

ADULT PROGRAM

WINTER/SPRING | 2019



RALEIGH Parks, Recreation and Cultural Resources
parks.raleighnc.gov



ANNE GORDON CENTER FOR ACTIVE ADULTS

1901 Spring Forest Road
Raleigh, NC 27615
Phone: (919) 996-4720
Email: annegordoncenter@raleighnc.gov

FIVE POINTS CENTER FOR ACTIVE ADULTS

2000 Noble Road
Raleigh, NC 27608
Phone: (919) 996-4730
Email: fivepointscenter@raleighnc.gov

WALNUT TERRACE NEIGHBORHOOD CENTER

1256 McCauley Street, Suite 126
Raleigh, NC 27601
Phone: (919) 996-6160
Email: walnutterracecenter@raleighnc.gov

Website: parks.raleighnc.gov

Keyword Search: Active Adults

HOURS OF OPERATION

Monday - Friday, 9:00 AM - 6:00 PM

* Five Points Center is open until 9:00 PM on Mondays and Thursdays.
The centers will be closed on January 1, January 21 and April 19, 2019.

HOW TO REGISTER

Mail-In

Send registration form and payment to any of the three centers.

Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

Online with Reclink

Visit Reclink.raleighnc.gov. Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment on line.

All centers are easily accessible via public transportation:

- Anne Gordon Center for Active Adults: Use GoRaleigh Route 1 and transfer at Triangle Town Center to the 25L connector route
- Five Points Center for Active Adults: Use GoRaleigh Route 2
- Walnut Terrace Neighborhood Center: use GoRaleigh Route 21

For more information please visit <https://www.raleighnc.gov/transit/>

HOW TO READ COURSE LISTINGS

Class Title	● BASICS WITH BARB For those who have taken Introduction to Computer Applications in the past or have previous experience with computers and just want a refresher.			
Course	● Five Points Center for Active Adults			
Location + Fee	#129908	May 5-12	W	Class Fee: \$40 9:30 AM-11:30 AM
	●	●	●	●
	Class Barcode	Class Dates	Class Day	Class Time

STAFF DIRECTORY

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Five Points Center for Active Adults Assistant Director,
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ART PROGRAMS

ACRYLIC PAINTING WITH NANCY CARTY

Painting with Acrylics will focus on using the medium of acrylic paint as way to express your artistic ideas. The class will combine a structured approach to a still life for the first three sessions. The last three sessions of the class will focus on the theme of landscape of the student's choice. Students who need structure are encouraged to work from an assignment provided by the instructor. The class will focus on the application of acrylic paint, value placement, color harmony, and composition of the work as a unified whole. Note: Painting students who have had previous experience in Acrylic are welcome to bring in current studio projects to work on.

Five Points Center for Active Adults Course Fee: \$60
#230611 Jan 28-Mar 4 M 10:00 AM-1:00 PM

ACRYLIC PAINTING WITH ANNA PODRIS

Whether you are a traditionalist who wants to paint still lifes and landscapes, an abstractionist or somewhere in between- acrylics are a wonderful painting medium for you! This class will focus on building a balanced palette to express yourself with color, using acrylic mediums to your advantage, and creating a dynamic composition. Open to everyone from absolute beginners to seasoned painters. We will work from still lifes and photos. We will sharpen our drawing skills and learn how to mix and harmonize colors.

Five Points Center for Active Adults Course Fee: \$50
#233086 Mar 11- Apr 22 M 10:00 AM-12:00 PM

BLUEGRASS JAM

Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen!

Five Points Center for Active Adults Course Fee: \$0
#230583 Jan 2-Apr 24 W 1:00 PM-5:00 PM

CERAMICS BASICS - PAINTING GREENWARE

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list of necessary materials to purchase on their own. Instructor: Ann Long.

Five Points Center for Active Adults Course Fee: \$0
#230846 Jan 2-Apr 24 W 9:30 AM-12:00 PM

CRAFT GROUP

Join your fellow crafters for this craft program. Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charitable organizations.

Five Points Center for Active Adults Course Fee: \$0
#230847 Jan 2-Apr 30 M-Th 10:00 AM-11:30 AM



ART PROGRAMS

DRAWING FROM HISTORY

Join us for the lectures and to help develop your drawing and watercolor skills. Whether you're an absolute beginner or are looking to improve your work and knowledge of art history, this class is designed to help you better understand the development of Western painting. Each class will focus on one historic artist and period with a demo and hands-on assignments. You can use pencil, pen, and any watercolor media. Materials are provided for first class with a list of recommended supplies and supplemental guides. No experience necessary! Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults		Course Fee: \$35
#231182	Jan 8-Feb 26 Tu	9:15 AM-12:15 PM
Five Points Center for Active Adults		Course Fee: \$35
#231183	Jan 8-Feb 26 Tu	2:00 PM-5:00 PM

JOYFUL CHORUS

Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events.

Five Points Center for Active Adults		Course Fee: \$0
Joyful Chorus		
#230870	Jan 7-Apr 29 M	12:15 PM-1:15 PM
Harmony Group		
#230871	Jan 7-Apr 29 M	11:15 AM-12:15 PM

KNITTING AND CROCHETING

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

Anne Gordon Center for Active Adults		Course Fee: \$10
#231637	Jan 8-Feb 26 Tu	2:00 PM-4:00 PM
#231638	Mar 5-Apr 23 Tu	2:00 PM-4:00 PM
#231639	Jan 10-Feb 28 Th	2:00 PM-4:00 PM
#231640	Mar 7-Apr 25 Th	2:00 PM-4:00 PM

LANDSCAPE INTO ART II

Practice drawing and watercolor through theme of landscape. What makes a good landscape watercolor? How do we determine composition and color? This intermediate watercolor course will use photograph and historic drawings and watercolor for reference. Bring a pencil and the watercolors you have on hand and we'll review the basics at first class. Need help with supplies? Pick up a list of recommended supplies when you register or at the first class. Instructor: Suzanne McDermott

