

MAY 2022

Schedule Subject to Change.

Please call: 832-471-2765

Especially inclement weather days

Please sign in daily...
THANKS!

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

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

Happy Mother's Day!!



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MONDAY

The POOL is open daily 9am-2pm



Aqua Zumba™ w/Carla

Tues: 12:15PM Fri: 11AM

Silver Sneakers (M-W-Th)

Water Aerobics: 11am

Yoga: 12pm

TUESDAY



Please join

TECHIE TUESDAY

w/Wylesha

EVERY 1st Tuesday of the month
Class Date: May 3rd @ 10am

WEDNESDAY

**CITY/SCHOOL/MUD
ELECTION**
SATURDAY, MAY 7TH
7AM-7PM



FOR THE MONTH OF MAY...

Rep Your School, Cause, Family or
Organization by wearing hats, tee shirts,
or whatever you want to share what makes
you happy and brings pride & awareness!

THURSDAY



STAP
**SPECIALIZED
TELECOMMUNICATIONS
ASSISTANCE PROGRAM**

Free Phones & Tablets Sign Up...
You must qualify!

Friday, May 6th @ 10am



The Center for Audiology will be here

Tuesday, May 17th 10-11:30am

5 Keys to hear your best w/ Belinda Ritchie

FRIDAY

**National Senior
Health & Fitness Day**
May 25th!



Details to come for how we will
celebrate this day! It will be fun!

2

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

3

8am Wake Up & Walk
9am Strength Training
10am EAT SMART - LIVE STRONG
10am Techie Tues. w/Wylesha
10am Mixed Fit w/AnJonee
11am Greater Works Bible Study
11am Chair Fit w/LaTija
1-3pm Bridge
1pm Breathe & Stretch w/LaTija
1-4pm MultiPurpose Room open

4

8am Wake Up & Walk
9am Fitness w/LaTija
10am Line Dance w/Faye
11am Chair Fit w/LaTija
12pm VACANT
12-2pm Wild & Wooly Women
1-4pm MultiPurpose Room open

5

8am Wake Up & Walk
9am Functional Fitness
9am Healthy Eating w/Deanne
10am Mixed Fit w/AnJonee
11am Chair Fit w/LaTija
1pm Breathe & Stretch w/LaTija
1-4pm MultiPurpose Room open

6

8am Wake Up & Walk
9am Fitness w/LaTija
9am Sewl Sister's
10am STAP Free Phones
10am Fellas, Let's Get Fit
11am Chair Fit w/LaTija
12-2pm Wild & Wooly Women
1-4pm MultiPurpose Room open

Happy Mother's Day
Weekend!!

9

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

10

8am Wake Up & Walk
9am Strength Training
10am Mixed Fit w/AnJonee
11am Greater Works Bible Study
11am Chair Fit w/LaTija
1-3pm Bridge
1pm Breathe & Stretch w/LaTija
1-4pm MultiPurpose Room open

11

8am Wake Up & Walk
9am Fitness w/LaTija
10am Line Dance w/Faye
11am Chair Fit w/LaTija
12pm VACANT
12-2pm Wild & Wooly Women
1-4pm MultiPurpose Room open

12

8am Wake Up & Walk
9am Functional Fitness
10am Mixed Fit w/AnJonee
11am Chair Fit w/LaTija
1pm Breathe & Stretch w/LaTija
1-4pm MultiPurpose Room open

13

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

MAY 2022

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 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	17 8am Wake Up & Walk 9am Strength Training 10am MEDICARE Workshop 10am Audiology Workshop 10am Mixxed Fit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit w/LaTija 1-3pm Bridge 1pm Breathe & Stretch w/LaTija 1-4pm MultiPurpose Room open	18 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm VACANT 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open	19 8am Wake Up & Walk 9am Functional Fitness 10am Mixxed Fit w/AnJonee 11am Chair Fit w/LaTija 1pm Breathe & Stretch w/LaTija 1-4pm MultiPurpose Room open	20 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
23 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	24 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 Breathe & Stretch w/LaTija 1-4pm MultiPurpose Room open	25 <i>National Senior Health & Fitness Day</i> 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 10:45am Birthday Celebration 11am Chair Fit w/LaTija 12pm VACANT 12-2pm Wild & Wooly Women 1-4pm MultiPurpose Room open	26 8am Wake Up & Walk 9am Functional Fitness 10am Mixxed Fit w/AnJonee 11am Chair Fit w/LaTija 1pm Breathe & Stretch w/LaTija 1-4pm MultiPurpose Room open	27 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
30 <i>Fort Bend</i> COUNTY HOLIDAY  The PINNACLE Senior Center will be CLOSED in observance of	31 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 Breathe & Stretch w/LaTija 1-4pm MultiPurpose Room open	Join Amerigroup & Angelia May 13th at 11am 	 Monthly MEDICARE Workshop 05-17-22 Every 3rd Tuesday @ 10AM w/Karina Villela Benefits Counselor II H-GAC Houston-Galveston Area Council	Eat Smart • Live Strong May 3rd @ 10AM  Join Erica Knighton Prairie View A&M University Cooperative Extension Program Fort Bend County, Family & Community Health Agent

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