

# May 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 May 7th • 10AM Library</p>	<p>Medical Health Insurance w /Karina May 21<sup>st</sup> • 1 0AM MPR You can schedule an individual session – See Karina</p> <p>Gifted w/ Style Mother's Day Dress Sale Friday May 3<sup>rd</sup> 8:00am -1:00pm <b>Dental Office #106</b></p>	<p>Come Celebrate May Birthdays w/Constable Daryl L. Smith Sr. May 29<sup>th</sup> @ 10:45am MPR</p> <p>Veterans Caregiver Support Services Presented by Girling Personal Care May 1<sup>st</sup> 10:00am MPR</p>	<p>Sew'l Sister's Fridays 9am-11am MPR Project of the Month of May Snap &amp; Zipper Bags May 3<sup>rd</sup> &amp; 17<sup>th</sup>. Jewelry Making/Repair Tutorials May 10<sup>th</sup> &amp; 24<sup>th</sup></p> <p>Writing Workshop w/Curtis 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesdays of each month 10:00 to 5:00pm <b>Dental Office #106 &amp; Library</b></p>	<p>w/Constable <b>Daryl Smith, Sr.</b> May 17<sup>th</sup> 11AM MPR Games • Prizes • Snacks</p>
<p>TSU Aging and Intergenerational Resources: Chronic Disease Self-Management Program Tuesday &amp; Friday 10am-11am Classes begin May 7<sup>th</sup>. Dental Rm #109</p>	<p>Oak Street Health will hand out water bottles and snacks on the following dates: May 3<sup>rd</sup> – 12-1pm May 10<sup>th</sup> – 10-11am May 13<sup>th</sup> – 10-11am May 22<sup>nd</sup> – 12-1pm <b>Auditorium</b></p>	<p><b>1</b></p> <p>8am Fit &amp; Strong w/Shanna 8am Wake Up &amp; Walk w/video (Aquatics RM) 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild &amp; Wooly Women (Library)</p>	<p><b>2</b></p> <p>8am Wake Up &amp; Walk/Shanna 8am Wake Up &amp; Walk w/video (Aquatics RM) 8a-4p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 10am eBooks at FBCL (Library) 11am Chair Fit /Coach Mac 1pm Yoga w/Shanna</p>	<p><b>3</b></p> <p>8am Wake Up &amp; Walk w/Shanna 8am Wake Up &amp; Walk w/video (Aquatics RM) 9am Fitness w/Shanna 9am Sew'l Sister's 10am Chair Fit/ Coach Mac/New 11am Chair Fit /Coach Mac 12pm Fellas, Let's Get Fit/Mac 12-2pm Wild &amp; Wooly Women (Library)</p>
<p><b>6</b></p> <p>8am Fit &amp; Strong w/Shanna 8am Wake Up &amp; Walk w/video (Aquatics RM) 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Coach Mac 2pm Intro to Healthy Weightlifting / Coach) 3pm Line Dance w/Sheila</p>	<p><b>7</b></p> <p>8am Wake Up &amp; Walk w/Shanna 8am Wake Up &amp; Walk w/video (Aquatics RM) 9am Strength Training w/Shanna 10am MixedFit w/AnJonee MPR 10am Chair Fit/ Coach Mac/New 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 1pm Yoga w/Shanna 1-3pm Bridge MPR</p>	<p><b>8</b></p> <p>8am Fit &amp; Strong w/Shanna 8am Wake Up &amp; Walk w/video (Aquatics RM) 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild &amp; Wooly Women (Library)</p>	<p><b>9</b></p> <p>8am Wake Up &amp; Walk/Shanna 8am Wake Up &amp; Walk w/video (Aquatics RM) 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 11am Embroidered Flower Bookmarks (Library) 11am Chair Fit /Coach Mac 1pm Yoga w/Shanna</p>	<p><b>10</b></p> <p>8am Wake Up &amp; Walk w/Shanna 8am Wake Up &amp; Walk w/video (Aquatics RM) 9am Fitness w/Shanna 9am Sew'l Sister's 10am Chair Fit/ Coach Mac/New 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Mac 12-2pm Wild &amp; Wooly Women (Library)</p>

**Schedule Subject to Change. Please call: 832-471-2765 "Especially inclement weather days"**

<p><b>13</b></p> <p>8am Fit &amp; Strong w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Fitness w/Shanna  10am Line Dance w/Sheila  11am Chair Fit /Mac  12pm Fellas, Let's Get Fit/Coach Mac  2pm Intro to Healthy Weightlifting / Coach  3pm Line Dance w/Sheila</p>	<p><b>14</b></p> <p>8am Wake Up &amp; Walk w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Strength Training w/Shanna  10am Medicare w/Karina DENTAL <b>Rm #109</b>  10am MixxedFit w/AnJonee <b>MPR</b>  10am Chair Fit/ Coach Mac/New  11am Greater Works Bible Study  11am Chair Fit /Coach Mac  1pm Yoga w/Shanna  1-3pm Bridge <b>MPR</b></p>	<p><b>15</b></p> <p>8am Fit &amp; Strong w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Fitness w/Shanna  10am Line Dance w/Faye  11am Chair Fit/Coach Mac  12pm Fellas Let's Get Fit/Coach Mac  12-2pm Wild &amp; Wooly Women <b>(Library)</b></p>	<p><b>16</b></p> <p>8am Wake Up &amp; Walk w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  8a-1p Pinnacle Quilting Bee  9am Strength Training w/Shanna  10am ZUMBA w/Shanna  11am Board Games <b>(Library)</b>  11am Chair Fit /Coach Mac  1pm Yoga w/Shanna</p>	<p><b>17</b></p> <p>8am Wake Up &amp; Walk w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Fitness w/Shanna  9am Sew'l Sister's  10am Chair Fit/ Coach Mac/New  11am Chair Fit /Coach Mac  12pm Fellas, Let's Get Fit/Coach Mac  12-2pm Wild &amp; Wooly Women <b>(Library)</b>  12-3pm Red Hat Society <b>MPR</b></p>
<p><b>20</b></p> <p>8am Fit &amp; Strong w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Fitness w/Shanna  10am Line Dance w/Sheila  11am Chair Fit /Mac  12pm Fellas, Let's Get Fit/Coach Mac  2pm Intro to Healthy Weightlifting/MAC  3pm Line Dance w/Sheila</p>	<p><b>21</b></p> <p>8am Wake Up &amp; Walk w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Strength Training w/Shanna  10am MixxedFit w/AnJonee <b>MPR</b>  10am Chair Fit/ Coach Mac/New  11am Greater Works Bible Study  11am Chair Fit /Coach Mac  1pm Yoga w/Shanna  1-3pm Bridge <b>MPR</b></p>	<p><b>22</b></p> <p>8am Fit &amp; Strong w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Fitness w/Shanna  10am Line Dance w/Faye  11am Chair Fit /Coach Mac  12pm Fellas Let's Get Fit/Coach Mac  12-2pm Wild &amp; Wooly Women <b>(Library)</b></p>	<p><b>23</b></p> <p>8am Wake Up &amp; Walk w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  8a-1p Pinnacle Quilting Bee  9am Strength Training w/Shanna  10am ZUMBA w/Shanna  10am Access Demand &amp; Streaming Video <b>(Library)</b>  11am Chair Fit /Coach Mac  1pm Yoga w/Shanna</p>	<p><b>24</b></p> <p>8am Wake Up &amp; Walk w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Fitness w/Shanna  9am Sew'l Sister's  10am Chair Fit/ Coach Mac/New  11am Chair Fit /Coach Mac  12pm Fellas, Let's Get Fit/Coach Mac  12-2pm Wild &amp; Wooly Women <b>(Library)</b></p>
<p><b>27</b></p> <p><b>Memorial Day Observance</b></p>	<p><b>28</b></p> <p>8am Wake Up &amp; Walk w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Strength Training w/Shanna  10am MixxedFit w/AnJonee <b>MPR</b>  10am Chair Fit/ Coach Mac/New  11am Greater Works Bible Study  11am Chair Fit /Coach Mac  1pm Yoga w/Shanna  1-3pm Bridge <b>MPR</b></p>	<p><b>29</b></p> <p>8am Fit &amp; Strong w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Fitness w/Shanna  10am Line Dance w/Faye  11am Chair Fit /Coach Mac  12pm Fellas Let's Get Fit/Coach Mac  12-2pm Wild &amp; Wooly Women <b>(Library)</b></p>	<p><b>30</b></p> <p>8am Wake Up &amp; Walk w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Strength Training w/Shanna  10am eFaxing — <b>(Library)</b>  11am Greater Works Bible Study  11am Chair Fit /Coach Mac  1pm Yoga w/Shanna</p>	<p><b>31</b></p> <p>8am Wake Up &amp; Walk w/Shanna  8am Wake Up &amp; Walk w/video (Aquatics RM)  9am Strength Training w/Shanna  9am Sew'l Sister's  10am Chair Fit/ Coach Mac/New  11am Chair Fit /Coach Mac  12-2pm Wild &amp; Wooly Women <b>(Library)</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**

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

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