



# May 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>May is "Better Hearing Month" Join Sylvia Robles of The Center for Audiology for <b>"Five Keys to Hear Your Best"</b> May 18<sup>th</sup> • 10AM</p>	<p>Join Ariyanna Woods Dedicted Senior Medical Center <b>"Game Day!"</b> May 18<sup>th</sup> 10am</p>	<p>Eating Smart, Being Active! <b>w/ Erica Knighton</b> Prairie View A&amp;M Extension Services <b>(9 classes) May 18, 25, June 1, 22, July 6, 20, 27 &amp; Aug. 3, 10</b></p>	<p><b>Healthier HOU</b> <b>May 4<sup>th</sup> • 10AM</b> <b>Emergency &amp; Chronic Disease Preparedness</b> Houston Health Dept./Office of Chronic Disease, Health Education &amp; Wellness Education</p>	<p> <b>w/Angelia &amp; Amerigroup</b> May 12<sup>th</sup> • 11AM  <b>ELECTION DAY</b> <b>May 6<sup>th</sup> 7am-7pm</b> General &amp; Special Election <b>Vote Here at the Pinnacle</b></p>
<p><b>1</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 ON HOLD</b> 3pm Line Dance w/Sheila 1-4pm MP Room Open <b>VOTE HERE Saturday! 7am-7pm</b></p>	<p><b>2</b> <b>Techie Tuesday w/Wylesha 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 1 pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p><b>3</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 <b>VOTE HERE Saturday! 7am-7pm</b></p>	<p><b>4</b> <b>Healthier HOU 10AM</b> 8am Wake Up &amp; Walk 9am Strength Training 10am Healthier HOU <b>10am Library Program</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open <b>VOTE HERE Saturday! 7am-7pm</b></p>	<p><b>5</b> <b>10am Things are Pop'n</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>8</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 ON HOLD</b> 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p><b>9</b> <b>Medicare w/Karina 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 1 pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p><b>10</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>11</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>12</b> <b>BINGO/Happy Mother's Day!</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>15</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija</p> <p>10am Line Dance w/Sheila 11am Chair Fit w/LaTija</p> <p>12pm <b>ZUMBA w/Charis ON HOLD</b></p> <p>3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p><b>16</b> 8am Wake Up &amp; Walk 9am Strength Training</p> <p>10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija</p> <p>1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p><b>17</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija</p> <p>10am Line Dance w/Faye 11am Chair Fit w/LaTija</p> <p>12pm Fellas Let's Get Fit 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>18 Sylvia/ Ariyanna/ Erica</b> 8am Wake Up &amp; Walk 9am Strength Training 10am <b>Center of Audiology MP</b> 10am <b>Library Program</b> 11am <b>Ariyanna's Game Day MP</b> 11am <b>Eating Smart, Being Active w/Erica</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p><b>19</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 9am Sew'l Sisters 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild &amp; Wooly Women <b>12-3pm Red Hat Society MP</b> 12-1pm Free Style Friday 3-4pm MP Room Open</p>
<p><b>22</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija</p> <p>12pm <b>ZUMBA w/Charis ON HOLD</b></p> <p>3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p><b>23</b> 8am Wake Up &amp; Walk 9am Strength Training 10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija</p> <p>1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p><b>24</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija</p> <p>10am Line Dance w/Faye 11am Chair Fit w/LaTija</p> <p>12pm Fellas Let's Get Fit 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>25 Miller Outdoor "Motown"</b> 8am Wake Up &amp; Walk 9am Strength Training</p> <p><b>10am Library Program</b></p> <p>11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p><b>26</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>29 Fort Bend County Holiday</b> The Pinnacle Senior Center will be CLOSED in observance of the Memorial Day Holiday</p> 	<p><b>30</b> 8am Wake Up &amp; Walk 9am Strength Training 10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija</p> <p>1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p><b>31</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 10am Line Dance w/Faye</p> <p><b>10:45 BIRTHDAY CELEBRATION</b></p> <p>11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p>Things are Pop 'n @ The Pinnacle</p>  <p>Enjoy a bag of popcorn between 10-11AM every 1<sup>st</sup> Friday of the Month.</p>	<p><b>Techie Tuesday w/Wylesha May 2<sup>nd</sup></b> Every 1<sup>st</sup> Tuesday at 10 AM <b>Medical Health Insurance w /Karina</b> <b>May 9<sup>th</sup> - 10AM</b> <b>2<sup>nd</sup> Tuesday for May!</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!**