


PLEASE SIGN IN DAILY-THANKS!				
<p>Reminder! Houston Food Bank Truck & Resource Fair Sponsored by: South Texas Dental Wednesday, September 6th 9AM-12PM BINGO w/AmeriGroup & Angelia Reese 9-15-17 11am MONDAY</p>	<p>Walgreens Flu Clinic  Thursday, September 14th 2:30 pm <i>* See flyers for more info *</i> United HealthCare will conduct 3 sessions on information regarding open enrollment 9-14 • 10-19 • 11-16 10AM w/Anna Eaton TUESDAY</p>	<p>The PINNACLE Senior Center of Fort Bend County September 2017 National Senior Centers Month! 5525-C Hobby Rd. Houston, TX 77053 M-F 7:30am-7:30pm Sat. 8-11am WEDNESDAY</p>	<p>1st & 3rd Saturday Computer Classes (On Hold) w/Ethiopia Hattix Please continue to keep Ethiopia in your prayers. Happy Labor Day! Zydeco Tuesday Nights 6-7pm w/Michael Branch & Theresa Chambers THURSDAY</p>	<p>•EVENING SCHEDULE• Monday-5-6pm Line Dance w/Sheila 6-7pm U-JAM w/Jennifer Tuesday-6-7pm-Nighttime CardioDVD/Zydeco Wednesday- 6-7pm Line Dance w/Bonnita 1st Thursday-6-7pm Line Dance w/Faye 2nd, 3rd & 4th Thursday 6-7pm Two Stepping w/Marvin Friday-6-7pm- U-JAM w/Jennifer FRIDAY/SATURDAY</p>
<p>Visit the Wellness Center Carolyn Lyons, LVN Monday & Wednesday 9AM-4PM Closed 9-5- through 9-8 Blood Pressure & Diabetes Testing The Certified Benefits Counselor Position is Vacant at This Time <i>Drop-Ins Welcome</i></p>	<p>More SEPTEMBER Happenings! Healthy Homes w/Kathy Bryant Area Agency on Aging September 15th 9am <i>If you are 65 and older and in need of shower bars, raised toilets or a wheelchair ramp, you need to attend this workshop</i> <i>Please sign up</i> BEACH VOLLEYBALL Cancelled 9-15</p>	<p>3-Week Diabetes Awareness Class Do Well - Be Well 9-20, 9-27 & 10-03 11 AM w/Dianne Gertson Texas A & M AgriLife Extension Services <i>Please sign up/Space Is Limited!</i></p>	<p>Ready BINGO w/Kathy Renfrow of the Fort Bend County OEM September 1st 10AM Class Cancelled due to Hurricane Harvey -Stay tuned for reschedule date- • Please sign up for below • September is Life Insurance Awareness Month Join World System Builders Group on 9-28 10AM for wealth building strategies Affiliated w/World Financial Group</p>	<p>1) 8am- Wake Up & WALK! 9am-Freeman's Fitness Friday 10am-Chair Fit DVD w/Freeman 11am-BEACH VOLLEYBALL Auditorium 12-2pm-Wild & Woolly Women 2-6pm-The Peak Table Games 6-7pm-U-JAM w/Jennifer Saturday 9-2-17 8am-Wake Up & Walk DVD 8:30-10:30am-The Pinnacle Voices 9am- U-JAM w/Jennifer</p>
<p>4) Fort Bend County Holiday The Pinnacle Senior Center will be closed in observance of Labor Day </p>	<p>5) 8am-Wake Up & WALK! 9am-Strength Training w/Freeman 9am-Chair Fit DVD w/Freeman 10am- Self-Defense w/Kenneth & Grand Master Gerald 9:30AM - "A Matter of Balance"(5) Rescheduled to 9-12-17 for Class #5 11am- Greater Works Bible Study TP 11am-Chair-Fit w/Freeman 12:00pm- U-JAM w/Jennifer 1pm-Afternoon Fitness w/Valerie 1-3pm-Bridge 3-6pm Peak Table Games 6-7pm-Nighttime Cardio DVD/Zydeco</p>	<p>6) 8am- Wake Up & WALK! 9am- Fitness w/Freeman 9AM-Noon-Houston Food Bank 9-10am-Ping Pong-Cancelled 10am-ZUMBA w/Valerie 11am-Two Stepping w/Marvin & Kenneth 12-1pm-Line Dancing w/Faye 12-2pm- Wild & Woolly Women 1pm-Fitness w/Freeman (Ab Workout) 2-6pm-The Peak Table Games 6-7pm-Line Dance w/Bonnita</p>	<p>7) 8am- Wake Up & WALK! 9-10am-Functional Fitness w/Freeman 9-10am-Ping Pong 10am- Learn Another Language Library Programming 11am-Noon-Healthy Eating w/Deanne 10:30-11:30am-Chair Fit /Freeman 11:30am - U-JAM w/Jennifer 2-6pm-The Peak Table Games 5-6pm-Sign Language w/Marsha 6-7pm-Line Dance w/Faye</p>	<p>8) 8am- Wake Up & WALK! 9am-Freeman's Fitness Friday 10am-Chair Fit DVD w/Freeman 11am-BEACH VOLLEYBALL Auditorium 10AM-11AM Bling It w/Harriett Peak 12-2pm-Wild & Woolly Women 2-6pm-The Peak Table Games 6-7pm-U-JAM w/Jennifer Saturday 9-9-17 8am-Wake Up & Walk DVD 9am- U-JAM w/Jennifer</p>
<p>Schedule Subject to Change, please call 832-471-2765 <i>Especially inclement weather days</i></p>	<p>Thanks to: Peggy Collins for the donation of Granola Cups & one of our generous and anonymous patrons donated 1000 cups and disinfectant wipes...</p>	<p>Please remember to support our VOLUNTEERS with your kind and generous donations! All classes except Freeman's are Taught/Facilitated by Volunteers!!!!</p>	<p>Thanks for your patience & understanding during building closure for Hurricane Harvey</p>	<p>Continued on back → Visit us online at: www.fortbendcountytexas.gov Departments/Health & Human Services</p>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

