FEBRUARY 2025						
MON	TUE	WED	THU	FRI		
3	4	5	6	7		
10	11	12	13	14		
17	18	19	20	21		
24	25	26	27	28		



THE PINNACLE SENIOR CENTER PARKS & RECREATION

- CALLER THE THE



5525-C Hobby Road • Houston, Texas 77053 Mon-Fri: 7:30am - 4:30pm • 832-471-2765 (<u>Aquatics</u> hours 7:30-4:00 PM) (<u>Weight Room</u> Days and Hours- Mon-Fri-7:30-4:15 PM)

Fitness Calendar Schedule

Please make sure you sign in at the front desk daily!

To Participate in The Pinnacle Programs & Activities everyone must complete a Registration Form and Sign a Release of Liability Waiver.

For, Communication Updates please ask about the monthly {Email-Blast and Remind101} Text Messaging Reminder Registry

	<mark>(AUD)-</mark> Audite	orium/Exercise Gym 8	a <mark>(YR)-</mark> Yoga Room Lo	ocated in Aquatics Area	
Time	Monday-3	Tuesday-4	Wednesday-5	Thursday-6	Friday-7
000 000 004	Walk-Video- CM	Walk-Video-SE	Walk-Video- CM	Walk-Video-SE	Walk-Video- CM
800-900 AM	Step/w Shanna <mark>YR</mark>		Step/w Shanna <mark>YR</mark>		
900-1000 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Buffalo Soldiers	Fitness/w Shanna
950-1100 AM	Advanced	Zumba w/ Valerie	<u>Beginners</u>	Event at the Pinnacle	Pilates/w Shanna
	Line-Dance/w Sheila	AUD 1000-1100 AM	Line-Dance /w Faye	9:00-10:00 AM	AUD 1000-1100 AM
1100-1200 PM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac	5.00-10.00 AW	Move-Fit/w Coach
	Men-Fit/w Mac		Men-Fit/w Mac		Men-Fit/w Mac
1200-100 PM	Step/w Shanna <mark>YR</mark>	Yoga/w Shanna <mark>AUD 12:30-115PM</mark>	Step/w Shanna <mark>YR</mark>	Yoga/w Shanna <mark>AUD 12:30-115PM</mark>	
300-400 PM	Line-Dance/w Sheila				
	Mon-10	Tues-11	Wed-12	Thurs-13	Fri-14
800-900 AM	Walk-Video- CM	Walk-Video- SE	Walk-Video- CM	Walk-Video-SE	Walk-Video- CM
000-300 AM	Step/w Shanna <mark>YR</mark>		Step/w Shanna <mark>YR</mark>		
900-1000 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Advanced Line-Dance/w Sheila	Zumba w/ Valerie AUD 1000-1100 AM	<u>Beginners</u> Line-Dance /w Faye		Pilates/w Shanna AUD 1000-1100 AM
1100-1200 PM	Move-Fit/w Mac	Chair-Fit/w Coach	Chair Fit & Men Fit	Chair-Fit/w Coach	Pinnacle will be
	Men-Fit/w Mac		Canceled No Classes		closing at 12:00 PM
1200-100 PM	Step/w Shanna <mark>YR</mark>	Yoga/w Shanna AUD 12:30-115PM	Step/w Shanna <mark>YR</mark>	Yoga/w Shanna AUD 12:30-115PM	Houston Food Bank
300-400 PM	Line-Dance/w Sheila	AUD 12.50-115PW		AUD 12.30-113PW	Registration at 12:45 Distribution 1-3 PM
	Mon-17	Tues-18	Wed-19	Thurs-20	Fri-21
	Walk-Video- CM	Walk-Video-SE	Walk-Video- CM	Walk-Video-SE	Walk-Video- CM
800-900 AM	Step/w Shanna YR		Step/w Shanna YR		
900-1000 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
050 1100 414	Advanced	Senior Center CPR	Beginners		Pilates/w Shanna
950-1100 AM	Line-Dance/w Sheila	Demonstration Class	Line-Dance /w Faye		AUD 1000-1100 AM
1100-1200 PM	Move-Fit/w Mac	10-1130 AM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
	Men-Fit/w Mac		Men-Fit/w Mac		Men-Fit/w Mac
1200-100 PM	Step/w Shanna <mark>YR</mark>	Yoga/w Shanna AUD 12:30-115PM	Step/w Shanna <mark>YR</mark>	Yoga/w Shanna AUD 12:30-115PM	
300-400 PM	Line-Dance/w Sheila				
ar	Mon-24	Tues-25	Wed-26	Thurs-27	Fri-28
800-900 AM	Walk-Video- CM	Walk-Video- SE	Walk-Video- CM	Walk-Video-SE	Walk-Video- CM
800-900 Alvi	Step/w Shanna <mark>YR</mark>		Step/w Shanna <mark>YR</mark>		
900-1000 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Advanced	Zumba w/ Valerie	<u>Beginners</u>		Pilates/w Shanna
	Line-Dance/w Sheila	AUD 1000-1100 AM	Line-Dance /w Faye		<mark>AUD 1000-1100 AM</mark>
1100-1200 PM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
	Men-Fit/w Mac		Men-Fit/w Mac		Men-Fit/w Mac
1200-100 PM	Step/w Shanna <mark>YR</mark>	Yoga/w Shanna <mark>AUD 12:30-115PM</mark>	Step/w Shanna <mark>YR</mark>	Yoga/w Shanna AUD 12:30-115PM	
300-400 PM	Line-Dance/w Sheila				
	nce Instructors	Chair/Move/Men I	Fit Instructor/Coach	Step Strength/Yog	a/Pilates Instructor
Mrs She	eila & Mrs. Faye		pin # 832-471-2763		di # 832-471-2764

	F	EBRUARY	2025			THE PIN	NACLE SENIOR CENTER	1
MON	TUE		THU	I FRI	THE REAL PROPERTY IN CONTRACTOR	PA	RKS & RECREATION	NIL OF
3	4	5	6	7				
10	11	12	13	14	THE MEND	COLT -	ALB BILL TIME	THE ND COL
17	18	19	20	21			oy Road • Houston, Texas 7 0am - 4:30pm • 832-471-2	
24	25	26	27	28				
							es Calendar So	
						Aquatics Hou	rs Mon-Fri 7:30-4:0	0 PM
Tin		Monda		Tuesday		Wednesday	Thursday	Friday
		n "Aquatic" ac			IMPORT		IMPORTANT	There will be NO
you mu	-	er & sign a wa	liver of			fore entering the	No Free-Swimming	Swim lessons this month.
		ability				ar appropriate s. NO bandages or	during Lap	monten.
		attend/view a			open sores/		Swimming Period	
orier		ideo on safety	and		open sores/	woulds		~~~~
	gu	idelines						
				NO LIFEGUARD	ON DUTY! S	<u>WIM AT YOUR OWN I</u>	<u>RISK!!!</u>	
Wk	k-1	MON-	3	TUE-4		WED-5	THU-7	FRI-8
730-90	00 AM					LAP SWIM		
900-11	.00 AM				Free Swi	im (NO SWIM LESSON	S)	
						-	Aqua Aerobics	
1100-12	200 PM	Aqua Zumba	w/Sandi	Aqua Aerobics w	v/Tyler Aq	ua Aerobics w/Tyler	w/Tyler	Aqua Zumba w/Sandi
4200.2				Ence Covin	Aq	ua Balance w/ Sandi	Free Curins	
1200-2				Free Swim	n	Free swim	Free Swim	Free Swim
200-30		Free Sw		Aqua Aerob	oics	Aqua Aerobics	Aqua Aerobics	
200-50	UU PIVI	w/Cycles & Tr	eaumins	w/Video		w/Video	w/Video	w/Cycles & Treadmills
300-40	00 PM			Free Swim	n	Free Swim	Free Swim	
Wk	k-2	MON-1	L O	TUE-11		WED-12	THU-13	FRI-14
730-90	00 AM					LAP SWIM		
900-11	00 AM			Free Sw	im (NO SWIN	1 LESSONS)		Free Swim
					Free Swim (NO SWIM LESSONS)		Agua Aerobics	Aqua Zumba w/ Sandi
1100-12	200 PM	Aqua Zumba	w/Sandi	/Sandi Aqua Aerobics w/	v/Tyler Ac	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	1015am-1115am
								PINNACLE CLOSED
					Aq	Aqua Balance w/ Sandi		AT 12PM
1200-2	200 PM			Free Swim	n i	,,	Free Swim	
		Free Sw				Free Swim		Houston Food
200-30		w/Cycles & Tr	eadmills	Aqua Aerob	oics	Aqua Aerobics	Aqua Aerobics	Bank Senior Box
200-50	UU PIVI			w/Video		w/Video	w/Video	Distribution
300-40	00 PM			Free Swim	n	Free Swim	Free Swim	1pm-3pm
Wk	k-3	MON-1	.7	TUE-18		WED-19	THU-20	FRI-21
730-90	00 AM					LAP SWIM		
000 11	00 004				Eroo Swi		c)	
900-11	.00 AM				Free Sw	im (NO SWIM LESSON		
1100-12	200 PM	Aqua Zumba	w/Sandi	Aqua Aerobics w	v/Tyler Ac	ua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
					Ac	ua Balance w/Sandi	wyryici	
1200-2	200 PM			Free Swim Aqua Aerobics	n /	Free Swim	Free Swim	
200.20	00.014	Free Sw			oics	Aqua Aerobics	Aqua Aerobics	Free Swim
200-30		w/Cycles & Tr	eadmills	w/Video		w/Video	w/Video	w/Cycles & Treadmills
300-40	00 PM			Free Swim	n	Free Swim	Free Swim	
Wk	k-4	MON-2	24	TUE-25		WED-26	THU-27	FRI-28
730-90						LAP SWIM		
900-11	.00 AM			Γ	Free Swi	im (NO SWIM LESSON	S)	[
1100-12	200 PM	Aqua Zumba	w/Sandi	Aqua Aerobics w	v/Tyler Ad	ua Aerobics w/Tyler	Aqua Aerobics	Aqua Zumba w/Sandi
							w/Tyler	
1200-2	200 PM			Free Swim	n Ac	ua Balance w/Sandi	Free Swim	
		Free Sw	im			Free Swim		Free Swim
1	00 PM	w/Cycles & Tr		Aqua Aerob	NCS	Aqua Aerobics	Aqua Aerobics	w/Cycles & Treadmills

