

PLEASE SIGN IN DAILY-THANKS!

**Reminder!**

Houston Food Bank Truck & Resource Fair

Sponsored by: **United Healthcare**

**Wednesday, September 5<sup>th</sup> 9AM-Noon**

MONDAY

**Defective Airbags Safety Recall Presentation w/Colin Gary**

**September 4<sup>th</sup> 10AM**

Bring your VIN and License Plate numbers to see if your vehicle qualifies for a free replacement  
**TUESDAY**

The PINNACLE

Senior Center of Fort Bend County

**September 2018**

Happy National Senior Center's Month

5525-C Hobby Rd. Houston, TX 77053  
**M-F 7:30am-7:30pm Sat. 8-11am**

**WEDNESDAY**

**2-Week Evidence Based Memory Class**

**Presenter: Dianne Gertson**  
Texas A&M Agrilife Extension Services

**9-13 & 9-20 - 11:30AM**

**\* \*Please sign up\* \*  
Coming Oct. 25, Nov. 1, 8, 15!**

**\* 4-Week Evidence Based \*  
Hypertension Class  
THURSDAY**

**•EVENING SCHEDULE•**

Monday-5-6pm Line Dance w/Sheila  
6-7pm -Fitness DVD

Tuesday-6-7pm-Nighttime Cardio DVD

Wednesday- 6-7pm Line Dance w/Bonita

**1<sup>st</sup> 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**

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays

**9:30-10am-Practice**

**10-10:45am-Class**

**Ensemble Theatre Trips**

**September 16<sup>th</sup> - 3pm Matinee**  
\$20 Bus leaves at 1:45pm



BY TREY ANTHONY

**We have 2 buses for the November 11<sup>th</sup> 3pm Matinee for the Christmas show \$25**

**CHRISTMAS IS COMIN' UPTOWN**

Written by PHILLIP ROSE & PETER UDELL

**Join United Healthcare for a special member appreciation event**

**Friday, September 7<sup>th</sup> 10:30AM - 12PM**

Please sign up

- Light refreshments
- Giveaways
- Activities
- Seasonal fun
- A presentation

**Healthy Foods w/Deanne Returns on September 6<sup>th</sup> 11AM**

**WELCOME BACK DEANNE!**

If you attend the healthy eating class, you may also participate in the memory class on the 13<sup>th</sup> & 20<sup>th</sup>

This class was condensed from 3 to 2 weeks to accommodate you!

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

8/31) **8am- Wake Up & WALK!**

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

**9am-Sewing w/Lula**

**10am-SILVERSNEAKERS™ Yoga Stretch**

**11am-Fella's 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 9-01-18**

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

**9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a**

3) Fort Bend County Holiday

The Pinnacle Senior Center will be CLOSED in observance of Labor Day holiday



4) **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-Nighttime Cardio DVD**

5) **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 & Woolly Women**

**1pm-Fitness w/Freeman(Ab Workout)**

**2pm- SILVERSNEAKERS™ Cardio Dance**

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

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

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

**9am-Functional Fitness/Freeman**

**10am-What Do I Read Next?**

**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**

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

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

**9am-Sewing w/Lula**

**10am-SILVERSNEAKERS™ Yoga Stretch**

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

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

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

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

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

**6-7pm-Fitness DVD**

**Saturday 9-08-18**

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

**9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a**

**Schedule Subject to Change please call: 832-471-2765**

**Especialy inclement weather days**

Prepare for the Flu season by getting your shot. Please sign up and complete your insurance paperwork 9-4-18 2:30pm

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

**Walgreen's Flu Shots**

**September 4<sup>th</sup> 2:30PM**

Please complete insurance forms

**Visit us online at:**

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

10) 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- Fitness DVD

17) 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 w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm- Fitness DVD

24) 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 w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm- Fitness DVD

11) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am- SilverSneakers™ Classic Chair  
 w/Angel'a  
10am- Self-Defense w/Kenneth  
& 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 1-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD

18) 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 & 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-Nighttime Cardio DVD

25) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am- SilverSneakers™ Chair w/Angel'a  
10am- Self-Defense w/Kenneth  
& 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-Nighttime Cardio DVD

12) 8am- Wake Up & WALK!  
9am- Fitness w/Freeman  
9-11am-Ping Pong Open Play  
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 w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

19) 8am- Wake Up & WALK!  
9am- Fitness w/Freeman  
9-11am-Ping Pong Open Play  
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 w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

26) 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  
September 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

13) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am-What Do I Listen to/Watch Next?  
Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am-MEMORY CLASS (Week 1)  
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

20) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am-Where's My Favorite  
Magazine/Newspaper?  
Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am-MEMORY CLASS (Week 2)  
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

27) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am-Craft  
Library Programming  
10:30am-Chair Fit w/Freeman  
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

14) 8am- Wake Up & WALK!  
9am-Freeman's Fitness Friday  
9am-Sewing w/Lula  
10am- SILVERSNEAKERS™ Yoga Stretch  
11am-Fella's 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 9-15-18  
8am-Wake Up & Walk DVD  
9&10am-SilverSneakers™ Circuit &  
Boom Move It! w/Angel'a

21) 8am- Wake Up & WALK!  
9am-Freeman's Fitness Friday  
9am-Sewing w/Lula  
10am- SILVERSNEAKERS™ Yoga Stretch  
11am-Fella's Let's Get Fit  
12pm-Chair Fit w/Freeman DVD  
12-2pm-Wild & Wooly Women  
12-3pm- Red Hat Society  
3-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
Saturday 9-15-18  
8am-Wake Up & Walk DVD  
9&10am-SilverSneakers™ Circuit &  
Boom Move It! w/Angel'a

28) Fort Bend County  
 Holiday  
 The Pinnacle Senior Center will  
 be CLOSED in observance of the  
 Fort Bend County Fair Day  
  
 See you on Monday!!!

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