

February



2♥23!

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>HHS Free Heart Health Class February 6th & 13th 9-11AM</p> <p>Followed by blood pressure & AIC Screening +Flu & Covid shots</p>	<p>Techie Tuesday w/Wylesha February 7th Every 1st Tuesday at 10AM</p> <p>♥ ♥ ♥ ♥ ♥ ♥</p> <p>Celebrate Black History Month! Wear African Garb all month!</p>	<p>Valentine's Day Soiree February 10th 7-11pm DINNER MUSIC SWEETS</p>	<p>Hybrid CPR Demo Online FREE First Aid & CPR Training You must register to get the online course link sent to you Attend the training on Friday, February 17th 6:30 – 8:30pm See Homeland Preparedness Program Flyer in the Lobby</p>	<p>Houston Food Bank Senior Box February 10th 12:30-2:30PM</p> <p> houstonfoodbank Filling pantries. Filling lives.</p> <p>You must park, come inside, register, & receive ticket for the car line</p>
<p>CPR Demo Day Watch & Learn</p> <p>Homeland Preparedness will conduct a Demo Day on February 23rd at 10 You will watch team members perform First Aid/CPR and have the opportunity to practice techniques. This is NOT for certification!</p>	<p> Fall in LOVE w/ARTreach! Demo Day February 14th at 10AM Sign Up! If you love it, we will work to get in on the schedule as a monthly program. Details on Demo Day!</p>	<p>1 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>2 8am Wake Up & Walk 9am Strength Training 10am Library Program 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>3 National Wear Red Day! 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>6 9-11AM Heart Health Class 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Charis NEW 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>7 Techie Tuesday w/Wylesha 8am Wake Up & Walk 9am Strength Training 10am MixedFit w/Anjonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p>8 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>9 8am Wake Up & Walk 9am Strength Training 10am Library Program 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>10 7-11pm Valentine's Soiree 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12:30-2:30pm Senior Box Distribution 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>13 9-11am Heart Health Class 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Charis NEW 3pm Line Dance w/Sheila 1-4pm MP Room Open</p> 	<p>14 ARTreach Demo Day! 8am Wake Up & Walk 9am Strength Training 10am ARTreach Demo Day! 10am MixedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p>15 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>16 8am Wake Up & Walk 9am Strength Training 10am Library Program 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>17 6:30-8:30pm Hybrid CPR 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 12-3pm RED HAT SOCIETY (MPR) 12-1pm Free Style Friday 3-4pm MP Room Open</p>
<p>20 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Charis NEW 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>21 8am Wake Up & Walk 9am Strength Training 10am Medicare w/Karina 10am MixedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p>22 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>23 8am Wake Up & Walk 9am Strength Training 10am Library Program 10am Homeland Preparedness First Aid/CPR Demo 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>24 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 11am BINGO w/Angeliia 12-2pm Wild & Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>27 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Charis NEW 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>28 8am Wake Up & Walk 9am Strength Training 10am MixedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p>Medical Health Insurance w/Karina Every third Tuesday February 21st 10AM</p> 	 W/ANGELIA & AMERIGROUP February 24th 11AM	<p><i>New 2023 Fitness Classes w/LaTija!</i></p>  Tuesday 1pm-Flexibility Class Thursday 1pm-Abs Class

<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!