

PLEASE SIGN IN DAILY-THANKS!

Reminder!
Houston Food Bank Truck & Resource Fair
Sponsored by:
United Healthcare
Wednesday, August 1st 9AM-Noon
.....
MONDAY

2018 Fort Bend Senior Expo & Health Fair
Thanks! Thanks! Thanks!

Thanks to all of the Pinnacle Volunteers who made the fair a huge success!
Congrats to Jackie Martin on winning the 55" television!
TUESDAY

The PINNACLE Senior Center of Fort Bend County
August 2018
Happy National Senior Citizens Day! August 21st
5525-C Hobby Rd. Houston, TX 77053
M-F 7:30am-7:30pm Sat. 8-11am
WEDNESDAY

Coming in September!
2-Week Evidence Based **Memory Class**
Presenter: Dianne Gertson
Texas A&M AgriLife Extension Services
9-13 & 9-20 - 11:30AM
Coming Oct. 25, Nov. 1, 8, 15!
* 4-Week Evidence Based *
Hypertension Class
THURSDAY

•EVENING SCHEDULE•
Monday-5-6pm Line Dance w/Sheila
6-7pm -Fitness DVD
Tuesday-6-7pm-Nighttime Cardio DVD
Wednesday- 6-7pm Line Dance w/Bonita
1st Thursday-6-7pm Open-No Class
2nd, 3rd & 4th Thursday 6-7pm
Two Stepping w/Marvin
Friday-6-7pm- Fitness DVD
FRIDAY/SATURDAY

The Wellness Center Carolyn Lyons, LVN
Monday & Wednesday
9am-1pm
Blood Pressure & Diabetes Testing

Texas A&M AgriLife Extension Services
 **Tai Chi for Arthritis w/Courtney**
1st & 3rd Tuesdays
9:30-10am-Practice
10-10:45am-Class

Ensemble Theatre Trips
September 16th - 3pm Matinee
\$20 Bus leaves at 1:45pm

BY TREY ANTHONY
We have 2 buses for the November 11th 3pm Matinee for the Christmas show \$25
CHRISTMAS IS COMIN' UPTOWN
Written by PHILLIP ROSE & PETER UDELL

1) **8am- Wake Up & WALK!**
9AM-Noon-Houston Food Bank
9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am-ZUMBA™ w/Valerie-Canceled
11am-Two Stepping w/Marvin
12-1pm-Line Dancing w/Faye
12-2pm- Wild & Wooly Women
1pm-Fitness w/Freeman(Ab Workout)
2pm-SILVERSNEAKERS™ Cardio Dance
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita

2) **8am- Wake Up & WALK!**
9am-Functional Fitness/Freeman
10am-Computer Class
Moving, Organizing, and Storing Pictures
Library Programming
10:30am-Chair Fit w/Freeman
11:30am-Diabetes Class (Week 3)
11:30am-SILVERSNEAKERS™ Circuit (Chair) w/Angel'a
2pm-SILVERSNEAKERS™ Cardio Strength
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Fitness DVD

3) **8am- Wake Up & WALK!**
9am-Freeman's Fitness Friday
9am-Sewing w/Lula
10am-SILVERSNEAKERS™ Yoga Stretch
11am-Fella's Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Wooly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 8-4-18
8am-Wake Up & Walk DVD
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

6) **8am-Wake Up & Walk!**
8am-1pm - Market Place Monday
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA™ w/Valerie
12PM -Yoga w/Diana
1pm-Fitness w/Freeman (Flexibility)
2&3pm- SILVERSNEAKERS™ Cardio Dance/Body Pump w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- Fitness DVD

7) **8am-Wake Up & WALK!**
9am-Strength Training w/Freeman
9am- SilverSneakers™ Classic Chair w/Angel'a
9:30am-Tai Chi for Arthritis Practice
10-10:45am-Tai Chi
w/Courtney & Nutrition w/Krystal
11am- Greater Works Bible Study
11am-Chair Fit w/Freeman
12:00pm- SILVERSNEAKERS™ Cardio Strength
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD

8) **8am- Wake Up & WALK!**
9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am-ZUMBA™ w/Valerie
11am- Two Stepping w/Marvin
12-1pm-Line Dancing w/Faye
12-2pm- Wild & Wooly Women
1pm-Fitness w/Freeman (Ab Workout)
2pm-SILVERSNEAKERS™ Cardio Dance
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita

9) **8am- Wake Up & WALK!**
9am-Functional Fitness/Freeman
10am-**Genealogy**
Library Programming
10:30am-Chair Fit w/Freeman
11:30am-Diabetes Class (Week 4)
11:30am-SILVERSNEAKERS™ Circuit (Chair) w/Angel'a
2pm- SILVERSNEAKERS™ Cardio Strength w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

10) **8am- Wake Up & WALK!**
9am-Freeman's Fitness Friday
9am-Sewing w/Lula
10am-SILVERSNEAKERS™ Yoga Stretch
11am-Fella's Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Pinnacle Voices Peak
12-2pm-Wild & Wooly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 8-11-18
8am-Wake Up & Walk DVD
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

Schedule Subject to Change please call: 832-471-2765
Especially inclement weather days

The Healthy Eating Class w/Deanne is Canceled for August

Please support your VOLUNTEERS with your kind and generous donations!
All classes except Freeman's are Taught/Facilitated by Volunteers!!!!

BINGO w/Angelia & Amerigroup
August 31st - 11AM - The Peak

Visit us online at:
www.fortbendcountytx.gov under Departments/Health & Human Services

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

<p>13) <u>8am</u>-Wake Up & Walk! <u>9am</u>-Fitness w/Freeman <u>10am</u>-Line Dance w/Sheila <u>11am</u>-ZUMBA™ w/Valerie <u>12PM</u>-Yoga w/Diana(Vacation) <u>1pm</u>-Fitness w/Freeman (Flexibility) <u>2&3pm</u>- SILVERSNEAKERS™ Cardio Dance/Body Pump w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>-Line Dancing w/Sheila <u>6-7pm</u>- Fitness DVD</p>	<p>14) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>- SilverSneakers™ Classic Chair w/Angel'a <u>10am</u>- Self-Defense w/Kenneth & Grand Master Gerald The Peak <u>11am</u>- Greater Works Bible Study <u>11am</u>-Chair Fit w/Freeman <u>12:00pm</u>-SILVERSNEAKERS™ Cardio Strength w/Angel'a <u>1pm</u>- Afternoon Fitness w/Valerie <u>1-3pm</u>-@Bridge 1-6pm Peak Table Games <u>6-7pm</u>-Nighttime Cardio DVD</p>	<p>15) <u>8am</u>- Wake Up & WALK! <u>9am</u>- Fitness w/Freeman <u>9-11am</u>-Ping Pong Open Play <u>10am</u>- ZUMBA™ w/Valerie <u>11am</u>-Two Stepping w/Marvin <u>12-1pm</u>-Line Dancing w/Faye <u>12-2pm</u>-Wild & Wooly Women <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2pm</u>- SILVERSNEAKERS™ Cardio Dance w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonнита</p>	<p>16) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Functional Fitness w/Freeman <u>10am</u>-Scrabble, Chess, & Tabletop Games <u>Library Programming</u> <u>10:30am</u>-Chair Fit w/Freeman <u>11:30am</u>-Diabetes Class (Week 5) <u>11:30am</u>- SILVERSNEAKERS™ Circuit (Chair) w/Angel'a <u>2pm</u>- SILVERSNEAKERS™ Cardio Strength w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>-Sign Language w/Marsha <u>6-7pm</u>-Two Stepping w/Marvin</p>	<p>17) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>9am</u>-Sewing w/Lula <u>10am</u>- SILVERSNEAKERS™ Yoga Stretch <u>11am</u>-Fella's Let's Get Fit <u>12pm</u>-Chair Fit w/Freeman DVD <u>12-2pm</u>-Wild & Wooly Women <u>12-3pm</u>- Red Hat Society <u>3-6pm</u>-The Peak Table Games <u>6-7pm</u>-Fitness DVD <u>Saturday 8-18-18</u> <u>8am</u>-Wake Up & Walk DVD <u>9&10am</u>-SilverSneakers™ Circuit & Boom Move It! w/Angel'a</p>
<p>20) <u>8am</u>-Wake Up & Walk! <u>9am</u>-Fitness w/Freeman <u>10am</u>-Line Dance w/Sheila <u>11am</u>-ZUMBA™ w/Valerie <u>12PM</u>-Yoga w/Diana(Vacation) <u>1pm</u>-Fitness w/Freeman (Flexibility) <u>2&3pm</u>- SILVERSNEAKERS™ Cardio Dance/Body Pump w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>-Line Dancing w/Sheila <u>6-7pm</u>- Fitness DVD</p>	<p>21) <u>8am</u>-Wake Up & WALK! <u>NATIONAL SENIOR CITIZENS DAY!</u> <u>9am</u>-Strength Training w/Freeman <u>9am</u>- SilverSneakers™ Chair w/Angel'a <u>9:30am</u>-Tai Chi for Arthritis Practice <u>10-10:45am</u>-Tai Chi w/Courtney & Nutrition w/Krystal <u>11am</u>- Greater Works Bible Study <u>11am</u>-Chair Fit w/Freeman <u>12:00pm</u>-SilverSNEAKERS™ Cardio Strength <u>1pm</u>-Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>-Nighttime Cardio DVD</p>	<p>22) <u>8am</u>- Wake Up & WALK! <u>9am</u>- Fitness w/Freeman <u>9-11am</u>-Ping Pong Open Play <u>10am</u>- ZUMBA™ w/Valerie <u>11am</u>- Two Stepping w/Marvin <u>12-1pm</u>-Line Dancing w/Faye <u>12-2pm</u>-Wild & Wooly Women <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2pm</u>- SILVERSNEAKERS™ Cardio Dance w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonнита</p>	<p>23) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Functional Fitness w/Freeman <u>10am</u>-Homework Resources for Grandparents <u>Library Programming</u> <u>10:30am</u>-Chair Fit w/Freeman <u>11:30am</u>- SILVERSNEAKERS™ Circuit (Chair) w/Angel'a <u>2pm</u>- SILVERSNEAKERS™ Cardio Strength w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>-Sign Language w/Marsha <u>6-7pm</u>-Two Stepping w/Marvin</p>	<p>24) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>9am</u>-Sewing w/Lula <u>10am</u>-SILVERSNEAKERS™ Yoga Stretch <u>11am</u>-Fella's Let's Get Fit <u>12pm</u>-Chair Fit w/Freeman DVD <u>12-2pm</u>-Wild & Wooly Women <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Fitness DVD <u>Saturday 8-25-18</u> <u>8am</u>-Wake Up & Walk DVD <u>9&10am</u>-SilverSneakers™ Circuit & Boom Move It! w/Angel'a</p>
<p>27) <u>8am</u>-Wake Up & Walk! <u>9am</u>-Fitness w/Freeman <u>10am</u>-Line Dance w/Sheila <u>11am</u>-ZUMBA™ w/Valerie <u>12PM</u> -Yoga w/Diana <u>1pm</u>-Fitness w/Freeman (Flexibility) <u>2&3pm</u>- SILVERSNEAKERS™ Cardio Dance & Body Pump w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>-Line Dancing w/Sheila <u>6-7pm</u>- Fitness DVD</p>	<p>28) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>- SilverSneakers™ Chair w/Angel'a <u>10am</u>- Self-Defense w/Kenneth & Grand Master Gerald The Peak <u>11am</u>-Greater Works Bible Study <u>11am</u>-Chair Fit w/Freeman <u>12:00pm</u>-SilverSNEAKERS™ Cardio Strength <u>1pm</u>-Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>-Nighttime Cardio DVD</p>	<p>29) <u>8am</u>- Wake Up & WALK! <u>9am</u>- Fitness w/Freeman <u>9-11am</u>-Ping Pong Open Play <u>10am</u>- ZUMBA™ w/Valerie <u>11am</u>-Two Stepping w/Marvin <u>12pm</u>-Line Dancing w/Faye <u>August Birthday Celebration @Noon</u> <u>12-2pm</u>-Wild & Wooly Women <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2pm</u>-SILVERSNEAKERS™ Cardio Dance <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonнита</p>	<p>30) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Functional Fitness w/Freeman <u>10am</u>-Craft <u>Library Programming</u> <u>10:30am</u>-Chair Fit w/Freeman <u>11:30am</u>- SILVERSNEAKERS™ Circuit (Chair) w/Angel'a <u>2pm</u>- SILVERSNEAKERS™ Cardio Strength w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>-Sign Language w/Marsha <u>6-7pm</u>-Two Stepping w/Marvin</p>	<p>31) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>9am</u>-Sewing w/Lula <u>10am</u>- SILVERSNEAKERS™ Yoga Stretch <u>11am</u>-Fella's Let's Get Fit/BINGO <u>12pm</u>-Chair Fit w/Freeman DVD <u>12-2pm</u>-Wild & Wooly Women <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Fitness DVD <u>Saturday 8-18-18</u> <u>8am</u>-Wake Up & Walk DVD <u>9&10am</u>-SilverSneakers™ Circuit & Boom Move It! w/Angel'a</p>

To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver