

PLEASE SIGN IN DAILY-THANKS!

National Observances
American Diabetes Month
Lung Cancer Awareness
Alzheimer's Awareness
Nat'l Family Caregivers
Nat'l Healthy Skin Month

MONDAY

Basic & Intermediate Computer Every Tuesday @ 11am in "The POINTE" Internet Cafe
....See HOLIDAY WEEK SCHEDULE....
♦♦♦♦♦ **November 1-30** ♦♦♦♦♦
The PINNACLE will participate in FBISD Shared Dreams Old Shoe Drive (Donation boxes will be located at the entrance) All old worn out shoes are accepted.

TUESDAY

The PINNACLE
Senior Center of
Fort Bend County
November 2014
*5525-C Hobby Rd.
Houston, TX 77053*
M-F 7:30am-7:30pm Sat. 8-11am

WEDNESDAY

Fitness Assessments w/Freeman
Every Thursday
(Must Register w/Angie)
See Nights & Weekend for Saturday Schedule
The POINTE & The PEAK are open when a scheduled event is not taking place

THURSDAY

•New 30 minute Class Offered-
Freeman's Functional Fitness
Thursdays @ 10am
Latin Cardio Dance (DVD)
Thursdays at 9am
Merengue, Cha-Cha,
Samba & Mambo
Open Enrollment for 2015
Medicare 10-15 - 12-07

FRIDAY

Visit the
Wellness Center
Robin Richardson, RN
Monday & Thursday
9am-4pm
Mary McNeil, MS, CBC
M-T-W
7:30am-4:30pm
½ Day on TH & Friday

Drop-Ins Welcome

Nights & Weekend Schedule
Monday-5-6pm-Line Dance w/Sheila
6-7pm-Fitness w/Julius
Tuesday-6-7pm-Zumba w/Carla
Wednesday-6-7pm -Advanced Line Dance w/Bonita
Thursday-6-7pm- Line Dance w/Faye
Friday-6-7pm-Fitness w/Julius
Saturday-8am-Fitness w/Julius
9am-Zumba w/Valerie

Bring a co-worker or a friend out!

.....
Hamilton Assistance Ministries will be back on 11-07-14
10:30am – 12 noon
To accept applications for free phones & to Exchange Vouchers for those who have already qualified

1st Friday Finance Forum is cancelled in lieu of the Voucher Exchange

Veteran's Day
Flag Pole Ceremony
Calling all veterans/patrons to the pole ceremony on 11-10-14 at 11am

*Sponsored by: American Legion Sugar Land Post #942
Commander Lionel Villafranco presiding & American Legion Auxillary Unit #416 sponsoring gifts to the veterans*
Veterans who have signed up will receive a flag, gift bag & proclamation from the Texas House of Representatives.

Commissioner Grady Prestage of Precinct 2 will donate an antique flag to the center in commemoration of our veteran's military service.

Reminder to all Veterans
*Dwight Marshall
Fort Bend County
Veterans Officer*
is here to assist you each and every Wednesday at 11am Please see Angie if you would like to make an appointment to meet with him

Thank You for your service!

3) 8am-Walk Fit-Auditorium
9am-Fitness w/Freeman
10am- Happy Feet Line Dance w/Sheila
11am-Zumba w/Valerie
1pm-Fitness w/Freeman (Flexibility)
2pm-Closing- Bid Whist, Domino & Spades Players (The Peak)

5-6pm-Line Dance w/Sheila
6-7pm-Fitness w/Julius

4) 8am-Walk Fit-Auditorium
9am-Strength Training w/Freeman
10am- Train Your Brain Tuesday (Games for the Brain)
10am-Chair Fit/Meditation w/Easter
11am-Computer Class w/Lynn
11am-Greater Works Bible Study/Prayer "The Peak"
1pm-Afternoon Fitness w/Valerie
1-3pm- Advanced Bridge Lessons w/Mr. Ford "The PEAK"
6-7pm-Zumba w/Carla

5) 8am-Walk Fit—Auditorium
9am-Fitness w/Freeman
9am-12pm-Texans Plus HMO Workshop for Open Enrollment
The POINTE
10am-Zumba w/Carla
11am-Two Stepping w/TSI
12-1pm-Line Dancing w/Faye
12-1pm-Crochet & Knitting w/Janet
1pm-Fitness w/Freeman(Ab Workout)
2pm-Closing Bid Whist, Domino & Spades Players "The PEAK"
6-7pm-Line Dance w/Bonita

6) 8am-Walk Fit -Auditorium
9am-NEW-Latin Cardio Dance (DVD)
10am-Functional Fitness w/Freeman
10:30am- Line Dancing w/Faye
11am-How to use Google Documents (FBC Libraries) (10-11-Bridge Meeting)
11am-Pinochle (The Peak) **12pm-Zumba**TBD
11am-3pm- Missouri City Bridge Tournament
1-3pm- Diabetes Self-Management w/Mary & Robin-Session 5 "The POINTE"
6-7pm-NO CLASS TONIGHT- 6-7:30-Group meeting at The POINTE

7) 8am- Walk Fit-Auditorium
9am-Freeman's Fitness Friday
10am- Chair Fit/Meditation w/Easter
10:30-12pm-Hamilton Assistance Ministries Free Phone Seminar & Voucher Exchange-The POINTE
12-1pm-Crochet & Knitting w/Janet
2pm-Closing-Domino Players "The PEAK"
6-7pm-Fitness w/Julius

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

BINGO! 11-21-14 (Amerigroup)
Thanks Providence Hospice & Wynona Jacobs for the awesome Harvest Bingo!

