

July



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
 w/Constable Daryl Smith, Sr. July 21st - 11AM Games ▪ Prizes ▪ Snacks	Techie Tuesday w/Wylesha July 11th ▪ 10AM 	Eating Smart, Being Active! w/ Erica Knighton & Krystal Stewart Prairie View A&M Extension Services July 6, 20, 27 & Aug. 3, 10	Healthier HOU July 6th - 10AM Travel Guidance Rescheduled from June  Houston Health Dept./Office of Chronic Disease, Health Education & Wellness Education	 W/ANGELIA & AMERIGROUP July 13th ▪ 11AM 19 18 16 17 15
Medical Health Insurance w /Karina  July 18th ▪ 10AM Every 3 rd Tuesday!	Join the Fun! \$100 Gift Card Grand Prize  July 28th ▪ 10AM-2PM Senior Trade Shows Health Fair Senior Citizens in the Spotlight	Senior Trade Shows Health Fair July 28th 10am-2pm Mardi Gras Theme Join the fun, dress in theme All classes canceled for today/Fitness Rm open See Flyers in the Lobby!	Tee Shirt Tie Dye Workshop w/Sue Moore & Pam Ballard July 14th 9-11AM 1 st class- tie dye your shirt 2 nd class-July 21 st -cut it up! Bring a pastel colored or white t-shirt and your own tie dye kit OR Supplies provided for a \$5 fee	Things are Pop'n @ The Pinnacle  Enjoy a bag of popcorn between 10-10:30am 1 st Friday of the Month
3 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 3pm Line Dance w/Sheila 1-4pm MP Room Open	4 Fort Bend County Holiday The Pinnacle Senior Center will be CLOSED in observance of the Independence Day Holiday 	5 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	6 Healthier HOU 10AM 8am Wake Up & Walk 9am Strength Training 10am Library Program-Tech FBCL Digital Resources eBooks 11am Eating Smart, Being Active 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open	7 Things are Pop'n 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

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

"Especially inclement weather days"

<p>10 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>11 Techie Tuesday w/Wylesha 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>12 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>13 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft Portrait Drawing 101 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>14 8am Wake Up & Walk 9am Fitness w/LaTija 9am Tie Dye Workshop w/Sue Moore & Pam Ballard 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-1pm Free Style Friday 3-4pm MP Room Open</p>
<p>17 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>18 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>19 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>20 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft Macramé Hanging Plants 11am Eating Smart, Being Active 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>21 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 12-3pm Red Hat Society MP 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>24/31 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>25 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>26 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 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>27 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft-Origami Flowers 11am Eating Smart, Being Active 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>28 Senior Trade Show <small>EXHIBITS, EDUCATION, NETWORKING, SOCIALIZING, ENTERTAINMENT, SCREENINGS, TIPS, GIVEAWAYS & MORE</small> SENIOR CITIZENS IN THE SPOTLIGHT HOUSTON-EDITION 2023 EXPO THEME: MARDI GRAS July 28th, 2023 10am-2pm Pinnacle Senior Center 12125 Bayland Rd, Houston, TX 77057 EVENT FOR SENIORS, CAREGIVERS, VETERANS, FAMILIES AND SENIOR FOCUSED BRANDS  <small>Hosted by DJ Gino Music by DJ Gino Health & Wellness Resources, Education, Speakers And More Powered by Senior FOR EXHIBITION/SPONSORSHIP/SPRING OPPORTUNITIES EMAIL OR CALL 1-855-238-7274 info@seniortradeshow.com</small></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!