

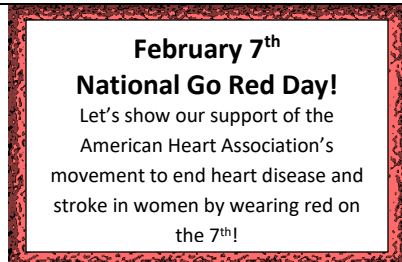
PLEASE SIGN IN DAILY-THANKS!

Reminder!

The Houston Food Bank Truck is available at Christa McAuliffe Middle School on the 12th & 26th from 8:30AM - 11:45PM

Request the schedule at front desk

MONDAY



TUESDAY

The PINNACLE Senior Center of Fort Bend County February 2020

"American Heart Month"

5525-C Hobby Rd. Houston, TX 77053

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

WEDNESDAY

FREE PHONES!!!

Rodney Hamilton will hold a sign up on **02-28-2020 ♥ 11AM**

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

THURSDAY

•EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila

6-7pm -MixedFit w/ Anjonee

Tuesday-6-7pm Zydeco

Wednesday- 6-7pm Line Dance w/Bonnila

1st Thursday-6-7pm- OPEN

2nd, 3rd & 4th Thursday-6-7pm

Two Stepping w/Marvin

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

FRIDAY/SATURDAY

6 Week Workshop

Getting RAW w/Raquiya

Beginning 02-05-20

10-11:30AM ♥ The PEAK

Get the "raw deal" on the

multitude of nutrients contained in raw foods/Demos & Samplings

▪ **Coming in March !!!** ▪

HDRC-Houston Diabetes Resource Center

Diabetes Peer Support Group

Every 2nd & 4th Tuesday from 4:30-6PM The Peak

1st Fridays

Sorbet & Smoothie Social w/Tory & Humana Market Point

Join Tory after the

9am class for a treat with

either a sorbet or

a smoothie on every

1st Friday of the month

Beginning 02-07-20

10-10:45am ♥ Auditorium

CAM Agency presents:

The Fun Fitness Healthcare & Wellness Senior Resource Expo

2-11-20 ♥ 10AM-2PM

St. Dominic Village

2401 Holcombe Blvd.

Bus provided w/sign up

♥ ♥ ♥ ♥ ♥ ♥

Valentine's Day BINGO

w/Amerigroup

02-14-2020

10AM ♥ Auditorium

Suburban-Houston Fort Bend Alumnae Chapter of Delta Sigma Theta Sorority, Inc., will conduct a

Census Workshop 02-20-20 · 11am-Noon



w/Amerigroup & Angelia

02-21-2020 ♥ 11AM

United Way

"Vet Connect Fair"

12300 Parc Crest Dr.

Stafford, TX 77477

Saturday, February 22

10AM - 1PM

The Pool is Open Daily 9AM-2PM

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

Saturday 2-1-20

8am-Wake Up & Walk DVD

3) 8am-Wake Up & Walk!

9am-Fitness

10am- Line Dance w/Sheila

11am-ZUMBA™

w/Valerie

1pm-Fitness

(Flexibility)

2-6pm-The Peak Table Games

5-6pm- Line Dance w/Sheila

6-7pm-MixedFit w/Anjonee

Walk DVD

4) 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

12pm-Afternoon Fitness

w/Valerie

1-3pm-Bridge

3-6pm Peak Table Games

6-7pm-Walk DVD ZYDECO

5) 8am- Wake Up & WALK!

9am- Fitness

10-11:30am-Getting RAW

w/Raquiya (1) The PEAK

10am-ZUMBA™ w/Valerie

11am-Two Stepping w/Marvin

12pm-Line Dancing w/Faye

12-2pm-Wild & Wooly Women

1pm-Fitness DVD (Ab Workout)

2-6pm-The Peak Table Games

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

6) 8am- Wake Up & WALK

9am-Functional Fitness

10am-Internet Security

Library Programming

10:30am-Chair Fit

11AM-Healthy Eating

w/Deanne

2-6pm-The Peak

Table Games

5-6pm-Sign Language w/Marsha

Will resume in the summer

6-7pm- Walk DVD

7) 8am- Wake Up & WALK!

9am- Fitness Friday

9am-Sewing w/Lula

10am-Sorbet, Smoothie Social

w/Tory & Humana Marketplace

11am-Fellas, Let's Get Fit

12pm-Chair Fit

12-2pm-Wild & Wooly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

Saturday 2-8-20

8am-Wake Up & Walk DVD

Schedule Subject to Change

please call: 832-471-2765

Especially inclement weather days

Freeman is on the schedule for

2020 - He will teach "1" class

per day - Classes will vary

With the new instructor

Please support your VOLUNTEERS with

a kind and generous donation!

All classes except Freeman's are

Taught/Facilitated by Volunteers!!!!

February 7th -Wear RED Day

Happy Valentine's Day

No Party this year, enjoy your day!

Visit us online at:

www.fortbendcountytx.gov under

Departments/Health & Human

Services

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

10) 8am-Wake Up & Walk!
9am-Fitness
10am- Line Dance w/Sheila
11am-ZUMBA™
w/Valerie
1pm-Fitness
(Flexibility)
2-6pm-The Peak Table Games
5-6pm- Line Dance w/Sheila
6-7pm-MixedFit w/Anjonee
Walk DVD

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

12) 8am- Wake Up & WALK!
9am- Fitness
10-11:30am-Getting RAW
w/Raquiya (2) The PEAK
10am- ZUMBA™ w/Valerie
11am-Two Stepping w/Marvin
12pm-Line Dancing
w/Faye
12-2pm-Wild & Wooly Women
1pm-Fitness (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita/Walk DVD

13) 8am-Wake Up & WALK!
9am-Functional Fitness
10am-I Remember Vinyl-
African American Artists
Library Programming
10:30am-Chair Fit
2-6pm-The Peak
Table Games
5-6pm-Sign Language
Will resume in the summer
6-7pm-Two Step w/Marvin/ Walk DVD

14) 8am- Wake Up & WALK!
9am- Fitness Friday
9am-Sewing w/Lula
11am-Fellas, Let's Get Fit
11am-BINGO w/Angelia
12pm-Chair Fit
12-2pm-Wild & Wooly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 2-15-20
8am-Wake Up & Walk DVD

17) 8am-Wake Up & Walk!
9am-Fitness
10am- Line Dance
w/Sheila
11am-ZUMBA™
w/Valerie
1pm-Fitness
(Flexibility)
2-6pm-The Peak Table Games
5-6pm- Line Dance w/Sheila
6-7pm-MixedFit w/Anjonee Walk DVD

18) 8am-Wake Up & WALK!
9am-Strength Training
9am- Chair Fit
10am-Fellas, Let's Get Fit!
11am- Greater Works
Bible Study
11am-Chair Fit
12pm-Afternoon Fitness
w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-WalkDVD / Zydeco

19) 8am- Wake Up & WALK!
9am- Fitness
10-11:30am-Getting RAW
w/Raquiya (3) The PEAK
10am- ZUMBA™ w/Valerie
11am-Two Stepping w/Marvin
12pm-Line Dancing w/Faye
12-2pm-Wild & Wooly Women
1pm-Fitness (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita/Walk DVD

20) 8am-Wake Up & WALK!
9am-Functional Fitness
10am-Legal Resources
Library Programming
10:30am-Chair Fit
11am-Noon-SHFBC-Census
Workshop
11:30am-4pm-Missouri City Bridge
2-6pm-The Peak Table Games
5-6pm-Sign Language
Will resume in the summer
6-7pm-Two Step w/Marvin/ Walk DVD

21) 8am- Wake Up & WALK!
9am-Fitness Friday
9am-Sewing w/Lula
11am-Fellas, Let's Get Fit
11am-BINGO w/Angelia-Amerigroup
12pm-Chair Fit
12-2pm-Wild & Wooly Women
12-3pm-Red Hat Society
3-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 2-22-20
8am-Wake Up & Walk DVD

24) 8am-Wake Up & Walk!
9am-Fitness
10am- Line Dance
w/Sheila
11am-ZUMBA™
w/Valerie
1pm-Fitness
(Flexibility)
2-6pm-The Peak Table Games
5-6pm- Line Dance w/Sheila
6-7pm-MixedFit w/Anjonee Walk DVD

25) 8am-Wake Up & WALK!
9am-Strength Training
9am- Chair Fit
10am- Fellas, Let's Get Fit!
11am- Greater Works
Bible Study
11am-Chair Fit
12pm-Afternoon Fitness
w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-Walk DVD / ZYDECO

26) 8am- Wake Up & WALK!
9am- Fitness
10-11:30am-Getting RAW
w/Raquiya (4) The PEAK
10am- ZUMBA™ w/Valerie
11am-Two Stepping w/Marvin
12pm-Line Dancing w/Faye
Birthday Celebration @ Noon
12-2pm-Wild & Wooly Women
1pm-Fitness (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita/Walk DVD

27) 8am-Wake Up & WALK!
9am-Functional Fitness
10am-Craft
Library Programming
10:30am-Chair Fit
11:30am-Healthy Cooking
w/Deanne & Dianne
2-6pm-The Peak Table Games
5-6pm-Sign Language
Will resume in the summer
6-7pm-Two Step w/Marvin Walk DVD

28) 8am- Wake Up & WALK!
9am-Fitness Friday
9am-Sewing w/Lula
11am- FREE Phones w/Rodney
11am-Fellas, Let's Get Fit
12pm-Chair Fit
12-2pm-Wild & Wooly Women
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 2-29-20
8am-Wake Up & Walk DVD

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