

July 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 July 2nd ▪ 10AM Library</p>	<p>Medical Health Insurance w /Karina July 16th ▪ 10AM MPR Topic – Medicare Part A You can schedule an individual session after class – See Karina</p>	<p>Come Celebrate June Birthdays w/Constable Daryl L. Smith Sr. July 31st @ 10:45am MPR</p> <p>Sew’I Sister’s Fridays 9am-11am MPR Project of the Month of July “T-shirt Designs, Bucket Hats, and Jeweled Night Lights” See Flyer for Details</p>	<p>Writing Workshop w/Curtis 1st & 3rd Tuesdays of each month 10:00 to 12:00pm Dental Office #106</p> <p>Paint, Sip, Socialize July 22nd 10am-12pm See Flyer for Details MPR</p>	<p>w/Constable Daryl Smith, Sr. July 19th 11AM MPR Games ▪ Prizes ▪ Snacks</p>
<p>1</p> <p>8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Yoga 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>2</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Strength Training w/Shanna 10am MixxedFit w/AnJonee MPR 10am Chair Fit/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge MPR</p>	<p>3</p> <p>8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let’s Get Fit/Mac 12-2pm Wild & Wooly Women (Library)</p>	<p>4</p> <p>Pinnacle Closed</p>	<p>5</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Fitness w/Shanna 9am Sew’I Sister’s 10am Pilates w/Shanna 11am Chair Fit /Coach Mac 12pm Fellas, Let’s Get Fit/Mac 12-2pm Wild & Wooly Women (Library)</p>
<p>8</p> <p>8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video – (Yoga Room) 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>9</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Strength Training w/Shanna 10am MixxedFit w/AnJonee MPR 10am Chair Fit/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge MPR</p>	<p>10</p> <p>8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let’s Get Fit/Mac 12-2pm Wild & Wooly Women (Library)</p>	<p>11</p> <p>8am Wake Up & Walk/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 8a-3p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Streaming Services (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>12</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video Yoga Room) 9am Fitness w/Shanna 9am Sew’I Sister’s 10am Pilates w/Shanna 11am Chair Fit /Mac 12pm Fellas, Let’s Get Fit/Mac 12-2pm Wild & Wooly Women (Library)</p>

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

<p>15 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video – (Yoga Room) 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>16 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Strength Training w/Shanna 10am MixedFit w/Anjonee MPR 10am Chair Fit/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge MPR</p>	<p>17 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild & Wooly Women (Library)</p>	<p>18 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Genealogy (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>19 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video Yoga Room) 9am Fitness w/Shanna 9am Sew'1 Sister's 10am Pilates w/Shanna 11am Chair Fit /Coach Mac 12pm Fellas, Let's Get Fit/Coach Mac 12-2pm Wild & Wooly Women (Library) 12-3pm Red Hat Society MPR</p>
<p>22 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 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>23 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Strength Training w/Shanna 10am MixedFit w/Anjonee MPR 10am Chair Fit/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge MPR</p>	<p>24 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Coach Mac 12-2pm Wild & Wooly Women (Library)</p>	<p>25 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Vacation Planning on a Budget (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>26 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video Yoga Room) 9am Fitness w/Shanna 9am Sew'1 Sister's 10am Pilates w/Shanna 11am Chair Fit /Coach Mac 12pm Fellas, Let's Get Fit/Coach Mac 12-2pm Wild & Wooly Women (Library)</p>
<p>29 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 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>30 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Strength Training w/Shanna 10am MixedFit w/Anjonee MPR 10am Chair Fit/ Coach Mac 11am Greater Works Bible Study 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna 1-3pm Bridge MPR</p>	<p>31 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Yoga Room) 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Coach Mac 12-2pm Wild & Wooly Women (Library)</p>	<p>Bountiful Harvest Inc. Credit Card and Installment Loan Debt Seminar for Homeowners July 10th 10am-11am MPR See flyer for additional information.</p> <p>TSU Aging and Intergenerational Resources: Chronic Disease Self-Management Program Presents “Managing Diabetes” Tuesday & Friday 10am-11am Library See Flyer for additional information</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!!!