

PLEASE SIGN IN DAILY-THANKS!

Reminder!

New Hours

8:30-11am

Wednesday, March 6th

Houston Food Bank
Truck & Resource Fair

Sponsored by:
United Healthcare
MONDAY

5th Annual
Pre-St. Patty's Day
Health & Resource Fair
March 6th 8-11AM
Combined w/Food Bank
Focus: Pre Needs,
Burial & Final Expense
Vendors
TUESDAY

The PINNACLE
Senior Center of
Fort Bend County
March 2019
Welcome Spring
5525-C Hobby Rd. Houston, TX77053
M-F 7:30am-7:30pm Sat. 8-11am
WEDNESDAY

The Fort Bend Chapter of
The Links, Incorporated
PRESENTS a Community Event on
"Human Trafficking"
March 26th 7-9PM
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BINGO
w/Angelia & Amerigroup
March 29th 11AM - The Peak
THURSDAY

•EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila
6-7pm -MixedFit
Tuesday-6-7pm-Zydeco
Wednesday- 6-7pm Line Dance w/Bonita
1st Thursday-6-7pm MixedFit
2nd, 3rd & 4th Thursday 6-7pm
Two Stepping w/Marvin
Monday-Friday-6-7pm- WalkFit DVD's
FRIDAY/SATURDAY

Coping to Control

The Emotional Aspect of
Type 2 Diabetes

Dianne Gertson, RD LD

Fort Bend County Extension Agent
Family & Community Health
Coming Soon!

April 11, 18, & 25
11:30am in the Peak

Ensemble Theatre Trips

March 17th 3PM • Bus leaves 1:45PM
March 25th 10AM • Bus leaves 8:45AM



Mardi Gras Kick-Off Party
2019 Senior Trade Shows

March 22, 2019
4-7PM
Door Prizes / Health
Screenings / Grab Bags /
Light Bites / Entertainment
Costume Parade
* You do not want to miss this event *
Grand Prize-Large Screen TV
Prize for Best Costume

Speaker SPOTLIGHTS
Dr. Randall Wolf FACC,FACS
Methodist Cardiovascular Surgery Assoc.
March 12th 1PM
Topic: The latest medications, techniques &
devices to treat Atrial Fibrillation (AFIB)
Leona Jones
The Council on Recovery
March 14th 11AM
"The Quiet Epidemic"
Drug Abuse and Medication
Misuse in Older Adults

1) **8am- Wake Up & WALK!**
9am-Freeman's Fitness Friday
9am-Sewing w/Lula/Bling w/Harriett
10am- SILVERSNEAKERS™ Yoga Stretch
11am-Fellas Let's Get Fit
12pm-Chair Fit w/Freeman DVD
2-6pm-The Peak Table Games
6-7pm-Walk DVD
Saturday 3-2-19
8am-Wake Up & Walk DVD
9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

4) **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 Dance w/Sheila

6-7pm-MixedFit w/Anjonee/Walk DVD

5) **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 w/Angel'a

1pm-Afternoon Fitness w/Valerie

1-3pm-Bridge 3-6pm Peak Table Games

6-7pm-Zydeco Dance/Walk DVD

6) **8am- Wake Up & WALK!**

**8:30-11am St.Patty Day/Food Truck
Resource Fair**

9am- Fitness w/Freeman

10am- ZUMBA™ w/Valerie

11am-Two Stepping w/Marvin

12-1pm-Line Dancingw/Faye/Yoga

12-2pm- Wild & Wooly 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/Bonita/Walk DVD

7) **8am- Wake Up & WALK**

9am-Functional Fitness/Freeman

10am-Computer Class-Pinterest

Library Programming

10:30am-Chair Fit w/Freeman

11:00am-Healthy Eating w/Deanne

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-Mixed Fit w/Anjonee/Walk DVD

8) **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 & Wooly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

Saturday 3-9-19

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 Freestyle
Tuesday mornings at 10AM

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

Yoga Meditation w/Diahna
Wednesdays at Noon The PEAK

Visit us online at:

www.fortbendcountytexas.gov under
Departments/Health & Human Services

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

<p>11) <u>8am</u>-Wake Up & Walk! <u>9am</u>-Fitness w/Freeman <u>10am</u>- Line Dance w/Sheila <u>11am</u>-ZUMBA™ w/Valerie <u>12PM</u>-Yoga w/Diana <u>1pm</u>-Fitness w/Freeman (Flexibility) <u>2&3pm</u>- SILVERSNEAKERS™ Cardio Dance/Body Pump /Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>- Line Dance w/Sheila <u>6-7pm</u>-MixedFit w/Anjonee/Walk DVD</p>	<p>12) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>- SilverSneakers™ Chair w/Angel'a <u>10am</u>- Self-Defense w/Grand Master Gerald The Peak <u>11am</u>- Greater Works Bible Study <u>11am</u>-Chair Fit w/Freeman <u>12:00pm</u>-SILVERSNEAKERS™ Cardio Strength w/Angel'a <u>1pm</u>- <u>Dr. Wolf AFIB Presentation</u> <u>1pm</u>- Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>-ZydecoDance/WalkDVD</p>	<p>13) <u>8am</u>- Wake Up & WALK! <u>9am</u>- Fitness w/Freeman <u>9-11am</u>- <u>Red Hat Society "Peak"</u> <u>10am</u>- ZUMBA™ w/Valerie <u>11am</u>-Two Stepping w/Marvin <u>12-1pm</u>-Line Dancingw/Faye/Yoga <u>12-2pm</u>-Wild & Wooly Women <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2pm</u>-SILVERSNEAKERS™ Cardio Dance w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonнита/Walk DVD</p>	<p>14) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Functional Fitness w/Freeman <u>10am</u>-Genealogy <u>Library Programming</u> <u>10:30am</u>-Chair Fit w/Freeman <u>11am</u>- The Wellderly Program <u>The Council on Recovery</u> <u>11:30am</u>- SILVERSNEAKERS™ Circuit (Chair) w/Angel'a <u>2pm</u>-SILVERSNEAKERS™ Cardio Strength w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>-Sign Language w/Marsha <u>6-7pm</u>-Two Step w/Marvin/Walk DVD</p>	<p>15) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>9am</u>-Sewing w/Lula <u>10am</u>- SILVERSNEAKERS™ Yoga Stretch <u>11am</u>-Fellas Let's Get Fit <u>12pm</u>-Chair Fit w/Freeman DVD <u>12-2pm</u>-Wild & Wooly Women <u>12-3pm</u>- Red Hat Society <u>3-6pm</u>-The Peak Table Games <u>6-7pm</u>-Fitness DVD <u>Saturday 3-16-19</u> <u>8am</u>-Wake Up & Walk DVD <u>9&10am</u>-SilverSneakers™ Circuit & Boom Move It! w/Angel'a</p>
<p>18) <u>8am</u>-Wake Up & Walk! <u>9am</u>-Fitness w/Freeman <u>10am</u>- Line Dance w/Sheila <u>11am</u>-ZUMBA™ w/Valerie <u>12PM</u>-Yoga w/Diana <u>1pm</u>-Fitness w/Freeman (Flexibility) <u>2&3pm</u>- SILVERSNEAKERS™ Cardio Dance/Body Pump/Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>- Line Dance w/Sheila <u>6-7pm</u>-MixedFit w/Anjonee/Walk DVD</p>	<p>19) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>- SilverSneakers™ Chair w/Angel'a <u>9:30am</u>-Tai Chi for Arthritis Practice <u>10-10:45am</u>-Tai Chi w/Courtney <u>11am</u>- Greater Works Bible Study <u>11am</u>-Chair Fit w/Freeman <u>12:00pm</u>-SilverSNEAKERS™ Cardio Strength <u>1pm</u>-Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>-Zydeco Dance/Walk DVD</p>	<p>20) <u>8am</u>- Wake Up & WALK! <u>9am</u>- Fitness w/Freeman <u>9-11am</u>-Ping Pong Open Play <u>10am</u>-ZUMBA™ w/Valerie <u>11am</u>- Two Stepping w/Marvin <u>12-1pm</u>-Line Dancing/Faye/Yoga <u>12-2pm</u>-Wild & Wooly Women <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2pm</u>- SILVERSNEAKERS™ Cardio Dance w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonнита/Walk DVD</p>	<p>21) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Functional Fitness w/Freeman <u>10am</u>-Searching Public Records <u>Library Programming</u> <u>10:30am</u>-Chair Fit w/Freeman <u>11:30am</u> & <u>2pm</u>-SILVERSNEAKERS™ Circuit (Chair) & SILVERSNEAKERS™ Cardio Strength w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>-Sign Language w/Marsha <u>6-7pm</u>-Two Step w/Marvin/Walk DVD</p>	<p>22) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>9am</u>-Sewing w/Lula <u>10am</u>- SILVERSNEAKERS™ Yoga Stretch <u>11am</u>-Fellas Let's Get Fit <u>12pm</u>-Chair Fit w/Freeman DVD <u>12-2pm</u>-Wild & Wooly Women <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Fitness DVD <u>Saturday 3-23-19</u> <u>8am</u>-Wake Up & Walk DVD <u>9&10am</u>-SilverSneakers™ Circuit & Boom Move It! w/Angel'a</p>
<p>25) <u>8am</u>-Wake Up & Walk! <u>9am</u>-Fitness w/Freeman <u>10am</u>- Line Dance w/Sheila <u>11am</u>-ZUMBA™ w/Valerie <u>12PM</u>-Yoga w/Diana <u>1pm</u>-Fitness w/Freeman (Flexibility) <u>2&3pm</u>- SILVERSNEAKERS™ Cardio Dance/Body Pump w/Angel'a <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>- Line Dance w/Sheila <u>6-7pm</u>-MixedFit w/Anjonee/Walk DVD</p>	<p>26) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>-SilverSneakers™ Chair w/Angel'a <u>10am</u>- Self-Defense w/Grand Master Gerald The Peak <u>11am</u>- Greater Works Bible Study <u>11am</u>-Chair Fit w/Freeman <u>12:00pm</u>-SilverSNEAKERS™ Cardio Strength <u>1pm</u>-Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>-Zydeco Dance/Walk DVD</p>	<p>27) <u>8am</u>- Wake Up & WALK! <u>9am</u>- Fitness w/Freeman <u>9-11am</u>-Ping Pong Open Play <u>10am</u>-ZUMBA™ w/Valerie <u>11am</u>-Two Stepping w/Marvin <u>12pm</u>-Line Dance w/Faye/Yoga <u>Birthday Celebration @ Noon</u> <u>12-2pm</u>-Wild & Wooly Women <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2pm</u>-SILVERSNEAKERS™ Cardio Dance <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonнита/Walk DVD</p>	<p>28) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Functional Fitness w/Freeman <u>10am</u>-Craft <u>Library Programming</u> <u>10:30am</u>-Chair Fit w/Freeman <u>11:30am</u> & <u>2pm</u>-SILVERSNEAKERS™ Circuit (Chair) & SILVERSNEAKERS™ Cardio Strength w/Angel'a <u>11:30-4:30pm</u>-MC Bridge Tournament <u>3-6pm</u>-The Peak Table Games <u>5-6pm</u>-Sign Language w/Marsha <u>6-7pm</u>-Two Step w/Marvin/Walk DVD</p>	<p>29) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>9am</u>-Sewing w/Lula <u>10am</u>- SILVERSNEAKERS™ Yoga Stretch <u>11am</u>-Fellas Let's Get Fit/BINGO <u>12pm</u>-Chair Fit w/Freeman DVD <u>12-2pm</u>-Wild & Wooly Women <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Fitness DVD <u>Saturday 3-30-19</u> <u>8am</u>-Wake Up & Walk DVD <u>9&10am</u>-SilverSneakers™ Circuit & Boom Move It! w/Angel'a</p>

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