PLEASE SIGN IN DAILY-THANKS!

Reminder! **The Houston Food Bank Truck is** Canceled for 2020 & **MarketPlace Monday** is Canceled for 2020

You can visit the Food Bank Truck at Christa McAuliffe Middle School. Request the schedule at front desk **MONDAY**

The Pool is Open

For Pinnacle Aquatic Fitness Center-See separate schedule at Front Desk or Pool

FREE PHONES 01-09-2020 = 10AM

STAP - A state funded program invite you to sign-up today! -Must be TX resident -Have trouble hearing, seeing, speaking, walking or getting to the phone

6) 8am-Wake Up & Walk! 9am-Fitness DVD 10am-Line Dance w/Sheila

11am-ZUMBA™ w/Valerie

1pm-Fitness w/Freeman (Flexibility)

2-6pm-The Peak Table Games 5-6pm- Line Dance w/Sheila

6-7pm-MixxedFit w/Anjonee Walk DVD

Schedule Subject to Change

please call: 832-471-2765 Especially inclement weather days

Join artist, Melba Lee Friday 01-10-2020 11am Glue, Scissors & Magazines provided-Bring your own boards, posters, canvas, frames, visions, hopes & dreams for 2020!

Vision Board Workshop UUU

TUESDAY

Happy 6th Anniversary!



The Pinnacle opened its doors on January 21, 2014 6 Years of Excellence in Senior Programming & Services!!!



w/Amerigroup & Angelia 01-17-2020 11AM

7) 8am-Wake Up & WALK! 9am-Strength Training 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

Freeman is on the fitness schedule for 2020 He will teach "1" class per day Check schedule for classes

The PINNACLE

Senior Center of Fort Bend County

January 2020 "Happy New Year!"

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

WEDNESDAY

1) Fort Bend County **Holiday**

The Pinnacle Senior Center will be closed in nhservance of the New Year's Day Holiday



The PINNACLE is 6 years old!

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/Fave

12-2pm-Wild & Wooly Women 1pm-Fitness DVD (Ab Workout)

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonnita Walk DVD

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

Do Well • Be Well w/Diabetes/CANCELED Dianne Gertson RD. LD 4 Week Evidence-Based Course January 9th, 16th, 23rd & 30th Classes Canceled

No reset date confirmed **THURSDAY**

2) 8am-Wake Up & WALK 9am-Functional Fitness w/Freeman 10am-NO PROGRAM Library Programming 10:30am-Chair Fit

11AM-Healthy Eating w/Deanne

2-6pm-The Peak Table Games 5-6pm-Sign Language w/Marsha 6-7pm-Walk DVD

9) 8am-Wake Up & WALK **9am-Functional Fitness** w/Freeman 10am-Brina Your Own Device

Library Programming

10:30am-Chair Fit DVD 11:30am-Do Well • Be Well w/Diabetes/CANCELED

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

5-6pm-Sign Language w/Marsha 6-7pm-Two Step w/Marvin Walk DVD

Some of Freeman's Classes will continue w/Freeman & others w/DVD until new instructor is hired

• EVENING SCHEDULE•

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

Wednesday- 6-7pm Line Dance w/Bonnita 1st Thursday-6-7pm- OPEN

> 2nd, 3rd & 4th **Thursday** 6-7pm Two Stepping w/Marvin

Monday-Friday-6-7pm- WalkFit DVD's

FRIDAY/SATURDAY

3) 8am- Wake Up & WALK! 9am- Fitness Friday w/Freeman 9am-Sewing/w Lula 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 1-4-20

8am-Wake Up & Walk DVD 9-10:45-Yoga & Meditation w/DihAnah

10) 8am- Wake Up & WALK! 9am- Fitness Friday w/Freeman 9am-Sewing w/Lula

11am-Fellas, Let's Get Fit 11am-1pm-Vision Board Wrkshop

12pm-Chair Fit w/Freeman DVD 12-2pm-Wild & Wooly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

Saturday 1-11-20

8am-Wake Up & Walk DVD 9-10:45-Yoga & Meditation w/DihAnah

Visit us online at:

