# PLEASE SIGN IN DAILY-THANKS! Reminder!

New Hours 8:30-11am

Wednesday, May 1st
Houston Food Bank
Truck & Resource Fair
Sponsored by:

United Healthcare **MONDAY** 

## Do Well • Be Well w/Diabetes Dianne Gertson RD, LD

Fort Bend County Extension Ágent Family & Community Health REVISED SCHEDULE NOTICE! "Coping to Control" Make Up Class will take place on May 9th

#### Do Well Be Well

New Schedule 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup> 5 Week course covered in 3 Weeks

11:30am in the Peak

Please sign up • Space is limited

6) <u>8am-</u>Wake Up & Walk!

8am – 1pm MARKETPLACE MONDAY
9am-Fitness w/Freeman

10am-Line Dance w/Sheila

11am-ZUMBA<sup>TM</sup> w/Valerie

<u>1pm-</u>Fitness w/Freeman

<u>2&3pm-</u> SILVERSNEAKERS™ (ardio Dance/Body Pump w/Angel'a

<u>2-6pm-</u>The Peak Table Games

<u>5-6pm-</u>Line Dance w/Sheila 6-7pm-MixxedFit w/Anjanee/Walk ava

Schedule Subject to Change

please call: 832-471-2765

Especially inclement weather days



# City/School Board/ MUD Election

May 4<sup>th</sup> 7am-7pm

Doors open 7am & close 7pm TUESDAY

Walgreen's
Immunization Clinic
Pneumonia, Measles, T-DAP, Shingles
May 20<sup>th</sup> & May 22<sup>nd</sup>

9am-10am
See the front desk for more information

#### **Red Nose Day!**

Be an Everyday Hero! May 23<sup>rd</sup> Help children in need stay safe, healthy & educated. 20% off coupon w/each \$2 purchase

We support Red Nose Day!

7) 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™
Cardia Strength w/Angel'a
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games

Fellas Let's Get Fit Freestyle
Tuesday mornings at 10AM

6-7pm-Zydeco Dance/Walk DVD

# The PINNACI F.

Senior Center of Fort Bend County

### **May 2019**

- Happy Memorial Day -

5525-C Hobby Rd. Houston, TX77053

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

#### WEDNESDAY

1) <u>8am-</u> Wake Up & WALK!

8:30-11am Food Truck Resource Fair
9am- Fitness w/Freeman

10am- ZUMBA TM w/Valerie
11am-Two Stepping w/Marvin

12pm-Line Dancing w/Faye/Yoga
12-2pm-Wild & Wooly Women

12-2pm- Wild & Woody Woods

1pm-Fitness w/Freeman (Ab Workout)
2pm-SILVERSNEAKERS TM

Cardio Dance w/Angel'a

<u>2-6pm-</u>The Peak Table Games <u>6-7pm-Line Dance w/Bonnita/Walk DVD</u>

8) <u>8am-</u> Wake Up & WALK!

<u>9am-</u> Fitness w/Freeman 9-11am-Ping Pong Open Play

10am- ZUMBA<sup>TM</sup> w/Valerie

<u>11am-</u>Two Stepping w/Marvin 12pm-Line Dancing w/Faye/Yoga

12-2pm-Wild & Wooly Women

<u>1pm</u>-Fitness w/Freeman (Ab Workout)

2pm-SILVERSNEAKERS™
Cardio Dance w/Angel'a

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonnita/Walk DVD

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

Interest Tea Party

Join the ladies who sew

for a tea party on

May 10<sup>th</sup> 11am-1pm



#### THURSDAY

2) <u>8am-</u> Wake Up & WALK 9am-Functional Fitness/Freeman

10am-Computers-Word Basics

Library Programming

10:30am-Chair Fit w/Freeman

<u>11:00am-Healthy Eating w/Deanne</u> 11:30am-SILVERSNEAKERS™

Circuit (Chair) w/Angel'a

<u>2pm</u>- SILVERSNEAKERS™ **Cardio Strength** w/Angel'a

2-6pm-The Peak Table Games

5-6pm-Sign Language w/Marsha

6-7pm-Mixxed Fit w/Anjonee/Walk DVD

9) <u>8am-</u> Wake Up & WALK

<u>9am-</u>Functional Fitness/Freeman

10am-Legal Resources

Library Programming

10:30am-Chair Fit w/Freeman

11:30am-Coping to Control Makeup 11:30am-SILVERSNEAKERS™

Circuit (Chair) w/Angel'a

<u>2pm</u>- SILVERSNEAKERS™

Cardio Strength w/Angel'a
2-6pm-The Peak Table Games

<u>5-6pm</u>-Sign Language w/Marsha 6-7pm-Two Step w/Marvin/Walk DVD

Yoga Meditation w/Dih-anah
Wednesdays at Noon The PEAK

#### **• EVENING SCHEDULE•**

Monday-5-6pm Line Dance w/Sheila 6-7pm —MixxedFit

Tuesday-6-7pm-Zydeco

Wednesday- 6-7pm Line Dance w/Bonnita

1st Thursday-6-7pm MixxedFit

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

Two Stepping w/Marvin

Monday-Friday-6-7pm- WalkFit DVD's

#### FRIDAY/SATURDAY

3) <u>8am-</u> Wake Up & WALK!

9am-Freeman's Fitness Friday

9am-Sewing w/Lula/Bling w/Harriett

<u>90171-</u>5ewing w/Luia/Biling w/Harrie<del>n</del> 10am- SILVERSNEAKERS™ Yoga Stretch

<u>11am</u>-Fellas Let's Get Fit 12pm-Chair Fit w/Freeman DVD

<u>2pm</u>-Chair Fit W/Freeman D <u>12-2PM</u>-Divas of God The Peak

12-2FM-DIVUS DI GOU THE FEUK

2-6pm-The Peak Table Games

6-7pm-Walk DVD

Saturday 5-4-19 (Election Day

8am-Wake Up & Walk DVD

9&10am-SilverSneakers TM Circuit &

Boom Move It! w/Angel'a
10) 8am- Wake Up & WALK!

10*) <u>8am-</u> Wake Up & WALK!* 

<u>9am-</u>Freeman's Fitness Friday 9am-Sewing w/Lula/Tea Party

<u>10am</u>- SILVERSNEAKERS™ Yoga Stretch

<u>11am</u>-Fellas Let's Get Fit *12pm*-Chair Fit w/Freeman DVD

12-2pm-Wild & Wooly Women

2-6pm-The Peak Table Games

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<u>Saturday 5-11-19</u>

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

## Visit us online at:

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

**MONDAY TUESDAY** WEDNESDAY **THURSDAY** FRIDAY/SATURDAY 13) 8am-Wake Up & Walk! 14) 8am-Wake Up & WALK! 15) 8am- Wake Up & WALK! 16) 8am-Wake Up & WALK! 17) 8am- Wake Up & WALK! **9am-Strength Training w/Freeman** 9am-Fitness w/Freeman 9am-Functional Fitness w/Freeman 9am-Freeman's Fitness Friday 9am-Fitness w/Freeman 9am- SilverSneakers ™ Chair w/Angel'a 10am-Book Talk 9-11am-Ping Pong Open Play 9am-Sewing w/Lula 10am-Line Dance w/Sheila Library Programming **Self-Defense** 10am- ZUMBATM w/Valerie 10am- SILVERSNEAKERS™ Yoga Stretch 11am-ZUMBA™ w/Valerie 10:30am-Chair Fit w/Freeman w/Grand Master Gerald The Peak 11am-Two Stepping w/Marvin 11am-Fellas Let's Get Fit 12PM-Yoga w/Diana 11:30am- Do Well Be Well PEAK 12pm-Chair Fit w/Freeman DVD 11am- Greater Works 12pm-Line Dancing w/Faye/Yoga 1pm-Fitness w/Freeman 11:30am- SILVERSNEAKERS TM **Bible Study** 12-2pm-Wild & Wooly Women 12-2pm-Wild & Wooly Women (Flexibility) Circuit (Chair) w/Angel'a 11am-Chair Fit w/Freeman 2-6pm-The Peak Table Games *1pm*-Fitness w/Freeman 2&3pm- SILVERSNEAKERS™ 2pm- SILVERSNEAKERS TM 12:00pm -SILVERSNEAKERS™ 6-7pm-Fitness DVD (Ab Workout) Cardio Dance/Body Pump /Angel'a Cardio Strength w/Angel'a Cardio Strength w/Angel'a **Saturday 5-18-19** 2pm-SILVERSNEAKERS™ 2-6pm-The Peak Table Games 1pm- Afternoon Fitness w/Valerie 2-6pm-The Peak Table Games Cardio Dance w/Angel'a 8am-Wake Up & Walk DVD 5-6pm- Line Dance w/Sheila 1-3pm-Bridge 3-6pm Peak Table Games *5-6pm*-Sign Language w/Marsha 9&10am-SilverSneakers ™ Circuit & 2-6pm-The Peak Table Games 6-7pm-MixxedFit w/Anjonee/Walk DVD 6-7pm-ZydecoDance/WalkDVD 6-7pm-Two Step w/Marvin/Walk DVD Boom Move It! w/Angel'a 6-7pm-Line Dance w/Bonnita/Walk DVD 20) 8am-Wake Up & Walk! 21) 8am-Wake Up & WALK! 22) 8am- Wake Up & WALK! 23) 8am-Wake Up & WALK! 24) 8am- Wake Up & WALK! 9am-Fitness w/Freeman 9am-Strength Training w/Freeman 9am-Fitness w/Freeman 9am-Functional Fitness w/Freeman 9am-Freeman's