

PLEASE SIGN IN DAILY-THANKS!

**Reminder!**

**New Hours**

**8:30-11am**

**Wednesday, October 2<sup>nd</sup>**

Houston Food Bank  
Truck & Resource Fair

Sponsored by:

**United Healthcare**

**MONDAY**



w/Angelia  
& AMERIGROUP

October 18th ▪ 11AM

Walgreen's Flu Shot Clinic

TdAP/Shingles/Pneumonia

October 15<sup>th</sup> 2:15PM Sign Up!

**TUESDAY**

The PINNACLE

Senior Center of

Fort Bend County

**October 2019**

"Breast Cancer Awareness Month"

5525-C Hobby Rd. Houston, TX 77053

**M-F 7:30am-7:30pm Sat. 8-11am**

**WEDNESDAY**

Medicare Workshop  
w/Cynthia Rahming  
Sponsored by: Harris County AAA  
(Area Agency on Aging)

**October 15<sup>th</sup> 9-11AM**

Open Enrollment for 2020

Oct. 15<sup>th</sup> – Dec. 7<sup>th</sup>

Last scheduled informational  
workshop for this year!

**THURSDAY**

**•EVENING SCHEDULE•**

Monday-5-6pm Line Dance w/Sheila

6-7pm –MixedFit w/ Anjonee

Tuesday-6-7pm **OPEN**

Wednesday- 6-7pm Line Dance w/Bonita

1<sup>st</sup> 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

• • • • •

*The Silver Sneakers  
schedule will change once  
the Aquatic Center is Open*

**1) 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/**

**2) 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 & Wooly Women***

**1pm-Fitness w/Freeman (Ab Workout)**

**2-6pm-The Peak Table Games**

**6-7pm-Line Dance w/Bonita Walk DVD**

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

**9am-Functional Fitness/Freeman**

**10am-Computer Class-**

**Internet Security**

**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**

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

**9am-Freeman's Fitness Friday**

**9am-Sewing/w Lula &**

**Bling w/Harriett**

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

**12pm-Chair Fit w/Freeman DVD**

**12-2PM-Divas of God "Peak"**

**12-2pm-*Wild & Wooly Women***

**2-6pm-The Peak Table Games**

**6-7pm-Fitness DVD**

**Saturday 10-5-19**

**8am-Wake Up & Walk DVD**

**7) 8am-Wake Up & Walk!**

**8am - 1pm MARKETPLACE MONDAY**

**9am-Fitness w/Freeman**

**10am- Line Dance w/Sheila**

**11am-ZUMBA™ •Val out today•**

**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/Anjonee**

**Walk DVD**

**8) 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**

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

**9am- Fitness w/Freeman**

**9-11am-Ping Pong**

**10am-ZUMBA™ •Val out today•**

**11am-Two Stepping w/Marvin**

**12pm-Line Dancing**

**w/Faye**

**12pm- Meditation w/Dih-Anah**

**12-2pm-*Wild & Wooly Women***

**1pm-Fitness w/Freeman (Ab Workout)**

**2-6pm-The Peak Table Games**

**6-7pm-Line Dance w/Bonita Walk DVD**

**10) 8am- Wake Up & WALK**

**9am-Functional Fitness/Freeman**

**10am-Computer Class-**

**Book Talk**

**Library Programming**

**10:30am-Chair Fit w/Freeman**

**11:30am-*Do Well Be Well***

**w/Hypertension**

**2-6pm-The Peak Table Games**

**5-6pm-Sign Language**

**w/Marsha**

**6-7pm-Two Step w/Marvin /Walk DVD**

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

**9am-Freeman's Fitness Friday**

**9am-Sewing w/Lula**

**Bling w/Harriett**

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

**12pm-Chair Fit w/Freeman DVD**

**12-2PM-Divas of God "Peak"**

**12-2pm-*Wild & Wooly Women***

**2-6pm-The Peak Table Games**

**6-7pm-Fitness DVD**

**Saturday 10-12-19**

**8am-Wake Up & Walk DVD**

Schedule Subject to Change

**please call: 832-471-2765**

*Especially inclement weather days*

**Fellas, Let's Get Fit Freestyle**

**Where Men Get To Punch It Out!**

**Tuesday mornings at 10AM**

Please support your VOLUNTEERS with

a kind and generous donation!

All classes except Freeman's are

Taught/Facilitated by Volunteers!!!!

