



September 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 September 5th • 10AM</p> <p>Medical Health Insurance w /Karina September 19th 10AM</p>	<p>National HIV/AIDS Aging Awareness Day (NHAAD) Sept. 18 is the annual observance of the National HIV/AIDS and Aging Awareness Day. It is a day of observance that brings light to the challenges that the aging population faces in regards to HIV/AIDS.</p>	<p>Happy National Senior Centers Month! The Pinnacle is celebrating by having a different vendor each day with services & resources with you in mind! <i>Kicks off 9-1 w/Anointed4Love!</i></p>	<p>National HIV/AIDS Aging Awareness Day September 18th 10AM</p> <p>Join the HHS Team in the Multipurpose Room at 10AM for information and HIV/AIDS & STD Testing</p>	<p>B I N G O 9-15 w/Constable <i>Daryl Smith, Sr.</i> Games • Prizes • Snacks 9-22 w/Angelia & <i>Amerigroup</i> Both @ 11AM</p>
<p>9-1-Anointed 4 Love-12-1p brunch, mocktails, raffle prizes, DJ music 1-2p arts and crafts guitars music, 2-3p fun movement & essential needs giveaways</p> <p>9-5- CenterWell</p> <p>9-6 -Dr. Cynthia Hickman- Caregiver Advocate</p> <p>9-7- Molina Healthcare</p> <p>9-8- Dedicated Senior Medical Ctr. & Casino Bus Trip Sign-Up</p>	<p>9-11- Social Security-Anna Lambert</p> <p>9-12-Mayflower Health Serv.</p> <p>9-13-Airy Hatton- Independent Insurance</p> <p>9-14-Lone Star Circle of Care</p> <p>9-15- BINGO-Constable Smith</p>	<p>9-18 - Dusk to Dawn</p> <p>9-19 - Dr. Roz-Bio Scan Feedback Technology</p> <p>9-20 - Healthy Lifestyle Brokers</p> <p>9-21- Dedicated Senior Medical Center</p> <p>9-22- Granny's Helping Hand</p>	<p>9-25-Captel</p> <p>9-26- HCIL-Houston Center for Independent Living</p> <p>9-27- Oak Street Health</p> <p>9-28- Let's Celebrate Art w/Melba Lee</p> 	<p>1 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 & Woolly Women 12-1pm Free Style Friday 1-4pm MP Room Open Anointed4Love kicks off at Noon!</p>
<p>4 Fort Bend County Holiday The Pinnacle Senior Center will be CLOSED in observance of the Labor Day holiday</p> 	<p>5 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>6 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 & Woolly Women 1-4pm MP Room Open</p>	<p>7 8am Wake Up & Walk 9am Strength Training</p> <p>10am Library Program</p> <p>11am Chair Fit w/LaTija 1pm Abs Workout w/LaTi 1-4pm MP Room Open</p>	<p>8 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 & Woolly 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>11 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Shanna NEW! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>12 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>13 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>14 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>15 T-Shirt Workshop w/Sue 8am Wake Up & Walk 9am Fitness w/LaTija 9am T-Shirt Workshop w/Sue 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>18 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Shanna NEW! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>19 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>20 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>21 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>22 BINGO w/Angelia 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>25 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Shanna NEW! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>26 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>27 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>28 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>29 Fort Bend County Holiday The Pinnacle Senior Center will be CLOSED in observance of the Fort Bend County Fair </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!

PLEASE SUPPORT OUR VOLUNTEER SPONSORED CLASSES W/A DONATION!!!