

# April



# 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><b>ZUMBA</b> w/Charis</p> <p><b>Mondays @ Noon!</b> Dance your way into fitness with salsa, reggaeton, merengue and cumbia moves!</p>	<p><b>Techie Tuesday</b> w/Wylesha <b>April 4<sup>th</sup> 10AM</b> Every 1<sup>st</sup> Tuesday</p> <p><i>Easter Blessings!</i></p>	<p><i>Paint &amp; Sip is back!!!</i> <b>April 28<sup>th</sup> 10am-Noon</b></p> <p><i>Paint &amp; Sip</i> <i>You had such a good time letting your creativity show, let's do it again!</i></p>	<p><b>Healthier HOU</b> <i>COVID-19 Updates &amp; Vaccine Updates</i> <b>April 6<sup>th</sup> 10-11AM</b> Presented by Houston Health Department/The Office of Chronic Disease, Health Education and Wellness Education Programs</p>	<p><b>Houston Food Bank Senior Box</b> <b>April 14<sup>th</sup></b> <b>12:30-2:30PM</b></p> <p>houstons<b>food</b>bank Filling pantries. Filling lives. You must park, come inside, register, &amp; receive ticket for the car line</p>
<p><i>April Showers</i> <i>Bring May Flowers!!!</i></p>	<p><b>Medical Health Insurance</b> w/<b>Karina</b> <b>April 18<sup>th</sup></b> Every 3<sup>rd</sup> Tuesday <b>10 AM</b></p>	<p>Monthly Meet Up w/a Rep from Social Security <b>Meet Shonbay Jones</b> <b>April 20<sup>th</sup> at 10AM</b></p>	<p><i>Cutting It Up w/Sue</i></p> <p>Tee Shirt Workshop <b>April 21<sup>st</sup> 9-11AM</b></p>	<p><b>Cap Tel Captioned Telephones</b></p> <p><b>Meet w/Selena Alvarez</b> Sign up during the Food Bank Distribution <b>April 14<sup>th</sup> 11AM</b></p>
<p><b>3</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>4</b> <b>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 3-4pm 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>6</b> <b>Healthier HOU</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Healthier HOU</b> <b>10am Library Program</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p><b>7 Fort Bend County Holiday</b></p> <p><i>Good Friday</i></p> <p><b>The Pinnacle Senior Center will be closed in observance of the Good Friday Holiday</b></p>

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

**"Especially inclement weather days"**

<p><b>10</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>11</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 3-4pm MP Room Open</p>	<p><b>12</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>13</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p><b>14</b> <b>Houston Food Bank</b> <b>12:30-2:30pm</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 9am No Sew'l Sisters 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild &amp; Wooly Women 12-1pm Free Style Friday 3-4pm MP Room Open</p>
<p><b>17</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>18</b> <b>Medicare w/Karina</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 3-4pm MP Room Open</p>	<p><b>19</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>20</b> <b>Meet Up w/Social Security</b> <b>10AM</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p><b>21</b> <b>Tee Shirt Workshop</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 9am Sewl Sister's <b>12-3pm RED HAT SOCIETY (MPR)</b> 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild &amp; Wooly Women 12-1pm Free Style Friday 3-4pm MP Room Open</p>
<p><b>24</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>25</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 3-4pm MP Room Open</p>	<p><b>26</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>27</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p><b>28</b> <b>Paint &amp; Sip 10am-Noon</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!**