Fitness Friday *9am*- SilverSneakers™ Chair w/Angel'a 9-11am-Ping Pong Open Play 10am-Tips on New Catalog 9am-Sewing w/Lula 10am-Line Dance w/Sheila 10am- ZUMBATM w/Valerie 10am- SILVERSNEAKERS™ Yoga Stretch 9:30am-Tai Chi for Arthritis Practice Library Programming 11am-ZUMBA™ w/Valerie 11am-Fellas Let's Get Fit *10:30am*-Chair Fit w/Freeman 11am-Two Stepping w/Marvin 10-10:45am-Tai Chi w/Courtney 12PM-Yoga w/Diana 12pm-Chair Fit w/Freeman DVD 11:30am- Do Well Be Well PEAK 12pm-Line Dancing w/Faye/Yoga 11am- Greater Works 1pm-Fitness w/Freeman 11:30am- SILVERSNEAKERS TM 12-2pm-Wild & Wooly Women 12-2pm-Wild & Wooly Women **Bible Study** (Flexibility) Circuit (Chair) w/Angel'a 2-6pm-The Peak Table Games 2&3pm- SILVERSNEAKERS™ 1pm-Fitness w/Freeman (Ab Workout) 11am-Chair Fit w/Freeman 2pm- SILVERSNEAKERS TM 6-7pm-Fitness DVD 2pm-SILVERSNEAKERS™ Cardio Dance/Body Pump/Angel'a **12:00pm**-SilverSNEAKERS™Cardio Strength Cardio Strength w/Angel'a **Saturday 5-25-19** Cardio Dance w/Angel'a 2-6pm-The Peak Table Games 2-6pm-The Peak Table Games 1pm-Afternoon Fitness w/Valerie 8am-Wake Up & Walk DVD 2-6pm-The Peak Table Games 5-6pm- Line Dance w/Sheila 5-6pm-Sign Language w/Marsha 1-3pm-Bridge 3-6pm Peak Table Games 9&10am-SilverSneakers ™ Circuit & 6-7pm-Line Dance w/Bonnita/Walk 6-7pm-MixxedFit w/Anjonee/Walk DVD 6-7pm-Two Step w/Marvin/Walk DVD Boom Move It! w/Angel'a 6-7pm-Zydeco Dance/Walk DVD 27) Fort Bend County 28) 8am-Wake Up & WALK! 29) 8am- Wake Up & WALK! 30) 8am-Wake Up & WALK! 31) 8am-Wake Up & WALK! 9am-Strength Training w/Freeman 9am-Functional Fitness w/Freeman 9am-Freeman's Fitness Friday Holiday 9am- Fitness w/Freeman 9am-SilverSneakers™ Chair w/Angel'a 10am-Craft 9-11am-Ping Pong Open Play 9am-Sewing w/Lula The Pinnacle Senior Center 10am-ZUMBATM w/Valerie Library Programming 10am- SILVERSNEAKERS™ Yoaa Stretch **Self-Defense** will be CLOSED in 11am-Two Stepping w/Marvin *10:30am*-Chair Fit w/Freeman 11am-Fellas Let's Get Fit w/Grand Master Gerald The Peak 11:30am- Do Well Be Well PEAK 12pm-Chair Fit w/Freeman DVD observance of the *12pm-*Line Dance w/Faye/Yoga 11am- Greater Works 11:30am- SILVERSNEAKERS TM Birthday Celebration @ Noon 12-2pm-Wild & Wooly Women **Bible Study Memorial Day Holiday** Circuit (Chair) w/Angel'a 2-6pm-The Peak Table Games 11am-Chair Fit w/Freeman 12-2pm-Wild & Wooly Women 2pm- SILVERSNEAKERS TM 6-7pm-Fitness DVD *12:00pm*-SilverSNEAKERS™Cardio Strength | *1pm*-Fitness w/Freeman (Ab Workout) Cardio Strength w/Angel'a Saturday 6-1-19 1pm-Afternoon Fitness w/Valerie 2pm-SILVERSNEAKERS™ Cardio Dance 2-6pm-The Peak Table Games 8am-Wake Up & Walk DVD 1-3pm-Bridge 3-6pm Peak Table Games 2-6pm-The Peak Table Games 5-6pm-Sign Language w/Marsha 9&10am-SilverSneakers ™ Circuit & 6-7pm-Zydeco Dance/Walk DVD 6-7pm-Line Dance w/Bonnita/Walk DVD 6-7pm-Two Step w/Marvin/Walk DVD Boom Move It! w/Angel' To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver