

PLEASE SIGN IN DAILY-THANKS!

### Reminder!

#### New Hours

8:30-11am

Wednesday, May 1st

Houston Food Bank  
Truck & Resource Fair

Sponsored by:  
United Healthcare  
**MONDAY**



### City/School Board/ MUD Election

May 4<sup>th</sup> 7am-7pm

Doors open 7am & close 7pm  
**TUESDAY**

### The PINNACLE Senior Center of Fort Bend County May 2019

- Happy Memorial Day -

5525-C Hobby Rd. Houston, TX77053  
M-F 7:30am-7:30pm Sat. 8-11am

**WEDNESDAY**

Sewing Class  
Interest Tea Party  
Join the ladies who sew  
for a tea party on  
May 10<sup>th</sup> 11am-1pm



**THURSDAY**

### •EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila  
6-7pm -MixedFit

Tuesday-6-7pm-Zydeco

Wednesday- 6-7pm Line Dance w/Bonita

1<sup>st</sup> Thursday-6-7pm MixedFit

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

Two Stepping w/Marvin

Monday-Friday-6-7pm- WalkFit DVD's

**FRIDAY/SATURDAY**

### Do Well • Be Well w/Diabetes

Dianne Gertson RD, LD  
Fort Bend County Extension Agent  
Family & Community Health

REVISED SCHEDULE NOTICE!

"Coping to Control" Make Up Class  
will take place on May 9th

### Do Well• Be Well

New Schedule

16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>

5 Week course covered in 3 Weeks

11:30am in the Peak

Please sign up - Space is limited

### Walgreen's Immunization Clinic

Pneumonia, Measles, T-DAP, Shingles

May 20<sup>th</sup> & May 22<sup>nd</sup>

9am-10am

See the front desk for more information

### Red Nose Day!

Be an Everyday Hero! May 23<sup>rd</sup>

Help children in need stay safe,  
healthy & educated.

20% off coupon w/each \$2 purchase

We support Red Nose Day!

1) 8am- Wake Up & WALK!

8:30-11am Food Truck Resource Fair

9am- Fitness w/Freeman

10am- ZUMBA™ w/Valerie

11am-Two Stepping w/Marvin

12pm-Line Dancing w/Faye/Yoga

12-2pm- Wild & Woolly Women

1pm-Fitness w/Freeman (Ab Workout)

2pm- SILVERSNIAKERS™

Cardio Dance w/Angel'a

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonita/Walk DVD

2) 8am- Wake Up & WALK

9am-Functional Fitness/Freeman

10am-Computers-Word Basics

Library Programming

10:30am-Chair Fit w/Freeman

11:00am-Healthy Eating w/Deanne

11:30am-SILVERSNIAKERS™

Circuit (Chair) w/Angel'a

2pm- SILVERSNIAKERS™

Cardio Strength w/Angel'a

2-6pm-The Peak Table Games

5-6pm-Sign Language w/Marsha

6-7pm-Mixed Fit w/Anjonee/Walk DVD

3) 8am- Wake Up & WALK!

9am-Freeman's Fitness Friday

9am-Sewing w/Lula/Bling w/Harriett

10am- SILVERSNIAKERS™ Yoga Stretch

11am-Fellas Let's Get Fit

12pm-Chair Fit w/Freeman DVD

12-2PM-Divas of God The Peak

2-6pm-The Peak Table Games

6-7pm-Walk DVD

Saturday 5-4-19 (Election Day)

8am-Wake Up & Walk DVD

9&10am-SilverSneakers™ Circuit &

Boom Move It! w/Angel'a

6) 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- SILVERSNIAKERS™ Cardio

Dance/Body Pump w/Angel'a

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 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- SILVERSNIAKERS™

Cardio Strength w/Angel'a

1pm-Afternoon Fitness w/Valerie

1-3pm-Bridge 3-6pm Peak Table Games

6-7pm-Zydeco Dance/Walk DVD

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/Yoga

12-2pm- Wild & Woolly Women

1pm-Fitness w/Freeman (Ab Workout)

2pm- SILVERSNIAKERS™

Cardio Dance w/Angel'a

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonita/Walk DVD

9) 8am- Wake Up & WALK

9am-Functional Fitness/Freeman

10am-Legal Resources

Library Programming

10:30am-Chair Fit w/Freeman

11:30am-Coping to Control Makeup

11:30am-SILVERSNIAKERS™

Circuit (Chair) w/Angel'a

2pm- SILVERSNIAKERS™

Cardio Strength w/Angel'a

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-Freeman's Fitness Friday

9am-Sewing w/Lula/Tea Party

10am- SILVERSNIAKERS™ Yoga Stretch

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 5-11-19

8am-Wake Up & Walk DVD

9&10am-SilverSneakers™ Circuit &

Boom Move It! w/Angel'a

Schedule Subject to Change

please call: 832-471-2765

Especially inclement weather days

Fellas Let's Get Fit Freestyle  
Tuesday mornings at 10AM

Please support your VOLUNTEERS with  
a kind and generous donation!

All classes except Freeman's are  
Taught/Facilitated by Volunteers!!!!

Yoga Meditation w/Dih-anah

Wednesdays at Noon The PEAK

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 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 /Angel'a  
2-6pm-The Peak Table Games  
5-6pm- Line Dance w/Sheila  
6-7pm-MixedFit w/Anjonee/Walk DVD

20) 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/Angel'a  
2-6pm-The Peak Table Games  
5-6pm- Line Dance w/Sheila  
6-7pm-MixedFit w/Anjonee/Walk DVD

27) Fort Bend County  
 Holiday  
 The Pinnacle Senior Center  
 will be CLOSED in  
 observance of the  
 Memorial Day Holiday



14) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am- SilverSneakers™ Chair w/Angel'a  
 Self-Defense  
 w/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 3-6pm Peak Table Games  
6-7pm-ZydecoDance/WalkDVD

21) 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 w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Zydeco Dance/Walk DVD

28) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am-SilverSneakers™ Chair w/Angel'a  
 Self-Defense  
 w/Grand Master Gerald The Peak  
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

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/Yoga  
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/Walk DVD

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/Yoga  
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/Walk

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 Dance w/Faye/Yoga  
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/Walk DVD

16) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am-Book Talk  
Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am-Do Well Be Well PEAK  
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 Step w/Marvin/Walk DVD

23) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am-Tips on New Catalog  
Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am-Do Well Be Well PEAK  
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 Step w/Marvin/Walk DVD

30) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am-Craft  
Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am-Do Well Be Well PEAK  
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 Step w/Marvin/Walk DVD

17) 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 5-18-19  
8am-Wake Up & Walk DVD  
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

24) 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 5-25-19  
8am-Wake Up & Walk DVD  
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

31) 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 6-1-19  
8am-Wake Up & Walk DVD  
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'

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