Pinnacle

SENIOR CENTER

SEPTEMBER

2026

Where Community Thrives!

INSIDE THIS ISSUE

- AQUATICS CALENDAR
- FITNESS CALENDAR
- ACTIVITY CALENDAR
- PROGRAMS & ACTIVITIES
- SPECIAL EVENTS
- LIBRARY NEWSLETTER

And so much more!

FEATURED CLASSES:

Seated Tai Chi – 09/01/2026	9:00 – 10:00 AM
Seated Tai Chi Bingo – 09/03/2026	9:00 – 10:00 AM
Prevention Type 2 Diabetes – 09/14/2026	9:00 – 10:00 AM
Bingo Party – 09/18/2026	11:00 AM – 12:00 PM
Sound Bath with Penelope – 09/22/2026	9:00 – 10:00 AM
Pizza & Politics – 09/24/2026	9:30 – 11:30 AM
Aqua Meditation with Penelope – 09/30/2026	10:15 – 11:15 AM
Birthday Celebration – 09/30/2026	10:45 – 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 SEPTEMBER

Stay active, informed, and connected

1. CLOSURES

The Pinnacle will be **CLOSED** on:

- **September 7, 2026** – Labor Day
- **September 9, 2026** – Employee Training (Closing at 1:00 PM)
- **September 25, 2026** – Fort Bend County Fair Day (Employee Holiday)

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 September 1st at 10:00 AM in the Multipurpose Room (Selfies 101).

5. MEDICARE / UNDERSTANDING YOUR CHOICES

On September 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.

6. BINGO

Enjoy Bingo with Constable Daryl L. Smith Sr. on September 18th from 11:00 AM–12:00 PM. Seating is limited.

7. SEPTEMBER BIRTHDAYS

Celebrate September Birthdays on September 30th (10:45–11:00 AM) with music and treats.

NEW CLASS ALERT!

Relax, reset, and renew with

Aqua Meditation

with Penelope on

Tuesday, September 30.

Float, breathe, and let the sound wash over you.
Don't forget your float.

FORT BEND COUNTY LIBRARIES SEPTEMBER PROGRAMS

(10:00–11:00 AM)

- **September 3rd** – *DIY Facial Masks:* Join us in creating the ultimate spa get-away treat!
- **September 10th** – *Mini Book-Page* **Wreaths:** Learn how to use book pages to create a beautiful, miniature wreath.
- **September 14th** – *The MIX Book Club: Whiskey Sour, by Joe Konrath*
- **September 17th** – *Streaming Music* on Your Phone
- **September 24th** – *Intro to Email:* Learn the basics of setting up your email and how to send and receive messages.

SEE FLYERS FOR DETAILS.

SEPTEMBER CLOSURES

Pinnacle Senior Center

Please note the following September closures and schedule change.

MONDAY, SEPTEMBER 7, 2026
Labor Day
CLOSED

WEDNESDAY, SEPTEMBER 9, 2026
Employee Training
CLOSING AT 1:00 PM

FRIDAY, SEPTEMBER 25, 2026
Fort Bend County Fair Day
CLOSED

Thank you for your understanding.

For more information, please contact the front desk.

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

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
SEPTEMBER 30, 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

Let the sound wash over you.
Leave lighter. Live better.

Pinnacle Senior Center of Fort Bend County

SEPTEMBER AT Pinnacle

Where would you like to start?

STAY ACTIVE

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

LEARN SOMETHING NEW

- Tech Tuesday
- Prevention Type 2 Diabetes
- 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. ♡

September 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		

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)***

September 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 (Opt.) Class Canceled for Special Events | **(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-1	WED-2	THU-3	FRI-4
	***8-845**-Walk-Video*	***8-845** -Walk-Video*	***8-845**-Walk-Video*	***8-845** -Walk-Video*
	9-945 Seated Tai Chi Bingo (AD)	***8-845**-Step YR*	9-945 Seated Tai Chi (AD)	***9-945**-Fit & Strong*
	***10-1045**-Strength*	***9-945**-Fit& Strong*	***10-1045**-Strength*	***10-1045**-Pilates*
		***950-1050** Line Dance*		
	***12-1245**-Yoga*	***11-1145**- Move-Fit*	***12-1245**-Yoga*	***11-1145**-Move-Fit*
	***1255-130PM** Chair Fit*	***12-1245** -Men-Fit*	***1255-130PM** Chair Fit*	***12-1245** -Men-Fit*
	135-215PM Boot Camp	***1-145**-Step*	***135-215PM Boot Camp***	
	(2:30-3:30PM AD unavailable)	**2-3 Game**-Day-w/**Coach**		
MON-7	**TUE-8**	**WED-9**	**THU-10**	**FRI-11**
Closed for Labor Day	***8-845**-Walk-Video*	***8-845** -Walk-Video*	***8-845**-Walk-Video*	***8-845** -Walk-Video*
	9-945 Seated Tai Chi Bingo (AD)	***8-845**-Step YR*	9-945 Seated Tai Chi (AD)	***9-945**-Fit & Strong*
	***10-1045**-Strength*	***9-945**-Fit& Strong*	***10-1045**-Strength*	***10-1045**-Pilates*
		***950-1050** Line Dance*		
	***12-1245**-Yoga*	***11-1145**- Move-Fit*	***12-1245**-Yoga*	***11-1145**-Move-Fit*
	***1255-130PM** Chair Fit*	***12-1245** -Men-Fit*	***1255-130PM** Chair Fit*	***12-1245** -Men-Fit*
	135-215PM Boot Camp	Closed 1-430 PM Fort Bend Country Training	***135-215PM Boot Camp***	
	(2:30-3:30PM AD unavailable)			
MON-14	**TUE-15**	**WED-16**	**THU-17**	**FRI-18**
***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 Seated Tai Chi Bingo (AD)	***8-845**-Step YR*	9-945 Seated Tai Chi (AD)	***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*		***950-1050** Line Dance*		
***11-1145**-Move-Fit*	***12-1245**-Yoga*	***11-1145**- Move-Fit*	***12-1245**-Yoga*	***11-1145**-Move-Fit*
***12-1245** -Men-Fit*	***1255-130PM** Chair Fit*	***12-1245** -Men-Fit*	***1255-130PM** Chair Fit*	***12-1245** -Men-Fit*
	135-215PM Boot Camp	***1-145**-Step*	***135-215PM Boot Camp***	
3-4** Line Dance **Sheila	(2:30-3:30PM AD unavailable)	**2-3 Game**-Day-w/**Coach**		
MON-21	**TUE-22**	**WED-23**	**THU-24**	**FRI-25**
***8-845**-Walk-Video-*	***8-845**-Walk-Video*	***8-845** -Walk-Video*	***8-845**-Walk-Video*	**Closed for Fort Bend County Fair Day**
***8-845**-Step YR*	9-945 Seated Tai Chi Bingo (AD)	***8-845**-Step YR*	**Houston's Voting Initiative Hosting**	
***9-945**-Fit & Strong*	***10-1045**-Strength*	***9-945**-Fit& Strong*		
***950-1050**-Line-Dance*		***950-1050** Line Dance*	**Pizza & Politics: What's on Your Ballot?**	
***11-1145**-Move-Fit*	***12-1245**-Yoga*	***11-1145**- Move-Fit*		
***12-1245** -Men-Fit*	***1255-130PM** Chair Fit*	***12-1245** -Men-Fit*		
	135-215PM Boot Camp	***1-145**-Step*	**9:30-12:00 PM Pinnacle Auditorium**	
3-4** Line Dance **Sheila	(2:30-3:30PM AD unavailable)	**2-3 Game**-Day-w/**Coach**		
MON-28	**TUE-29**	**WED-30**	**THU-**	**FRI-**
***8-845**-Walk-Video-*	***8-845**-Walk-Video*	***8-845** -Walk-Video*		
***8-845**-Step YR*	9-945 Seated Tai Chi Bingo (AD)	***8-845**-Step YR*		
***9-945**-Fit & Strong*	***10-1045**-Strength*	***9-945**-Fit& Strong*		
***950-1050**-Line-Dance*		***950-1050** Line Dance*		
***11-1145**-Move-Fit*	***12-1245**-Yoga*	***11-1145**- Move-Fit*		
***12-1245** -Men-Fit*	***1255-130PM** Chair Fit*	***12-1245** -Men-Fit*		
	135-215PM Boot Camp	***1-145**-Step*		
3-4** Line Dance **Sheila	(2:30-3:30PM AD unavailable)	**2-3 Game**-Day-w/**Coach**		

SEPTEMBER 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		

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
Swim At Your Own Risk NO LIFEGUARD ON DUTY MUST HAVE WATER SHOES	**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 -1050am** Free Swim
	9am -350am Free Swim	**9am -1050am** Free Swim	**9am -1050am** Free Swim	
		11am-12pm Free Swim	**11am-12pm** Aqua Aerobics	**11am-12pm** Aqua Zumba
		12pm-350pm Free Swim	**12pm-2pm** Free Swim	**12pm-215pm** Free Swim
			2pm-3pm Aqua Aerobics	
			3pm-350pm Free Swim	**215pm-3pm** Water Warriors
				2pm-350pm Free Swim

MON-7	TUE-8	WED-9	THU-10	FRI-11
Closed For Labor Day	**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 -1050am** Free Swim
	9am -1050am Free Swim	**9am -1050am** Free Swim	**9am -1050am** Free Swim	**11am-12pm** Aqua Zumba
	11am-12pm Aqua Aerobics	**11am-12pm** Aqua Aerobics	**11am-12pm** Aqua Aerobics	**12pm-215pm** Free Swim
	12pm-2pm Free Swim	**Closed at 1pm for Employee Training**	**12pm-2pm** 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-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
11am-12pm Aqua Zumba	**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
215pm-3pm Swim Lessons (BEGINNER)	**3pm-350pm** Free Swim	**12pm-350pm** Free Swim	**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	**730am-9am** LAP SWIM	**Closed for FBC County Fair Day**
9am-1030am Swim Lessons	**9am-1030am** Swim Lessons	**9am-1030am** Swim Lessons	**9am-1030am** Swim Lessons	
9am -1050am Free Swim	**9am -1050am** Free Swim	**9am -1050am** Free Swim	**9am -1050am** Free Swim	
11am-12pm Aqua Zumba	**11am-12pm** Aqua Aerobics	**11am-12pm** Aqua Aerobics	**11am-12pm** Aqua Aerobics	
	12pm-2pm Free Swim		**12pm-2pm** Free Swim	
12pm-350pm Free Swim	**2pm-3pm** -Aqua Aerobics	**3pm-350pm** Free Swim	**2pm-3pm** -Aqua Aerobics	
2pm-3pm Swim Lessons (INTERMEDIATE)	**3pm-350pm** Free Swim		**3pm-350pm** Free Swim	

MON-28	TUE-29	WED-30		
730am-9am LAP SWIM	**730am-9am** LAP SWIM	**730am-9am** LAP SWIM	**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**	**LAP SWIMMING:** **Lap swimming lanes are separated by speed please follow posted signage**
9am-1030am Swim Lessons	**9am-1030am** Swim Lessons	**9am -950am** Free Swim		
9am -1050am Free Swim	**9am -1050am** Free Swim	**10am-1045am** AQUA MEDITATION		
11am-12pm Aqua Zumba	**11am-12pm** Aqua Aerobics	**11am-12pm** Aqua Aerobics		
12pm-350pm Free Swim	**12pm-2pm** Free Swim	**12pm-350pm** Free Swim		
	2pm-3pm -Aqua Aerobics			
2pm-3pm Swim Lessons (ADVANCED)	**3pm-350pm** Free Swim			

September 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		

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)***

September 2026 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-	TUE-1	WED-2	THU-3	Friday-4
800-900AM					
900-10AM				Quilting Bee 9-3PM MPR	
1000-11AM		Techie Tuesday - MPR DYI Facial Masks -Library		Mini Book-Page Wreaths Library	
1100-12PM		Greater Works Bible Study			
Dfxv 12PM-1PM					WWSS
1PM-2PM		Bridge	Bid Whist		12-3 pm MPR
2PM-3PM		1-4PM	1-4PM		
3PM-4PM					
Wk-2	**MON-7**	**TUE-8**	**WED-9**	**THU-10**	**FRI-11**
800-900AM	CLOSED IN				
900-10AM	OBSERVATION OF				
1000-11AM	LABOR DAY				WWPP
1100-12PM		Greater Works Bible Study			10-12pm MPR
12PM-1PM				Mahjongg Open Play 12-3pm	WWSS
1PM-2PM		Bridge	PINNACLE CLOSED		12-3 pm MPR
2PM-3PM		1-4PM	EMPLOYEE TRAINING		
3PM-4PM					
Wk-3	**MON-14**	**TUE-15**	**WED-16**	**THU-17**	**FRI-18**
800-900AM					
900-10AM					
1000-11AM	The Mix Book Club- Library Diabetes Education-MPR	Medicare w/Karina		Streaming Music on Your Phone -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-21**	**TUE-22**	**WED-23**	**THU-24**	**FRI-25**
800-900AM			Meditation & Art		CLOSED
900-10AM		Sound Bath Meditation - MPR		Quilting Bee 9-3PM MPR	Fort Bend County Fair Day
1000-11AM				Intro to Email- Library Pizza & Politics 9:30-11:30am AUD	
1100-12PM		Greater Works Bible Study			
12PM-1PM				Mahjongg Open Play 12-3pm	
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-**	**FRI-**
800-900AM					
900-10AM					
1000-11AM			Birthday Celebration 10:45-11:00am MPR		
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					

FORT BEND COUNTY LIBRARIES

SEPTEMBER 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

September 14
10 am

LIBRARY CLOSURES

Mon, Sep 7 - Labor Day
Fri, Sep 25 - Fair Day

Programs & Events

September 3 (10:00 - 11:00 am)
DIY Facial Masks: Join us in creating the ultimate spa get-away treat!

