

# October 2022

## The PINNACLE Senior Center of Fort Bend County



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Medical Health Insurance w/Karina</b> It's Open Enrollment time! <b>October 18<sup>th</sup> - 10AM</b> Inquire w/Karina for individual sessions after class</p>	<p>Fort Bend County Health &amp; Human Services <b>Flu &amp; Covid 19 shots</b>  @ The Pinnacle 10-3 • 10-10 • 10-24 • 10-31 9AM-12PM</p>	<p>Houston Food Bank Senior Box October 14<sup>th</sup> 9-11AM For info call: 832-369-9390 or see the front desk You Must Register! houston<b>foodbank</b></p>	<p><b>A Taste of Latin American Heritage</b> Learn how to shop and prepare healthy plant-based foods w/Erica Knighton Prairie View A&amp;M University Cooperative Extension Program <b>October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> November 2<sup>nd</sup> &amp; 9<sup>th</sup> 11AM</b></p>	<p><b>FREE PHONES/TABLETS</b> &amp; other helpful devices <b>ATU-Assistive Technology Unlimited &amp; Rodney Hamilton</b> <b>October 14<sup>th</sup> 10AM</b></p>
<p><b>3 Flu Clinic 9-11AM</b> 8am Wake Up &amp; 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 MP Room Open <b>Voter Registration Today Only 10am-12pm</b></p>	<p><b>4</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Techie Tuesday w/Wylesha</b> 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Chair Breathe/Stretch w/LaTija 1-4pm MP Room Open</p>	<p><b>5 11am Taste of Latin America</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>6</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program :Craft Macramé Ghosts</b> <b>11am Healthy Eating/Deanne</b> 11am Chair Fit w/LaTija &amp; 1pm Floor Breathe &amp; Stretch 1-4pm MP Room Open</p> 	<p><b>7 10am Free Phones Workshop</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit <b>11am BINGO w/Angelia</b> 11am Chair Fit w/LaTija 12-2pm Wild &amp; Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p><b>10 Flu Clinic 9-11AM</b> 8am Wake Up &amp; 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 MP Room Open</p>	<p><b>11</b> 8am Wake Up &amp; Walk 9am Strength Training 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Chair Breathe/Stretch w/LaTija 1-4pm MP Room Open</p>	<p><b>12 11am Taste of Latin America</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>13 Breast Cancer Awareness Event - Brentwood Baptist Church 1pm</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program- Technology - Computers 101</b> 11am Chair Fit w/LaTija &amp; 1pm Floor Breathe &amp; Stretch 1-4pm MP Room Open</p>	<p><b>14 PINK OUT DAY!</b> 8am Wake Up &amp; 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 &amp; Wooly Women 1-4pm MP Room Open <b>FOOD BANK SENIOR BOX DAY</b></p>

Schedule Subject to Change. Please call: 832-471-2765

"Especially inclement weather days"

<p><b>17</b> 8am Wake Up &amp; 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 MP Room Open</p>	<p><b>18</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Medicare w/Karina</b> 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Chair Breathe/Stretch w/LaTija 1-4pm MP Room Open</p>	<p><b>19</b> <b>11am Taste of Latin America</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>20</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program- Craft - Fall Mason Jars</b> 11am Chair Fit w/LaTija &amp; 1pm Floor Breathe &amp; Stretch 1-4pm MP Room Open</p> 	<p><b>21</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild &amp; Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p><b>24</b> <b>Flu Clinic 9-11AM</b> 8am Wake Up &amp; 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 MP Room Open</p> 	<p><b>25</b> 8am Wake Up &amp; Walk 9am Strength Training 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Chair Breathe/Stretch w/LaTija 1-4pm MP Room Open</p>	<p><b>26</b> <b>11am Taste of Latin America</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 10am Line Dance w/Faye <b>10:45-BIRTHDAY CELEBRATION</b> 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>27</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program-Craft Board Games</b> 11am Chair Fit w/LaTija &amp; 1pm Floor Breathe &amp; Stretch 1-4pm MP Room Open</p> 	<p><b>28</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 9am Sewl Sister's <b>9-11am City of Houston Area Agency on Aging Event</b> 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild &amp; Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p><b>31</b> <b>Flu Clinic 9-11AM</b> 8am Wake Up &amp; 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 MP Room Open</p>	<p><b>Creating Brighter Futures One Campaigner at a Time Talk w/Sabrina Noble w/WSB Insurance to start a conversation about not having life insurance October 3<sup>rd</sup> 9-11AM sabinanoblewfg@gmail.com</b></p>	<p><b>The City of Houston Area Agency on Aging will be here at the Pinnacle October 28<sup>th</sup> 9-11AM to assist patrons with face-to-face appointments w/Benefit Counselors</b></p>	<p><b>Beauty From the Inside Out Breast Cancer Awareness Event Invite October 13<sup>th</sup> 1PM Lifelong Learning Center Brentwood Church Campus See flyer to register or email: NBlichouston@gmail.com</b></p>	 <p><b>W/ANGELIA &amp; AMERIGROUP OCTOBER 7<sup>TH</sup> 11AM</b></p>

<https://www.fortbendcountytexas.gov/government/departments/health-and-human-services/pinnacle-senior-center/programs-activities>

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

**Please sign in daily!**

Legend: MP- Multipurpose Room

**Ask about our monthly e-Blast!**