

September 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 September 3rd @ 10AM Library Topic- Google Documents</p>	<p>Medical Health Insurance w /Karina September 17th @ 10AM MPR Topic – Medicare Part C&D You can schedule an individual session after class – See Karina</p>	<p>Come Celebrate July Birthdays w/Constable Daryl L. Smith Sr. September 25th @ 10:45am MPR</p>	<p>Sew’l Sister’s Fridays 9am-11am MPR Project of the Month “Buttons 102 & Head Wraps” MPR See Flyer for Details</p>	<p>w/Constable Daryl Smith, Sr. September 20th @ 11AM MPR Games ▪ Prizes ▪ Snacks</p>
<p>2</p> <p>Pinnacle Closed</p>	<p>3</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video – Aquatic Center 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>4</p> <p>7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 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>5</p> <p>8am Wake Up & Walk/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 8a-3p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Intro to Digital Literacy (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>6</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 9am Fitness w/Shanna 9am Sew’l 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>9</p> <p>7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video – Aquatic Center 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>10</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center) 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>11</p> <p>7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 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>12</p> <p>8am Wake Up & Walk/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Embroidered Bookmark (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>13</p> <p>8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 9am Fitness w/Shanna 9am Sew’l 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>

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

<p>16 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video – Aquatic Center 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>17 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 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>18 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 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>19 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Herbal Remedies (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>20 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video Aquatic Center 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>23 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 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>24 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 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>25 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 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>26 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video – Aquatic Center 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Chair Fit /Coach Mac 10am Instagram 101 (Library) 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>27</p>  <p>Fort Bend County Fair Day</p>
<p>30 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - Aquatic Center 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>Oak Street Health will be handing out water bottles and snacks on the following dates: September 6th - 12pm-1pm September 10th - 11am-12pm September 18th – 8am-9am September 23rd - 11am-12pm</p>	<p>Bountiful Harvest Inc. Credit Card and Installment Loan Debt Seminar for Homeowners September 10th 11am-1pm MPR See flyer for additional information</p>	<p>Introduction to Meditation The Pinnacle Senior Center & WellCare Presents A Path to Wellness September 27th @ 7:30am MPR See flyer for additional details RSVP w/Angie</p>	<p>Texas A&M AGRILIFE Extension Be Well Live Well: A Program on Healthy Aging Sessions Start September 6th @ 10am MPR See flyer for more information & Sign up w/Angie</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!!!