

PLEASE SIGN IN DAILY-THANKS!

**Reminder!**

**Houston Food Bank Truck & Resource Fair**

Sponsored by: *United Healthcare*

**Wednesday, October 3rd  
9AM-Noon**

**Flu Shots w/Walgreen's  
October 9th 2:30pm  
MONDAY**

**Ensemble Theatre Trip**

**November 11th 3pm Matinee  
for the Christmas show \$25**



Written by PHILLIP ROSE & PETER UDELL



**Annual Pink Out Day 10-16  
TUESDAY**

**The PINNACLE**

Senior Center of  
Fort Bend County

**October 2018**

**Breast Cancer**

**Awareness Month**

5525-C Hobby Rd. Houston, TX 77053

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

**WEDNESDAY**

**\* 4-Week Evidence Based \***

**Hypertension Class  
w/Dianne Gertson of**

**Texas A&M Extension Life Services**

**Oct. 25, Nov. 1, 8, 15!**

*Please pay attention to all dates and times for special events-They are not on the schedule by date*  
**THURSDAY**

**•EVENING SCHEDULE•**

*Monday-5-6pm Line Dance w/Sheila*

*6-7pm -MixedFit/Walk DVD*

*Tuesday-6-7pm-Zydeco/Walk DVD*

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

**1st Thursday-6-7pm Open-No Class**

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

**Two Stepping w/Marvin**

*Friday-6-7pm- Fitness DVD*

**FRIDAY/SATURDAY**

**The Wellness Center**

**Carolyn Lyons, LVN**

*Monday & Wednesday*

*9am-1pm*

Blood Pressure & Diabetes Testing

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Texas A&M AgriLife Extension Services



**Tai Chi for Arthritis**

**w/Courtney**

*1st & 3rd Tuesdays*

*9:30-10am-Practice*

*10-10:45am-Class*

UT Health will conduct a community recruiting event to reduce the impact of breast/cervical cancer among *Latinos*. You must be (Latino) 21 and over & meet 4 criteria

1) 21-26 and have not received

a HPV vaccine 2) 21-65 and

have not received a Pap test

in the past 3 years 3) 40 and have

not had a mammogram in the

past 2 years & 4) Not pregnant

**October 16th - 8:30-10:30am**

*In support of the Fort Bend Walk to End Alzheimer's, "Happy Feet" Line Dancers will hold a \$5 benefit dance on **October 8th 4-6pm***

*Proceeds will go directly to the Alzheimer's Foundation ID 6134399*

*The Pinnacle is invited to participate in the walk at the University of Houston-Sugar Land on October 27th*

*Registration begins at 7:30am*

*Walk at 8:30am (Wear purple)*

*Together we can end Alzheimer's!*

**MedXPRIME**

*w/V-Ellis Doberson*

Will conduct an informational Hereditary Cancer Screening Presentation and Adverse Medication Reaction to Medications Workshops on

*October 11th 10am-Noon*

*Hereditary Cancer*

*Screening Presentation &*

*October 18th 10am-Noon*

*Adverse Medication Reaction to Medications*

**New Classes for the FALL!**



**MixedFit®**

*w/Anjonée Mathis*

**Monday night from 6-7PM**

*Mixed Fit is a people-inspired fitness program that is a mix of explosive movements & toning*

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**Zydeco is Back!!!**

**Tuesday night 6-7PM**

**w/Michael & Theresa**

1) **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- SILVERSNEAKERS™ Cardio**

**Dance/Body Pump w/Angel'a**

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

**5-6pm-Line Dancing w/Sheila**

**6-7pm- MixedFit/Walk DVD**

2) **8am-Wake Up & WALK!**

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

**9am- SilverSneakers™ Classic Chair**

**w/Angel'a**

**9:30am-Tai Chi for Arthritis Practice**

**10-10:45am-Tai Chi**

**w/Courtney & Nutrition w/Krystal**

**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**

3) **8am- Wake Up & WALK!**

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

**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- SILVERSNEAKERS™ Cardio Dance**

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

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

4) **8am- Wake Up & WALK!**

**9am-Functional Fitness/Freeman**

**10am-Computer Class Gmail**

**Library Programming**

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

**11:00am-Healthy Eating w/Deanne**

**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 Stepping w/Marvin**

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

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

**9-11am-Sewing & Bling it**

**10am-SILVERSNEAKERS™ Yoga Stretch**

**11am-Fella's Let's Get Fit/BINGO**

**12pm-Chair Fit w/Freeman DVD**

**12-2pm-Pinnacle Voices Peak**

**12-2pm-Wild & Wooly Women**

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

**6-7pm-Fitness DVD**

**Saturday 10-06-18**

**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*

**BINGO w/Amerigroup & Angelia**

**October 5th 11AM**

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

**Walgreen's Flu Shots**

**October 9th 2:30PM**

Please complete insurance forms

**Visit us online at:**

**www.fortbendcountytx.gov under Departments/Health & Human Services**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

<p>8) <u>8am</u>-Wake Up &amp; Walk!  <u>9am</u>-Fitness w/Freeman  <u>10am</u>-Line Dance w/Sheila  <u>11am</u>-ZUMBA™ w/Valerie  <u>12PM</u>-Yoga w/Diana  <u>1pm</u>-Fitness w/Freeman (Flexibility)  <u>2&amp;3pm</u>- SILVERSNEAKERS™ Cardio Dance/Body Pump w/Angel'a  <u>2-6pm</u>-The Peak Table Games  <u>4-6pm</u>-Line Dance Benefit  <u>6-7pm</u>- MixedFit/Walk DVD</p>	<p>9) <u>8am</u>-Wake Up &amp; WALK!  <u>9am</u>-Strength Training w/Freeman  <u>9am</u>- SilverSneakers™ Chair w/Angel'a  <u>10am</u>- Self-Defense w/Kenneth &amp; Grand Master Gerald The Peak  <u>11am</u>- Greater Works Bible Study  <u>11am</u>-Chair Fit w/Freeman  <u>12:00pm</u>-SILVERSNEAKERS™ Cardio Strength w/Angel'a  <u>1pm</u>- Afternoon Fitness w/Valerie  <u>1-3pm</u>-Bridge 1-6pm Peak Table Games  <u>6-7pm</u>-Zydeco Dance/Walk DVD</p>	<p>10) <u>8am</u>- Wake Up &amp; WALK!  <u>9am</u>- Fitness w/Freeman  <u>9-11am</u>-Ping Pong Open Play  <u>10am</u>- ZUMBA™ w/Valerie  <u>11am</u>-Two Stepping w/Marvin  <u>12-1pm</u>-Line Dancing w/Faye  <u>12-2pm</u>-Wild &amp; Wooly Women  <u>1pm</u>-Fitness w/Freeman (Ab Workout)  <u>2pm</u>-SILVERSNEAKERS™ Cardio Dance w/Angel'a  <u>2-6pm</u>-The Peak Table Games  <u>6-7pm</u>-Line Dance w/Bonнита</p>	<p>11) <u>8am</u>-Wake Up &amp; WALK!  <u>9am</u>-Functional Fitness w/Freeman  <u>10am</u>-Legal Resources Library Programming  <u>10:30am</u>-Chair Fit w/Freeman  <u>10am-Noon</u>- Hereditary Cancer Screening Week 1  <u>11:30am</u>- SILVERSNEAKERS™ Circuit (Chair) w/Angel'a  <u>2pm</u>- SILVERSNEAKERS™ Cardio Strength w/Angel'a  <u>2-6pm</u>-The Peak Table Games  <u>5-6pm</u>-Sign Language w/Marsha  <u>6-7pm</u>-Two Stepping w/Marvin</p>	<p>12) <u>8am</u>- Wake Up &amp; WALK!  <u>9am</u>-Freeman's Fitness Friday  <u>9am</u>-Sewing w/Lula  <u>10am</u>- SILVERSNEAKERS™ Yoga Stretch  <u>11am</u>-Fella's Let's Get Fit  <u>12pm</u>-Chair Fit w/Freeman DVD  <u>12-2pm</u>-Wild &amp; Wooly Women  <u>2-6pm</u>-The Peak Table Games  <u>6-7pm</u>-Fitness DVD  <u>Saturday 10-13-18</u>  <u>8am</u>-Wake Up &amp; Walk DVD  <u>9&amp;10am</u>-SilverSneakers™ Circuit &amp; Boom Move It! w/Angel'a</p>
<p>15) <u>8am</u>-Wake Up &amp; Walk!  <u>9am</u>-Fitness w/Freeman  <u>10am</u>-Line Dance w/Sheila  <u>11am</u>-ZUMBA™ w/Valerie  <u>12PM</u>-Yoga w/Diana  <u>1pm</u>-Fitness w/Freeman (Flexibility)  <u>2&amp;3pm</u>- SILVERSNEAKERS™ Cardio Dance/Body Pump w/Angel'a  <u>2-6pm</u>-The Peak Table Games  <u>5-6pm</u>-Line Dancing w/Sheila  <u>6-7pm</u>- MixedFit/Walk DVD</p>	<p>16) <u>8am</u>-Wake Up &amp; WALK!  <u>9am</u>-Strength Training w/Freeman  <u>9am</u>- SilverSneakers™ Chair w/Angel'a  <u>9:30am</u>-Tai Chi for Arthritis Practice  <u>10-10:45am</u>-Tai Chi w/Courtney &amp; Nutrition w/Krystal  <u>11am</u>- Greater Works Bible Study  <u>11am</u>-Chair Fit w/Freeman  <u>12:00pm</u>-SilverSNEAKERS™ Cardio Strength  <u>1pm</u>-Afternoon Fitness w/Valerie  <u>1-3pm</u>-Bridge 3-6pm Peak Table Games  <u>6-7pm</u>-Zydeco Dance/Walk DVD</p>	<p>17) <u>8am</u>- Wake Up &amp; WALK!  <u>9am</u>- Fitness w/Freeman  <u>9-11am</u>-Ping Pong Open Play  <u>10am</u>-ZUMBA™ w/Valerie  <u>11am</u>-Two Stepping w/Marvin  <u>12-1pm</u>-Line Dancing w/Faye  <u>12-2pm</u>-Wild &amp; Wooly Women  <u>1pm</u>-Fitness w/Freeman (Ab Workout)  <u>2pm</u>- SILVERSNEAKERS™ Cardio Dance w/Angel'a  <u>2-6pm</u>-The Peak Table Games  <u>6-7pm</u>-Line Dance w/Bonнита</p>	<p>18) <u>8am</u>-Wake Up &amp; WALK!  <u>9am</u>-Functional Fitness w/Freeman  <u>10am</u>-Health &amp; Fitness Library Programming  <u>10:30am</u>-Chair Fit w/Freeman  <u>10am-Noon</u>- Hereditary Cancer Screening (Week 2)  <u>11:30am</u>- SILVERSNEAKERS™ Circuit (Chair) w/Angel'a  <u>2pm</u>- SILVERSNEAKERS™ Cardio Strength  <u>2-6pm</u>-The Peak Table Games  <u>5-6pm</u>-Sign Language w/Marsha  <u>6-7pm</u>-Two Stepping w/Marvin</p>	<p>19) <u>8am</u>- Wake Up &amp; WALK!  <u>9am</u>-Freeman's Fitness Friday  <u>9am</u>-Sewing w/Lula  <u>10am</u>- SILVERSNEAKERS™ Yoga Stretch  <u>11am</u>-Fella's Let's Get Fit  <u>12pm</u>-Chair Fit w/Freeman DVD  <u>12-2pm</u>-Wild &amp; Wooly Women  <u>12-3pm</u>- Red Hat Society  <u>3-6pm</u>-The Peak Table Games  <u>6-7pm</u>-Fitness DVD  <u>Saturday 10-20-18</u>  <u>8am</u>-Wake Up &amp; Walk DVD  <u>9&amp;10am</u>-SilverSneakers™ Circuit &amp; Boom Move It! w/Angel'a</p>
<p>22/29) <u>8am</u>-Wake Up &amp; Walk!  <u>9am</u>-Fitness w/Freeman  <u>10am</u>-Line Dance w/Sheila  <u>11am</u>-ZUMBA™ w/Valerie  <u>12PM</u> -Yoga w/Diana  <u>1pm</u>-Fitness w/Freeman (Flexibility)  <u>2&amp;3pm</u>- SILVERSNEAKERS™ Cardio Dance &amp; Body Pump w/Angel'a  <u>2-6pm</u>-The Peak Table Games  <u>5-6pm</u>-Line Dancing w/Sheila  <u>6-7pm</u>- MixedFit/Walk DVD</p>	<p>23/30) <u>8am</u>-Wake Up &amp; WALK!  <u>9am</u>-Strength Training w/Freeman  <u>9am</u>- SilverSneakers™ Chair w/Angel'a  <u>10am</u>- Self-Defense w/Kenneth &amp; Grand Master Gerald The Peak  <u>11am</u>-Greater Works Bible Study  <u>11am</u>-Chair Fit w/Freeman  <u>12:00pm</u>-SilverSNEAKERS™ Cardio Strength w/Angel'a  <u>1pm</u>-Afternoon Fitness w/Valerie  <u>1-3pm</u>-Bridge 3-6pm Peak Table Games  <u>6-7pm</u>-Zydeco Dance/Walk DVD</p>	<p>24/31) <u>8am</u>- Wake Up &amp; WALK!  <u>9am</u>- Fitness w/Freeman  <u>9-11am</u>-Ping Pong Open Play  <u>10am</u>-ZUMBA™ w/Valerie  <u>11am</u>-Two Stepping w/Marvin  <u>12pm</u>-Line Dancing w/Faye  <u>12-2pm</u>-Wild &amp; Wooly Women  <u>1pm</u>-Fitness w/Freeman (Ab Workout)  <u>2pm</u>-SILVERSNEAKERS™ Cardio Dance  <u>2-6pm</u>-The Peak Table Games  <u>6-7pm</u>-Line Dance w/Bonнита</p>	<p>25) <u>8am</u>-Wake Up &amp; WALK!  <u>9am</u>-Functional Fitness w/Freeman  <u>10am</u>-Craft Library Programming  <u>10:30am</u>-Chair Fit w/Freeman  <u>11:30am</u>-Hypertension Class Week 1  <u>11:30-4pm</u>-MC Bridge Tournament  <u>11:30am</u> &amp; <u>2pm</u>- SILVERSNEAKERS™ Circuit (Chair) &amp; SILVERSNEAKERS™ Cardio Strength w/Angel'a  <u>3-6pm</u>-The Peak Table Games  <u>5-6pm</u>-Sign Language w/Marsha  <u>6-7pm</u>-Two Stepping w/Marvin</p>	<p>26) <u>8am</u>- Wake Up &amp; WALK!  <u>9am</u>-Freeman's Fitness Friday  <u>9am</u>-Sewing w/Lula  <u>10am</u>- SILVERSNEAKERS™ Yoga Stretch  <u>11am</u>-Fella's Let's Get Fit  <u>12pm</u>-Chair Fit w/Freeman DVD  <u>12-2pm</u>-Wild &amp; Wooly Women  <u>3-6pm</u>-The Peak Table Games  <u>6-7pm</u>-Fitness DVD  <u>Saturday 10-27-18</u>  <u>8am</u>-Wake Up &amp; Walk DVD  <u>9&amp;10am</u>-SilverSneakers™ Circuit &amp; Boom Move It! w/Angel'a</p>

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