

October 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 October 3rd 10AM</p> <p>Medical Health Insurance w/Karina October 17th 10AM</p>	<p>Open Enrollment Workshop w/City of Houston October 19th 10am – 12pm</p> <p>Bring your open enrollment concerns and questions for the City of Houston to assist you in information on selecting a plan that will meet your needs!</p>	<p>Pink for Women Blue for Men Men get it too! Every Friday wear “Pink or Blue” for Breast Cancer Awareness Month! Doing our part in bringing awareness!</p>	<p>Houston Food Bank Senior Box October 13th 12:30pm-2:30pm</p> <p> Filling pantries. Filling lives. You must park, come inside, register, & receive ticket for the car line</p>	<p>Houston Bluebonnet Garden Club Plant Show October 20th 1-3PM</p> <p></p> <p>In the Multipurpose Room</p>
<p>2</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Shanna NEW! Time subject to change / Silvers Sneakers Welcome! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>3 Techie Tuesday w/Wylesha</p> <p>8am Wake Up & Walk 9am Strength Training 10am MixedFit 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>4</p> <p>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>5</p> <p>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>6 Things are Pop'n</p> <p>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>9</p> <p>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>10</p> <p>8am Wake Up & Walk 9am Strength Training 10am MixedFit 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>11</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>12</p> <p>8am Wake Up & Walk 9am Strength Training 10am Library Program 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTi 1-4pm MP Room Open</p>	<p>13 Houston Food Bank</p> <p>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 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>16 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>17 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>18 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>19 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>20 Houston Bluebonnet Garden Club Plant Show 8am Wake Up & Walk 9am Fitness w/LaTija 9am No Sew'I Sister's Today 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-3pm No Red Hat Society MPR 12-1pm Free Style Friday</p>
<p>23 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 Early Voting in Multipurpose Rm</p>	<p>24 8am Wake Up & Walk 9am Strength Training 10am MixxedFit w/AnJonee 11am Greater Works Bible Study Dental Office 11am Chair Fit w/LaTija 1-3pm Bridge-Dental Office 1pm Flexibility w/LaTija Early Voting in Multipurpose Rm</p>	<p>25 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 10:45 BIRTHDAY CELEBRATION After Line Dance in Internet Cafe 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women Early Voting in Multipurpose Rm</p>	<p>26 8am Wake Up & Walk 9am Strength Training 10am Library Program 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija Early Voting in Multipurpose Rm</p>	<p>27 8am Wake Up & Walk 9am Fitness w/LaTija 9am Early Voting in MP 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-1pm Free Style Friday Early Voting in Multipurpose Rm & Saturday –Sunday Noon-6pm</p>
<p>30 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 Early Voting in Multipurpose Rm</p>	<p>31 8am Wake Up & Walk 9am Strength Training 10am MixxedFit w/AnJonee 11am Greater Works Bible Study Dental Office 11am Chair Fit w/LaTija 1-3pm Bridge-Dental Office 1pm Flexibility w/LaTija Early Voting in Multipurpose Rm</p>	<p>Early Voting at the Pinnacle will take place from October 23rd through November 3rd from 7am - 7pm M-F and 12pm - 6pm Sat. & Sun. </p>	<p>NOTICE: All classes scheduled for the Multipurpose Room from October 23rd until November 3rd are cancelled or moved to another location in the center. Election Day 2023 November 7th</p>	<p>Holiday MarketPLACE  We are bringing back Marketplace Monday's for November/December 2023 Five (5) patron vendors will be scheduled for each Monday for November & December. Please sign up w/Sonya for a spot!</p>

To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver
Please sign in daily! Legend: MPR- Multipurpose Room Ask about our monthly e-Blast!
PLEASE SUPPORT OUR VOLUNTEER SPONSORED CLASSES W/A DONATION!!!