

# June 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 June 4<sup>th</sup> • 10AM Library</p>	<p>Medical Health Insurance w /Karina June 18<sup>th</sup> • 1 0AM MPR You can schedule an individual session — See Karina</p>	<p>Come Celebrate May Birthdays w/Constable Daryl L. Smith Sr. June 26<sup>th</sup> @ 10:45am MPR</p> <p>Sew'I Sister's Fridays 9am-11am MPR Project of the Month of June T-shirt Designs and Bucket Hats</p>	<p>Houston Food Bank Senior Box Distribution June 14<sup>th</sup> 1:00pm to 3: 00pm</p>	<p><b>B I N G O</b></p> <p>w/Constable <b>Daryl Smith, Sr.</b> June 21<sup>st</sup> 11AM MPR Games • Prizes • Snacks</p>
<p><b>3</b> 8am Fit &amp; Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Sheila 10am The Mix Book Club 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Coach Mac 3pm Line Dance w/Sheila</p>	<p><b>4</b> 8am Wake Up &amp; Walk w/Shanna 9am Strength Training w/Shanna 10am MixedFit w/AnJonee <b>MPR</b> 10am Chair Fit/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge <b>MPR</b></p>	<p><b>5</b> 8am Fit &amp; Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild &amp; Wooly Women <b>(Library)</b></p>	<p><b>6</b> 8am Wake Up &amp; Walk/Shanna 8a-4p Pinnacle Quilting Bee <b>(No Meeting)</b> 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 10am Brain Teasers, Riddles <b>(Library)</b> 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p><b>7</b> 8am Wake Up &amp; Walk w/Shanna 9am Fitness w/Shanna 9am Sew'I Sister's 10am Chair Fit/ Coach Mac 11am Chair Fit /Coach Mac 12pm Fellas, Let's Get Fit/Mac 12-2pm Wild &amp; Wooly Women <b>(Library)</b></p>
<p><b>10</b> 8am Fit &amp; Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Sheila 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Coach Mac 3pm Line Dance w/Sheila</p>	<p><b>11</b> 8am Wake Up &amp; Walk w/Shanna 9am Strength Training w/Shanna 10am MixedFit w/AnJonee <b>MPR</b> 10am Chair Fit/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge <b>MPR</b></p>	<p><b>12</b> 8am Fit &amp; Strong w/Shanna 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild &amp; Wooly Women <b>(Library)</b></p>	<p><b>13</b> 8am Wake Up &amp; Walk/Shanna 8a-3p Pinnacle Quilting Bee <b>MPR</b> 9am Strength Training w/Shanna 10am ZUMBA w/Shanna 10am Tech: Computers 101 <b>(Library)</b> 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p><b>14</b> 8am Wake Up &amp; Walk w/Shanna 9am Fitness w/Shanna 9am Sew'I Sister's 10am Chair Fit/ Coach Mac 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Mac 12-2pm Wild &amp; Wooly Women <b>(Library)</b></p>

**Schedule Subject to Change. Please call: 832-471-2765 "Especially inclement weather days"**

<p><b>17</b>  <b>8am</b> Fit &amp; Strong w/Shanna  <b>9am</b> Fitness w/Shanna  <b>10am</b> Line Dance w/Sheila  <b>11am</b> Chair Fit /Mac  <b>12pm</b> Fellas, Let's Get Fit/Coach Mac  <b>3pm</b> Line Dance w/Sheila</p>	<p><b>18</b>  <b>8am</b> Wake Up &amp; Walk w/Shanna  <b>9am</b> Strength Training w/Shanna  <b>10am</b> MixxedFit w/Anjonee <b>MPR</b>  <b>10am</b> Chair Fit/ Coach Mac  <b>11am</b> Greater Works Bible Study  <b>11am</b> Chair Fit /Coach Mac  <b>12:30pm</b> Yoga w/Shanna  <b>1-3pm</b> Bridge <b>MPR</b></p>	<p>In observance of  <b>Juneteenth</b>  <b>The Pinnacle Senior Center will be closed.</b></p> 	<p><b>20</b>  <b>8am</b> Wake Up &amp; Walk w/Shanna  <b>8a-1p</b> Pinnacle Quilting Bee <b>MPR</b>  <b>9am</b> Strength Training w/Shanna  <b>10am</b> ZUMBA w/Shanna  <b>10am</b> Savy Online Shopping <b>(Library)</b>  <b>11am</b> Chair Fit /Coach Mac  <b>12:30pm</b> Yoga w/Shanna</p> <p><i>Summer Begins</i></p>	<p><b>21</b>  <b>8am</b> Wake Up &amp; Walk w/Shanna  <b>9am</b> Fitness w/Shanna  <b>9am</b> Sew'l Sister's  <b>10am</b> Chair Fit/ Coach Mac  <b>11am</b> Chair Fit /Coach Mac  <b>12pm</b> Fellas, Let's Get Fit/Coach Mac  <b>12-2pm</b> Wild &amp; Wooly Women <b>(Library)</b>  <b>12-3pm</b> Red Hat Society <b>MPR</b></p>
<p><b>24</b>  <b>8am</b> Fit &amp; Strong w/Shanna  <b>9am</b> Fitness w/Shanna  <b>10am</b> Line Dance w/Sheila  <b>11am</b> Chair Fit /Mac  <b>12pm</b> Fellas, Let's Get Fit/Coach Mac  <b>3pm</b> Line Dance w/Sheila</p>	<p><b>25</b>  <b>8am</b> Wake Up &amp; Walk w/Shanna  <b>9am</b> Strength Training w/Shanna  <b>10am</b> MixxedFit w/Anjonee <b>MPR</b>  <b>10am</b> Chair Fit/ Coach Mac  <b>11am</b> Greater Works Bible Study  <b>11am</b> Chair Fit /Coach Mac  <b>12:30pm</b> Yoga w/Shanna  <b>1-3pm</b> Bridge <b>MPR</b></p>	<p><b>26</b>  <b>8am</b> Fit &amp; Strong w/Shanna  <b>9am</b> Fitness w/Shanna  <b>10am</b> Line Dance w/Faye  <b>11am</b> Chair Fit /Coach Mac  <b>12pm</b> Fellas Let's Get Fit/Coach Mac  <b>12-2pm</b> Wild &amp; Wooly Women <b>(Library)</b></p>	<p><b>27</b>  <b>8am</b> Wake Up &amp; Walk w/Shanna  <b>8a-1p</b> Pinnacle Quilting Bee <b>MPR</b>  <b>9am</b> Strength Training w/Shanna  <b>10am</b> ZUMBA w/Shanna  <b>10am</b> Craft: Popsicle Stick Lanterns <b>(Library)</b>  <b>11am</b> Chair Fit /Coach Mac  <b>12:30pm</b> Yoga w/Shanna</p>	<p><b>28</b>  <b>8am</b> Wake Up &amp; Walk w/Shanna  <b>9am</b> Fitness w/Shanna  <b>9am</b> Sew'l Sister's  <b>10am</b> Chair Fit/ Coach Mac  <b>11am</b> Chair Fit /Coach Mac  <b>12pm</b> Fellas, Let's Get Fit/Coach Mac  <b>12-2pm</b> Wild &amp; Wooly Women <b>(Library)</b></p>
<p>Paint Sip Socialize  June 10<sup>th</sup> 11:00am- 1:pm  RSVP w/Angie <b>MPR</b></p> 	<p>Oak Street Health will hand out water bottles and snacks on the following dates:  June 3<sup>rd</sup>- 11:00am -12:00pm  June 11<sup>th</sup>- 10:00am-11:00am  June 20<sup>th</sup>- 11:00am-12:00pm  June 28<sup>th</sup>- 8:00am-9:00am  Outside the Auditorium</p>	<p>Veterans Caregiver Support Services Presented by Girling Personal Care June 26<sup>th</sup>  9am-1pm <b>Dental Office #106</b>  By appointment Only  See Angie</p>	<p>Writing Workshop w/Curtis  1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesdays of each month 10:00 to 12:00pm  <b>Dental Office #106</b></p>	<p>TSU Aging and Intergenerational Resources:  Chronic Disease Self-Management Program  Tuesday &amp; Friday  10am-11am Library</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!!!**