

JUNE 2022



The PINNACLE Senior Center of Fort Bend County

5525-C Hobby Road • Houston, Texas 77053
 Mon-Fri: 7:30a-4:30p • Phone: 832-471-2765

www.fbchhs.org/about-us/programs-projects/pinnacle-senior-center

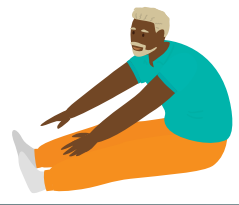
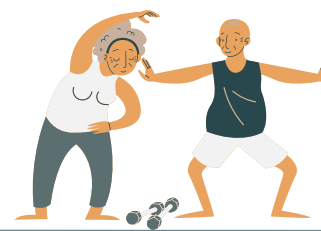
Schedule Subject to Change. Please call: 832-471-2765
 Especially inclement weather days

Please sign in daily... THANKS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The POOL is open daily 9am-2pm</p> <p>Aqua Zumba™ w/Carla Tues & Fri: 11AM</p> <p>Silver Sneakers (M-W-Th) Water Aerobics: 11am Yoga: 12pm</p>	<p>Please join us for TECHIE TUESDAY w/Wylesha (No classes for JUNE)</p>	<p>Monthly MEDICARE Workshop 06-21-22</p> <p>Every 3rd Tuesday @ 10AM w/Karina Villela Benefits Counselor II H-GAC Houston-Galveston Area Council</p>	<p>All WHITE Party with a Purpose! June 17th 7-12a</p> <p>Tickets \$20 Food Door Prizes Card Room Photo Ops Fun! Zelle: 713-204-9554</p>	<p>Are You Interested in Helping Your Community During a Disaster?</p> <p>Join Homeland Preparedness Project for an interest meeting June 13th 10AM</p> <ul style="list-style-type: none"> No Medical Training Required Positions for Everyone
<p>Spring Plant Sale! June 3rd 10-2</p> <p>BLUEBONNET Garden Club of Houston</p>	<p>NEW CLASS! Free Style Fridays 12-1p For line dancers & two steppers Line dance: Auditorium Two Steppers: MP Room</p>	<p>1</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open</p>	<p>2</p> <p>8am Wake Up & Walk 9am Functional Fitness 10am Library Program - Emails 101 11am Healthy Eating w/Deanne 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open</p>	<p>3</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am SPRING PLANT SALE 10-2 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-1pm Free Style Friday 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open</p>
<p>6</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Sandi 3pm Line Dance w/Sheila 1-4pm MultiPurpose Room open</p>	<p>7</p> <p>8am Wake Up & Walk 9am Strength Training 10am Techie Tuesday (no class) 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open</p>	<p>8</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open</p>	<p>9</p> <p>8am Wake Up & Walk 9am Functional Fitness 10am Library Program - Cutting the Cord on your Cable 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open</p>	<p>10</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 11am BINGO w/Angelia 12-1pm Free Style Friday 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open</p>

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 8am Wake Up & Walk 9am Fitness w/LaTija 10am Homeland Preparedness Interest Meeting 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Sandi 3pm Line Dance w/Sheila 1-4pm MultiPurpose Room open	14 8am Wake Up & Walk 9am Strength Training 10am Mixed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-3pm Bridge 1-4pm MultiPurpose Room open	15 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open	16 8am Wake Up & Walk 9am Functional Fitness 10am Library Program - Hoopla/Libby 101 11am Cooking Well w/HBP 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open	17 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-1pm Free Style Friday 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open 7pm All White Party
20 <i>Fort Bend</i> COUNTY HOLIDAY The PINNACLE Senior Center will be CLOSED in observance of <i>Juneteenth</i> Celebrate Freedom JUNE 19	21 8am Wake Up & Walk 9am Strength Training 10am Medicare Workshop 10am Mixed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-3pm Bridge 1-4pm MultiPurpose Room open	22 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open	23 8am Wake Up & Walk 9am Functional Fitness 10am Library Program - All About Paper Fans 11am Cooking Well w/HBP 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open	24 8am Wake Up & Walk 9am Fitness w/LaTija 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-1pm Free Style Friday 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open ENSEMBLE Trip - Sunday @ 3pm Bus leaves The Pinnacle at 1:45 pm
27 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Sandi 3pm Line Dance w/Sheila 1-4pm MultiPurpose Room open	28 8am Wake Up & Walk 9am Strength Training 10am Mixed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-3pm Bridge 1-4pm MultiPurpose Room open	29 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 10:45am Birthday Celebration 11am Chair Fit w/LaTija 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open	30 8am Wake Up & Walk 9am Functional Fitness 10am Library Program - Board Games 11am Cooking Well w/HBP 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open	Join Amerigroup & Angelia June 10th at 11am

Ask about the Monthly e-Blast, for more information on programs at the Pinnacle!

Visit us online at: www.fortbendcountytexas.gov under Departments/Health & Human Services