

January



2024

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 January 9th • 10AM</p> <p>Wylesha will have class for January on the 2nd Tuesday</p>	<p>Medical Health Insurance w/Karina January 16th • 10AM</p> <p>Karina will start the 2024 enrollment information sessions You can schedule an individual session – See Karina</p>	<p><i>The PINNACLE turns 10!</i> <i>The Pinnacle opened its doors on January 21, 2014.</i> <i>Happy 10th Anniversary!</i> 10! 10! 10! 10! 10!</p>	<p>To commemorate 10 years, please get a card from the front desk and note how you have benefitted as a patron at the Pinnacle! We will line the halls with your comments!</p>	<p>w/Constable Daryl Smith, Sr. January 19th 11AM Games • Prizes • Snacks</p>
<p>1 Fort Bend County Holiday The Pinnacle Senior Center will be CLOSED in observance of the New Year's Day holiday</p>	<p>2</p> <p>8am Wake Up & Walk 9am Strength Training w/Shanna 10am NO MixedFit 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>3</p> <p>8am Wake Up & Walk 9am Fitness w/Shanna 10am Line Dance w/Faye 12pm Fellas Let's Get Fit/TBD 11am Chair Fit w/Shanna 12pm ZUMBA w/Shanna NEW! 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>4</p> <p>8am Wake Up & Walk 8a-4p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am Library Program 11am Chair Fit w/Shanna 1pm Yoga w/Shanna <small>Please see front desk for alternate playing spaces</small> MP Room CLOSED-Card group may use auditorium after 2pm.</p>	<p>5</p> <p>8am Wake Up & Walk 9am Fitness w/Shanna 9am Sew'I Sister's 10am Fellas, Let's Get Fit/TBD 11am Chair Fit w/Shanna 12-2pm Wild & Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>8</p> <p>7:45am Fit & Strong w/Shanna 8am Wake Up & Walk 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit w/Shanna 12pm ZUMBA w/Shanna NEW! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>9</p> <p>8am Wake Up & Walk 9am Strength Training w/Shanna 10am NO MixedFit 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>10</p> <p>8am Wake Up & Walk 9am Fitness w/Shanna 10am Line Dance w/Faye 12pm Fellas Let's Get Fit/TBD 11am Chair Fit w/Shanna 12pm ZUMBA w/Shanna NEW! 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>11</p> <p>8am Wake Up & Walk 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am Library Program 11am Chair Fit w/Shanna 1pm Yoga w/Shanna 1-4pm MP Room Open</p>	<p>12</p> <p>8am Wake Up & Walk 9am Fitness w/Shanna 9am Sew'I Sister's /FREE fabric giveaway w/Sue Moore 10am Fellas, Let's Get Fit/TBD 11am Chair Fit w/Shanna 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>15 Fort Bend County Holiday The Pinnacle Senior Center will be CLOSED in observance of the Rev. Dr. Martin Luther King, Jr. holiday</p> 	<p>16 Medicare w/Karina 10am 8am Wake Up & Walk 9am Strength Training w/Shanna 10am NO 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>17 8am Wake Up & Walk 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit w/Shanna 12pm Fellas Let's Get Fit/TBD 12pm ZUMBA w/Shanna NEW! 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>18 8am Wake Up & Walk 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am Library Program 11am Chair Fit w/Shanna 1pm Yoga w/Shanna 1-4pm MP Room Open</p>	<p>19 BINGO w/Constable Smith 8am Wake Up & 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 & Wooly Women 12-3pm Red Hat Society MPR 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>22 7:45am Fit & Strong w/Shanna 8am Wake Up & Walk 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit w/Shanna 12pm ZUMBA w/Shanna NEW! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>23 8am Wake Up & Walk 9am Strength Training w/Shanna 10am NO 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>24 8am Wake Up & Walk 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit w/Shanna 12pm ZUMBA w/Shanna NEW! 12pm Fellas Let's Get Fit/TBD 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>25 8am Wake Up & Walk 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am Library Program 11am Chair Fit w/Shanna 1pm Yoga w/Shanna 1-4pm MP Room Open</p>	<p>26 8am Wake Up & 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 & Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>29 7:45am Fit & Strong w/Shanna 8am Wake Up & Walk 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit w/Shanna 12pm ZUMBA w/Shanna NEW! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>30 8am Wake Up & 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>31 8am Wake Up & Walk 9am Fitness w/Shanna 10am Line Dance w/Faye 10:45 BIRTHDAY CELEBRATION 11am Chair Fit w/Shanna 12pm ZUMBA w/Shanna NEW! 12pm Fellas Let's Get Fit/TBD 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>MixxedFit w/AnJonee cancelled for January Oak Street Health will visit the Pinnacle throughout January & February with treats and special events. Flyers will be posted in the lobby!</p>	<p>January 12th 9-11AM Sue Moore will have a Free fabric scraps giveaway for Quilter's & Seamstress!</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!!!