Pinnacle SENIOR CENTER

DECEMBER 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!

Happy Holidays

Featured Classes for December

Woman in Jazz
Saturday, December 05



Market Monday
Monday, December 07 & 14



Houston Food Bank Senior Boxes
Friday, December 11



Sound Bath Meditation with Penelope
Tuesday, December 15



Birthday Celebrations
Wednesday, December 30



Pinnacle Senior Center

THE STATE OF TEXAS · FORT BEND COUNTY

What's Happening in DECEMBER

Stay Active, Informed, and Connected

CLOSURES

- **Wednesday, December 2, 2026** (Staff Training Day)
- **Friday, December 11, 2026** – Close at 10:00 AM and reopen at 12:00 PM (Houston Food Bank – Senior Boxes)
- **Thursday, December 24, 2026 and Friday, December 25, 2026** (Christmas Holiday)

TECHI TUESDAY

Join us for Techi Tuesday on **Tuesday, December 01, 2026 at 10:00 AM** in the Multipurpose Room (Managing Storage).

MEDICARE / UNDERSTANDING YOUR CHOICES

On **Tuesday, December 22, 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.

BIRTHDAY CELEBRATIONS

Wednesday, December 30, 2026

NO BINGO PARTY

This month – Bingo Party is canceled.

LIBRARY

DECEMBER PROGRAMS

(10:00 AM – 11:00 AM)

DECEMBER 3	**Streaming Music on Your Phone**
DECEMBER 7	**The MIX Book Club:** ***Remarkably Bright Creatures,*** by Shelby Van Pelt.
DECEMBER 10	**Felt-Heart Bookmarks:** Use felt and thread to make simple heart-themed bookmarks.
DECEMBER 17	**Clutter2Cozy:** Holiday-Clutter Rescue

Happy Holidays

5525-C Hobby Road
Houston, TX 77053 | 832.471.2765 | fortbendcountytx.gov

Pinnacle Senior Center

CLOSURE NOTICE

Pinnacle Senior Center
will be CLOSED on the following dates:

DECEMBER
02
(Wednesday)
Staff Training Day

DECEMBER
24&25
(Thursday & Friday)
Christmas Holiday

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

December 2026				
MON	TUE	WED	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

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)***

December 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-1	WED-2	THU-3	FRI-4
Quick Reminder Stretch Class with Coach				
	***8-845**-Walk-Video*		***8-845**-Walk-Video*	***8-845** -Walk-Video*
	9-945** Stretch w/Coach **(AD)		***9-945** Stretch w/Coach*	***9-945**-Fit & Strong*
Before The Walk Video	***10-1045**-Strength*		***10-1045**-Strength*	
Monday & Wednesday ***730-750***	***11-1145** Chair Fit*		***11-1145** Chair Fit*	**Wild & Wooly Sew'l Sisters**
&	***1150-1235 Boot Camp***		***1150-1235 Boot Camp***	Holiday Gathering Auditorium
Tuesday & Thursdays ***9-945***	***1245-130** Yoga*		***1245-130** Yoga*	Setup: **10-12 PM**
				Event: **12-3 PM**
Location: ***Auditorium***	(1:45-2:45pm AD unavailable)		**2-3 Game**-Day-w/**Coach**	

MON-7	TUE-8	WED-9	THU-10	FRI-11
***730-750**-Chair Stretch w/Coach*		***730-750**-Chair Stretch w/Coach*		
***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** Stretch w/Coach*	***8-845**-Step YR*	***9-945** Stretch w/Coach*	***9-945**-Fit & Strong*
***9-945**-Fit & Strong*	***10-1045**-Strength*	***9-945-Fit& Strong***	***10-1045**-Strength*	*Houston Food Bank*
***950-1050**-Line-Dance*	***11-1145** Chair Fit*	***950-1050** Line Dance*	***11-1145** Chair Fit*	*Pinnacle Closed*
***11-1145**-Move-Fit*	***1150-1235 Boot Camp***	***11-1145**- Move-Fit*	***1150-1235 Boot Camp***	*from 10-12PM*
***12-1245** -Men-Fit*	***1245-130** Yoga*	***12-1245** -Men-Fit*	***1245-130** Yoga*	
				Distribution 1-3PM
3-4** Line Dance **Sheila	(1:45-2:45pm AD unavailable)	**2-3 Game**-Day-w/**Coach**		

MON-14	TUE-15	WED-16	THU-17	FRI-18
***730-750**-Chair Stretch w/Coach*		***730-750**-Chair Stretch w/Coach*		
***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** Stretch w/Coach*	***8-845**-Step YR*	***9-945** Stretch w/Coach*	***9-945**-Fit & Strong*
***9-945**-Fit & Strong*	***10-1045**-Strength*	***9-945-Fit& Strong***	***10-1045**-Strength*	***10-1045**-Pilates*
***950-1050**-Line-Dance*	***11-1145** Chair Fit*	***950-1050** Line Dance*	***11-1145** Chair Fit*	
***11-1145**-Move-Fit*	***1150-1235 Boot Camp***	***11-1145**- Move-Fit*	***1150-1235 Boot Camp***	***11-1145**-Move-Fit*
***12-1245** -Men-Fit*	***1245-130** Yoga*	***12-1245** -Men-Fit*	***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-21	TUE-22	WED-23	THU-24	FRI-25
***730-750**-Chair Stretch w/Coach*		***730-750**-Chair Stretch w/Coach*		
***8-845**-Walk-Video-*	***8-845**-Walk-Video*	***8-845** -Walk-Video*		
***8-845**-Step YR*	***9-945** Stretch w/Coach*	***8-845**-Step YR*		
***9-945**-Fit & Strong*	***10-1045**-Strength*	***9-945-Fit& Strong***		
***950-1050**-Line-Dance*	***11-1145** Chair Fit*	***950-1050** Line Dance*		
***11-1145**-Move-Fit*	***1150-1235 Boot Camp***	***11-1145**- Move-Fit*		
***12-1245** -Men-Fit*	***1245-130** Yoga*	***12-1245** -Men-Fit*		
3-4** Line Dance **Sheila	(1:45-2:45pm AD unavailable)	**2-3 Game**-Day-w/**Coach**		

Pinnacle Closed for Christmas Holidays

MON-28	TUE-29	WED-30	THU-31	FRI-
***730-750**-Chair Stretch w/Coach*		***730-750**-Chair Stretch w/Coach*		
***8-845**-Walk-Video-*	***8-845**-Walk-Video*	***8-845** -Walk-Video*	***8-845**-Walk-Video*	
***8-845**-Step YR*	***9-945** Stretch w/Coach*	***8-845**-Step YR*	***9-945** Stretch w/Coach*	
***9-945**-Fit & Strong*	***10-1045**-Strength*	***9-945-Fit& Strong***	***10-1045**-Strength*	
***950-1050**-Line-Dance*	***11-1145** Chair Fit*	***950-1050** Line Dance*	***11-1145** Chair Fit*	
***11-1145**-Move-Fit*	***1150-1235 Boot Camp***	***11-1145**- Move-Fit*	***1150-1235 Boot Camp***	
***12-1245** -Men-Fit*	***1245-130** Yoga*	***12-1245** -Men-Fit*	***1245-130** Yoga*	
3-4** Line Dance **Sheila	(1:45-2:45pm AD unavailable)	**2-3 Game**-Day-w/**Coach**		

DECEMBER 2026				
MON	TUE	WED	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
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*

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!!!

	TUE-1	WED-2	THU-3	FRI-4
Walking or Use of equipment during LAP SWIM is NOT permitted. Please wait until 9am to start Free Swim activities	**730am - 9am** LAP SWIM	**Parks & Recreation** **Training & Holiday Social**	**730am - 9am** LAP SWIM	**730am – 9am** LAP SWIM
	9am -1030am Swim Lessons		**9am -1030am** Swim Lessons	**9am - 1050am** Free Swim
	9am - 1050am Free Swim		**9am - 1050am** Free Swim	
	11am - 12pm Aqua Aerobics		**11am - 12pm** Aqua Aerobics	**11am - 12pm** Aqua Zumba (VIDEO)
	12pm - 2pm Free Swim		**12pm - 2pm** Free Swim	**12pm - 215pm** Free Swim
	2pm - 3pm Aqua Aerobics		**2pm - 3pm** Aqua Aerobics	**215pm - 3pm** Water Warriors
	3pm-350pm Free Swim		**3pm-350pm** Free Swim	**3pm - 350pm** Free Swim
MON-7	**TUE-8**	**WED-9**	**THU-10**	**FRI-11**
730am - 9am LAP SWIM	**730am - 9am** LAP SWIM	**730am - 9am** LAP SWIM	**730am - 9am** LAP SWIM	**730am - 830am** LAP SWIM
9am - 1030am Swim Lessons	**9am - 1030am** Swim Lessons	**9am - 1030am** Swim Lessons	**9am - 1030am** Swim Lessons	**830am - 945am** 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 Aerobics	**11am - 12pm** Aqua Aerobics	**11am - 12pm** Aqua Aerobics	**Closed at 10am Houston Food Bank Senior Box Distribution**
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	
2pm - 3pm Swim Lessons (BEGINNER)	**3pm - 350pm** Free Swim		**3pm - 350pm** Free Swim	
MON-14	**TUE-15**	**WED-16**	**THU-17**	**FRI-18**
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/ADNANCED	**3pm - 350pm** Free Swim	**12pm - 350pm** Free Swim & LAP SWIM (circle swimming)	**3pm - 350pm** Free Swim	**3pm - 350pm** Free Swim
MON-21	**TUE-22**	**WED-23**	**THU-24**	**FRI-25**
730am - 9am LAP SWIM	**730am - 9am** LAP SWIM	**730am - 9am** LAP SWIM	**Christmas Eve & Christmas**	
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 (BEGINNER)	**3pm - 350pm** Free Swim			
MON-28	**TUE- 29**	**WED-30**	**THU-31**	
730am - 9am LAP SWIM	**730am - 9am** LAP SWIM	**730am - 9am** LAP SWIM	**730am - 9am** LAP SWIM	**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**
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	
2pm - 3pm Swim Lessons INTERMEDIATE/ADNANCED	**3pm - 350pm** Free Swim		**3pm - 350pm** Free Swim	

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

December 2026				
MON	TUE	WED	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

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)***

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

Wk-1	MON-	TUE-1	WED-2	THU-3	Friday-4
800-900AM					
900-10AM			CLOSED	Quilting Bee 9am-3PM	
1000-11AM		Techie Tuesday	Staff Training and		
1100-12PM		Greater Works Bible Study	Luncheon		
12PM-1PM					
1PM-2PM		Bridge			
2PM-3PM		1-4PM			
3PM-4PM					
Wk-2	**MON-7**	**TUE-8**	**WED-9**	**THU-10**	**FRI-11**
`800-900AM					
900-10AM					
1000-11AM	The Mix Book Club - Library			Felt Heart-Bookmarks - Library	Pinnacle closed 10am-12pm HOUSTON FOOD BANK
1100-12PM		Greater Works Bible Study			
12PM-1PM				Mahjong Open Play 12-3pm	
1PM-2PM	Bid Whist	Bridge	Bid Whist		1:00-3:00PM
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-3	**MON-14**	**TUE-15**	**WED-16**	**THU-17**	**FRI-18**
800-900AM					
900-10AM		Sound Bath Meditation - MPR	Meditation & Art		
1000-11AM			9-11AM - MPR	Clutter2Cozy - Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM				Mahjong Open Play 12-3pm	
1PM-2PM	Bid Whist	Bridge	Bid Whist		
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-4	**MON-21**	**TUE-22**	**WED-23**	**THU-24**	**FRI-25**
800-900AM					
900-10AM					
1000-11AM				Closed	Closed
1100-12PM		Greater Works Bible Study		Christmas Holiday	Christmas Holiday
12PM-1PM					
1PM-2PM	Bid Whist	Bridge	Bid Whist		
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-5	**MON-28**	**TUE-29**	**WED-30**	**THU-31**	**FRI-**
800-900AM					
900-10AM				Quilting Bee 9am-3PM	
1000-11AM			Birthday Celebration		
1100-12PM		Greater Works Bible Study	10:45AM		
12PM-1PM					
1PM-2PM	Bid Whist	Bridge	Bid Whist		
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					

FORT BEND COUNTY LIBRARIES



DECEMBER 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



December 7 @ 10 am

Programs & Events

December 3 (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. We'll cover playlists, stations, free versus paid music apps, sharing with your friends via message and social media, and more.

