PLEASE SIGN IN DAILY-THANKS!				
Reminder!	2018 Fort Bend	The PINNACLE	"Do Well Be Well	•EVENING SCHEDULE•
Houston Food Bank Truck	Senior Expo &	Senior Center of	DIABETES CLASS"	Monday-5-6pm Line Dance w/Sheila
& Resource Fair Sponsored by: United Healthcare	Health Fair		Thursday, July 19th	6-7pm —Fitness DVD
TUESDAY, JULY 3rd	Speakers/Entertainment	Fort Bend County	Thursday, August 16 th 6 Week program completed in 5 sessions	Tuesday-6-7pm-Nighttime Cardio DVD
9AM-12PM	Light Lunch/Giveaways	July 2018	Sponsored by: Texas A&M	Wednesday- 6-7pm Line Dance w/Bonnita
Schedule Alert	July 27 th 9AM – 2PM	Happy Independence Day!	AgriLife Extension Services	1 st Thursday-6-7pm Open-No Class
Yoga with Diana starts	Grand Prize: Large Screen TV	5525-C Hobby Rd. Houston, TX 77053	Instructor: Diane Gertson Time: 11AM	2nd, 3rd & 4th Thursday 6-7pm
on July 9 th at Noon	No Morning/Afternoon classes in the Auditorium	M-F 7:30am-7:30pm Sat. 8-11am	Sign up early as space is limited	<mark>Two Stepping w/Marvin</mark> Friday-6-7pm- Fitness DVD
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
2) <u>8am-</u> Wake Up & Walk!	3) 8am-Wake Up & WALK!	4) Fort Bend County	5) <u>8am-</u> Wake Up & WALK!	6) <u>8am-</u> Wake Up & WALK!
<u>8am-1pm</u> - Market Place Monday		Holiday	<u>9am-</u> Functional Fitness/Freeman	<u>9am-</u> Freeman's Fitness Friday
<u>9am-</u> Fitness w/Freeman	<u>9am-</u> Strength Training w/Freeman	The Pinnacle	10am-Intro to Microsoft Word	<u>9am-</u> Sewing w/Lula
<u>10am</u> -Line Dance w/Sheila	9am-Silver Sneakers Chair w/Angel'a	Senior Center will be	<u>Library Programming</u>	<u>10am-</u> SILVER SNEAKERS w/Angel'a
11am-ZUMBA w/Valerie	9:30am-Tai Chi for Arthritis Practice 10-10:45am-Tai Chi	closed in observance of the	<u>10:30am</u> -Chair Fit w/Freeman	<u>11am</u> -Fella's Let's Get Fit
12PM -Yoga w/Diana starts 7-9	w/Courtney & Nutrition w/Krystal	4th of July Holiday	11am-Noon-No Healthy Eating w/Deanne in July & August	12-2pm-Wild & Wooly Women
<u>1pm-</u> Fitness w/Freeman (Flexibility)	11am- Greater Works Bible Study	Hanna	<u>11:30am</u> -SILVER SNEAKERS	2-6pm-The Peak Table Games
<u>2&3pm-</u> SILVER SNEAKERS/Body Pump	<u>11am-</u> Chair Fit w/Freeman	HAPPY 4	w/Angel'a	<u>6-7pm</u> -Fitness DVD
w/Angel'a	<u>12:00pm</u> - SILVER SNEAKERS w/ Angel'a		<u>2pm</u> - SILVER SNEAKERS w/Angel'a	Saturday 7-7-18
<u>2-6pm-</u> The Peak Table Games	<u>1pm-</u> Afternoon Fitness w/Valerie	The Food Bank Truck is on Tuesday	<u>2-6pm</u> -The Peak Table Games	8am-Wake Up & Walk DVD
	1-3pm-Bridge 3-6pm Peak Table Games	the 3 rd in lieu of the holiday	5-6pm-Sign Language w/Marsha	9am-Silver Sneakers Circuit & Body Pump w/Angel'a 1 <mark>0am-</mark> Boom Move Its
6-7pm- Fitness DVD	6-7pm-Nighttime Cardio DVD		<u> </u>	- / -
9) <u>8am-</u> Wake Up & Walk!	10) <u>8am-</u> Wake Up & WALK!	11) <u>8am-</u> Wake Up & WALK!	12) <u>8am-</u> Wake Up & WALK!	13) <u>8am-</u> Wake Up & WALK!
<u>9am-</u> Fitness w/Freeman	<u>9am-</u> Strength Training w/Freeman	<u>9am-</u> Fitness w/Freeman	<u>9am-</u> Functional Fitness/Freeman	<u>9am-</u> Freeman's Fitness Friday
10am-Line Dance w/Sheila	<u>9am-</u> Silver Sneakers Chair w/Angel'a <u>10am</u> - Self-Defense w/Kenneth	<u>9-11am-</u> Ping Pong Open Play	10am-Legal Resources	<u>9am-</u> Sewing w/Lula
<u>11am-</u> ZUMBA w/Valerie <u>12PM</u> - <i>Yoga w/Diana</i>	& Grand Master Gerald The Peak	10am-ZUMBA w/Valerie	Library Programming	<u>10am-</u> SILVER SNEAKERS w/ Angel'a
1pm-Fitness w/Freeman	11am- Greater Works	<u>110m-</u> Iwo Stepping w/ marvin	<u>10:30am</u> -Chair Fit w/Freeman <u>11:30am</u> -SILVER SNEAKERS	<u>11am</u> -Fella's Let's Get Fit
(Flexibility)	Bible Study	12-1pm-Line Dancing w/Faye	w/Angel'a	12-2pm-Wild & Wooly Women
2&3pm- SILVER SNEAKERS/Body Pump	<u>11am-</u> Chair Fit w/Freeman	12-2pm-Wild & Wooly Women	<i>2pm</i> - SILVER SNEAKERS	2-6pm-The Peak Table Games
w/Angel'a	12:00pm- SILVER SNEAKERS w/Angel'a	<u>1pm</u> -Fitness w/Freeman (Ab Workout)	w/Angel'a	6-7pm-Fitness DVD
<u>2-6pm-</u> The Peak Table Games <u>6-7:15PM</u> HOA Meeting (Peak)	1pm-Afternoon Fitness w/Valerie		2-6pm-The Peak Table Games	Saturday 7-14-18
	<u>1-3pm-</u> Bridge 3-6pm Peak Table Games	2-6pm-The Peak Table Games	<u>5-6pm</u> -Sign Language w/Marsha	8am-Wake Up & Walk DVD
<u>6-7pm-</u> Fitness DVD	6-7pm-Nighttime Cardio DVD	6-7pm-Line Dance w/Bonnita	6-7pm-Two Stepping w/Marvin	9am-Silver Sneakers/Angel'a 1 <mark>0am-</mark> Boom Move It!
Schedule Subject to Change	The Healthy Eating Class	Please support your VOLUNTEERS with	BINGO w/Angelia &	Visit us online at:
please call: 832-471-2765	w/Deanne is	your kind and generous donations! All classes except Freeman's are	Amerigroup	www.fortbendcountytx.gov under
Especially inclement weather days	Canceled for July & August	Taught/Facilitated by Volunteers!!!!	July 20th 11AM The Peak	Departments/Health & Human Services

MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY/SATURDAY 16) 8am-Wake Up & Walk! 17) 8am-Wake Up & WALK! 18) 8am- Wake Up & WALK! 19) 8am-Wake Up & WALK! 20) 8am- Wake Up & WALK! <u>9am</u>-Fitness w/Freeman 9am-Strength Training w/Freeman 9am-Fitness w/Freeman 9am-Functional Fitness w/Freeman 9am-Freeman's Fitness Friday 9am-Silver Sneakers Chair w/Angel'a 9-11am-Ping Pong Open Play 10am-Couponina 9am-Sewing w/Lula 10am-Line Dance w/Sheila **Library Programming** 10am- ZUMBA w/Valerie 9:30am-Tai Chi for Arthritis Practice 10am- SILVER SNEAKERS w/Angel'a 11am-ZUMBA w/Valerie 10:30am-Chair Fit w/Freeman 11am-Fella's Let's Get Fit/BINGO 10-10:45am-Tai Chi 11am-Two Stepping w/Marvin 12PM -Yoga w/Diana 11am-Diabetes Class (Week 1) w/Courtney & Nutrition w/Krystal 12-2pm-Wild & Wooly Women 12-1pm-Line Dancing w/Faye 1pm-Fitness w/Freeman 11:30am- SILVER SNEAKERS 11am- Greater Works Bible Study 12-3pm- Red Hat Society 12-2pm-Wild & Wooly Women (Flexibility) w/Angel'a 3-6pm-The Peak Table Games 11am-Chair Fit w/Freeman 2&3pm- SILVER SNEAKERS/Body Pump 1pm-Fitness w/Freeman **2pm- SILVER SNEAKERS** 6-7pm-Fitness DVD 12:00pm - SILVER SNEAKERS w/Angel'a w/Angel'a (Ab Workout) w/Angel'a Saturday 7-21-18 1pm- Afternoon Fitness w/Valerie 2-6pm-The Peak Table Games 2pm-SILVER SNEAKERS w/Angel'a 2-6pm-The Peak Table Games 8am-Wake Up & Walk DVD 5-6pm-Line Dancing w/Sheila 1-3pm-Bridge 3-6pm Peak Table Games 2-6pm-The Peak Table Games 5-6pm-Sign Language w/Marsha 9am-Silver Sneakers/Angel'a 6-7pm-Nighttime Cardio DVD 6-7pm- Fitness DVD 6-7pm-Line Dance w/Bonnita 6-7pm-Two Stepping w/Marvin 10am-Boom Move It! 23) 8am-Wake Up & Walk! 24) 8am-Wake Up & WALK! 25) 8am- Wake Up & WALK! 26) 8am-Wake Up & WALK! 27) **9AM – 2PM** <u>9am</u>-Functional Fitness w/Freeman 2018 Fort Bend Senior 9am-Fitness w/Freeman 9am-Strength Training w/Freeman 9am- Fitness w/Freeman **9am-** Silver Sneakers Chair w/Angel'a 9-11am-Ping Pong Open Play 10am-Craft 10am-Line Dance w/Sheila **Expo & Health Fair Library Programming** 10am- Self-Defense w/Kenneth 10am-ZUMBA w/Valerie 11am-ZUMBA w/Valerie ****** <u>10:30am</u>-Chair Fit w/Freeman & Grand Master Gerald The Peak 11am-Two Stepping w/Marvin 12-2pm-Wild & Wooly Women 12PM -Yoga w/Diana 11am-Diabetes Class (Week 2) 11am- Greater Works 12-1pm-Line Dancing w/Faye 12-3pm- Red Hat Society 1pm-Fitness w/Freeman 11:30am- SILVER SNEAKERS July Birthday Celebration @Noon **Bible Study** 3-6pm-The Peak Table Games (Flexibility) w/Angel'a 6-7pm-Fitness DVD 12-2pm-Wild & Wooly Women 11am-Chair Fit w/Freeman 2&3pm- SILVER SNEAKERS/Body Pump **2pm- SILVER SNEAKERS** 12:00pm-SILVER SNEAKERS w/Angel'a 1pm-Fitness w/Freeman (Ab Workout) w/Angel'a w/Angel'a Saturday 7-28-18 2-6pm-The Peak Table Games 1pm-Afternoon Fitness w/Valerie 2pm-SILVER SNEAKERS w/Angel'a 2-6pm-The Peak Table Games 8am-Wake Up & Walk DVD 1-3pm-Bridge 3-6pm Peak Table Games 5-6pm-Line Dancing w/Sheila 2-6pm-The Peak Table Games 5-6pm-Sign Language w/Marsha 9am-Silver Sneakers/Angel'a 6-7pm-Nighttime Cardio DVD 6-7pm-Two Stepping w/Marvin 6-7pm- Fitness DVD 6-7pm-Line Dance w/Bonnita 10am-Boom Move It! The Wellness Center 31) **8am-**Wake Up & WALK! Schedule Changes 30) 8am-Wake Up & Walk! Texas A&M AgriLife Self Defense w/Kenneth & Carolyn Lyons, LVN 9am-Strength Training w/Freeman **Extension Services** 9am-Fitness w/Freeman Gerald will change Monday & Wednesday 9am-Silver Sneakers Chair W/Angel'a 10am-Line Dance w/Sheila days and location 9am-1pm 10-10:45am-Tai Chi 11am-ZUMBA w/Valerie The class will be held on the **Blood Pressure & Diabetes Testing** Tai Chi for Arthritis w/Courtney & 12PM -Yoga w/Diana 2nd & 4th Tuesday in the **Nutrition w/Krystal** w/Courtney & ****** 1pm-Fitness w/Freeman Peak Multi-purpose Room 11am-Greater Works Bible Study **Nutrition w/Krystal Coming in September!** (Flexibility) from 10-11AM 2&3pm-SILVER SNEAKERS & 11am-Chair Fit w/Freeman 3-Week Evidence Based • 5th Tuesday Schedule will vary • 1st & 3rd Tuesdays Body Pump w/Angel'a 12:00pm-SILVER SNEAKERS w/Angel'a Tai Chi for Arthritis will be on **Memory Class** 9:30-10am Practice 2-6pm-The Peak Table Games 1pm-Afternoon Fitness w/Valerie the 1st & 3rd Tuesday in the Peak Presenter: Dianne Gertson 10-10:45am-Class 5-6pm-Line Dancing w/Sheila 1-3pm-Bridge 3-6pm Peak Table Games Multi-purpose Room **Texas A&M AgriLife Extension Services** 6-7pm-Nighttime Cardio DVD (See Ad) \longrightarrow 6-7pm- Fitness DVD 8-6 · 8-13 · 8-20 · 11AM

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