

PLEASE SIGN IN DAILY-THANKS!				
<p>Reminder! Houston Food Bank Truck & Resource Fair Sponsored by: South Texas Dental Wednesday, March 1st from 10AM-1PM Please bring your own bags. See flyers for more information! MONDAY</p>	<p>Ensemble Theatre Trip “Nacirema” Sunday Matinee March 19th Bus leaves at 1:45 AM You must be pre-paid & on the list NOTE: Time change for Peak Table Games (2-6pm) March 3rd-Go TEXANS DAY! TUESDAY</p>	<p>The PINNACLE Senior Center of Fort Bend County March 2017 Welcome Spring! 5525-C Hobby Rd. Houston, TX 77053 M-F 7:30am-7:30pm Sat. 8-11am WEDNESDAY</p>	<p>1st & 3rd Saturday Computer Classes w/<i>Ethiopia Hattix</i> From 9-10:45am Only on the 18th Bingo w/Angelia & AmeriGroup Friday, March 24th 11AM-Noon “The Peak” ••••March 27th-31st is the same as the 20th-24th•••• THURSDAY</p>	<p>•EVENING SCHEDULE• Monday-5-6pm Line Dance w/Sheila 6-7pm Nighttime Cardio DVD Tuesday-6-7pm-Nighttime Cardio/Zumba DVD Wednesday- 6-7pm Line Dance w/Bonnie 1st Thursday-6-7pm Line Dance w/Faye 2nd, 3rd & 4th Thursday 6-7pm Two Stepping w/Marvin Friday-6-7pm- Nighttime Cardio DVD FRIDAY/SATURDAY</p>
<p>Visit the Wellness Center Carolyn Lyons, LVN Monday & Wednesday 9AM-4PM Blood Pressure & Diabetes Testing Donna Sullivan (Interim) City of Houston Monday and Thursday 8:30AM-12:30PM Drop-Ins Welcome</p>	<p>A New Year is cause for a “New Vision Board w/Melba” Make your dreams, hopes & wishes come true by placing them on a vision board! Vision Boards Work! March 9th 11AM-1PM Bring your magazines, cardboards, frames and dreams; to spend time creating your new goals for 2017 and watch them one by one come true!</p>	<p>The 3rd Annual St. Patrick’s Day Resource Fair at The Pinnacle March 17th 10AM-1PM This year our focus is on: <i>Health Care</i> <i>Pre-Needs Planning</i> <i>Fitness & Wellness</i> <i>Nearby Health Services</i> Wear your green for luck, come visit our booths and spot your pot of gold at the end of the rainbow!</p>	<p>Join <i>Deanne Garrett</i> with a Fresh Start to a Healthier YOU! March 2nd 11AM-Noon @ the PEAK This program is presented by Texas A&M AgriLife Extension Services Join and receive: ▪ Support of Friends ▪ Confidence to cook healthy meals ▪ Practical cooking & shopping tips ▪ Handy kitchen tools ▪ Recipes for success PLEASE SIGN UP TO ATTEND</p>	<p>Let’s Break The Silence About Colon Cancer <i>The Pinnacle Supports the Rose B. Johnson Colon Cancer Awareness Walkathon</i> March 4, 2017 7AM-11AM Oyster Creek Park-4033 Hwy 6-Sugar Land, TX 77479 (<i>Wear your BLUE!</i>) Join us as we walk to shed light on the 2nd leading cause of death for African-Americans Register at www.rbjohnsonfoundation.org</p>
<p><i>Many Thanks to:</i> Omega Psi Phi Fraternity, Inc., Rho Beta Beta Chapter & Delta Sigma Theta Sorority, Inc., Suburban Houston-Fort Bend Alumnae Chapter for the awesome & informative 2017 Heart Health Symposium! & Iota Phi Lambda Sorority, Inc. for the enriching Black History Forum w/Commissioner Grady Prestage (Fort Bend County Precinct 2) & Omowale Luthuli (Men For Change)</p>	<p>Retirement Planning Workshops “The Peak” <i>SEE FLYERS FOR MORE INFORMATION AND TO SIGN UP</i> March 7th 10-11AM <i>Bankers Life w/Edwina Hodges</i> March 28th 11AM-1PM <i>Advanced Wealth w/Barbara Walker-Green</i> NEW!!! Chair Yoga w/Shanthi Fridays-11AM</p>	<p>1) 8am- Wake Up & WALK! 9am-Fitness w/Freeman 10am-1pm Houston Food Bank 9-11am- No Ping Pong Today 10am-ZUMBA w/Valerie 11am-Two Stepping w/Kenneth & Marvin 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/Bonnie</p>	<p>2) 8am- Wake Up & WALK! 9-10am-Functional Fitness w/Freeman 9-11am-Ping Pong Open Play 10am- Newsletters/Flyers Library Programming “The POINTE” 10:30-11:30-Chair Fit /Freeman 11am-Noon-Healthy Eating w/Deanne “The Peak” 11:30am- Zumba DVD 2-6pm-The Peak Table Games 5-6pm-Sign Language w/Marsha “The Peak” 6-7pm-Line Dance w/Faye</p>	<p>3) 8am- Wake Up & WALK! 9am-Freeman’s Fitness Friday 10am-Chair Fit DVD w/Freeman 11-1pm-Sewing w/Marcia “The Peak” 11AM- Chair Yoga w/Shanthi 12-2pm- Wild & Woolly Women 2-6pm-The Peak Table Games 6-7pm-Nighttime Cardio DVD Saturday 3-04-17-WALKATHON 8am-Wake Up & Walk DVD 8:30-10:30am-The Pinnacle Voices “The Peak” 9am-ZUMBA w/Valerie 9-10:45am-Computer Class Cancelled</p>
<p>Schedule Subject to Change, please call 832-471-2765 <i>Especially inclement weather days</i></p>	<p>Thanks Marcia Mosie for embroidering our yoga belts! You are awesome! & Brenda Campbell for the cups, coffee & creamer! You rock!</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>2 New DVD Classes on schedule! 1. Chair Fit w/Freeman- Fridays at 10AM 2. Zumba on Tuesdays at Noon & Thursdays at 11:30AM</p>	<p>Continued on back→ Visit us online at: www.fortbendcountytexas.gov under Departments/Health & Human Services</p>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

6) 8am- Wake Up & WALK!
8am-1 pm
MarketPlace Monday
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA w/Valerie
1pm-Fitness w/Freeman (Flexibility)
2-6pm
 The Peak Table Games
5:30-7pm-WillowPark HOA Peak
4-5pm-Line Dancing w/Sheila
6-7pm-Nighttime Cardio DVD

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

8) 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
6-7pm-Line Dance w/Bonnita

9) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-11am- Ping Pong Open Play
10am-Knitting
Library Programming "The POINTE"
10:30-11:30-Chair Fit w/Freeman
11am-1pm-"Vision Boards w/Melba" "The Peak"
11:30am- Zumba DVD
2-6 pm-The Peak Table Games
5-6pm-Sign Language w/Marsha "The Peak"
6-7pm-Two Stepping w/Marvin

10) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
10am-Chair Fit DVD w/Freeman
10-11:30am No "Bling It" this month!
11AM- Chair Yoga w/Shanthi
11-1pm-Sewing w/Marcia-"The Peak"
12-2pm-Wild & Woolly Women
2-6pm-The Peak Table Games
6-7pm-Nighttime Cardio DVD
Saturday 3-11-17
8am-Wake Up & Walk DVD
9am-ZUMBA w/Valerie

13) 8am-Wake Up & Walk!
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA w/Valerie
1pm-Fitness w/Freeman (Flexibility)
2-6pm
 The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm-Nighttime Cardio DVD

14) 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- Zumba DVD
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD

15) 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
6-7pm-Line Dance w/Bonnita

16) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-11am- Ping Pong Open Play
10am-Speedy Typing Tips
Library Programming "The POINTE"
10:30-11:30-Chair Fit w/Freeman
11:30am- Zumba DVD
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha "The Peak"
6-7pm-Two Stepping w/Marvin

17) 8am- Wake Up & WALK!
 St. Paddy's Day Resource Fair
10-1pm
9am-Freeman's Fitness Friday (Outside)
10am-Chair Fit DVD w/Freeman
11AM- Chair Yoga w/Shanthi
12-2pm-Wild & Woolly Women
12-3pm-Red Hat Society "The Peak"
3-6pm-The Peak Table Games
6-7pm-Nighttime Cardio DVD
Saturday 3-18-17
8am-Wake Up & Walk DVD
8:30-10:30am-The Pinnacle Voices "The Peak"
9am-ZUMBA w/Valerie
9-10:45am Computer Class

20/27) 8am-Wake Up & Walk!
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA w/Valerie
1pm-Fitness w/Freeman (Flexibility)
2-6pm
 The Peak Table Games
5:30-6:45-Teacher Mentoring The POINTE
5-6pm-Line Dancing w/Sheila
6-7pm-Nighttime Cardio DVD

21/28) 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-Chair-Fit w/Freeman
12:00pm- Zumba DVD "Peak"
11-1pm-Advanced Wealth w/Barbara
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD

22/29) 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
3-29 March 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

23/30) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-11am- Ping Pong Open Play
10am-Pinterest
Library Programming "The POINTE"
10:30-11:30-Chair Fit w/Freeman
11:30am- Zumba DVD "Peak"
(3-23) 11:30am-4pm-Mo. City Bridge
(3-30) HGAC Workshop 11-1 "Peak"
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha "The Peak"
6-7pm-Two Stepping w/Marvin

24/31) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
10am-Chair Fit DVD w/Freeman
11AM- Chair Yoga w/Shanthi
11-Noon-Bingo w/Amerigroup "The Peak"
11-1pm-Sewing w/Marcia-TBD
12-2pm-Wild & Woolly Women
2-6pm-The Peak Table Games
6-7pm-Nighttime Cardio DVD
Saturday 3-25-17
8am-Wake Up & Walk DVD
9am-ZUMBA w/Valerie

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