

# January



# 2023!

## 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>Medical Health Insurance w/Karina Every third Tuesday <b>10AM</b> January 17<sup>th</sup></p>	<p>Techie Tuesday w/Wylesha January 3<sup>rd</sup> Every 1<sup>st</sup> Tuesday at 10AM</p>	<p>New 2023 Fitness Classes w/LaTija!</p> <p>Tuesday 1pm-Flexibility Class Thursday 1pm-Abs Class</p>	<p>Cut it Up! w/Sue Tee Shirt Workshop January 27<sup>th</sup> 9-11am Bring your t-shirt &amp; Sue will show you how to cut it up! Create this design!</p>	<p><b>BINGO</b> W/ANGELIA &amp; AMERIGROUP January 13<sup>th</sup> 11AM</p>
<p><b>2 (CLOSED)</b> Fort Bend County Holiday The Pinnacle will be CLOSED in observance of the New Year's Day holiday <b>Happy New Year!</b></p>	<p><b>3</b> 8am Wake Up &amp; Walk 9am Strength Training 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1 pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p><b>4</b> 8am Wake Up &amp; 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 &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>5</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program-TBA</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p><b>6</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild &amp; Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p><b>9</b> 8am Wake Up &amp; 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><b>10</b> 8am Wake Up &amp; Walk 9am Strength Training 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1 pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p><b>11</b> 8am Wake Up &amp; 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 &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>12</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program-TBA</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p><b>13</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild &amp; Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>

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

"Especially inclement weather days"

<p><b>16 (CLOSED)</b>  <b>Fort Bend County</b>  <b>Holiday</b></p> <p>The Pinnacle will be CLOSED in observance of the Birthday of Reverend Dr. Martin Luther King, Jr. Holiday</p> 	<p><b>17</b>  8am Wake Up &amp; Walk  9am Strength Training  <b>10am Medicare Workshop w/Karina</b>  11am Greater Works Bible Study  11am Chair Fit w/LaTija  1-3pm Bridge  1pm Flexibility w/LaTija  1-4pm MP Room Open</p>	<p><b>18</b>  8am Wake Up &amp; 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 &amp; Wooly Women  1-4pm MP Room Open</p>	<p><b>19</b>  8am Wake Up &amp; Walk  9am Strength Training  <b>10am Library Program-TBA</b>  11am Chair Fit w/LaTija  1pm Abs Workout w/LaTija  1-4pm MP Room Open</p>	<p><b>20</b>  8am Wake Up &amp; Walk  9am Fitness w/LaTija  9am Sewl Sister's  10am Fellas, Let's Get Fit  11am Chair Fit w/LaTija  12-2pm Wild &amp; Wooly Women  <b>12-3pm RED HAT SOCIETY (MPR)</b>  12-1pm Free Style Friday  3-4pm MP Room Open</p>
<p><b>23</b>  8am Wake Up &amp; 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><b>24</b>  8am Wake Up &amp; Walk  9am Strength Training  11am Greater Works Bible Study  11am Chair Fit w/LaTija  1-3pm Bridge  1pm Flexibility w/LaTija  1-4pm MP Room Open</p>	<p><b>25</b>  8am Wake Up &amp; Walk  9am Fitness w/LaTija  10am Line Dance w/Faye  <b>10:45 BIRTHDAY CELEBRATION</b>  11am Chair Fit w/LaTija  12pm Fellas Let's Get Fit  12pm Beginners Two-Stepping w/Marvin  12-2pm Wild &amp; Wooly Women  1-4pm MP Room Open</p>	<p><b>26</b>  8am Wake Up &amp; Walk  9am Strength Training  <b>10am Library Program-TBA</b>  11am Chair Fit w/LaTija  1pm Abs Workout w/LaTija  1-4pm MP Room Open</p>	<p><b>27</b>  8am Wake Up &amp; Walk  9am Fitness w/LaTija  9am Sewl Sister's  10am Fellas, Let's Get Fit  11am Chair Fit w/LaTija  12-2pm Wild &amp; Wooly Women  12-1pm Free Style Friday  1-4pm MP Room Open</p>
<p><b>30</b>  8am Wake Up &amp; 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><b>31</b>  8am Wake Up &amp; Walk  9am Strength Training  11am Greater Works Bible Study  11am Chair Fit w/LaTija  1-3pm Bridge  1pm Flexibility w/LaTija  1-4pm MP Room Open</p>	<p><b>PINNACLE PSA!</b>  If you sign up for a birthday certificate, please come to the monthly birthday celebration!</p>  <p>Sergeant Garrett w/Constable Smith's Office is here each month to make the presentations!</p>	<p><i>MixedFit classes are cancelled for the month of January!</i></p> 	<p><b>Meet Sue and craft this t-shirt design on January 27<sup>th</sup> ■ 9-11AM</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!**