

PLEASE SIGN IN DAILY-THANKS!

Reminder! New Hours
Houston Food Bank Truck
& Resource Fair
Sponsored by: *United Healthcare*
Wednesday, Nov. 7th
8AM-11AM
General Election
Vote Here!
November 6th 7AM-7PM
MONDAY

Ensemble Theatre Trip
November 11th 3pm Matinee
Buses leave the Fountain Life Center
at 1:45pm 14083 Main St. 77035
CHRISTMAS IS COMIN'
UPTOWN
Written by PHILIP ROSE & PETER UDELL
Set clocks back 1-hour November 4th
■ No BINGO in November ■
TUESDAY

The PINNACLE
Senior Center of
Fort Bend County
November 2018
Happy Veterans Day &
Thanksgiving Holiday
5525-C Hobby Rd. Houston, TX 77053
M-F 7:30am-7:30pm Sat. 8-11am
WEDNESDAY

*** 4-Week Evidence Based ***
Hypertension Class
w/*Dianne Gertson* of
Texas A&M Extension Life Services
Nov. 1, 8, 15! **11:30AM**
Set clocks back 1-hour November 4th
Please pay attention to all dates and
times for special events-They are
not on the schedule by date
THURSDAY

•EVENING SCHEDULE•
Monday-5-6pm Line Dance w/Sheila
6-7pm -MixedFit/Walk DVD
Tuesday-6-7pm-Zydeco/Walk DVD
Wednesday- 6-7pm Line Dance w/Bonita
1st Thursday-6-7pm MixedFit starts in Dec.
2nd, 3rd & 4th Thursday 6-7pm
Two Stepping w/Marvin
Friday-6-7pm- Fitness DVD
FRIDAY/SATURDAY

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

Texas A&M AgriLife Extension Services
 **Tai Chi for Arthritis**
w/Courtney
1st & 3rd Tuesdays
9:30-10am-Practice
10-10:45am-Class

New Classes for the FALL!

w/*Anjonée Mathis*
Monday night from 6-7PM
Mixed Fit is a people-inspired
fitness program that is a mix of
explosive movements & toning
* * * * *
Zydeco is Back!!!
Tuesday night 6-7PM
w/Michael & Theresa

Medicare Open Enrollment!
Mary McNeil
Harris County AAA
Will hold a Medicare Open Enrollment Outreach on
November 29th 9AM - 11AM
Mary (the Pinnacle's own) will hold a workshop to assist you with exploring your options and ensuring you have access to choose the plan(s) that are best suited for **YOU!**

1) **8am- Wake Up & WALK!**
9am-Functional Fitness/Freeman
10am- Computer Class- Know your Smartphone/Library Programming
10:30am-Chair Fit w/Freeman
11:00am-Healthy Eating w/Deanne
11:30am-Hypertension Class Week 2
11:30am-SILVERSNEAKERS™ Circuit (Chair) & 2pm SILVERSNEAKERS™ Cardio Strength w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Mixed Fit- Starts in Dec.

2) **8am- Wake Up & WALK!**
9am-Freeman's Fitness Friday
9-11am-Sewing & Bling it
10am-SILVERSNEAKERS™ Yoga Stretch
11am-Fellas Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Woolly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 11-03-18
8am-Wake Up & Walk DVD
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

5) **8am-Wake Up & Walk!**
8am - 1pm MARKETPLACE MONDAY
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA™ w/Valerie
12PM-Yoga w/Diana
1pm-Fitness w/Freeman(Flexibility)
2&3pm- SILVERSNEAKERS™ Cardio Dance/Body Pump w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- MixedFit/Walk DVD

6) **Election Day! 7AM-7PM The Peak**
8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am- SilverSneakers™ Classic Chair
9:30am-Tai Chi for Arthritis Practice
10-10:45am-Tai Chi w/Courtney
11am- Greater Works Bible Study
11am-Chair Fit w/Freeman
12:00pm- SILVERSNEAKERS™ Cardio Strength
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Zydeco Dance/Walk DVD

7) **8am- Wake Up & WALK!**
8-11AM -Houston Food Bank
9am- Fitness w/Freeman
9-11am-Ping Pong -CANCELED
10am-ZUMBA™ w/Valerie
11am-Two Stepping w/Marvin
12-1pm-Line Dancing w/Faye
12-2pm-Wild & Woolly Women
1pm-Fitness w/Freeman(Ab Workout)
2pm- SILVERSNEAKERS™ Cardio Dance
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita

8) **8am- Wake Up & WALK!**
9am-Functional Fitness/Freeman
10am-Genealogy Library Programming
10:30am-Chair Fit w/Freeman
11:30am-Hypertension Class Week 3
11:30am-SILVERSNEAKERS™ Circuit (Chair) w/Angel'a
2pm- SILVERSNEAKERS™ Cardio Strength w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

9) **8am- Wake Up & WALK!**
9am-Freeman's Fitness Friday
9-11am-Sewing & Bling it
10am-SILVERSNEAKERS™ Yoga Stretch
11am-Fellas Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Woolly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 11-10-18
8am-Wake Up & Walk DVD
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

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

Fellas Let's Get Fit
is also on Tuesday mornings at 10AM

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

Vote Here! The Peak
Your Voice Your Vote
November 6th 7AM-7PM

Visit us online at:
www.fortbendcountytx.gov under Departments/Health & Human Services

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

12) Fort Bend County
Holiday
The Pinnacle Senior Center
will be closed
in observance of the
Veteran's Day Holiday



13) 8am-Wake Up & WALK!

9am-Strength Training w/Freeman
9am- SilverSneakers™ Chair w/Angel'a
10am- Self-Defense w/Kenneth
& Grand Master Gerald The Peak
11am- Greater Works Bible Study
11am-Chair Fit w/Freeman
12:00pm-SILVERSNEAKERS™
Cardio Strength w/Angel'a
1pm- Afternoon Fitness w/Valerie
1-3pm-@Bridge 1-6pm Peak Table Games
6-7pm-Zydeco Dance/Walk DVD

14) 8am- Wake Up & WALK!

9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am- ZUMBA™ w/Valerie
11am-Two Stepping w/Marvin
12-1pm-Line Dancing w/Faye
12-2pm-Wild & Woolly Women
1pm-Fitness w/Freeman (Ab Workout)
2pm-SILVERSNEAKERS™ Cardio
Dance w/Angel'a
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonнита

15) 8am-Wake Up & WALK!

9am-Functional Fitness w/Freeman
10am-'Tis the Season Craft
Database-Library Programming
10:30am-Chair Fit w/Freeman
11:30am-Hypertension Class Week 4
11:30am- SILVERSNEAKERS™
Circuit (Chair) w/Angel'a
2pm- SILVERSNEAKERS™
Cardio Strength w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

16) 8am- Wake Up & WALK!

9am-Freeman's Fitness Friday
9am-Sewing w/Lula
10am- SILVERSNEAKERS™ Yoga Stretch
11am-Fellas Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Woolly Women
12-3pm- Red Hat Society
3-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 11-17-18
8am-Wake Up & Walk DVD
9&10am-SilverSneakers™ Circuit &
Boom Move It! w/Angel'a

19) 8am-Wake Up & Walk!

9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA™ w/Valerie
12PM-Yoga w/Diana
1pm-Fitness w/Freeman
(Flexibility)
2&3pm- SILVERSNEAKERS™ Cardio
Dance/Body Pump w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- MixxedFit/Walk DVD

20) 8am-Wake Up & WALK!

9am-Strength Training w/Freeman
9am- SilverSneakers™ Chair w/Angel'a
9:30am-Tai Chi for Arthritis Practice
10-10:45am-Tai Chi w/Courtney
11am- Greater Works
Bible Study
11am-Chair Fit w/Freeman
12:00pm-SilverSNEAKERS™ Cardio Strength
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Zydeco Dance/Walk DVD

21) 8am- Wake Up & WALK!

9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am-ZUMBA™ CANCELED
11am- Two Stepping w/Marvin
12-1pm-Line Dancing w/Faye
12-2pm-Wild & Woolly Women
1pm-Fitness w/Freeman (Ab Workout)
2pm- SILVERSNEAKERS™
Cardio Dance w/Angel'a
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonнита

22) Fort Bend County

Holiday
The Pinnacle Senior Center
will be closed in observance
of the
Thanksgiving Day Holiday



23) Fort Bend County

Holiday
The Pinnacle Senior Center
will be closed in observance
of the
Thanksgiving Day Holiday



Closed Saturday 11-24-18
See You on Monday!!!!

26) 8am-Wake Up & Walk!

9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA™ w/Valerie
12PM-Yoga w/Diana
1pm-Fitness w/Freeman
(Flexibility)
2&3pm- SILVERSNEAKERS™ Cardio
Dance & Body Pump w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- MixxedFit/Walk DVD

27) 8am-Wake Up & WALK!

9am-Strength Training w/Freeman
9am- SilverSneakers™ Chair w/Angel'a
10am- Self-Defense w/Kenneth
& Grand Master Gerald The Peak
11am-Greater Works Bible Study
11am-Chair Fit w/Freeman
12:00pm-SilverSNEAKERS™ Cardio
Strength w/Angel'a
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Zydeco Dance/Walk DVD

28) 8am- Wake Up & WALK!

9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am-ZUMBA™ w/Valerie
11am- Two Stepping w/Marvin
12pm-Line Dancing w/Faye
Birthday Celebration @ Noon
12-2pm-Wild & Woolly Women
1pm-Fitness w/Freeman (Ab Workout)
2pm-SILVERSNEAKERS™ Cardio Dance
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonнита

29) 8am-Wake Up & WALK!

9am-Functional Fitness w/Freeman
9-11am-Mary McNeil-Harris County
AAA Open Enrollment Outreach
10am-Craft-Library Programming
10:30am-Chair Fit w/Freeman
11:30-4pm-MC Bridge Tournament
11:30am & 2pm- SILVERSNEAKERS™
Circuit (Chair) & SILVERSNEAKERS™ Cardio
Strength w/Angel'a The Peak
3-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

30) 8am- Wake Up & WALK!

9am-Freeman's Fitness Friday
9am-Sewing w/Lula
10am- SILVERSNEAKERS™ Yoga Stretch
11am-Fellas Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Woolly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 12-1-18
8am-Wake Up & Walk DVD
9&10am-SilverSneakers™ Circuit &
Boom Move It! w/Angel'a

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