

PLEASE SIGN IN DAILY-THANKS!

**Reminder!**

Houston Food Bank Truck & Resource Fair

Sponsored by: United Healthcare  
Wednesday, March 7th  
**9AM-12PM**

**Pickleball is here!** Afternoons at 3pm (by request & availability)



**MONDAY**

**Election - Primary  
March 6<sup>th</sup>**

**7am-7pm  
"The Peak"**

**Multi-purpose Room**  
All activities normally held in the Peak today are cancelled



**TUESDAY**

The PINNACLE

Senior Center of  
Fort Bend County

**March 2018  
Welcome Spring!**

**5525-C Hobby Rd.  
Houston, TX 77053**

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

**WEDNESDAY**

**Fella's Let's Get Fit  
to FIGHT**

♥ HEART DISEASE ♥

**New Class**

Featuring Cardio  
Strength Training  
& Boxing Techniques  
Not exclusive to men

**Fridays @ 11AM  
THURSDAY**

**•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/Bonita

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

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

Two Stepping w/Marvin

Friday-6-7pm- Fitness DVD

**FRIDAY/SATURDAY**

Texas A&M AgriLife  
Extension Services



**Tai Chi for**

**Arthritis w/ Courtney Bryant**  
Tuesdays 9:30-10:AM Practice  
10-10:45am-Class

Bonus: Nutrition Segment

**The Wellness Center**

Carolyn Lyons, LVN

Monday & Wednesday 9am-1pm  
Blood Pressure & Diabetes Testing

**CHANGES IN SCHEDULE**

Ping Pong is only on Wednesdays  
9-11am. Thursday's by request.  
Please check the schedule!

**Students Helping Seniors**

Students helping Seniors with digital devices  
is now Tuesdays and Thursdays 12-12:30pm.

Thanks to Rho Beta Beta Chapter of  
Omega Psi Phi Fraternity, Inc. &  
Suburban Houston-Fort Bend Alumnae  
Chapter of Delta Sigma Theta Sorority,  
Inc. for the informative  
"Affairs of the Heart" Symposium

**2018 Pre-St. Patrick's Day**

**Houston Food Bank  
Health/Resource Fair**

**March 7<sup>th</sup> 9am to Noon**

This year's focus is on Pre-Needs Planning and  
Cemetery/Burial Planning.

The lore is that at the end of the rainbow  
there is a pot of gold. We pose this question.  
What is at the end of the rainbow of your life?

Are you ready? Will your family have to  
raise funds for your burial or will you  
have taken the measures to make  
sure there is a smooth transition.

**This cannot be left to luck!**

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

**9am-Functional Fitness w/Freeman**

**10am- Genealogy**

**Library Programming**

**10:30am- Chair Fit w/Freeman**

**11am-Noon-Healthy Eating w/Deanne**

**11:30am-SILVER SNEAKERS w/Angel'a**

**12-12:30pm-Students helping Seniors**

**2pm- SILVER SNEAKERS**

w/Angel'a

**2-6pm-The Peak Table Games**

**5-6pm-Sign Language w/Marsha**

**6-7pm-Line Dancing on hold**

**2) 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 3-3-18**

**8am-Wake Up & Walk DVD**

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

**5) 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)

**2pm- SILVER SNEAKERS 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

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

**ELECTION DAY-Voting in "The Peak"**

**9am-Strength Training w/Freeman**

**9am- SILVER SNEAKERS w/Angel'a**

**9:30am-Tai Chi for Arthritis w/Courtney**

**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**

**12-12:30pm-Students helping Seniors**

**1pm-Afternoon Fitness w/Valerie**

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

Thanks to our partner Walgreens  
on Court Rd. for the donations to  
the St. Patrick's Day  
Health/Resource Fair!!!

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

**9AM-Noon-Houston Food Bank  
St. Patrick's Day Health/Resource Fair**

**9am- Fitness w/Freeman**

**9-11am-Ping Pong- CANCELED**

**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-SILVER SNEAKERS w/Angel'a**

**2-6pm-The Peak Table Games**

**6-7pm-Line Dance w/Bonita**

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

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

**9am-Functional Fitness /Freeman**

**10am- Story of My Life Part 1**

**Library Programming**

**10:30am-Chair Fit w/Freeman**

**11:30am-SILVER SNEAKERS**

w/Angel'a

**12-12:30pm-Students helping Seniors**

**2pm- SILVER SNEAKERS**

w/Angel'a

**2-6pm-The Peak Table Games**

**5-6pm-Sign Language w/Marsha**

**6-7pm-Two Stepping w/Marvin**

Welcome Angel'a Jones  
Silver Sneakers Fitness Instructor  
See schedule for new classes!!

**9) 8am- Wake Up & WALK!**

**9am-Freeman's Fitness Friday**

**9am-Sewing w/Lula &  
Bling It w/Harriett**

**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 3-10-18**

**8am-Wake Up & Walk DVD**

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

•••In the Spotlight•••

BINGO W/ANGELIA AND  
AMERIGROUP  
MARCH 23, 2018 11AM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

12) 8am-Wake Up & Walk!  
9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
12 pm-Yoga w/Shanthy  
1pm-Fitness w/Freeman (Flexibility)  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm- Fitness DVD

19) 8am-Wake Up & Walk!  
9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
12 pm-Yoga w/Shanthy  
1pm-Fitness w/Freeman (Flexibility)  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm- Fitness DVD

26) 8am-Wake Up & Walk!  
9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
12 pm-Yoga w/Shanthy  
1pm-Fitness w/Freeman (Flexibility)  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm- Fitness DVD

13) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am- SILVER SNEAKERS w/Angel'a  
9:30am-Tai Chi for Arthritis w/Courtney  
10am-Self-Defense w/Kenneth & Gerald  
11am- Greater Works Bible Study  
11am-Chair-Fit w/Freeman  
12:00pm-SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm- Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD/Zydeco

20) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am- SILVER SNEAKERS w/Angel'a  
9:30am-Tai Chi for Arthritis w/Courtney  
10am-Self-Defense w/Kenneth & Gerald  
11am- Greater Works Bible Study  
11am-Chair-Fit w/Freeman  
12:00pm-SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm-Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD/Zydeco

27) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am- SILVER SNEAKERS w/Angel'a  
9:30am-Tai Chi for Arthritis w/Courtney  
10am-Self-Defense w/Kenneth & Gerald  
11am-Greater Works Bible Study  
11am-Chair-Fit w/Freeman  
12:00pm-SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm-Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD/Zydeco

14) 8am- Wake Up & WALK!  
9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
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- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

21) 8am- Wake Up & WALK!  
9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
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-SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

28) 8am- Wake Up & WALK!  
9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am-ZUMBA w/Valerie  
11am-Two Stepping w/Marvin  
12-1pm-Line Dancing w/Faye  
March Birthday Celebration @Noon  
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/Bonnita


15) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am- Story of My Life Part 2 Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am- SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Two Stepping w/Marvin

22) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am-Story of My Life-Power Point Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am-4pm-Missouri City Bridge  
11:30am & 2pm SILVER SNEAKERS w/Angel'a in the Peak  
12-12:30pm-Students helping Seniors  
3-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Two Stepping w/Marvin

29) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am- Mystery Craft Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am- SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Two Stepping w/Marvin

16) 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  
12-3pm- Red Hat Society  
12-2pm-Wild & Wooly Women  
3-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
Saturday 3-17-18  
8am-Wake Up & Walk DVD  
9am-Silver Sneakers Circuit & Body Pump w/Angel'a 10am-Boom Move It!

23) 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/**BINGO**  
12-2pm-Wild & Wooly Women  
2-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
Saturday 3-24-18  
8am-Wake Up & Walk DVD  
9am-Silver Sneakers Circuit & Body Pump w/Angel'a 10am-Boom Move It!

30) Fort Bend County  
 Holiday  
 The Pinnacle Senior Center  
 will be closed in  
 observance of the  
 Good Friday Holiday  
  
**GOOD FRIDAY**  
CLOSED SATURDAY 3-31

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