

# December 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><b>Techie Tuesday</b> w/Wylesha December 12<sup>th</sup> • 10AM</p> <p>Wylesha will have class for December on the 2<sup>nd</sup> Tuesday</p>	<p><b>Medical Health Insurance w/Karina</b> December 19<sup>th</sup> • 10AM</p> <p>2023 Open Enrollment October 15<sup>th</sup> through December 7<sup>th</sup> 2023</p>	<p><b>Run-Off Election Day!</b> The Pinnacle is a Voting Site Saturday, December 9<sup>th</sup> 7am until 7pm</p>	<p><b>Welcome!</b> Shanna Etemadi</p> <p>Our new Recreation Instructor</p>	<p><b>BINGO</b> w/Constable Daryl Smith, Sr. <b>12-15-23</b> <b>Cancelled</b> Games • Prizes • Snacks</p>
<p><b>Holiday Market PLACE</b> <i>holidays</i> Marketplace Monday's December 4 • 11 • 18 2023 Holidays Patronize your fellow patrons for gifts this season!</p> <p>See you at the Market Place!</p>	<p>Please join us <i>December 5th</i> For a Christmas Concert</p> <p>presented by the Christa McAuliffe MS &amp; Willowridge HS Orchestras w/Carneshia Harris directing <b>10-10:30AM Auditorium</b></p>	<p><b>Houston Food Bank Senior Box</b></p> <p><b>December 8<sup>th</sup></b> <b>12:30-2:30pm</b></p> <p><b>houstonfoodbank</b> Filling pantries. Filling lives. You must park, come inside, register, &amp; receive ticket for the car line</p>	<p>Schedule Updates/Changes Tuesday &amp; Thursday's Flexibility &amp; Abs workout will now be Yoga w/Shanna Fella's Let's Get Fit can continue w/Videos/TBD</p>	<p><b>1 Things are Pop'n last mth!</b></p> <p>8am Wake Up &amp; Walk 9am Fitness w/Shanna 9am Sew'l Sister's 10am Fellas, Let's Get Fit/TBD 11am Chair Fit w/Shanna 12-2pm Wild &amp; Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p><b>4</b> 7:45am <b>Fit &amp; Strong w/Shanna</b> 8am Wake Up &amp; Walk 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit w/Shanna 12pm <b>ZUMBA w/Shanna NEW!</b> 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p><b>5 Christmas Concert 10am</b></p> <p>8am Wake Up &amp; Walk 9am Strength Training w/Shanna <b>10am Christmas Concert</b> 11am Greater Works Bible Study 11am Chair Fit w/Shanna 1-3pm Bridge 1pm Yoga w/Shanna 1-4pm MP Room Open</p>	<p><b>6</b></p> <p>8am Wake Up &amp; Walk 9am Fitness w/Shanna 10am Line Dance w/Faye 12pm Fellas Let's Get Fit/TBD 11am Chair Fit w/Shanna <b>12pm ZUMBA w/Shanna NEW!</b> 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>7</b></p> <p>8am Wake Up &amp; Walk 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna <b>10am Library Program-Tech Health Databases/Apps</b> 11am Chair Fit w/Shanna 1pm Yoga w/Shanna 1-4pm MP Room Open</p>	<p><b>8 Senior Box Distribution</b></p> <p>8am Wake Up &amp; Walk 9am Fitness w/Shanna <b>9am No Sew'l Sister's</b> 10am Fellas, Let's Get Fit/TBD 11am Chair Fit w/Shanna 12-2pm Wild &amp; 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><b>11</b>  <b>7:45am Fit &amp; Strong w/Shanna</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Sheila  11am Chair Fit w/Shanna  <b>12pm ZUMBA w/Shanna NEW!</b>  3pm Line Dance w/Sheila  1-4pm MP Room Open</p>	<p><b>12</b>  8am Wake Up &amp; Walk  9am Strength Training w/Shanna  10am MixxedFit w/AnJonee  11am Greater Works Bible Study  11am Chair Fit w/Shanna  1-3pm Bridge  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>13</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Faye  11am Chair Fit w/Shanna  12pm Fellas Let's Get Fit/TBD  <b>12pm ZUMBA w/Shanna NEW!</b>  12-2pm Wild &amp; Wooly Women  1-4pm MP Room Open</p>	<p><b>14</b>  8am Wake Up &amp; Walk  8a-1p Pinnacle Quilting Bee  9am Strength Training w/Shanna  <b>10am Library Program-Tech  3D Printing Basics</b>    11am Chair Fit w/Shanna  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>15</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  9am Sew'l Sister's  10am Fellas, Let's Get Fit/TBD  11am Chair Fit w/Shanna  12-2pm Wild &amp; Wooly Women  <b>12-3pm Red Hat Society MPR</b>  12-1pm Free Style Friday  1-4pm MP Room Open</p>
<p><b>18</b>  <b>7:45am Fit &amp; Strong w/Shanna</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Sheila  11am Chair Fit w/Shanna  <b>12pm ZUMBA w/Shanna NEW!</b>  3pm Line Dance w/Sheila  1-4pm MP Room Open</p>	<p><b>19 Medicare w/Karina 10am</b>  8am Wake Up &amp; Walk  9am Strength Training w/Shanna  10am MixxedFit w/AnJonee  <b>11am Greater Works Bible Study</b>  11am Chair Fit w/Shanna  1-3pm Bridge  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>20</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Faye  11am Chair Fit w/Shanna  <b>12pm ZUMBA w/Shanna NEW!</b>  12pm Fellas Let's Get Fit/TBD  12-2pm Wild &amp; Wooly Women  1-4pm MP Room Open</p>	<p><b>21</b>  8am Wake Up &amp; Walk  8a-1p Pinnacle Quilting Bee  9am Strength Training w/Shanna  <b>10am Library Program-Craft  Glow in Dark Jars</b>  11am Chair Fit w/Shanna  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>22 Fort Bend  County Holiday</b>  <b>The Pinnacle Senior  Center will be CLOSED  in observance of the  Christmas Eve holiday</b>  </p>
<p><b>25 Fort Bend  County Holiday</b>  <b>The Pinnacle Senior  Center will be CLOSED  in observance of the  Christmas Day holiday</b>  </p>	<p><b>26</b>  8am Wake Up &amp; Walk  9am Strength Training w/Shanna  10am MixxedFit w/AnJonee  <b>11am Greater Works Bible Study</b>  11am Chair Fit w/Shanna  1-3pm Bridge  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>27</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  10am Line Dance w/Faye  <b>10:45 BIRTHDAY CELEBRATION</b>  11am Chair Fit w/Shanna  <b>12pm ZUMBA w/Shanna NEW!</b>  12pm Fellas Let's Get Fit/TBD  12-2pm Wild &amp; Wooly Women  1-4pm MP Room Open</p>	<p><b>28</b>  8am Wake Up &amp; Walk  8a-1p Pinnacle Quilting Bee  9am Strength Training w/Shanna  <b>10am Library Program  Board Games</b>  11am Chair Fit w/Shanna  1pm Yoga w/Shanna  1-4pm MP Room Open</p>	<p><b>29</b>  8am Wake Up &amp; Walk  9am Fitness w/Shanna  9am Sew'l Sister's  10am Fellas, Let's Get Fit/TBD  11am Chair Fit w/Shanna  12-2pm Wild &amp; Wooly Women  12-1pm Free Style Friday  1-4pm MP Room Open  <b>CLOSED for New Year's  Holiday 1-1-24</b></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 TBD-To Be Determined

Ask about our monthly e-Blast!

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