

PLEASE SIGN IN DAILY-THANKS!

Reminder!

The Houston Food Bank Truck is Canceled for 2020 & MarketPlace Monday is Canceled for 2020

You can visit the Food Bank Truck at Christa McAuliffe Middle School. Request the schedule at front desk

MONDAY

Join artist, *Melba Lee*
Friday 01-10-2020 11am
Glue, Scissors & Magazines provided-Bring your own boards, posters, canvas, frames, visions, hopes & dreams for 2020!

Vision Board Workshop

TUESDAY

The PINNACLE
Senior Center of
Fort Bend County
January 2020
"Happy New Year!"

5525-C Hobby Rd. Houston, TX 77053

M-F 7:30am-7:30pm Sat. 8-11am

WEDNESDAY

Do Well • Be Well
w/*Diabetes/CANCELED*
Dianne Gertson RD, LD
4 Week Evidence-Based Course
**January 9th, 16th,
23rd & 30th**
Classes Canceled
No reset date confirmed
THURSDAY

•EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila
6-7pm -MixedFit w/ Anjonee
Tuesday-6-7pm Zydeco
Wednesday- 6-7pm Line Dance w/Bonniita
1st Thursday-6-7pm- OPEN
2nd, 3rd & 4th Thursday 6-7pm
Two Stepping w/Marvin
Monday-Friday-6-7pm- WalkFit DVD's
FRIDAY/SATURDAY

The Pool is Open

For Pinnacle Aquatic Fitness Center-See separate schedule at Front Desk or Pool

■ ■ **FREE PHONES** ■ ■

01-09-2020 ■ 10AM

STAP - A state funded program invite you to sign-up today!
-Must be TX resident
-Have trouble hearing, seeing, speaking, walking or getting to the phone

Happy 6th Anniversary!



The Pinnacle opened its doors on January 21, 2014
6 Years of Excellence in Senior Programming & Services!!!



w/*Amerigroup & Angelia*
01-17-2020 11AM

1) Fort Bend County Holiday
The Pinnacle Senior Center will be closed in observance of the New Year's Day Holiday



— HAPPY NEW YEAR —
The PINNACLE is 6 years old!

2) 8am- Wake Up & WALK
9am-Functional Fitness w/Freeman
10am-NO PROGRAM
Library Programming
10:30am-Chair Fit
11AM-Healthy Eating w/*Deanne*
2-6pm-The Peak Table Games
5-6pm-Sign Language w/*Marsha*
6-7pm-Walk DVD

3) 8am- Wake Up & WALK!
9am- Fitness Friday w/Freeman
9am-Sewing w/*Lula*
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 1-4-20
8am-Wake Up & Walk DVD
9-10:45-Yoga & Meditation w/DihAnah

6) 8am-Wake Up & Walk!
9am-Fitness DVD
10am- Line Dance w/*Sheila*
11am-ZUMBA™ w/*Valerie*
1pm-Fitness w/Freeman (Flexibility)
2-6pm-The Peak Table Games
5-6pm- Line Dance w/*Sheila*
6-7pm-MixedFit w/*Anjonee*
Walk DVD

7) 8am-Wake Up & WALK!
9am-Strength Training
9am- Chair Fit DVD w/Freeman
10am-Fellas, Let's Get Fit!
11am-Greater Works
Bible Study
11am-Chair Fit w/Freeman
12pm-Afternoon Fitness w/*Valerie*
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-Walk DVD **ZYDECO**

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

9) 8am- Wake Up & WALK
9am-Functional Fitness w/Freeman
10am-Bring Your Own Device
Library Programming
10:30am-Chair Fit DVD
11:30am-Do Well • Be Well w/*Diabetes/CANCELED*
2-6pm-The Peak Table Games
5-6pm-Sign Language w/*Marsha*
6-7pm-Two Step w/*Marvin*
Walk DVD

10) 8am- Wake Up & WALK!
9am- Fitness Friday w/Freeman
9am-Sewing w/*Lula*
11am-Fellas, Let's Get Fit
11am-1pm-Vision Board Wrkshop
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Wooly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 1-11-20
8am-Wake Up & Walk DVD
9-10:45-Yoga & Meditation w/DihAnah

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

Freeman is on the fitness schedule for 2020
He will teach "1" class per day
Check schedule for classes

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

Some of Freeman's Classes will continue w/Freeman & others w/DVD until new instructor is hired

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

13) 8am-Wake Up & Walk!
9am-Fitness DVD
10am- Line Dance w/Sheila
11am-ZUMBA™
w/Valerie
1pm-Fitness w/Freeman
(Flexibility)
2-6pm-The Peak Table Games
5-6pm- Line Dance w/Sheila
6-7pm-MixedFit w/Anjonee
Walk DVD

14) 8am-Wake Up & WALK!
9am-Strength Training
9am- Chair Fit DVD w/Freeman
10am-Fellas, Let's Get Fit!
11am- Greater Works
Bible Study
11am-Chair Fit w/Freeman
12pm-Afternoon Fitness
w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-WalkDVD / Zydeco

15) 8am- Wake Up & WALK!
9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am- ZUMBA™
w/Valerie
11am-Two Stepping w/Marvin
12pm-Line Dancing
w/Faye
12-2pm-Wild & Woolly Women
1pm-Fitness DVD(Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita/Walk DVD

16) 8am-Wake Up & WALK!
9am-Functional Fitness
w/Freeman
10am-Voting & The Census
Library Programming
10:30am-Chair Fit DVD
11:30am-Do Well • Be Well
w/Diabetes/CANCELED
2-6pm-The Peak Table Games
5-6pm-Sign Language
w/Marsha
6-7pm-Two Step w/Marvin Walk DVD

17) 8am- Wake Up & WALK!
9am- Fitness Friday w/Freeman
9am-Sewing w/Lula
11am-Fellas, Let's Get Fit/BINGO
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Woolly Women
12-3pm-Red Hat Society
3-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 1-18-20
8am-Wake Up & Walk DVD
9-10:45-Yoga & Meditation w/DihAnah

20) Fort Bend County
Holiday
The Pinnacle Senior Center
will be closed in
observance of the
Martin Luther King, Jr.
Day Holiday



21) 8am-Wake Up & WALK!
9am-Strength Training
9am- Chair Fit DVD w/Freeman
10am-Fellas, Let's Get Fit!
11am- Greater Works
Bible Study
11am-Chair Fit w/Freeman
12pm-Afternoon Fitness
w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-WalkDVD / Zydeco

22) 8am- Wake Up & WALK!
9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am- ZUMBA™
w/Valerie
11am-Two Stepping
w/Marvin
12pm-Line Dancing w/Faye
12-2pm-Wild & Woolly Women
1pm-Fitness DVD (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita/Walk DVD

23) 8am-Wake Up & WALK!
9am-Functional Fitness
w/Freeman
10am-Armchair Travel
Library Programming
10:30am-Chair Fit DVD
11:30am-Do Well • Be Well
w/Diabetes/CANCELLED
2-6pm-The Peak Table Games
5-6pm-Sign Language
w/Marsha
6-7pm-Two Step w/Marvin Walk DVD

24) 8am- Wake Up & WALK!
9am-Fitness Friday w/Freeman
9am-Sewing w/Lula
11am-Fellas, Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Woolly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 1-25-20
8am-Wake Up & Walk DVD
9-10:45-Yoga & Meditation w/DihAnah

27) 8am-Wake Up & Walk!
9am-Fitness DVD
10am- Line Dance
w/Sheila
11am-ZUMBA™
w/Valerie
1pm-Fitness w/Freeman
(Flexibility)
2-6pm-The Peak Table Games
5-6pm- Line Dance w/Sheila
6-7pm-MixedFit w/Anjonee Walk DVD

28) 8am-Wake Up & WALK!
9am-Strength Training
9am- Chair Fit DVD w/Freeman
10am- Fellas, Let's Get Fit!
11am- Greater Works
Bible Study
11am-Chair Fit w/Freeman
12pm-Afternoon Fitness
w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-Walk DVD / ZYDECO

29) 8am- Wake Up & WALK!
9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am- ZUMBA™
w/Valerie
11am-Two Stepping w/Marvin
12pm-Line Dancing w/Faye
Birthday Celebration @ Noon
12-2pm-Wild & Woolly Women
1pm-Fitness DVD (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita/Walk DVD

30) 8am-Wake Up & WALK!
9am-Functional Fitness
w/Freeman
10am-Craft
Library Programming
10:30am-Chair Fit DVD
11:30am-Do Well • Be Well
w/Diabetes/CANCELED
2-6pm-The Peak Table Games
5-6pm-Sign Language
w/Marsha
6-7pm-Two Step w/Marvin Walk DVD

31) 8am- Wake Up & WALK!
9am-Fitness Friday w/Freeman
9am-Sewing w/Lula
11am-Fellas, Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Woolly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 2-1-20
8am-Wake Up & Walk DVD
9-10:45-Yoga & Meditation w/DihAnah

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