

PLEASE SIGN IN DAILY-THANKS!

**Reminder!**

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



Check out Freeman's new Power Hour video Wed/9AM

**New virtual class!**

Line Dance w/Sheila 10AM  
Monday, Tuesday, Thursday & Friday  
<https://www.youtube.com/watch?v=FpVILweZwh8&t=909s>  
Visit the Pinnacle YouTube page  
YouTube-Pinnacle Senior Center  
[https://www.youtube.com/channel/UCPno2M6VIPsqDBe5lIMbJzq?view\\_as=subscriber](https://www.youtube.com/channel/UCPno2M6VIPsqDBe5lIMbJzq?view_as=subscriber)

All virtual classes are now on the YouTube page

The PINNACLE Senior Center of Fort Bend County  
**January 2021**



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

**Do Well Be Well w/Diabetes**

(5) Class Presentation w/Dianne Gertson

Texas A&M AgriLife Extension Services

<https://www.youtube.com/playlist?list=PLm8lQdHjbd-VQ6MO2kzgOBM2qL-ACBQmH>

When using the Fitness Trail Abide by posted CDC signs



*The fitness trail is open every day*

*Trees limbs removed!*

Wear gloves when using the outdoor equipment



MONDAY

- 8AM- 1-Mile Wake Up & Walk w/Krystal-(NEW)- <https://youtu.be/OA2gIOJ6e7M>
- 3-Mile Wake Up & Walk w/Krystal-<https://www.youtube.com/watch?v=RqTXVDdhnOs&t=13s>
- 9AM- Fitness/Flexibility-[https://www.youtube.com/watch?v=sB2zS3ulw\\_o&t=64s](https://www.youtube.com/watch?v=sB2zS3ulw_o&t=64s)
- 10AM- Line Dance w/Sheila- <https://www.youtube.com/watch?v=FpVILweZwh8&t=909s> (NEW)
- 11AM- ZUMBA w/Valerie & Chloe- <https://www.youtube.com/watch?v=dzzMMRsf01s&t=476s>
- 11AM- Chair Fit- [https://www.youtube.com/watch?v=sVh5F8iQ\\_CE](https://www.youtube.com/watch?v=sVh5F8iQ_CE)
- 12PM- Yoga- [https://www.youtube.com/watch?v=qe\\_rcrk938](https://www.youtube.com/watch?v=qe_rcrk938)

TUESDAY

- 8AM- 1-Mile Wake Up & Walk w/Krystal-(NEW)- <https://youtu.be/OA2gIOJ6e7M> *Get those miles in each day!*
- 3-Mile Wake Up & Walk w/Krystal-<https://www.youtube.com/watch?v=RqTXVDdhnOs&t=13s>
- 9AM- Fitness-<https://www.youtube.com/watch?v=K0rolzOEqmc&t=2s>
- 10AM- Line Dance w/Sheila- <https://www.youtube.com/watch?v=FpVILweZwh8&t=909s> (NEW)
- Beginner's Line Dance w/Faye & Sandra-<https://www.youtube.com/watch?v=oNC8L7syTys> (NEW)
- 11AM- Greater Works Bible Study-[https://www.youtube.com/channel/UCpzGM6rrCrnMdvUJVLSpXw?view\\_as=subscriber](https://www.youtube.com/channel/UCpzGM6rrCrnMdvUJVLSpXw?view_as=subscriber)
- 11AM- Chair Fit- [https://www.youtube.com/watch?v=sVh5F8iQ\\_CE](https://www.youtube.com/watch?v=sVh5F8iQ_CE)
- 12PM- Yoga-[https://www.youtube.com/watch?v=qe\\_rcrk938](https://www.youtube.com/watch?v=qe_rcrk938)

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.fortbendcountytx.gov](http://www.fortbendcountytx.gov)  
Go under SERVICES  
Scroll over right/click on Pinnacle  
Click to the left on RESOURCES

Visit us online at:  
[www.fortbendcountytx.gov](http://www.fortbendcountytx.gov)  
Under Departments/  
Health & Human Services

**WEDNESDAY**

- 8AM- 1-Mile Wake Up & Walk w/Krystal-(NEW)-** <https://youtu.be/OA2gIOJ6e7M> *Get those miles in each day!*
- 3-Mile Wake Up & Walk w/Krystal-** <https://www.youtube.com/watch?v=RqTXVDdhnOs&t=13s>
- 9AM- Fitness-** [https://www.youtube.com/channel/UCiUmYlimxTSqM\\_bfOH1gMQ](https://www.youtube.com/channel/UCiUmYlimxTSqM_bfOH1gMQ)
- 10AM- ZUMBA w/Valerie & Chloe-** <https://www.youtube.com/watch?v=dzzMMRso1s&t=476s>
- 11AM- Fitness (Abs)-** [https://www.youtube.com/watch?v=H0iVzilqARU&list=PLMpI9F7NTZRT\\_aGtFyk409klb5VELNtor&index=7](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=oNC8L7syTys>
- 12PM- Yoga-** [https://www.youtube.com/watch?v=qe\\_rcrk938](https://www.youtube.com/watch?v=qe_rcrk938)

**THURSDAY**

- 8AM- 1-Mile Wake Up & Walk w/Krystal-(NEW)-** <https://youtu.be/OA2gIOJ6e7M> *Get those miles in each day!*
- 3-Mile Wake Up & Walk w/Krystal-** <https://www.youtube.com/watch?v=RqTXVDdhnOs&t=13s>
- 9AM- Fitness-** <https://www.youtube.com/watch?v=K0rolzOEqmc&t=2s>
- 10AM- Line Dance w/Sheila-** <https://www.youtube.com/watch?v=FpVILweZwh8&t=909s> **(NEW)**
- Beginner's Line Dance w/Faye & Sandra-** <https://www.youtube.com/watch?v=oNC8L7syTys> **(NEW)**
- 11AM- Chair Fit-** [https://www.youtube.com/watch?v=sVh5F8iQ\\_CE](https://www.youtube.com/watch?v=sVh5F8iQ_CE)
- 10AM- Functional Fitness-** <https://www.youtube.com/watch?v=HzNMCM4VT1o&t=2141s>
- 12PM- Yoga-** [https://www.youtube.com/watch?v=qe\\_rcrk938](https://www.youtube.com/watch?v=qe_rcrk938)

**FRIDAY**

- 8AM- 1-Mile Wake Up & Walk w/Krystal-(NEW)-** <https://youtu.be/OA2gIOJ6e7M> *Get those miles in each day!*
- 3-Mile Wake Up & Walk w/Krystal-** <https://www.youtube.com/watch?v=RqTXVDdhnOs&t=13s>
- 9AM- Fitness Walk/Stretch-** <https://www.youtube.com/watch?v=Rg8oB5Hmcl0&t=936s>
- 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=oNC8L7syTys> **(NEW)**
- 11AM- Chair Fit-** [https://www.youtube.com/watch?v=sVh5F8iQ\\_CE](https://www.youtube.com/watch?v=sVh5F8iQ_CE)
- 11AM- ZUMBA w/Valerie & Chloe-** <https://www.youtube.com/watch?v=dzzMMRso1s&t=476s>
- 12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

*Welcome 2021!*

*Happy New Year!*