

PLEASE SIGN IN DAILY-THANKS!

Reminder!

New Hours

8:30-11am

Wednesday, August 7th

Houston Food Bank
Truck & Resource Fair

Sponsored by:
United Healthcare
MONDAY

Ensemble Theatre Trips
"The African Mean Girls Play"
Wednesday, September 25, 2019
10AM

\$15 42 seats/Bus leaves at 8:45AM
.....

"More Than Christmas"
Sunday, November 10, 2019
3PM Matinee
\$20 84 seats/ Bus leaves at 1:45PM
TUESDAY

The PINNACLE
Senior Center of
Fort Bend County
August 2019

"National Senior Citizens Day" 8-21-19
5525-C Hobby Rd. Houston, TX 77053
M-F 7:30am-7:30pm Sat. 8-11am

WEDNESDAY

New Staff- Nikolaus Jolivet
& Keith Garmond

Phone Alert!-Please silence
your phones prior to class to
avoid being a disruption

Rules Alert!-Please abide
by the rules posted in specific
areas of the center, e.g. 30 min.
limit on fitness equip. when
others are waiting

THURSDAY

•EVENING SCHEDULE•

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

• • • Temporary • • •
Silver Sneakers Schedule
Instructor: Iris Cheng

Monday- 9AM- Tai Chi
Tuesday- 9AM- Flexibility & Stretch
10AM-Cardio Dance
Thursday-12PM-Cardio & Strength
Friday-10AM- Yoga Stretch
Saturday- 9AM-Circuit
.....
The Silver Sneakers schedule
will change once the
Aquatic Center opens.

**Cooking Well w/High
Blood Pressure**

w/Dianne Gertson, RD LD

This series includes:

- DASHing Your Way to Improved Health
 - A Virtual Grocery Store
 - Cooking w/Spices & Herbs
- * * * * *

Time: 11:30AM
August 8th & 22nd

Sign-up early as space is limited

**National Senior Citizens Day
Is August 21st**

On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21st as National Senior Citizens Day. It is a day to support, honor and show appreciation to seniors and to recognize their achievements. Take time today to spend w/seniors you know, listen to their stories of wisdom and experience! Make a video, offer to do yard work, wash their car, bake cookies, volunteer at a nursing home, take a senior to lunch or dinner. Go to lunch w/a group of your senior friends. Be creative! Celebrate you!

1) 8am- Wake Up & WALK
9am-Functional Fitness/Freeman
10am-Computer Basics
Library Programming
10:30am-Chair Fit w/Freeman

**11:00am-Healthy Eating
w/Deanne & Cooking Well
w/High Blood Pressure
w/Dianne (1)**
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm Walk DVD

2) 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-Divas of God "Peak"
12-2pm-Wild & Woolly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 8-3-19
8am-Wake Up & Walk DVD
9am-SilverSneakers™ Circuit

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/Dih-Anah
1pm-Fitness w/Freeman
(Flexibility)
2-6pm-The Peak Table Games
5-6pm-Line Dance w/Sheila
6-7pm-MixedFit w/Anjane
Walk DVD

6) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am- Chair Fit DVD w/Freeman
10am-Fellas, Let's Get Fit!
11am-Greater Works
Bible Study
11am-Chair Fit w/Freeman
12pm-Afternoon Fitness w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-Walk DVD

7) 8am- Wake Up & WALK!
8:30-11am Food Truck Resource Fair
9am- Fitness w/Freeman
9-11am-Ping Pong-CANCELLED
10am- ZUMBA™ w/Valerie
11am-Two Stepping w/Marvin
12pm-Line Dancing w/Faye
12pm- Meditation w/Dih-Anah
12-2pm-Wild & Woolly Women
1pm-Fitness w/Freeman (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita Walk DVD

8) 8am- Wake Up & WALK
9am-Functional Fitness/Freeman
10am-I Remember Vinyl 2019
How to Locate and Listen to
Library Programming
10:30am-Chair Fit w/Freeman
**11:30am-Cooking Well
w/High Blood Pressure (2)**
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
**6-7pm-Two Step w/Marvin
Walk DVD**

9) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
9am-Sewing/Bling w/Lula&Harriett
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 8-10-19
8am-Wake Up & Walk DVD
9am-SilverSneakers™ Circuit

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!!!!

August Instructor
Birthday Shout Outs!
Marvin Hunter 8-14 &
Sheila "Happy Feet" Brown 8-15

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

<p>12) <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- Dih-Anah Out Today <u>1pm</u>-Fitness w/Freeman (Flexibility) <u>2-6pm</u>-The Peak Table Games <u>5-6pm</u>- Line Dance w/Sheila Happy Birthday Sheila! 8-15 <u>6-7pm</u>-MixedFit w/Anjonee Walk DVD</p>	<p>13) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>- Chair Fit DVD w/Freeman <u>10am</u>-<i>Fellas, Let's Get Fit!</i> <u>11am</u>- Greater Works Bible Study <u>11am</u>-Chair Fit w/Freeman <u>12pm</u>-Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>-WalkDVD</p>	<p>14) <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-Marvin out Happy Birthday Marvin! <u>12pm</u>-Line Dancing w/Faye <u>12pm</u>-Meditation-Dih-Anah Out <u>12-2pm</u>-<i>Wild & Wooly Women</i> <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonnita/Walk DVD</p>	<p>15) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Functional Fitness w/Freeman <u>10am</u>-<i>Where are My Photos?</i> Library Programming <u>10:30am</u>-Chair Fit w/Freeman <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>16) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>9am</u>-Sewing w/Lula <u>10am</u>- SILVERNEAKERS™ Yoga Stretch <u>11am</u>-Fellas Let's Get Fit <u>12pm</u>-Chair Fit w/Freeman DVD <u>12-2pm</u>-<i>Wild & Wooly Women</i> 12-3pm-Red Hat Society <u>3-6pm</u>-The Peak Table Games <u>6-7pm</u>-Fitness DVD Saturday 8-17-19 8am-Wake Up & Walk DVD 9am-SilverSneakers™ Circuit</p>
<p>19) <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- Dih-Anah Out Today <u>1pm</u>-Fitness w/Freeman (Flexibility) <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>20) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>- Chair Fit DVD w/Freeman <u>10am</u>-<i>Fellas, Let's Get Fit!</i> <u>11am</u>- Greater Works Bible Study <u>11am</u>-Chair Fit w/Freeman <u>12pm</u>-Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>-Walk DVD</p>	<p>21) <u>8am</u>- Wake Up & WALK! National Senior Citizens Day! <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 Dancing w/Faye <u>12pm</u>- Meditation w/Dih-Anah <u>12-2pm</u>-<i>Wild & Wooly Women</i> <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonnita/Walk</p>	<p>22) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Functional Fitness w/Freeman <u>10am</u>-Book Talk Library Programming <u>10:30am</u>-Chair Fit w/Freeman <u>11:30am</u>-Cooking Well w/High Blood Pressure (4) <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>23) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>9am</u>-Sewing w/Lula <u>10am</u>- SILVERNEAKERS™ Yoga Stretch <u>11am</u>-Fellas Let's Get Fit <u>12pm</u>-Chair Fit w/Freeman DVD <u>12-2pm</u>-<i>Wild & Wooly Women</i> <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Fitness DVD Saturday 8-24-19 8am-Wake Up & Walk DVD 9am-SilverSneakers™ Circuit</p>
<p>26) <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/<i>Dih-Anah</i> <u>1pm</u>-Fitness w/Freeman (Flexibility) <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>27) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>- Chair Fit DVD w/Freeman <u>10am</u>-<i>Fellas, Let's Get Fit!</i> <u>11am</u>- Greater Works Bible Study <u>11am</u>-Chair Fit w/Freeman <u>12pm</u>-Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>-Walk DVD</p>	<p>28) <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 <u>12pm</u>- Meditation w/Dih-Anah Birthday Celebration @ Noon <u>12-2pm</u>-<i>Wild & Wooly Women</i> <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonnita/Walk DVD</p>	<p>29) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Functional Fitness w/Freeman <u>10am</u>- Craft Library Programming <u>10:30am</u>-Chair Fit w/Freeman <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>30) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>9am</u>-Sewing w/Lula <u>10am</u>- SILVERNEAKERS™ Yoga Stretch <u>11am</u>-Fellas Let's Get Fit <u>12pm</u>-Chair Fit w/Freeman DVD <u>12-2pm</u>-<i>Wild & Wooly Women</i> <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Fitness DVD Saturday 8-31-19 8am-Wake Up & Walk DVD 9am-SilverSneakers™ Circuit</p>

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