

April 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>Techie Tuesday w/Wylesha April 2nd • 10AM</p>	<p>Medical Health Insurance w /Karina April 16th ▪ 10AM</p> <p>Karina will start the 2024 enrollment information sessions You can schedule an individual session – See Karina</p>	<p>Sew’l Sister’s Project of the Month of April “Bags 4 Bags” Houston Bluebonnet Garden Club Plant Sale April 19th 10am-2pm</p>	<p>Houston Food Bank April 12th 12:30-2:30pm</p> <p>Oak St. Health Presents “Living the Dream” Event April 11th 1-2PM</p>	<p>w/Constable Daryl Smith, Sr. April 19th 11AM Games ▪ Prizes ▪ Snacks</p>
<p>1</p> <p>8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /Mac 12pm Fellas, Let’s Get Fit/Mac 2pm Intro to Healthy Weight Lifting 3pm Line Dance w/Sheila <i>April Fool’s Day!</i></p>	<p>2</p> <p>8am Wake Up & Walk w/Shanna 9am Strength Training w/Shanna 10am MixedFit w/AnJonee – Canceled 10am Bingocize 11am Greater Works Bible Study 11am Chair Fit /Mac 1pm Yoga w/Shanna 1-3pm Bridge</p>	<p>3</p> <p>8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Mac 12pm Fellas Let’s Get Fit/Mac 12-2pm Wild & Woolly Women</p>	<p>4</p> <p>8am Wake Up & Walk/Shanna 8a-4p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 10am Tech: Customize your Email (Library) 11am Chair Fit /Mac 1pm Yoga w/Shanna</p>	<p>5</p> <p>8am Wake Up & Walk w/Shanna 9am Fitness w/Shanna 9am Sew’l Sister’s 10am Bingocize (Last Day) 11am Chair Fit /Mac 12pm Fellas, Let’s Get Fit/Mac 12-2pm Wild & Woolly Women</p>
<p>8</p> <p>8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /Mac 12pm Fellas, Let’s Get Fit/Mac 2pm Intro to Healthy Weight Lifting 3pm Line Dance w/Sheila</p>	<p>9</p> <p>8am Wake Up & Walk w/Shanna 9am Strength Training w/Shanna 10am MixedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit /Mac 1pm Yoga w/Shanna 1-3pm Bridge</p>	<p>10</p> <p>8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Mac 12pm Fellas Let’s Get Fit/Mac 12-2pm Wild & Woolly Women</p>	<p>11</p> <p>8am Wake Up & Walk/Shanna 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 11am Tech: Audiobook & Music Apps (Library) 11am Chair Fit /Mac 1pm Yoga w/Shanna</p>	<p>12</p> <p>8am Wake Up & Walk w/Shanna 9am Fitness w/Shanna 9am Sew’l Sister’s /FREE 11am Chair Fit /Mac 12pm Fellas, Let’s Get Fit/Mac 12-2pm Wild & Woolly Women</p>

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

“Especially inclement weather days”

<p>15</p> <p>8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Mac 2pm Intro to Healthy Weight Lifting 3pm Line Dance w/Sheila</p>	<p>16</p> <p>8am Wake Up & Walk w/Shanna 9am Strength Training w/Shanna 10am Medicare w/Karina 10am MixedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit /Mac 1pm Yoga w/Shanna 1-3pm Bridge</p>	<p>17</p> <p>8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit/Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild & Wooly Women</p>	<p>18</p> <p>8am Wake Up & Walk w/Shanna 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 11am Craft: Paper Flower Wreaths (Library) 11am Chair Fit /Mac 1pm Yoga w/Shanna</p>	<p>19</p> <p>8am Wake Up & Walk w/Shanna 9am Fitness w/Shanna 9am Sew'l Sister's /FREE 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Mac 12-2pm Wild & Wooly Women</p>
<p>22</p> <p>8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Mac 2pm Intro to Healthy Weight Lifting 3pm Line Dance w/Sheila</p>	<p>23</p> <p>8am Wake Up & Walk w/Shanna 9am Strength Training w/Shanna 10am MixedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit /Mac 1pm Yoga w/Shanna 1-3pm Bridge</p>	<p>24</p> <p>8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild & Wooly Women</p> <p><i>Come Celebrate April Birthdays w/Constable Daryl L. Smith, Sr 10:45am</i></p>	<p>25</p> <p>8am Wake Up & Walk w/Shanna 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 10am Craft: Book Page Roses (Library) 11am Chair Fit /Mac 1pm Yoga w/Shanna</p>	<p>26</p> <p>8am Wake Up & Walk w/Shanna 9am Fitness w/Shanna 9am Sew'l Sister's /FREE 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Mac 12-2pm Wild & Wooly Women 12-3pm Red Hat Society MPR</p>
<p>29</p> <p>8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /Mac 12am Fellas, Let's Get Fit/Mac 2pm Intro to Health Weight Lifting 3pm Line Dance w/Sheila</p>	<p>30</p> <p>8am Wake Up & Walk w/Shanna 9am Strength Training w/Shanna 10am MixedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit /MAC 1pm Yoga w/Shanna 1-3pm Bridge</p>	<p><i>April Showers Brings May Flowers</i></p>	<p><i>April is Financial Literacy Month</i></p>	<p><i>Oak Street Health will hand out water bottles and snacks on the following dates:</i></p> <p><i>April 5th 12-1pm</i> <i>April 8th 9-10am</i> <i>April 16th 1-2pm</i></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!!!