




PLEASE SIGN IN DAILY-THANKS!				
<p>Reminder! Houston Food Bank Truck & Resource Fair Sponsored by: South Texas Dental Wednesday, July 5th (New Time) 9AM-12PM Please bring your own bags. See flyers for more information! MONDAY</p>	<p>NO ZYDECO on Tuesday night for the month of July Nighttime Cardio DVD until August Class will resume in August <i>Thanks Michael & Theresa!</i> ***** <i>A huge thank you goes out to Valerie for Sat. morning Zumba classes for the last 3 years!!! Her last "Saturday" class was on 6-24-17</i> U-JAM will replace Sat. Zumba at 9AM TUESDAY</p>	<p>The PINNACLE Senior Center of Fort Bend County July 2017 ☀️ Happy Independence Day! 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/<i>Ethiopia Hattix</i> Please keep Ethiopia in prayer for the loss of her father, Marshall Hattix ... Notice! ... All morning & afternoon classes will be canceled on the 26th for the Senior Expo & Health Fair. Schedule resumes at 3PM. THURSDAY</p>	<p>•EVENING SCHEDULE• Monday-5-6pm Line Dance w/Sheila 6-7pm U-JAM w/Jennifer Tuesday-6-7pm-Nighttime Cardio 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 Blood Pressure & Diabetes Testing The Certified Benefits Counselor Position is Vacant at This time Drop-Ins Welcome</p>	<p>... Ensemble Trip ... "Simply Simone" 10am Matinee Bus leaves at 8:45- the bus is not air conditioned U-JAM is here! Jennifer will start U-JAM classes on Tuesday at Noon and Thursday at 11:30AM. U-JAM will also take the place of Zumba w/Valerie on Saturday mornings at 9AM. U-JAM will also be on Monday & Friday nights at 6PM</p>	<p>2017 Senior Expo & Health Fair Theme: Fun Fiesta!  Free Event ▪ Free Lunch Free Grab Bags ▪ Free Giveaways! July 26th • 9AM – 2PM Educational▪Engaging▪Resourceful All morning and afternoon classes canceled until 3pm for the event.</p>	<p>H-GAC Houston Galveston Area Council presents: Medical Benefits Assistance w/Karina Villela July 20th 9AM – Noon "The Peak" Plan to participate in this informative forum and be able to ask questions concerning medical benefits you may be unaware of. • • Please sign up! • •</p>	<p>Summer Sign Language w/Marsha Tuesdays from 10-11AM & Thursdays from 2-3PM  *Please note time change for Thursday Saturday 7-1-17 8am-Wake Up & Walk DVD 8:30-10:30am-The Pinnacle Voices 9am- U-JAM w/Jennifer</p>
<p>3) 8am- Wake Up & WALK! 8am-1pm Market Place 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 5-6pm-Line Dancing w/Sheila 6-7pm-U-JAM w/Jennifer</p>	<p>4) Fort Bend County Holiday The Pinnacle Senior Center will be CLOSED in observance of the 4th of July holiday. </p>	<p>5) 8am- Wake Up & WALK! 9am- Fitness w/Freeman 9AM-Noon-Houston Food Bank 9-11am-Ping Pong- Canceled 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>6) 8am- Wake Up & WALK! 9-10am-Functional Fitness w/Freeman 9-11am-Ping Pong Open Play 10am- Genealogy Library Programming 10:30-11:30am-Chair Fit /Freeman 11am-Noon-Healthy Eating w/Deanne 11:30am - U-JAM w/Jennifer 2-3pm-Sign Language w/Marsha 2-6pm-The Peak Table Games 6-7pm-Line Dance w/Faye</p>	<p>7) 8am- Wake Up & WALK! 9am-Freeman's Fitness Friday 10am-Chair Fit DVD w/Freeman 10AM-11AM Bling It w/Harriett Peak 11AM-Noon-BINGO w/WellCare 11AM- Chair Yoga w/Shanthy 12-2pm-Wild & Woolly Women 3-6pm-The Peak Table Games 6-7pm-U-JAM w/Jennifer Saturday 7-8-17 8am-Wake Up & Walk DVD 9am- U-JAM w/Jennifer</p>
<p>Schedule Subject to Change, please call 832-471-2765 Especially inclement weather days</p>	<p>Thanks to: Bobby LaSaint for 4 bags of sugar! Brenda Campbell - 2 Cans of Coffee Craig "CJ" Johnson - Coffee & Laura Silas for your "special" donations</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>BINGO w/WELLCARE JULY 7TH 11AM-NOON Table Games Canceled on the 20th from 2-6PM</p>	<p>Continued on back → Visit us online at: www.fortbendcountytexas.gov under Departments/Health & Human Services</p>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

10) 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
6-7:15PM HOA Meeting Peak
5-6pm-Line Dancing w/Sheila
6-7pm-U-JAM w/Jennifer

11) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am-Chair Fit DVD w/Freeman
10am- Self-Defense w/Kenneth &
Grand Master Gerald
10-11AM-Sign Language w/Marsha
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

12) 8am- Wake Up & WALK!
8:45AM-**Ensemble Bus Departs**
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/Bonita

13) 8am-Wake Up & WALK!
9-10am-Functional Fitness
w/Freeman
9-11am- Ping Pong Open Play
10am-**Sea-Shell Picture Frames**
Library Programming
10:30-11:30-Chair Fit w/Freeman
11:30am- U-JAM w/Jennifer
2-3pm-Sign Language
w/Marsha
2-6pm-The Peak Table Games
6-7pm-Two Stepping w/Marvin

14) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
10am-Chair Fit DVD w/Freeman
11AM- Chair Yoga w/Shanathi
12-2pm-*Wild & Woolly Women*
3-6pm-The Peak Table Games
6-7pm-U-JAM w/Jennifer
Saturday 7-15-17
8am-Wake Up & Walk DVD
9am-U-JAM w/Jennifer

17) 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- U-JAM w/Jennifer

18) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am-Chair Fit DVD w/Freeman
10am- Self-Defense
w/Kenneth & GM Gerald
10-11AM-Sign Language w/Marsha
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

19) 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/Bonita

20) 8am-Wake Up & WALK!
9-10am-Functional Fitness
w/Freeman
9-11am- Ping Pong Open Play
10am-**Bring Your Device**
Library Programming
10:30-11:30-Chair Fit w/Freeman
11:30am- U-JAM w/Jennifer
2-3pm-Sign Language w/Marsha
2-6pm-Table Games Canceled
6-7pm-Two Stepping w/Marvin

21) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
10am-Chair Fit DVD w/Freeman
11AM- Chair Yoga w/Shanathi
12-2pm-*Wild & Woolly Women*
12-3pm-Red Hat Society "The Peak"
3-6pm-The Peak Table Games
6-7pm-U-JAM w/Jennifer
Saturday 7-22-17
8am-Wake Up & Walk DVD
9am- U-JAM w/Jennifer

24/31) 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- U-JAM w/Jennifer

25) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am-Chair Fit DVD w/Freeman
10am- Self-Defense
w/Kenneth & GM Gerald
10-11AM-Sign Language w/Marsha
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

26) *2017 Senior Expo*
9AM-2PM
Fun Fiesta!
Free Event ■ Free Lunch
Free Grab Bags
Free Giveaways
•FBC Hurricane Preparedness•
Info will be distributed
"JULY" Birthday's during event
3-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonita

27) 8am-Wake Up & WALK!
9-10am-Functional Fitness
w/Freeman
9-11am- Ping Pong Open Play
10am-**Book Folding**
Library Programming
10:30-11:30-Chair Fit
w/Freeman
11:30am- U-JAM w/Jennifer
2-3pm-Sign Language w/Marsha
2-6pm-The Peak Table Games
6-7pm-Two Stepping w/Marvin

28) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
10am-Chair Fit DVD w/Freeman
11AM- Chair Yoga w/Shanathi
12-2pm-*Wild & Woolly Women*
3-6pm-The Peak Table Games
6-7pm- U-JAM w/Jennifer
Saturday 7-29-17
8am-Wake Up & Walk DVD
9am- U-JAM w/Jennifer

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