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

TUESDAY MONDAY WEDNESDAY **THURSDAY** FRIDAY/SATURDAY 14) 8am-Wake Up & WALK! 16) 8am_Wake Up & WALK! 13)8am-Wake Up & Walk! 15) 8am- Wake Up & WALK! 17) 8am- Wake Up & WALK! 9am-Strength Training 9am- Fitness Friday w/Freeman 9am-Fitness DVD 9am- Fitness w/Freeman **9am-**Functional Fitness 9am-Chair Fit DVD w/Freeman 9am-Sewing w/Lula 9-11am-Ping Pong Open Play w/Freeman 10am-Line Dance w/Sheila 10am - Fellas, Let's Get Fit! 10am- ZUMBATM 10am-Voting & The Census 11am-Fellas, Let's Get Fit/BINGO 11am-ZUMBA™ 12pm-Chair Fit w/Freeman DVD 11am- Greater Works w/Valerie Library Programming w/Valerie 12-2pm-Wild & Wooly Women Bible Study 10:30am-Chair Fit DVD 11am-Two Stepping w/Marvin 1pm-Fitness w/Freeman 12-3pm-Red Hat Society 11am-Chair Fit w/Freeman 11:30am-Do Well • Be Well 12pm-Line Dancing 3-6pm-The Peak Table Games (Flexibility) 12pm-Afternoon Fitness w/Faye w/Diabetes/CANCELED 6-7pm-Fitness DVD 2-6pm-The Peak Table Games 12-2pm-Wild & Wooly Women w/Valerie 2-6pm-The Peak Table Games 5-6pm- Line Dance w/Sheila 1-3pm-Bridge 5-6pm-Sign Language 1pm-Fitness DVD(Ab Workout) **Saturday 1-18-20** 3-6pm Peak Table Games 6-7pm-MixxedFit w/Anionee w/Marsha 2-6pm-The Peak Table Games 8am-Wake Up & Walk DVD 6-7pm-WalkDVD / Zvdeco 6-7pm-Two Step w/Marvin Walk DVD Walk DVD 9-10:45-Yoga & Meditation w/DihAnah 6-7pm-Line Dance w/Bonnita/Walk DVD 20) Fort Bend County 21) 8<u>am-</u>Wake Up & WALK! 22) 8am_ Wake Up & WALK! 23) 8am_Wake Up & WALK! **24)** 8am- Wake Up & WALK! Holiday 9am-Strength Training 9am-Fitness Friday w/Freeman 9am- Fitness w/Freeman **9am-Functional Fitness** 9am-Chair Fit DVD w/Freeman 9-11am-Ping Pong Open Play w/Freeman 9am-Sewing w/Lula The Pinnacle Senior Center 10am-Fellas, Let's Get Fit! 10am-Armchair Travel 10am- ZUMBATM w/Valerie 11am-Fellas, Let's Get Fit will be closed in **Library Programming** 11am- Greater Works 12pm-Chair Fit w/Freeman DVD 11am-Two Stepping observance of the **Bible Study** 10:30am-Chair Fit DVD 12-2pm-Wild & Wooly Women w/Marvin 11am-Chair Fit w/Freeman 11:30am-Do Well • Be Well Martin Luther King, Jr. 2-6pm-The Peak Table Games 12pm-Line Dancing w/Faye 12pm-Afternoon Fitness w/Diabetes/CANCELLED 6-7pm-Fitness DVD Day Holiday 12-2pm-Wild & Wooly Women w/Valerie 2-6pm-The Peak Table Games 1pm-Fitness DVD (Ab Workout) Saturday 1-25-20 1-3pm-Bridge 5-6pm-Sign Language 3-6pm Peak Table Games 8am-Wake Up & Walk DVD 2-6pm-The Peak Table Games w/Marsha 9-10:45-Yoga & Meditation w/DihAnah 6-7pm-WalkDVD / Zydeco 6-7pm-Line Dance w/Bonnita/Walk DVD 6-7pm-Two Step w/Marvin Walk DVD 31) 8am- Wake Up & WALK! 27) 8am-Wake Up & Walk! 28) 8am-Wake Up & WALK! 29) 8am- Wake Up & WALK! **30)** 8am-Wake Up & WALK! 9am-Strength Training 9am-Fitness Friday w/Freeman 9am- Fitness w/Freeman 9am-Fitness DVD **9am-Functional Fitness** 9am- Chair Fit DVD w/Freeman 9am-Sewing w/Lula 9-11am-Ping Pong Open Play w/Freeman 10am-Line Dance 10am - Fellas, Let's Get Fit! 10am-Craft 10am- ZUMBA™ w/Valerie 11am-Fellas, Let's Get Fit w/Sheila **Library Programming** 11am- Greater Works 12pm-Chair Fit w/Freeman DVD 11am-Two Stepping w/Marvin 11am-ZUMBA™ 10:30am-Chair Fit DVD Bible Study 12-2pm-Wild & Wooly Women 12pm-Line Dancing w/Faye w/Valerie 11:30am-Do Well • Be Well 11am-Chair Fit w/Freeman 2-6pm-The Peak Table Games Birthday Celebration @ Noon 1pm-Fitness w/Freeman w/Diabetes/CANCELED 12pm-Afternoon Fitness 6-7pm-Fitness DVD 12-2pm-Wild & Wooly Women (Flexibility) 2-6pm-The Peak Table Games w/Valerie 2-6pm-The Peak Table Games 1pm-Fitness DVD (Ab Workout) Saturday 2-1-20 *5-6pm*-Sign Language 1-3pm-Bridge 8am-Wake Up & Walk DVD 5-6pm- Line Dance w/Sheila 2-6pm-The Peak Table Games 3-6pm Peak Table Games w/Marsha 9-10:45-Yoga & Meditation w/DihAnah 6-7pm-MixxedFit w/Anjonee Walk DVD 6-7pm-Line Dance w/Bonnita/Walk DVD 6-7pm-Walk DVD /= ZYDECO= 6-7pm-Two Step w/Marvin Walk DVD To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver