PLEASE SIGN IN DAILY-THANKS!				
Reminder! 8:30-11am Wednesday, December 4th Houston Food Bank Truck & Resource Fair The Food Truck is Canceled for 2020 Sponsored by: "Pinnacle Volunteers"	For Pinnacle Aquatic Fitness Center See separate schedule at Front Desk or Pool	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	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	Monday-5-6pm Line Dance w/Sheila 6-7pm —MixxedFit w/ Anjonee Tuesday-6-7pm Zydeco Wednesday- 6-7pm Line Dance w/Bonnita
MONDAY  2) <u>8am-</u> Wake Up & Walk! <u>8AM-1PM-MARKETPLACE MONDAY</u> <u>9am-</u> Fitness <u>10am-</u> Line Dance w/Sheila <u>11am-</u> ZUMBA <sup>TM</sup> w/Valerie <u>1pm-</u> Fitness  (Flexibility) <u>2-6pm-</u> The Peak Table Games <u>5-6pm-</u> Line Dance w/Sheila <u>6-7pm-</u> MixxedFit w/Anjanee  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/ZYDECD	WEDNESDAY  4) 8am- Wake Up & WALK! 8:30-11AM- Food Bank Truck  9am- Fitness 9-11am-Ping Pong 10am-ZUMBATM 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/Bannita Walk DVD	5) <u>8am-</u> Wake Up & WALK <u>9am-</u> Functional Fitness <u>10am-</u> <u>Library Programming</u> <u>10:30am-</u> Chair Fit <u>11AM-Healthy Eating</u> <u>w/Deanne</u> <u>2-6pm-</u> The Peak Table Games <u>5-6pm-</u> Sign Language w/Marsha	6) <u>8am-</u> Wake Up & WALK! <u>9am-</u> Fitness Friday <u>9am-</u> Sewing/w Lula &  Bling w/Harriett <u>11am-Fellas Let's Get Fit/BINGO</u> <u>12pm-Chair Fit w/Freeman DVD</u> <u>12-2pm-Wild &amp; Wooly Women</u> 2-6pm-The Peak Table Games <u>6-7pm-Fitness DVD</u> Saturday 12-7-19  8am-Wake Up & Walk DVD  9-10:45-Yoga & Meditation w/DihAnah
9) <u>8am-</u> Wake Up & Walk! <u>9am-</u> Fitness  10am- Line Dance w/Sheila 11am-ZUMBA <sup>TM</sup> w/Valerie <u>1pm-</u> Fitness (Flexibility) 2-6pm-The Peak Table Games <u>5-6pm- Line Dance w/Sheila</u> <u>6-7pm-MixxedFit w/Anjanee</u> Walk DVD	3-6pm Peak Table Games 6-7pm-Walk DVD ZYDECO	11) 8am- Wake Up & WALK!  9am- Fitness 9-11am-Ping Pong 10am-ZUMBA TM 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/Bannita Walk DVD	2 7 pm Two deep w/ Plat viii Walk DVD	13) <u>8am-</u> Wake Up & WALK! <u>9am-</u> Fitness Friday <u>9am-</u> Sewing w/Lula  Bling w/Harriett <u>11am-Fellas Let's Get Fit</u> <u>12pm-Chair Fit w/Freeman DVD</u> <u>12-2pm-Wild &amp; Wooly Women</u> 2-6pm-The Peak Table Games <u>6-7pm-Fitness DVD</u> <u>Saturday 12-14-19</u> 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

**TUESDAY** FRIDAY/SATURDAY **MONDAY** WEDNESDAY **THURSDAY 17)** 18) 19) 8am\_Wake Up & WALK! 20) 8am- Wake Up & WALK! 16)8am-Wake Up & Walk! 8am- Wake Up & WALK! 8am-Wake Up & WALK! 9am-Strength Training 9am- Fitness Friday 9am-Fitness 9am- Fitness **9am-Functional Fitness** 9am-Chair Fit DVD w/Freeman 9-11am-Ping Pong Open Play 9am-Sewing w/Lula 10am-Line Dance w/Sheila 10am-10am - Fellas, Let's Get Fit! *10am- ZUMBA™* w/Valerie 11am-Fellas Let's Get Fit 11am-ZUMBA™ Library Programming 12pm-Chair Fit w/Freeman DVD 11am- Greater Works 11am-Two Stepping w/Marvin w/Valerie 10:30am-Chair Fit 12-2pm-Wild & Wooly Women Bible Study 12pm-Line Dancing 11:30AM-4PM-Missouri 1pm-Fitness 12-3pm-Red Hat Society 11am-Chair Fit w/Faye City Bridge (Flexibility) 2-6pm-The Peak Table Games 12pm-Afternoon Fitness 12-2pm-Wild & Wooly Women 2-6pm-The Peak 2-6pm-The Peak Table Games 6-7pm-Fitness DVD w/Valerie **Table Games** 1pm-Fitness 5-6pm- Line Dance w/Sheila 5-6pm-Sign Language (Ab Workout) 1-3pm-Bridge Saturday 12-21-19 6-7pm-MixxedFit w/Anionee 3-6pm Peak Table Games 2-6pm-The Peak Table Games w/Marsha 8am-Wake Up & Walk DVD Walk DVD 6-7pm-Line Dance w/Bonnita/Walk DVD 9-10:45-Yoga & Meditation w/DihAnah 6-7pm-WalkDVD / Zvdeco 6-7pm-Two Step w/Marvin Walk DVD 24) Fort Bend County 25) Fort Bend County 23) 8am-Wake Up & Walk! 26) 8am-Wake Up & WALK! 27) 8am- Wake Up & WALK! Holiday Holiday 9am-Fitness Friday 9am-Fitness **9am-**Functional Fitness The Pinnacle Senior The Pinnacle Senior 9am-Sewing w/Lula 10am-10am-Line Dance w/Sheila Library Programming Center will 11am-Fellas Let's Get Fit Center will 11am-ZUMBA™ *12pm*-Chair Fit w/Freeman DVD be closed in be closed in w/Valerie 10:30am-Chair Fit 12-2pm-Wild & Wooly Women observance of the observance of the 1pm-Fitness 2-6pm-The Peak 3-6pm-The Peak Table Games Christmas Eve Holiday | Christmas Day Holiday (Flexibility) **Table Games** 6-7pm-Fitness DVD 2-6pm-The Peak Table Games Happy 5-6pm-Sign Language 5-6pm- Line Dance w/Sheila Holidays! **Saturday 12-28-19** w/Marsha 6-7pm-MixxedFit w/Anjonee 8am-Wake Up & Walk DVD 6-7pm-Two Step w/Marvin Walk DVD Walk DVD 9-10:45-Yoga & Meditation w/DihAnah **30)** 8am-Wake Up & Walk! 31) 8am-Wake Up & WALK! November Birthday Silver Sneakers 9am-Strength Training 9am-Fitness Celebration Is Canceled 9am-Chair Fit DVD w/Freeman 10am-Line Dance will be Indefinitely 10am - Fellas, Let's Get Fit! w/Sheila held with 11am- Greater Works w/Amerigroup & 11am-ZUMBA™ due to **Bible Study** the w/Valerie **Angelia** 11am-Chair Fit Lack of December Celebration 1pm-Fitness 12pm-Afternoon Fitness **Participation** (Flexibility) w/Valerie December 6th 2-6pm-The Peak Table Games December 18th 1-3pm-Bridge 5-6pm- Line Dance w/Sheila 3-6pm Peak Table Games **11AM** at Noon 6-7pm-MixxedFit w/Anjonee Walk DVD 6-7pm-Walk DVD /=NO ZYDECO= To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver