PLEASE SIGN IN DAILY-THANKS!

Reminder!

Houston Food Bank Truck & Resource Fair Sponsored by: United Healthcare Wednesday, April 4th 9AM-12PM

Pickleball is here! Afternoons at 3pm (by request & availability)



MONDAY

Texas A&M AgriLife Extension Services

Tai Chi for Arthritis w/Courtney & Nutrition w/Krystal Tuesdays 9:30-10:AM Practice 10-10:45am-Class

The Wellness Center
Carolyn Lyons, LVN
Monday & Wednesday 9am-1pm
Blood Pressure & Diabetes Testing

2) <u>8am-</u>Wake Up & Walk!

<mark>8am-1pm</mark> Market Place Monday

<u>9am-</u>Fitness w/Freeman 10am-Line Dance w/Sheila

11am-ZUMBA w/Valerie

<u>12PM</u> -Yoga w/Shanthi 1pm-Fitness w/Freeman (Flexibility)

<u>2&3pm-</u> SILVER SNEAKERS/Body Pump w/Angel'a <u>2-6pm-The Peak Table Games</u>

<u>6-7:15PM</u> HOA Meeting (Peak)
<u>5pm</u>-Line Dancing w/Sheila

6-7pm-Fitness DVD

Schedule Subject to Change please call: 832-471-2765
Especially inclement weather days

New!

Silver Sneakers w/Angel'a adds a new *Body Pump Class*



Mondays at 3PM

Body Pump utilizes varying sizes of hand weights and mats to the workout routine

TUESDAY

CHANGES IN SCHEDULE

9-11am. Thursday's by request.
Please check the schedule!

Students Helping Seniors
Students helping Seniors with digital devices

is now Tuesdays and Thursdays 12-12:30pm.

Tickets are now on sale for August Wilson's

"Ma Rainey" at the Ensemble Theatre
May 16th for the 10AM matinee
You must purchase ticket to secure your spot.

42 seats available for \$15 each

3) 8am-Wake Up & WALK!

9am-Strength Training w/Freeman
9am-Silver Sneakers Chair w/Angel'a
9:30am-Tai Chi for Arthritis
w/Courtney & Nutrition w/Krystal
10am-Self-Defense w/Kenneth
& Grand Master Gerald
11am-Greater Works Bible Study

<u>11am-</u> Greater Works Bible Study <u>11am-</u>Chair-Fit w/Freeman <u>12:00pm-</u> SILVER SNEAKERS w/Angel'a <u>12-12:30pm-Students helping Seniors</u>

<u>1pm-</u>Afternoon Fitness w/Valerie 6-7pm-Nighttime Cardio DVD/Zydeco

Thank you so much to those who regularly donate items to help keep the building clean and a fresh pot of coffee brewing each day!

The PINNACLE

Senior Center of Fort Bend County

WApril 2018 W

Happy Easter/Resurrection Sunday! 5525-C Hobby Rd. Houston, TX 77053

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

WEDNESDAY

Join United Healthcare for a

Pinnacle Spring Party

Thursday, April 12th

10:30AM-12:30PM

Light refreshments/ Giveaways/ Activities, A presentation & Informational hand-outs

Only 24 seats/Sign up early!

4) <u>8am-</u> Wake Up & WALK!

9AM-Noon-Houston Food Bank

<u>9am-</u> Fitness w/Freeman

<u>9-11am-</u>Ping Pong-*CANCELED* 10am-*ZUMBA* w/Valerie

<u>11am-</u>Two Stepping w/Marvin <u>12-1pm-</u>Line Dancing w/Faye

12-2pm-Wild & Wooly Women
1pm-Fitness w/Freeman (Ab Workout)

L<u>pm</u>-Fitness w/Freeman (Ab Worko <u>2pm-</u>SILVER SNEAKERS <u>w/Angel'a</u>

<u>2-6pm-</u>The Peak Table Games <u>6-7pm-Line Dance w/Bonnita</u>

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

Clear Caption Telephones w/Faye Cluthe April 19th 9AM

Please sign up

Walgreen's Shingle Shots Part 1 April 10th at 2:30PM

THURSDAY

MEET PINNACLE PATRON AND AUTHOR REUBEN RAY II for a book signing on

APRIL 4TH 9AM-NOON "Paradise Valley DETROIT"



The story is told about Reuben Ray Sr., who left his life story on tape for his grandchildren.

Paradise Valley/Black Bottom was an area in Detroit where African Americans lived and survived. This story was about a time in American history in the 1920s, 30s, & 40s.

5) 8am-Wake Up & WALK!

<u>9am-</u>Functional Fitness /Freeman <u>10am - Budget Like a Pro-Part 1</u> <u>Library Programming</u>

10:30am-Chair Fit w/Freeman

11:30am-SILVER SNEAKERS w/Angel'a

12-12:30pm-Students helping Seniors 2pm- SILVER SNEAKERS

w/Angel'a

2-6pm-The Peak Table Games 5-6pm-Sign Language w/Marsha 6-7pm-Two Stepping w/Marvin

Silver Sneakers w/Angel'a on Fridays is a chair stretch class

• EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila 6-7pm —Fitness DVD Tuesday-6-7pm-Nighttime Cardio DVD/Zydeco

Wednesday- 6-7pm Line Dance w/Bonnita

Ist Thursday-6-7pm Line Dance on hold

2nd, 3rd & 4th Thursday 6-7pm Two Stepping w/Marvin

Friday-6-7pm- Fitness DVD

FRIDAY/SATURDAY

Fella's, Let's Get Fit To FIGHT

HEART DISEASE
New Class

Featuring Cardio
Strength Training
& Boxing
Techniques

Not exclusive to men

Fridays @ 11AM

6) <u>8am-</u> Wake Up & WALK!

<u>9am-</u>Freeman's Fitness Friday

<u>9am-</u>Sewing w/Lula & Bling It w/Harriett

<u>10am-</u>SILVER SNEAKERS w/Angel'a 11am-Fella's Let's Get Fit

11am-Fella's Let's Get Fit

<u>12-2pm</u>-W*ild & Wooly Women* 2-6pm-The Peak Table Games

6-7pm*-Fitness DVD*

Saturday 4-7-18

8am-Wake Up & Walk DVD
9am-Silver Sneakers Circuit & Body
Pump w/Angel'a 10am-Boom Move It!

•••In the Spotlight•••

Walgreen's Shingle Shots Part 1 April 10th at 2:30PM

9) 8am-Wake Up & Walk! 10) 8am-Wake Up & WALK! 11) 8am-Wake Up & WALK! 12) 8am-Wake Up & WALK! 13) 8am- Wake Up & WALK! 9am-Strength Training w/Freeman 9am-Fitness w/Freeman 9am-Functional Fitness w/Freeman 9am-Freeman's Fitness Friday 9am-Fitness w/Freeman 10am- Budget Like a Pro-Part 2 9am-Silver Sneakers Chair w/Anael'a 9-11am-Ping Pong w/Su Bao 9am-Sewing w/Lula & 10am-Line Dance w/Sheila Library Programming Bling It w/Harriett 9:30am-Tai Chi for Arthritis w/Courtney 10am-ZUMBA w/Valerie 11am-ZUMBA w/Valerie 10:30am-Chair Fit w/Freeman 10am- SILVER SNEAKERS w/Angel'a 10am-Self-Defense w/Kenneth & Gerald 11am- Two Stepping *12 pm-* Yoga w/Shanthi 11:30am- SILVER SNEAKERS 11am-Fella's Let's Get Fit 11am- Greater Works Bible Study w/Marvin 1pm-Fitness w/Freeman w/Angel'a 12-2pm-Wild & Wooly Women 11am-Chair-Fit w/Freeman 12-1pm-Line Dancing w/Faye 12-12:30pm-Students helping Seniors (Flexibility) 2-6pm-The Peak Table Games 12:00pm -SILVER SNEAKERS w/Angel'a 12-2pm-Wild & Wooly Women 2&3pm- SILVER SNEAKERS/Body Pump 2pm- SILVER SNEAKERS 6-7pm-Fitness DVD 12-12:30pm-Students helping Seniors w/Angel'a 1pm-Fitness w/Freeman (Ab Workout) w/Anael'a Saturday 4-14-18 2-6pm-The Peak Table Games 1pm- Afternoon Fitness w/Valerie 2-6pm-The Peak Table Games **2pm-** SILVER SNEAKERS w/Angel'a 8am-Wake Up & Walk DVD 5-6pm-Line Dancing w/Sheila 1-3pm-Bridge 3-6pm Peak Table Games 5-6pm-Sign Language w/Marsha 2-6pm-The Peak Table Games 9am-Silver Sneakers/Angel'a 6-7pm-Nighttime Cardio DVD/Zydeco 6-7pm- Fitness DVD 6-7pm-Line Dance w/Bonnita 6-7pm-Two Stepping w/Marvin 10am-Boom Move It! 16) 8am-Wake Up & Walk! 17) 8am-Wake Up & WALK! 18) 8am- Wake Up & WALK! 19) 8am-Wake Up & WALK! 20) 8am-Wake Up & WALK! *9am*-Fitness w/Freeman 9am-Functional Fitness w/Freeman 9am-Freeman's Fitness Friday *9am-*Strength Training w/Freeman 9am- Fitness w/Freeman 10am-Tvpina 9am- Silver Sneakers Chair w/Angel'a 9am-Sewing w/Lula 9-11am-Ping Pong w/Su Bao 10am-Line Dance w/Sheila **Library Programming** 9:30am-Tai Chi for Arthritis w/Courtney 10am-SILVER SNEAKERS w/Angel'a 11am-ZUMBA w/Valerie 10am-ZUMBA w/Valerie 10:30am-Chair Fit w/Freeman 10am-Self-Defense w/Kenneth & Gerald 11am-Fella's Let's Get Fit 12 pm-Yoga w/Shanthi 11am-Two Stepping w/Marvin 12-3pm- Ø Red Hat Society Today 11am- Greater Works Bible Study 12-1pm-Line Dancing w/Faye 11:30am & 2pm SILVER SNEAKERS *1pm*-Fitness w/Freeman 12-2pm-Wild & Wooly Women 11am-Chair-Fit w/Freeman w/Angel'a in the Peak (Flexibility) 12-2pm-Wild & Wooly Women 2-6pm-The Peak Table Games 12:00pm-SILVER SNEAKERS w/Angel'a **2&3pm-** SILVER SNEAKERS/Body Pump 1pm-Fitness w/Freeman (Ab Workout) 6-7pm-Fitness DVD 12-12:30pm-Students helping Seniors 12-12:30pm-Students helpina Seniors w/Angel'a Saturday 4-21-18 2pm-SILVER SNEAKERS w/Angel'a 1pm-Afternoon Fitness w/Valerie 3-6pm-The Peak Table Games 2-6pm-The Peak Table Games 8am-Wake Up & Walk DVD 1-3pm-Bridge 3-6pm Peak Table Games 2-6pm-The Peak Table Games 5-6pm-Sign Language w/Marsha 5-6pm-Line Dancing w/Sheila 9am-Silver Sneakers w/Angel'a 6-7pm-Nighttime Cardio DVD/Zydeco 6-7pm-Line Dance w/Bonnita 6-7pm-Two Stepping w/Marvin 6-7pm- Fitness DVD 10am-Boom Move It! 26) 8am-Wake Up & WALK! **23/30**) 8am-Wake Up & Walk! 24) 8am-Wake Up & WALK! 25) 8am- Wake Up & WALK! 27) 8am-Wake Up & WALK! 9am-Fitness w/Freeman 9am-Strength Training w/Freeman 9am-Fitness w/Freeman 9am-Freeman's Fitness Friday 9am-Functional Fitness w/Freeman 10am- Mystery Craft 9am- Silver Sneakers Chair w/Angel'a 9-11am-Ping Pong w/Su Bao 9am-Sewing w/Lula 10am-Line Dance w/Sheila **Library Programming** 9:30am-Tai Chi for Arthritis w/Courtney 10am-ZUMBA w/Valerie 11am-ZUMBA w/Valerie 10am-SILVER SNEAKERS 10:30am-Chair Fit 10am-Self-Defense *11am-*Two Stepping w/Marvin *12 pm-* Yoga w/Shanthi w/Angel'a w/Kenneth & Gerald w/Freeman 11am-Fella's Let's Get Fit 12-1pm-Line Dancing w/Faye 1pm-Fitness w/Freeman 11am-Greater Works Bible Study 11:30am-4pm-Missouri City Bridge April Birthday Celebration @Noon 12-2pm-Wild & Wooly Women (Flexibility) 11am-Chair-Fit w/Freeman 11:30am & 2pm SILVER SNEAKERS 12-2pm-Wild & Wooly Women 2-6pm-The Peak Table Games 2&3pm-SILVER SNEAKERS/ w/Angel'a in the Peak 12:00pm-SILVER SNEAKERS w/Angel'a 6-7pm-Fitness DVD 1pm-Fitness w/Freeman (Ab Workout) Body Pump w/Angel'a 12-12:30pm-Students helping Seniors 12-12:30pm-Students helping Seniors Saturday 4-28-18 2pm-SILVER SNEAKERS w/Angel'a 2-6pm-The Peak Table Games 2-6pm-The Peak Table Games 1pm-Afternoon Fitness w/Valerie 8am-Wake Up & Walk DVD 5-6pm-Line Dancing w/Sheila 2-6pm-The Peak Table Games 5-6pm-Sign Language w/Marsha 1-3pm-Bridge 3-6pm Peak Table Games 9am-Silver Sneakers w/Angel'a 6-7pm-Line Dance w/Bonnita 6-7pm- Fitness DVD 6-7pm-Two Stepping w/Marvin 6-7pm-Nighttime Cardio DVD/Zydeco 10am-Boom Move It!

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

WEDNES DAY

THURSDAY

FRIDAY/SATURDAY

MONDAY

TUESDAY