

PLEASE SIGN IN DAILY-THANKS!

**Reminder!**

**8:30-11am**

**Wednesday, December 4<sup>th</sup>**

Houston Food Bank  
Truck & Resource Fair  
**The Food Truck is  
Canceled for 2020**

Sponsored by:  
"Pinnacle Volunteers"

**MONDAY**

**The Pool is Open**



For Pinnacle Aquatic  
Fitness Center

See separate schedule at  
Front Desk or Pool

**TUESDAY**

**The PINNACLE**

Senior Center of  
Fort Bend County

**December 2019**

**"Happy Holidays"**

5525-C Hobby Rd. Houston, TX 77053

**M-F 7:30am-7:30pm Sat. 8-11am**

**WEDNESDAY**

**Community Service Projects**

**••ANNOUNCEMENT••**

Due to the addition of the  
Aquatic Fitness Center, we  
will no longer provide the  
monthly Food Bank Truck &  
the Market Place Monday  
events for 2020

**THURSDAY**

**•EVENING SCHEDULE•**

*Monday-5-6pm Line Dance w/Sheila*

*6-7pm -MixedFit w/ Anjonee*

*Tuesday-6-7pm Zydeco*

*Wednesday- 6-7pm Line Dance w/Boninita*

**1<sup>st</sup> Thursday-6-7pm- OPEN**

*2nd, 3rd & 4th Thursday-6-7pm*

*Two Stepping w/Marvin*

*Monday-Friday-6-7pm- WalkFit DVD's*

**FRIDAY/SATURDAY**

**2) 8am-Wake Up & Walk!**

**8AM-1PM-MARKETPLACE MONDAY**

**9am-Fitness**

**10am- Line Dance w/Sheila**

**11am-ZUMBA™  
w/Valerie**

**1pm-Fitness  
(Flexibility)**

**2-6pm-The Peak Table Games**

**5-6pm- Line Dance w/Sheila**

**6-7pm-MixedFit w/Anjonee  
Walk DVD**

**3) 8am-Wake Up & WALK!**

**9am-Strength Training**

**9am- Chair Fit DVD w/Freeman**

**10am-Fellas, Let's Get Fit!**

**11am-Greater Works  
Bible Study**

**11am-Chair Fit**

**12pm-Afternoon Fitness  
w/Valerie**

**1-3pm-Bridge**

**3-6pm Peak Table Games**

**6-7pm-Walk DVD/ZYDECO**

**4) 8am- Wake Up & WALK!**

**8:30-11AM- Food Bank Truck**

**9am- Fitness**

**9-11am-Ping Pong**

**10am-ZUMBA™ w/Valerie**

**11am-Two Stepping w/Marvin**

**12pm-Line Dancing  
w/Faye**

**12-2pm-Wild & Wooly Women**

**1pm-Fitness (Ab Workout)**

**2-6pm-The Peak Table Games**

**6-7pm-Line Dance w/Boninita Walk DVD**

**5) 8am- Wake Up & WALK**

**9am-Functional Fitness**

**10am-**

**Library Programming**

**10:30am-Chair Fit**

**11AM-Healthy Eating  
w/Deanne**

**2-6pm-The Peak Table Games**

**5-6pm-Sign Language  
w/Marsha**

**6-7pm-Walk DVD**

**6) 8am- Wake Up & WALK!**

**9am- Fitness Friday**

**9am-Sewing/w Lula &  
Bling w/Harriett**

**11am-Fellas Let's Get Fit/BINGO**

**12pm-Chair Fit w/Freeman DVD**

**12-2pm-Wild & Wooly Women**

**2-6pm-The Peak Table Games**

**6-7pm-Fitness DVD**

**Saturday 12-7-19**

*8am-Wake Up & Walk DVD*

*9-10:45-Yoga & Meditation w/DihAnah*

**9) 8am-Wake Up & Walk!**

**9am-Fitness**

**10am- Line Dance w/Sheila**

**11am-ZUMBA™  
w/Valerie**

**1pm-Fitness  
(Flexibility)**

**2-6pm-The Peak Table Games**

**5-6pm- Line Dance w/Sheila**

**6-7pm-MixedFit w/Anjonee  
Walk DVD**

**10) 8am-Wake Up & WALK!**

**9am-Strength Training**

**9am- Chair Fit DVD w/Freeman**

**10am-Fellas, Let's Get Fit!**

**11am-Greater Works  
Bible Study**

**11am-Chair Fit**

**12pm-Afternoon Fitness  
w/Valerie**

**1-3pm-Bridge**

**3-6pm Peak Table Games**

**6-7pm-Walk DVD ZYDECO**

**11) 8am- Wake Up & WALK!**

**9am- Fitness**

**9-11am-Ping Pong**

**10am-ZUMBA™ w/Valerie**

**11am-Two Stepping w/Marvin**

**12pm-Line Dancing  
w/Faye**

**12-2pm-Wild & Wooly Women**

**1pm-Fitness (Ab Workout)**

**2-6pm-The Peak Table Games**

**6-7pm-Line Dance w/Boninita Walk DVD**

**12) 8am- Wake Up & WALK**

**9am-Functional Fitness**

**10am-**

**Library Programming**

**10:30am-Chair Fit**

**2-6pm-The Peak  
Table Games**

**5-6pm-Sign Language  
w/Marsha**

**6-7pm-Two Step w/Marvin Walk DVD**

**13) 8am- Wake Up & WALK!**

**9am- Fitness Friday**

**9am-Sewing w/Lula  
Bling w/Harriett**

**11am-Fellas Let's Get Fit**

**12pm-Chair Fit w/Freeman DVD**

**12-2pm-Wild & Wooly Women**

**2-6pm-The Peak Table Games**

**6-7pm-Fitness DVD**

**Saturday 12-14-19**

*8am-Wake Up & Walk DVD*

*9-10:45-Yoga & Meditation w/DihAnah*

Schedule Subject to Change

**please call: 832-471-2765**

*Especially inclement weather days*

**You must attend an  
Orientation before  
using the pool**

Please support your VOLUNTEERS with  
a kind and generous donation!  
All classes except Freeman's are  
Taught/Facilitated by Volunteers!!!!

Freeman's Classes will  
continue with the DVD until  
a new instructor is hired

**Visit us online at:**

**www.fortbendcountytx.gov under  
Departments/Health & Human  
Services**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

**16)** 8am-Wake Up & Walk!  
9am-Fitness  
10am- Line Dance w/Sheila  
11am-ZUMBA™  
w/Valerie  
1pm-Fitness  
(Flexibility)  
2-6pm-The Peak Table Games  
5-6pm- Line Dance w/Sheila  
6-7pm-MixxedFit w/Anjane  
Walk DVD

**23)** 8am-Wake Up & Walk!  
9am-Fitness  
10am- Line Dance w/Sheila  
11am-ZUMBA™  
w/Valerie  
1pm-Fitness  
(Flexibility)  
2-6pm-The Peak Table Games  
5-6pm- Line Dance w/Sheila  
6-7pm-MixxedFit w/Anjane  
Walk DVD

**30)** 8am-Wake Up & Walk!  
9am-Fitness  
10am- Line Dance  
w/Sheila  
11am-ZUMBA™  
w/Valerie  
1pm-Fitness  
(Flexibility)  
2-6pm-The Peak Table Games  
5-6pm- Line Dance w/Sheila  
6-7pm-MixxedFit w/Anjane  
Walk DVD

**17)** 8am-Wake Up & WALK!  
9am-Strength Training  
9am- Chair Fit DVD w/Freeman  
10am-Fellas, Let's Get Fit!  
11am- Greater Works  
Bible Study  
11am-Chair Fit  
12pm-Afternoon Fitness  
w/Valerie  
1-3pm-Bridge  
3-6pm Peak Table Games  
6-7pm-WalkDVD / Zydeco

**24)** Fort Bend County  
Holiday  
The Pinnacle Senior  
Center will  
be closed in  
observance of the  
Christmas Eve Holiday  


**31)** 8am-Wake Up & WALK!  
9am-Strength Training  
9am- Chair Fit DVD w/Freeman  
10am- Fellas, Let's Get Fit!  
11am- Greater Works  
Bible Study  
11am-Chair Fit  
12pm-Afternoon Fitness  
w/Valerie  
1-3pm-Bridge  
3-6pm Peak Table Games  
6-7pm-Walk DVD / **NO ZYDECO**

**18)** 8am- Wake Up & WALK!  
9am- Fitness  
9-11am-Ping Pong Open Play  
10am- ZUMBA™ w/Valerie  
11am-Two Stepping w/Marvin  
12pm-Line Dancing  
w/Faye  
12-2pm-Wild & Wooly Women  
1pm-Fitness  
(Ab Workout)  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonita/Walk DVD

**25)** Fort Bend County  
Holiday  
The Pinnacle Senior  
Center will  
be closed in  
observance of the  
Christmas Day Holiday  


**Silver Sneakers  
Is Canceled  
Indefinitely  
due to  
Lack of  
Participation**  
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**19)** 8am-Wake Up & WALK!  
9am-Functional Fitness  
10am-  
Library Programming  
10:30am-Chair Fit  
11:30AM-4PM-Missouri  
City Bridge  
2-6pm-The Peak  
Table Games  
5-6pm-Sign Language  
w/Marsha  
6-7pm-Two Step w/Marvin Walk DVD

**26)** 8am-Wake Up & WALK!  
9am-Functional Fitness  
10am-  
Library Programming  
10:30am-Chair Fit  
2-6pm-The Peak  
Table Games  
5-6pm-Sign Language  
w/Marsha  
6-7pm-Two Step w/Marvin Walk DVD

  
w/Amerigroup &  
Angelia  
December 6<sup>th</sup>  
11AM

**20)** 8am- Wake Up & WALK!  
9am- Fitness Friday  
9am-Sewing w/Lula  
11am-Fellas Let's Get Fit  
12pm-Chair Fit w/Freeman DVD  
12-2pm-Wild & Wooly Women  
12-3pm-Red Hat Society  
2-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
Saturday 12-21-19  
8am-Wake Up & Walk DVD  
9-10:45-Yoga & Meditation w/DihAnah

**27)** 8am- Wake Up & WALK!  
9am-Fitness Friday  
9am-Sewing w/Lula  
11am-Fellas Let's Get Fit  
12pm-Chair Fit w/Freeman DVD  
12-2pm-Wild & Wooly Women  
3-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
Saturday 12-28-19  
8am-Wake Up & Walk DVD  
9-10:45-Yoga & Meditation w/DihAnah

November Birthday  
Celebration  
will be  
held with  
the  
December Celebration  
on  
December 18<sup>th</sup>  
at Noon

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