# Pinnacle
## SENIOR CENTER
# NOVEMBER
## 2026

*Where Community Thrives!*

THE STATE OF TEXAS · FORT BEND COUNTY

*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 IN NOVEMBER

**2026 Senior Citizens In the Spotlight Expo**
Friday, November 6, 2026
Pinnacle Auditorium
10:00 AM – 2:00 PM

**County Clerk & Veterans Services**
Thursday, November 12, 2026
Pinnacle Auditorium
9:00 AM – 11:00 AM

**Pieces of Me Alzheimer's Symposium**
Friday, November 13, 2026
Pinnacle Auditorium
9:00 AM – 11:30 AM

**Sound Bath Meditation with Penelope**
Wednesday, November 18, 2026
Pinnacle Auditorium
9:00 AM – 9:45 AM

# Happy Thanksgiving
to the Pinnacle Family!

STAY ACTIVE | STAY CONNECTED | STAY ENGAGED | STAY INSPIRED | SPECIAL EVENTS

# WHAT'S HAPPENING IN NOVEMBER

*Stay active, informed, and connected*

## 1. VOTING

**Tuesday, November 3, 2026**
Make your voice count!
Exercise your right to vote.

## 2. CLOSURE

Pinnacle Senior Center will be closed for **Veterans Day** on **Wednesday, November 11, 2026** and for **Thanksgiving** on **Thursday–Friday, November 26–27, 2026.**
We will reopen on Monday, November 30, 2026.

## 3. 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.

## 4. TECHI TUESDAY

Join us for Techi Tuesday on **Tuesday, November 3, 2026** at **10:00 AM** in the Multipurpose Room (Review, Q&A & Confidence Boost).

## 5. MEDICARE / UNDERSTANDING YOUR CHOICES

On **Tuesday, November 17, 2026** (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.

## ★ VOTING ★

**TUESDAY, NOVEMBER 3, 2026**

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

**No Classes for the month of November.**

*Happy Thanksgiving*
to the Pinnacle Family!

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.*

Pinnacle Senior Center • 5525-C Hobby Road, Houston, TX 77053 • 832-471-2760

# 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**

| November 2026 | | | | |
|---|---|---|---|---|
| MON | TUE | WED | THU | FRI |
| 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 | 12 | 13 |
| 16 | 17 | 18 | 19 | 20 |
| 23 | 24 | 25 | 26 | 27 |
| 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)***

## November 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-2 | TUE-3 | WED-4 | THU-5 | FRI-6 |
|---|---|---|---|---|
| *8-845-Walk-Video-* | *8-845-Walk-Video* | *8-845 -Walk-Video* | *8-845-Walk-Video* | (Pinnacle Closed) |
| *8-845-Step YR* | *Temporary 9-945 Stretch w/Coach (AD)* | *8-845-Step YR* | *Temporary 9-945 Stretch w/Coach (AD)* | |
| *9-945-Fit & Strong* | | *9-945-Fit& Strong* | | |
| *950-1050-Line-Dance* | *10-1045-Strength* | *950-1050 Line Dance* | *10-1045-Strength* | Senior Expo |
| *11-1145-Move-Fit* | *11-1145 Chair Fit* | *11-1145- Move-Fit* | *11-1145 Chair Fit* | |
| *12-1245 -Men-Fit* | *1150-1235 Boot Camp* | *12-1245 -Men-Fit* | *1150-1235 Boot Camp* | |
| | *1245-130 Yoga* | *1-145-Step* | *1245-130 Yoga* | 10am-2pm) |
| *3-4 Line Dance Sheila* | (1:45-2:45pm AD unavailable) | *2-3 Game-Day-w/Coach* | | |
| **MON-9** | **TUE-10** | **WED-11** | **THU-12** | **FRI-13** |
| *8-845-Walk-Video-* | *8-845-Walk-Video* | ***Pinnacle Closed*** | *8-845 -Walk-Video* | *8-845 -Walk-Video* |
| *8-845-Step YR* | *Temporary 9-945 Stretch w/Coach (AD)* | Veteran Day | ***Veteran Day Event*** *9-11AM* *Pinnacle Auditorium* | ***Pieces Of Me Alzheimer's Symposium*** *9-11:30 AM* *Pinnacle Auditorium w/Q&A Afterwards* |
| *9-945-Fit & Strong* | | | | |
| *950-1050-Line-Dance* | *10-1045-Strength* | | | |
| *11-1145-Move-Fit* | *11-1145 Chair Fit* | | | |
| *12-1245 -Men-Fit* | *1150-1235 Boot Camp* | | | |
| | *1245-130 Yoga* | | *1245-130 Yoga* | |
| *3-4 Line Dance Sheila* | (1:45-2:45pm AD unavailable) | | | |
| **MON-16** | **TUE-17** | **WED-18** | **THU-19** | **FRI-20** |
| *8-845-Walk-Video-* | *8-845-Walk-Video* | *8-845 -Walk-Video* | *8-845-Walk-Video* | *8-845 -Walk-Video* |
| *8-845-Step YR* | *Temporary 9-945 Stretch w/Coach (AD)* | *8-845-Step YR* | *Temporary 9-945 Stretch w/Coach (AD)* | *9-945-Fit & Strong* |
| *9-945-Fit & Strong* | | Sound Bath Meditation 9-10AM (AD) | | *10-1045-Pilates* |
| *950-1050-Line-Dance* | *10-1045-Strength* | | *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* |
| | *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-23** | **TUE-24** | **WED-25** | **THU-26** | **FRI-27** |
| *8-845-Walk-Video-* | *8-845-Walk-Video* | *8-845 -Walk-Video* | **Pinnacle Closed for Thanksgiving Holidays** | |
| *8-845-Step YR* | | *8-845-Step YR* | | |
| *9-945-Fit & Strong* | | *9-945-Fit& Strong* | | |
| *950-1050-Line-Dance* | *10-1045-Strength* | *950-1050 Line Dance* | | |
| ~~*11-1145-Move-Fit*~~ | ~~*11-1145 Chair Fit*~~ | ~~*11-1145- Move-Fit*~~ | | |
| ~~*12-1245 -Men-Fit*~~ | ~~*1150-1235 Boot Camp*~~ | ~~*12-1245 -Men-Fit*~~ | | |
| | *1245-130 Yoga* | *1-145-Step* | | |
| *3-4 Line Dance Sheila* | (1:45-2:45pm AD unavailable) | *2-3 Game-Day-w/Coach* | | |
| **MON-30** | **TUE-27** | **WED-28** | **THU-29** | **FRI-30** |
| *8-845-Walk-Video-* | | | | |
| *8-845-Step YR* | | | | |
| *9-945-Fit & Strong* | | | | |
| *950-1050-Line-Dance* | | | | |
| *11-1145-Move-Fit* | | | | |
| *12-1245 -Men-Fit* | | | | |
| | | | | |
| *3-4 Line Dance Sheila* | | | | |

| NOVEMBER 2026 | | | | |
|---|---|---|---|---|
| MON | TUE | WED | THU | FRI |
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| 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<br>You must also attend/view a pool orientation video on safety and guidelines | | IMPORTANT<br>You must shower before entering the pool. You must wear appropriate swimwear/water shoes. NO bandages or open sores/wounds | | IMPORTANT<br>No Free-Swimming during Lap Swimming Period | **Swim lessons taught by Mr. Booker & Tyler** |

***NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!***

| MON-2 | TUE-3 | WED-4 | THU-5 | FRI-6 |
|---|---|---|---|---|
| **730am - 9am** LAP SWIM | **730am - 9am** LAP SWIM | **730am - 9am** LAP SWIM | **730am - 9am** LAP SWIM | **Closed for Senior Expo** |
| **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 (VIDEO) | **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) | **12pm - 2pm** Free Swim | |
| | **2pm - 3pm** Aqua Aerobics | | **2pm - 3pm** Aqua Aerobics | |
| | **3pm-350pm** Free Swim | | **3pm-350pm** Free Swim | |
| **MON-9** | **TUE-10** | **WED-11** | **THU-12** | **FRI-13** |
| **730am - 9am** LAP SWIM | **730am - 9am** LAP SWIM | **VETERAN'S DAY** | **730am - 9am** LAP SWIM | **730am - 9am** LAP SWIM |
| **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 (VIDEO) |
| **11am - 12pm** Aqua Zumba (VIDEO) | **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 | | **2pm - 3pm** -Aqua Aerobics | |
| **2pm - 3pm** Swim Lessons (BEGINNER) | **3pm - 350pm** Free Swim | | **3pm - 350pm** Free Swim | **2pm - 350pm** Free Swim |
| **MON-16** | **TUE-17** | **WED-18** | **THU-19** | **FRI-20** |
| **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 (VIDEO) |
| **11am - 12pm** Aqua Zumba (VIDEO) | **11am - 12pm** Aqua Aerobics | | **11am - 12pm** Aqua Aerobics | |
| **12pm - 350pm** Free Swim | **12pm - 2pm** Free Swim | **11am - 12pm** Aqua Aerobics | **12pm - 2pm** Free Swim | **12pm - 215pm** Free Swim |
| | **2pm - 3pm** -Aqua Aerobics | | **2pm - 3pm** -Aqua Aerobics | **215pm - 3pm** Water Warriors |
| **2pm - 3pm** Swim Lessons (INTERMEDIATE) | **3pm - 350pm** Free Swim | **12pm - 350pm** Free Swim & LAP SWIM (circle swimming) | **3pm - 350pm** Free Swim | **3pm - 350pm** Free Swim |
| **MON-23** | **TUE-24** | **WED-25** | **THU-26** | **FRI-27** |
| **730am - 9am** LAP SWIM | **730am - 9am** LAP SWIM | **730am - 9am** LAP SWIM | **THANKSGIVING** | |
| **9am - 1030am** Swim Lessons | **9am - 1030am** Swim Lessons | **9am - 1030am** Swim Lessons | | |
| **9am - 1050am** Free Swim | **9am - 1050am** Free Swim | **9am - 1050am** Free Swim | | |
| **11am - 12pm** Aqua Zumba (VIDEO) | **11am -12pm** Aqua Aerobics | **11am -12pm** Aqua Aerobics | | |
| | **12pm - 2pm** Free Swim | | | |
| **12pm - 350pm** Free Swim | **2pm - 3pm** -Aqua Aerobics | **12pm - 350pm** Free Swim & LAP SWIM (circle swimming) | | |
| **2pm - 3pm** Swim Lessons (ADVANCED) | **3pm - 350pm** Free Swim | | | |
| **MON-30** | | | | |
| **730am - 9am** LAP SWIM | **Swim At Your Own Risk**<br>NO LIFEGUARD ON DUTY<br>MUST HAVE WATER SHOES | **Walking or Use of equipment during LAP SWIM is NOT permitted. Please wait until 9am to start Free Swim activities** | **Swim Lessons:**<br>**Volunteer Mr. Booker Instructs morning lessons**<br>**Tyler Instructs afternoon lessons**<br>***Swim Lessons are held in designated area at the same time as Free Swim** | |
| **9am - 1030am** Swim Lessons | | | | |
| **9am - 1050am** Free Swim | | | | |
| **11am - 12pm** Aqua Zumba (VIDEO) | | | | |
| **12pm - 350pm** Free Swim | | | | |
| **2pm - 3pm** Swim Lessons (BEGINNER) | | | | |

| Volunteer Swim Instructor | Aqua Zumba Instructor | Aqua Fitness Coordinator and Instructor |
|---|---|---|
| Booker Canty | Sandi Patterson | Tyler Shannon |

| November 2026 | | | | |
|---|---|---|---|---|
| MON | TUE | WED | THU | FRI |
| 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 | 12 | 13 |
| 16 | 17 | 18 | 19 | 20 |
| 23 | 24 | 25 | 26 | 27 |
| 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)***

# November 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-2 | TUE-3 | WED-4 | THU-5 | Friday-6 |
|---|---|---|---|---|---|
| 800-900AM | Mult-purpose Room | Election Day | | | Pinnacle Closed |
| 900-10AM | Closed | Mult-purpose Room Closed | | Quilting Bee 9am-3PM | For |
| 1000-11AM | The Mix Book Club - Library | | | | Senior Trade Show |
| 1100-12PM | | | | | 10am-2Pm |
| 12PM-1PM | | | | | |
| 1PM-2PM | | | Bid Whist | | |
| 2PM-3PM | | | 1-4PM | | |
| 3PM-4PM | | | | | |
| **Wk-2** | **MON-9** | **TUE-10** | **WED-11** | **THU-12** | **FRI-13** |
| 800-900AM | | | Pinnacle Closed | | |
| 900-10AM | | | In Observance of | Veterans Services 9-11am AUD | Pieces of Me 2: Navigating Dementia & Your Assets – 9-11:30am AUD |
| 1000-11AM | | Techie Tuesday | Veterans Day | | |
| 1100-12PM | | Greater Works Bible Study | | | |
| 12PM-1PM | | Bridge | | Mahjongg Open Play 12-3pm | WWSS 12-3PM MPR |
| 1PM-2PM | Bid Whist | 1-4PM | | | |
| 2PM-3PM | 1-4PM | 1-4PM | | | |
| 3PM-4PM | | | | | |
| **Wk-3** | **MON-16** | **TUE-17** | **WED-18** | **THU-19** | **FRI-20** |
| 800-900AM | | | Meditation & ART | Quilting Bee 8am-12PM | |
| 900-10AM | | | 8-10AM MPR | | |
| 1000-11AM | | Medicare w/Karina | | | |
| 1100-12PM | | Greater Works Bible Study | | | |
| 12PM-1PM | | | | Mahjongg Open Play 1-4pm | 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-23** | **TUE-24** | **WED-25** | **THU-26** | **FRI-27** |
| 800-900AM | | | | Pinnacle Closed | Pinnacle Closed |
| 900-10AM | | | | In Observance of | In Observance of |
| 1000-11AM | | | | Thanksgiving Holiday | Thanksgiving Holiday |
| 1100-12PM | | Greater Works Bible Study | | | |
| 12PM-1PM | | | | | |
| 1PM-2PM | Bid Whist | Bridge | Bid Whist | | |
| 2PM-3PM | 1-4PM | 1-4PM | 1-4PM | | |
| 3PM-4PM | | | | | |
| **Wk-5** | **MON-30** | | | | |
| 800-900AM | | | | | |
| 900-10AM | | | | | |
| 1000-11AM | | | | | |
| 1100-12PM | | | | | |
| 12PM-1PM | | | | | |
| 1PM-2PM | Bid Whist | | | | |
| 2PM-3PM | 1-4PM | | | | |
| 3PM-4PM | | | | | |

# FORT BEND COUNTY LIBRARIES

NOVEMBER 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

**November 2 @ 10 am**

## Programs & Events

**November 2 (10:00 - 11:00 am)**
**The MIX Book Club:** *Remarkably Bright Creatures,* by Shelby Van Pelt

**Please note that Thursday classes will not take place in November.**
**See you in December!**

### LIBRARY CLOSURES:

**Wed, Nov 11: Veterans Day**
**Thu-Sun, Nov 26-29: Thanksgiving**

**5525 Hobby Rd**
**Houston, TX 77053**

**281.238.2100**
**www.fortbendlibraries.gov**

Pinnacle Senior Center

# Market Mondays

## November & December

8:00 AM – 1:00 PM

| NOVEMBER 2026 | DECEMBER 2026 |
| --- | --- |
| 02, 09 & 16 | 07 & 14 |

**Patrons can sign up and sell their goods!**

**Sign up at the Front Desk**

**(Please bring your tables and tents)**

*Shop, support, and discover unique items from our talented patrons.*

# Pinnacle
SENIOR CENTER

*Your Voice Matters!*

# VOTE

## ★ ELECTION DAY ★

## ★ TUESDAY, NOVEMBER 3, 2026 ★

- ☑ Make Your Voice Heard
- ☑ Support Your Community
- ☑ Help Shape Our Future

*Every Vote Counts!*

**ELECTION DAY**
Tuesday, November 3, 2026

**YOUR VOTE SUPPORTS**
Stronger Communities

**MAKE A DIFFERENCE**
Today and Tomorrow

**BE INFORMED**
**BE INVOLVED**
**BE COUNTED**

# TECHI TUESDAY

Learn
Connect
Stay Safe

**Pinnacle Senior Center**

*-Where Community Thrives!*

## Class 10:

# Review, Q&A & Confidence Boost

**November 3, 2026**

**Focus:**
**Reinforcement and celebration**

### What Students Do:

- Review top skills
- Ask real-life questions
- Practice scenarios

*Build Confidence and Keep Learning!*

Trusted Resources, Exhibitors, Health Screenings, Networking, Community, Fun Entertainment, Giveaways & More

# 2026 SENIOR CITIZENS
# IN THE SPOTLIGHT
## HOUSTON, TX EDITION

**NOVEMBER 6TH, 2026** | **10AM - 2PM** | **PINNACLE SENIOR CENTER**
5525 HOBBY ROAD, BUILDING C,
HOUSTON, TX 77053

**THEME: MARDI GRAS**

*Empowering seniors, caregivers, families & veterans with invaluable resources.*

**GRAND PRIZE**
**$100 GIFT CARD**
Must be present to win!

**JOIN SENIOR TRADE SHOWS**

## FEATURING

- Health & Wellness Resources
- Caregiver Support Resources
- Elder Abuse Prevention Resources
- Government Benefits Resources
- Health Insurance Resources
- Financial Planning Resources
- Senior Housing Resources
- End of Life Planning Resources
- Legacy Planning Resources
- Work and Volunteerism Resources
- Social Activities & Recreation
- Resources & More