A Special Thank You to "Dhae"
For a successful Tai Chi Ch'uan-Yang Long Form Session
•New Class beginning January 2015•

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

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The PINNACLE Senior Center
A "J-LAPPY" Place to Be!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10) 8am-Walk Fit-Auditorium
9am-Fitness w/Freeman
10am- Happy Feet Line Dance w/Sheila
11am-Zumba w/Valerie
11am-Flag Pole Ceremony for Veterans - All are Welcome!
1pm-Fitness w/Freeman (Flexibility)
2pm-Closing-Bid Whist, Domino & Spades Players "The Peak"
5-6pm-Line Dance w/Sheila
6-7pm-Fitness w/Julius

11) Fort Bend County Holiday
The PINNACLE Senior Center will be closed in observance of Veterans' Day



12) ●●No AM Classes●●
Constable Ruben Davis' Thanksgiving Luncheon
9am-12pm
Morning and early afternoon classes are cancelled.
Schedule resumes at 2pm.
2pm-Closing-Bid Whist, Domino & Spades Players "The PEAK"
6-7pm-Line Dance w/Bonnita

13) 8am- Walk Fit- Auditorium
9am- NEW-Latin Cardio Dance (DVD)
10am-Functional Fitness w/Freeman
10:30am-Line Dancing w/Faye
11am-Learning from Family History Databases (FBC Libraries)
11am-Pinochle "The Peak"
12pm- Zumba Gold w/Carla
1-3pm-Diabetes Self-Management w/Mary & Robin Session 6- The POINTE
6-7pm-Line Dance w/Faye

14) 8am- Walk Fit -Auditorium
9am-Freeman's Fitness Friday
10am- Chair Fit/Meditation w/Easter
10am- NEW GROUP FORMING
Who: Caregivers In Action (CIA) If you care for a loved one adult/adult child, this group is for you!
Where: The Peak
When: Today- 10am-1pm
12-1pm-Crochet & Knitting w/Janet
2pm-Closing-Domino Players- (Audi.)
6-7pm-Fitness w/Julius

17) 8am-Walk Fit -Auditorium
9am-Fitness w/Freeman
10am- Happy Feet Line Dance w/Sheila
11am-Zumba w/Valerie
1pm-Fitness w/Freeman (Flexibility)
2-Closing- Bid Whist, Domino & Spades Players "The PEAK"
5-6pm-Line Dance w/Sheila
6-7pm-Fitness w/Julius

18) 8am- Walk Fit- Auditorium
9am-Strength Training w/Freeman
10am- Chair Fit/Meditation w/Easter
11am-Computer Class w/Lynn
11am-Greater Works Bible Study/Prayer
1pm-Afternoon Fitness w/Valerie
1-3pm- Advanced Bridge Lessons w/Mr. Ford
5-6:30pm-Teacher Mentoring @ The Pointe
6-7pm-Zumba w/Carla

19) 8am- Walk Fit -Auditorium
9am- Fitness w/Freeman
10am-Zumba w/Carla
11am-Two Stepping w/TSI
12-1pm-Line Dancing w/Faye
12-1pm-Crochet & Knitting w/Janet
1pm-Fitness w/Freeman (Ab Workout)
2pm-Closing- Bid Whist, Domino & Spades Players "The PEAK"
6-7pm-Line Dance w/Bonnita

20) 8am- Walk Fit-Auditorium
9am- NEW-Latin Cardio Dance (DVD)
10am-Functional Fitness w/Freeman
10:30am-Line Dance w/Faye-CANCELLED TODAY
11am-Pinochle "Peak"
11am- Holiday Crafts Online (FBC Libraries)
12pm-Zumba Gold w/Carla
6-7pm-Line Dance w/Faye

21) 8am- Walk Fit-Auditorium
9am-Freeman's Fitness Friday
10am- Chair Fit/Meditation w/Easter
12-3pm- Red Hat Society (The PEAK) BINGO! 11am-12noon
Sponsored by: AMERIGROUP
Angelia Reese
12-1pm-Crochet & Knitting w/Janet
2pm-Closing-Domino Players -The Peak
6-7pm-Fitness w/Julius

24) 8am-Walk Fit- Auditorium
8am-1pm
MARKETPLACE MONDAY
9am-Fitness w/Freeman
10am- Happy Feet Line Dance w/Sheila
11am-Zumba w/Valerie
1pm-Fitness w/Freeman (Flexibility)
2pm-Closing- Bid Whist, Domino & Spades Players "The Peak"
5-6pm-Line Dance w/Sheila
6-7pm-Fitness w/Julius

25) 8am- Walk Fit- Auditorium
9am-Strength Training w/Freeman
10am- Train Your Brain Tuesday
10am- Chair Fit/Meditation w/Easter
11am- NO COMPUTER CLASS TODAY
11am-Greater Works Bible Study/Prayer
1pm-Afternoon Fitness w/Valerie
1-3pm- Advanced Bridge Lessons w/Mr. Ford
6-7pm-Zumba w/Carla

26) 8am- Walk Fit -Auditorium
9am- Fitness w/Freeman
10am-Zumba w/Carla
11am-Two Stepping w/TSI
12-1pm-Line Dance Cancelled Today
12-1pm-Crochet & Knitting w/Janet
1pm-Fitness w/Freeman (Ab Workout)
2pm-Closing- Bid Whist, Domino & Spades Players "The PEAK"
Birthday Celebration @ Noon
Cake & Ice Cream
6-7pm-Line Dance w/Bonnita

27) Fort Bend County Holiday
The PINNACLE Senior Center will be closed in observance of the Thanksgiving Holiday

Freeman, Julius, Sheila, Valerie, Carla, Faye, Dhae, Easter, Bonnita & Aurelia want you to think of them at dinner! ©

28) Fort Bend County Holiday
The PINNACLE Senior Center will be closed in observance of the Thanksgiving Holiday

Fitness Classes await you on Monday!

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