

September 2022



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



5525-C Hobby Road • Houston, Texas 77053
Mon-Fri: 7:30am- 4:30pm • Phone: 832-471-2765

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Medical Health Insurance w/Karina</p> <p>September 20th ■ 10AM Inquire w/Karina for individual sessions after class</p>	<p>September is National Senior Centers Month!</p> <p>The Pinnacle is the "HAPPY" place to be!</p>	<p>Do Well ■ Be Well High Blood Pressure w/Dianne Gertson 11AM</p> <p>September 22nd & 29th October 6th and 13th</p>	<p>NO BINGO FOR SEPTEMBER!</p>
	<p>SEPTEMBER 11TH</p> <p>HAPPY GRANDPARENT'S DAY!</p>	<p>Bluebonnet Garden Club of Houston Flower Show September 30th</p> <p>1-3PM ■ MPR</p>	<p>1 8am Wake Up & Walk 9am Strength Training 10am Library Program :Craft Pipe Cleaner Flowers 11am Healthy Eating/Deanne 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>2 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 MP Room Open</p>
<p>5 Fort Bend County Holiday CLOSED in observance of Labor Day</p> <p>HAPPY LABOR DAY</p>	<p>6 8am Wake Up & Walk 9am Strength Training 10am Techie Tuesday w/Wylesha 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm- Chair Breathe & Stretch w/LaTija 1-4pm MP Room Open</p>	<p>7 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm-Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>8 8am Wake Up & Walk 9am Strength Training 10am Library Program-Technology Google Drive Basics 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>9 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 MP Room Open</p>

Schedule Subject to Change. Please call: 832-471-2765

"Especially inclement weather days"

<p>12 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 MP Room Open</p>	<p>13 8am Wake Up & Walk 9am Strength Training 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Chair Breathe & Stretch w/LaTija 1-4pm MP Room Open</p>	<p>14 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>15 8am Wake Up & Walk 9am Strength Training 10am Library Program- Readers Advisory Tools at FBCL 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>16 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 MP Room Open</p>
<p>19 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 MP Room Open</p>	<p>20 8am Wake Up & Walk 9am Strength Training 10am Medicare w/Karina 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Chair Breathe & Stretch w/LaTija 1-4pm MP Room Open</p>	<p>21 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>22 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft Origami Bookmarks 11am Do Well Be Well - High Blood Pressure w/Dianne 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>23 Fort Bend County Holiday CLOSED in observance of County Fair Day</p> 
<p>26 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 MP Room Open</p>	<p>27 8am Wake Up & Walk 9am Strength Training 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm- Chair Breathe & Stretch w/LaTija 1-4pm MP Room Open</p>	<p>28 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 10:45-BIRTHDAY CELEBRATION 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>29 8am Wake Up & Walk 9am Strength Training 10am Library Program-Technology Intro to the Writer's Corner 11am Do Well Be Well - High Blood Pressure w/Dianne 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>30 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's (NO CLASS) 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 1-4pm MP Room Open Bluebonnet Garden Club Flower Show 1-3pm MPR</p>

<https://www.fortbendcountytexas.gov/government/departments/health-and-human-services/pinnacle-senior-center/programs-activities>

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

Please sign in daily!

Legend: MP- Multipurpose Room

Ask about our monthly e-Blast!