

November 2024

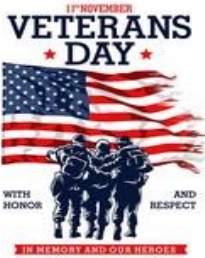
The PINNACLE Senior Center of Fort Bend County



5525-C Hobby Road • Houston, Texas 77053
Mon-Fri: 7:30am - 4:30pm • 832-471-2765

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HAPPY BIRTHDAY</p> <p>Come Celebrate September & October Birthdays w/ Constable Daryl L. Smith Sr. November 27th @ 10:45AM MPR</p>	<p>Techie Tuesday w/Wylesha November 12th @10AM Library</p>	<p>Medical Health Insurance w /Karina November 19th @ 10AM MPR Topic – Medicare Open Enrollment You can schedule an individual session after class – See Karina</p>	<p>Texas A&M AGRILIFE EXTENSION Be Well Live Well: A Program on Healthy Aging November 8th & 15th @ 10AM MPR RSVP w/Angie</p>	<p>w/Constable Daryl L. Smith, Sr. November 15th @ 11AM MPR Games* Prizes*Snacks</p>
<p>Introduction to Meditation The Pinnacle Senior Center & Wellcare Presents</p> <p>A Path to Wellness November 22nd @ 7:30AM Yoga Room See flyer for additional details RSVP w/Angie</p>	<p>Daylight Savings Time Ends November 3rd</p>	<p>Tai Chi Class for Seniors November 7th & 14th 10AM Aquatic Center – Yoga Room Presented by Houston-Galveston Area Council on Aging See Angie to sign up and Registration</p>	<p>Oak Street Health Will Hand Out Water and Snacks on The Following Dates:</p> <p>November 7th 10AM-11AM November 13th 8AM-9AM November 19th 8AM-9AM</p>	<p>1 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 10am Pilates w/Shanna 11am Chair Fit /Coach Mac 12pm Fellas, Let's Get Fit/Mac</p> <p>All classes will be held in the yoga room.</p>
<p>4 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 11am Chair Fit /Mac 12pm Fellas, Let's Get Fit/Coach Mac All classes will be held in the yoga room.</p>	<p>5 November 5th Election Day</p> <p>All classes will be held in the yoga room.</p>	<p>6 7:30am Step Class w/Shanna 8am Fit & Strong w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 10am Line Dance w/Faye 11am Chair Fit /Coach Mac 12pm Fellas Let's Get Fit/Mac 12-2pm Wild & Woolly Women MPR</p>	<p>7 8am Wake Up & Walk/Shanna 8am Wake Up & Walk w/Video - 8a-1p Pinnacle Quilting Bee MPR 9am Strength Training w/Shanna 10am Craft: Pinecone Turkeys LIBRARY 11am Chair Fit /Coach Mac 12:30pm Yoga w/Shanna</p>	<p>8 8am Wake Up & Walk w/Shanna 8am Wake Up & Walk w/Video - 9am Fitness w/Shanna 9am Sew'l Sister's -Library 10am Pilates w/Shanna 11am Chair Fit /Coach Mac 12pm Fellas, Let's Get Fit/Mac 12-2pm Wild & Woolly Women MPR</p>

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

<p>11</p> <p style="text-align: center;">Closed</p>  <p style="text-align: center;">VETERANS DAY</p> <p style="text-align: center;">1st NOVEMBER</p> <p style="text-align: center;">WITH HONOR AND RESPECT</p> <p style="text-align: center;">IN MEMORY AND OUR HEROES</p>	<p>12</p> <p>8am Wake Up & Walk w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>9am Strength Training w/Shanna</p> <p>10am MixedFit w/Anjonee MPR</p> <p>11am Greater Works Bible Study</p> <p>11am Chair Fit /Coach Mac</p> <p>12:30pm Yoga w/Shanna</p> <p>1-3pm Bridge</p>	<p>13</p> <p>7:30am Step Class w/Shanna</p> <p>8am Fit & Strong w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>9am Fitness w/Shanna</p> <p>10am Line Dance w/Faye</p> <p>11am Chair Fit /Coach Mac</p> <p>12pm Fellas Let's Get Fit/Mac</p> <p>12-2pm Wild & Wooly Women MPR</p>	<p>14</p> <p>8am Wake Up & Walk w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>8a-1p Pinnacle Quilting Bee MPR</p> <p>9am Strength Training w/Shanna</p> <p>10am Craft: Star Ornament LIBRARY</p> <p>11am Chair Fit /Coach Mac</p> <p>12:30pm Yoga w/Shanna</p>	<p>15</p> <p>8am Wake Up & Walk w/Shanna</p> <p>8am Wake Up & Walk w/Video</p> <p>9am Fitness w/Shanna</p> <p>10am Pilates w/Shanna</p> <p>11am Chair Fit /Coach Mac</p> <p>12pm Fellas, Let's Get Fit/Coach Mac</p> <p>12-2pm Wild & Wooly Women MPR</p> <p>12-3pm Red Hat Society</p>
<p>18</p> <p>7:30am Step Class w/Shanna</p> <p>8am Fit & Strong w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>9am Fitness w/Shanna</p> <p>10am Line Dance w/Sheila</p> <p>11am Chair Fit /Mac</p> <p>12pm Fellas, Let's Get Fit/Coach Mac</p> <p>3pm Line Dance w/Sheila</p>	<p>19</p> <p>8am Wake Up & Walk w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>9am Strength Training w/Shanna</p> <p>10am MixedFit w/Anjonee MPR</p> <p>11am Greater Works Bible Study</p> <p>11am Chair Fit /Coach Mac</p> <p>12:30pm Yoga w/Shanna</p> <p>1-3pm Bridge MPR</p>	<p>20</p> <p>7:30am Step Class w/Shanna</p> <p>8am Fit & Strong w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>9am Fitness w/Shanna</p> <p>10am Line Dance w/Faye</p> <p>11am Chair Fit /Coach Mac</p> <p>12pm Fellas Let's Get Fit/Coach Mac</p> <p>12-2pm Wild & Wooly Women MPR</p>	<p>21</p> <p>8am Wake Up & Walk w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>8a-1p Pinnacle Quilting Bee MPR</p> <p>9am Strength Training w/Shanna</p> <p>10am Legal Resources LIBRARY</p> <p>11am Chair Fit /Coach Mac</p> <p>12:30pm Yoga w/Shanna</p>	<p>22</p> <p>8am Wake Up & Walk w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>9am Fitness w/Shanna</p> <p>9am Sew'l Sister's -Library</p> <p>10am Pilates w/Shanna</p> <p>11am Chair Fit /Coach Mac</p> <p>12pm Fellas, Let's Get Fit/Mac</p> <p>12-2pm Wild & Wooly Women MPR</p>
<p>25</p> <p>7:30am Step Class w/Shanna</p> <p>8am Fit & Strong w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>9am Fitness w/Shanna</p> <p>10am Line Dance w/Sheila</p> <p>11am Chair Fit /Mac</p> <p>12pm Fellas, Let's Get Fit/Coach Mac</p> <p>3pm Line Dance w/Sheila</p>	<p>26</p> <p>8am Wake Up & Walk w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>9am Strength Training w/Shanna</p> <p>10am MixedFit w/Anjonee MPR</p> <p>11am Greater Works Bible Study</p> <p>11am Chair Fit /Coach Mac</p> <p>12:30pm Yoga w/Shanna</p> <p>1-3pm Bridge MPR</p>	<p>27</p> <p>7:30am Step Class w/Shanna</p> <p>8am Fit & Strong w/Shanna</p> <p>8am Wake Up & Walk w/Video -</p> <p>9am Fitness w/Shanna</p> <p>10am Line Dance w/Faye</p> <p>11am Chair Fit /Coach Mac</p> <p>12pm Fellas Let's Get Fit/Coach Mac</p> <p>12-2pm Wild & Wooly Women MPR</p>		<p>29</p> <p style="text-align: center;">The Pinnacle Senior Center is Closed</p>

To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver

Please sign in daily! Ask about our monthly e-Blast!

PLEASE SUPPORT OUR VOLUNTEER SPONSORED CLASSES W/A DONATION!!!