

MARCH 2022

THE Senior Center of PINNACLE Fort Bend County

5525-C Hobby Road • Houston, Texas 77053 • Mon-Fri: 7:30a-4:30p • Phone: 832-471-2765
www.fbchhs.org/about-us/programs-projects/pinnacle-senior-center
 (Schedule Subject to Change, especially inclement weather days)



PLEASE SIGN IN DAILY-THANKS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The POOL is  Open Daily 9A-2P</p> <p>Aqua Zumba™ w/Carla Tues: 12:15PM Fri: 11AM (Classes Resume April 19th)</p> <p>Silver Sneakers Water Aerobics M-W-Th: 11am Yoga: 12 Noon</p>	 <p>Vote Here!!!</p> <p>The Pinnacle will opens its doors from 7am until 7pm for Election Day! Tuesday, March 1st</p>	 <p>RESCHEDULED</p> <p>Blood Pressure, Glucose checks & Vaccines from 9am-12pm Tuesday, March 22nd</p>	<p>- RESCHEDULED - Vision Board Workshop Monday, March 14th 11am-1pm</p>  <p>Join Melba Lee in creating your Vision 2022 Board</p>	 <p>BINGO</p> <p>Join Amerigroup & Angelia March 18th at 11am</p>
1	2	3	4	
<p>Monthly MEDICARE Workshop 01-18-22</p>  <p>Every 3rd Tuesday @10AM w/Karina Villela Benefits Counselor II H-GAC Houston-Galveston Area Council</p>	<p>8am: Wake Up & WALK ELECTION DAY!! VOTE HERE!! 9am: Strength Training 10am: Mixed Fit w/AnJonee 11am: Greater Works Bible Study 11am: Chair Fit w/LaTija 1-3pm: Bridge 1pm: Fitness w/LaTija 3-4pm: Multipurpose Room open</p>	<p>8am: Wake Up & WALK 9am: Fitness w/LaTija 10am: Line Dance w/Faye 11am: Chair Fit w/LaTija 12pm: Two-Stepping w/Marvin 12-2pm: Wild & Wooly Women 1-4pm: Multipurpose Room open</p>	<p>8am: Wake Up & WALK 9am: Functional Fitness 10am: Mixed Fit w/AnJonee 10am: Healthy Eating w/Deanne 11am: Chair Fit w/LaTija 1pm: Fitness w/LaTija 1-4pm: Multipurpose Room open</p>	<p>8am: Wake Up & WALK 9am: Fitness w/LaTija 9am: Sewl Sister's 10am: Fellas, Let's Get Fit 11am: Chair Fit w/LaTija 12-2pm: Wild & Wooly Women 1-4pm: Multipurpose Room open</p>
7	8	9	10	11
<p>8am: Wake Up & WALK 9am: Fitness w/LaTija 10am: Line Dance w/Sheila 11am: Chair Fit w/LaTija 12pm: ZUMBA w/Sandi 3pm: Line Dance w/Sheila 1-4pm: Multipurpose Room open</p>	<p>8am: Wake Up & WALK 9am: Strength Training 10am: Mixed Fit w/AnJonee 11am: Greater Works Bible Study 11am: Chair Fit w/LaTija 1-3pm: Bridge 1pm: Fitness w/LaTija 3-4pm: Multipurpose Room open</p>	<p>8am: Wake Up & WALK 9am: Fitness w/LaTija 10am: Line Dance w/Faye 11am: Chair Fit w/LaTija 12pm: Two-Stepping w/Marvin 12-2pm: Wild & Wooly Women 1-4pm: Multipurpose Room open</p>	<p>8am: Wake Up & WALK 9am: Functional Fitness 10am: Mixed Fit w/AnJonee 11am: Chair Fit w/LaTija 1pm: Fitness w/LaTija 1-4pm: Multipurpose Room open</p>	<p>8am: Wake Up & WALK 9am: Fitness w/LaTija 9am: Sewl Sister's 10am: Fellas, Let's Get Fit 11am: Chair Fit w/LaTija 12-2pm: Wild & Wooly Women 1-4pm: Multipurpose Room open</p>

DAYLIGHT SAVINGS TIME BEGIN ON MARCH 13TH

*****To participate in Programs & Activities, you must complete a Registration Form and Sign a Release of Liability Waiver.***
 Ask about the monthly E-Blast for more information on programs at The Pinnacle!**



MARCH 2022

The Pinnacle Senior Center of Fort Bend County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18
8am: Wake Up & WALK 9am: Fitness w/LaTija 10am: Line Dance w/Sheila 11am-1pm: Melba Lee Workshop 11am: Chair Fit w/LaTija 12pm: ZUMBA w/Sandi 3pm: Line Dance w/Sheila 1-4pm: Multipurpose Room open	8am: Wake Up & WALK 9am: Strength Training 10am: MEDICARE Workshop 10am: Mixxed Fit w/AnJonee 11am: Greater Works Bible Study 11am: Chair Fit w/LaTija 1pm: Fitness w/LaTija 1-3pm: Bridge 3-4pm: Multipurpose Room open	8am: Wake Up & WALK 9am: Fitness w/LaTija 10am: Line Dance w/Faye 11am: Chair Fit w/LaTija 12pm: Two-Stepping w/Marvin 12-2pm: Wild & Wooly Women 1-4pm: Multipurpose Room open	8am: Wake Up & WALK 9am: Functional Fitness 10am: Mixxed Fit w/AnJonee 11am: Cooking Well w/Diabetes 11am: Chair Fit w/LaTija 1pm: Fitness w/LaTija 1-4pm: Multipurpose Room open	8am: Wake Up & WALK 9am: Fitness w/LaTija 9am: Sewl Sister's 10am: Fellas, Let's Get Fit 11am: B-I-N-G-O 11am: Chair Fit w/LaTija 12-2pm: Wild & Wooly Women 1-4pm: Multipurpose Room open
21	22	23	24	25
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28	29	30	31	
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