




# March 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>Houston Bluebonnet Garden Club</p>  <p>Green thumb alert! March 31<sup>st</sup> 10AM-2PM</p>	<p><b>Techie Tuesday</b> w/Wylesha March 7<sup>th</sup> Every 1<sup>st</sup> Tuesday at 10AM • • • • • <b>Medical Health Insurance</b> w /Karina March 21<sup>st</sup> Every 3<sup>rd</sup> Tuesday 10AM</p>	<p><b>Eat Smart Live Strong</b> w/Erica Knighton <b>Prairie View A&amp;M Extension Services</b> 4 Sessions in 2 weeks March 23<sup>rd</sup> &amp; 30<sup>th</sup> 10AM</p>	<p><i>Dedicated Senior Medical Center</i> Presents <i>Paint &amp; Sip</i></p>  <p><b>9-11AM</b></p>	<p><b>ZUMBA w/Charis</b></p>  <p><b>Mondays @ Noon!</b> Dance your way into fitness with salsa, reggaeton, merengue and cumbia moves!</p>
<p>Monthly Meet Up w/a Rep from Social Security Meet Shonbay Jones March 14<sup>th</sup> at 10AM Tired of the telephone wait? Can't get your specific question answered? Get immediate assistance &amp; important information!!!</p>	<p><b>Healthier HOU March 2<sup>nd</sup>- Tridemic Viruses</b> Houston Health Department/The Office of Chronic Disease, Health Education and Wellness Education Programs <b>1<sup>st</sup> Thursdays 11AM</b></p>	<p><b>1</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 12-2pm Wild &amp; Wooly Women  1-4pm MP Room Open</p>	<p><b>2 Healthier HOU 11AM</b> 8am Wake Up &amp; Walk 9am Strength Training  <b>10am Library Program Technology-Email 101</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija  1-4pm MP Room Open</p>	<p><b>3</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>6</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm <b>ZUMBA w/Charis NEW</b> 3pm Line Dance w/Sheila  1-4pm MP Room Open</p>	<p><b>7 Techie Tuesday w/Wylesha</b> 8am Wake Up &amp; Walk 9am Strength Training 10am MixxedFit w/Anjonee 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>8</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 12-2pm Wild &amp; Wooly Women  1-4pm MP Room Open</p>	<p><b>9</b> 8am Wake Up &amp; Walk 9am Strength Training  <b>10am Library Program Craft-Paper Quilling</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p><b>10 Spring forward 3-12</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 9am Sewl Sister's <b>Set your clocks forward this weekend!</b> 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-1pm Free Style Friday-4pm MP Room Open</p>

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

"Especially inclement weather days"

<p><b>13 Girl Scouts Cookie Day!</b>  8am Wake Up &amp; Walk  9am Fitness w/LaTija  10am Line Dance w/Sheila  11am Chair Fit w/LaTija  12pm <b>ZUMBA w/Charis NEW</b>  3pm Line Dance w/Sheila  1-4pm MP Room Open</p>  <p>Cookie Sale 8-Noon</p>	<p><b>14 Meet Up w/Social Security 10AM</b>  8am Wake Up &amp; Walk  9am Strength Training  10am MixxedFit 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><b>5</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  12-2pm Wild &amp; Wooly Women  1-4pm MP Room Open</p> 	<p><b>16</b>  8am Wake Up &amp; Walk  9am Strength Training  <b>10am Library Program</b>  <b>Craft-DIY Herb Planters</b>  11am Chair Fit w/LaTija  1pm Abs Workout w/LaTija  1-4pm MP Room Open</p>	<p><b>17 Happy St. Patrick's Day!</b>  8am Wake Up &amp; Walk  9am Fitness w/LaTija  9am <b>Sip &amp; Paint 9-11AM</b>  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>20</b>  8am Wake Up &amp; Walk  9am Fitness w/LaTija  10am Line Dance w/Sheila  11am Chair Fit w/LaTija  12pm <b>ZUMBA w/Charis NEW</b>  3pm Line Dance w/Sheila  1-4pm MP Room Open</p> 	<p><b>21</b>  8am Wake Up &amp; Walk  9am Strength Training  <b>10am Medicare w/Karina</b>  10am MixxedFit 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><b>22</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  12-2pm Wild &amp; Wooly Women  1-4pm MP Room Open</p> 	<p><b>23 Eat Smart Live Strong 10AM</b>  8am Wake Up &amp; Walk  9am Strength Training  <b>10am Library Program</b>  Technology-Microsoft Office  Alternatives  11am Chair Fit w/LaTija  1pm Abs Workout w/LaTija  1-4pm MP Room Open</p>	<p><b>24</b>  8am Wake Up &amp; Walk  9am Fitness w/LaTija  9am Sewl Sister's  10am Fellas, Let's Get Fit</p>  <p>11am Chair Fit w/LaTija  12-2pm Wild &amp; Wooly Women  12-1pm Free Style Friday  1-4pm MP Room Open</p>
<p><b>27</b>  8am Wake Up &amp; Walk  9am Fitness w/LaTija  10am Line Dance w/Sheila  11am Chair Fit w/LaTija  12pm <b>ZUMBA w/Charis NEW</b>  3pm Line Dance w/Sheila  1-4pm MP Room Open</p>	<p><b>28</b>  8am Wake Up &amp; Walk  9am Strength Training  10am MixxedFit 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><b>29</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  12-2pm Wild &amp; Wooly Women  1-4pm MP Room Open</p>	<p><b>30 Eat Smart Live Strong 10AM</b>  8am Wake Up &amp; Walk  9am Strength Training  <b>10am Library Program</b>  <b>Genealogy 101</b>  11am Chair Fit w/LaTija  1pm Abs Workout w/LaTija  1-4pm MP Room Open</p> 	<p><b>31 Houston Bluebonnet Garden Club 10AM-2PM</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>

<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!**