#### PLEASE SIGN IN DAILY-THANKS!

## Reminder! **New Hours**

8:30-11am

Wednesday, October 2nd **Houston Food Bank** Truck & Resource Fair

> Sponsored by: **United Healthcare**

> > **MONDAY**

• • 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

7) 8am-Wake Up & Walk! 8am - 1pm MARKETPLACE MONDAY 9am-Fitness w/Freeman 10am-Line Dance w/Sheila 11am-ZUMBA™ • Val out todav • 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/Anionee

Walk DVD

Schedule Subject to Change

please call: 832-471-2765

Especially inclement weather days



w/Angelia & AMERIGROUP

October 18th • 11AM

Walgreen's Flu Shot Clinic TdAP/Shingles/Pneumonia October 15th 2:15PM Sign Up! TUESDAY

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

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

6-7pm-Walk DVD

Where Men Get To Punch It Out!

Tuesday mornings at 10AM

6-7pm-Walk DVD/

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

2) 8am- Wake Up & WALK! 8:30-11am Food Truck Resource Fair 9am- Fitness w/Freeman 9-11am-Ping Pong-CANCELLED 10am-ZUMBA<sup>TM</sup> 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 6-7pm-Two Step w/Marvin /Walk DVD

9) 8am- Wake Up & WALK! 9am- Fitness w/Freeman 9-11am-Ping Pong 10am-*ZUMBA™ •<mark>Val out todav•</mark>* 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 6-7pm-Two Step w/Marvin /Walk DVD Fellas, Let's Get Fit Freestyle

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

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

October 15th 9-11AM

Open Enrollment for 2020 **Oct.** 15<sup>th</sup> – Dec. 7<sup>th</sup>

Last scheduled informational workshop for this year!

**THURSDAY** 

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

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

**October is Breast Cancer Awareness Month** Show your support by wearing PINK this month!

### • EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila 6-7pm —MixxedFit w/ Anjonee Tuesday-6-7pm **OPEN** 

Wednesday- 6-7pm Line Dance w/Bonnita

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

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

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

Visit us online at:

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

**MONDAY TUESDAY** WEDNESDAY **THURSDAY** FRIDAY/SATURDAY 15) 8am-Wake Up & WALK! 16) 14) 8am-Wake Up & Walk! 8am- Wake Up & WALK! **17**) 8am-Wake Up & WALK! 18) 8am- Wake Up & WALK! *9am*-Strength Training w/Freeman 9am-Functional Fitness w/Freeman 9am-Freeman's Fitness Friday 9am-Fitness w/Freeman 9am- Fitness w/Freeman 10am-Free or Cheap Apps 9am- Chair Fit DVD w/Freeman 9-11am-Ping Pong Open Play 9am-Sewing w/Lula 10am-Line Dance 9-11AM- Medicare Open **Library Programming** *10am- ZUMBA™* w/Valerie 11AM-BINGO w/Sheila Enrollment Workshop Harris Co. AAA 10:30am-Chair Fit w/Angelia & Amerigroup 11am-Two Stepping w/Marvin 11am-ZUMBA™ w/Valerie 10am - Fellas, Let's Get Fit! 11am-Fellas Let's Get Fit 12pm-Line Dancing w/Faye w/Freeman 12PM-Yoga w/Dih-Anah 11am- Greater Works 12pm-Chair Fit w/Freeman DVD 11:30am-Do Well Be Well 12pm-Meditation w/Dih-Anah 1pm-Fitness w/Freeman **Bible Study** 12-2pm-Wild & Wooly Women w/Hypertension (Flexibility) 12-2pm-Wild & Wooly Women 11am-Chair Fit w/Freeman 2-6pm-The Peak Table Games 2-6pm-The Peak Table Games 2-6pm-The Peak Table Games 12pm-Afternoon Fitness w/Valerie 1pm-Fitness w/Freeman 5-6pm-Sign Language w/Marsha 6-7pm-Fitness DVD 5-6pm- Line Dance w/Sheila (Ab Workout) 1-3pm-Bridge 6-7pm-Two Step w/Marvin 3-6pm Peak Table Games 2-6pm-The Peak Table Games 6-7pm-MixxedFit w/Anjonee Saturday 10-19-19 6-7pm-Line Dance w/Bonnita/Walk DVD Walk DVD Walk DVD 6-7pm-WalkDVD 8am-Wake Up & Walk DVD 21) 8<u>am-</u>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-Functional Fitness w/Freeman 9am-Freeman's Fitness Friday 9am-Fitness w/Freeman 10am-Genealogy 9-11am-Ping Pong Open Play 9am- Chair Fit DVD w/Freeman 9am-Sewing w/Lula 10am-Line Dance w/Sheila **Library Programming** 10am- ZUMBATM w/Valerie 10am-Fellas, Let's Get Fit! 11AM-BINGO w/WELLCARE 11am-ZUMBA™ *10:30am*-Chair Fit 11am-Two Stepping w/Marvin 11am- Greater Works 11am-Fellas Let's Get Fit w/Valerie w/Freeman 12PM-Yoga w/Dih-Anah 12pm-Line Dancing w/Faye 12pm-Chair Fit w/Freeman DVD **Bible Study** 11:30am-Do Well Be Well 12pm- Meditation w/Dih-Anah 12-2pm-Wild & Wooly Women 1pm-Fitness w/Freeman 11am-Chair Fit w/Freeman 12-3pm-Red Hat Society w/Hypertension (Flexibility) 12-2pm-Wild & Wooly Women 12pm-Afternoon Fitness 3-6pm-The Peak Table Games 2-6pm-The Peak Table Games 2-6pm-The Peak Table Games 1pm-Fitness w/Freeman w/Valerie 6-7pm-Fitness DVD 5-6pm-Sign Language (Ab Workout) 5-6pm- Line Dance w/Sheila 1-3pm-Bridge w/Marsha 2-6pm-The Peak Table Games 3-6pm Peak Table Games 6-7pm-MixxedFit w/Anionee Saturday 10-26-19 6-7pm-Line Dance w/Bonnita/WalkDVD 6-7pm-Two Step w/Marvin Walk DVD 8am-Wake Up & Walk DVD 6-7pm-Walk DVD Walk DVD Coming in November!!! 28) 8am-Wake Up & Walk! 29) 8am-Wake Up & WALK! 30) 8am- Wake Up & WALK! 31) 8am-Wake Up & WALK! NEXUS w/Silverado 9am-Strenath Training w/Freeman 9am- Fitness w/Freeman 9am-Functional Fitness w/Freeman 9am-Fitness w/Freeman November 7th · 11AM 9am- Chair Fit DVD w/Freeman 9-11am-Ping Pong Open Play 10am- Craft 10am-Line Dance NEXUS at Silverado® has been found 10am-ZUMBATM w/Valerie **Library Programming** 10am-Fellas, Let's Get Fit! w/Sheila with statistical significance to 11am-Two Stepping w/Marvin 10:30am-Chair Fit w/Freeman 11am- Greater Works 11am-ZUMBATM w/Valerie stabilize or improve cognition and **Bible Study** 12pm-Line Dance w/Faye 11:30am-Do Well Be Well 12PM-Yoga w/Dih-Anah Activities of Daily Living (ADL) 12pm- Meditation w/Dih-Anah 11am-Chair Fit w/Freeman w/Hypertension performance among residents in the 1pm-Fitness w/Freeman **Birthday Celebration @ Noon** early stages of dementia. In addition, 12pm-Afternoon Fitness w/Valerie 2-6pm-The Peak Table Games (Flexibility) 12-2pm-Wild & Wooly Women based on a growing body of compelling 5-6pm-Sign Language 2-6pm-The Peak Table Games 1-3pm-Bridge evidence that lifestyle factors can 1pm-Fitness w/Freeman (Ab Workout) w/Mar*sha* 3-6pm Peak Table Games 5-6pm- Line Dance w/Sheila affect the onset and progression of 2-6pm-The Peak Table Games 6-7pm-Walk DVD / Zydeco Dance 6-7pm-Two Step w/Marvin Walk DVD Alzheimer's disease. 6-7pm-MixxedFit w/Anjonee Walk DVD 6-7pm-Line Dance w/Bonnita/Walk DVD To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver