900AM					
900-10AM				Quilting Bee 9-3PM	HHS Flu Vaccine Clinic
1000-11AM				Streaming Music - Library	9:30AM-1:00PM MPR
1100-12PM					
12PM-1PM					WWSS 12-3PM MPR
1PM-2PM					
2PM-3PM					
3PM-4PM					
Wk-2	MON-5	TUE-6	WED-7	THU-8	FRI-9
800-900AM					
900-10AM					
1000-11AM	The Mix Book Club - Library	Techie Tuesday - MPR			Pinnacle Senior Center CLOSED
1100-12PM		Greater Works Bible Study			10AM-NOON
12PM-1PM				Mahjongg Open Play 12-3pm	Houston Food Bank
1PM-2PM	Bid Whist	Bridge	Bid Whist		1-3PM
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-3	MON-12	TUE-13	WED-14	THU-15	FRI-16
800-900AM					
900-10AM					
1000-11AM				Cozy to Clutter - Library	
1100-12PM		Greater Works Bible Study			Bingo 11AM-12PM MPR
12PM-1PM				Mahjongg Open Play 12-3pm	Red Hat Society
1PM-2PM	Bid Whist	Bridge	Bid Whist		12-3PM-MPR
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-4	MON-19	TUE-20	WED-21	THU-22	FRI-23
800-900AM	Early Voting - MPR	Early Voting - MPR	Early Voting - MPR	Early Voting - MPR	Early Voting - MPR
900-10AM					
1000-11AM				Bookmark Decorating - Library	
1100-12PM					
12PM-1PM					
1PM-2PM					
2PM-3PM					
3PM-4PM					
			WED-28	THU-29	FRI-30
800-900AM	Early Voting - MPR	Early Voting - MPR	Early Voting - MPR	Early Voting - MPR	Early Voting - MPR
900-10AM					
1000-11AM					
1100-12PM					
12PM-1PM					
1PM-2PM					
2PM-3PM					
3PM-4PM					



OCTOBER 2026

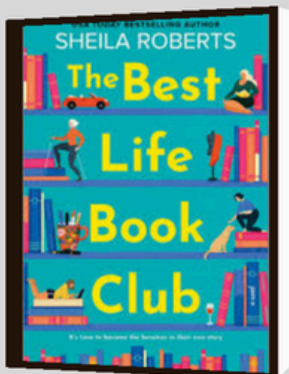
PINNACLE SENIOR CENTER LIBRARY NEWSLETTER

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



October 5
@ 10 am



Programs & Events

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

Streaming Music On Your Phone : Learn about different music apps for streaming from your phone, tablet, Smart TV, or PC to play from your phone's storage.

October 5 (10:00 - 11:00 am)

The MIX Book Club : *The Best Life Book Club*, by Sheila Roberts

October 15 (10:00 - 11:00 am)

Cozy to Clutter: Fall Closet Reset : Get your closet ready for fall! Learn simple Japanese-inspired organization and folding techniques for sweaters and seasonal clothing to help make the most of your closet space.

October 22(10:00 - 11:00 am)

Bookmark Decorating: Decorate fall-themed 3D-printed bookmarks





TECHI TUESDAY

*Learn
Connect
Stay Safe*

Class 9: Safety, Scams & Privacy



Oct 6, 2026



Focus:
Protection and
awareness

What Students Learn:

- ✓ Common phone scams
- ✓ Safe browsing habits



Gain the **knowledge** and **confidence** to stay safe online and protect your personal information.



THINK
BEFORE
YOU CLICK!



*Knowledge
Keeps You
Connected!*



FORTBEND
HEALTH & HUMAN SERVICES
Prevent. Promote. Protect.



FREE FLU CLINIC

at

Pinnacle

For Adults 65 and older



Pinnacle Senior Center
5525 Hobby Rd., Bldg. C
Houston, TX 77053



Friday
October 2, 2026



9:00 AM - 12:00 PM

Eligibility for FLU Vaccine

- Adults 19 and up: Who are uninsured (do **NOT** have medical insurance)
- Adults 19 and up that are UNDERinsured (*Insurance does not include Coverage for vaccines; or Covers only select vaccines*) **Proof: letter from insurance**

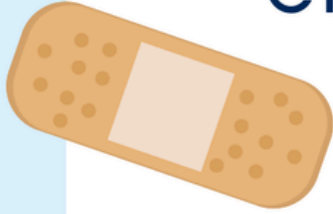
*Please note, Adults are **NOT eligible** to receive Flu vaccine **if they are enrolled in Medicare or Medicaid**, or if they have other health insurance.



FORTBEND
HEALTH & HUMAN SERVICES
Prevent. Promote. Protect.



CLÍNICA DE GRIPE GRATUITA en **Pinnacle**



Para adultos de 65 años o más



Pinnacle Senior Center
5525 Hobby Rd., Bldg. C
Houston, TX 77053



Viernes
2 de octubre de 2026



9:00 AM a 12:00 PM

Elegibilidad para la vacuna influenza

- Adultos de 19 años en adelante: que **NO** tienen seguro médico/no están asegurados
- Adultos de 19 años en adelante con seguro médico insuficiente (la cobertura no incluye vacunas; o cubre únicamente ciertas vacunas)

Comprobante: carta del seguro

*Tenga en cuenta que los adultos **NO son elegibles** para recibir la vacuna contra la influenza si están **inscritos en Medicare o Medicaid**, o si tienen otro seguro médico.

Tai Chi BINGO



GENTLE MOVEMENTS • STRONG BENEFITS • BETTER HEALTH

Join us for Sun Style Tai Chi.

An evidence-based program with gentle, slow movements designed to improve balance, flexibility, and overall health.

*Move
Gently,
Live
Well!*

BENEFITS MAY INCLUDE:



Improve balance and stability



Increase flexibility and joint mobility



Enhance strength and coordination



Reduce stress and promote relaxation



Support independence in daily activities

CLASS SCHEDULE



9:00 AM–10:00 AM

- Thursdays, October 01
- Thursdays, October 08
- Thursdays, October 15
- Thursdays, October 22
- Thursdays, October 29



LOCATION
**Pinnacle
Senior Center**



TIME
9:00 AM–10:00 AM



INSTRUCTOR

Misty Sullivan

Certified Tai Chi for
Health Instructor



SLOW MOVEMENTS. STRONG BENEFITS. BETTER HEALTH.

*All are welcome! Take a seat and take a step
toward better health today!*

TAI CHI for Health



GENTLE MOVEMENTS • STRONG BENEFITS • BETTER HEALTH

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An evidence-based program with gentle, slow movements designed to improve balance, flexibility, and overall health.

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Gently,
Live
Well!*

BENEFITS MAY INCLUDE:



Improve balance
and stability



Increase flexibility and
joint mobility



Enhance strength
and coordination



Reduce stress and
promote relaxation



Support independence
in daily activities

CLASS SCHEDULE



9:00 AM–9:30 AM

- Tuesday, October 06
- Tuesday, October 13
- Tuesday, October 20
- Tuesday, October 27



LOCATION
**Pinnacle
Senior Center**



TIME
9:00 AM–9:30 AM



INSTRUCTOR
Misty Sullivan
Certified Tai Chi for
Health Instructor



SLOW MOVEMENTS. STRONG BENEFITS. BETTER HEALTH.

*All are welcome! Take a seat and take a step
toward better health today!*

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, 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 OCTOBER 9, 2026

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

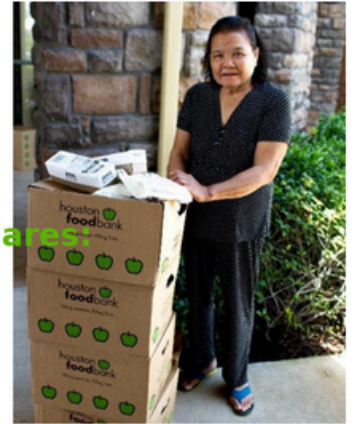
Tener 60 años o más.

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 e 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 OCTOBER 9, 2026
1:00 P.M. - 3:00 P.M.
5525-C HOBBY ROAD
HOUSTON, TX 77053**



Constable Daryl L. Smith, Sr.

PRESENTS

Bingo Party

Friday, October 16, 2026

11am - 12pm

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.



Area Agency
on Aging
of the Houston-Galveston Area

Monthly **MEDICARE** **WORKSHOP**

Every 3rd Tuesday at 10 a.m.

OCTOBER
20
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

Designed for Pinnacle Senior Center Community

SENIORS♥ ART & MEDITATION

Painting, Crafting and
Meditation!

REGISTER NOW

(832) 471-2760

@ Pinnacle Senior Center

5525 Hobby Rd Bldg C, Houston, TX 77053

Date: Wednesday, October 21, 2026

Time: 8:00 am – 10:00 am

Location: Yoga Room



Presented by:





Facilitated by
Penelope

SOUND BATH

MEDITATION



TUESDAY,
OCTOBER 27, 2026



10:00 AM -
11:00 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.

