

PLEASE SIGN IN DAILY-THANKS!

Reminder!

To Stay Safe-Disinfect, Social Distance, Wash Your Hands, Stay Home & MASK UP!



Check out Freeman's new Power Hour video Wed/9AM

New virtual classes!

1 mile Wake Up & Walk w/Krystal - Daily at 8AM

Line Dance w/Faye & Sandra
Tuesday, Thursday
Friday at 10AM

Power Hour w/Freeman
Wednesdays at 9AM

The PINNACLE

Senior Center of
Fort Bend County

December 2020

Happy Holidays!

Celebrate Responsibly

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

We cannot go dashing through the snow here in Fort Bend/Houston, but we can D.A.S.H. our way with healthy food choices for the holiday season!

Join Dianne Gertson w/Dietary Approach to Stop Hypertension

<https://www.youtube.com/watch?v=dJq5HCrJZr8>

When using the Fitness Trail Abide by posted CDC signs



The fitness trail is open every day including the holiday!

Wear gloves when using the outdoor equipment



MONDAY

8AM- 1-Mile Wake Up & Walk w/Krystal-(NEW)- <https://youtu.be/OA2gIOJ6e7M> Get those miles in each day!

3-Mile Wake Up & Walk w/Krystal-<https://youtu.be/TiPVsg2tXVg>

9AM- Fitness/Flexibility-<https://youtu.be/Gmlr6jdCyp8>

10AM- Line Dance w/Sheila-<https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>
https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe

11AM- ZUMBA w/Valerie & Chloe- <https://youtu.be/rkiboHCBehU>

11AM- Chair Fit- https://www.youtube.com/watch?v=CvSitwJYqyl&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3

12PM- Yoga- Part 1- <https://youtu.be/ct7mmXwUSIE> Part 2- <https://youtu.be/yGwdbXo1QJY>

TUESDAY

8AM- 1-Mile Wake Up & Walk w/Krystal-(NEW)- <https://youtu.be/OA2gIOJ6e7M> Get those miles in each day!

3-Mile Wake Up & Walk w/Krystal-<https://youtu.be/TiPVsg2tXVg>

9AM- Fitness- https://www.youtube.com/watch?v=b4DxJkH3v5Y&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=4

10AM- Line Dance w/Sheila-<https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>

Beginner's Line Dance w/Faye & Sandra-<https://www.youtube.com/watch?v=XnfcfQgwwJU> (NEW)

11AM- Greater Works Bible Study-https://www.youtube.com/channel/UCpzGM6rrCrnMdvUJVQLSpXw?view_as=subscriber

11AM- Chair Fit- https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1

12PM- Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> Part 2 <https://youtu.be/yGwdbXo1QJY>

Please call the Pinnacle at 832-471-2765 if you have questions, comments, suggestions, or concerns on how we can better serve you during our closure

Visit the Pinnacle website page for more information and Resources → → →

www.fortbendcountytx.gov
Go under SERVICES
Scroll over right/click on Pinnacle
Click to the left on RESOURCES

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

WEDNESDAY

- 8AM- 1-Mile Wake Up & Walk w/Krystal-(NEW)- <https://youtu.be/OA2glOJ6e7M> *Get those miles in each day!*
3-Mile Wake Up & Walk w/Krystal- <https://youtu.be/TiPVsg2tXVg>
- 9AM- Fitness-https://www.youtube.com/channel/UCiUmYlimxTSqM_bfOHi1gMQ
- 10AM-ZUMBA w/Valerie & Chloe- <https://youtu.be/rkiboHCBehU>
- 11AM-Fitness (Abs)- https://www.youtube.com/watch?v=H0iVzilqARU&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=7
- 12PM-Beginner's Line Dance w/Faye & Sandra-<https://www.youtube.com/watch?v=XnfcfQgwwJU>
<https://youtu.be/byDxSjOqRg0> https://youtu.be/e0Or272u_ow
- 12PM-Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> Part 2 <https://youtu.be/yGwdbXo1QJY>

THURSDAY

- 8AM- 1-Mile Wake Up & Walk w/Krystal-(NEW)- <https://youtu.be/OA2glOJ6e7M> *Get those miles in each day!*
3-Mile Wake Up & Walk w/Krystal- <https://youtu.be/TiPVsg2tXVg>
- 9AM- Fitness- https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8
- 10AM-Line Dance w/Sheila- https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe
Beginner's Line Dance w/Faye & Sandra-<https://www.youtube.com/watch?v=XnfcfQgwwJU> (NEW)
- 11AM-Chair Fit- https://www.youtube.com/watch?v=CvSjtWJYqyl&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3
- 10AM-Functional Fitness-Part 1 https://www.youtube.com/watch?v=ZhDjzkyf7oE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=5
Part 2- https://www.youtube.com/watch?v=kAfHX3flwE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=6
- 12PM-Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> Part 2 <https://youtu.be/yGwdbXo1QJY>

FRIDAY

- 8AM- 1-Mile Wake Up & Walk w/Krystal-(NEW)- <https://youtu.be/OA2glOJ6e7M> *Get those miles in each day!*
3-Mile Wake Up & Walk w/Krystal- <https://youtu.be/TiPVsg2tXVg>
- 9AM- Fitness Walk/Stretch-https://www.youtube.com/watch?v=TWVvf_5oxT4&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=9
- 10AM-Line Dance w/Sheila- <https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>
Beginner's Line Dance w/Faye & Sandra- <https://www.youtube.com/watch?v=XnfcfQgwwJU> (NEW)
- 11AM-Chair Fit- https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1
- 11AM-ZUMBA w/Valerie & Chloe- <https://youtu.be/rkiboHCBehU>
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