11) 8am-Wake Up & Walk!
8am-1 pm
Market Place Monday
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA w/Valerie
12PM -Yoga w/Shanthi
1pm-Fitness w/Freeman (Flexibility)
2-6pm-The Peak Table Games
6-7:15PM HOA Meeting Peak
5pm-Line Dancing w/Sheila
6-7pm-U-JAM w/Jennifer

12) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am-Chair Fit DVD w/Freeman
10am- Self-Defense w/Kenneth & Grand Master Gerald
9:30AM- "A Matter of Balance"(5)
11am- Greater Works Bible Study TP
11am-Chair-Fit w/Freeman
12:00pm- U-JAM w/Jennifer
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD/Zydeco

13) 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 & Woolly Women
1pm-Fitness w/Freeman (Ab Workout)
2-6pm-The Peak Table Games
5-6:15 pm-Teacher Mentoring
6-7pm-Line Dance w/Bonnita

14) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-10am- Ping Pong Open Play
10AM-United HealthCare & Anna Eaton
10am-Bring Your Own Device
Library Programming
10:30-11:30-Chair Fit w/Freeman
11:30am- U-JAM w/Jennifer
2-6pm-The Peak Table Games
2:30PM -Walgreens Flu Clinic
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

15) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
9AM- Healthy Homes w/Kathy Bryant
10am-Chair Fit DVD w/Freeman
11am-BEACH VOLLEYBALL *Cancelled*
11AM-BINGO w/AmeriGroup
12-3pm-Red Hat Society "The Peak"
12-2pm-Wild & Woolly Women
3-6pm-The Peak Table Games
6-7pm-U-JAM w/Jennifer
Saturday 9-16-17
8am-Wake Up & Walk DVD
8:30-10:30am-The Pinnacle Voices
9am-U-JAM w/Jennifer

18) 8am-Wake Up & Walk!
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA w/Valerie
12 PM-Yoga w/Shanthi
1pm-Fitness w/Freeman (Flexibility)
2-6pm-The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- U-JAM w/Jennifer

19) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am-Chair Fit DVD w/Freeman
10am- Self-Defense w/Kenneth & Grand Master Gerald
9:30AM- "A Matter of Balance"(6)
11am- Greater Works Bible Study
11am-Chair-Fit w/Freeman
12:00pm- U-JAM w/Jennifer
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD/Zydeco

20) 8am- Wake Up & WALK!
9am- Fitness w/Freeman
9-11am-Ping Pong w/Su Bao
10am-ZUMBA w/Valerie
11AM-Do Well Be Well Diabetes Class
11am-Two Stepping w/Marvin & Kenneth
12-1pm-Line Dancing w/Faye
12-2pm-Wild & Woolly Women
1pm-Fitness w/Freeman (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonnita

21) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-11am- Ping Pong Open Play
10am- Retirement/Leisure
Library Programming
10:30-11:30-Chair Fit w/Freeman
11:30am-U-JAM w/Jennifer "Peak"
11:30am-4pm-Missouri City Bridge
2-6pm-Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

22) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
10am-Chair Fit DVD w/Freeman
11am-BEACH VOLLEYBALL Auditorium
12-2pm-Wild & Woolly Women
2-6pm-The Peak Table Games
6-7pm-U-JAM w/Jennifer
Saturday 9-23-17
8am-Wake Up & Walk DVD
9am- U-JAM w/Jennifer

25) 8am-Wake Up & Walk!
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA w/Valerie
12PM -Yoga w/Shanthi
1pm-Fitness w/Freeman (Flexibility)
2-6pm-The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- U-JAM w/Jennifer

26) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am-Chair Fit DVD w/Freeman
10am- Self-Defense w/Kenneth & Grand Master Gerald
9:30AM -"A Matter of Balance"(7)
11am- Greater Works Bible Study
11am-Chair-Fit w/Freeman
12:00pm- U-JAM w/Jennifer
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD/Zydeco

27) 8am- Wake Up & WALK!
9am- Fitness w/Freeman
9-11am-Ping Pong w/Su Bao
10am-ZUMBA w/Valerie
11AM-Do Well Be Well Diabetes Class
11am-Two Stepping w/Marvin & Kenneth
12-1pm-Line Dancing w/Faye
September Birthday Celebration @Noon
12-2pm-Wild & Woolly Women
1pm-Fitness w/Freeman (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonnita

28) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-11am- Ping Pong Open Play
10AM -World System Builders
Introduction to Wealth Building
10am-Mystery Craft
Library Programming
10:30-11:30-Chair Fit w/Freeman
11:30am- U-JAM w/Jennifer
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

29) Fort Bend County
 Holiday
 The Pinnacle Senior Center
 will be closed in observance of
 Fort Bend County Fair Day



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