

# 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><b>Techie Tuesday</b> w/Wylesha November 7<sup>th</sup> - 10AM</p> <p>Cancelled this month!</p>	<p><b>Medical Health Insurance w/Karina</b> November 21<sup>st</sup> - 10AM</p> <p>.....</p> <p>2023 Open Enrollment October 15<sup>th</sup> through December 7<sup>th</sup> 2023</p>	<p><b>Election Day!</b> The Pinnacle will serve as a Voting Site on November 7<sup>th</sup> 7am until 7pm</p>	<p><b>Congrats to LaTija &amp; Freeman</b> 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>B I N G O</b></p> <p>w/Constable <b>Daryl Smith, Sr.</b> <b>11/17/23 - 11am</b> Games ▪ Prizes ▪ Snacks</p>
<p><b>Holiday MarketPLACE</b>  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><b>Thanks to all who gave to the HCIL Food Drive!</b></p> <p><i>Thank you!</i></p> <p><b>Pinnacle Patrons are PRICELESS!</b></p>	<p><b>1</b> 8am Wake Up &amp; Walk 9am Fitness w/LaTija 10am Line Dance w/Faye 11am Chair Fit w/LaTija <b>12pm ZUMBA w/Shanna NEW!</b> 12pm Fellas Let's Get Fit 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>2</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program-Tech Mindfulness Apps</b> 11am Chair Fit w/LaTija 1pm Abs Workout w/LaTija 1-4pm MP Room Open</p>	<p><b>3 Things are Pop'n</b> 8am Wake Up &amp; 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 &amp; Wooly Women 12-1pm Free Style Friday 1-4pm MP Room Open <b>Single Mingle 4-7pm Pre-paid event</b></p>
<p><b>6</b> <b>7:45am Fit &amp; Strong w/Shanna</b> 8am Wake Up &amp; Walk 9am Fitness 10am Line Dance w/Sheila 11am Chair Fit <b>12pm ZUMBA w/Shanna NEW!</b> 3pm Line Dance w/Sheila 1-4pm MP Room Open</p>	<p><b>7 ELECTION DAY 7am-7pm</b> 8am Wake Up &amp; 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><b>8</b> 8am Wake Up &amp; Walk 9am Fitness 10am Line Dance w/Faye 11am Chair Fit <b>12pm ZUMBA w/Shanna NEW!</b> 12-2pm Wild &amp; Wooly Women 1-4pm MP Room Open</p>	<p><b>9</b> 8am Wake Up &amp; Walk 9am Strength Training <b>10am Library Program-Craft DIY Bookmarks &amp; Envelopes</b> 11am Chair Fit 1pm Abs Workout 1-4pm MP Room Open</p>	<p><b>10 Fort Bend County Holiday</b> <b>The Pinnacle Senior Center will be CLOSED</b> in observance of the <b>Veteran's Day holiday</b></p>

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

"Especially inclement weather days"

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