

**PLEASE SIGN IN DAILY-THANKS!**

Houston Food Bank Truck  
Sponsored by: United Healthcare  
Wednesday, May 2<sup>nd</sup>  
**9AM-12PM**

(FREE) **Clear Caption  
Telephones** w/Faye Cluthe  
May 2<sup>nd</sup> **9AM**

**Paradise Valley "Detroit"**  
Book Signing w/Reuben Ray II  
Saturday May 5<sup>th</sup> 12-4pm  
**MONDAY**

**City/School Board/  
MUD Election**  
May 5<sup>th</sup> **7am-7pm**

**Medicare Extra Help Workshop**  
w/Anna Eaton May 10<sup>th</sup> 11AM

**VETERAN'S & SPOUSES**  
Benefits Workshop  
May 11<sup>th</sup> 11AM  
Sponsored by: Dignity Memorial  
**Hamilton Free Phones**  
May 17<sup>th</sup> 10AM

7) **8am-Wake Up & Walk!**  
**8am-1pm**  
**Market Place Monday**  
9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
12PM -Yoga w/Shanthi  
1pm-Fitness w/Freeman (Flexibility)  
2&3pm- SILVER SNEAKERS/Body Pump  
w/Angel'a  
2-6pm-The Peak Table Games  
6-7:15PM HOA Meeting (Peak)  
5pm-Line Dancing w/Sheila  
6-7pm-Fitness DVD

**Schedule Subject to Change  
please call: 832-471-2765**  
Especially inclement weather days

Join us on **Armed Forces Day** as  
**SENIORS & VETS**  
**ADOPT-A-PET**  
with Fort Bend County Animal Services



**PETS are a SENIORS best friend!**  
May 19<sup>th</sup> 8-11AM

**Baylor College of Medicine**  
**Hearing & Balance Talk**  
May 10<sup>th</sup> 9AM  
**TUESDAY**

1) **8am- Wake Up & WALK!**  
9am-Strength Training w/Freeman  
9am- Silver Sneakers Chair w/Angel'a  
9:30am-Tai Chi for Arthritis w/Courtney  
10am-Self-Defense w/Kenneth & Gerald  
11am- Greater Works  
Bible Study  
11am-Chair Fit w/Freeman  
12:00pm-SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm-Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD/Zydeco

8) **8am-Wake Up & WALK!**  
9am-Strength Training w/Freeman  
9am- Silver Sneakers Chair w/Angel'a  
9:30am-Tai Chi for Arthritis  
w/Courtney & Nutrition w/Krystal  
10am- Self-Defense w/Kenneth  
& Grand Master Gerald  
11am- Greater Works Bible Study  
11am-Chair Fit w/Freeman  
12:00pm- SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm-Afternoon Fitness w/Valerie  
6-7pm-Nighttime Cardio DVD/Zydeco

**•In the Spotlight 1 May 19 8-11am•**  
**Seniors & Vets Adopt A Pet**  
All pets have received their shots

The PINNACLE  
Senior Center of  
Fort Bend County  
**May 2018**  
**Happy Memorial Day!**  
5525-C Hobby Rd.  
Houston, TX 77053  
**M-F 7:30am-7:30pm Sat. 8-11am**  
**WEDNESDAY**

2) **8am- Wake Up & WALK!**  
**9AM-Noon-Houston Food Bank**  
9am- Fitness w/Freeman  
9-11am-Ping Pong-Canceled  
10am- ZUMBA w/Valerie  
11am-Marvin will return 6-7-18  
12-1pm-Line Dancing w/Faye  
12-2pm- Wild & Wooly Women  
1pm-Fitness w/Freeman (Ab Workout)  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonнита

9) **8am- Wake Up & WALK!**  
9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am-ZUMBA w/Valerie  
11am-Marvin will return 6-7-18  
12-1pm-Line Dancing w/Faye  
12-2pm- Wild & Wooly Women  
1pm-Fitness w/Freeman  
(Ab Workout)  
2pm-SILVER SNEAKERS  
w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonнита

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

**American Bone Health**  
Presents  
**Freedom From Fractures**  
An Osteoporosis Awareness and  
Prevention Month National Event  
Please sign up for both events  
May 25<sup>th</sup> 11AM  
**Hearing Test! May 17<sup>th</sup> 11AM**  
**Center for Audiology**  
**THURSDAY**

3) **8am-Wake Up & WALK!**  
9am-Functional Fitness w/Freeman  
10am- Computer 101  
Library Programming  
10:30am-Chair Fit w/Freeman  
11am-Noon-Healthy Eating w/Deanne  
11:30am- SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
2pm- SILVER SNEAKERS  
w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Line Dancing w/Faye on hold

10) **8am- Wake Up & WALK!**  
9am-Functional Fitness /Freeman  
10am-Facebook  
Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am-SILVER SNEAKERS  
w/Angel'a  
12-12:30pm-Students helping Seniors  
2pm- SILVER SNEAKERS  
w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Marvin will return 6-7-18

Visit the Pinnacle Table at the  
Missouri City Middle School  
Health Fair May 4<sup>th</sup> 5:30-8pm

**•EVENING SCHEDULE•**  
Monday-5-6pm Line Dance w/Sheila  
6-7pm -Fitness DVD  
Tuesday-6-7pm-Nighttime Cardio DVD/Zydeco  
Wednesday- 6-7pm Line Dance w/Bonнита  
1<sup>st</sup> Thursday-6-7pm Line Dance on hold  
2nd, 3rd & 4th Thursday 6-7pm 0 May classes  
Two Stepping w/Marvin will return 6-7-18  
Friday-6-7pm- Fitness DVD  
**FRIDAY/SATURDAY**

4) **8am- Wake Up & WALK!**  
9am-Freeman's Fitness Friday  
9am-Sewing w/Lula  
10am-SILVER SNEAKERS w/Angel'a  
11am-Fella's Let's Get Fit  
12-2pm-Wild & Wooly Women  
2-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
**Saturday 5-5-18**  
Elections in the Peak 7am-7pm  
8am-Wake Up & Walk DVD  
9am-Silver Sneakers Circuit & Body  
Pump w/Angel'a 10am-Boom Move It!

