PLEASE SIGN IN DAILY-THANKS! Reminder! It's Hurricane Season!!! The PINNACLE Medicare "Extra Help" • EVENING SCHEDULE• Houston Food Bank Truck Workshop w/Anna Eaton **Texans Recovering Together** Senior Center of Monday-5-6pm Line Dance w/Sheila & Resource Fair Will hold a short informative Iune 21st 10AM 6-7pm —Fitness DVD Sponsored by: United Healthcare Fort Bend County talk on *06-06-18 at 8AM* on Tuesday-6-7pm-Nighttime Cardio DVD/Zydeco Wednesday, June 6th * * * * June 2018 **Hurricane Preparedness** Wednesday- 6-7pm Line Dance w/Bonnita **9AM-12PM** Join Houston Hospice on 1st Thursday-6-7pm Line Dance on hold Welcome Summer! ***Schedule Alert*** Thursday, June 28th - 10AM BINGO!!! 5525-C Hobby Rd. 2nd, 3rd & 4th Thursday 6-7pm Tuesday night Zydeco dance For a "Creating Memories" w/Angelia & AMERIGROUP Houston, TX 77053 Two Stepping w/Marvin will return 6-7-18 Classes are canceled Leaving a Living Legacy 06-15-18 • 11AM M-F 7:30am-7:30pm Sat. 8-11am Friday-6-7pm- Fitness DVD for the summer Workshop (Please sign up) FRIDAY/SATURDAY MONDAY **TUESDAY** WEDNESDAY **THURSDAY** You're Invited to a Dance Texas A&M AgriLife The Pinnacle will be CLOSED Coming in July!!! 1) 8am-Wake Up & WALK! **Celebrating African American Heritage Extension Services** on the morning/afternoon of 9am-Freeman's Fitness Friday THE "6 WEEK DIABETES CLASS" "Wakanda Style" Tai Chi for Arthritis June 22rd from 9am-Sewing w/Lula at The Pinnacle Senior Center Start date: Thursday, July 19th 10am-SILVER SNEAKERS w/Angel'a 10:30AM until 3:30PM w/Courtnev & Fundraiser for the Rose B. Johnson End date: Thursday, August 16th 11am-Fella's Let's Get Fit Schedule will resume from **Nutrition w/Krystal** Colon Cancer Awareness Foundation 12-2pm-Wild & Wooly Women Tuesdays 9:30-10:AM Practice 3:30 - 7:30 PM Sponsored by: Texas A&M Friday June 15th 7-11PM **AgriLife Extension Services** 2-6pm-The Peak Table Games 10-10:45am-Class Staff will be attending the Donation: \$20.00 at door or online 6-7pm-Fitness DVD www.facebook.com/rbjohnsontt Health & Human Services Dept. Instructor: Diane Gertson The Wellness Center Time: 11AM **Annual Meeting in Rosenberg** Saturday 6-2-18 Delicious Buffet/Slammin'DJ/ This is a national evidence 8am-Wake Up & Walk DVD Carolyn Lyons, LVN ENSEMBLE THEATRE TRIP BUS LEAVES African Dress Style Show/Best 9am-Silver Sneakers Circuit & Body based diabetes awareness class Monday & Wednesday 9am-1pm AT 1:45 FOR 3PM PREMIERE MATINEE African Attire Contest/Vendors Sign up early as space is limited | Pump w/Angel'a 10am-Boom Move It! **Blood Pressure & Diabetes Testing** OF "SISTAS THE MUSICAL" 6-24-18 4) 8am-Wake Up & Walk! 5) 8am-Wake Up & WALK! 6) <u>8am-</u> Wake Up & WALK! 7) 8am-Wake Up & WALK! 8) 8am-Wake Up & WALK! **9AM-Noon-Houston Food Bank** 8am-1 pm 9am-Strength Training w/Freeman 9am-Functional Fitness/Freeman 9am-Freeman's Fitness Friday Market Place Monday 9am- Silver Sneakers Chair w/Angel'a 9am-Fitness w/Freeman 9am-Sewing w/Lula 10am-Internet 101 9am-Fitness w/Freeman 9:30am-Tai Chi for Arthritis 9-11am-Ping Pong Open Play **Library Programming** 10am-SILVER SNEAKERS 10am-Line Dance w/Sheila w/Courtney & Nutrition w/Krystal w/Angel'a 10am-ZUMBA w/Valerie 10:30am -Chair Fit w/Freeman 11am-ZUMBA w/Valerie 10am- Self-Defense w/Kenneth 11am-Noon-Healthy Eating w/Deanne 11am-Fella's Let's Get Fit 11am-Marvin will return 6-7-18 12PM -Yoga w/Shanthi & Grand Master Gerald 12-2pm-Wild & Wooly Women 11:30am-SILVER SNEAKERS 12-1pm-Line Dancing w/Faye 1pm-Fitness w/Freeman (Flexibility) 11am- Greater Works Bible Study 2-6pm-The Peak Table Games w/Angel'a 12-2pm-Wild & Wooly Women 2&3pm- SILVER SNEAKERS/Body Pump 11am-Chair Fit w/Freeman 6-7pm-Fitness DVD 2pm- SILVER SNEAKERS *1pm*-Fitness w/Freeman w/Angel'a 12:00pm- SILVER SNEAKERS w/Angel'a Saturday 6-9-18 (Ab Workout) 2-6pm-The Peak Table Games w/Angel'a 8am-Wake Up & Walk DVD 2-6pm-The Peak Table Games 2pm-SILVER SNEAKERS w/Anael'a 6-7:15PM HOA Meeting (Peak) 1pm-Afternoon Fitness w/Valerie 5-6pm-Sign Language w/Marsha 9&10am-Silver Sneakers is canceled 2-6pm-The Peak Table Games 5pm-Line Dancing w/Sheila for today. See you next Saturday! 6-7pm-Nighttime Cardio DVD 6-7pm-Two Stepping w/Marvin 6-7pm-Line Dance w/Bonnita 6-7pm-Fitness DVD Please support your VOLUNTEERS with "Wakanda Style" Colon Cancer Schedule Subject to Change Walgreen's Part 2 •••In the Spotlight ••• your kind and generous donations! Rose B. Johnson Colon Cancer Benefit Dance 6-15 7-11pm please call: 832-471-2765 **Shingles Shot** All classes except Freeman's are Donation: \$20-Buffet & Dance Especially inclement weather days 06-12-18 @ 2:30PM Awareness Foundation → Taught/Facilitated by Volunteers!!!!

MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY/SATURDAY 12) 8am-Wake Up & WALK! 11) 8am-Wake Up & Walk! 13) 8am- Wake Up & WALK! 14) 8am-Wake Up & WALK! 15) 8am- Wake Up & WALK! 9am-Fitness w/Freeman 9am-Strength Training w/Freeman 9am-Fitness w/Freeman 9am-Functional Fitness w/Freeman 9am-Freeman's Fitness Friday 9am-Silver Sneakers Chair w/Angel'a 9-11am-Ping Pong Open Play 10am- Hoopla 9am-Sewing w/Lula 10am-Line Dance w/Sheila **Library Programming** 10am- SILVER SNEAKERS w/Angel'a 10am- ZUMBA w/Valerie 9:30am-Tai Chi for Arthritis w/Courtney 11am-ZUMBA w/Valerie 10:30am-Chair Fit w/Freeman | 11am-Fella's Let's Get Fit/BINGO 10am-Self-Defense w/Kenneth & Gerald 11am-Two Stepping w/Marvin *12 pm-* Yoga w/Shanthi 11am- Greater Works Bible Study 11:30am- SILVER SNEAKERS 12-2pm-Wild & Wooly Women 12-1pm-Line Dancing w/Faye 1pm-Fitness w/Freeman 11am-Chair Fit w/Freeman 12-3pm- Red Hat Society w/Angel'a 12-2pm-Wild & Wooly Women (Flexibility) 3-6pm-The Peak Table Games 12:00pm - SILVER SNEAKERS 2pm- SILVER SNEAKERS 1pm-Fitness w/Freeman (Ab Workout) **2&3pm**- SILVER SNEAKERS/Body Pump 6-7pm-Fitness DVD 7-11pm DANCE w/Angel'a w/Angel'a w/Angel'a **2pm**-SILVER SNEAKERS **Saturday 6-16-18** 2-6pm-The Peak Table Games 1pm- Afternoon Fitness w/Valerie 2-6pm-The Peak Table Games w/Angel'a 8am-Wake Up & Walk DVD 5-6pm-Line Dancing w/Sheila 5-6pm-Sign Language w/Marsha 1-3pm-Bridge 3-6pm Peak Table Games 2-6pm-The Peak Table Games 9am-Silver Sneakers/Angel'a 6-7pm-Two Stepping w/Marvin 6-7pm- Fitness DVD 6-7pm-Nighttime Cardio DVD 6-7pm-Line Dance w/Bonnita 10am-Boom Move It! 18) 8am-Wake Up & Walk! 20) 8am- Wake Up & WALK! 19) 8am-Wake Up & WALK! 21) 8am-Wake Up & WALK! 22) 8am-Wake Up & WALK! 9am-Fitness w/Freeman *9am*-Functional Fitness w/Freeman 9am-Strength Training w/Freeman 9am-Fitness w/Freeman 9am-Freeman's Fitness Friday 9am- Silver Sneakers Chair w/Angel'a 10am-3-D Printina 10am- SILVER SNEAKERS w/Angel'a 10am-Line Dance w/Sheila 9-11am-Ping Pong Open Play Library Programming Classes during the time 9:30am-Tai Chi for Arthritis w/Courtney 11am-ZUMBA w/Valerie 10am-ZUMBA w/Valerie slots of 10:30am-3:30pm 10:30am-Chair Fit w/Freeman 10am-Self-Defense w/Kenneth & Gerald 12 pm- Yoga w/Shanthi 11am-Two Stepping w/Marvin are canceled on today due 11:30am- SILVER SNEAKERS 11am- Greater Works to HHS Annual Staff Meeting 1pm-Fitness w/Freeman 12-1pm-Line Dancing w/Faye **Bible Study** w/Angel'a 3:30-6:30pm-The Peak Table Games (Flexibility) 12-2pm-Wild & Wooly Women 11am-Chair Fit w/Freeman 2pm- SILVER SNEAKERS 6-7pm-Fitness DVD 2&3pm- SILVER SNEAKERS/Body Pump **1pm**-Fitness w/Freeman(Ab Workout) w/Angel'a 12:00pm-SILVER SNEAKERS w/Angel'a Saturday 6-23-18 w/Angel'a 2pm-SILVER SNEAKERS w/Angel'a 3-6pm-The Peak Table Games 8am-Wake Up & Walk DVD 2-6pm-The Peak Table Games 1pm-Afternoon Fitness w/Valerie 5-6pm-Sign Language w/Marsha 2-6pm-The Peak Table Games 9am-Silver Sneakers w/Angel'a 5-6pm-Line Dancing w/Sheila 1-3pm-Bridge 3-6pm Peak Table Games 6-7pm-Two Stepping w/Marvin 6-7pm-Line Dance w/Bonnita 6-7pm-Nighttime Cardio DVD 6-7pm- Fitness DVD 10am-Boom Move It! 25) 8am-Wake Up & Walk! 27) 8am- Wake Up & WALK! 28) 8am-Wake Up & WALK! 26) 8am-Wake Up & WALK! 29) 8am- Wake Up & WALK! 9am-Fitness w/Freeman 9am-Freeman's Fitness Friday 9am-Fitness w/Freeman 9am- w/Freeman 9am-Functional Fitness w/Freeman 9am-Silver Sneakers Chair w/Angel'a 9-11am-Ping Pong Open Play 10am-Houston Hospice-10am-Line Dance w/Sheila *9am-*Sewing w/Lula Creating Memories "Peak" 9:30am-Tai Chi for Arthritis w/Courtney 10am-ZUMBA w/Valerie 10am-SILVER SNEAKERS w/Angel'a 11am-ZUMBA w/Valerie 10am-Craft- Library Programming 11am-Fella's Let's Get Fit *10am*-Self-Defense 11am-Two Stepping w/Marvin 12 pm-Yoga w/Shanthi 10:30am-Chair Fit w/Freeman 12-2pm-Wild & Wooly Women w/Kenneth & Gerald 12-1pm-Line Dancing w/Faye 11:30am-4pm-Missouri City Bridge 1pm-Fitness w/Freeman 2-6pm-The Peak Table Games 11am-Greater Works Bible Study June Birthday Celebration @Noon 11:30am- SILVER SNEAKERS (Flexibility) 6-7pm-Fitness DVD w/Angel'a in the Peak 11am-Chair Fit w/Freeman 12-2pm-Wild & Wooly Women 2&3pm-SILVER SNEAKERS & 12:00pm-SILVER SNEAKERS w/Angel'a 1pm-Fitness w/Freeman (Ab Workout) **2pm-** SILVER SNEAKERS Body Pump w/Angel'a Saturday 6-30-18 w/Angel'a in the PEAK 1pm-Afternoon Fitness w/Valerie **2-6pm-**The Peak Table Games 8am-Wake Up & Walk DVD 2pm-SILVER SNEAKERS w/Angel'a 3-6pm-The Peak Table Games 1-3pm-Bridge 3-6pm Peak Table Games 9am-Silver Sneakers w/Angel'a 5-6pm-Line Dancing w/Sheila 2-6pm-The Peak Table Games 5-6pm-Sign Language w/Marsha 6-7pm-Nighttime Cardio DVD 10am-Boom Move It! 6-7pm- Fitness DVD 6-7pm-Line Dance w/Bonnita 6-7pm-Two Stepping w/Marvin To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver