

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 min. Flexibility video/Monday at 9AM

Are You Staying Connected- While Staying Home?

Here's Three (3) Ways to update your Telecommunications for FREE!

- 1) STAP-Specialized Telecommunications Assistance Program
- 2) ClearCaptions
- 3) CaptionCall

Visit the Pinnacle website for more info: www.fortbendcountytexas.gov

Go under SERVICES

Scroll over right then click on **The Pinnacle** (once on Pinnacle page)

Click on **RESOURCES** in the left column

The PINNACLE Senior Center of Fort Bend County
November 2020

Happy Veterans & Thanksgiving Days!

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

Join Dianne Gertson County Extension Agent for a virtual presentation on:
Managing Diabetes Through Stressful and Irregular Times
Click on link:

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

When using the Fitness Trail Abide by posted CDC signs



Fall into Fitness & Fun on a Morning Run!

The weather is beautiful! 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://youtu.be/Gmlr6idCyp8>

10AM- Line Dance w/Sheila-<https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>
https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe

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=b4DxjK3v5Y&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://www.youtube.com/watch?v=XnfcQgwwJU> **(NEW)**

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

Visit the Pinnacle website page for more information and Resources → → →

www.fortbendcountytexas.gov
Go under SERVICES
Scroll over right/click on Pinnacle
Click to the left on RESOURCES

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/rkiboHCBBehU>
- 11AM- Fitness (Abs)- https://www.youtube.com/watch?v=H0iVzilqARU&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=7
- 12PM- Beginner's Line Dance w/Faye & Sandra-<https://www.youtube.com/watch?v=XnfcfQgwwJU>
<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
- 10AM- Beginner's Line Dance w/Faye & Sandra-<https://www.youtube.com/watch?v=XnfcfQgwwJU> (NEW)
- 11AM- Chair Fit- https://www.youtube.com/watch?v=CvSjtwYqyl&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3
- 10AM- Functional Fitness-Part 1 https://www.youtube.com/watch?v=ZhDjzky7oE&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>
- 10AM- Beginner's Line Dance w/Faye & Sandra- <https://www.youtube.com/watch?v=XnfcfQgwwJU> (NEW)
- 11AM- Chair Fit- https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1
- 11AM- ZUMBA w/Valerie & Chloe- <https://youtu.be/rkiboHCBBehU>
- 12PM- Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> Part 2 <https://youtu.be/yGwdbXo1QJY>

