<u>APRIL 2025</u>							
MON	TUE	WED	THU	FRI			
	1	2	3	4			
7	8	9	10	11			
14	15	16	17	18			
21	22	23	24	25			
28	29	30					







**Pinnacle Senior Center** 5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765) General Business Days & Hours: Monday-Fridays (7:30-4:30 PM) (<u>Weight Room</u> Hours- (7:30-4:15 PM) & (<u>Aquatics</u> hours (7:30-4:00 PM)

		<b>April Fitness</b>	Calendar Schedule		
To Denti din et			sign in at the front desk da		
		ms & Activities everyone m lease ask about the monthly			
<u>, u</u>					<u></u>
	<mark>(AUD)-</mark> Auditorium/Exe	rcise Gym <mark>(YR)-</mark> Yoga Roo	m Located in Aquatics Are	a <mark>(MPR)</mark> Multi-Purpose	Room
Wk-1		Tuesday-1	Wednesday-2	Thursday-3	Friday-4
800-845 AM		Walk-Video-SE	Walk-Video <mark>-MPR</mark>	Walk-Video-SE	Walk-Video-CM
800-845 AM			National Walk-Day Event w Shanna <mark>Outside</mark>		
900-945 AM		Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1050 AM		Zumba w/ Valerie 10-11 AM	<b>Beg</b> -Line-Dance/w Faye		Pilates/w Shanna
1100-1145 AM		Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
1200-1245 PM			Men-Fit/w Mac		Food Bank-Truck
100-200 PM		Yoga/w Shanna <b>1230-130</b>	Step/w Shanna <mark>AUD</mark>	Yoga/w Shanna <b>1230-130</b>	Pinnacle Closes @12PM
Wk-2	MON-7	TUE-8 Walk-Video- <b>SE</b>	WED-9	THU-10	FRI-11
800-845 AM 800-845 AM	Walk-Video- <b>CM</b> Step/w Shanna <mark>MPR</mark>	waik-video-SE	Walk-Video- <b>CM</b> Step/w Shanna MPR	Walk-Video-SE	Walk-Video- <b>CM</b>
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1050 AM	Inter-Line-Dance/w Sheila	Zumba w/ Valerie <b>10-11 AM</b>	Beg-Line-Dance/w Faye		Pilates/w Shanna
1100-1145 AM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
1200-1245 PM	Men-Fit/w Mac		Men-Fit/w Mac		Men-Fit/w Mac
100-200 PM	Step/w Shanna AUD	Yoga/w Shanna <b>1230-130</b>	Step/w Shanna AUD	Yoga/w Shanna <b>1230-130</b>	
300-400 PM	Line-Dance/w Sheila				
Wk-2	MON-14	TUE-15	WED-16	THU-17	FRI-18
800-845 AM	Walk-Video- <b>CM</b>	Walk-Video <mark>-MPR</mark>	Walk-Video <mark>-MPR</mark>	Walk-Video- <b>SE</b>	
800-845 AM	Step/w Shanna <mark>MPR</mark>	Walk Class w Shanna <mark>Outside</mark>	Pinnacle Senior		
900-945 AM	Fitness/w Shanna	ArtReach and Wellness Event	Center	Strength-T/w Shanna	Pinnacle Senior
950-1050 AM	Inter-Line-Dance/w Sheila	<mark>AUD</mark> 830-1030 AM	Earth Day Celebration		Center
1100-1145 AM	Move-Fit/w Mac	Chair-Fit/w Coach	8-1pm	Chair-Fit/w Coach	Closed
1200-1245 PM	Men-Fit/w Mac		(No Fitness Classes)		For Good Friday
100-200 PM	Step/w Shanna <mark>AUD</mark>	Yoga/w Shanna <b>1230-130</b>		Yoga/w Shanna <b>1230-130</b>	
300-400 PM		0.1	(All Day)		
	Line-Dance/w Sheila		(All Day)		
Wk-2	MON-21	TUE-22	WED-23	THU-24	FRI-25
Wk-2 800-845 AM	MON-21 Walk-Video-CM		WED-23 Walk-Video-CM		FRI-25 Walk-Video-CM
Wk-2 800-845 AM 800-845 AM	MON-21 Walk-Video-CM Step/w Shanna <mark>MPR</mark>	TUE-22 Walk-Video-SE	WED-23 Walk-Video-CM Step/w Shanna MPR	THU-24 Walk-Video-SE	Walk-Video- <b>CM</b>
Wk-2 800-845 AM	MON-21 Walk-Video-CM	TUE-22	WED-23 Walk-Video-CM	THU-24	Walk-Video- <b>CM</b> Fitness/w Shanna
Wk-2 800-845 AM 800-845 AM 900-945 AM	MON-21 Walk-Video- <b>CM</b> Step/w Shanna MPR Fitness/w Shanna	TUE-22 Walk-Video-SE Strength-T/w Shanna	WED-23 Walk-Video-CM Step/w Shanna MPR Fit & Strong/w Shanna	THU-24 Walk-Video-SE	Walk-Video- <b>CM</b>
Wk-2 800-845 AM 800-845 AM 900-945 AM 950-1050 AM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila	TUE-22 Walk-Video-SE Strength-T/w Shanna Zumba w/ Valerie 10-11 AM	WED-23 Walk-Video-CM Step/w Shanna MPR Fit & Strong/w Shanna Beg-Line-Dance/w Faye	THU-24 Walk-Video- <b>SE</b> Strength-T/w Shanna	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna
Wk-2 800-845 AM 800-845 AM 900-945 AM 950-1050 AM 1100-1145 AM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac	TUE-22 Walk-Video-SE Strength-T/w Shanna Zumba w/ Valerie 10-11 AM	WED-23 Walk-Video-CM Step/w Shanna MPR Fit & Strong/w Shanna Beg-Line-Dance/w Faye Move-Fit/w Mac	THU-24 Walk-Video- <b>SE</b> Strength-T/w Shanna	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach
Wk-2 800-845 AM 800-845 AM 900-945 AM 950-1050 AM 1100-1145 AM 1200-1245 PM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac	TUE-22 Walk-Video-SE Strength-T/w Shanna Zumba w/ Valerie 10-11 AM Chair-Fit/w Coach	WED-23 Walk-Video-CM Step/w Shanna MPR Fit & Strong/w Shanna Beg-Line-Dance/w Faye Move-Fit/w Mac Men-Fit/w Mac	THU-24 Walk-Video-SE Strength-T/w Shanna Chair-Fit/w Coach	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach
Wk-2           800-845 AM           800-845 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM           100-200 PM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac Step/w Shanna AUD	TUE-22 Walk-Video-SE Strength-T/w Shanna Zumba w/ Valerie 10-11 AM Chair-Fit/w Coach	WED-23 Walk-Video-CM Step/w Shanna MPR Fit & Strong/w Shanna Beg-Line-Dance/w Faye Move-Fit/w Mac Men-Fit/w Mac	THU-24 Walk-Video-SE Strength-T/w Shanna Chair-Fit/w Coach	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach
Wk-2           800-845 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM           100-200 PM           300-400 PM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac Step/w Shanna AUD Line-Dance/w Sheila MON-28 Walk-Video-CM	TUE-22 Walk-Video-SE Strength-T/w Shanna Zumba w/ Valerie 10-11 AM Chair-Fit/w Coach Yoga/w Shanna 1230-130	WED-23         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Men-Fit/w Mac         Step/w Shanna AUD         WED-30         Walk-Video-CM	THU-24 Walk-Video-SE Strength-T/w Shanna Chair-Fit/w Coach	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach
Wk-2           800-845 AM           800-845 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM           100-200 PM           300-400 PM           Wk-5           800-845 AM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac Step/w Shanna AUD Line-Dance/w Sheila MON-28 Walk-Video-CM Step/w Shanna MPR	TUE-22 Walk-Video-SE Strength-T/w Shanna Zumba w/ Valerie 10-11 AM Chair-Fit/w Coach Yoga/w Shanna 1230-130 TUE-29 Walk-Video-SE	WED-23         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Men-Fit/w Mac         Step/w Shanna AUD         WED-30         Walk-Video-CM         Step/w Shanna MPR	THU-24 Walk-Video-SE Strength-T/w Shanna Chair-Fit/w Coach	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach
Wk-2           800-845 AM           800-845 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM           100-200 PM           300-400 PM           Wk-5           800-845 AM           900-945 AM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac Step/w Shanna AUD Line-Dance/w Sheila MON-28 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna	TUE-22         Walk-Video-SE         Strength-T/w Shanna         Zumba w/ Valerie 10-11 AM         Chair-Fit/w Coach         Yoga/w Shanna 1230-130         TUE-29         Walk-Video-SE         Strength-T/w Shanna	WED-23         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Men-Fit/w Mac         Step/w Shanna AUD         WED-30         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna	THU-24 Walk-Video-SE Strength-T/w Shanna Chair-Fit/w Coach	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach
Wk-2           800-845 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM           100-200 PM           300-400 PM           Wk-5           800-845 AM           900-945 AM           900-945 AM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac Step/w Shanna AUD Line-Dance/w Sheila Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila	TUE-22         Walk-Video-SE         Strength-T/w Shanna         Zumba w/ Valerie 10-11 AM         Chair-Fit/w Coach         Yoga/w Shanna 1230-130         TUE-29         Walk-Video-SE         Strength-T/w Shanna         Zumba w/ Valerie 10-11 AM	WED-23         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Men-Fit/w Mac         Step/w Shanna AUD         WED-30         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye	THU-24 Walk-Video-SE Strength-T/w Shanna Chair-Fit/w Coach	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach
Wk-2           800-845 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM           100-200 PM           300-400 PM           Wk-5           800-845 AM           900-945 AM           900-945 AM           900-945 AM           100-100 PM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac Step/w Shanna AUD Line-Dance/w Sheila MON-28 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac	TUE-22         Walk-Video-SE         Strength-T/w Shanna         Zumba w/ Valerie 10-11 AM         Chair-Fit/w Coach         Yoga/w Shanna 1230-130         TUE-29         Walk-Video-SE         Strength-T/w Shanna	WED-23         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Men-Fit/w Mac         Step/w Shanna AUD         WED-30         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac	THU-24 Walk-Video-SE Strength-T/w Shanna Chair-Fit/w Coach	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach
Wk-2           800-845 AM           900-945 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM           100-200 PM           300-400 PM           Wk-5           800-845 AM           900-945 AM           900-945 AM           900-945 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac Step/w Shanna AUD Line-Dance/w Sheila MON-28 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac	TUE-22 Walk-Video-SE Strength-T/w Shanna Zumba w/ Valerie 10-11 AM Chair-Fit/w Coach Yoga/w Shanna 1230-130 TUE-29 Walk-Video-SE Strength-T/w Shanna Zumba w/ Valerie 10-11 AM Chair-Fit/w Coach	WED-23         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Men-Fit/w Mac         Step/w Shanna AUD         WED-30         WED-30         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Men-Fit/w Shanna         Meng-Line-Dance/w Faye         Move-Fit/w Mac         Men-Fit/w Mac	THU-24 Walk-Video-SE Strength-T/w Shanna Chair-Fit/w Coach	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach
Wk-2           800-845 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM           100-200 PM           300-400 PM           Wk-5           800-845 AM           900-945 AM           900-945 AM           900-945 AM           900-945 AM           900-945 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM           100-200 PM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac Step/w Shanna AUD Line-Dance/w Sheila MON-28 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac Step/w Shanna AUD	TUE-22         Walk-Video-SE         Strength-T/w Shanna         Zumba w/ Valerie 10-11 AM         Chair-Fit/w Coach         Yoga/w Shanna 1230-130         TUE-29         Walk-Video-SE         Strength-T/w Shanna         Zumba w/ Valerie 10-11 AM	WED-23         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Men-Fit/w Mac         Step/w Shanna AUD         WED-30         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac	THU-24 Walk-Video-SE Strength-T/w Shanna Chair-Fit/w Coach	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach
Wk-2           800-845 AM           900-945 AM           950-1050 AM           1100-1145 AM           1200-1245 PM           100-200 PM           300-400 PM           Wk-5           800-845 AM           900-945 AM           900-9145 AM           100-200 PM           300-400 PM           100-200 PM           100-1145 AM           900-945 AM           900-945 AM           900-945 AM           100-1145 AM           1200-1245 PM           100-200 PM           300-400 PM	MON-21 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac Step/w Shanna AUD Line-Dance/w Sheila MON-28 Walk-Video-CM Step/w Shanna MPR Fitness/w Shanna Inter-Line-Dance/w Sheila Move-Fit/w Mac Men-Fit/w Mac	TUE-22 Walk-Video-SE Strength-T/w Shanna Zumba w/ Valerie 10-11 AM Chair-Fit/w Coach Yoga/w Shanna 1230-130 TUE-29 Walk-Video-SE Strength-T/w Shanna Zumba w/ Valerie 10-11 AM Chair-Fit/w Coach	WED-23         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Step/w Shanna AUD         WED-30         Walk-Video-CM         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Step/w Shanna MPR         Fit & Strong/w Shanna         Beg-Line-Dance/w Faye         Move-Fit/w Mac         Men-Fit/w Mac         Step/w Shanna AUD	THU-24 Walk-Video-SE Strength-T/w Shanna Chair-Fit/w Coach	Walk-Video- <b>CM</b> Fitness/w Shanna Pilates/w Shanna Move-Fit/w Coach Men-Fit/w Mac

