

March 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 March 5th • 10AM</p>	<p>Medical Health Insurance w/Karina March 19th ▪ 10AM</p> <p>Karina will start the 2024 enrollment information sessions You can schedule an individual session – See Karina</p>	<p>Fort Bend County Juvenile Probation Mentoring Program March 1st 9-12pm Please sign up if you want to make a difference in a young adult's life.</p>	<p>Free Phones/Tablets Specialized Telecommunications Assistance Program Wednesday March 6, 2024 10:00am Sign Up Today!</p>	<p>BINGO w/Constable Daryl Smith, Sr. March 15th 11AM Games ▪ Prizes ▪ Snacks</p>
<p>Oak Street Health will hand out water bottles and snacks on the following dates:</p> <ul style="list-style-type: none"> 03/05 – 1-2pm 03/14 – 10-11am 03/22 – 12-2pm 	<p>Super Tuesday Texas Elections March 5, 2024 Get Out And Vote! The Multi-Purpose Room Will be closed March 4th thru March 5th</p>	<p> Spring Forward! Daylight Saving Time March 10th</p>	<p>Sew'l Sister's Project of the Month of March TOTES</p> <p>Welcome! Dennis McCalpin Jr. Our new Fitness & Volunteer Coordinator</p>	<p>1 8am Wake Up & Walk w/Shanna 9am Fitness w/Shanna 9am Sew'l Sister's 10am Fellas, Let's Get Fit/Mac 11am Chair Fit /Mac 12-2pm Wild & Wooly Women</p>
<p>4 8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am The MIX Book Club 10am Line Dance w/Sheila 11am Chair Fit /Mac 3pm Line Dance w/Sheila</p>	<p>5 Bingocize Cancelled 8am Wake Up & Walk w/Shanna 9am Strength Training w/Shanna 10am MixedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit /Mac 1pm Yoga w/Shanna 1-3pm Bridge</p>	<p>6 8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild & Wooly Women</p>	<p>7 8am Wake Up & Walk/Shanna 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 11am De-Cluttering Your Home Tips - Library 11am Chair Fit /Mac 1pm Yoga w/Shanna</p>	<p>8 Bingocize 10am 8am Wake Up & Walk w/Shanna 9am Fitness w/Shanna 9am Sew'l Sister's /FREE 10am Fellas, Let's Get Fit/Mac 11am Chair Fit /Mac 12-2pm Wild & Wooly Women</p>

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

"Especially inclement weather days"

<p>11 8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /Mac 3pm Line Dance w/Sheila</p>	<p>12 Bingocize 10am 8am Wake Up & Walk w/Shanna 9am Strength Training w/Shanna 10am Medicare w/Karina 10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit /Mac 1pm Yoga w/Shanna 1-3pm Bridge</p>	<p>13 8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit/Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild & Wooly Women</p>	<p>14 8am Wake Up & Walk w/Shanna 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 11am Craft: Paper Boxes - Library 11am Chair Fit /Mac 1pm Yoga w/Shanna</p>	<p>15 Bingocize 10am 8am Wake Up & Walk 9am Fitness w/Shanna 9am Sew'l Sister's 10am Fellas, Let's Get Fit/Mac 11am Chair Fit w/Mac 12-2pm Wild & Wooly Women</p>
<p>18 8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /Mac 3pm Line Dance w/Sheila</p>	<p>19 Bingocize 10am 8am Wake Up & Walk w/Shanna 9am Strength Training w/Shanna 10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit /Mac 1pm Yoga w/Shanna 1-3pm Bridge <i>Spring Begins</i></p>	<p>20 8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Mac 12-2pm Wild & Wooly Women</p>	<p>21 8am Wake Up & Walk w/Shanna 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 10am Craft: Mandala Coloring - Library 11am Chair Fit /Mac 1pm Yoga w/Shanna</p>	<p>22 Bingocize 10am 8am Wake Up & Walk w/Shanna 9am Fitness w/Shanna 9am Sew'l Sister's 10am Fellas, Let's Get Fit/Mac 11am Chair Fit w/Mac 12-3pm <i>Red Hat Society MPR</i> 12-2pm Wild & Wooly Women</p>
<p>25 8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /Mac 3pm Line Dance w/Sheila</p>	<p>26 Bingocize 10am 8am Wake Up & Walk w/Shanna 9am Strength Training w/Shanna 10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit /MAC 1pm Yoga w/Shanna 1-3pm Bridge</p>	<p>27 8am Fit & Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Faye 10:45 BIRTHDAY CELEBRATION 11am Chair Fit /Mac 12-2pm Wild & Wooly Women</p>	<p>28 8am Wake Up & Walk w/Shanna 8a-1p Pinnacle Quilting Bee 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 11am Tech Q&A -Library 11am Chair Fit /Mac 1pm Yoga w/Shanna</p>	<p>29</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!!!