

APRIL 2022





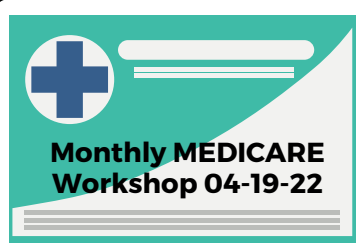
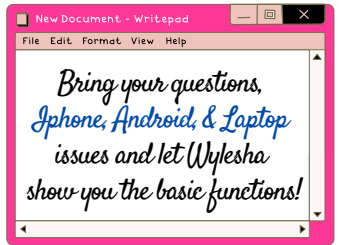


The PINNACLE Senior Center of Fort Bend County

5525-C Hobby Road • Houston, Texas 77053
Mon-Fri: 7:30a-4:30p • Phone: 832-471-2765

Schedule Subject to Change. Please call: 832-471-2765

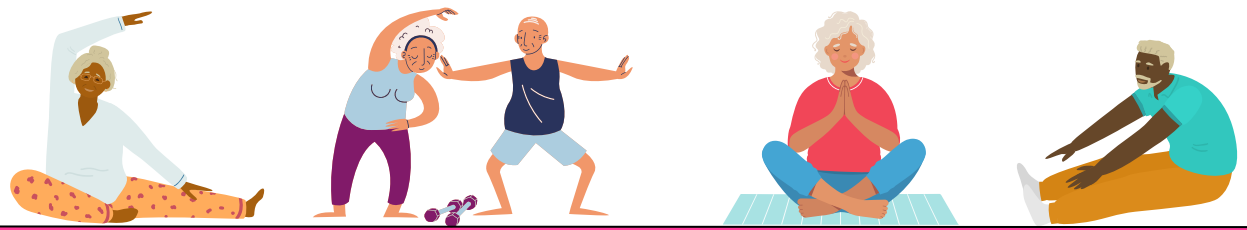
Especially inclement weather days


www.fbchhs.org/about-us/programs-projects/pinnacle-senior-center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The POOL is open daily 9am-2pm</p>  <p>Aqua Zumba™ w/Carla Tues: 12:15PM Fri: 11AM Classes resume April 19th</p> <p>Silver Sneakers Water Aerobics M-W-Th 11am Yoga --Noon</p>	<p>NEW CLASS!!</p>  <p>Please join Techie Tuesday's w/Wylesha EVERY 1st Tues. of the month. Classes start April 5th @ 10am</p> <p>(More info in box below)</p>	 <p>Please sign in daily... THANKS!</p>	<p>The Pinnacle Senior Center WILL BE CLOSED April 15th ***Good Friday Holiday***</p>	<p>Join Amerigroup & Angelia April 8th at 11am</p> 
 <p>Monthly MEDICARE Workshop 04-19-22</p> <p>Every 3rd Tuesday @ 10AM w/Karina Villela, Benefits Counselor II H-GAC Houston-Galveston Area Council</p>	<p>Wylesha is a software engineering specialist having worked w/the NBA, Sports Illustrated and Cartoon Network.</p>  <p>Bring your questions, Iphone, Android, & Laptop issues and let Wylesha show you the basic functions!</p>	<p>Eat Smart, Live Strong</p>  <p>NEW 4-Week Course!! April 5th, 12th, 26th & May 3rd @ 10AM</p> <p>Join Erica Knighton Prairie View A&M University Cooperative Extension Program Fort Bend County, Family & Community Health Agent</p>	<p>Thanks to Suburban Houston-Fort Bend Alumnae Chapter of Delta Sigma Theta Sorority, Inc.</p> <p>APRIL is FINANCIAL LITERACY MONTH</p>  <p>Financial Literacy Packets Are Available. Pick your copy up TODAY! The packets include the MONEY SMART for Older Adults Resource Guide, a QR Code to access the virtual webinar and a bookmark to help you access information on SCAMS + a complimentary magnifier!</p>	<p>1</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open</p>
<p>4</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Sandi 3pm Line Dance w/Sheila 1-4pm MultiPurpose Room open</p>	<p>5</p> <p>8am Wake Up & Walk 9am Strength Training 10am EAT SMART, LIVE STRONG 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open</p>	<p>6</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open</p>	<p>7</p> <p>8am Wake Up & Walk 9am Functional Fitness 9am Healthy Eating w/Deanne 10am Mixxed Fit w/AnJonee 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open</p>	<p>8</p> <p>8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 11am BINGO w/Angelia 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open</p>

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

APRIL 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Sandi 3pm Line Dance w/Sheila 1-4pm MultiPurpose Room open	12 8am Wake Up & Walk 9am Strength Training 10am EAT SMART, LIVE STRONG 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open	13 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open	14 8am Wake Up & Walk 9am Functional Fitness 10am Mixxed Fit w/AnJonee 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open	15 <i>Fort Bend</i> COUNTY HOLIDAY The PINNACLE Senior Center will be CLOSED in observance of 
18 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Sandi 3pm Line Dance w/Sheila 1-4pm MultiPurpose Room open	19 8am Wake Up & Walk 9am Strength Training 10am MEDICARE Workshop 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open	20 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open	21 8am Wake Up & Walk 9am Functional Fitness 10am Mixxed Fit w/AnJonee 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open	22 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open
25 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit w/LaTija 12pm ZUMBA w/Sandi 3pm Line Dance w/Sheila 1-4pm MultiPurpose Room open	26 8am Wake Up & Walk 9am Strength Training 10am EAT SMART, LIVE STRONG 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open	27 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 10:45am BirthDay Celebration 11am Chair Fit w/LaTija 12pm Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open	28 8am Wake Up & Walk 9am Functional Fitness 10am Mixxed Fit w/AnJonee 11am Chair Fit w/LaTija 1pm Fitness w/LaTija 1-4pm MultiPurpose Room open	29 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open

Ask about the Monthly e-Blast, for more information on programs at the Pinnacle!

Visit us online at: www.fortbendcountytexas.gov under Departments/Health & Human Services