



October 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>ALL FITNESS CLASSES WILL BE TEMPORARILY HELD IN THE YOGA ROOM IN THE AQUATIC CENTER</p> <p>THE NUMBER OF PARTICIPANTS WILL BE LIMITED TO 25</p> <p>SEE FITNESS INSTRUCTOR FOR QUESTIONS</p>	<p>Techie Tuesday w/Wylesha</p> <p>October 1st @ 10AM Dental Topic- Google Documents</p> 	<p>Medical Health Insurance w /Karina</p> <p>October 15th @ 10AM Dental Topic – Medicare Open Enrollment</p> <p>You can schedule an individual session after class – See Karina</p>	<p>Texas A&M AGRILIFE EXTENSION Be Well Live Well: A Program on Healthy Aging</p> <p>October 4th @ 10AM Dental See flyer for more information and sign up with Angie</p>	 <p>w/Constable Daryl Smith, Sr. Cancelled for October</p>
<p>The Pinnacle Senior Center & Wellcare Presents A Path to Wellness (Meditation) October 28th @ 7:30AM Yoga Room See Flyer for Additional Details RSVP w/Angie</p>	<p>1</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video – 9am Strength Training w/Shanna 10am MixxedFit w/AnJonee 10am Fitness Center/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge</p>	<p>2</p> <p>7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild & Wooly Women (Dental)</p>	<p>3</p> <p>8am Wake Up & Walk/Shanna 8am Wake Up & Walk w/Video - 8a-3p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Fitness Center/ Coach Mac 10am Craft: Easy Origami (Dental) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>4</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 9am Sew'l Sister's CANCELLED 10am Pilates w/Shanna 11am Chair Fit /Coach Mac 12pm Fellas, Let's Get Fit/Mac 12-2pm Wild & Wooly Women (DENTAL)</p>
<p>7</p> <p>7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video – 9am Fitness w/Shanna 10am Line Dance w/Sheila CANCELLED 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Coach Mac 3pm Line Dance w/Sheila CANCELLED</p>	<p>8</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center) 9am Strength Training w/Shanna 10am MixxedFit w/AnJonee 10am Fitness Center/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge (Dental)</p>	<p>9</p> <p>7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild & Wooly Women (Dental)</p>	<p>10</p> <p>8am Wake Up & Walk/Shanna 8am Wake Up & Walk w/Video - 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Fitness Center/ Coach Mac 10am Tech: Microsoft Word Basics (Dental) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>11</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 9am Sew'l Sister's CANCELLED 10am Pilates w/Shanna 11am Chair Fit /Coach Mac 12pm Fellas, Let's Get Fit/Mac 12-2pm Wild & Wooly Women (Dental)</p>

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

<p>14 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video 9am Fitness w/Shanna 10am Line Dance w/Sheila CANCELLED 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Coach Mac 3pm Line Dance w/Sheila CANCELLED</p>	<p>15 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 9am Strength Training w/Shanna 10am MixedFit w/Anjonee 10am Fitness Center/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge</p>	<p>16 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild & Wooly Women (Dental)</p>	<p>17 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Fitness Center/ Coach Mac 10am Craft: Genealogy (Dental) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>18 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video 9am Fitness w/Shanna 9am Sew'1 Sister's CANCELLED 10am Pilates w/Shanna 11am Chair Fit /Coach Mac 12pm Fellas, Let's Get Fit/Coach Mac 12-2pm Wild & Wooly Women (Dental) 12-3pm Red Hat Society CANCELLED</p>
<p>21 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 10am Line Dance w/Sheila CANCELLED 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Coach Mac 3pm Line Dance w/Sheila CANCELLED</p>	<p>22 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 9am Strength Training w/Shanna 10am MixedFit w/Anjonee 10am Fitness Center/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge (Dental)</p>	<p>23 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - 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 & Wooly Women (Dental)</p>	<p>24 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Fitness Center/ Coach Mac 10am Craft: Book Page Bunting (Dental) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>25 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 9am Sew'1 Sister's CANCELLED 10am Pilates w/Shanna 11am Chair Fit /Coach Mac 12pm Fellas, Let's Get Fit/Mac 12-2pm Wild & Wooly Women (Dental)</p>
<p>28 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 10am Line Dance w/Sheila CANCELLED 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Coach Mac 3pm Line Dance w/Sheila CANCELLED</p>	<p>29 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 9am Strength Training w/Shanna 10am MixedFit w/Anjonee 10am Fitness Center/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge (Dental)</p>	<p>30 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - 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 & Wooly Women (Dental)</p>	<p>31 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Fitness Center/ Coach Mac 10am Online Health Tools (Dental) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>TAI CHI CLASS FOR SENIORS OCTOBER 3RD AT 10:00 AM AQUATIC CENTER YOGA ROOM Presented by Houston-Galveston Area Council on Aging</p>

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

Please sign in daily! Ask about our monthly e-Blast!

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