PLEASE SIGN IN DAILY-THANKS!				
Reminder!	"Coping to Control"	The PINNACLE	BINGO	EVENING SCHEDULE
New Hours	The Emotional Aspect of		w/Angelia & Amerigroup	Monday-5-6pm Line Dance w/Sheila
8:30-11am	Type 2 Diabetes	Senior Center of	April 26 th 11AM • The Peak	6-7pm —MixxedFit
Wednesday, April 3rd	April 11th, 18th & 25th	Fort Bend County		Tuesday-6-7pm-Zydeco
Houston Food Bank	11:30am The PEAK	April 2019	Many thanks to the	Wednesday- 6-7pm Line Dance w/Bonnita
Truck & Resource Fair	w/Dianne Gertson, RD LD	•Happy Easter/Resurrection Sunday•	Senior Trade Shows for the	I st Thursday-6-7pm MixxedFit
Sponsored by:	Fort Bend County	5525-C Hobby Rd. Houston, TX77053	fun-filled Mardi Gras themed 2019 Kick-Off Party	2nd, 3rd & 4th Thursday 6-7pm <mark>Two Stepping w/Marvin</mark>
United Healthcare	Extension Agent Family & Community Health	M-F 7:30am-7:30pm Sat. 8-11am	That was fun!!!	Monday-Friday-6-7pm- WalkFit DVD's
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
1) <u>8am-</u> Wake Up & Walk!	2) <u>8am-</u> Wake Up & WALK!	3) <u>8am-</u> Wake Up & WALK!	4) <u>8am-</u> Wake Up & WALK	5) <u>8am-</u> Wake Up & WALK!
8am – 1pm MARKETPLACE MONDAY	<u>9am-</u> Strength Training w/Freeman		<u>9am-</u> Functional Fitness/Freeman	<u>9am-</u> Freeman's Fitness Friday
<u>9am-</u> Fitness w/Freeman	9am- SilverSneakers™ Classic Chair	<u>9am-</u> Fitness w/Freeman	10am-Practical 3D Printing	<u>9am-</u> Sewing w/Lula/Bling w/Harriett
10am- Line Dance w/Sheila	9:30am-Tai Chi for Arthritis Practice	10am - ZUMBA TM w/Valerie	<u>Library Programming</u>	<u>10am-</u> SILVERSNEAKERS™ Yoga Stretch
11am-ZUMBA TM w/Valerie	10-10:45am-Tai Chi w/Courtney	11am-Two Stepping w/Marvin	10:30am-Chair Fit w/Freeman	11am-Fellas Let's Get Fit
12PM-Yoga w/Diana	11am-Greater Works Bible Study	12pm-Line Dancing w/Faye/Yoga	<u>11:00am-Healthy Eating w/Deanne</u> <u>11:30am</u> -SILVERSNEAKERS TM	<u>12pm</u> -Chair Fit w/Freeman DVD 12-2PM-Divas of God The Peak
<u>1pm-</u> Fitness w/Freeman (Flexibility)	11am-Chair Fit w/Freeman	12-2pm-Wild & Wooly Women	Circuit (Chair) w/Angel'a	2-6pm-The Peak Table Games
<u>2&3pm-</u> SILVERSNEAKERS™Cardio	<u> </u>	1pm-Fitness w/Freeman (Ab Workout)	<u>2pm</u> - SILVERSNEAKERS™	6-7pm-Walk DVD
Dance / Body Pump w/Angel'a	Cardio Strength w/Angel'a	<u>2pm</u> -SILVERSNEAKERS™	Cardio Strength w/Angel'a	Saturday 4-6-19
<u>2-6pm-</u> The Peak Table Games	<u>1pm-</u> Afternoon Fitness w/Valerie	Cardio Dance w/Angel'a	<u>2-6pm-</u> 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	9&10am-SilverSneakers TM Circuit &
6-7pm-MixxedFit w/Anjonee/Walk DVD	6-7pm-Zydeco Dance/Walk DVD		6-7pm-Mixxed Fit w/Anjonee/Walk DVD	Boom Move It! w/Angel'a
8) <u>8am-</u> Wake Up & Walk!	9) <u>8am-</u> Wake Up & WALK!	10) <u>8am-</u> Wake Up & WALK!	11) <u>8am-</u> Wake Up & WALK	12) <u>8am-</u> Wake Up & WALK!
<u>9am-</u> Fitness w/Freeman	<u>9am-</u> Strength Training w/Freeman	<u>9am-</u> Fitness w/Freeman	<u>9am-</u> Functional Fitness/Freeman	<u>9am-</u> Freeman's Fitness Friday
<u>10am</u> -Line Dance w/Sheila	<u>9am-</u> SilverSneakers™ Classic Chair <i>10am</i> - Self-Defense	9-11am-Ping Pong Open Play	10am-Computer Class-FaceBook	<u>9am-</u> Sewing w/Lula
<u>11am-</u> ZUMBA TM w/Valerie	w/Grand Master Gerald <u>The Peak</u>	10am - ZUMBATM w/Valerie		10am- SILVERSNEAKERS™ Yoga Stretch
<u> 12PM</u> -Yoga w/Diana	11am-Greater Works Bible Study	11am-Two Stepping w/Marvin	10:30am-Chair Fit w/Freeman 11:30am-Coping To Control PEAK	<u>11am</u> -Fellas Let's Get Fit <u>12pm</u> -Chair Fit w/Freeman DVD
<u>1pm-</u> Fitness w/Freeman	11am-Chair Fit w/Freeman	12 2 - Line Dancing w/Faye/Yoga	11:30am-SILVERSNEAKERS TM	12-2pm-Wild & Wooly Women
(Flexibility) 2&3pm-SILVERSNEAKERS™ Cardio	10 00 CII VEDENE AVEDEIN	12-2pm-Wild & Wooly Women	Circuit (Chair) w/Angel'a	2 <u>-6pm</u> -The Peak Table Games
Dance/Body Pump w/Angel'a	Cardio Strength w/Angel'a	1pm-Fitness w/Freeman (Ab Workout)	<u>2pm</u> - SILVERSNEAKERS™	<u>6-7pm</u> -Fitness DVD
2-6pm-The Peak Table Games	1pm-Afternoon Fitness w/Valerie	2pm-SILVERSNEAKERSTM	Cardio Strength w/Angel'a	<u>Saturday 4-13-19</u>
	1-3pm-Bridge 3-6pm Peak Table Games	Cardio Dance w/Angel'a 2-6pm-The Peak Table Games	<u>2-6pm-</u> The Peak Table Games <u>5-6pm</u> -Sign Language w/Marsha	8am-Wake Up & Walk DVD
6-7pm-MixxedFit w/Anjonee/Walk ovo			6-7pm-Two Step w/Marvin/Walk DVD	9&10am-SilverSneakers ™ Circuit & Boom Move It! w/Angel'a
Schedule Subject to Change		Please support your VOLUNTEERS with		Visit us online at:
please call: 832-471-2765	Fellas Let's Get Fit Freestyle	_	Yoga Meditation w/Dih-anah	www.fortbendcountytx.gov under
Especially inclement weather days	Tuesday mornings at 10AM	All classes except Freeman's are Taught/Facilitated by Volunteers!!!!	Wednesdays at Noon The PEAK	Departments/Health & Human Services
rapeniany indicinent weather udys		raugiit/raciiitated by voidiiteer3!!!!		

MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY/SATURDAY 16) 8am-Wake Up & WALK! 17) 8am- Wake Up & WALK! 19) Fort Bend County 15) 8am-Wake Up & Walk! 18) 8am-Wake Up & WALK! <u>9am</u>-Fitness w/Freeman 9am-Strength Training w/Freeman 9am-Functional Fitness w/Freeman Holiday 9am- Fitness w/Freeman 10am-Free or Cheap Apps 9am- SilverSneakers ™ Chair w/Angel'a 9-11am-Ping Pong Open Play 10am-Line Dance w/Sheila The Pinnacle Senior Center Library Programming 9:30am-Tai Chi for Arthritis Practice 10am- ZUMBATM w/Valerie 11am-ZUMBA™ w/Valerie will be CLOSED in 10:30am-Chair Fit w/Freeman 10-10:45am-Tai Chi w/Courtney 11am-Two Stepping w/Marvin 12PM-Yoga w/Diana 11:30am-Coping To Control PEAK observance of the 12pm-Line Dancing w/Faye/Yoga 11am- Greater Works 1pm-Fitness w/Freeman 11:30am- SILVERSNEAKERS TM **Bible Study** 12-2pm-Wild & Wooly Women **Good Friday Holiday** (Flexibility) Circuit (Chair) w/Angel'a 11am-Chair Fit w/Freeman *1pm*-Fitness w/Freeman 2&3pm- SILVERSNEAKERS™ 2pm- SILVERSNEAKERS TM 12:00pm -SILVERSNEAKERS™ (Ab Workout) Cardio Dance/Body Pump /Angel'a Cardio Strenath w/Anael'a Cardio Strength w/Angel'a 2pm-SILVERSNEAKERS™ 2-6pm-The Peak Table Games 2-6pm-The Peak Table Games 1pm- Afternoon Fitness w/Valerie Cardio Dance w/Angel'a 5-6pm- Line Dance w/Sheila *5-6pm*-Sign Language w/Marsha 1-3pm-Bridge 3-6pm Peak Table Games 2-6pm-The Peak Table Games 6-7pm-MixxedFit w/Anjonee/Walk DVD 6-7pm-Two Step w/Marvin/Walk DVD 6-7pm-ZvdecoDance/WalkDVD 6-7pm-Line Dance w/Bonnita/Walk DVD 26) 8am- Wake Up & WALK! 22) 8am-Wake Up & Walk! 23) 8am-Wake Up & WALK! 24) 8am- Wake Up & WALK! 25) 8am-Wake Up & WALK! 9am-Strength Training w/Freeman 9am-Fitness w/Freeman 9am-Fitness w/Freeman 9am-Functional Fitness w/Freeman *9am*- SilverSneakers™ Chair w/Angel'a 9-11am-Ping Pong Open Play 10am-Craft 10am-Line Dance w/Sheila 9am-Sewing w/Lula 10am-ZUMBATM w/Valerie Library Programming 10am- Self-Defense 11am-ZUMBA™ w/Valerie 11am-Two Stepping w/Marvin 10:30am-Chair Fit w/Freeman w/Grand Master Gerald The Peak 12PM-Yoga w/Diana 11:30am-Coping To Control PEAK 12pm-Line Dance w/Faye/Yoga 11am- Greater Works 1pm-Fitness w/Freeman 11:30am- SILVERSNEAKERS TM Birthday Celebration @ Noon 12-2pm-Wild & Wooly Women **Bible Study** (Flexibility) Circuit (Chair) w/Angel'a 2-6pm-The Peak Table Games 12-2pm-Wild & Wooly Women 2&3pm- SILVERSNEAKERS™ 11am-Chair Fit w/Freeman 2pm- SILVERSNEAKERS TM 6-7pm-Fitness DVD *12:00pm*-SilverSNEAKERS™(ardio Strenath | *1pm*-Fitness w/Freeman (Ab Workout) Cardio Dance/Body Pump/Angel'a

1pm-Afternoon Fitness w/Valerie 1-3pm-Bridge 3-6pm Peak Table Games 6-7pm-Zydeco Dance/Walk DVD 30) 8am-Wake Up & WALK!

2-6pm-The Peak Table Games

5-6pm- Line Dance w/Sheila

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

29) 8am-Wake Up & Walk!

9am-Fitness w/Freeman

10am-Line Dance w/Sheila

11am-ZUMBATM w/Valerie

12PM-Yoga w/Diana

1pm-Fitness w/Freeman

(Flexibility)

Dance/Body Pump w/Angel'a

2-6pm-The Peak Table Games

5-6pm- Line Dance w/Sheila

2&3pm- SILVERSNEAKERS™ Cardio

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

2pm-SILVERSNEAKERS™ Cardio Dance 2-6pm-The Peak Table Games 6-7pm-Line Dance w/Bonnita/Walk DVD 6-7pm-Two Step w/Marvin/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!

Cardio Strength w/Angel'a 2-6pm-The Peak Table Games

5-6pm-Sign Language w/Marsha

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

**

9am-Freeman's Fitness Friday 10am- SILVERSNEAKERS™ Yoga Stretch 11am-Fellas Let's Get Fit/BINGO 12pm-Chair Fit w/Freeman DVD **Saturday 4-27-19**

8am-Wake Up & Walk DVD 9&10am-SilverSneakers ™ Circuit & Boom Move It! w/Angel'a **Ensemble Theatre Trip**

"Josephine Tonight" Sunday, June 23, 2019 3PM Matinee \$20



Only 42 seats available!

6-7pm-MixxedFit w/Anjonee/Walk ovo To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver