

PLEASE SIGN IN DAILY-THANKS!

**Reminder!**

**To Stay Safe-Disinfect, Social Distance, Wash Your Hands, Stay Home & MASK UP!**



Check out Freeman's new 15 minute Flexibility class on Monday @9am

**Breast Cancer Awareness Month**  
Join us at the Pinnacle in wearing pink every Friday in recognition of Breast Cancer Awareness Month!

**Open Enrollment w/H-GAC**

**Zoom Meeting Link**

**10-05-20 ▪ 10-11:30AM**

[https://zoom.us/webinar/register/WN\\_eFX3YtoCRJyWsZRAbHBO-g](https://zoom.us/webinar/register/WN_eFX3YtoCRJyWsZRAbHBO-g)

**The PINNACLE**  
Senior Center of  
Fort Bend County

**October 2020**

**"It's Fall Y'all!"**

**2020 Open Enrollment Begins**

**Breast Cancer Awareness**

5525-C Hobby Rd. Houston, TX 77053

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

Join Dianne Gertson  
County Extension Agent  
for a virtual  
presentation on:  
**Managing Diabetes  
Through Stressful  
and Irregular Times**

Click on link:

[https://www.youtube.com](https://www.youtube.com/watch?v=ExDBhTktVQ)

[/watch?v=ExDBhTktVQ](https://www.youtube.com/watch?v=ExDBhTktVQ)

**When using the Fitness Trail  
Abide by posted CDC signs**



*Fall into Fitness & Fun  
on a Morning Run!*

*The weather is beautiful!  
Wear gloves when using  
the outdoor equipment*



**MONDAY**

**8AM- 3 Mile Wake Up & Walk w/Krystal-**<https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*

**9AM- Fitness/Flexibility-** [https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=8](https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8)  
<https://youtu.be/Gmlr6jdCyp8>

**10AM- Line Dance w/Sheila-**<https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>  
[https://www.youtube.com/playlist?list=PL0-G\\_EGgVxOyXcRYr-tDtkCZw3POdMwe](https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDtkCZw3POdMwe)

**11AM- ZUMBA w/Valerie & Chloe-** <https://youtu.be/rkiboHCBehU>

**11AM- Chair Fit-** [https://www.youtube.com/watch?v=CvSitwJYqyI&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=3](https://www.youtube.com/watch?v=CvSitwJYqyI&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3)

**12PM- Yoga- Part 1-** <https://youtu.be/ct7mmXwUSIE> **Part 2-** <https://youtu.be/yGwdbXo1QJY>

**TUESDAY**

**8AM- 3 Mile Wake Up & Walk w/Krystal-**<https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*

**9AM- Fitness-** [https://www.youtube.com/watch?v=b4DxJkH3v5Y&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=4](https://www.youtube.com/watch?v=b4DxJkH3v5Y&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=4)

**10AM- Line Dance w/Sheila-**<https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>

**Beginner's Line Dance w/Faye & Sandra-**<https://youtu.be/byDxSiOqRg0> [https://youtu.be/e0Or272u\\_ow/](https://youtu.be/e0Or272u_ow/)

**11AM- Greater Works Bible Study-**[https://www.youtube.com/channel/UCpzGM6rrCrnMdvUJVQLSpXw?view\\_as=subscriber](https://www.youtube.com/channel/UCpzGM6rrCrnMdvUJVQLSpXw?view_as=subscriber)

**11AM- Chair Fit-** [https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=1](https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1)

**12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

*Please call the Pinnacle at 832-471-2765 if you have questions, comments, suggestions, or concerns on how we can better serve you during our closure*

**Wear PINK w/the Pinnacle each Friday in recognition of Breast Cancer Awareness Month!**

If you have a story/picture on how you keep awareness alive, please share it w/us!  
Call us at 832-471-2765

**Visit us online at:**  
[www.fortbendcountytexas.gov](http://www.fortbendcountytexas.gov)  
Under Departments/  
Health & Human Services

WEDNESDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness-** [https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=2](https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=2)
- 10AM- ZUMBA w/Valerie & Chloe-** <https://youtu.be/rkiboHCBehU>
- 11AM- Fitness (Abs)-** [https://www.youtube.com/watch?v=H0iVzilqARU&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=7](https://www.youtube.com/watch?v=H0iVzilqARU&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=7)
- 12PM- Beginner's Line Dance w/Faye & Sandra-** <https://youtu.be/byDxSjOqRg0>  
[https://youtu.be/e0Or272u\\_ow](https://youtu.be/e0Or272u_ow)
- 12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

THURSDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness-** [https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=8](https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8)
- 10AM- Line Dance w/Sheila-** [https://www.youtube.com/playlist?list=PL0-G\\_EGgVxOyXcRYr-tDJtkCZw3POdMwe](https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe)
- Beginner's Line Dance w/Faye & Sandra-** <https://youtu.be/byDxSjOqRg0> [https://youtu.be/e0Or272u\\_ow](https://youtu.be/e0Or272u_ow)
- 11AM- Chair Fit-** [https://www.youtube.com/watch?v=CvSjtwJYqyl&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=3](https://www.youtube.com/watch?v=CvSjtwJYqyl&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3)
- 10AM- Functional Fitness-Part 1** [https://www.youtube.com/watch?v=Zhdjzkyf7oE&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=5](https://www.youtube.com/watch?v=Zhdjzkyf7oE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=5)  
**Part 2-** [https://www.youtube.com/watch?v=-kAfHX3flwE&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=6](https://www.youtube.com/watch?v=-kAfHX3flwE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=6)
- 12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

FRIDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness Walk/Stretch-** [https://www.youtube.com/watch?v=TWfVf\\_5oxT4&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=9](https://www.youtube.com/watch?v=TWfVf_5oxT4&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=9)
- 10AM- Line Dance w/Sheila-** <https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>
- Beginner's Line Dance w/Faye & Sandra-** <https://youtu.be/byDxSjOqRg0> [https://youtu.be/e0Or272u\\_ow](https://youtu.be/e0Or272u_ow)
- 11AM- Chair Fit-** [https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=1](https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1)
- 11AM- ZUMBA w/Valerie & Chloe-** <https://youtu.be/rkiboHCBehU>
- 12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

