

<p><b>PLEASE SIGN IN DAILY-THANKS!</b></p> <p><b>On Tuesday, Dec. 6th</b>  South Texas Dental will hold a Food/Resource Fair at the PINNACLE from <b>9AM-12PM</b>  The Houston Food Bank will be on hand distributing food.  <b>Please bring your own bags.</b>  See flyers for more information  <b>MONDAY</b></p>	<p><i>Always Best Home Care will sponsor an</i>  <b>"Ice Cream Social"</b></p>  <p><b>On December 13<sup>th</sup> 11AM-Noon "The Peak"</b>  <b>You must sign-up!</b>  <b>TUESDAY</b></p>	<p>The PINNACLE  Senior Center of Fort Bend County  <b>December 2016</b>  Happy Holidays!  <b>5525-C Hobby Rd. Houston, TX 77053</b>  <b>M-F 7:30am-7:30pm Sat. 8-11am</b>  <b>WEDNESDAY</b></p>	<p><b>1st &amp; 3rd Saturday Computer Classes w/Ethiopia Hattix</b>  From 9-10:45am <b>12-03 &amp; 12-17</b>  No Computer Servicing this month  .....  Senior "Tech Talk" Day Jan.7<sup>th</sup> sponsored by Jack &amp; Jill of America, Inc.  See Flyers to Sign Up!  <b>THURSDAY</b></p>	<p><b>•EVENING SCHEDULE•</b>  Monday-5-6pm Line Dance w/Sheila  6-7pm Nighttime Cardio DVD  Tuesday-6-7pm-Nighttime Cardio DVD  Wednesday- 6-7pm Line Dance w/Bonnie  1<sup>st</sup> Thursday-6-7pm Line Dance w/Faye  2nd, 3rd &amp; 4th Thursday 6-7pm  Two Stepping w/Marvin  Friday-6-7pm- Nighttime Cardio DVD  <b>FRIDAY/SATURDAY</b></p>
<p><i>Visit the Wellness Center</i></p> <p>Carolyn Lyons, LVN  Monday &amp; Wednesday  9am-4pm  Blood Pressure &amp; Diabetes Testing  .....  Mary McNeil, MS, CBC  Monday-Thursday  7:30am-4:30pm  Drop-Ins Welcome</p>	<p>Ensemble Theatre Trip  <b>"Mahalia"</b>  This highly acclaimed musical will be on <b>February 8<sup>th</sup> 10AM Matinee</b>  Tickets: \$15 and payable at the time you sign up</p>  <p>Don't Forget the Line Dance Toy Drive Party on the 12<sup>th</sup> 4-7PM</p>	<p><b>PINNACLE Toy Drive</b>  December 1<sup>st</sup>-12<sup>th</sup>  Please donate a toy for ages 1-12 years of age!  See boxes in the lobby  <b>Line Dance Toy Drive Party on the 12<sup>th</sup> from 4-7PM</b>  .....  <b>Market Day!!!</b>  December 12<sup>th</sup> 8AM-1PM  The Wild &amp; Woolly Women will host a Christmas Market Place to showcase and sell their handmade crochet &amp; knitting items.</p>	<p>1) <b>8am- Wake Up &amp; WALK!</b>  <b>9-10am- Functional Fitness w/Freeman</b>  <b>9-11am- Ping Pong Open Play</b>  <b>10am- No Classes in December Library Programming "The POINTE"</b>  .....  <b>10:30-11:30- Chair Fit w/Freeman</b>  <b>11:30am- Instructional Zumba DVD</b>  <b>1:30-5:30pm- The Peak Table Games</b>  <b>5-6pm- Sign Language w/Marsha "The Peak"</b>  <b>6-7pm- Line Dance w/Faye</b></p>	<p>2) <b>8am- Wake Up &amp; WALK!</b>  <b>9am- Freeman's Fitness Friday</b>  <b>10am- ZUMBA w/Valerie</b>  <b>11-1pm- Sewing w/Marcia Auditorium</b>  <b>12-2pm- Wild &amp; Woolly Women</b>  <b>1:30-5:30pm- The Peak Table Games</b>  <b>6-7pm- Nighttime Cardio DVD</b>  <b>Saturday 12-03-16</b>  <b>8am- Wake Up &amp; Walk DVD</b>  <b>9am- ZUMBA w/Valerie</b>  <b>9-10:45am Computer Class</b></p>
