

August 2022

The PINNACLE Senior Center of Fort Bend County



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A Taste of African American Heritage August 2nd & 9th 11AM Join Erica for the last two sessions</p>	<p>Snow Cone Social August 1st 10AM-Noon</p>  <p>Sponsored by: Andre Woods Dedicated Senior Medical Center</p>	<p>New Classes w/LaTija Tuesday 1pm- "CHAIR" Breathe & Stretch Thursday 1pm- "FLOOR" Breathe & Stretch</p>	<p>Fellas Let's Get Fit is on Wednesdays at 12pm & Fridays at 10am Beginner's Two-Stepping w/Marvin moves to the Multipurpose Room at Noon</p>	 <p>JOIN AMERIGROUP & ANGELIA AUGUST 26TH 11AM</p>
<p>1 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 MP Room Open</p>	<p>2 8am Wake Up & Walk 9am Strength Training 10am Techie Tuesday w/Wylesha 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Chair Breathe & Stretch w/LaTija 1-4pm- MP Room Open</p>	<p>3 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>4 8am Wake Up & Walk 9am Strength Training 10am Library Program- Mason Jar Pickling 11am Healthy Eating/Deanna 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>5 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 MP Room Open</p>
<p>8 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 MP Room Open</p>	<p>9 8am Wake Up & Walk 9am Strength Training 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm- Chair Breathe & Stretch w/LaTija 1-4pm MP Room Open</p>	<p>10 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm-Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>11 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft- Geometric Designs using rice flour 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>12 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 MP Room Open</p>

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

"Especially inclement weather days"

<p>15 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 MP Room Open</p>	<p>16 8am Wake Up & Walk 9am Strength Training 10am Mixxed Fit w/AnJonee 10am Medicare w/Karina 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Chair Breathe & Stretch w/LaTija 1-4pm MP Room Open</p>	<p>17 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>18 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft- Painted Butterfly Flower Pots 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>19 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 MP Room Open</p>
<p>22 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 MP Room Open</p>	<p>23 8am Wake Up & Walk 9am Strength Training 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm- Chair Breathe & Stretch w/LaTija 1-4pm MP Room Open</p>	<p>24 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>25 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft: Coloring Sheet Origami 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>26 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 MP Room Open</p>
<p>29 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 MP Room Open</p>	<p>30 8am Wake Up & Walk 9am Strength Training 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm- Chair Breathe & Stretch w/LaTija 1-4pm MP Room Open</p>	<p>31 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 10:45-BIRTHDAY CELEBRATION 11am Chair Fit w/LaTija 12pm Fellas Let's Get Fit 12pm Beginners Two-Stepping w/Marvin 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>Medicare Health Insurance w/Karina August 16th 10AM</p>  <p>Get prepared for Open Enrollment!</p>	<p>Celebrate National Senior Citizens Day August 21st</p>  <p>Go out and do something special in celebration of you!</p>



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

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

Please sign in daily! Ask about our monthly e-Blast!

Legend: MP-Multipurpose Room

