

PLEASE SIGN IN DAILY-THANKS!

Reminder!

New Hours

8:30-11am

Wednesday, September 4th

Houston Food Bank
Truck & Resource Fair

Sponsored by:
United Healthcare
MONDAY

Ensemble Theatre Trips
"The African Mean Girls Play"
Wednesday, September 25, 2019
10AM - Bus leaves at 8:45AM
.....

"More Than Christmas"
Sunday, November 10, 2019
3PM Matinee \$20 (2 busses)
1 bus **SOLD OUT** already
Busses leave at 1:45PM
TUESDAY

The PINNACLE
Senior Center of
Fort Bend County

September 2019

"National Senior Centers Month"
5525-C Hobby Rd. Houston, TX 77053
M-F 7:30am-7:30pm Sat. 8-11am

WEDNESDAY

Medicare Enrollment 101
w/Karina Villela

Of Houston-Galveston Area
Council /Area Agency on Aging

September 19th 10AM
Got Open Enrollment Questions?

Karina has answers!
Open Enrollment for 2020
Oct. 15th - Dec. 7th
THURSDAY

•EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila
6-7pm -MixedFit w/ Anjonee
Tuesday-6-7pm-Zydeco w/Michael & Theresa
Wednesday- 6-7pm Line Dance w/Bonita
1st Thursday-6-7pm-OPEN
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
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*The Silver Sneakers schedule
will change once the
Aquatic Center opens.*

Emergency Preparedness
BINGO!

September 5th 9AM
w/Kathy Renfrow
Fort Bend County Office of Homeland
Security & Emergency Management
Are You Hurricane Ready?
Come play "Bingo"
*while learning what things
you need to have in place
in case of emergency.*
Have Fun while Learning!

National Senior
Centers Month

The theme across the country this year
is: **The Key to Aging Well**
Growing ■ Learning
Connecting ■ Giving
Growing-You want to understand
other cultures, meditate, develop a
more spiritual life or practice
gratitude daily through journaling
Learning- a new language, tap
dancing, taking up a new sport
like pickle ball or cornhole
♦Continued in next column♦

Connecting-to family, old friends,
and growing new relationships
Giving- at the senior center and
within the community as the thing
that fosters purpose and a more
meaningful life
**Ask about Pickleball &
Cornhole at the Pinnacle!**
• • • • •


w/Angelia
& AMERIGROUP
September 6th • 11AM

Coming in October!

Do Well • Be Well
w/Hypertension
Dianne Gertson RD, LD
Fort Bend County Extension Agent
Family & Community Health
4 Week
Evidence-Based Course
October 10th, 17th,
24th & 31st
11:30am in the Peak
Please sign up - Space is limited

2) Fort Bend County

Holiday
The Pinnacle Senior Center
will be **CLOSED**
in observance of the
Labor Day holiday



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

3) 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
•••Val out today•••
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-Walk DVD/Zydeco Dance

Fellas, Let's Get Fit Freestyle
Where Men Get To Punch It Out!
Tuesday mornings at 10AM

4) 8am- Wake Up & WALK!

8:30-11am Food Truck Resource Fair
9am- Fitness w/Freeman
9-11am-Ping Pong-CANCELLED
10am-ZUMBA™ •Val out today•
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

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

5) 8am- Wake Up & WALK

9am-Functional Fitness/Freeman
9-10-45am-Emergency
Preparedness BINGO!
10am-Computer Class-
Computer Tips & Tricks
Library Programming
10:30am-Chair Fit w/Freeman
11:00am-Healthy Eating w/Deanne
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Step w/Marvin /Walk DVD

Sunday, September 8th
Celebrate
Grandparents Day!

6) 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/BINGO
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 9-7-19
8am-Wake Up & Walk DVD

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

9) 8am-Wake Up & Walk!8am - 1pm MARKETPLACE MONDAY9am-Fitness w/Freeman10am- Line Dance w/Sheila11am-ZUMBA™ w/Valerie12PM-Yoga w/Dih-Anah1pm-Fitness w/Freeman
(Flexibility)2-6pm-The Peak Table Games5-6pm- Line Dance w/Sheila6-7pm-MixedFit w/Anjonee
Walk DVD10) 8am-Wake Up & WALK!9am-Strength Training w/Freeman9am- Chair Fit DVD w/Freeman10am-Fellas, Let's Get Fit!11am- Greater Works
Bible Study11am-Chair Fit w/Freeman12pm-Afternoon Fitness
w/Valerie1-3pm-Bridge3-6pm Peak Table Games6-7pm-WalkDVD / Zydeco Dance11) 8am- Wake Up & WALK!9am- Fitness w/Freeman9-11am-Ping Pong Open Play10am- ZUMBA™ w/Valerie11am-Two Stepping w/Marvin12pm-Line Dancing w/Faye12pm-Meditation w/Dih-Anah12-2pm- Wild & Wooly Women1pm-Fitness w/Freeman
(Ab Workout)2-6pm-The Peak Table Games6-7pm-Line Dance w/Bonnita/Walk DVD12) 8am-Wake Up & WALK!9am-Functional Fitness w/Freeman10am-Legal Resources
Library Programming10:30am-Chair Fit

w/Freeman

2-6pm-The Peak Table
Games5-6pm-Sign Language w/Marsha6-7pm-Two Step w/Marvin
Walk DVD13) 8am- Wake Up & WALK!9am-Freeman's Fitness Friday9am-Sewing w/Lula10am- SILVERSEAKERS™ Yoga Stretch11am-Fellas Let's Get Fit12pm-Chair Fit w/Freeman DVD12-2pm-Wild & Wooly Women2-6pm-The Peak
Table Games6-7pm-Fitness DVDSaturday 9-14-198am-Wake Up & Walk DVD16) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am- Line Dance w/Sheila11am-ZUMBA™ w/Valerie12PM-Yoga w/Dih-Anah1pm-Fitness w/Freeman
(Flexibility)2-6pm-The Peak Table Games5-6pm- Line Dance w/Sheila6-7pm-MixedFit w/Anjonee
Walk DVD17) 8am-Wake Up & WALK!9am-Strength Training w/Freeman9am- Chair Fit DVD w/Freeman10am-Fellas, Let's Get Fit!11am- Greater Works
Bible Study11am-Chair Fit w/Freeman12pm-Afternoon Fitness w/Valerie1-3pm-Bridge3-6pm Peak Table Games6-7pm-Walk DVD / Zydeco Dance18) 8am- Wake Up & WALK!9am- Fitness w/Freeman9-11am-Ping Pong Open Play10am- ZUMBA™ w/Valerie11am-Two Stepping w/Marvin12pm-Line Dancing w/Faye12pm- Meditation w/Dih-Anah12-2pm- Wild & Wooly Women1pm-Fitness w/Freeman
(Ab Workout)2-6pm-The Peak Table Games6-7pm-Line Dance w/Bonnita/WalkDVD19) 8am-Wake Up & WALK!9am-Functional Fitness w/Freeman10am-Love Those GamesLibrary Programming10AM- Medicare Open
Enrollment Workshop10:30am-Chair Fit w/Freeman2-6pm-The Peak Table Games5-6pm-Sign Language
w/Marsha6-7pm-Two Step w/Marvin
Walk DVD20) 8am- Wake Up & WALK!9am-Freeman's Fitness Friday9am-Sewing w/Lula10am- SILVERSEAKERS™ Yoga Stretch11am-Fellas Let's Get Fit12pm-Chair Fit w/Freeman DVD12-2pm-Wild & Wooly Women12-3pm-Red Hat Society3-6pm-The Peak Table Games6-7pm-Fitness DVDSaturday 9-21-198am-Wake Up & Walk DVD23/30) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am- Line Dance w/Sheila11am-ZUMBA™ w/Valerie12PM-Yoga w/Dih-Anah1pm-Fitness w/Freeman
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Bible Study11am-Chair Fit w/Freeman12pm-Afternoon Fitness w/Valerie1-3pm-Bridge3-6pm Peak Table Games6-7pm-Walk DVD / Zydeco Dance25) 8am- Wake Up & WALK!9am- Fitness w/Freeman9-11am-Ping Pong Open Play10am- ZUMBA™ w/Valerie11am-Two Stepping w/Marvin12pm-Line Dance w/Faye12pm- Meditation w/Dih-AnahBirthday Celebration @ Noon12-2pm- Wild & Wooly Women1pm-Fitness w/Freeman (Ab Workout)2-6pm-The Peak Table Games6-7pm-Line Dance w/Bonnita/Walk DVD26) 8am-Wake Up & WALK!9am-Functional Fitness w/Freeman10am- CraftLibrary Programming10:30am-Chair Fit w/Freeman11:30am-4pm-Bridge Tournament2-6pm-The Peak Table
Games5-6pm-Sign Language w/Marsha6-7pm-Two Step w/Marvin
Walk DVD27) **Fort Bend County****Holiday**The Pinnacle Senior Center
will be **CLOSED**
in observance of the
County Fair Holiday**CLOSED Saturday 9-28-19****To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver**