

PLEASE SIGN IN DAILY-THANKS!

**Reminder!**

Houston Food Bank Truck & Resource Fair  
Sponsored by: United Healthcare  
Wednesday, June 6th  
**9AM-12PM**

\*\*\*Schedule Alert\*\*\*  
Tuesday night Zydeco dance Classes are canceled for the summer  
**MONDAY**

Texas A&M AgriLife Extension Services



**Tai Chi for Arthritis w/Courtney & Nutrition w/Krystal**  
Tuesdays 9:30-10:AM Practice  
10-10:45am-Class

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

4) **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/Shanthi

1pm-Fitness w/Freeman (Flexibility)  
2&3pm- SILVER SNEAKERS/Body Pump w/Angel'a

2-6pm-The Peak Table Games  
6-7:15PM HOA Meeting (Peak)

5pm-Line Dancing w/Sheila  
6-7pm-Fitness DVD

Schedule Subject to Change  
please call: 832-471-2765

Especially inclement weather days

**It's Hurricane Season!!!**

**Texans Recovering Together**  
Will hold a short informative talk on **06-06-18 at 8AM** on Hurricane Preparedness

**BINGO!!!**

w/Angelia & AMERIGROUP  
06-15-18 • 11AM  
**TUESDAY**

The Pinnacle will be **CLOSED** on the morning/afternoon of **June 22<sup>rd</sup>** from **10:30AM until 3:30PM**  
Schedule will resume from **3:30 - 7:30 PM**

Staff will be attending the Health & Human Services Dept. Annual Meeting in Rosenberg

ENSEMBLE THEATRE TRIP BUS LEAVES AT 1:45 FOR 3PM PREMIERE MATINEE OF "SISTAS THE MUSICAL" 6-24-18

5) **8am-Wake Up & WALK!**

9am-Strength Training w/Freeman  
9am- Silver Sneakers Chair w/Angel'a

9:30am-Tai Chi for Arthritis w/Courtney & Nutrition w/Krystal

10am- Self-Defense w/Kenneth & Grand Master Gerald

11am- Greater Works Bible Study  
11am-Chair Fit w/Freeman

12:00pm- SILVER SNEAKERS w/Angel'a

1pm-Afternoon Fitness w/Valerie  
6-7pm-Nighttime Cardio DVD

**Walgreen's Part 2 Shingles Shot**  
06-12-18 @ 2:30PM

The PINNACLE

Senior Center of Fort Bend County

**June 2018**

Welcome Summer!  
5525-C Hobby Rd.  
Houston, TX 77053

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

**WEDNESDAY**

You're Invited to a Dance Celebrating African American Heritage  
**"Wakanda Style"**

at The Pinnacle Senior Center Fundraiser for the Rose B. Johnson Colon Cancer Awareness Foundation

**Friday June 15<sup>th</sup> 7-11PM**

Donation: \$20.00 at door or online  
[www.facebook.com/rbjohnsontt](http://www.facebook.com/rbjohnsontt)

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Delicious Buffet/Slammin'DJ/ African Dress Style Show/Best African Attire Contest/Vendors

6) **8am- Wake Up & WALK!**

**9AM-Noon-Houston Food Bank**

9am- Fitness w/Freeman

9-11am-Ping Pong Open Play

10am-ZUMBA w/Valerie

11am-Marvin will return 6-7-18

12-1pm-Line Dancing w/Faye

12-2pm- Wild & Wooly Women

1pm-Fitness w/Freeman (Ab Workout)

2pm-SILVER SNEAKERS w/Angel'a

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonнита

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

**Medicare "Extra Help" Workshop w/Anna Eaton**  
**June 21<sup>st</sup> 10AM**

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Join Houston Hospice on Thursday, June 28<sup>th</sup> - 10AM  
For a "Creating Memories" Leaving a Living Legacy Workshop (Please sign up)  
**THURSDAY**

**Coming in July!!!**

THE "6 WEEK DIABETES CLASS"

Start date: Thursday, July 19<sup>th</sup>  
End date: Thursday, August 16<sup>th</sup>

Sponsored by: Texas A&M AgriLife Extension Services

Instructor: Diane Gertson  
Time: 11AM

This is a national evidence based diabetes awareness class  
Sign up early as space is limited

7) **8am- Wake Up & WALK!**

9am-Functional Fitness/Freeman

10am-Internet 101

Library Programming

10:30am -Chair Fit w/Freeman

11am-Noon-Healthy Eating w/Deanne

11:30am-SILVER SNEAKERS

w/Angel'a

2pm- SILVER SNEAKERS w/Angel'a

2-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha

6-7pm-Two Stepping w/Marvin

**...In the Spotlight ...**  
Rose B. Johnson Colon Cancer Awareness Foundation

**•EVENING SCHEDULE•**

Monday-5-6pm Line Dance w/Sheila  
6-7pm -Fitness DVD

Tuesday-6-7pm-Nighttime Cardio DVD/Zydeco

Wednesday- 6-7pm Line Dance w/Bonнита

1<sup>st</sup> Thursday-6-7pm Line Dance on hold

2nd, 3rd & 4th Thursday 6-7pm

Two Stepping w/Marvin will return 6-7-18

Friday-6-7pm- Fitness DVD

**FRIDAY/SATURDAY**

1) **8am- Wake Up & WALK!**

9am-Freeman's Fitness Friday

9am-Sewing w/Lula

10am-SILVER SNEAKERS w/Angel'a

11am-Fella's Let's Get Fit

12-2pm-Wild & Wooly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

**Saturday 6-2-18**

8am-Wake Up & Walk DVD

9am-Silver Sneakers Circuit & Body Pump w/Angel'a  
10am-Boom Move It!

8) **8am- Wake Up & WALK!**

9am-Freeman's Fitness Friday

9am-Sewing w/Lula

10am-SILVER SNEAKERS w/Angel'a

11am-Fella's Let's Get Fit

12-2pm-Wild & Wooly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

**Saturday 6-9-18**

8am-Wake Up & Walk DVD

9&10am-Silver Sneakers is canceled for today. See you next Saturday!

"Wakanda Style" Colon Cancer Benefit Dance 6-15 7-11pm  
Donation: \$20-Buffer & Dance

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY/SATURDAY

11) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am-Line Dance w/Sheila11am-ZUMBA w/Valerie12 pm-Yoga w/Shanathi1pm-Fitness w/Freeman  
(Flexibility)2&3pm- SILVER SNEAKERS/Body Pump  
w/Angel'a2-6pm-The Peak Table Games5-6pm-Line Dancing w/Sheila6-7pm- Fitness DVD12) 8am-Wake Up & WALK!9am-Strength Training w/Freeman9am- Silver Sneakers Chair w/Angel'a9:30am-Tai Chi for Arthritis w/Courtney10am-Self-Defense w/Kenneth & Gerald11am- Greater Works Bible Study11am-Chair Fit w/Freeman12:00pm-SILVER SNEAKERS

w/Angel'a

1pm- Afternoon Fitness w/Valerie1-3pm-Bridge 3-6pm Peak Table Games6-7pm-Nighttime Cardio DVD13) 8am- Wake Up & WALK!9am- Fitness w/Freeman9-11am-Ping Pong Open Play10am- ZUMBA w/Valerie11am-Two Stepping w/Marvin12-1pm-Line Dancing w/Faye12-2pm-Wild & Woolly Women1pm-Fitness w/Freeman (Ab Workout)2pm- SILVER SNEAKERS

w/Angel'a

2-6pm-The Peak Table Games6-7pm-Line Dance w/Bonnita14) 8am-Wake Up & WALK!9am-Functional Fitness w/Freeman10am- **Hoopla****Library Programming**10:30am-Chair Fit w/Freeman11:30am- SILVER SNEAKERS

w/Angel'a

2pm- SILVER SNEAKERS

w/Angel'a

2-6pm-The Peak Table Games5-6pm-Sign Language w/Marsha6-7pm-Two Stepping w/Marvin15) 8am- Wake Up & WALK!9am-Freeman's Fitness Friday9am-Sewing w/Lula10am- SILVER SNEAKERS w/Angel'a11am-Fella's Let's Get Fit/BINGO12-2pm-Wild & Woolly Women12-3pm- Red Hat Society3-6pm-The Peak Table Games6-7pm-Fitness DVD 7-11pm DANCE**Saturday 6-16-18**8am-Wake Up & Walk DVD9am-Silver Sneakers/Angel'a10am-Boom Move It!18) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am-Line Dance w/Sheila11am-ZUMBA w/Valerie12 pm-Yoga w/Shanathi1pm-Fitness w/Freeman  
(Flexibility)2&3pm- SILVER SNEAKERS/Body Pump  
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Bible Study11am-Chair Fit w/Freeman12:00pm-SILVER SNEAKERS w/Angel'a1pm-Afternoon Fitness w/Valerie1-3pm-Bridge 3-6pm Peak Table Games6-7pm-Nighttime Cardio DVD20) 8am- Wake Up & WALK!9am- Fitness w/Freeman9-11am-Ping Pong Open Play10am- ZUMBA w/Valerie11am-Two Stepping w/Marvin12-1pm-Line Dancing w/Faye12-2pm-Wild & Woolly Women1pm-Fitness w/Freeman (Ab Workout)2pm-SILVER SNEAKERS w/Angel'a2-6pm-The Peak Table Games6-7pm-Line Dance w/Bonnita21) 8am-Wake Up & WALK!9am-Functional Fitness w/Freeman10am-3-D Printing**Library Programming**10:30am-Chair Fit w/Freeman11:30am- SILVER SNEAKERS

w/Angel'a

2pm- SILVER SNEAKERS

w/Angel'a

3-6pm-The Peak Table Games5-6pm-Sign Language w/Marsha6-7pm-Two Stepping w/Marvin22) 8am- Wake Up & WALK!9am-Freeman's Fitness Friday10am- SILVER SNEAKERS w/Angel'a*Classes during the time**slots of 10:30am-3:30pm**are canceled on today due**to HHS Annual Staff Meeting*3:30-6:30pm-The Peak Table Games6-7pm-Fitness DVD**Saturday 6-23-18**8am-Wake Up & Walk DVD9am-Silver Sneakers w/Angel'a10am-Boom Move It!25) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am-Line Dance w/Sheila11am-ZUMBA w/Valerie12 pm-Yoga w/Shanathi1pm-Fitness w/Freeman  
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Creating Memories "Peak"

10am-Craft- Library Programming10:30am-Chair Fit w/Freeman11:30am-4pm-Missouri City Bridge11:30am- SILVER SNEAKERS

w/Angel'a in the Peak

2pm- SILVER SNEAKERS

w/Angel'a in the PEAK

3-6pm-The Peak Table Games5-6pm-Sign Language w/Marsha6-7pm-Two Stepping w/Marvin29) 8am- Wake Up & WALK!9am-Freeman's Fitness Friday9am-Sewing w/Lula10am-SILVER SNEAKERS w/Angel'a11am-Fella's Let's Get Fit12-2pm-Wild & Woolly Women2-6pm-The Peak Table Games6-7pm-Fitness DVD**Saturday 6-30-18**8am-Wake Up & Walk DVD9am-Silver Sneakers w/Angel'a10am-Boom Move It!

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