

November 2023



The PINNACLE Senior Center of Fort Bend County



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Techie Tuesday w/Wylesha November 7th • 10AM</p> <p>Cancelled this month!</p>	<p>Medical Health Insurance w/Karina November 21st • 10AM</p> <p>.....</p> <p>2023 Open Enrollment October 15th through December 7th 2023</p>	<p>Election Day! The Pinnacle will serve as a Voting Site on November 7th 7am until 7pm</p>	<p>Congrats to LaTija & Freeman on their new endeavors!</p> <p><i>Thank you</i> </p> <p><i>Details to come on classes for the remainder of November/December</i></p>	<p>B I N G O</p> <p>w/Constable Daryl Smith, Sr. 11/17/23 • 11am Games • Prizes • Snacks</p>
<p>Holiday MarketPLACE Marketplace Monday's November/December 2023 Holidays Patronize your fellow patrons for gifts this season!</p> <p>It's not too late to sign up! See you at the MartketPlace!</p>	<p>Thanks to all who gave to the HCIL Food Drive!</p> <p><i>Thank you!</i></p> <p>Pinnacle Patrons are PRICELESS!</p>	<p>1 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija 12pm ZUMBA w/Shanna NEW! 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>2 8am Wake Up & Walk 9am Strength Training 10am Library Program-Tech Mindfulness Apps 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p>3 Things are Pop'n 8am Wake Up & Walk 9am Fitness w/LaTija 9am No Sew'l 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 Single Mingle 4-7pm Pre-paid event</p>
<p>6 7:45am Fit & Strong w/Shanna 8am Wake Up & Walk 9am Fitness 10am Line Dance w/Sheila 11am Chair Fit 12pm ZUMBA w/Shanna NEW! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>7 ELECTION DAY 7am-7pm 8am Wake Up & Walk 9am Strength Training 10am MixedFit w/AnJonee ALL CLASSES IN MPR ARE CANCELLED! 11am Greater Works Bible Study 11am Chair Fit 1-3pm Bridge 1pm Flexibility 1-4pm MP Room Open</p>	<p>8 8am Wake Up & Walk 9am Fitness 10am Line Dance w/Faye 11am Chair Fit 12pm ZUMBA w/Shanna NEW! 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>9 8am Wake Up & Walk 9am Strength Training 10am Library Program-Craft DIY Bookmarks & Envelopes 11am Chair Fit 1pm Abs Workout 1-4pm MP Room Open</p>	<p>10 Fort Bend County Holiday The Pinnacle Senior Center will be CLOSED in observance of the Veteran's Day holiday</p>

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

"Especially inclement weather days"

<p>13 7:45am Fit & Strong w/Shanna 8am Wake Up & Walk 9am Fitness 10am Line Dance w/Sheila 11am Chair Fit 12pm ZUMBA w/Shanna NEW! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>14 8am Wake Up & Walk 9am Strength Training 10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit 1-3pm Bridge 1pm Flexibility w/LaTija 1-4pm MP Room Open</p>	<p>15 8am Wake Up & Walk 9am Fitness 10am Line Dance w/Faye 11am Chair Fit 12pm Fellas Let's Get Fit 12pm ZUMBA w/Shanna NEW! 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>16 8am Wake Up & Walk 9am Strength Training 10am Library Program-Tech Smart Online Shopping 11am Chair Fit 1pm Abs Workout 1-4pm MP Room Open</p>	<p>17 8am Wake Up & Walk 9am Fitness 9am Sew'l Sister's 10am Fellas, Let's Get Fit 11am Chair Fit 12-2pm Wild & Wooly Women 12-3pm Red Hat Society MPR 12-1pm Free Style Friday 1-4pm MP Room Open</p>
<p>20 7:45am Fit & Strong w/Shanna 8am Wake Up & Walk 9am Fitness 10am Line Dance w/Sheila 11am Chair Fit 12pm ZUMBA w/Shanna NEW! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>21 Medicare w/Karina 10am 8am Wake Up & Walk 9am Strength Training 10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit 1-3pm Bridge 1pm Flexibility 1-4pm MP Room Open</p>	<p>22 8am Wake Up & Walk 9am Fitness 10am Line Dance w/Faye 11am Chair Fit 12pm ZUMBA w/Shanna NEW! 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>23 Fort Bend County Holiday The Pinnacle Senior Center will be CLOSED in observance of the Thanksgiving Day holiday</p> 	<p>24 Fort Bend County Holiday The Pinnacle Senior Center will be CLOSED in observance of the Thanksgiving Day holiday</p> 
<p>27 7:45am Fit & Strong w/Shanna 8am Wake Up & Walk 9am Fitness w/LaTija 10am Line Dance w/Sheila 11am Chair Fit 12pm ZUMBA w/Shanna NEW! 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p>28 8am Wake Up & Walk 9am Strength Training 10am MixxedFit w/AnJonee 11am Greater Works Bible Study 11am Chair Fit 1-3pm Bridge 1pm Flexibility 1-4pm MP Room Open</p>	<p>29 8am Wake Up & Walk 9am Fitness 10am Line Dance w/Faye 10:45 BIRTHDAY CELEBRATION 11am Chair Fit 12pm ZUMBA w/Shanna NEW! 12pm Fellas Let's Get Fit 12-2pm Wild & Wooly Women 1-4pm MP Room Open</p>	<p>30 8am Wake Up & Walk 9am Strength Training 10am Library Program-Tech Social Media Basics 11am Chair Fit 1pm Abs Workout 1-4pm MP Room Open</p>	<p>New Classes Mondays •7:45 - 8:30am Fit & Strong w/Shanna Silver Sneakers or \$2 per class Wednesdays •12pm until 12:50pm Zumba w/Shanna Silver Sneakers or \$2 per class</p>

To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver
Please sign in daily! Legend: MPR- Multipurpose Room **Ask about our monthly e-Blast!**
PLEASE SUPPORT OUR VOLUNTEER SPONSORED CLASSES W/A DONATION!!!