

June 1865 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</p>  <p>June 20th ▪ 10AM Every 3rd Tuesday!</p>	<p>Techie Tuesday w/Wylesha June 13th ▪ 10AM</p>  <p>Wylesha's class is on the 2nd Tuesday for the month of June</p>	<p>Eating Smart, Being Active! w/ Erica Knighton Prairie View A&M Extension Services June 22, July 6, 20, 27 & Aug. 3, 10 Missed classes for May will be rescheduled</p>	<p>Healthier HOU June 1st ▪ 10AM Travel Guidance</p>  <p>Houston Health Dept./Office of Chronic Disease, Health Education & Wellness Education</p>	<p>Things are Pop 'n @ The Pinnacle</p>  <p>Enjoy a bag of popcorn between 10-11AM every 1st Friday of the Month</p>
<p>STAP Free Phone Voucher Exchange June 2nd 10AM If you applied for a STAP Free Phone and have received your voucher, please meet the representative on Friday in the Internet Café</p>	<p>Cap Tel Captioned Telephones</p>  <p>Meet w/Selena Alvarez Sign up during the Food Bank Distribution June 9th 10:30AM</p>	<p>Houston Food Bank Senior Box June 9th 12:30-2:30PM</p>  <p>houstonfoodbank Filling pantries. Filling lives. You must park, come inside, register, & receive ticket or the car line</p>	<p>1 Healthier HOU 10AM 8am Wake Up & Walk 9am Strength Training 10am Healthier HOU 10am Library Program 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>2 Things are Pop'n/STAP 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>5 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA is CANCELED 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>6 8am Wake Up & 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>7 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>8 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>9 Houston Food Bank 8am Wake Up & Walk 9am Fitness w/LaTija 9am No Sew'l Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm No Wild & 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>12 8am Wake Up & Walk 9am Fitness w/LaTija</p> <p>10am Line Dance w/Sheila 11am Chair Fit w/LaTija</p> <p>12pm ZUMBA is CANCELED</p> <p>3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>13 Techie Tuesday w/Wylesha 8am Wake Up & 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>14 8am Wake Up & 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 & Wooly Women 1-4pm MP Room Open</p>	<p>15 8am Wake Up & Walk 9am Strength Training</p> <p>10am Library Program</p> <p>11am Eating Smart, Being Active w/Erica</p> <p>11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>16 Happy Father's Day 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sew'l Sisters 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-3pm Red Hat Society MP 12-1pm Free Style Friday 3-4pm MP Room Open</p>
<p>19 Fort Bend County Holiday The Pinnacle Senior Center will be CLOSED in observance of the Juneteenth Holiday</p> <p>JUNETEENTH Celebrate Freedom JUNE 19</p>	<p>20 Medicare w/Karina 10am 8am Wake Up & 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>21 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>22 8am Wake Up & Walk 9am Strength Training</p> <p>10am Library Program</p> <p>11am Eating Smart, Being Active</p> <p>11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>23 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sew'l 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>26 8am Wake Up & Walk 9am Fitness w/LaTija</p> <p>10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA is CANCELED</p> <p>3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>27 8am Wake Up & 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>28 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye</p> <p>10:45 BIRTHDAY CELEBRATION</p> <p>11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>29 8am Wake Up & Walk 9am Strength Training</p> <p>10am Library Program</p> <p>11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>30 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sew'l 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>

<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!