w/Video

Free Swim

200-300 PM

300-400 PM

w/Cycles & Treadmills

Volunteer Swim Instructor

Booker Canty

w/Video

Free Swim

Aqua Zumba & Balance Instructor

Sandra Patterson

w/Video

Free Swim

w/Cycles & Treadmills

Aqua Fitness Coordinator and Instructor

Tyler Shannon

	Concernant of the second	NTE	OF	
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	No.	BENI	D CO	33555

FEBRUARY 2025

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Activity Calendar

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		, ,	& <mark>(YR)-</mark> Yoga Room Lo		
Time	Monday-3	Tuesday-4	Wednesday-5	Thursday-6	Friday-7
800-900 AM				QUILTING BEE <mark>9-3PM</mark> MPR	
900-1000 AM	Girling <mark>9-10:30AM</mark> MPR			THE BUFFALO SOLDIERS 9-10AM	
1000-1100 AM	THE MIX BOOK CLUB "FLYING SOLO"	TECHIE TUESDAY	HGAC Aging Mastery Program 10:30-12PM MPR	DYI ORIGAMI HEARTS Library	
1100-1200 PM		Greater Works Bible Study			
1200-100 PM		,			WILD n WOOLEY SEW SISTERS 12-3PM MP
100-200 PM		BRIDGE <mark>1-3PM</mark> MPR			
200-300 PM					
300-400PM					
	Mon-10	Tues-11	Wed-12	Thurs-13	Fri-14
800-900 AM					
900-1000 AM				QUILTING BEE <mark>9-3PM</mark> MPR	
1000-1100 AM	ARTreach MPR	CREAT VISUAL BUCKET LIST- LIBRARY	HGAC Aging Mastery Program 10:30-12PM MPR	EMBROIDERED BOOKMARKS-LIBRARY	
1100-1200 PM					
1200-100 PM		Greater Works Bible Study			The Pinnacle will Clo at 12:00pm
100-200 PM					HOUSTON FOOD BAI <mark>1-3PM</mark>
200-300 PM					
300-400PM					
	Mon-17	Tues-18	Wed-19	Thurs-20	Fri-21
				QUILTING BEE 9-3PM	
800-900 AM				MPR	
900-1000 AM		HHS-CPR DEMO		COMPUTER CLASS -	
500 2000 / 111		<mark>10-11:30AM</mark> AUD		LIBRARY	
1000-1100 AM		10-11:30AM AUD MEDICARE w/KARINA	HGAC Aging Mastery Program 10:30-12PM MPR	LIBRARY	
				LIBRARY	BINGO PARTY w/Constable Smith N
1000-1100 AM		MEDICARE w/KARINA			w/Constable Smith N
1000-1100 AM 1100-1200 PM		MEDICARE w/KARINA			w/Constable Smith M RED HAT SOCIETY <mark>1</mark>
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM 200-300 PM		MEDICARE w/KARINA			w/Constable Smith M RED HAT SOCIETY <mark>1</mark>
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM		MEDICARE w/KARINA Greater Works Bible Study	Program 10:30-12PM MPR		w/Constable Smith M RED HAT SOCIETY <mark>1</mark> <mark>3PM</mark> MPR
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM 200-300 PM	Mon-24	MEDICARE w/KARINA		Thurs-27	w/Constable Smith M RED HAT SOCIETY <mark>1</mark>
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM 200-300 PM 300-400PM	Mon-24	MEDICARE w/KARINA Greater Works Bible Study	Program 10:30-12PM MPR	Thurs-27 QUILTING BEE <mark>8-1PM</mark>	w/Constable Smith N RED HAT SOCIETY 1 3PM MPR
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM 200-300 PM 300-400PM 800-900 AM	Mon-24	MEDICARE w/KARINA Greater Works Bible Study Tues-25	Program 10:30-12PM MPR	Thurs-27 QUILTING BEE <mark>8-1PM</mark> MPR	w/Constable Smith N RED HAT SOCIETY 1 3PM MPR
