

PLEASE SIGN IN DAILY-THANKS!

Reminder!

New Hours 8:30-11 am
Houston Food Bank
Truck & Resource Fair
Sponsored by:
United Healthcare

****CANCELED****

Wednesday, Dec. 5th
MONDAY

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

3) **8am-Wake Up & Walk!**
8am - 1pm MARKETPLACE 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- MixedFit/Walk DVD

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

Ensemble Theatre Trip
March 17th - 3PM Matinee
Tickets \$20 42 seats
First come-first serve



TUESDAY

MixedFit®
w/Anjonée Mathis
Monday night from 6-7PM
1st Thursday Night beginning
January 4th 6-7 PM
Mixed Fit is a people-inspired fitness program that is a mix of explosive movements & toning
* * * * *
Zydeco!!!
Tuesday night 6-7PM
w/Michael & Theresa

4) **8am-Wake Up & WALK!**
9am-Strength Training w/Freeman
9am- SilverSneakers™ Classic Chair
9:30am-Tai Chi for Arthritis Practice
10-10:45am-Tai Chi w/Courtney
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-Zydeco Dance/Walk DVD

Fellas Let's Get Fit
is also on *Tuesday*
mornings at 10AM

The PINNACLE
Senior Center of
Fort Bend County

December 2018
Happy Holidays!!!
5525-C Hobby Rd. Houston, TX 77053
M-F 7:30am-7:30pm Sat. 8-11am

WEDNESDAY

Join Sheila & The "Happy Feet" Line Dancers
For the Annual Toy Drive
December 10th 4-6pm
Please bring a toy for children 3-9 years of age



5) **County Offices**
will be CLOSED on December 5th in recognition of the, "National Day of Mourning" in memory of **George H.W. Bush**
County Offices will resume normal business hours
Thursday, December 6, 2018

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

BINGO-CANCELED
w/Angelia & Amerigroup
December 7th
11AM - The Peak

Canceled due to water main shut-off on Friday!!!

THURSDAY

ATTENTION!!!
All Classes for **December 7th** canceled due to a scheduled water main shut-off. The building will be opened for all who wish to use the internet café or fitness center with the understanding there will be no water/restroom service in the building.
Please plan accordingly
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6) **8am- Wake Up & WALK!**
9am-Functional Fitness/Freeman
10am- Library Programming
10:30am-Chair Fit w/Freeman
11:00am-Healthy Eating w/Deanne
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-Walk DVD

Please note
holiday cancellations for some classes

•EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila
6-7pm -MixedFit/Walk DVD
Tuesday-6-7pm-Zydeco/Walk DVD
Wednesday- 6-7pm Line Dance w/Bonita
1st Thursday-6-7pm MixedFit /Walk DVD
2nd, 3rd & 4th Thursday 6-7pm
Two Stepping w/Marvin/Walk DVD
Friday-6-7pm- Fitness DVD

FRIDAY/SATURDAY
Happy Holidays from the Pinnacle Power Team
Freeman, Angie, Jerry, Leroy, Carolyn, Connie & Sonya



Saturday 12-01-18
8am-Wake Up & Walk DVD
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

7) **ALL CLASSES CANCELED FOR SCHEDULED WATER MAIN SHUT-OFF**
Internet Café & Fitness Center Open

Saturday 12-08-18
8am-Wake Up & Walk DVD
9&10am-Classes w/Angel'a are CANCELED ON TODAY

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

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

10) 8am-Wake Up & Walk!
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
4-6pm-Line Dance Toy Drive
6-7pm- MixxedFit/Walk DVD

17) 8am-Wake Up & Walk!
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA™ CANCELED
12PM-Yoga w/Diana CANCELED
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- MixxedFit/Walk DVD

24/31) Fort Bend County Holiday
 The Pinnacle Senior Center will be closed in observance of the Christmas Eve Holiday

 31) Please refer to Monday the 10th for the schedule of Monday the 31st-Line Dance w/Sheila 5-6PM

11) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am- SilverSneakers™ Chair w/Angel'a
10am- Self-Defense w/Kenneth & Grand Master Gerald The Peak
11am- Greater Works Bible Study
11am-Chair Fit w/Freeman
12:00pm-SILVERSNEAKERS™ Cardio Strength w/Angel'a
1pm- Afternoon Fitness w/Valerie
1-3pm-@Bridge 1-6pm Peak Table Games
6-7pm-Zydeco Dance/Walk DVD

18) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am- SilverSneakers™ Chair w/Angel'a
9:30am-Tai Chi for Arthritis Practice
10-10:45am-Tai Chi w/Courtney
11am- Greater Works Bible Study
11am-Chair Fit w/Freeman
12:00pm-SilverSNEAKERS™ Cardio Strength
1pm-Afternoon Fitness CANCELED
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Zydeco Dance/Walk DVD

25) Fort Bend County Holiday
 The Pinnacle Senior Center will be closed in observance of the Christmas Day Holiday


12) 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 w/Angel'a
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonnita

19) 8am- Wake Up & WALK!
9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am-ZUMBA™ 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 w/Angel'a
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonnita

26) 8am- Wake Up & WALK!
9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am-ZUMBA™ CANCELED
11am- Two Stepping w/Marvin
12pm-Line Dance w/Faye-CANCELED
Birthday Celebration @ Noon
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/Bonnita (Peak)

13) 8am-Wake Up & WALK!
9am-Functional Fitness w/Freeman
10am-Library Programming
10:30am-Chair Fit w/Freeman
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

20) 8am-Wake Up & WALK!
9am-Functional Fitness w/Freeman
10am- Library Programming
10:30am-Chair Fit w/Freeman
11:30-4pm-MC Bridge Tournament
11:30am & 2pm- SILVERSNEAKERS™ Circuit (Chair) & SILVERSNEAKERS™ Cardio Strength w/Angel'a The Peak
3-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

27) 8am-Wake Up & WALK!
9am-Functional Fitness w/Freeman
10am- Library Programming
10:30am-Chair Fit w/Freeman
11:30am & 2pm- SILVERSNEAKERS™ Circuit (Chair) & SILVERSNEAKERS™ Cardio Strength w/Angel'a
3-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

14) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
9am-Sewing w/Lula
10am- SILVERSNEAKERS™ Yoga Stretch
11am-Fellas Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Wooly Women
12-3pm-@ Red Hat Society
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 12-15-18
8am-Wake Up & Walk DVD
9&10am-Classes w/Angel'a are CANCELED ON TODAY

21) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
9am-Sewing w/Lula
10am- SILVERSNEAKERS™ Yoga Stretch
11am-Fellas 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 12-22-18
8am-Wake Up & Walk DVD
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

28) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
9am-Sewing w/Lula
10am- SILVERSNEAKERS™ Yoga Stretch
11am-Fellas 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 12-29-18
8am-Wake Up & Walk DVD
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

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