

PLEASE SIGN IN DAILY-THANKS!				
<p>City/School/MUD Election (Saturday) May 6, 2017 7am-7pm</p> <p>National Speaker Linda Layne Great Life Education Academy</p> <p>Lecture Series May 11th 16th & 18th</p> <p>Topics- Living w/Grief ▪ Final Expenses & Pre-Needs ▪ Long Term Care (See Flyers for times & location)</p> <p>MONDAY</p>	<p>▪ ▪ ▪ ▪ New Dance Class ▪ ▪ ▪ ▪</p> <p>Beginner's & Advanced Zydeco</p> <p>w/Michael Branch & Theresa Chambers</p> <p>Tuesday Night's 6-7pm</p> <p>*****</p> <p>Join the Pinnacle & The Happy Feet Line Dancers at the Missouri City Middle School Health Fair May 5th 5:30-8PM</p> <p>TUESDAY</p>	<p>The PINNACLE</p> <p>Senior Center of Fort Bend County</p> <p>May 2017</p> <p><i>Happy Mother's & Memorial Day!</i></p> <p>5525-C Hobby Rd. Houston, TX 77053</p> <p>M-F 7:30am-7:30pm Sat. 8-11am</p> <p>WEDNESDAY</p>	<p>1st & 3rd Saturday Computer Classes w/Ethiopia Hattix</p> <p>From 8:30-10:30am 5-6 & 5-20</p> <p>"ALL WHITE PARTY"</p> <p>Dance Fundraiser (\$10 includes food) Benefiting the Rose B. Johnson Colon Cancer Awareness Foundation(See Flyers)</p> <p>May 19th 7-11pm</p> <p>THURSDAY</p>	<p>•EVENING SCHEDULE•</p> <p>Monday-5-6pm Line Dance w/Sheila 6-7pm Nighttime Cardio DVD</p> <p>Tuesday-6-7pm-Nighttime Cardio/Zydeco</p> <p>Wednesday- 6-7pm Line Dance w/Bonnita</p> <p>1st Thursday-6-7pm Line Dance w/Faye 2nd, 3rd & 4th Thursday 6-7pm Two Stepping w/Marvin</p> <p>Friday-6-7pm- Nighttime Cardio DVD</p> <p>FRIDAY/SATURDAY</p>
<p>1) 8am- Wake Up & WALK!</p> <p>8am-1pm</p> <p>Market Place Monday</p> <p>9am-Fitness w/Freeman</p> <p>10am-Line Dance w/Sheila</p> <p>11am-ZUMBA w/Valerie</p> <p>1pm-Fitness w/Freeman (Flexibility)</p> <p>2-6pm-The Peak Table Games</p> <p>5-6pm-Line Dancing w/Sheila</p> <p>6-7pm-Nighttime Cardio DVD</p>	<p>2) 8am- Wake Up & WALK!</p> <p>9am-Strength Training w/Freeman</p> <p>9am-Chair Fit DVD w/Freeman</p> <p>10am-Self Defense w/Kenneth & GM Gerald</p> <p>11am- Greater Works Bible Study TP</p> <p>11am-Chair-Fit w/Freeman</p> <p>12:00pm- Zumba DVD</p> <p>1pm-Afternoon Fitness w/Valerie</p> <p>1-3pm-Bridge 3-6pm Peak Table Games</p> <p>6-7pm-Nighttime Cardio DVD</p>	<p>3) 8am- Wake Up & WALK!</p> <p>9am-Fitness w/Freeman</p> <p>10am-1pm Houston Food Bank</p> <p>9-11am- No Ping Pong Today</p> <p>10am-ZUMBA DVD (Val Out)</p> <p>11am-Two Stepping w/Kenneth & Marvin</p> <p>12-1pm- Line Dancing w/Faye</p> <p>12-2pm- Wild & Woolly Women</p> <p>2-6pm-The Peak Table Games</p> <p>1pm-Fitness w/Freeman(Ab Workout)</p> <p>6-7pm-Line Dance w/Bonnita</p>	<p>4) 8am- Wake Up & WALK!</p> <p>9-10am-Functional Fitness w/Freeman</p> <p>9-11am-Ping Pong Open Play</p> <p>10am- Legal Resources Library Programming</p> <p>10:30-11:30am-Chair Fit /Freeman</p> <p>11am-Noon-Healthy Eating w/Deanne</p> <p>11:30am- Zumba DVD</p> <p>2-6pm-The Peak Table Games</p> <p>5-6pm-Sign Language w/Marsha "The Peak"</p> <p>6-7pm-Line Dance w/Faye</p>	<p>5) 8am- Wake Up & WALK!</p> <p>9am-Freeman's Fitness Friday</p> <p>10am-Chair Fit DVD w/Freeman</p> <p>11AM- Chair Yoga w/Shanthy</p> <p>12-2pm-Wild & Woolly Women</p> <p>2-6pm-The Peak Table Games</p> <p>6-7pm-Nighttime Cardio DVD</p> <p>Saturday 5-6-17</p> <p>City/School/MUD Election 7am-7pm</p> <p>8am-Wake Up & Walk DVD</p> <p>9am-ZUMBA DVD (Val Out)</p> <p>8:30-10:30am-Computer Class</p>
<p>8) 8am- Wake Up & WALK!</p> <p>9am-Fitness w/Freeman</p> <p>10am-Line Dance w/Sheila</p> <p>11am-ZUMBA w/Valerie</p> <p>1pm-Fitness w/Freeman (Flexibility)</p> <p>2-6pm</p> <p>The Peak Table Games</p> <p>5-6pm-Line Dancing w/Sheila</p> <p>6-7pm-Nighttime Cardio DVD</p>	<p>9) 8am- Wake Up & WALK!</p> <p>9am-Strength Training w/Freeman</p> <p>9am-Chair Fit DVD w/Freeman</p> <p>10am-Self Defense w/Kenneth & GM Gerald</p> <p>11am- Greater Works Bible Study TP</p> <p>11am-Chair-Fit w/Freeman</p> <p>12:00pm- Zumba DVD</p> <p>1pm-Afternoon Fitness w/Valerie</p> <p>1-3pm- Bridge "The Peak"</p> <p>3-6pm- The Peak Table Games</p> <p>6-7pm-Nighttime Cardio DVD</p>	<p>10) 8am- Wake Up & WALK!</p> <p>9am- Fitness w/Freeman</p> <p>9-11am-Ping Pong w/Su Bao</p> <p>10am-ZUMBA w/Valerie</p> <p>11am-Two Stepping w/Marvin & Kenneth</p> <p>12-1pm-Line Dancing w/Faye</p> <p>12-2pm- Wild & Woolly Women</p> <p>1pm-Fitness w/Freeman (Ab Workout)</p> <p>2-6pm-The Peak Table Games</p> <p>6-7pm-Line Dance w/Bonnita</p>	<p>11) 8am-Wake Up & WALK!</p> <p>9-10am-Functional Fitness w/Freeman</p> <p>9-11am- Ping Pong Open Play</p> <p>12:30-2pm-Great Life Education Academy Lecture Series</p> <p>10am-Puzzles & Brain Games Library Programming</p> <p>10:30-11:30-Chair Fit w/Freeman</p> <p>11:30am- Zumba DVD</p> <p>2-6 pm-The Peak Table Games</p> <p>5-6pm-Sign Language w/Marsha "The Peak"</p> <p>6-7pm-Two Stepping w/Marvin</p>	<p>12) 8am- Wake Up & WALK!</p> <p>9am-Freeman's Fitness Friday</p> <p>10am-Chair Fit DVD w/Freeman</p> <p>11AM- Chair Yoga w/Shanthy Peak</p> <p>12-2pm-Wild & Woolly Women</p> <p>3-6pm-The Peak Table Games</p> <p>6-7pm-Nighttime Cardio DVD</p> <p>Saturday 5-13-17</p> <p>8am-Wake Up & Walk DVD</p> <p>9am-ZUMBA w/Valerie</p>
<p>Schedule Subject to Change, please call 832-471-2765</p> <p><i>Especially inclement weather days</i></p>	<p>Thanks to: Vivian Miller, Mary Ine, Cassandra Butler, Dorrie Henderson & L.C. Medina for Coffee, Creamer, Sweet & Low, Stirrers and Sugar Donations!!!</p>	<p>Please remember to support our VOLUNTEERS with your kind and generous donations!</p> <p>All classes except Freeman's are Taught/Facilitated by Volunteers!!!!</p>	<p>Correction: CJ (Craig Johnson) & Harold Reece names were incorrectly spelled on the last calendar for Coffee donations. We got it right this time! :-) Thanks!</p>	<p>Continued on back →</p> <p>Visit us online at: www.fortbendcountytexas.gov</p> <p>under Departments/Health & Human Services</p>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

15) 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

16) 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
12:30-2pm-Great Life Education Academy Lecture Series
1pm-Afternoon Fitness w/Valerie

1-3pm-Bridge
 3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD

17) 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

18) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-11am- Ping Pong Open Play
10am-Learn a Foreign Language Library Programming
10:30-11:30-Chair Fit w/Freeman
11:30am- Zumba DVD
12:30-2pm-Great Life Education Academy Lecture Series
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha "The Peak"

6-7pm-Two Stepping w/Marvin

19) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
10am-Chair Fit DVD w/Freeman
11AM- Chair Yoga w/Shanthi Peak
12-2pm-Wild & Woolly Women
12-3pm-Red Hat Society "The Peak"
3-6pm-The Peak Table Games
6-7pm-Nighttime Cardio DVD
7-11PM All White Party
Saturday 5-20-17
 8am-Wake Up & Walk DVD
 8:30-10:30am-The Pinnacle Voices
 9am-ZUMBA w/Valerie
8:30-10:30am-Computer Class

22) 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

23) 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
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

24) 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

25) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-11am- Ping Pong Open Play
10am-Origami Library Programming
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

26) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
10am-Chair Fit DVD w/Freeman
11AM- Chair Yoga w/Shanthi Peak
12-2pm-Wild & Woolly Women
3-6pm-The Peak Table Games
6-7pm-Nighttime Cardio DVD
Saturday 5-27-17
 8am-Wake Up & Walk DVD
 9am-ZUMBA w/Valerie

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

30) 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
11am-Chair-Fit w/Freeman
12:00pm- Zumba DVD "Peak"
1pm-Afternoon Fitness w/Valerie
1-3pm-Bridge 3-6pm Peak Table Games
6-7pm-Nighttime Cardio DVD

31) 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
May 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

Reminder!
 Houston Food Bank Truck & Resource Fair Sponsored by:
South Texas Dental
 Wednesday, May 3rd
 10AM-1PM
 Please bring your own bags.
 See flyers for more information!

Red Nose Day May 17th
 See Flyers for more info

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



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