

PLEASE SIGN IN DAILY-THANKS!

Reminder!

New Hours

8:30-11am

Wednesday, April 3rd

Houston Food Bank
Truck & Resource Fair

Sponsored by:
United Healthcare
MONDAY

"Coping to Control"

*The Emotional Aspect of
Type 2 Diabetes*

April 11th, 18th & 25th

11:30am The PEAK
w/Dianne Gertson, RD LD
Fort Bend County
Extension Agent
Family & Community Health
TUESDAY

The PINNACLE

Senior Center of
Fort Bend County

April 2019

-Happy Easter/Resurrection Sunday-
5525-C Hobby Rd. Houston, TX77053
M-F 7:30am-7:30pm Sat. 8-11am

WEDNESDAY

BINGO

w/Angelia & Amerigroup
April 26th 11AM - The Peak
.....

Many thanks to the
Senior Trade Shows for the
fun-filled Mardi Gras themed
2019 Kick-Off Party
That was fun!!!

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

1) **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

2) **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

3) **8am- Wake Up & WALK!**

8:30-11am Food Truck Resource Fair

9am- Fitness w/Freeman

10am- ZUMBA™ w/Valerie

11am-Two Stepping w/Marvin

12pm-Line Dancing w/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

4) **8am- Wake Up & WALK**

9am-Functional Fitness/Freeman

10am-Practical 3D Printing

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

5) **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

12-2PM-Divas of God The Peak

2-6pm-The Peak Table Games

6-7pm-Walk DVD

Saturday 4-6-19

8am-Wake Up & Walk DVD

9&10am-SilverSneakers™ Circuit &

Boom Move It! w/Angel'a

8) **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 Dance w/Sheila

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

9) **8am-Wake Up & WALK!**

9am-Strength Training w/Freeman

9am- SilverSneakers™ Classic Chair

10am- Self-Defense

w/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

10) **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/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

11) **8am- Wake Up & WALK**

9am-Functional Fitness/Freeman

10am-Computer Class-FaceBook

Library Programming

10:30am-Chair Fit w/Freeman

11:30am-Coping To Control PEAK

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 Step w/Marvin/Walk DVD

12) **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 4-13-19

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/Dih-anah
Wednesdays at Noon The PEAK

Visit us online at:

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

15) 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 /Angel'a

2-6pm-The Peak Table Games

5-6pm- Line Dance w/Sheila

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

16) 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 w/Angel'a

1pm- Afternoon Fitness w/Valerie

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

6-7pm-ZydecoDance/WalkDVD

17) 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/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/Bonnita/Walk DVD

18) 8am-Wake Up & WALK!

9am-Functional Fitness w/Freeman

10am-Free or Cheap Apps Library Programming

10:30am-Chair Fit w/Freeman

11:30am-Coping To Control PEAK

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 Step w/Marvin/Walk DVD

19) Fort Bend County

Holiday

The Pinnacle Senior Center will be CLOSED in observance of the Good Friday Holiday



22) 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/Angel'a

2-6pm-The Peak Table Games

5-6pm- Line Dance w/Sheila

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

23) 8am-Wake Up & WALK!

9am-Strength Training w/Freeman

9am- SilverSneakers™ Chair w/Angel'a

10am- Self-Defense w/Grand Master Gerald The Peak

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

24) 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 Dance w/Faye/Yoga

12-2pm-Wild & Wooly Women

1pm-Fitness w/Freeman (Ab Workout)

2pm-SILVERSNEAKERS™ Cardio Dance

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonnita/Walk DVD

25) 8am-Wake Up & WALK!

9am-Functional Fitness w/Freeman

10am-Craft Library Programming

10:30am-Chair Fit w/Freeman

11:30am-Coping To Control PEAK

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 Step w/Marvin/Walk DVD

26) 8am- Wake Up & WALK!

9am-Freeman's Fitness Friday

9am-Sewing w/Lula

10am- SILVERSNEAKERS™ Yoga Stretch

11am-Fellas Let's Get Fit/**BINGO**

12pm-Chair Fit w/Freeman DVD

12-2pm-Wild & Wooly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

Saturday 4-27-19

8am-Wake Up & Walk DVD

9&10am-SilverSneakers™ Circuit & Boom Move It! w/Angel'a

29) 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 Dance w/Sheila

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

30) 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

* Coming in May *

5 Week


Do Well - Be Well with Diabetes

w/Dianne Gertson RD, LD Fort Bend County Extension Agent Family & Community Health

May 2nd, 9th, 16th, 23rd, & 30th

11:30am in the Peak

Please sign up early!

 Your Vote Counts

City/School/MUD Election

The Pinnacle will serve as a voting site for the Election on

May 4th

The doors will open at 7AM and close at 7PM



Ensemble Theatre Trip

"Josephine Tonight"

Sunday, June 23, 2019

3PM Matinee \$20



Only 42 seats available!

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