

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

The POOL is open daily 9am-2pm

Aqua Zumba™ w/Carla
 Tues & Fri: 11AM
Silver Sneakers (M-W-Th)
 Water Aerobics: 11am
 Yoga: 12pm

Please join us for
TECHIE TUESDAY
 w/Wylesha
 (No classes for JUNE)

Monthly MEDICARE Workshop 06-21-22

Every 3rd Tuesday @ 10AM
 w/Karina Villela
 Benefits Counselor II
 H-GAC Houston-Galveston Area Council

All WHITE Party with a Purpose!
 June 17th 7-12a

Tickets \$20
 Food | Door Prizes | Card Room
 Photo Ops | Fun!
Zelle: 713-204-9554

Are You Interested in Helping Your Community During a Disaster?

Join Homeland Preparedness Project
 for an interest meeting
June 13th 10AM

- No Medical Training Required
- Positions for Everyone

Spring Plant Sale!
 June 3rd 10-2

BLUEBONNET
 Garden Club of Houston

NEW CLASS!
Free Style Fridays 12-1p
 For line dancers & two steppers
 Line dance: Auditorium
 Two Steppers: MP Room

1

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

2

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

3

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

6

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

7

8am Wake Up & Walk
 9am Strength Training
 10am **Techie Tuesday (no class)**
 10am Mixed 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

8

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

9

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

10

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

JUNE 2022

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 Mixxed 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 Juneteenth Celebrate Freedom JUNE 19	21 8am Wake Up & Walk 9am Strength Training 10am Medicare Workshop 10am Mixxed 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 Mixxed 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