

PLEASE SIGN IN DAILY-THANKS!				
<p>Reminder! Houston Food Bank Truck & Resource Fair Sponsored by: South Texas Dental Wednesday, August 2nd 9AM-12PM Join Sheila & Sonya for the August Birthday Line Dance Party Celebration! 8-14-17 4-7PM MONDAY</p>	<p>Silverado Brain Games "Neurobics" Aug. 9th 10AM <i>Join the Silverado team as they bring fun and stimulating brain games!</i> <i>* See flyers for more info *</i> 8 Week "A Matter of Balance" Falls Prevention Course 9:30-10:30am August 8th -September 26th w/Texas A&M AgriLife Extension Services <i>Please sign up/Space is Limited</i> TUESDAY</p>	<p>The PINNACLE Senior Center of Fort Bend County August 2017 <i>Back to School for the Grandkids!</i> 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 keep Ethiopia in prayer for the loss of her father, Marshall Hattix Yoga w/Shanti moves to Mondays at Noon Zydeco returns on 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>More August Happenings! Great Life Education Academy Free Lecture series w/Linda Layne <i>Final Expenses & Pre-Needs</i> August 10th & 17th 10AM BINGO w/Dignity Memorial 08-18-17 11AM-Noon Join Ashley Burns of Randall's Pharmacy as she presents, "Diseases&Medicines" August 22nd from 10-11AM BEACH VOLLEYBALL FRIDAYS AT 11AM IN THE AUDITORIUM</p>	<p>1) 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- 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>2) 8am- Wake Up & WALK! 9am- Fitness w/Freeman 9AM-Noon-Houston Food Bank 9-11am-Ping Pong- Cancelled 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) 2-6pm-The Peak Table Games 6-7pm-Line Dance w/Bonnita</p>	<p>3) 8am- Wake Up & WALK! 9-10am-Functional Fitness w/Freeman 9-11am-Ping Pong Open Play 10am- Scrabble/Table Top Games Library Programming 10:30-11:30am-Chair Fit /Freeman 11am-Noon-Healthy Eating w/Deanne 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>4) 8am- Wake Up & WALK! 9am-Freeman's Fitness Friday 10am-Chair Fit DVD w/Freeman 11AM- Chair Yoga w/Shanathi YOGA MOVES TO MONDAYS AT NOON 8-7-17 12-2pm-Wild & Wooly Women 3-6pm-The Peak Table Games 6-7pm-U-JAM w/Jennifer Saturday 8-5-17 8am-Wake Up & Walk DVD 8:30-10:30am-The Pinnacle Voices 9am- U-JAM w/Jennifer</p>
<p>7) 8am- Wake Up & WALK! 8am-1pm Market Place Monday 9am-Fitness w/Freeman 10am-Line Dance w/Sheila 11am-ZUMBA w/Valerie 12 PM -Yoga w/Shanti 1pm-Fitness w/Freeman (Flexibility) 2-6pmThe Peak Table Games 5-6pm-Line Dancing w/Sheila 6-7pm-U-JAM w/Jennifer</p>	<p>8) 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" (1) 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>9) 8am- Wake Up & WALK! 9am- Fitness w/Freeman 9-10am-Ping Pong 10AM-Neurobics w/Silverado 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) 2-6pm-The Peak Table Games 6-7pm-Line Dance w/Bonnita</p>	<p>10) 8am- Wake Up & WALK! 9-10am-Functional Fitness /Freeman 9-10am-Ping Pong 10AM-Great Life Lecture Series w/Linda Layne 10am- Shopping Handmade Items Library Programming 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>11) 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 & Wooly Women 3-6pm-The Peak Table Games 6-7pm-U-JAM w/Jennifer Saturday 8-12-17 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><i>Thanks to:</i> Arlene Butler for the handmade crochet patriotic keychains that were given out for Juneteenth! 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>Mary Kay Skin Care w/Doree Henderson August 24th 11AM-1PM</p>	<p>Continued on back→ Visit us online at: www.fortbendcountytexas.gov under Departments/Health & Human Services</p>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

14) 8am-Wake Up & Walk!
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA w/Valerie
12PM -Yoga w/Shanti
1pm-Fitness w/Freeman (Flexibility)
2-6pm
 The Peak Table Games
6-7:15PM HOA Meeting Peak
4-7pm-Line Dancing w/Sheila August Birthday Bash!
6-7pm-U-JAM w/Jennifer

15) 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" (2)
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

16) 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

17) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-10am- Ping Pong Open Play
10AM-Great Life Lecture Series w/Linda Layne
10am-Couponing
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

18) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
10am-Chair Fit DVD w/Freeman
11am-BEACH VOLLEYBALL Auditorium
11AM-BINGO w/Dignity Memorial
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 8-19-17
 8am-Wake Up & Walk DVD
 8:30-10:30am-The Pinnacle Voices
9am-U-JAM w/Jennifer

21) 8am-Wake Up & Walk!
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA w/Valerie
12 PM-Yoga w/Shanti
1pm-Fitness w/Freeman (Flexibility)
2-6pm
 The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- U-JAM w/Jennifer

22) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am-Chair Fit DVD w/Freeman
10am- Self-Defense w/Kenneth & GM Gerald
10AM -"Diseases & Medicines"
9:30AM- "A Matter of Balance" (3)
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

23) 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

24) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-11am- Ping Pong Open Play
10am-Newsletters/What did you do this summer?
Library Programming
10:30-11:30-Chair Fit w/Freeman
11AM-1PM- Skin Care w/Doree
11:30am- U-JAM w/Jennifer
2-6pm-Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Stepping w/Marvin

25) 8am- Wake Up & WALK!
9am-Freeman's Fitness Friday
10am-Chair Fit DVD w/Freeman
11am-BEACH VOLLEYBALL Auditorium
12-2pm-Wild & Woolly Women
03-6pm-The Peak Table Games
6-7pm-U-JAM w/Jennifer
Saturday 8-26-17
 8am-Wake Up & Walk DVD
9am- U-JAM w/Jennifer

28) 8am-Wake Up & Walk!
9am-Fitness w/Freeman
10am-Line Dance w/Sheila
11am-ZUMBA w/Valerie
12PM -Yoga w/Shanti
1pm-Fitness w/Freeman (Flexibility)
2-6pm-The Peak Table Games
5-6pm-Line Dancing w/Sheila
6-7pm- U-JAM w/Jennifer

29) 8am-Wake Up & WALK!
9am-Strength Training w/Freeman
9am-Chair Fit DVD w/Freeman
10am- Self-Defense w/Kenneth & GM Gerald
9:30AM -"A Matter of Balance" (4)
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

30) 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 August 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

31) 8am-Wake Up & WALK!
9-10am-Functional Fitness w/Freeman
9-11am- Ping Pong Open Play
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

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

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