September 10 (10:00 - 11:00 am)
Mini Book-Page Wreaths: Learn how to use book pages to create a beautiful, miniature wreath.

September 14 (10:00 - 11:00 am)
The MIX Book Club: *Whiskey Sour*, by Joe Konrath

September 17 (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.

September 24(10:00 - 11:00 am)
Intro to Email: Learn the basics of setting up your email and how to send and receive messages.

5525 Hobby Rd
Houston, TX 77053

281.238.2100
www.fortbendlibraries.gov

TECHI TUESDAY

Class 8: Selfies 101

Sep 1, 2026

Focus: Capturing and sharing life

What Students Learn:

- How to open the camera
- Take photos and videos
- View and delete photos
- Share photos via text

Learn to capture and share your favorite moments clearly and confidently.

Area Agency on Aging
of the Houston-Galveston Area

Seated TAI CHI BINGO

GENTLE MOVEMENTS • STRONG BENEFITS • BETTER HEALTH

Join us for Sun Style Tai Chi where we will review the movements by playing the game of Bingo.
Movements include: Warm-Ups, 6 Basic Movements, and Cool Down.

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 - 10:00 AM

- Tuesdays, August 04
- Tuesdays, August 18
- Tuesdays, August 25
- Tuesdays, September 01
- Tuesdays, September 08
- Tuesdays, September 15
- Tuesdays, September 22

LOCATION
Yoga Room at Pinnacle Senior Center

TIME
9:00 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!

Area Agency on Aging
of the Houston-Galveston Area

Seated TAI CHI for Health

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.

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 - 10:00 AM

- Thursdays, August 06
- Thursdays, August 20
- Thursdays, August 27
- Thursdays, September 03
- Thursdays, September 10
- Thursdays, September 17
- Thursdays, September 24

LOCATION
Yoga Room at Pinnacle Senior Center

TIME
9:00 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!

A HEALTHIER YOU STARTS TODAY!

PREVENT TYPE 2 DIABETES

YOU HAVE THE POWER TO CHANGE YOUR FUTURE!

Small Steps BIG Results!

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

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

CLASS BEGINS ON
Monday, September 14, 2026

LIMITED SPOTS! SIGN UP TODAY!

- 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

GLUCOSE BOOT CAMP™
Powered by WellSpan Nutrition LLC

LED BY:
Shana McGowan, MS, RDN, CDCES
Registered Dietitian Nutritionist
Certified Diabetes Care and Education Specialist

READY TO TAKE THE FIRST STEP?
YOUR HEALTH. YOUR FUTURE. YOUR CHOICE.

SIGN UP WITH ANGIE!

EAT BETTER. MOVE MORE. STRESS LESS. LIVE WELL. *We're in this together!*

Area Agency on Aging
of the Houston-Galveston Area

Monthly MEDICARE WORKSHOP

Every 3rd Tuesday at 10 a.m.

SEPTEMBER 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

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, September 16, 2026

Time: 8:00 am – 10:00 am

Presented by:

ARTreach
CONNECTING THROUGH THE ARTS

&

AMARAA
GRACE IN MOTION

CONSTABLE

DARYL L. SMITH, SR.

PRESENTS

BINGO PARTY

Friday

September 18, 2026

11am - 12pm

Pinnacle Senior Center

5525 Hobby Rd Bldg C,

Houston, TX 77053

Come out and enjoy fun games, prizes, and yummy snacks

For more Information Contact:

Kindly Call 832-471-4172

Facilitated by *Penelope*

SOUND BATH
MEDITATION

TUESDAY, SEPTEMBER 22, 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.

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

Registration through the Pinnacle Senior Center Reception Desk.

HOUSTON VOTING INITIATIVE

Houston Voting Initiative Presents

PIZZA & POLITICS

WHAT'S ON YOUR BALLOT?

Be Informed. Be Empowered. Be Engaged.

Enjoy **Pizza** and interactive exercise.

Gain knowledge and practical skills to **navigate your ballot.**

Be empowered and informed to **engage** in the democratic process.

DATE:
September 24, 2026

TIME:
9:30 – 11:30 AM

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

REGISTER TODAY!

Scan the QR Code to reserve your spot.

Educate. Empower. Mobilize.

SEPTEMBER BIRTHDAY CELEBRATION!

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

Wednesday

SEPTEMBER 30, 2026

Certificates will be presented by **Captain Christopher Garrett** on **SEPTEMBER 30, 2026**

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!

Pinnacle Senior Center

COME FOR THE FRIENDSHIP. STAY FOR THE FUN!

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

832-471-2760

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

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

Return to Home Page

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

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