






# February FEBRUARY 2024

## 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><b>Techie Tuesday</b> w/Wylesha February 6th • 10AM</p>  <p>Wylesha will have class for January on the 2<sup>nd</sup> Tuesday</p>	<p><b>Medical Health Insurance w /Karina</b> February 20th ▪ 10AM</p> <p>Karina will start the 2024 enrollment information sessions You can schedule an individual session – See Karina</p>	<p><i>Heart Healthy Month</i> <i>HHS CPR Demonstration</i> February 14<sup>th</sup> 12-1pm</p>  <p><i>You Must Sign Up!</i></p>	<p><b>Houston Food Bank Senior Box</b> <b>February 9th</b> <b>12:30-2:30pm</b></p>  <p>houston<b>foodbank</b> Filling pantries. Filling lives. You must park, come inside, register, &amp; receive ticket for the car line</p>	 <p><b>w/Constable</b> <b>Daryl Smith, Sr.</b> <b>February 16th 11AM</b> Games ▪ Prizes ▪ Snacks</p>
<p><i>Oak Street Health will hand out water bottles and snacks on the following dates:</i></p> <ul style="list-style-type: none"> <li>• 2/1 - 11am-12pm</li> <li>• 2/9 - 11am-12pm</li> <li>• 2/16 - 1pm-2pm</li> </ul>	<p><b>****NOTICE****</b> <b>Please check the new time and date for Zumba</b></p> 	<p><i>Looking For A Fun, New Way To Be More Active?</i></p> <p><b>BINGOcize</b> <b>Bingo+Exercise=Bingocize</b> <b>New 10 Week Class</b> <b>Tuesday &amp; Thursday</b> <b>At 10am</b></p>	<p><b>1</b> 8am Wake Up &amp; Walk 8a-4p Pinnacle Quilting Bee 9am Strength Training w/Shanna <b>10am Library Program</b> 11am Chair Fit w/Video 1pm Yoga w/Shanna</p>	<p><b>2</b> 8am Wake Up &amp; Walk 9am Fitness w/Shanna 9am Sew'I Sister's 10am Fellas, Let's Get Fit/TBD 1 Chair Fit w/Shanna 12-2pm Wild &amp; Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p><b>5</b> <b>7:45am Fit &amp; Strong w/Shanna</b> 8am Wake Up &amp; Walk 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /TBD <b>12pm ZUMBA w/Shanna NEW!</b> 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p><b>6</b> <b>Bingocize 10am</b> <b>8am</b> Wake Up &amp; Walk 9am Strength Training w/Shanna 10am <b>NO</b> MixedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit /TBD 1-3pm Bridge 1pm Yoga w/Shanna 1-4pm MP Room Open</p>	<p><b>7</b> <b>7:45am Fit &amp; Strong w/Shanna</b> 8am Wake Up &amp; Walk 9am Fitness w/Shanna 10am Line Dance w/Faye 12pm Fellas Let's Get Fit/TBD 11am Chair Fit /TBD 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>8</b> 8am Wake Up &amp; Walk 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna <b>10am ZUMBA w/Shanna NEW!</b> <b>10am Library Program</b> 11am Chair Fit /TBD 1pm Yoga w/Shanna 1-4pm MP Room Open</p>	<p><b>9</b> <b>Houston Food Bank</b> 8am Wake Up &amp; Walk 9am Fitness w/Shanna 9am Sew'I Sister's /FREE 10am Fellas, Let's Get Fit/TBD 11am Chair Fit /TBD 12-2pm Wild &amp; Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>

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

**“Especially inclement weather days”**

<p><b>12</b>  <b>7:45am</b> Fit &amp; Strong w/Shanna  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Sheila  11am Chair Fit /TBD  <b>12pm</b> ZUMBA w/Shanna <b>NEW!</b>  3pm Line Dance w/Sheila  1-4pm MP Room Open</p>	<p><b>13</b> <b>Bingocize 10am</b>  8am Wake Up &amp; Walk  9am Strength Training w/Shanna  <b>10am</b> Medicare w/Karina  10am <b>NO</b> MixxedFit w/AnJonee  11am Greater Works Bible Study  11am Chair Fit TBD  1-3pm Bridge  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>14</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Faye  11am Chair Fit w/Shanna  12pm Fellas Let's Get Fit/TBD  1-4pm MP Room Open</p>	<p><b>15</b>  8am Wake Up &amp; Walk  8a-1p Pinnacle Quilting Bee  9am Strength Training w/Shanna  <b>10am</b> ZUMBA w/Shanna <b>NEW!</b>  <b>10am Library Program</b>  11am Chair Fit /TBD  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>16</b> <b>BINGO w/Constable Smith</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  9am Sew'l Sister's  10am Fellas, Let's Get Fit/TBD  11am Chair Fit w/Shanna  12-2pm Wild &amp; Wooly Women  <b>12-3pm Red Hat Society MPR</b>  12-1pm Free Style Friday  1-4pm MP Room Open</p>
<p><b>19</b>  <b>7:45am</b> Fit &amp; Strong w/Shanna  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Sheila  11am Chair Fit /TBD  <b>12pm</b> ZUMBA w/Shanna <b>NEW!</b>  3pm Line Dance w/Sheila  1-4pm MP Room Open</p>	<p><b>20</b> <b>Bingocize 10am</b>  8am Wake Up &amp; Walk  9am Strength Training w/Shanna  10am <b>NO</b> MixxedFit w/AnJonee  11am Greater Works Bible Study  11am Chair Fit /TBD  1-3pm Bridge  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>21</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Faye  11am Chair Fit w/Shanna  12-2pm Wild &amp; Wooly Women  <b>1-4pm</b> MP Room Open</p>	<p><b>22</b>  8am Wake Up &amp; Walk  8a-1p Pinnacle Quilting Bee  9am Strength Training w/Shanna  <b>10am</b> ZUMBA w/Shanna <b>NEW!</b>  <b>10am Library Program</b>  11am Chair Fit /TBD  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>23</b> <b>Bingocize 10am</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  9am Sew'l Sister's  10am Fellas, Let's Get Fit/TBD  11am Chair Fit w/Shanna  12-2pm Wild &amp; Wooly Women  12-1pm Free Style Friday  1-4pm MP Room Open</p>
<p><b>26</b>  <b>7:45am</b> Fit &amp; Strong w/Shanna  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Sheila  11am Chair Fit /TBD  <b>12pm</b> ZUMBA w/Shanna <b>NEW!</b>  3pm Line Dance w/Sheila  1-4pm MP Room Open</p>	<p><b>27</b> <b>Bingocize 10am</b>  8am Wake Up &amp; Walk  9am Strength Training w/Shanna  10am MixxedFit w/AnJonee  11am Greater Works Bible Study  11am Chair Fit /TBD  1-3pm Bridge  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>28</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Faye  <b>10:45 BIRTHDAY CELEBRATION</b>  11am Chair Fit /TBD  12-2pm Wild &amp; Wooly Women  1-4pm MP Room Open</p>	<p><b>29</b>  8am Wake Up &amp; Walk  8a-1p Pinnacle Quilting Bee  9am Strength Training w/Shanna  <b>10am</b> ZUMBA w/Shanna <b>NEW!</b>  <b>10am Library Program</b>  11am Chair Fit /TBD  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>Sew'l Sister's  Project of the Month of  February  TOTES</b></p> <p><b>Welcome!  Gwendolyn Tealer  Our new Facilities &amp;  Program Manager</b></p>

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

**Please sign in daily!**

**Legend: MPR- Multipurpose Room TBD-To Be Determined**

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

**PLEASE SUPPORT OUR VOLUNTEER SPONSORED CLASSES W/A DONATION!!!**