**FREE!**
FREE EVENT, LUNCH, SWAG BAGS, HEALTH SCREEN RESOURCES, SPEAKERS, ENTERTAINMENT & MORE

*Powered by* Senior™ Trade Shows

EXHIBITION | SPONSORSHIP | ADVERTISING | PARTNERSHIPS | SPEAKING OPPORTUNITIES

info@seniortradeshows.com 1-855-238-7274

# Pinnacle
SENIOR CENTER

# WILL BE CLOSED FOR VETERANS DAY

*In Honor of All Who Have Served*

**WEDNESDAY,**
**NOVEMBER 11, 2026**

OFFICE OF LAURA RICHARD
FORT BEND COUNTY CLERK

# THE PINNACLE SENIOR CENTER

**Join** the **Fort Bend County Clerk's Team** and the **Office of Veteran's Services** and learn about DD-214s, recording, and the importance of filing your documents!

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

Where?

When?

**November 12, 2026**
9 AM - 11 AM



## COUNTY CLERK'S OFFICE
## VETERAN SERVICES
## FREE & DISCOUNTED

- Record military discharge at **no fee**.
- Certified copies of recorded military discharge at **no fee**, for qualified applicants.
- **Partial waiver** of fee for recording an Assumed Name Certificate (DBA), with Veteran ID.
- Property Fraud Alert, a **free program** that monitors documents recorded under your name and alerts you when anything is recorded within the County Clerk's office.
- **Free certified copies** of a document to make or prove a property claim.
- More Than Words, **Thank-A-Veteran Program**; free and discounted services from local businesses

## Contact Us

**TRAVIS BUILDING**
COUNTY CLERK RECORDS
301 JACKSON STREET, SUITE 144
RICHMOND, TX 77469

**MAILING ADDRESS**
FORT BEND COUNTY CLERK
301 JACKSON STREET, SUITE 101
RICHMOND. TX 77469

**EMAIL**
CCLERKRECORDS@FBCTX.GOV

**AUTOMATED INFORMATION AND ACCESS TO AN OPERATOR**
(281) 341-8685

**OFFICE LOCATIONS**

**MORE INFORMATION**

The Links, Incorporated
Linked in Friendship, Connected in Service
Fort Bend County (TX) Chapter

alzheimer's association®
THE BRAINS BEHIND A BRIGHTER FUTURE®

IN PARTNERSHIP FOR A HEALTHIER TOMORROW

**FORT BEND COUNTY (TX) CHAPTER OF THE LINKS, INCORPORATED**

PRESENTS

# *Pieces of Me 2:* Navigating Dementia and Your Assets

## A COMMUNITY SYMPOSIUM

*Join us for an informative and empowering discussion on how to support your brain, your loved ones, and your future.*

### Healthy-Brain Habits
Simple steps for a sharper mind and better well-being.

### Caregiver Resources
Support, tools and services to help you and your loved ones.

### Managing Legal & Financial Matters
Plan today for peace of mind tomorrow.

**Friday**
**November 13, 2026**
9:00 AM – 11:30 AM
*Registration begins at 8:00 AM*

**Pinnacle Senior Center**
5525-C Hobby Rd,
Houston, Texas 77053

CO-SPONSOR

**Pinnacle Senior Center**
FORT BEND COUNTY

*Knowledge • Support • Empowerment • Together*

Area Agency on Aging
of the Houston-Galveston Area

# Monthly MEDICARE WORKSHOP

Every 3rd Tuesday at 10 a.m.

NOVEMBER
17
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

# 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, November 18, 2026

*Time:* 8:00 am – 10:00 am

*Location:* Yoga Room

Presented by:

ARTreach
CONNECTING THROUGH THE ARTS

&

AMARAA
- GRACE IN MOTION -

being
SOUND HEALING CENTER
"How are you being in your human?"

Facilitated by Penelope

# SOUND BATH
## MEDITATION

**WEDNESDAY, NOVEMBER 18, 2026** | **9:00 AM – 9:45 AM** | **Auditorium**

**No entrance after 9:05 AM.**

**Turn off all devices.**

### 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?"*

# Pinnacle
SENIOR CENTER

# WILL BE CLOSED for Thanksgiving

**THURSDAY – FRIDAY**
**NOVEMBER 26 - 27, 2026**

**WE WILL REOPEN**
**MONDAY, NOVEMBER 30, 2026**

*We are grateful for our wonderful Pinnacle Senior Center community!*

# 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 Wooly 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!*

# Mahjongg

## Open Play

**Every 2nd and 3rd Thursday**

**12–3pm**

**All 55+ Players are Welcome!**

## Pinnacle Senior Center

5525 Hobby Rd. Bldg C
Houston, TX

# 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@fortbendcountytx.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

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