

PLEASE SIGN IN DAILY-THANKS!

Reminder!

New Hours

8:30-11am

Wednesday, April 3rd

Houston Food Bank
Truck & Resource Fair
Sponsored by:

United Healthcare
MONDAY

"Coping to Control"

*The Emotional Aspect of
Type 2 Diabetes*

April 11th, 18th & 25th

11:30am The PEAK
w/Dianne Gertson, RD LD
Fort Bend County
Extension Agent
Family & Community Health
TUESDAY

The PINNACLE

Senior Center of
Fort Bend County

April 2019

"Happy Easter/Resurrection Sunday"
5525-C Hobby Rd. Houston, TX 77053
M-F 7:30am-7:30pm Sat. 8-11am

WEDNESDAY

BINGO

w/Angelia & Amerigroup
April 26th 11AM - The Peak
.....

*Many thanks to the
Senior Trade Shows for the
fun-filled Mardi Gras themed
2019 Kick-Off Party
That was fun!!!*

THURSDAY

•EVENING SCHEDULE•

*Monday-5-6pm Line Dance w/Sheila
6-7pm -MixedFit
Tuesday-6-7pm-Zydeco*

Wednesday- 6-7pm Line Dance w/Bonnita

1st Thursday-6-7pm MixedFit

2nd, 3rd & 4th Thursday 6-7pm

Two Stepping w/Marvin

Monday-Friday-6-7pm- WalkFit DVD's

FRIDAY/SATURDAY

1) **8am-Wake Up & Walk!**

8am - 1pm MARKETPLACE MONDAY

9am-Fitness w/Freeman

10am- Line Dance w/Sheila

11am-ZUMBA™ w/Valerie

12PM-Yoga w/Diana

1pm-Fitness w/Freeman

(Flexibility)

2&3pm-SILVERSNEAKERS™ Cardio
Dance / Body Pump w/Angel'a

2-6pm-The Peak Table Games

5-6pm-Line Dance w/Sheila

6-7pm-MixedFit w/Anjonee/Walk DVD

2) **8am-Wake Up & WALK!**

9am-Strength Training w/Freeman

9am- SilverSneakers™ Classic Chair

9:30am-Tai Chi for Arthritis Practice

10-10:45am-Tai Chi w/Courtney

11am-Greater Works Bible Study

11am-Chair Fit w/Freeman

12:00pm- SILVERSNEAKERS™

Cardio Strength w/Angel'a

1pm-Afternoon Fitness w/Valerie

1-3pm-Bridge 3-6pm Peak Table Games

6-7pm-Zydeco Dance/Walk DVD

3) **8am- Wake Up & WALK!**

8:30-11am Food Truck Resource Fair

9am- Fitness w/Freeman

10am- ZUMBA™ w/Valerie

11am-Two Stepping w/Marvin

12pm-Line Dancing w/Faye/Yoga

12-2pm- Wild & Woolly Women

1pm-Fitness w/Freeman (Ab Workout)

2pm- SILVERSNEAKERS™

Cardio Dance w/Angel'a

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonnita/Walk DVD

4) **8am- Wake Up & WALK**

9am-Functional Fitness/Freeman

10am-Practical 3D Printing

Library Programming

10:30am-Chair Fit w/Freeman

11:00am-Healthy Eating w/Deanne

11:30am-SILVERSNEAKERS™

Circuit (Chair) w/Angel'a

2pm- SILVERSNEAKERS™

Cardio Strength w/Angel'a

2-6pm-The Peak Table Games

5-6pm-Sign Language w/Marsha

6-7pm-Mixed Fit w/Anjonee/Walk DVD

5) **8am- Wake Up & WALK!**

9am-Freeman's Fitness Friday

9am-Sewing w/Lula/Bling w/Harriett

10am- SILVERSNEAKERS™ Yoga Stretch

11am-Fellas Let's Get Fit

12pm-Chair Fit w/Freeman DVD

12-2PM-Divas of God The Peak

2-6pm-The Peak Table Games

6-7pm-Walk DVD

Saturday 4-6-19

8am-Wake Up & Walk DVD

9&10am-SilverSneakers™ Circuit &

Boom Move It! w/Angel'a

8) **8am-Wake Up & Walk!**

9am-Fitness w/Freeman

10am-Line Dance w/Sheila

11am-ZUMBA™ w/Valerie

12PM-Yoga w/Diana

1pm-Fitness w/Freeman

(Flexibility)

2&3pm- SILVERSNEAKERS™ Cardio
Dance/Body Pump w/Angel'a

2-6pm-The Peak Table Games

5-6pm-Line Dance w/Sheila

6-7pm-MixedFit w/Anjonee/Walk DVD

9) **8am-Wake Up & WALK!**

9am-Strength Training w/Freeman

9am- SilverSneakers™ Classic Chair

10am- Self-Defense

w/Grand Master Gerald The Peak

11am-Greater Works Bible Study

11am-Chair Fit w/Freeman

12:00pm- SILVERSNEAKERS™

Cardio Strength w/Angel'a

1pm-Afternoon Fitness w/Valerie

1-3pm-Bridge 3-6pm Peak Table Games

6-7pm-Zydeco Dance/Walk DVD

10) **8am- Wake Up & WALK!**

9am- Fitness w/Freeman

9-11am-Ping Pong Open Play

10am- ZUMBA™ w/Valerie

11am-Two Stepping w/Marvin

12pm-Line Dancing w/Faye/Yoga

12-2pm- Wild & Woolly Women

1pm-Fitness w/Freeman (Ab Workout)

2pm- SILVERSNEAKERS™

Cardio Dance w/Angel'a

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonnita/Walk DVD

11) **8am- Wake Up & WALK**

9am-Functional Fitness/Freeman

10am-Computer Class-FaceBook

Library Programming

10:30am-Chair Fit w/Freeman

11:30am-Coping To Control PEAK

11:30am-SILVERSNEAKERS™

Circuit (Chair) w/Angel'a

2pm- SILVERSNEAKERS™

Cardio Strength w/Angel'a

2-6pm-The Peak Table Games

5-6pm-Sign Language w/Marsha

6-7pm-Two Step w/Marvin/Walk DVD

12) **8am- Wake Up & WALK!**

9am-Freeman's Fitness Friday

9am-Sewing w/Lula

10am- SILVERSNEAKERS™ Yoga Stretch

11am-Fellas Let's Get Fit

12pm-Chair Fit w/Freeman DVD

12-2pm-Wild & Woolly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

Saturday 4-13-19

8am-Wake Up & Walk DVD

9&10am-SilverSneakers™ Circuit &

Boom Move It! w/Angel'a

Schedule Subject to Change

please call: 832-471-2765

Especially inclement weather days

Fellas Let's Get Fit Freestyle
Tuesday mornings at 10AM

Please support your VOLUNTEERS with
a kind and generous donation!
All classes except Freeman's are
Taught/Facilitated by Volunteers!!!!

Yoga Meditation w/Dih-anah
Wednesdays at Noon The PEAK

Visit us online at:

www.fortbendcountytx.gov under
Departments/Health & Human Services

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

15) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am- Line Dance w/Sheila11am-ZUMBA™ w/Valerie12PM-Yoga w/Diana1pm-Fitness w/Freeman
(Flexibility)2&3pm- SILVERSNEAKERS™

Cardio Dance/Body Pump /Angel'a

2-6pm-The Peak Table Games5-6pm- Line Dance w/Sheila6-7pm-MixedFit w/Anjane/Walk DVD22) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am- Line Dance w/Sheila11am-ZUMBA™ w/Valerie12PM-Yoga w/Diana1pm-Fitness w/Freeman
(Flexibility)2&3pm- SILVERSNEAKERS™

Cardio Dance/Body Pump/Angel'a

2-6pm-The Peak Table Games5-6pm- Line Dance w/Sheila6-7pm-MixedFit w/Anjane/Walk DVD29) 8am-Wake Up & Walk!9am-Fitness w/Freeman10am- Line Dance w/Sheila11am-ZUMBA™ w/Valerie12PM-Yoga w/Diana1pm-Fitness w/Freeman
(Flexibility)2&3pm- SILVERSNEAKERS™

Cardio Dance/Body Pump w/Angel'a

2-6pm-The Peak Table Games5-6pm- Line Dance w/Sheila6-7pm-MixedFit w/Anjane/Walk DVD16) 8am-Wake Up & WALK!9am-Strength Training w/Freeman9am- SilverSneakers™ Chair w/Angel'a9:30am-Tai Chi for Arthritis Practice10-10:45am-Tai Chi w/Courtney11am- Greater Works

Bible Study

11am-Chair Fit w/Freeman12:00pm-SILVERSNEAKERS™

Cardio Strength w/Angel'a

1pm- Afternoon Fitness w/Valerie1-3pm-Bridge 3-6pm Peak Table Games6-7pm-ZydecoDance/WalkDVD23) 8am-Wake Up & WALK!9am-Strength Training w/Freeman9am- SilverSneakers™ Chair w/Angel'a10am- Self-Defense

w/Grand Master Gerald The Peak

11am- Greater Works

Bible Study

11am-Chair Fit w/Freeman12:00pm-SilverSNEAKERS™ Cardio Strength1pm-Afternoon Fitness w/Valerie1-3pm-Bridge 3-6pm Peak Table Games6-7pm-Zydeco Dance/Walk DVD30) 8am-Wake Up & WALK!9am-Strength Training w/Freeman9am-SilverSneakers™ Chair w/Angel'a9:30am-Tai Chi for Arthritis Practice10-10:45am-Tai Chi w/Courtney11am- Greater Works

Bible Study

11am-Chair Fit w/Freeman12:00pm-SilverSNEAKERS™ Cardio Strength1pm-Afternoon Fitness w/Valerie1-3pm-Bridge 3-6pm Peak Table Games6-7pm-Zydeco Dance/Walk DVD17) 8am- Wake Up & WALK!9am- Fitness w/Freeman9-11am-Ping Pong Open Play10am- ZUMBA™ w/Valerie11am-Two Stepping w/Marvin12pm-Line Dancing w/Faye/Yoga12-2pm- Wild & Wooly Women1pm-Fitness w/Freeman

(Ab Workout)

2pm-SILVERSNEAKERS™

Cardio Dance w/Angel'a

2-6pm-The Peak Table Games6-7pm-Line Dance w/Bonnita/Walk DVD24) 8am- Wake Up & WALK!9am- Fitness w/Freeman9-11am-Ping Pong Open Play10am-ZUMBA™ w/Valerie11am-Two Stepping w/Marvin12pm-Line Dance w/Faye/YogaBirthday Celebration @ Noon12-2pm- Wild & Wooly Women1pm-Fitness w/Freeman (Ab Workout)2pm-SILVERSNEAKERS™ Cardio Dance2-6pm-The Peak Table Games6-7pm-Line Dance w/Bonnita/Walk DVD

* Coming in May *

5 Week

Do Well • Be Well
with Diabetesw/Dianne Gertson RD, LD
Fort Bend County Extension Agent
Family & Community HealthMay 2nd, 9th, 16th
23rd, & 30th

11:30am in the Peak

Please sign up early!

18) 8am-Wake Up & WALK!9am-Functional Fitness w/Freeman10am-Free or Cheap AppsLibrary Programming10:30am-Chair Fit w/Freeman11:30am-Coping To Control PEAK11:30am- SILVERSNEAKERS™

Circuit (Chair) w/Angel'a

2pm- SILVERSNEAKERS™

Cardio Strength w/Angel'a

2-6pm-The Peak Table Games5-6pm-Sign Language w/Marsha6-7pm-Two Step w/Marvin/Walk DVD25) 8am-Wake Up & WALK!9am-Functional Fitness w/Freeman10am-CraftLibrary Programming10:30am-Chair Fit w/Freeman11:30am-Coping To Control PEAK11:30am- SILVERSNEAKERS™

Circuit (Chair) w/Angel'a

2pm- SILVERSNEAKERS™

Cardio Strength w/Angel'a

2-6pm-The Peak Table Games5-6pm-Sign Language w/Marsha6-7pm-Two Step w/Marvin/Walk DVD

Your Vote Counts

City/School/MUD Election

The Pinnacle will serve as a
voting site for the Election onMay 4thThe doors will open at
7AM and close at 7PM

19) Fort Bend County

Holiday

The Pinnacle Senior Center

will be CLOSED in

observance of the

Good Friday Holiday



CLOSED SATURDAY

26) 8am- Wake Up & WALK!9am-Freeman's Fitness Friday9am-Sewing w/Lula10am- SILVERSNEAKERS™ Yoga Stretch11am-Fellas Let's Get Fit/ BINGO12pm-Chair Fit w/Freeman DVD12-2pm-Wild & Wooly Women2-6pm-The Peak Table Games6-7pm-Fitness DVDSaturday 4-27-19

8am-Wake Up & Walk DVD

9&10am-SilverSneakers™ Circuit &

Boom Move It! w/Angel'a

Ensemble Theatre Trip

"Josephine Tonight"

Sunday, June 23, 2019

3PM Matinee \$20



Only 42 seats available!

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