Decmember 7 (10:00 - 11:00 am)
The MIX Book Club : *Remarkably Bright Creatures,* by Shelby Van Pelt.

December 10 (10:00 - 11:00 am)
Felt-Heart Bookmarks : Use felt and thread to make simple heart-themed bookmarks.

December 17 (10:00 - 11:00 am)
Clutter2Cozy: Holiday-Clutter Rescue : Get into the holiday spirit without the clutter! Discover creative ways to organize holiday decorations, greeting cards, wrapping supplies, and cherished keepsakes. Create a festive storage solution to take home and enjoy year after year.



5525 Hobby Rd
Houston, TX 77053

281.238.2100
www.fortbendlibraries.gov

Women In Jazz Association, Inc.

PRESENTS

UPLIFT JAZZ CONCERT

LIVE JAZZ FOR OUR SENIORS

MUSIC
COMMUNITY
JOY
CONNECTION



Pamela Hart

2023 HOUSTON BLACK MUSIC AWARDS
BEST JAZZ PERFORMER

AND

THE DARRELL LAVIGNE TRIO

FREE CONCERT
OPEN TO THE PUBLIC!

SATURDAY
DECEMBER 5, 2026
3:00 – 5:00 PM

PINNACLE SENIOR CENTER
5525 Hobby Rd
Houston, TX 77053

Enjoy an uplifting afternoon of timeless jazz favorites, soulful melodies, and wonderful musical memories!

Women In Jazz ASSOCIATION, INC.
Keeping Jazz Alive Since 1994!

Texas Commission on the Arts
Investing in a Creative Texas

This project is supported in part by a grant from the Texas Commission on the Arts.

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.



TECHI TUESDAY

Learn
Connect
Stay Safe

Pinnacle Senior Center

–Where Community Thrives!

Join Us!

Managing Storage



December 01, 2026 at 10:00 AM

Multipurpose Room

What We'll Cover:

- Understand device storage (phone, tablet, computer)
- Learn how to free up space
- Organize and manage your files

Simple Tech Tips for Everyday Use!

Gain **practical skills** to keep your devices organized, running smoothly, and working for you.

TECH TODAY ♥ BRIGHTER TOMORROW

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 DECEMBER 11, 2026
1:00P.M- 3:00P.M
5525-C HOBBY ROAD
HOUSTON, TX, 77053

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
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5525-C HOBBY ROAD
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being
SOUND HEALING CENTER
"How are you being in your human?"



Facilitated by *Penelope*

SOUND BATH
MEDITATION

TUESDAY, DECEMBER 15, 2026 | **9:00 AM – 9:45 AM** | **Multi-Purpose Room**

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?"

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, December 16th, 2026**

Time: **9:00 AM – 11:00 AM**

Location: **Multi-Purpose Room**



Presented by:

ARTreach
CONNECTING THROUGH THE ARTS

&

AMARAA
GRACE IN MOTION

Area Agency on Aging
of the Houston-Galveston Area

Monthly MEDICARE WORKSHOP

Every 3rd Tuesday at 10 a.m.



DECEMBER
22
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



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

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

STAY CONNECTED!

pinnacleseniorcenter

Return to Home Page

HOURS OF OPERATION

SENIOR CENTER
Monday – Friday
7:30 AM – 4:30 PM

AQUATIC CENTER
Monday – Friday
7:30 AM – 4:00 PM

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

5525-C Hobby Road
Houston, TX 77053 | 832.471.2765 | fortbendcountytx.gov