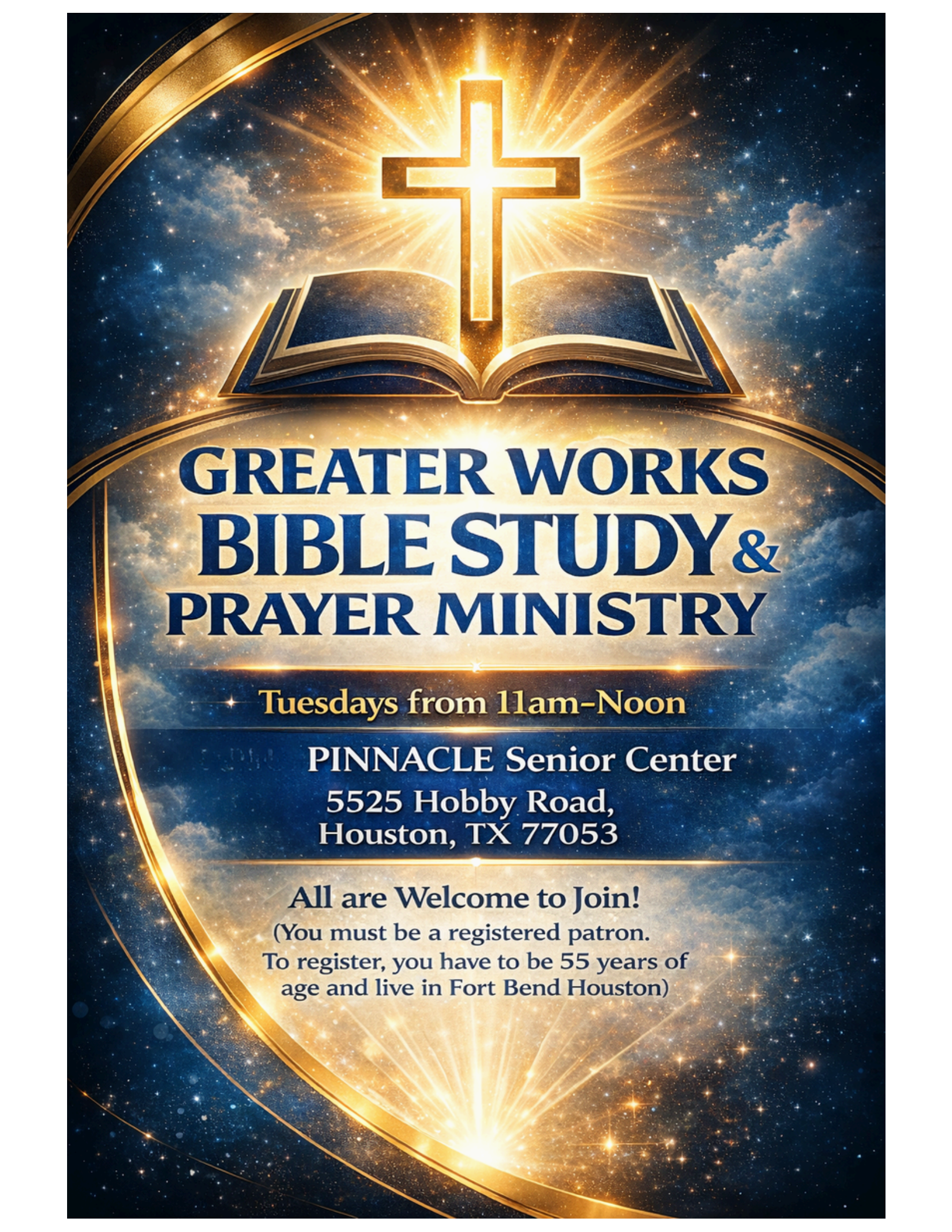


ABOUT YOUR FACILITATOR

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.

 **The Being Center** 
"How are you being in your human?"

 Registration through the Pinnacle Senior Center Reception Desk.



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)



Card Players

Monday & Wednesday – Bid Whist

Tuesday – Bridge

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

1 pm – 4 pm
in the
Multi-Purpose Room



Pinnacle Quilting Bee

Come join us

Meets 1st, 4th and 5th
Thursdays.

9:00-3:00pm

Bring your own projects

Wild n Woolly Sewl Sisters



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





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!



Mahjong

Open Play

Every 2nd and 3rd Thursday

12-3pm

All 55+ Players are Welcome!



Pinnacle Senior Center

5525 Hobby Rd. Bldg C
Houston, TX

➤ 832-471-2760 ➤

Must be able to play independently.
No instruction is offered.

Pinnacle Senior Center
Where Community Thrives! ♥

EARLY VOTING

YOUR VOTE
MATTERS

★ YOUR VOTE • YOUR VOICE • OUR COMMUNITY ★



OCTOBER 19 – OCTOBER 30, 2026



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

Make Your Voice Count!



**STRONGER
COMMUNITY**



**BRIGHTER
TOMORROW**



**YOUR VOICE
MATTERS**



**INFORMED
CITIZENS**



**BUILDING
CHANGE
TOGETHER**

Be Informed. Be Engaged. Build a Stronger Fort Bend.

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](https://www.facebook.com/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](https://www.fortbendcountytexas.gov)