




March 2023!

The PINNACLE Senior Center of Fort Bend County



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Houston Bluebonnet Garden Club</p>  <p>Green thumb alert! March 31st 10AM-2PM</p>	<p>Techie Tuesday w/Wylesha March 7th Every 1st Tuesday at 10AM • • • • • Medical Health Insurance w /Karina March 21st Every 3rd Tuesday 10AM</p>	<p>Eat Smart Live Strong w/Erica Knighton Prairie View A&M Extension Services 4 Sessions in 2 weeks March 23rd & 30th 10AM</p>	<p><i>Dedicated Senior Medical Center</i> Presents <i>Paint & Sip</i></p>  <p>9-11AM</p>	<p>ZUMBA w/Charis</p>  <p>Mondays @ Noon! Dance your way into fitness with salsa, reggaeton, merengue and cumbia moves!</p>
<p>Monthly Meet Up w/a Rep from Social Security Meet Shonbay Jones March 14th at 10AM Tired of the telephone wait? Can't get your specific question answered? Get immediate assistance & important information!!!</p>	<p>Healthier HOU March 2nd- Tridemic Viruses Houston Health Department/The Office of Chronic Disease, Health Education and Wellness Education Programs 1st Thursdays 11AM</p>	<p>1 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>2 Healthier HOU 11AM 8am Wake Up & Walk 9am Strength Training 10am Library Program Technology-Email 101 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>3 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>6 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Charis NEW 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>7 Techie Tuesday w/Wylesha 8am Wake Up & Walk 9am Strength Training 10am MixxedFit w/Anjonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1 pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p>8 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>9 8am Wake Up & Walk 9am Strength Training 10am Library Program Craft-Paper Quilling 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>10 Spring forward 3-12 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's Set your clocks forward this weekend! 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-1pm Free Style Friday-4pm MP Room Open</p>

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

"Especially inclement weather days"

<p>13 Girl Scouts Cookie Day! 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Charis NEW 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>  <p>Cookie Sale 8-Noon</p>	<p>14 Meet Up w/Social Security 10AM 8am Wake Up & Walk 9am Strength Training 10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p>5 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p> 	<p>16 8am Wake Up & Walk 9am Strength Training 10am Library Program Craft-DIY Herb Planters 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>17 Happy St. Patrick's Day! 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sip & Paint 9-11AM 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-3pm RED HAT SOCIETY (MPR) 12-1pm Free Style Friday 3-4pm MP Room Open</p>
<p>20 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Charis NEW 3pm Line Dance w/Sheila 1-4pm MP Room Open</p> 	<p>21 8am Wake Up & Walk 9am Strength Training 10am Medicare w/Karina 10am MixxedFit w/Anjonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p>22 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p> 	<p>23 Eat Smart Live Strong 10AM 8am Wake Up & Walk 9am Strength Training 10am Library Program Technology-Microsoft Office Alternatives 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>24 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit</p>  <p>11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>27 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Charis NEW 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>28 8am Wake Up & Walk 9am Strength Training 10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p>29 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 10:45 BIRTHDAY CELEBRATION 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>30 Eat Smart Live Strong 10AM 8am Wake Up & Walk 9am Strength Training 10am Library Program Genealogy 101 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p> 	<p>31 Houston Bluebonnet Garden Club 10AM-2PM 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>

<https://www.fortbendcountytx.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!