

PLEASE SIGN IN DAILY-THANKS!

Reminder!

Houston Food Bank Truck & Resource Fair

Sponsored by: United Healthcare

TUESDAY, JULY 3rd

9AM-12PM

Schedule Alert

Yoga with Diana starts on July 9th at Noon
MONDAY

2018 Fort Bend Senior Expo & Health Fair

Speakers/Entertainment
Light Lunch/Giveaways

July 27th 9AM – 2PM

Grand Prize: Large Screen TV
No Morning/Afternoon classes in the Auditorium

TUESDAY

The PINNACLE

Senior Center of Fort Bend County

July 2018

Happy Independence Day!
5525-C Hobby Rd.
Houston, TX 77053

M-F 7:30am-7:30pm Sat. 8-11am

WEDNESDAY

“DO WELL BE WELL DIABETES CLASS”

Thursday, July 19th
Thursday, August 16th

6 Week program completed in 5 sessions

Sponsored by: Texas A&M AgriLife Extension Services
Instructor: Diane Gertson

Time: 11AM

Sign up early as space is limited

THURSDAY

•EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila
6-7pm –Fitness DVD

Tuesday-6-7pm-Nighttime Cardio DVD

Wednesday- 6-7pm Line Dance w/Bonita

1st Thursday-6-7pm Open-No Class

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

Two Stepping w/Marvin

Friday-6-7pm- Fitness DVD

FRIDAY/SATURDAY

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

8am-1pm - Market Place Monday

9am-Fitness w/Freeman

10am-Line Dance w/Sheila

11am-ZUMBA w/Valerie

12PM -Yoga w/Diana starts 7-9

1pm-Fitness w/Freeman
(Flexibility)

2&3pm- SILVER SNEAKERS/Body Pump
w/Angel'a

2-6pm-The Peak Table Games

5-6pm-Line Dancing w/Sheila

6-7pm- Fitness DVD

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

9AM-Noon-Houston Food Bank

9am-Strength Training w/Freeman

9am- Silver Sneakers Chair w/Angel'a

9:30am-Tai Chi for Arthritis Practice

10-10:45am-Tai Chi

w/Courtney & Nutrition w/Krystal

11am- Greater Works Bible Study

11am-Chair Fit w/Freeman

12:00pm- SILVER SNEAKERS w/Angel'a

1pm-Afternoon Fitness w/Valerie

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

6-7pm-Nighttime Cardio DVD

4) **Fort Bend County**

Holiday

The Pinnacle

Senior Center will be closed in observance of the 4th of July Holiday



The Food Bank Truck is on Tuesday the 3rd in lieu of the holiday



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

9am-Functional Fitness/Freeman

10am-Intro to Microsoft Word

Library Programming

10:30am -Chair Fit w/Freeman

11am-Noon-No Healthy Eating

w/Deanne in July & August

11:30am-SILVER SNEAKERS

w/Angel'a

2pm- SILVER SNEAKERS w/Angel'a

2-6pm-The Peak Table Games

5-6pm-Sign Language w/Marsha

6-7pm-Vacant-No Class

6) **8am- Wake Up & WALK!**

9am-Freeman's Fitness Friday

9am-Sewing w/Lula

10am-SILVER SNEAKERS w/Angel'a

11am-Fella's Let's Get Fit

12-2pm-Wild & Woolly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

Saturday 7-7-18

8am-Wake Up & Walk DVD

9am-Silver Sneakers Circuit & Body Pump w/Angel'a

10am-Boom Move It!

9) **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- SILVER SNEAKERS/Body Pump
w/Angel'a

2-6pm-The Peak Table Games

6-7:15PM HOA Meeting (Peak)

5pm-Line Dancing w/Sheila

6-7pm-Fitness DVD

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

9am-Strength Training w/Freeman

9am- Silver Sneakers Chair w/Angel'a

10am- Self-Defense w/Kenneth & Grand Master Gerald

11am- Greater Works Bible Study

11am-Chair Fit w/Freeman

12:00pm- SILVER SNEAKERS w/Angel'a

1pm-Afternoon Fitness w/Valerie

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

6-7pm-Nighttime Cardio DVD

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

9am- Fitness w/Freeman

9-11am-Ping Pong Open Play

10am-ZUMBA w/Valerie

11am- Two Stepping w/Marvin

12-1pm-Line Dancing w/Faye

12-2pm- Wild & Woolly Women

1pm-Fitness w/Freeman

(Ab Workout)

2pm-SILVER SNEAKERS w/Angel'a

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonita

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

9am-Functional Fitness/Freeman

10am-Legal Resources

Library Programming

10:30am -Chair Fit w/Freeman

11:30am-SILVER SNEAKERS

w/Angel'a

2pm- SILVER SNEAKERS

w/Angel'a

2-6pm-The Peak Table Games

5-6pm-Sign Language w/Marsha

6-7pm-Two Stepping w/Marvin

13) **8am- Wake Up & WALK!**

9am-Freeman's Fitness Friday

9am-Sewing w/Lula

10am-SILVER SNEAKERS

w/Angel'a

11am-Fella's Let's Get Fit

12-2pm-Wild & Woolly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

Saturday 7-14-18

8am-Wake Up & Walk DVD

9am-Silver Sneakers/Angel'a

10am-Boom Move It!

Schedule Subject to Change
please call: 832-471-2765

Especially inclement weather days

The Healthy Eating Class
w/Deanne is
Canceled for July & August

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

BINGO w/Angelia & Amerigroup
July 20th 11AM The Peak

Visit us online at:

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

16) 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- SILVER SNEAKERS/Body Pump w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- Fitness DVD

23) 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- SILVER SNEAKERS/Body Pump w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- Fitness DVD

30) 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- SILVER SNEAKERS & Body Pump w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- Fitness DVD

17) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am- Silver Sneakers Chair w/Angel'a
9:30am-Tai Chi for Arthritis Practice
10-10:45am-Tai Chi w/Courtney & Nutrition w/Krystal
11am- Greater Works Bible Study
11am-Chair Fit w/Freeman
12:00pm-SILVER SNEAKERS w/Angel'a
1pm- Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD

24) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am- Silver Sneakers Chair w/Angel'a
10am- Self-Defense w/Kenneth & Grand Master Gerald The Peak
11am- Greater Works Bible Study
11am-Chair Fit w/Freeman
12:00pm-SILVER SNEAKERS w/Angel'a
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD

31) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am- Silver Sneakers Chair w/Angel'a
10-10:45am-Tai Chi w/Courtney & Nutrition w/Krystal
11am-Greater Works Bible Study
11am-Chair Fit w/Freeman
12:00pm-SILVER SNEAKERS w/Angel'a
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD

18) 8am- Wake Up & WALK!
9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am- ZUMBA w/Valerie
11am-Two Stepping w/Marvin
12-1pm-Line Dancing w/Faye
12-2pm-Wild & Woolly Women
1pm-Fitness w/Freeman (Ab Workout)
2pm- SILVER SNEAKERS w/Angel'a
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonni

25) 8am- Wake Up & WALK!
9am- Fitness w/Freeman
9-11am-Ping Pong Open Play
10am-ZUMBA w/Valerie
11am- Two Stepping w/Marvin
12-1pm-Line Dancing w/Faye
July Birthday Celebration @Noon
12-2pm-Wild & Woolly Women
1pm-Fitness w/Freeman (Ab Workout)
2pm- SILVER SNEAKERS w/Angel'a
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonni

Schedule Changes
 Self Defense w/Kenneth & Gerald will change days and location
 The class will be held on the 2nd & 4th Tuesday in the Peak Multi-purpose Room from 10-11AM
 • 5th Tuesday Schedule will vary •
 Tai Chi for Arthritis will be on the 1st & 3rd Tuesday in the Peak Multi-purpose Room
 (See Ad) →

19) 8am-Wake Up & WALK!
9am-Functional Fitness w/Freeman
10am-**Couponing Library Programming**
10:30am-Chair Fit w/Freeman
11am-**Diabetes Class (Week 1)**
11:30am- SILVER SNEAKERS w/Angel'a
2pm- SILVER SNEAKERS w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

26) 8am-Wake Up & WALK!
9am-Functional Fitness w/Freeman
10am-**Craft Library Programming**
10:30am-Chair Fit w/Freeman
11am-**Diabetes Class (Week 2)**
11:30am- SILVER SNEAKERS w/Angel'a
2pm- SILVER SNEAKERS w/Angel'a
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin


The Wellness Center
Carolyn Lyons, LVN
 Monday & Wednesday
 9am-1pm
 Blood Pressure & Diabetes Testing

Coming in September!
 3-Week Evidence Based
Memory Class
 Presenter: Dianne Gertson
 Texas A&M Agrilife Extension Services
8-6 • 8-13 • 8-20 • 11AM

20) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
9am-Sewing w/Lula
10am- SILVER SNEAKERS w/Angel'a
11am-Fella's Let's Get Fit/BINGO
12-2pm-Wild & Woolly Women
12-3pm- Red Hat Society
3-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 7-21-18
 8am-Wake Up & Walk DVD
 9am-Silver Sneakers/Angel'a
 10am-Boom Move It!

27) **9AM - 2PM**
2018 Fort Bend Senior Expo & Health Fair

12-2pm-Wild & Woolly Women
12-3pm- Red Hat Society
3-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 7-28-18
 8am-Wake Up & Walk DVD
 9am-Silver Sneakers/Angel'a
 10am-Boom Move It!

Texas A&M Agrilife Extension Services

 Tai Chi for Arthritis w/Courtney & Nutrition w/Krystal
1st & 3rd Tuesdays
9:30-10am Practice
10-10:45am-Class

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