


October 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>Medical Health Insurance w/Karina It's Open Enrollment time! October 18th - 10AM Inquire w/Karina for individual sessions after class</p>	<p>Fort Bend County Health & Human Services Flu & Covid 19 shots  @ The Pinnacle 10-3 • 10-10 • 10-24 • 10-31 9AM-12PM</p>	<p>Houston Food Bank Senior Box October 14th 9-11AM For info call: 832-369-9390 or see the front desk You Must Register! houstonfoodbank</p>	<p>A Taste of Latin American Heritage Learn how to shop and prepare healthy plant-based foods w/Erica Knighton Prairie View A&M University Cooperative Extension Program October 5th, 12th, 19th, 26th November 2nd & 9th 11AM</p>	<p>FREE PHONES/TABLETS & other helpful devices ATU-Assistive Technology Unlimited & Rodney Hamilton October 14th 10AM</p>
<p>3 Flu Clinic 9-Noon 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 Voter Registration Today Only 10am-12pm</p>	<p>4 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>5 11am Taste of Latin America 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>6 8am Wake Up & Walk 9am Strength Training 10am Library Program :Craft Macramé Ghosts 11am Healthy Eating/Deanne 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open </p>	<p>7 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am BINGO w/Angelia 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>10 Flu Clinic 9-Noon 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>11 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>12 11am Taste of Latin America 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>13 Breast Cancer Awareness Event - Brentwood Baptist Church 1pm 8am Wake Up & Walk 9am Strength Training 10am Library Program- Technology - Computers 101 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p>	<p>14 PINK OUT DAY! Free Phones 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-1pm Free Style Friday 12-2pm Wild & Wooly Women 1-4pm MP Room Open FOOD BANK SENIOR BOX DAY</p>

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

"Especially inclement weather days"

<p>17 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>18 8am Wake Up & Walk 9am Strength Training 10am Medicare w/Karina 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>19 11am Taste of Latin America 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>20 8am Wake Up & Walk 9am Strength Training 10am Library Program- Craft - Fall Mason Jars 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p> 	<p>21 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 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>24 Flu Clinic 9-Noon 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>25 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>26 11am Taste of Latin America 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>27 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft Board Games 11am Chair Fit w/LaTija & 1pm Floor Breathe & Stretch 1-4pm MP Room Open</p> 	<p>28 8am Wake Up & Walk 9am Fitness w/LaTija 9am Sewl Sister's 9-11am City of Houston Area Agency on Aging Event 10am Fellas, Let's Get Fit 11am Chair Fit w/LaTija 12-2pm Wild & Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>31 Flu Clinic 9-Noon 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>Creating Brighter Futures One Campaigner at a Time Talk w/Sabrina Noble w/WSB Insurance to start a conversation about not having life insurance October 3rd 9-11AM 10-10 • 10-17 • 10-24 • 10-31 sabrinanoblewfg@gmail.com</p>	<p>The City of Houston Area Agency on Aging will be here at the Pinnacle October 28th 9-11AM to assist patrons with face-to-face appointments w/Benefit Counselors</p>	<p>Beauty From the Inside Out Breast Cancer Awareness Event Invite October 13th 1PM Lifelong Learning Center Brentwood Church Campus See flyer to register or email: NBlichouston@gmail.com</p>	 <p>W/ANGELIA & AMERIGROUP OCTOBER 7TH 11AM</p>

<https://www.fortbendcountytexas.gov/government/departments/health-and-human-services/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!

Legend: MP- Multipurpose Room

Ask about our monthly e-Blast!