11) **8am- Wake Up & WALK!**  
9am-Freeman's Fitness Friday  
9am-Sewing w/Lula  
10am-SILVER SNEAKERS  
w/Angel'a  
11am-Fella's Let's Get Fit  
12-2pm-Wild & Wooly Women  
2-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
**Saturday 5-12-18**  
8am-Wake Up & Walk DVD  
9am-Silver Sneakers Circuit & Body  
Pump w/Angel'a 10am-Boom Move It!

**••In the Spotlight 2••**  
**Freedom From Fractures**  
May 25<sup>th</sup> 11am

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

14) 8am-Wake Up & Walk!  
9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
12 pm- Yoga w/Shanathi  
1pm-Fitness w/Freeman  
(Flexibility)  
2&3pm- SILVER SNEAKERS/Body Pump  
w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm- Fitness DVD

21) 8am-Wake Up & Walk!  
9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
12 pm- Yoga w/Shanathi  
1pm-Fitness w/Freeman  
(Flexibility)  
2&3pm- SILVER SNEAKERS/Body Pump  
w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm- Fitness DVD

28) Fort Bend County  
Holiday  
*The Pinnacle*  
*Senior Center will be*  
*closed in observance of the*  
*Memorial Day Holiday*  
\* \* \* \* \*  
  
See you on Tuesday!

15) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am- Silver Sneakers Chair w/Angel'a  
9:30am-Tai Chi for Arthritis w/Courtney  
10am-Self-Defense w/Kenneth & Gerald  
11am- Greater Works Bible Study  
11am-Chair Fit w/Freeman  
12:00pm-SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm- Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD/Zydeco

22) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am- Silver Sneakers Chair w/Angel'a  
9:30am-Tai Chi for Arthritis w/Courtney  
10am-Self-Defense w/Kenneth & Gerald  
11am- Greater Works Bible Study  
11am-Chair Fit w/Freeman  
12:00pm-SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm-Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD/Zydeco

29) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am- Silver Sneakers Chair w/Angel'a  
9:30am-Tai Chi for Arthritis w/Courtney  
10am-Self-Defense  
w/Kenneth & Gerald  
11am-Greater Works Bible Study  
11am-Chair Fit w/Freeman  
12:00pm-SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm-Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD/Zydeco

16) 8am- Wake Up & WALK!  
8:45 Bus leaves for the Ensemble  
9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am- ZUMBA w/Valerie  
11am- Marvin will return 6-7-18  
12-1pm-Line Dancing w/Faye  
12-2pm- Wild & Wooly Women  
1pm-Fitness w/Freeman (Ab Workout)  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

23) 8am- Wake Up & WALK!  
9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am-ZUMBA w/Valerie  
11am- Marvin will return 6-7-18  
12-1pm-Line Dancing w/Faye  
12-2pm- Wild & Wooly Women  
1pm-Fitness w/Freeman (Ab Workout)  
2pm-SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

30) 8am- Wake Up & WALK!  
9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am-ZUMBA w/Valerie  
11am- Marvin will return 6-7-18  
12-1pm-Line Dancing w/Faye  
May Birthday Celebration @Noon  
12-2pm- Wild & Wooly Women  
1pm-Fitness w/Freeman (Ab Workout)  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

17) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am- Puzzles & Brain Games  
Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am- SILVER SNEAKERS  
w/Angel'a  
12-12:30pm-Students helping Seniors  
2pm- SILVER SNEAKERS  
w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Marvin will return 6-7-18

24) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am-Learn Another Language  
Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am & 2pm SILVER SNEAKERS  
w/Angel'a in the Peak  
11:30am-4pm-Missouri City Bridge  
12-12:30pm-Students helping Seniors  
3-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Marvin will return 6-7-18  
Motown at Miller Outdoor Tonight 8pm

31) 8am-Wake Up & WALK!  
9am-Functional Fitness w/Freeman  
10am-Craft  
Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am- SILVER SNEAKERS  
w/Angel'a  
12-12:30pm-Students helping Seniors  
2pm- SILVER SNEAKERS  
w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Marvin will return 6-7-18

18) 8am- Wake Up & WALK!  
9am-Freeman's Fitness Friday  
9am-Sewing w/Lula  
10am- SILVER SNEAKERS w/Angel'a  
11am-Fella's Let's Get Fit  
12-2pm-Wild & Wooly Women  
12-3pm- Red Hat Society  
3-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
Saturday 5-19-18  
8am-Wake Up & Walk DVD  
9am-Silver Sneakers/Angel'a  
10am-Boom Move It!

25) 8am- Wake Up & WALK!  
9am-Freeman's Fitness Friday  
9am-Sewing w/Lula  
10am-SILVER SNEAKERS w/Angel'a  
11am-Fella's Let's Get Fit  
12-2pm-Wild & Wooly Women  
2-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
Saturday 5-26-18  
8am-Wake Up & Walk DVD  
9am-Silver Sneakers w/Angel'a  
10am-Boom Move It!

Texas A&M AgriLife  
Extension Services  
 Tai Chi for Arthritis  
w/Courtney &  
Nutrition w/Krystal  
Tuesdays 9:30-10:AM Practice  
10-10:45am-Class  
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The Wellness Center  
Carolyn Lyons, LVN  
Monday & Wednesday 9am-1pm  
Blood Pressure & Diabetes Testing  
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To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver