

PLEASE SIGN IN DAILY-THANKS!

**Reminder!**  
**New Hours**  
**8:30-11am**

**Wednesday, Feb. 6th**

Houston Food Bank  
Truck & Resource Fair  
Sponsored by:  
**United Healthcare**  
**MONDAY**

Ensemble Theatre Trip  
March 17<sup>th</sup> - 3PM Matinee  
••• **SOLD OUT** •••  
You can pick up pre-paid  
tickets at the front desk



**TUESDAY**

The PINNACLE  
Senior Center of  
Fort Bend County  
**February 2019**

♥ **American Heart Month!** ♥  
5525-C Hobby Rd. Houston, TX77053  
**M-F 7:30am-7:30pm Sat. 8-11am**

**WEDNESDAY**

**BINGO**  
w/Angelia & Amerigroup  
**February 15<sup>th</sup>**  
**11AM - The Peak**



**THURSDAY**

**•EVENING SCHEDULE•**

Monday-5-6pm Line Dance w/Sheila  
6-7pm -MixedFit  
Tuesday-6-7pm-Zydeco  
Wednesday- 6-7pm Line Dance w/Bonita  
**1<sup>st</sup> Thursday-6-7pm MixedFit**  
2nd, 3rd & 4th Thursday 6-7pm  
**Two Stepping w/Marvin**  
Monday-Friday-6-7pm- WalkFit DVD's  
**FRIDAY/SATURDAY**

**Cooking Under  
Pressure**

**Dianne Gertson, RD LD**  
Fort Bend County Extension Agent  
Family & Community Health

Recipe demonstration in an  
electric pressure cooker and  
sampling of the recipe prepared



**Thursday, February 28<sup>th</sup>**  
**11:30am in the Peak**

Join artist, **Melba Lee**  
Friday, February 8<sup>th</sup>  
**11am**

Bring your dreams, hopes,  
& goals to place on your vision  
board and make them manifest in  
2019!

**Vision Board Workshop**



*Valentine's Red & White Dance/  
5th Year Anniversary Celebration*

Sponsored by: MIB-True Light  
Lodge #9 A.F.&A.M. in honor of  
founder C.W. Gibbs

**February 8<sup>th</sup> 7-10pm**



Best Dressed Male/Female & Couple  
Best Dance Couple judged by audience!  
*Light Refreshments & Punch served*

♥ *Affairs of the Heart* ♥  
*2019 Heart Health Symposium*

*Saturday, February 23<sup>rd</sup>*  
**9AM - 1:30PM**



Sponsored by:

Delta Sigma Theta Sorority, Inc.  
Suburban Houston-Fort Bend  
Alumnae Chapter  
Detailed information to  
follow on flyers

1) **8am- Wake Up & WALK!**  
**9am-Freeman's Fitness Friday**  
**9am-Sewing w/Lula/Bling w/Harriett**  
**10am- SILVERSNEAKERS™ Yoga Stretch**  
**11am-Fellas Let's Get Fit**  
**12pm-Chair Fit w/Freeman DVD**  
**2-6pm-The Peak Table Games**  
**6-7pm-Walk DVD**

**Saturday 2-2-19**

**8am-Wake Up & Walk DVD**  
**9&10am-SilverSneakers™ Circuit &  
Boom Move It! w/Angel'a**

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

**8am - 1pm MARKETPLACE MONDAY**

**9am-Fitness w/Freeman**

**10am-Line Dance w/Sheila**

**11am-ZUMBA™ -Canceled**

**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 Dance w/Sheila**

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

**Schedule Subject to Change**

**please call: 832-471-2765**

*Especially inclement weather days*

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

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

**9am- SilverSneakers™ Classic Chair**

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

**10-10:45am-Tai Chi w/Courtney**

**11am-Greater Works Bible Study**

**11am-Chair Fit w/Freeman**

**12:00pm- SILVERSNEAKERS™**

**Cardio Strength w/Angel'a**

**1pm-Afternoon Fitness-Canceled**

**1-3pm-Bridge 3-6pm Peak Table Games**

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

**Fellas Let's Get Fit**  
is also on Tuesday  
mornings at 10AM

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

**8:30-11am Food Bank Truck**

**9am- Fitness w/Freeman**

**10am- ZUMBA™ -Canceled**

**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/Bonita/Walk DVD**

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

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

**9am-Functional Fitness/Freeman**

**10am-Computers: Tips & Tricks**

**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 Step w/Marvin/Walk DVD**

*Welcome back Sheila!!!*



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

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

**9am-Sewing w/Lula**

**10am- SILVERSNEAKERS™ Yoga Stretch**

**11am-Fellas 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 7-10 DANCE**

**Saturday 2-9-19**

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

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

**Visit us online at:**

[www.fortbendcountytx.gov](http://www.fortbendcountytx.gov) under  
Departments/Health & Human Services

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

11) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am- Line Dance w/Sheila11am-ZUMBA™ w/Valerie12PM-Yoga w/Diana1pm-Fitness w/Freeman  
(Flexibility)2&3pm- SILVERSNEAKERS™  
Cardio Dance/Body Pump /Angel'a2-6pm-The Peak Table Games5-6pm- Line Dance w/Sheila6-7pm- MixedFit/Walk DVD18) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am- Line Dance w/Sheila11am-ZUMBA™ w/Valerie12PM-Yoga w/Diana1pm-Fitness w/Freeman  
(Flexibility)2&3pm- SILVERSNEAKERS™  
Cardio Dance/Body Pump/Angel'a2-6pm-The Peak Table Games5-6pm- Line Dance w/Sheila6-7pm- MixedFit/Walk DVD25) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am- Line Dance w/Sheila11am-ZUMBA™ w/Valerie12PM-Yoga w/Diana1pm-Fitness w/Freeman  
(Flexibility)2&3pm- SILVERSNEAKERS™ Cardio  
Dance/Body Pump w/Angel'a2-6pm-The Peak Table Games5-6pm- Line Dance w/Sheila6-7pm- MixedFit/Walk DVD12) 8am-Wake Up & WALK!9am-Strength Training w/Freeman9am- SilverSneakers™ Chair w/Angel'a10am- Self-Defense

w/Grand Master Gerald The Peak

11am- Greater Works Bible Study11am-Chair Fit w/Freeman12:00pm-SILVERSNEAKERS™  
Cardio Strength w/Angel'a1pm- Afternoon Fitness w/Valerie1-3pm-Bridge 3-6pm Peak Table Games6-7pm-ZydecoDance/WalkDVD19) 8am-Wake Up & WALK!9am-Strength Training w/Freeman9am- SilverSneakers™ Chair w/Angel'a9:30am-Tai Chi for Arthritis Practice10-10:45am-Tai Chi w/Courtney11am- Greater Works  
Bible Study11am-Chair Fit w/Freeman12:00pm-SilverSNEAKERS™ Cardio Strength1pm-Afternoon Fitness w/Valerie1-3pm-Bridge 3-6pm Peak Table Games6-7pm-Zydeco Dance/Walk DVD26) 8am-Wake Up & WALK!9am-Strength Training w/Freeman9am- SilverSneakers™ Chair w/Angel'a10am- Self-Defense

w/Grand Master Gerald The Peak

11am- Greater Works  
Bible Study11am-Chair Fit w/Freeman12:00pm-SilverSNEAKERS™ Cardio Strength1pm-Afternoon Fitness w/Valerie1-3pm-Bridge 3-6pm Peak Table Games6-7pm-Zydeco Dance/Walk DVD13) 8am- Wake Up & WALK!9am- Fitness w/Freeman9-11am-Ping Pong Open Play10am- ZUMBA™ w/Valerie11am-Two Stepping w/Marvin12-1pm-Line Dancing w/Faye12-2pm-Wild & Woolly Women1pm-Fitness w/Freeman (Ab Workout)2pm-SILVERSNEAKERS™

Cardio Dance w/Angel'a

2-6pm-The Peak Table Games6-7pm-Line Dance w/Bonita/Walk DVD20) 8am- Wake Up & WALK!9am- Fitness w/Freeman9-11am-Ping Pong Open Play10am-ZUMBA™ w/Valerie11am- Two Stepping w/Marvin12-1pm-Line Dancing w/Faye12-2pm-Wild & Woolly Women1pm-Fitness w/Freeman (Ab Workout)2pm-SILVERSNEAKERS™

Cardio Dance w/Angel'a

2-6pm-The Peak Table Games6-7pm-Line Dance w/Bonita/Walk DVD27) 8am- Wake Up & WALK!9am- Fitness w/Freeman9-11am-Ping Pong Open Play10am-ZUMBA™ w/Valerie11am-Two Stepping w/Marvin12pm-Line Dance w/Faye♥ Birthday Celebration @ Noon12-2pm-Wild & Woolly Women1pm-Fitness w/Freeman (Ab Workout)2pm-SILVERSNEAKERS™ Cardio Dance2-6pm-The Peak Table Games6-7pm-Line Dance w/Bonita/Walk DVD♥14) 8am-Wake Up & WALK!*Happy Valentine's Day!*9am-Functional Fitness w/Freeman10am-Love Those Games!*Library Programming*10:30am-Chair Fit w/Freeman11:30am- SILVERSNEAKERS™

Circuit (Chair) w/Angel'a

2pm- SILVERSNEAKERS™

Cardio Strength w/Angel'a

2-6pm-The Peak Table Games5-6pm-Sign Language w/Marsha6-7pm-Two Step w/Marvin/Walk DVD21) 8am-Wake Up & WALK!9am-Functional Fitness w/Freeman10am-Blogging for Dollars*Library Programming*10:30am-Chair Fit w/Freeman11:30am & 2pm- SILVERSNEAKERS™

Circuit (Chair) &amp; SILVERSNEAKERS™

Cardio Strength w/Angel'a

2-6pm-The Peak Table Games5-6pm-Sign Language w/Marsha6-7pm-Two Step w/Marvin/Walk DVD28) 8am-Wake Up & WALK!9am-Functional Fitness w/Freeman10am-Craft*Library Programming*10:30am-Chair Fit w/Freeman11:30am-Cooking Under Pressure11:30am & 2pm- SILVERSNEAKERS™

Circuit (Chair) &amp; SILVERSNEAKERS™

Cardio Strength w/Angel'a

12:30-4:30pm-MC Bridge Tournament3-6pm-The Peak Table Games5-6pm-Sign Language w/Marsha6-7pm-Two Step w/Marvin/Walk DVD15) 8am- Wake Up & WALK!9am-Freeman's Fitness Friday9am-Sewing w/Lula10am- SILVERSNEAKERS™ Yoga Stretch11am-Fellas Let's Get Fit /BINGO12pm-Chair Fit w/Freeman DVD12-2pm-Wild & Woolly Women12-3pm- Red Hat Society3-6pm-The Peak Table Games6-7pm-Fitness DVDSaturday 2-16-198am-Wake Up & Walk DVD9&10am-SilverSneakers™ Circuit &8am- Wake Up & WALK!9am-Freeman's Fitness Friday9am-Sewing w/Lula10am- SILVERSNEAKERS™ Yoga Stretch11am-Fellas Let's Get Fit12pm-Chair Fit w/Freeman DVD12-2pm-Wild & Woolly Women2-6pm-The Peak Table Games6-7pm-Fitness DVDSaturday 2-23-198am-Wake Up & Walk DVD9&10am-SilverSneakers™ Circuit &

Texas AGM 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

5<sup>th</sup> Tuesday is Tai Chi

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The City of Houston is

no longer providing

nursing services on

Mondays &amp; Wednesdays

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