

August AUGUST 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>Techie Tuesday w/Wylesha August 1st • 10AM Medical Health Insurance w /Karina August 15th 10AM</p> | <p>Eating Smart, Being Active! w/ Erica Knighton & Krystal Stewart Prairie View A&M Extension Services Aug. 3rd & 10th</p> | <p>Houston Food Bank Senior Box August 11th 12:30-2:30PM  Filling pantries. Filling lives. You must park, come inside, register, & receive ticket for the car line</p> | <p>Healthier HOU August 3rd - 10AM "HYPERTENSION" Presenter: Esmeralda Calderon Houston Health Dept./Office of Chronic Disease, Health Education & Wellness Education</p> | <p> w/Constable Daryl Smith, Sr. To Be Announced Games • Prizes • Snacks</p> |
| <p>August 21st is National Senior Citizens Day! It is a day where you get to plan and enjoy events that are of interest to YOU. VA & "All Glory Honor Guard" will be present with information for our Veterans and a visit from Judge KP George</p> | <p>1 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>2 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>3 Healthier HOU 10AM 8am Wake Up & Walk 9am Strength Training 10am Library Program-Food Mason Jar Meals 11am Eating Smart, Being Active 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p> | <p>4 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</p> |
| <p>7 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>8 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>9 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>10 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft Paper Pinwheels 11am Eating Smart, Being Active 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p> | <p>11 Food Bank Senior Box 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> |

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

"Especially inclement weather days"

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| <p>14 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>15 Medicare w/Karina 10am 8am Wake Up & Walk 9am Strength Training 10am Medicare w/Karina 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>16 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>17 8am Wake Up & Walk 9am Strength Training 10am Library Program-Tech Google Drive 101 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p> | <p>18 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 <i>12-3pm @ Red Hat Society MP</i> 12-1pm Free Style Friday 3-4pm MP Room Open</p> |
| <p>21 National Senior Citizen's Day! Celebrate You! 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>22 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>23 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>24 8am Wake Up & Walk 9am Strength Training 10am Library Program-Tech FBCL Database: Learning Express 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p> | <p>25 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>28 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>29 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>30 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>31 8am Wake Up & Walk 9am Strength Training 10am Library Program- Craft- String Art 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p> | <p>National Senior Citizen's Day!</p>  <p>Judge KP George will visit the center in recognition of this special day!</p> |

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!