

August 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 August 6th • 10AM Library Topic- Google Documents</p>	<p>Medical Health Insurance w /Karina August 20th • 10AM MPR Topic – Medicare Part B You can schedule an individual session after class – See Karina</p>	<p>Come Celebrate July Birthdays w/Constable Daryl L. Smith Sr. August 28th @ 10:45am MPR</p> <p>Sew’I Sister’s Fridays 9am-11am MPR Project of the Month of August “Buttons 101 & Jewelry Part 2,” See Flyer for Details</p>	<p>Writing Workshop w/Curtis 1st & 3rd Tuesdays of each month 10:00 to 12:00pm Dental Office #106 Topic- Children’s Stories</p> <p>Paint, Sip, Socialize August 19th 10am-12pm See Flyer for Details MPR</p>	<p>w/Constable Daryl Smith, Sr. August 16th 11AM MPR Games • Prizes • Snacks</p>
<p>Bountiful Harvest Inc. Credit Card and Installment Loan Debt Seminar for Homeowners August 12th 10am-11am MPR See flyer for additional information.</p> <p><i>World Senior Citizens Day Celebration Plant Propagation</i> August 21st 10am-12pm Sponsored by Judge KP George In the Auditorium</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>	<p>Oak Street Health will hand out water bottles and snacks on the following dates:</p> <p>August 1st 11:00am-12:00pm August 9th 11:00am-12:00pm August 15th 9:00am-10:00am August 21st 8:00am-9:00am</p>	<p>1 8am Wake Up & Walk/Shanna 8am Wake Up & Walk w/Video - MPR) 8a-3p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Legal Resources (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>2 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - MPR) 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>5 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video – (MPR) 9am Fitness w/Shanna 10am Line Dance w/Sheila 10am The Mix Book Club (Library) 11am Chair Fit /Mac 12pm Fellas, Let’s Get Fit/Coach Mac 3pm Line Dance w/Sheila</p>	<p>6 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - MPR) 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>7 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - MPR) 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>8 8am Wake Up & Walk/Shanna 8am Wake Up & Walk w/Video - MPR) 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Tech: Budgeting w/Excel (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>9 Houston Food Bank Senior Box Distribution Friday, August 9, 2024 12:30-2:30pm The Pinnacle will close at 11:00am.</p>

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

<p>12 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video – (MPR) 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>13 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - (MPR) 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>14 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - (MPR) 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>15 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - (MPR) 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Cityscape Art Class (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>16 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video (MPR) 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>19 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - (MPR) 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>20 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - (MPR) 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>21 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - (MPR) 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>22 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video – (MPR) 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Craft Candle Jars (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>23 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video (MPR) 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>26 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - (MPR) 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>27 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - (MPR) 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>28 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - (MPR) 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>29 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - (MPR) 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Staycations & Local Attractions (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>30 2024 Senior Citizens In The Spotlight Expo Theme: Fun Fiesta 10AM-2PM The Pinnacle will be closed.</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!!!