Mrs. Sheila & Mrs. Faye

Dennis "Mac" McCalpin **# 832-471-2763** Ms. Shanna Etemadi **# 832-471-2764** 







Pinnacle Senior Center 5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765) General Business Days & Hours: Monday-Fridays (7:30-4:30 PM) (<u>Weight Room</u> Hours- (7:30-4:15 PM) & (<u>Aquatics</u> hours (7:30-4:00 PM)

### PLEASE DO NOT RESPOND TO THIS EMAIL-FOR INFORMATIONAL PURPOSES ONLY

Dear Valued Patrons,

Warm greetings from the Pinnacle Senior Center!

We appreciate your participation in our fitness classes and want to ensure a smooth and enjoyable experience for everyone. Please keep the following housekeeping rules in mind:

- Class Capacity: To prevent overcrowding, each session is limited to 50 participants, especially on Mondays through Wednesdays. Tuesdays and Fridays typically have fewer attendees if you'd like to join on those days. To secure your spot, please check in early with Mrs. Angie at the front desk.
- Auditorium Entry: Please do not enter the auditorium until 10 minutes before the next session on:
  - **Tuesdays, Thursdays, and Fridays** (after Zumba, Strength, and Pilates)
  - 5 minutes before class on Mondays and Wednesdays (after Line Dance)
- Classroom Etiquette:
  - When entering a session, please use the back entrance to **minimize distractions** for those already seated.
  - Silence your phones and other devices before entering the class.
  - Please **refrain from putting away equipment** until the session has **completely ended** to avoid disrupting others during cool-down exercises.

Thank you for your cooperation and support in maintaining a positive fitness environment!

Best regards,

Dennis "Mac" McCalpin Jr. Fitness Coordinator Pinnacle Senior Fort Bend County Parks Department 5525 Hobby Rd. Bldg. C. Houston, TX 77053 (O) 832-471-2760 (ext.) 12763 Email: <u>Dennis.McCalpin@fortbendcountytx.gov</u>

### "Power, Process and Purpose"



APRIL 2025							
MON TUE WED THU FRI							
3	1	2	3	4			
17	8	9	10	11			
14	15	16	17	18			
21	22	23	24	25			
28	29	30					

#### THE PINNACLE SENIOR CENTER PARKS & RECREATION



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

## Aquatic Center Calendar Schedule

Hours Mon-Fri 7:30-4:00 PM

							1 7:30-4:00	
Time To participate in	Monday "Aquatic" activities you	Tuesd	-	Wednesday PORTANT	Ŷ		nursday VPORTANT	Friday Swim lessons will be
	sign a waiver of liability You must			before entering the	e pool.		e-Swimming	taught by Mr. Booker
You must also			You must wear appropriate			ring Lap		
orientation video	on safety and guidelines	swimw		shoes. NO bandag ores/wounds	es or	Swimr	ning Period	30
		NO LIFEGUA		JTY! SWIM AT YOU	JR OWN	RISK!!!		
Wk-1	TUE	-1		WED-2			THU-3	FRI-4
730-900 AM				LAP SWIN	1			
900-1100 AM	Sv			oker (in designated les & Treadmills	area)			Free Swim w/Cycles & Treadmills
1100-1200 PM	Aqua Aerob	ics w/Tyler		Aqua Aerob w/Tyler	ics		a Aerobics 7/Tyler	Aqua Zumba w/Sandi
1200-200 PM		Free Sw	im w/Cycl	les & Treadmills				
200-300 PM	Aqua Aerobics w/Ty	ler	Aqua Aero	obics w/Tyler	Aqua	a Aerobi	cs w/Tyler	Pinnacle Closed 12pm
300-350 PM			Free S	Swim	_		-	Houston Food Bank
Wk-2	MON-7	w/ TUE		Treadmills WED-9		Т	HU-10	FRI-11
730-900 AM	MON-7	IUE	-0	LAP SWIN	Л	1	HU-10	F KI-11
	St	vim Lessons w	/ Mr. Boo	oker (in designated				Free Swim w/Cycles &
900-1100 AM	5	Free Sw	im w/Cycl	les & Treadmills		[		Treadmills
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Ae w/Tyl		Aqua Aerob w/Tyler	ics	-	a Aerobics ⁄/Tyler	Aqua Zumba w/Sandi
1200-200 PM			Free	Swim w/Cycles &	Treadm	nills		
200-300 PM	Free Swim w/Cycles & Treadmills	Aqua Ae w/Tyl		w/Tyler			a Aerobics ⁄/Tyler	Free Swim w/Cycles & Treadmills
300-350 PM				Free Swim w/Cycles & Tread	lmills			
Wk-3	MON-14	TUE-	15	WED-16		Т	HU-17	FRI-18
730-900 AM			LAP S					
900-1100 AM	Sv			oker (in designated les & Treadmills	area)			
1100 1 <b>2</b> 00 DM	A succ Zeenha en/San di	Aqua Ae		Aqua Aerob	ics	Aqua	• Aerobics	
1100-1200 PM	Aqua Zumba w/Sandi	w/Tyl		w/Tyler			/Tyler	Pinnacle Closed GOOD FRIDAY
1200-200 PM	Free Swim	A	Free Swim w/Cycles & Treadmills		A	GOOD FRIDA I		
200-300 PM	w/Cycles & Treadmills	Aqua AerobicsAqua Aerobicsw/Tylerw/Tyler		Aqua Aerobics w/Tyler				
300-350 PM			Free	Swim w/Cycles &	Treadm	nills		
Wk-4	MON-21	TUE-	22	WED-23		Т	HU-24	FRI-25
730-900 AM				LAP SWIN				Ι
900-1100 AM		vim Lessons w Free Swim w/		oker (in designated Treadmills	area)			Free Swim w/Cycles & Treadmills
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Ae w/Tyl		Aqua Aerob w/Tyler	ics	-	a Aerobics ⁄/Tyler	Aqua Zumba w/Sandi
1200-200 PM	Free Swim		Free	Swim w/Cycles &	Treadm	nills		
200-300 PM	w/Cycles & Treadmills	Aqua Ae w/Vid		Aqua Aerob w/Video	ics		a Aerobics /Video	Free Swim w/Cycles & Treadmills
300-350 PM			Free	Swim w/Cycles &	Treadm	nills		
Wk-5	MON-28			TUE-29	π.			WED-30
730-900 AM		St	vim Lesso	LAP SWIN ns w/ Mr. Booker		gnated a	rea)	
900-1100 AM				n w/Cycles & Trea		u	,	
1100-1200 PM	Aqua Zumba w/Sandi		Aqua Aerobics w/Tyler			Aqua Aerobics w/Tyler		
1200-200 PM			Free S	Swim w/Cycles & '	Treadm	ills	Free Swim	n w/Cycles & Treadmills
200-300 PM	Free Swim w/Cycles & Trea			Aqua Aerobic w/Video				Aqua Aerobics w/Video
300-350 PM				Swim w/Cycles & '	Treadm			n w/Cycles & Treadmills
	Swim Instructor	A	<u> </u>	ba Instructor		Aqua		rdinator and Instructor
Boo	<mark>lker Canty</mark>		Sandra	Patterson			Tyle	<mark>r Shannon</mark>

<u>APRIL 2025</u>							
MON	TUE	WED	THU	FRI			
	1	2	3	4			
7	8	9	10	11			
14	15	16	17	18			
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		April Fitness	Calendar Schedule		
			sign in at the front desk da		
		ms & Activities everyone m			
<u>For, Co</u>	ommunication Updates p	lease ask about the monthly	<u>{Email-Blast and Remind</u>	101} Text Messaging Rem	<u>ninder Registry</u>
Wk-1		Tuesday-1	Wednesday-2	Thursday-3	Friday-4
800-900 AM			National Walk Day		
900-1000 AM				Quilting Bee <mark>9-3pm</mark>	
1000-1100 AM		Techi Tuesday		Library-Legal Resources	
1100-1200 PM		Greater Works Bible Study			
1200-100 PM					Houston Food Bank <mark>1-</mark> <mark>3pm</mark>
100-200 PM	Card Players <mark>1-4pm</mark>	Bridge 1- <mark>3pm</mark>	Card Players 1-4pm		Pinnacle Close 12pm
Wk-2	MON-7	TUE-8	WED-9	<b>THU-10</b>	FRI-11
800-900 AM					
900-1000 AM				Quilting Bee <mark>9-3pm</mark>	
1000-1100 AM	Library-Mix Book Club			Library-Painted Candle	
1100-1200 PM		Greater Works Bible Study			
1200-100 PM		Dilles <b>4 D</b>	Coul Dia and A top		Wild Wooley <mark>12-3pm</mark>
100-200 PM	Card Players <mark>1-4pm</mark>	Bridge <mark>1-3pm</mark>	Card Players <mark>1-4pm</mark>		
Wk-2	MON-14	TUE-15	WED-16	THU-17	FRI-18
800-900 AM		Seniors Art & Meditation 8:30-10:30am Auditorium	Earth Day <mark>8am-1pm</mark> Auditorium		
900-1000 AM				Quilting Bee <mark>9-3pm</mark>	
1000-1100 AM		Medicare w/Karina MPR Library-Spa Day		Library-Tech Help	GOOD FRIDAY
1100-1200 PM		Greater Works Bible Study			CLOSED
1200-100 PM					
100-200 PM	Card Players <mark>1-4pm</mark>	Bridge <mark>1-3pm</mark>	Card Players <mark>1-4pm</mark>		
Wk-2	MON-21	TUE-22	WED-23	THU-24	FRI-25
800-900 AM				Quilting Bee <mark>8-1pm</mark>	
900-1000 AM					Bluebonnet Garden Club <mark>9am-2pm</mark>
1000-1100 AM		Out the Market Pikke Chark			
1100-1200 PM		Greater Works Bible Study			
1200-100 PM 100-200 PM	Card Players <mark>1-4pm</mark>	Bridge <mark>1-3pm</mark>	Bridge <mark>1-3pm</mark>		Wild Wooley <mark>12-3pm</mark>
Wk-5	MON-28	TUE-29	WED-30		
800-900 AM					
900-1000 AM					
1000-1100 AM			Birthday Celebrations 10:45-11am		
1100-1200 PM		Greater Works Bible Study			
1200-100 PM					
100-200 PM	Card Players <mark>1-4pm</mark>	Bridge <mark>1-3pm</mark>	Card Players <mark>1-4pm</mark>		
	ance Instructors	Chair/Move/Men Fi	· · · · · · · · · · · · · · · · · · ·	Step Strength/Yoga	·
Mrs. Sh	neila & Mrs. Faye	Dennis "Mac" McCalp	oin # <b>832-471-2763</b>	<mark>Ms. Shanna Etemad</mark>	i # 832-471-2764

APRIL 2025							
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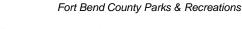




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APRIL 2025							
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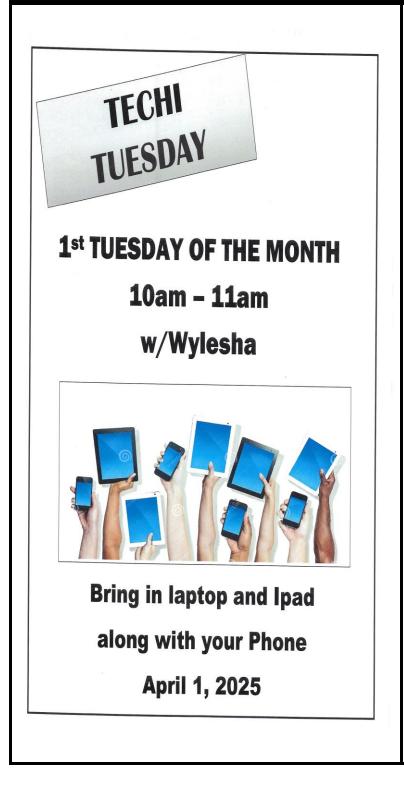






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### **Activity Flyers (See Dates)**



## **Senior Box Distribution**

(Commodity and Supplemental Food Program - CSFP)

The Houston Food Bank has commodity boxes of shelf stable food valued at \$50 retail from the USDA/TDA to distribute to qualified senior applicants. \*Please note that this will be held inside the location, and you will need to come inside to for intake.

#### Requirements for receiving Senior Box:

Be a resident of one of these counties: Harris, Montgomery, Galveston, Austin, Brazoria, Waller, Walker, Chambers, Liberty, Fort Bend

Be age 60 or older

Meet the following household income guidelines: Household of 1: Monthly income does not exceed \$1,632

Household of 2: Monthly income does not exceed \$2,215

All applicants are subject to verify their age, residence, and household income.

### Can't make it to the distribution?

Have your family or a friend pick up your Senior Box for you by following these instructions:

Write a letter stating you give them permission and include a time frame the person is allowed to pick up your box (for example: today only or always)

Sign and date that letter

Send the designated person with the letter and some form of your ID (a copy or photo of your ID or your apple/ food bank card)

Make sure the designated person also brings their own ID for verification

Please bring your ID and Apple Card to pick up Senior Box.

Need additional food assistance? Call the Houston Food Bank Helpline at 832-369-9390

Pinnacle Senior Center Friday, April 4<sup>th</sup>, 2025 1:00pm - 3:00pm 5525-C Hobby Rd, Houston, TX, 77053

is institution is an equal opportunity provid

houston**food**bank.org



APRIL 2025							
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## **Activity Flyers (See Dates)**

## Distribución de Senior Box

(Programa Suplementario de Comestibles Básicos - CSFP)

El Banco de Alimentos de Houston tiene cajas de alimentos estables en almacenamiento valorados en \$50 de la USDA/TDA para distribuir a los solicitantes mayores que califiquen. \*La distribución tomará lugar dentro del edificio, tendrá que entrar para la registración.

Traiga una carreta para llevar la comida a su vehículo o a casa.

#### Requisitos para recibir Senior Box:

Ser residente de uno de estos condados: Harris, Montgomery, Galveston, Brazoria, Waller, Walker, Chambers, Liberty, Fort Bend

Tener 60 años o más.

Necesita cumplir con las siguientes pautas de ingresos familiares: Hogar de 1 persona: El ingreso mensual no excede \$1,632

Hogar de 2 personas: El ingreso mensual no excede \$2,215

Todos los solicitantes están sujetos a verificar su edad, residencia e ingresos familiares.

### ¿No puede llegar a la distribución?

### Pida que un familiar o amigo recoja su Senior Box siguiendo estas instrucciones:

Escriba una carta indicando que les da permiso e incluya un período de tiempo en el que la persona puede recoger su caja de alimentos (por ejemplo: solo hoy o siempre).

Firme y incluya la fecha en esa carta.

Envíe a la persona designada con la carta y alguna forma de identificación (una copia o foto de su identificación o su tarjeta de manzana/banco de alimentos).

Asegúrese de que la persona designada también traiga su propia identificación para la verificación.

Traiga su identificación y tarjeta de manzana para recoger su Senior Box.

¿Necesita asistencia alimentaria adicional? Llame la línea de ayuda del Banco de Alimentos de Houston: 832-369-9390

> Pinnacle Senior Center Viernes, 4 de Abril del 2025 1:00pm – 3:00pm 5525-C Hobby Rd, Houston, TX, 77053

institución ofrece igualdad de oportunidades

houston**food**bank.org



<u>APRIL 2025</u>							
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## **Activity Flyers (See Dates) Area Agency** Earth Day **OUR POWER, OUR PLANET New This** Every 3rd Tuesday 10am April 16, 2025 8 am-1:00 pm Month Ft. Bend Pinnacle Senior Center April 15, 2025 5525 Hobby Rd. Bldg C. Houston, TX **Topic: Advance Directives Understanding** Your Choices w/Karina Villela Benefits Sign up to receive one-on-one Counselor II Sponsored by Cultivating Abilit **Assistance with Medicare Sign Up At the Front Desk** Thank you to our Partnering Affiliates Copyright 20bx

<u>APRIL 2025</u>							
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### **Activity Flyers (See Dates)**

# Constable Daryl L. Smith Fort Bend County Pct. 2



If your birthday is in April, please sign up for a special certificate from Constable Daryl L. Smith, Sr.

Certificates will be presented by Captain Christopher Garrett at the April birthday celebration Wednesday, April 30, 2025 10:45 -11:00

# HAPPY APRIL BIRTHDAYS



<u>APRIL 2025</u>							
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