<p>5) <b>8am- Wake Up &amp; WALK!</b>  <b>8am- 1pm MarketPlace Monday</b>  <b>9am- Fitness w/Freeman</b>  <b>10am- Line Dance w/Sheila</b>  <b>11am- ZUMBA w/Valerie</b>  <b>1pm- Fitness w/Freeman (Flexibility)</b>  <b>1:30-5:30pm- The Peak Table Games</b>  <b>5-6pm- Line Dancing w/Sheila</b>  <b>6-7- pm- Nighttime Cardio DVD</b></p>	<p>6) <b>8am- Wake Up &amp; Walk!</b>  <b>9am- Strength Training w/Freeman</b>  <b>9am- Chair Fit DVD w/Freeman</b>  <b>10am- Self-Defense w/Kenneth &amp; GM Gerald</b>  <b>11am- Greater Works Bible Study TP</b>  <b>11am- Chair-Fit w/Freeman</b>  <b>12:00pm- Instructional Zumba DVD</b>  <b>1pm- Afternoon Fitness w/Valerie (CANCELLED UNTIL FURTHER NOTICE)</b>  <b>1-3pm- Bridge "The Peak"</b>  <b>6-7pm- Nighttime Cardio DVD</b></p>	<p>7) <b>8am- Wake Up &amp; WALK!</b>  <b>9am- Fitness w/Freeman</b>  <b>9-11am- Ping Pong w/Su Bao</b>  <b>10am- ZUMBA w/Valerie</b>  <b>11am- Two Stepping w/Kenneth &amp; Marvin</b>  <b>12-1pm- Line Dancing w/Faye</b>  <b>12-2pm- Wild &amp; Woolly Women</b>  <b>1pm- Fitness w/Freeman (Ab Workout)</b>  <b>1:30-5:30pm- The Peak Table Games</b>  <b>6-7pm- Line Dance w/Bonnie</b></p>	<p>8) <b>8am- Wake Up &amp; WALK!</b>  <b>9-10am- Functional Fitness w/Freeman</b>  <b>9-11am- Ping Pong Open Play</b>  <b>10am- No classes in December Library Programming "The POINTE"</b>  <b>10:30-11:30- Chair Fit w/Freeman</b>  <b>11AM- Noon- Paper Mache w/Veronica "The PEAK"</b>  <b>11:30am- Instructional Zumba DVD</b>  <b>1:30-5:30pm- The Peak Table Games</b>  <b>5-6pm- Sign Language w/Marsha "The Peak"</b>  <b>6-7pm- Two Stepping w/Marvin</b></p>	<p>9) <b>8am- Wake Up &amp; WALK!</b>  <b>9am- Freeman's Fitness Friday</b>  <b>10am- ZUMBA w/Valerie</b>  <b>11-1pm- Sewing w/Marcia Auditorium</b>  <b>12-2pm- Wild &amp; Woolly Women</b>  <b>1:30-5:30pm- The Peak Table Games</b>  <b>6-7pm- Nighttime Cardio DVD</b>  <b>Saturday 12-10-16</b>  <b>8am- Wake Up &amp; Walk DVD</b>  <b>9am- ZUMBA w/Valerie</b>  <b>9-10:45am Computer Class</b>  <b>8-10:45am MIB- True Light Lodge #9</b></p>
<p>Schedule Subject to Change, please call <b>832-471-2765</b>  Especially inclement weather days</p>	<p>Christmas Paper Mache w/Veronica  On December 8<sup>th</sup> from 11AM-Noon "The Peak"</p>	<p><b>ZUMBA w/Valerie will be on DVD until she returns - Please keep her in your prayers for a speedy recovery!</b>  We ♥ and Miss You Val!</p>	<p><b>NEW! - Instructional ZUMBA DVD Tuesdays &amp; Thursdays</b>  <b>Thanks CARLA!!! for 3 years of Faithful Volunteer Services</b></p>	<p>Continued on back →  Visit us online at: <a href="http://www.fortbendcountytexas.gov">www.fortbendcountytexas.gov</a>  under  Departments/Health &amp; Human Services</p>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

12) 8am-Wake Up & WALK!  
**Wild & Wooly Women Holiday Market Place 8AM-1PM**  
9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
1pm-Fitness w/Freeman (Flexibility)  
1:30-5:30pmThe Peak Table Games  
5:30-6:45Teacher Mentoring The POINTE  
4-7pm-Line Dancing w/Sheila  
**CHRISTMAS TOY DRIVE PARTY**  
 Everyone is invited to come out, donate a toy and have a holiday line dancing party!!!

13) 8am- Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am-Chair Fit DVD w/Freeman  
10am-Self Defense w/Kenneth & GM Gerald  
11am- Greater Works Bible Study TP  
**11AM-Noon-"Ice Cream Social"**  
11am-Chair-Fit w/Freeman  
12:00pm- Instructional Zumba DVD  
1pm-Afternoon Fitness w/Valerie  
**CANCELLED UNTIL FURTHER NOTICE**  
1-3pm- Bridge "The Peak"  
3-6:00pm- The Peak Table Games  
6-7pm-Nighttime Cardio DVD

14) 8am- Wake Up & WALK!  
9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am-ZUMBA w/Valerie  
11am-Two Stepping w/Marvin & Kenneth  
12-1pm-Line Dancing w/Faye  
12-2pm- Wild & Wooly Women  
1pm-Fitness w/Freeman (Ab Workout)  
1:30-5:30pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

15) 8am-Wake Up & WALK!  
9-10am-Functional Fitness w/Freeman  
9-11am- Ping Pong Open Play  
**10am-No classes in December Library Programming "The POINTE"**  
10:30-11:30-Chair Fit w/Freeman  
11:30am- Instructional Zumba DVD  
1:30-5:30pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha "The Peak"  
6-7pm-Two Stepping w/Marvin

16) 8am- Wake Up & WALK!  
9am-Freeman's Fitness Friday  
10am-ZUMBA w/Valerie  
11-1pm-Sewing w/Marcia-Auditorium  
12-2pm-Wild & Wooly Women  
3-6pm-The Peak Table Games  
6-7pm-Nighttime Cardio DVD  
**Saturday 12-17-16**  
8am-Wake Up & Walk DVD  
9am-ZUMBA w/Valerie  
9-10:45am Computer Class

19) 8am-Wake Up & WALK!  
9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
1pm-Fitness w/Freeman (Flexibility)  
1:30-5:30pm  
 The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm-Nighttime Cardio DVD

20) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am-Chair Fit DVD w/Freeman  
10am- Self-Defense w/Kenneth & Grand Master Gerald  
11am- Greater Works Bible Study TP  
11am-Chair-Fit w/Freeman  
12:00pm- Instructional Zumba DVD  
1pm-Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD

21) 8am- Wake Up & WALK!  
9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am-ZUMBA w/Valerie  
11am-Two Stepping w/Marvin & Kenneth  
12-1pm-Line Dancing w/Faye  
12-2pm-Wild & Wooly Women  
1pm-Fitness w/Freeman (Ab Workout)  
1:30-5:30pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

22) 8am-Wake Up & WALK!  
9-10am-Functional Fitness w/Freeman  
9-11am- Ping Pong Open Play  
**10am-No classes in December Library Programming "The POINTE"**  
10:30-11:30-Chair Fit w/Freeman  
11:30am- Instructional Zumba DVD  
11:30am-3:30pm-Missouri City Bridge Tournament "The Auditorium"  
1:30-5:30pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha "The Peak"  
6-7pm-Two Stepping w/Marvin

23) Fort Bend County  
 Holiday  
 The Pinnacle Senior Center will be closed in observance of the Christmas Holiday  
  
 Closed on Saturday 12-24-16

26) Fort Bend County  
 Holiday  
 The Pinnacle Senior Center will be closed in observance of the Christmas Holiday  


27) 8am-Wake Up & WALK!  
9am-Strength Training w/Freeman  
9am-Chair Fit DVD w/Freeman  
10am- Self-Defense w/Kenneth & Grand Master Gerald  
11am- Greater Works Bible Study TP  
11am-Chair-Fit w/Freeman  
12:00pm- Instructional Zumba DVD  
1pm-Afternoon Fitness w/Valerie  
1-3pm- Bridge "The Peak"  
3-6pm-The Peak Table Games  
6-7pm-Nighttime Cardio DVD

28) 8am- Wake Up & WALK!  
9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am-ZUMBA w/Valerie  
11am-Two Stepping w /Marvin & Kenneth  
12-1pm-Line Dancing w/Faye  
**December Birthday Celebration @ Noon**  
12-2pm-Wild & Wooly Women  
1pm-Fitness w/Freeman (Ab Workout)  
1:30-5:30pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

29) 8am- Wake Up & WALK!  
9-10am-Functional Fitness w/Freeman  
9-11am-Ping Pong Open Play  
**10am-No classes in December Library Programming "The POINTE"**  
10:30-11:30-Chair Fit w/Freeman  
11:30am- Instructional Zumba DVD  
1:30-5:30pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha "The Peak"  
6-7pm Two Stepping w/Marvin

30) 8am- Wake Up & WALK!  
9am-Freeman's Fitness Friday  
10am-ZUMBA w/Valerie  
11-1pm-Sewing w/Marcia-Auditorium  
12-2pm-Wild & Wooly Women  
3-6pm-The Peak Table Games  
6-7pm-Nighttime Cardio DVD  
**Saturday 12-31-16**  
8am-Wake Up & Walk DVD  
9am-ZUMBA w/Valerie  
9-10:45am Computer Class

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