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM 200-300 PM 300-400PM	Mon-24	MEDICARE w/KARINA Greater Works Bible Study Tues-25 COOKING for TWO	Program 10:30-12PM MPR	Thurs-27 QUILTING BEE <mark>8-1PM</mark> MPR COMPUTER CLASS -	w/Constable Smith N RED HAT SOCIETY 1 <u>3PM</u> MPR
1000-1100 AM 1100-1200 PM 1200-100 PM 200-300 PM 300-400PM 800-900 AM 900-1000 AM		MEDICARE w/KARINA Greater Works Bible Study Tues-25	Program 10:30-12PM MPR	Thurs-27 QUILTING BEE <mark>8-1PM</mark> MPR	w/Constable Smith N RED HAT SOCIETY 1 3PM MPR
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM 200-300 PM 300-400PM 800-900 AM	Mon-24 ARTreach MPR	MEDICARE w/KARINA Greater Works Bible Study Tues-25 COOKING for TWO	Program 10:30-12PM MPR Program 10:30-12PM MPR HGAC Aging Mastery Program 10:30-12PM MPR BIRTHDAY CELEBRATIONS	Thurs-27 QUILTING BEE <mark>8-1PM</mark> MPR COMPUTER CLASS -	w/Constable Smith N RED HAT SOCIETY 1 <u>3PM</u> MPR
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM 200-300 PM 300-400PM 800-900 AM 900-1000 AM		MEDICARE w/KARINA Greater Works Bible Study Tues-25 COOKING for TWO	Program 10:30-12PM MPR Program 10:30-12PM MPR HGAC Aging Mastery Program 10:30-12PM MPR	Thurs-27 QUILTING BEE <mark>8-1PM</mark> MPR COMPUTER CLASS -	w/Constable Smith N RED HAT SOCIETY 1 3PM MPR
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM 200-300 PM 300-400PM 800-900 AM 900-1000 AM 1000-1100 AM		MEDICARE w/KARINA Greater Works Bible Study Tues-25 COOKING for TWO <i>LIBRARY</i> Greater Works Bible	Program 10:30-12PM MPR Program 10:30-12PM MPR HGAC Aging Mastery Program 10:30-12PM MPR BIRTHDAY CELEBRATIONS	Thurs-27 QUILTING BEE <mark>8-1PM</mark> MPR COMPUTER CLASS -	W/Constable Smith N RED HAT SOCIETY 1 3PM MPR Fri-28
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM 200-300 PM 300-400PM 800-900 AM 900-1000 AM 1000-1100 AM 1100-1200 PM		MEDICARE w/KARINA Greater Works Bible Study Tues-25 COOKING for TWO <i>LIBRARY</i> Greater Works Bible	Program 10:30-12PM MPR Program 10:30-12PM MPR HGAC Aging Mastery Program 10:30-12PM MPR BIRTHDAY CELEBRATIONS	Thurs-27 QUILTING BEE <mark>8-1PM</mark> MPR COMPUTER CLASS -	W/Constable Smith N RED HAT SOCIETY 1 3PM MPR Fri-28
1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM 200-300 PM 300-400PM 800-900 AM 900-1000 AM 1000-1100 AM 1100-1200 PM 1200-100 PM		MEDICARE w/KARINA Greater Works Bible Study Tues-25 COOKING for TWO <i>LIBRARY</i> Greater Works Bible	Program 10:30-12PM MPR Program 10:30-12PM MPR HGAC Aging Mastery Program 10:30-12PM MPR BIRTHDAY CELEBRATIONS	Thurs-27 QUILTING BEE <mark>8-1PM</mark> MPR COMPUTER CLASS -	w/Constable Smith M RED HAT SOCIETY 1 3PM MPR Fri-28
1000-1100 AM 1100-1200 PM 1200-100 PM 200-300 PM 200-300 PM 300-400PM 800-900 AM 900-1000 AM 1000-1100 AM 1100-1200 PM 1200-100 PM 100-200 PM		MEDICARE w/KARINA Greater Works Bible Study Tues-25 COOKING for TWO <i>LIBRARY</i> Greater Works Bible	Program 10:30-12PM MPR Program 10:30-12PM MPR HGAC Aging Mastery Program 10:30-12PM MPR BIRTHDAY CELEBRATIONS	Thurs-27 QUILTING BEE <mark>8-1PM</mark> MPR COMPUTER CLASS -	w/Constable Smith N RED HAT SOCIETY <u>1</u> <u>3PM</u> MPR