

# December 2022



## The PINNACLE Senior Center of Fort Bend County



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

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <p><b>Medical Health Insurance w/Karina</b><br/>Open Enrollment ends December 7th<br/><b>No class in December!</b><br/>The last session for Open Enrollment was on November 29th</p>                   | <p><b>Techie Tuesday w/Wylesha</b><br/>December 6th<br/>Every 1st Tuesday at 10AM</p>   | <p><b>MERRY CHRISTMAS</b><br/>Fa La La La La</p>  | <p>A Very Merry Christmas to You and All Those "Deer" to You!</p>  | <p><b>BINGO</b><br/>W/ANGELIA &amp; AMERIGROUP</p> <p>No BINGO In December!</p>  |
| <p>Thanks for a great year from the Pinnacle Staff!<br/><b>We will be CLOSED for New Year's Day 01-02-23</b></p>   | <p>'Tis the Season to be Jolly!</p> <p>Happy Holidays to YOU!<br/>Sonya, Freeman, Angie, Keith &amp; LaTija</p>   | <p>The Houston Food Bank Senior Box Distribution<br/>December 22nd from 9:00 until 11:00am</p> <p><i>If you already have your green apple card, you can proceed to the distribution car line.<br/>If you still need to register to receive your card, you have to come inside</i></p> | <p><b>1</b><br/>8am Wake Up &amp; Walk<br/>9am Strength Training<br/><b>10am Library Program :Craft Sock Snowmen</b><br/>11am Chair Fit w/LaTija &amp;<br/>1pm Floor Breathe &amp; Stretch<br/>1-4pm MP Room Open</p>                          | <p><b>2</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>9am Sewl Sister's<br/>10am Fellas, Let's Get Fit<br/>11am Chair Fit w/LaTija<br/>12-2pm Wild &amp; Wooly Women<br/>12-1pm Free Style Friday<br/>1-4pm MP Room Open</p> |
| <p><b>5</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>10am Line Dance w/Sheila<br/>11am Chair Fit w/LaTija<br/>12pm ZUMBA w/Sandi<br/>3pm Line Dance w/Sheila<br/>1-4pm MP Room Open</p> | <p><b>6</b><br/>8am Wake Up &amp; Walk<br/>9am Strength Training<br/>10am Mixxed Fit w/AnJonee<br/>11am Greater Works Bible Study<br/>11am Chair Fit w/LaTija<br/>1-3pm Bridge<br/>1 pm Chair Breathe/Stretch w/LaTija<br/>1-4pm MP Room Open</p> | <p><b>7</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>10am Line Dance w/Faye<br/>11am Chair Fit w/LaTija<br/>12pm Fellas Let's Get Fit<br/>12pm Beginners Two-Stepping w/Marvin<br/>12-2pm Wild &amp; Wooly Women<br/>1-4pm MP Room Open</p>                            | <p><b>8</b><br/>8am Wake Up &amp; Walk<br/>9am Strength Training<br/><b>10am Library Program-Craft- Felt Christmas Tree Table Decorations</b><br/>11am Chair Fit w/LaTija &amp;<br/>1pm Floor Breathe &amp; Stretch<br/>1-4pm MP Room Open</p> | <p><b>9</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>9am Sewl Sister's<br/>10am Fellas, Let's Get Fit<br/>11am Chair Fit w/LaTija<br/>12-2pm Wild &amp; Wooly Women<br/>12-1pm Free Style Friday<br/>1-4pm MP Room Open</p> |

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

"Especially inclement weather days"

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| <p><b>12</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>10am Line Dance w/Sheila<br/>11am Chair Fit w/LaTija<br/>12pm ZUMBA w/Sandi<br/>3pm Line Dance w/Sheila<br/>1-4pm MP Room Open</p>   | <p><b>13</b><br/>8am Wake Up &amp; Walk<br/>9am Strength Training<br/>10am Mixxed Fit w/AnJonee<br/>11am Greater Works Bible Study<br/>11am Chair Fit w/LaTija<br/>1-3pm Bridge<br/>1pm Chair Breathe/Stretch w/LaTija<br/>1-4pm MP Room Open</p> | <p><b>14</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>10am Line Dance w/Faye<br/>11am Chair Fit w/LaTija<br/>12pm Fellas Let's Get Fit<br/>12pm Beginners Two-Stepping w/Marvin<br/>12-2pm Wild &amp; Wooly Women<br/>1-4pm MP Room Open</p>  | <p><b>15</b><br/>8am Wake Up &amp; Walk<br/>9am Strength Training<br/>10am Library Program-Craft-Mason Jar Christmas Candles</p>  <p>11am Chair Fit w/LaTija &amp;<br/>1pm Floor Breathe &amp; Stretch<br/>1-4pm MP Room Open</p> | <p><b>16</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>9am Sewl Sister's<br/>10am Fellas, Let's Get Fit<br/>11am Chair Fit w/LaTija<br/>12-2pm Wild &amp; Wooly Women<br/>12-1pm Free Style Friday<br/>1-4pm MP Room Open</p>                               |
| <p><b>19</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>10am Line Dance w/Sheila<br/>11am Chair Fit w/LaTija<br/>12pm ZUMBA w/Sandi<br/>3pm Line Dance w/Sheila<br/>1-4pm MP Room Open</p>  | <p><b>20</b><br/>8am Wake Up &amp; Walk<br/>9am Strength Training<br/>10am Mixxed Fit w/AnJonee<br/>11am Greater Works Bible Study<br/>11am Chair Fit w/LaTija<br/>1-3pm Bridge<br/>1pm Chair Breathe/Stretch w/LaTija<br/>1-4pm MP Room Open</p> | <p><b>21</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>10am Line Dance w/Faye<br/>11am Chair Fit w/LaTija<br/>12pm Fellas Let's Get Fit<br/>12pm Beginners Two-Stepping w/Marvin<br/>12-2pm Wild &amp; Wooly Women<br/>1-4pm MP Room Open</p>  | <p><b>22</b><br/>8am Wake Up &amp; Walk<br/>9am Strength Training<br/>10am Library Program-No Program - Holiday Break<br/>11am Chair Fit w/LaTija &amp;<br/>1pm Floor Breathe &amp; Stretch<br/>1-4pm MP Room Open</p>            | <p><b>23 (CLOSED)</b><br/><b>Fort Bend County</b><br/><b>Holiday</b><br/>The Pinnacle will be CLOSED in observance of the Christmas Day holiday</p>                                    |
| <p><b>26 (CLOSED)</b><br/><b>Fort Bend County</b><br/><b>Holiday</b><br/>The Pinnacle will be CLOSED in observance of the Christmas Day holiday</p>    | <p><b>27</b><br/>8am Wake Up &amp; Walk<br/>9am Strength Training<br/>10am Mixxed Fit w/AnJonee<br/>11am Greater Works Bible Study<br/>11am Chair Fit w/LaTija<br/>1-3pm Bridge<br/>1pm Chair Breathe/Stretch w/LaTija<br/>1-4pm MP Room Open</p> | <p><b>28</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>10am Line Dance w/Faye<br/>10:45 BIRTHDAY CELEBRATION<br/>11am Chair Fit w/LaTija<br/>12pm Fellas Let's Get Fit<br/>12pm Beginners Two-Stepping w/Marvin<br/>12-2pm Wild &amp; Wooly Women<br/>1-4pm MP Room Open</p>   | <p><b>29</b><br/>8am Wake Up &amp; Walk<br/>9am Strength Training<br/>10am Library Program-No Program - Holiday Break<br/>11am Chair Fit w/LaTija &amp;<br/>1pm Floor Breathe &amp; Stretch<br/>1-4pm MP Room Open</p>          | <p><b>30</b><br/>8am Wake Up &amp; Walk<br/>9am Fitness w/LaTija<br/>9am Sewl Sister's<br/>10am Fellas, Let's Get Fit<br/>11am Chair Fit w/LaTija<br/>12-2pm Wild &amp; Wooly Women<br/>12-1pm Free Style Friday<br/>1-4pm MP Room Open</p> <p><b>CLOSED 01-02-23</b></p> |

<https://www.fortbendcountytx.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!**