

PLEASE SIGN IN DAILY-THANKS!

Reminder!

To Stay Safe-Disinfect, Social Distance, Wash Your Hands, Stay Home & MASK UP!



Check out Freeman's new 15 minute Flexibility class on Monday @9am

NEW to Virtual Pinnacle!

Greater Works Bible Study & Prayer w/Minister Patsy Allison
(Click on the link for Tuesday at 11AM to listen in on the lessons each week!)

Coming Soon!
Diabetes Support Group Zoom Meetings

The PINNACLE Senior Center of Fort Bend County

September 2020

National Senior Centers & Falls Prevention Month



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

Falls Prevention Month

Tory Carmon w/Humana

Presents: Reminders on how to prevent falls

Click & Learn

<https://www.youtube.com/watch?v=HZ44f4RS85U>

When using the Fitness Trail Abide by posted CDC signs



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Wear gloves when using the outdoor equipment



MONDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-**<https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness/Flexibility-** https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8
<https://youtu.be/Gmlr6jdCyp8>
- 10AM- Line Dance w/Sheila-**<https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>
https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDtkCZw3POdMwe
- 11AM- ZUMBA w/Valerie & Chloe-** <https://youtu.be/rkiboHCBehU>
- 11AM- Chair Fit-** https://www.youtube.com/watch?v=CvSitwJYqyI&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3
- 12PM- Yoga- Part 1-** <https://youtu.be/ct7mmXwUSIE> **Part 2-** <https://youtu.be/yGwdbXo1QJY>

TUESDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-**<https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness-** https://www.youtube.com/watch?v=b4DxJkH3v5Y&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=4
- 10AM- Line Dance w/Sheila-**<https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>
- Beginner's Line Dance w/Faye & Sandra-**<https://youtu.be/byDxSiOqRg0> https://youtu.be/e0Or272u_ow/
- 11AM- Greater Works Bible Study-**https://www.youtube.com/channel/UCpzGM6rrCrnMdvUJVQLSpXw?view_as=subscriber
- 11AM- Chair Fit-** https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1
- 12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

Please call the Pinnacle at 832-471-2765 if you have questions, comments, suggestions, or concerns on how we can better serve you during our closure

September is National Senior Centers Month!
WE MISS YOU!!!

The Pinnacle Aquatic Fitness Center is CLOSED
Until further notice

Visit us online at:
www.fortbendcountytexas.gov
Under Departments/
Health & Human Services

WEDNESDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness-** https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=2
- 10AM- ZUMBA w/Valerie & Chloe-** <https://youtu.be/rkiboHCBhU>
- 11AM- Fitness (Abs)-** https://www.youtube.com/watch?v=H0iVzilqARU&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=7
- 12PM- Beginner's Line Dance w/Faye & Sandra-** <https://youtu.be/byDxSjOqRg0>
https://youtu.be/e0Or272u_ow
- 12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

THURSDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness-** https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8
- 10AM- Line Dance w/Sheila-** https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe
- Beginner's Line Dance w/Faye & Sandra-** <https://youtu.be/byDxSjOqRg0> https://youtu.be/e0Or272u_ow
- 11AM- Chair Fit-** https://www.youtube.com/watch?v=CvSjtwJYqyl&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3
- 10AM- Functional Fitness-Part 1** https://www.youtube.com/watch?v=ZhDjzkyf7oE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=5
Part 2- https://www.youtube.com/watch?v=-kAfHX3flwE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=6
- 12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

FRIDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness Walk/Stretch-** https://www.youtube.com/watch?v=TWfVf_5oxT4&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=9
- 10AM- Line Dance w/Sheila-** <https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>
- Beginner's Line Dance w/Faye & Sandra-** <https://youtu.be/byDxSjOqRg0> https://youtu.be/e0Or272u_ow
- 11AM- Chair Fit-** https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1
- 11AM- ZUMBA w/Valerie & Chloe-** <https://youtu.be/rkiboHCBhU>
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♥♥ Line Dance w/Sheila, Zumba w/Valerie & Line Dance w/Faye accepts donations to their cash app accounts ♥♥