October is Breast Cancer

Awareness Month

Show your support by wearing

**PINK** this month!

**Visit us online at:**

**www.fortbendcountytx.gov under**

**Departments/Health & Human**

**Services**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

**14) 8am-Wake Up & Walk!**  
**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-MixxedFit w/Anjane**  
**Walk DVD**

**15) 8am-Wake Up & WALK!**  
**9am-Strength Training w/Freeman**  
**9am- Chair Fit DVD w/Freeman**  
**9-11AM- Medicare Open**  
**Enrollment Workshop Harris Co. AAA**  
**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-WalkDVD**

**16) 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**  
**12pm-Meditation w/Dih-Anah**  
**12-2pm-Wild & Wooly Women**  
**1pm-Fitness w/Freeman**  
 (Ab Workout)  
**2-6pm-The Peak Table Games**  
**6-7pm-Line Dance w/Bonnita/Walk DVD**

**17) 8am-Wake Up & WALK!**  
**9am-Functional Fitness w/Freeman**  
**10am-Free or Cheap Apps**  
**Library Programming**  
**10:30am-Chair Fit**  
 w/Freeman  
**11:30am-Do Well Be Well**  
**w/Hypertension**  
**2-6pm-The Peak Table Games**  
**5-6pm-Sign Language w/Marsha**  
**6-7pm-Two Step w/Marvin**  
**Walk DVD**

**18) 8am- Wake Up & WALK!**  
**9am-Freeman's Fitness Friday**  
**9am-Sewing w/Lula**  
**11AM-BINGO**  
 w/Angelia & Amerigroup  
**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 10-19-19**  
**8am-Wake Up & Walk DVD**

**21) 8am-Wake Up & Walk!**  
**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-MixxedFit w/Anjane**  
**Walk DVD**

**22) 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**

**23) 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**  
**12pm- Meditation w/Dih-Anah**  
**12-2pm-Wild & Wooly Women**  
**1pm-Fitness w/Freeman**  
 (Ab Workout)  
**2-6pm-The Peak Table Games**  
**6-7pm-Line Dance w/Bonnita/WalkDVD**

**24) 8am-Wake Up & WALK!**  
**9am-Functional Fitness w/Freeman**  
**10am-Genealogy**  
**Library Programming**  
**10:30am-Chair Fit**  
 w/Freeman  
**11:30am-Do Well Be Well**  
**w/Hypertension**  
**2-6pm-The Peak Table Games**  
**5-6pm-Sign Language**  
 w/Marsha  
**6-7pm-Two Step w/Marvin Walk DVD**

**25) 8am- Wake Up & WALK!**  
**9am-Freeman's Fitness Friday**  
**9am-Sewing w/Lula**  
**11AM-BINGO w/WELLCARE**  
**11am-Fellas Let's Get Fit**  
**12pm-Chair Fit w/Freeman DVD**  
**12-2pm-Wild & Wooly Women**  
**12-3pm-Red Hat Society**  
**3-6pm-The Peak Table Games**  
**6-7pm-Fitness DVD**  
**Saturday 10-26-19**  
**8am-Wake Up & Walk DVD**

**28) 8am-Wake Up & Walk!**  
**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-MixxedFit w/Anjane**  
**Walk DVD**

**29) 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 / Zydeco Dance**

**30) 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**  
**12pm- Meditation w/Dih-Anah**  
**Birthday Celebration @ Noon**  
**12-2pm-Wild & Wooly Women**  
**1pm-Fitness w/Freeman (Ab Workout)**  
**2-6pm-The Peak Table Games**  
**6-7pm-Line Dance w/Bonnita/Walk DVD**

**31) 8am-Wake Up & WALK!**  
**9am-Functional Fitness w/Freeman**  
**10am- Craft**  
**Library Programming**  
**10:30am-Chair Fit w/Freeman**  
**11:30am-Do Well Be Well**  
**w/Hypertension**  
**2-6pm-The Peak Table Games**  
**5-6pm-Sign Language**  
 w/Marsha  
**6-7pm-Two Step w/Marvin Walk DVD**

**Coming in November!!!**  
**NEXUS w/Silverado**  
 November 7<sup>th</sup> - 11AM  
 NEXUS at Silverado® has been found with statistical significance to stabilize or improve cognition and Activities of Daily Living (ADL) performance among residents in the early stages of dementia. In addition, based on a growing body of compelling evidence that lifestyle factors can affect the onset and progression of Alzheimer's disease.

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