

November 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 It's Open Enrollment time! November 15th 10AM Inquire w/Karina for individual sessions after class</p>	<p>Techie Tuesday w/Wylesha November 1st Every 1st Tuesday at 10AM</p>	<p>Happy Thanksgiving Always give thanks!</p>	<p>A Taste of Latin American Heritage Learn how to shop and prepare healthy plant-based foods w/Janelle November 2nd & 9th 11AM Prairie View A&M University Cooperative Extension Prog.</p>	<p>BINGO W/ANGELIA & AMERIGROUP NOVEMBER 18TH 11AM</p>
<p>• November Reminders • Daylight Savings Ends November 6th November 8th is ELECTION DAY! The Bus leaves for the Ensemble Theatre on November 13th at 1:30pm Pinnacle Parking Lot</p>	<p>1 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>2 Taste of Latin America 11am 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>3 8am Wake Up & Walk 9am Strength Training 10am Library Program :Craft Gift in a Jar 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>4 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 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>7 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>8 Election Day 7am-7pm MPR 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>9 Taste of Latin America 11am 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>10 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft-Book Folding 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>11 (CLOSED) Fort Bend County Holiday The Pinnacle will be CLOSED in observance of Veteran's Day</p>

<p>14 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>15 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>16 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>17 8am Wake Up & Walk 9am Strength Training 10am Library Program- Book Talk-Best Books to Give as Gifts 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p> 	<p>18 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am BINGO w/Angelia 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>21 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>22 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>23 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>24 (CLOSED) Fort Bend County Holiday The Pinnacle will be CLOSED in observance of the Thanksgiving Day holiday</p> 	<p>25 (CLOSED) Fort Bend County Holiday The Pinnacle will be CLOSED in observance of the Thanksgiving Day holiday</p> <p><i>Happy Thanksgiving</i></p> 
<p>28 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>29 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>30 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>VOTE! November 8th 7AM – 7PM Here at the Pinnacle!</p>	<p>The next Houston Food Bank Truck is in December-Sign up in November!</p>  <p>See the front desk!</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!