Anne Gordon Center for Active Adults		Course Fee: \$35
#231184	Mar 5-Apr 23 Tu	9:15 AM-12:15 PM
Five Points Center for Active Adults		Course Fee: \$35
#231185	Mar 5-Apr 23 Tu	2:00 PM-5:00 PM

MODERN PAINTING

What happened to painting in the late 19th century? How and why did painting change so radically in the 20th century? In this brief overview and intermediate watercolor class, we use drawing and watercolor to explore some of the major players, groups, and movements in Europe and the U.S. after impressionism. Starting with a slide lecture, followed by a demo, in-class and at home drawing and watercolor assignment, we'll focus on a couple of paintings each week. Use pencil, pen, marker, and any watercolor media. Materials are provided for first class with a list of recommended supplies and supplemental guides. Instructor: Suzanne McDermott

Anne Gordon Center for Active Adults		Course Fee: \$35
#231187	Apr 30-May 28 Tu	9:15 AM-12:15 PM
Five Points Center for Active Adults		Course Fee: \$35
#231188	Apr 30-May 28 Tu	2:00 PM-5:00 PM

PAINT & COLLAGE

Using magazine pictures, painted deli papers, stamps and stencils, we will create at least two collages. These will spark up your walls and will be easy to make. No prior experience needed. Instructor: Marie Lawrence

Five Points Center for Active Adults		Course Fee: \$20
<i>Birds and Trees</i>		
#231991	Mar 5-12 Tu	1:00 PM-3:00 PM
<i>Flowers and Bees</i>		
#231992	Apr 9-16 Tu	1:00 PM-3:00 PM



PAINT, SPATTER, AND SCRAPE

Learn fun techniques for your abstract or mixed media art. Discover how spraying can energize a painting and how scraping can reveal under-layer colors. We will also explore using artist crayons. This class is for everyone, regardless of experience. Instructor: Marie Lawrence

Five Points Center for Active Adults Course Fee: \$20
#231990 Feb 5-12 Tu 1:00 PM-3:00 PM

QUILTING – BASICS FOR BEGINNERS LEVEL 1

This class will teach you about simple blocks, basic techniques, choosing fabric, tool usage, and quality terms. Each student will make a small quilt or wall hanging or a table runner. Bring your own machine. A few machines are available at the center to use in class. Supply list available before the session starts. Instructor: Jeanette Gray

Halifax Community Center Course Fee: \$15
#234942 Feb 1 – April 12 F 1:00 PM -4:00 PM

QUILTING – BASICS FOR BEGINNERS LEVEL 2

This class will be for quilters who have basic knowledge of patchwork and are wanting to learn more block designs and techniques. Bring your own sewing machine. A few machines are available at the center for student use. Supply list available before the session starts. Instructor: Jeanette Gray.

Halifax Community Center Course Fee: \$15
#235337 Jan 2- Mar 6 W 1:00 PM -4:01 PM

QUILTING - INTERMEDIATE

This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Bringing your own sewing machine is required. Each session will have a main design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. Instructor: Martha Killian.

Anne Gordon Center for Active Adults Course Fee: \$15
#231641 Jan 7-Mar 18 M 1:00 PM-4:00 PM

RALEIGH MINIATURES GUILD

This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. See club officers at meeting for information on additional fees.

Ann Gordon Center for Active Adults Course Fee: \$4
#231642 Jan 3-Apr 18 Th 10:00 AM-12:00 PM

READERS THEATRE

Readers Theatre is much like radio: The script is read (no memorizing) and the story comes alive through the words of the author and the tone, pitch and emotion of the actors' voices. Minimal props and costumes may be used to enhance the story but are not required. Scripts include formal published plays and readings from noted authors. No previous acting experience is required. Plays may be performed before an audience of family and friends. Meets 2nd and 4th Monday of the month.

Five Points Center for Active Adults Course Fee: \$0
#231650 Jan 14-Apr 22 2nd/4th M 3:30 PM-5:30 PM

TRIANGLE PORTRAIT ARTISTS

If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. This class is self-lead, there is no formal instructor. For oil painters use Gamsol solvent-free gel or liquid. No odorless or mineral spirits allowed in this group. A \$5 cash model fee will be collected each class meeting. Note: See club officers at meeting for information on additional fees and dues.

Five Points Center for Active Adults Course Fee: \$16
#230993 Jan 8-Apr 30 Tu 9:00 AM-12:00 PM

WATERCOLOR: INTRODUCTION WITH NANCY CARTY

This class will introduce you to the basics of watercolor- including paper, brushes, techniques, color theory and composition. Subject matter will include basic still life and photo references.

Five Points Center for Active Adults Course Fee: \$45
#231186 Mar 20-Apr 24 W 2:00 PM-5:00 PM

Anne Gordon Center for Active Adults Course Fee: \$35
#228264 Sep 4-Oct 23 Tu 9:15 AM-12:15 PM

Five Points Center for Active Adults Course Fee: \$35
#228265 Sep 4-Oct 23 Tu 2:00 PM-5:00 PM



COMPUTER CLASSES

AMAZON ALEXA BASICS 1

Alexa is a virtual assistant developed by Amazon. You interact with Alexa using its smart speaker called Echo. The Echo speaker can be placed anywhere in your home. Just ask Alexa to check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more by saying commands. In this class you will learn the basic setup and what it takes to use Amazon's Alexa. If you have ever wondered about what Alexa does and are on the fence about purchasing Alexa for your own home, this is one class you don't want to miss!

Five Points Center for Active Adults			Course Fee: \$10
#233473	Jan 8-15	Tu	10:00 AM-11:30 AM
#233689	Feb 19-26	Tu	2:00 PM-3:30 PM

APPLE LAPTOP BASICS 1

Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to the basics of Internet usage; how to connect to WiFi; Web Surfing and saving your favorite websites using the web browser Safari; know the weather at all times using the Weather App; learn how to Shut Down and Restart; plus, how to shop safely using Secure Websites.

Anne Gordon Center for Active Adults			Course Fee: \$10
#233589	Mar 6-13	W	2:00 PM-3:30 PM
#233899	Apr 1-8	M	10:00 AM-11:30 AM

Five Points Center for Active Adults			Course Fee: \$10
#233794	Jan 31-Feb 7	Th	2:00 PM-3:30 PM

APPLE LAPTOP BASICS 2

Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to Pages which is Apple's version of Microsoft Word. Learn how to simply create a document; save the document; create a folder; and delete files while using Pages.

Anne Gordon Center for Active Adults			Course Fee: \$10
#233923	Apr 15-22	M	10:00 AM-11:30 AM

Five Points Center for Active Adults			Course Fee: \$10
#233683	Feb 19-26	Tu	10:00 AM-11:30 AM

COMPUTER BASICS 1

Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants to create and save short documents. Students will also be introduced to the basics of Internet usage, creating a GMAIL email account, sending and receiving messages, uploading and downloading attachments/photos. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Five Points Center for Active Adults			Course Fee: \$10
#233434	Jan 3-10	Th	2:00 PM-3:30 PM
#233602	Feb 5-12	Tu	10:00 AM-11:30 AM
#233768	Mar 5-12	Tu	2:00 PM-3:30 PM

COMPUTER BASICS 2

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. The student will learn the basics of Windows 10 as well as how to use the different features of functions. You will learn how to enter/edit text in Microsoft Word and to save retrieve data files. This class is intended for those who have some knowledge of using a computer, but may not be familiar with the Windows 10 operating system. . Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Five Points Center for Active Adults			Course Fee: \$10
#233499	Jan 17-24	Th	10:00 AM-11:30 AM
#233667	Feb 14-21	Th	10:00 AM-11:30 AM
#233814	Mar 19-26	Tu	10:00 AM-11:30 AM

COMPUTER BASICS 3

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. Have you ever wanted to make copies of your work or maybe store those files as a backup? This class goes into detail on how to save files, create folders, delete files. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive.

Five Points Center for Active Adults			Course Fee: \$10
#233555	Jan 22-29	Tu	2:00 PM-3:30 PM
#233900	Apr 2-9	Tu	10:00 AM-11:30 AM

CUTTING THE CORD: WHAT DOES IT MEAN AND HOW DOES IT WORK?

'Cutting the Cord' is a phrase that you hear a lot. Often it is associated with steps to lower your television or cable bill. But what does it actually mean and how would you even begin? In this class we will look at how television entertainment is evolving onto different types of platforms: cable, satellite, antenna, and online. Learn the steps some people are taking to 'cutting the cord'. But at the end of the day are you really cutting the cord or simply paying for television on a different platform? Is it worth your time to try it? You be the judge.

Anne Gordon Center for Active Adults		Course Fee: \$10
#233562	Jan 23-30 W	10:00 AM-11:30 AM
Five Points Center for Active Adults		Course Fee: \$10
#233797	Mar 7-14 Th	10:00 AM-11:30 AM
#233917	Apr 4-11 Th	10:00 AM-11:30 AM

GIMP PHOTO EDITING BASICS 1

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Want to have more control over how you edit your photos? Maybe you've looked at professional photo editing applications for your computer, but their too expensive. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing.

Anne Gordon Center for Active Adults		Course Fee: \$10
#233654	Feb 13-20 W	2:00 PM-3:30 PM
Five Points Center for Active		Course Fee: \$10
#233504	Jan 17-24 Th	2:00 PM-3:30 PM
#233901	Apr 2-9 Tu	2:00 PM-3:30 PM

GIMP PHOTO EDITING BASICS 2

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Back by popular demand here is part 2 of our Gimp Photo Editing series. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use.

Five Points Center for Active Adults		Course Fee: \$10
#233674	Feb 14-21 Th	2:00 PM-3:30 PM
#233933	Apr 16-23 Tu	2:00 PM-3:30 PM

Please be sure to read course prerequisite in the course description to be sure that you are registering for the appropriate level class.

GOOGLE APPLICATIONS OVERVIEW

Prerequisite: 'Computer Skills 1' or equivalent. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Calendar, and others.

Anne Gordon Center for Active Adults		Course Fee: \$10
#233454	Jan 7-14 M	10:00 AM-11:30 AM
#233936	Apr 17-24 W	2:00 PM-3:30 PM
Five Points Center for Active Adults		Course Fee: \$10
#233614	Feb 5-12 Tu	2:00 PM-3:30 PM
#233767	Mar 5-12 Tu	10:00 AM-11:30 AM

GOOGLE CHROME INTRO

Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome. Please bring your personal laptop to the workshop. If you do not have a laptop, one will be provided. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$5
#233634	Feb 6 W	10:00 AM-12:00 PM
#233945	Apr 29 M	10:00 AM-12:00 PM
Five Points Center for Active		Course Fee: \$5
#233478	Jan 8 Tu	2:00 PM-4:00 PM
#233743	Feb 28 Th	2:00 PM-4:00 PM
#233939	Apr 18 Th	2:00 PM-4:00 PM

GOOGLE PHOTOS INTRO

Prerequisite: 'Computer Basics 1' or equivalent. Class will learn basic photo editing and photo sharing using the Google Photos app. This app can be used on most devices. Class will be using computers that have the Windows 10 operating system. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$10
#233576	Jan 30-Feb 6 W	2:00 PM-3:30 PM
Five Points Center for Active Adults		Course Fee: \$10
#233816	Mar 19-26 Tu	2:00 PM-3:30 PM
#233920	Apr 4-11 Th	2:00 PM-3:30 PM

ICLOUD BASICS FOR IPAD/IPHONE

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set up an account and use the iCloud. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$5
#233567	Jan 28 M	10:00 AM-12:00 PM
#233710	Feb 27 W	10:00 AM-12:00 PM
Five Points Center for Active		Course Fee: \$5
#233860	Mar 27 W	10:00 AM-12:00 PM
#233938	Apr 18 Th	10:00 AM-12:00 PM

COMPUTER CLASSES

ICLOUD FOR APPLE LAPTOPS

Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. In this class you will learn how to set up your iCloud for your Apple Laptop. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set and use the iCloud.

Anne Gordon Center for Active Adults			Course Fee: \$5
#233715	Feb 27	W	2:00 PM-4:00 PM
#233941	Apr 24	W	9:00 AM-12:00 PM

INTRODUCING SIRI - YOUR PERSONAL ASSISTANT FOR IPAD/ IPHONE

Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your iPhone or iPad PLUS your Apple ID and password. Wished you had a personal assistant to remind you to do something at a certain time or when you arrive at a certain place? Now you can! Get to know Siri, your personal assistant on your Apple device. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults			Course Fee: \$5
#233696	Feb 25	M	10:00 AM-12:00 PM
#233886	Mar 27	W	2:00 PM-4:00 PM
Five Points Center for Active Adults			Course Fee: \$5
#233486	Jan 15	Tu	2:00 PM-4:00 PM
#233866	Mar 28	Th	2:00 PM-4:00 PM

IPAD BASICS 1

Introduction to the basics of owning an iPad. Must bring: Your own iPad PLUS your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults			Course Fee: \$10
#233911	Apr 3-10	W	2:00 PM-3:30 PM
Five Points Center for Active Adults			Course Fee: \$10
#233328	Jan 3-10	Th	10:00 AM-11:30 AM

IPAD BASICS 2

Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPad or iTouch PLUS your Apple ID and Password. This course will cover how to sync your iPad or iTouch device with an Apple or Windows computer. Learn about Facetime, how to transfer contacts, manage calendars, and to search and download apps from Apple App Store. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults			Course Fee: \$10
#233595	Feb 4-11	M	10:00 AM-11:30 AM
Five Points Center for Active Adults			Course Fee: \$10
#233927	Apr 16-23	Tu	10:00 AM-11:30 AM

IPAD BASICS 3

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how to search and download the great variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults			Course Fee: \$5
#233681	Feb 18	M	10:00 AM-12:00 PM
Five Points Center for Active			Course Fee: \$5
#233855	Mar 21	Th	2:00 PM-4:00 PM
#233943	Apr 25	Th	2:00 PM-4:00 PM
#233946	Apr 30	Tu	2:00 PM-4:00 PM

IPHONE 2: BASIC SETUP AND USE

Prerequisite: Must bring: Bring your own iPhone as well as your Apple ID and Password. You will learn basic set up, making simple phone calls, and advanced features such as iHealth, Notification, Cellular Data usage and the DO NOT DISTURB feature. Check out the popular apps such as Safari, Mail, Calendar, Maps, Weather and Contacts that truly makes the iPhone a 'Smartphone'. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults			Course Fee: \$10
#233493	Jan 16-23	W	2:00 PM-3:30 PM
#233803	Mar 18-25	M	10:00 AM-11:30 AM
Five Points Center for Active Adults			Course Fee: \$10
#233586	Jan 31-Feb 7	Th	10:00 AM-11:30 AM
#233827	Mar 21-28	Th	10:00 AM-11:30 AM

IPHONE BASICS 1

Introduction to the basics of owning an iPhone. Must bring: Your own iPhone/iPad PLUS your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults			Course Fee: \$10
#233316	Jan 2-9	W	2:00 PM-3:30 PM
#233754	Mar 4-11	M	10:00 AM-11:30 AM
Five Points Center for Active Adults			Course Fee: \$10
#233512	Jan 22-29	Tu	10:00 AM-11:30 AM
#233802	Mar 7-14	Th	2:00 PM-3:30 PM

TIME MACHINE: HOW TO BACK UP YOUR APPLE COMPUTER

Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. Apple's Time Machine is a backup software application that allows you to back up EVERYTHING on your Apple laptop. If you have an Apple computer then you already have Time Machine. But are you using it? Distributed as part of macOS, desktop operating system developed by Apple. The software is designed to work with AirPort Time Capsule, the Wi-Fi router with built-in hard disk, as well as other internal and external disk drives. In this class I will show you how to use Time Machine to back up your computer to an external hard drive.

Anne Gordon Center for Active Adults			Course Fee: \$5
#233825	Mar 20	W	2:00 PM-4:00 PM
Five Points Center for Active Adults			Course Fee: \$5
#233730	Feb 28	Th	10:00 AM-12:00 PM
#233942	Apr 25	Th	10:00 AM-12:00 PM

TIPS ON PURCHASING A COMPUTER

You're finally ready to purchase a computer, but you can't decide what type of computer you should get. First you need to decide specifically what you are going to do with your computer. And only you can decide this. But before you go to the store we will help you understand the differences between a laptop, desktop, and tablet so that you will have an idea of what you should be looking for. Then you can decide which will work best for your needs.

Anne Gordon Center for Active Adults			Course Fee: \$5
#233429	Jan 2	W	10:00 AM-12:00 PM
#233773	Mar 6	W	10:00 AM-12:00 PM
#233916	Apr 3	W	10:00 AM-12:00 PM
Five Points Center for Active Adults			Course Fee: \$5
#233944	Apr 30	Tu	10:00 AM-12:00 PM



EDUCATIONAL CLASSES

BUILDING YOUR LIFE PLAN

This seminar will be based on content in the books 'How to Say It to Seniors' by David Solie and 'How to Keep Mom (and yourself) out of a Nursing Home' by Dr. David Fisher of Doctors Making Housecalls. Frequently we think of retirement in terms of how much money we need to retire. Life is so much more than being about money. We will discuss the importance of building a life plan covering all aspects of your life spanning your physical, social, faith, medical and financial goals. A key question to you in building this plan is what you would like your legacy to be? How would you like to be remembered by family and friends? Come learn how to build your life plan with your legacy in mind! Sponsored by Aware Senior Care.

Five Points Center for Active Adults Course Fee: \$0
#232179 Apr 29 M 7:00 PM-8:00 PM

CARING FOR A LOVED-ONE WITH DEMENTIA

Caring for a loved one with Dementia can be exhausting and difficult. This program aims to help caregivers understand the changes going on with their loved ones and the positive approaches to adopt in interact with their loved ones on a daily basis. Sharon Kilpatrick, RN includes a discussion of available community resources and support. Sponsored by Always Best Care Senior Services and Resources for.

Anne Gordon Center for Active Adults Course Fee: \$0
#232231 Mar 28 Th 11:00 AM-12:00 PM

CUPCAKE CREATIONS

Come spend an hour with us expressing yourself with icing and cupcakes. Learn to make icing and easy tips for decorating your cupcake. Take your creation home to eat or share. Good for all ages. Skill level: beginner. Sponsored by the Oaks at Whitaker Mill and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#232178 Feb 19 Tu 10:15 AM-11:15 AM

ESSENTIAL OILS: EMOTIONAL HEALTH

Explore natural and alternative ways to heal yourself physically and emotionally through the use of essential Oils. Topics include: self-coaching models, essential oils, energetic exercises, elimination of toxic substances, and more! \$45 materials fee for essential oils. Instructor: Suzanne McDermott.

Five Points Center for Active Adults Course Fee: \$45
Healing Yourself I
#232584 Jan 7-28 M 2:00 PM-5:00 PM
#232585 Apr 15-May 6 M 2:00 PM-5:00 PM
Healing Yourself II
#232587 Mar 18-Apr 8 M 2:00 PM-5:00 PM
Healing Yourself III
#232589 Apr 15-May 6 M 2:00 PM-5:00 PM

EXPRESSING LOSS THROUGH ART

We all experience losses in our lives. Working through these losses can be difficult unless we find an outlet. One enjoyable way of expressing our inner feelings is thru the world of art. Join us for a series of four workshops, where we will explore various forms of art each week. We look forward to sharing a time of creative expression together! Sponsored by Heartland Hospice and led by local artist Christy Colebanks.

Five Points Center for Active Adults Course Fee: \$0
#232195 Jan 16-Feb 6 W 1:00 PM-3:00 PM

FALLS PREVENTION

According to the CDC, each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor.¹ Falling once doubles your chances of falling again. Falls are serious and costly. Join Homewatch CareGivers and Legacy Healthcare Services to learn consequences, costs, risk factors and most importantly how to reduce YOUR risk of falling.

Anne Gordon Center for Active Adults Course Fee: \$0
#232236 Jan 31 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#232237 Jan 29 Tu 2:00 PM-3:00 PM

FINANCE: GOVERNMENT BENEFITS FOR LONG TERM CARE

The cost of Long Term Care is staggering, from in-home care, Assisted Living, Memory Care to Skilled Nursing Care, monthly costs often exceed \$10,000 per month. In this presentation, we review the various programs and outline the requirements for a family to qualify. We will primarily review Veteran's Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel

Anne Gordon Center for Active Adults Course Fee: \$0
#232126 Jan 28 M 2:00 PM-3:30 PM

Five Points Center for Active Adults Course Fee: \$0
#232127 Jan 24 Th 6:30 PM-7:30 PM
#232128 Apr 9 Tu 3:00 PM-4:30 PM

FINANCE: ESTATE PLANNING

Tom McCuiston from McCuiston Law Offices, PPLC, discusses documents needed in estate planning such as powers of attorney, trust, wills and living wills and the consequences of having or not having these documents. Topics include: tax consequences of not having a will, creating trusts and why they may be helpful, responsibilities of designated power of attorney, property transfer and the consequences of not having a will. Sponsored by McCuiston Law Firm.

Five Points Center for Active Adults Course Fee: \$0
#232125 Feb 5 Tu 1:00 PM-2:00 PM

FINANCE: MEDICARE 101

The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

Anne Gordon Center for Active Adults	Course Fee: \$0
#232186 Mar 14 Th 10:00 AM-12:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#232187 Feb 12 Tu 10:00 AM-12:00 PM	
#232188 Apr 11 Th 6:00 PM-8:00 PM	

FINANCE: PLANNING FOR MEDICAID

Answers to questions about Medicaid eligibility requirements; coverage options; Look-back Period; asset and income limitations; and spousal or family asset protection will be provided by Huston Law Firm. This is a program to learn the basics for preparing for Medicaid either for you or another family member.

Anne Gordon Center for Active Adults	Course Fee: \$0
#232133 Jan 10 Th 1:00 PM-2:00 PM	
#232134 Apr 18 Th 3:00 PM-4:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#232136 Jan 8 Tu 10:00 AM-11:00 AM	
#232137 Mar 27 W 2:00 PM-3:00 PM	

FINANCE: SOCIAL SECURITY STRATEGIES FOR RETIREMENT

This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken and how taxes are best handled. Presented by Edward Jones Investments and Resources for Seniors.

Anne Gordon Center for Active Adults	Course Fee: \$0
#232159 Mar 21 Th 2:30 PM-3:30 PM	
Five Points Center for Active Adults	Course Fee: \$0
#232160 Feb 26 Tu 1:00 PM-2:00 PM	
#232161 Apr 4 Th 6:00 PM-7:00 PM	

FINANCE: THE TRUTH ABOUT REVERSE MORTGAGES

Learn about the New Reverse Mortgage with examples from real life scenarios. What is a Reverse Mortgage, also known as a Home Equity Conversion Mortgage or HECM? What are the Myths about a Reverse Mortgage? What are the Qualifications for a Reverse Mortgage? Why Choose a Reverse Mortgage? What are the Available Options of a Reverse Mortgage? Sponsored by Reverse Mortgage Funding, LLC and Resources for Seniors.

Anne Gordon Center for Active Adults	Course Fee: \$0
#232138 Feb 18 M 3:00 PM-4:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#232139 Mar 11 M 6:00 PM-7:00 PM	
#232140 Apr 2 Tu 3:00 PM-4:00 PM	

FINANCE: THE TRUTH ABOUT LIVING TRUSTS

Have you received a postcard recently from an attorney telling you not to be a 'burden' on your children, to avoid 'burdening' them, you must use a trust? Are you afraid of the 'hassle' and 'delay' of probate? Do you wonder if your neighbor having a trust means you should have one too? This presentation by Tom McCuiston of the McCuiston Law Firm takes the mystery out of living trusts and explains when a trust is necessary and when it is not.

Five Points Center for Active Adults	Course Fee: \$0
#232157 Apr 23 Tu 1:00 PM-2:00 PM	

FINANCE: UNDERSTANDING BENEFICIARY DESIGNATIONS

Not understanding beneficiary designations can ruin an estate plan. There are many ways to pass on an inheritance other than a will or trust. Find out the problems that occur every day on insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death (POD)' designations. Presented by Huston Law, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults	Course Fee: \$0
#232162 Mar 25 M 1:00 PM-2:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#232163 Apr 25 Th 7:00 PM-8:00 PM	

FINANCE: UNDERSTANDING VETERANS' AID AND ATTENDANCE BENEFITS

A veterans' benefit pays between \$1,000 and \$2,000 per month tax-free toward the cost of long-term care, including skilled nursing, assisted living and in-home professional care. War-time veterans should learn how to qualify and how to use the benefit. Presented by Houston Law, LLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults	Course Fee: \$0
#232164 Feb 11 M 1:00 PM-2:00 PM	
#232165 Apr 29 M 1:00 PM-2:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#232166 Feb 4 M 6:00 PM-7:00 PM	

FINANCE: WILLS VERSUS TRUSTS

One comment made so often..... 'I don't need a trust, I'm not rich'. There are different trusts for different purposes, from a basic revocable living trust, to Special Needs or Supplemental Needs Trusts, charitable trusts, right down to a Pet Trust for your beloved animals. Our question during these talks: 'is your will sufficient to accomplish your estate planning goals'? Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults	Course Fee: \$0
#232175 Feb 25 M 1:00 PM-2:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#232176 Mar 13 W 2:00 PM-3:00 PM	

FIVE WISHES

Having the conversation with family and friends about our advanced directives and living will can be challenging. Five Wishes is a program that provides the opportunity to express your personal, emotional, and spiritual needs. It lets you choose the person you want to make

EDUCATIONAL CLASSES

your health care decisions for you in the event you are not able. It helps you decide how you wish to be treated if you get seriously ill. Five Wishes is written by the American Bar Association and designed to help you plan for the future. Sponsored by Liberty Hospice and Resources for Seniors.

Anne Gordon Center for Active Adults	Course Fee: \$0
#232181 Apr 4 Th 2:30 PM-3:30 PM	
Five Points Center for Active Adults	Course Fee: \$0
#232182 Mar 20 W 1:00 PM-2:00 PM	

FOR WHAT IT'S WORTH

If you have ever wondered if that item in the attic is a treasure, you will love this program! Bring your 'treasure' and share its story with the staff from Caring Transitions. They will select a few items to research and will share the results at the Big Reveal a few weeks later. Sponsored by Caring Transitions.

Five Points Center for Active Adults	Course Fee: \$0
#235938 Mar 14 & 28 Th 2:00 PM-3:30 PM	

HEALTH TALKS WITH DR. BALDWIN

Dr. Casey Baldwin, RFS Senior Care Pharmacist will be on-site monthly to discuss important health topics for older adults. Topics include chronic illness and strategies for health living. Sponsored by Resources for Seniors.

Five Points Center for Active Adults	Course Fee: \$0
#232238 Jan 8-Apr 2 Tu 10:15 AM-11:15 AM	

HEALTH TOPIC: BLOOD PRESSURE AND WEIGHT SCREENING

Take advantage of these FREE blood pressure and weight screenings offered by Dr. Casey Baldwin with Resources for Seniors This will take place the first Tuesday of the month.

Five Points Center for Active Adults	Course Fee: \$0
#232230 Jan 8-Apr 2 1st Tu 9:30 AM-10:15 AM	

HEALTH TOPIC: CHRONIC PAIN SELF- MANAGEMENT

This evidence-based course, reviewed by Stanford University and health professionals, gives you tips, helpful suggestions and concrete strategies to maintain your health and manage your pain.

Five Points Center for Active Adults	Course Fee: \$0
#232242 Mar 18-Apr 22 M 5:30 PM-8:00 PM	

HEALTH TOPIC: DIABETES SELF-MANAGEMENT

This course is a highly participatory workshop facilitated by leaders who follow a detailed manual for consistency. Physicians and other health professionals from Stanford University and the community have reviewed all the course materials. Participants build confidence in their ability to manage their health and maintain healthy

lifestyles while living with Diabetes. Sponsored by Community Care of Wake and Johnston Counties

Anne Gordon Center for Active Adults	Course Fee: \$0
#232241 Feb 7-Mar 14 Th 1:30 PM-4:00 PM	

HEALTH TOPIC: TYPES OF DEMENTIA

We hear Alzheimer's Disease or Lewy Body Dementia and wonder what that really looks like for those living with the disease. Sharon Kilpatrick, RN will discuss some of the more prevalent dementias and what it all means for those walking the road of 'dementia'.

Anne Gordon Center for Active Adults	Course Fee: \$0
#232233 Apr 11 Th 1:00 PM-2:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#232234 Jan 24 Th 1:00 PM-2:00 PM	

HEALTH TOPIC: DISEASES OF THE HEART

Please join us to discuss diseases of the heart in honor of American Heart Month. Mandy Nester, RN, BSN, FCN will discuss ways to keep your heart healthy, some common heart conditions, and how to recognize the signs and symptoms of a heart attack versus stroke.

Five Points Center for Active Adults	Course Fee: \$0
#232235 Feb 14 Th 2:00 PM-3:00 PM	

HEALTH TOPIC: PARKINSON'S DISEASE DIALOGUE

Are you living actively in the early stages of Parkinson's disease? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of Parkinson's disease-related healthcare by exchanging information, choosing topics for discussion and sharing the collective wisdom. Group meets on the last Friday of each month.

Five Points Center for Active Adults	Course Fee: \$0
#232244 1/25, 2/22, 3/22, 4/26 F 1:30 PM-3:00 PM	

HEALTH TOPIC: PREPARING FOR A DOCTOR VISIT

Have you looked forward to talking with your physician and then left feeling frustrated because you forgot to ask your questions? Do you feel like your physician is not listening or does not understand how you are feeling? Are you taking so many medications or been give new medications that you have lost track of when to take them and why? Gina Murray, RN, BSN will provide some useful tools and strategies to prepare you for your visit with your physician and be armed with good questions. Sponsored by Aware Senior Care.

Anne Gordon Center for Active Adults	Course Fee: \$0
#232239 Mar 11 M 1:00 PM-2:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#232240 Mar 4 M 6:00 PM-7:00 PM	

IMMERSION IN SPANISH I

Students will discover how to recite the ABCs, count in Spanish (up to a million), ask for food in a restaurant, and for directions. In this class the students will learn some verbs in all their conjugations and have more tools to start a conversation. This class will meet twice a week. Instructor: Monica Kalavity

Five Points Center for Active Adults Course Fee: \$20
#234051 Jan 7-Feb 7 M, Th 6:30 PM-7:30 PM

IMMERSION IN SPANISH II

This class is a continuation of Spanish Immersion One. Students will delve deeper learning how to read Spanish. Videos, along with other tools, will be used to help students learn more spoken synonymous, words, and expressions. The majority of this class will be taught in Spanish. This class will meet twice a week. Instructor: Monica Kalavity

Five Points Center for Active Adults Course Fee: \$20
#234221 Feb 18-Mar 14 M, Th 6:30 PM-7:30 PM

KEEP DRIVING LONGER

Older drivers represent the fastest-growing driving population. Studies have shown seniors suffer a significant reduction in their quality of life when they are no longer able to drive. It is important we find ways to keep ourselves and others safe on the road. Learn ways to keep yourself healthy enough to keep on driving. Sponsored by Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#232183 Feb 25 M 2:15 PM-3:15 PM

Five Points Center for Active Adults Course Fee: \$0
#232184 Apr 2 Tu 1:45 PM-2:45 PM

LEGAL: IMPORTANT DOCUMENTS EVERYONE SHOULD HAVE

Learn what core documents make up the foundation of a good estate plan - you need more than a will! Presented by Houston Law Firm, LLC.

Anne Gordon Center for Active Adults Course Fee: \$0
#232129 Mar 18 M 3:00 PM-4:00 PM

Five Points Center for Active Adults Course Fee: \$0
#232130 Feb 19 Tu 1:00 PM-2:00 PM

LIVE SMART AND SAFE AT HOME

The natural aging process, illness or injury may challenge our mobility and we can no longer climb stairs, reach high cabinets or safely use our shower or bathtub. We will look at ways to be proactively live safely in our homes using efficient, automated, and safe resources. Presented by Aware Senior Care and Make It Home.

Five Points Center for Active Adults Course Fee: \$0
#232185 Mar 19 Tu 11:00 AM-12:00 PM

NOGGIN JOGGIN'

People who regularly partake in the stimulating activities showed healthier densities of 'white matter'-the parts of the brain that transmit information-than those who didn't. In other words: If you don't use it, you lose it. Brain training that targets memory, attention and focus can lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games work to stave off dementia, strengthen critical thinking skills, and promote brain

health. Join us monthly in a variety of brain stimulating activities to keep our brains active. Presented by Homewatch Care Givers. This is held the first and third Monday of

Anne Gordon Center for Active Adults Course Fee: \$0
#232243 Jan 7-Apr 15 M 1:30 PM-2:30 PM

NUTRITION: ALL ABOUT CARBOHYDRATES

There are so many conflicting messages about how many carbohydrates we should be eating on a daily basis. This class will provide detailed information regarding carbs and how they affect the body. Instructor: Lauren Nathan

Five Points Center for Active Adults Course Fee: \$5
#231164 Jan 17 Th 1:00 PM-3:00 PM

NUTRITION: ALL ABOUT FATS

This class will take a close look at fats and oils and answer questions about fat in foods and in the body. Instructor: Lauren Nathan

Five Points Center for Active Adults Course Fee: \$5
#231165 Jan 24 Th 1:00 PM-3:00 PM

NUTRITION: ALL ABOUT PROTEINS

Take a close look at protein and explore how proteins are made in our bodies, how and why we break down body proteins, plant and animal sources of protein, non-meat food combinations that are complete protein sources. Instructor: Lauren Nathan

Five Points Center for Active Adults Course Fee: \$5
#231166 Jan 31 Th 1:00 PM-3:00 PM

NUTRITION: UNDERSTANDING THE LOW-FOD MAP DIET

There are certain small carbohydrates in our diet that are easily and readily fermented by the bacteria in our intestines. Too many of these FODMAPs can lead to very painful abdominal symptoms, especially for those with IBS. Join Lauren Nathan, a dietitian and retired college instructor, in exploring how the low-FODMAP diet can benefit you. This approach, which was developed at Monash University in Australia, is now seen as an effective way to manage IBS symptoms. It is also helpful for people who may not suffer from IBS, but experience enough bloating and excess flatulence to make learning about FODMAPs well worth it.

Five Points Center for Active Adults Course Fee: \$5
#231168 Feb 7 Th 1:00 PM-3:00 PM

ONE-ON-ONE CAREGIVER SUPPORT OR GRIEF COUNSELING

Are you the primary caregiver for a loved-one, family member or friend and are you looking for support and ways to enhance your caregiving? Kristin Lassiter will provide you with one-on-one counseling to help you in this journey. Have you recently experienced the loss of a loved-one, family member, friend or employment? Maybe you are challenged by a recent medical diagnosis or the move to a new location. Kristin can help you in this journey. Make an appointment to meet with Kristin and learn ways to manage the challenges of caregiving or adjusting to a loss. This free service is sponsored by Heartland Hospice and Resources for Seniors, Inc.

Five Points Center for Active Adults Course Fee: \$0
#232189 Feb 18-Apr 15 M 2:00 PM-3:45 PM

continued on next column...

EDUCATIONAL CLASSES

PROJECT PREPLAN

You didn't always have a choice. Today, learn about the many options in planning ahead for cremation, burial, anatomical donation and possible future methods of final disposition. Learn why you may not want to rely on life insurance. Learn about Medicaid requirements and ways to protect against overspending, survivor doubt and family quarreling. Planning starts with knowledge. Sponsored by Renaissance Funeral Home.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#232190	Jan 31	Th	2:15 PM-3:15 PM
Five Points Center for Active Adults		Course Fee: \$0	
#232191	Feb 5	Tu	2:15 PM-3:15 PM
#232192	Apr 9	Tu	2:00 PM-3:00 PM

QUESTIONS ACROSS THE SPECTRUM DISCUSSION GROUP

Participants will view videos from TED.com, upworthy.com and similar websites on a variety of topics, including nature, leisure, aging, compassion, intervention and science. A back-and-forth exchange of views will deepen understanding of questions and issues raised by living in a complex world. Preregistration is required. Class meets on the first and third Monday of each month.

Five Points Center for Active Adults		Course Fee: \$0	
#231652	Jan 7-Apr 15	1st/3rdM	3:30 PM-5:00 PM

RESOURCES FOR SENIORS: WHO ARE WE AND HOW WE CAN HELP

Resources for Seniors will provide a detailed overview of its agency and the many resources that can be valuable to you or your loved ones.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#232193	Jan 17	Th	1:00 PM-1:45 PM
Five Points Center for Active Adults		Course Fee: \$0	
#232194	Jan 17	Th	10:30 AM-11:15 AM

RESTORATIVE WRITING

Restorative writing is a unique tool that has the potential for powerful and dramatic outcomes, even for those who do not normally consider themselves writers. This program was developed with the help of local author Carol Henderson. Join us for an opportunity to explore our deepest feelings in a safe environment. Through writing, we will gently probe, reflect, remember and reconsider. We will honor our loved ones, reimagine our lives now and discover inner resources we had no idea were within us. Preregistration is required. Presented by Heartland Hospice and Resources for Seniors.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#232196	Mar 21-Apr 4	Th	1:00 PM-2:15 PM

SHIIP COUNSELING

These 1:1 appointments will help you to understand your Medicare options with the Senior Health Insurance Information Program (SHIIP). If you are turning 65 or retiring and will have Medicare, now is the time to meet with a counselor and review your future Medicare options. By appointment only.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#232200	Jan 7-Apr 29	M	9:30 AM-4:00 PM
Five Points Center for Active Adults		Course Fee: \$0	
#232201	Jan 2-Apr 30	Tu, W	1:30 PM-4:30 PM

THE ROULETTE OF LIVING ARRANGEMENTS AND CARE OPTIONS

Your living and care options in the future should not depend on chance. There are many possibilities to 'aging in place.' Learn about the different levels and choices in living options for retirement, the different types of care and who pays. Sponsored by Homewatch Care Givers and Resources for Seniors

Anne Gordon Center for Active Adults		Course Fee: \$0	
#232198	Apr 1	M	2:45 PM-4:00 PM
Five Points Center for Active Adults		Course Fee: \$0	
#232199	Mar 28	Th	6:00 PM-7:30 PM

THE UPSIDE OF DOWNSIZING

Learning more about "Downsizing and Rightsizing" has become an essential part of aging, but you don't have to do it alone. Selecting the right time, the right place and the right amount of personal belongings to take when you move can prove to be time consuming and stressful. Deciding to "downsize" now rather than later can provide financial benefits, allow more time to make important decisions, reduce overall stress and limit additional burden to family members. Determine your space versus your belongings ratio and ensure that you don't leave any of your treasured possessions behind. We will explain how letting go of "space takers" can help you get the ball rolling and we will share how we can purge or liquidate the household goods that you will no longer need.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#232202	Mar 11	M	2:15 PM-3:15 PM
Five Points Center for Active Adults		Course Fee: \$0	
#232203	Jan 29	Tu	1:00 PM-2:00 PM
#232204	Mar 21	Th	6:00 PM-7:00 PM

Please be sure to read course prerequisite in the course description to be certain that you are registering for the appropriate level class.

FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

60 SECONDS TO GOOD HEALTH

This class features interval training to improve muscle strength and take your fitness to a higher level. All it takes is 60 seconds! Instructor: Raquel Robinson

CANCELLED

Five Points Center For Active Adults

Course Fee: \$8

#230428	Jan 7-28	M	10:30 AM-11:15 AM
#230429	Feb 4-25	M	10:30 AM-11:15 AM
#230430	Mar 4-25	M	10:30 AM-11:15 AM
#230431	Apr 1-29	M	10:30 AM-11:15 AM

ADULT TAP DANCE

Learn basic tap dance patterns that will be incorporated into short dances to music. This will be a good physical and mental workout as you learn (or maybe re-learn) classic patterns. Tap dance does not require a partner or a group so you can practice any time. If you can walk you can dance! Instructor: Bev Norwood

Five Points Center For Active Adults

Course Fee: \$8

#234684	Jan 2-30	12:00 W	12:00PM-1:00PM
#234685	Feb 6-27	W	12:00PM- 1:00PM
#234686	Mar 6-27	W	12:00PM-1:00PM
#234687	Apr 3-24	W	12:00PM- 1:00PM

AGELESS GRACE

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information. Instructor: Missy Atkinson.

Anne Gordon Center for Active Adults

Course Fee: \$8

#230492	Jan 8-29	Tu	2:00 PM-2:45 PM
#230493	Feb 5-26	Tu	2:00 PM-2:45 PM
#230494	Mar 5-26	Tu	2:00 PM-2:45 PM
#230495	Apr 2-30	Tu	2:00 PM-2:45 PM

Five Points Center for Active Adults

Course Fee: \$8

#230496	Jan 7-28	M	9:30 AM-10:15 AM
#230497	Feb 4-25	M	9:30 AM-10:15 AM
#230498	Mar 4-25	M	9:30 AM-10:15 AM
#230499	Apr 1-29	M	9:30 AM-10:15 AM

Walnut Terrace Neighborhood

Course Fee: \$0

#230502	Jan 8-29	Tu	12:00 PM-12:45 PM
#230503	Feb 5-26	Tu	12:00 PM-12:45 PM
#230500	Mar 5-26	Tu	12:00 PM-12:45 PM
#230501	Apr 2-30	Tu	12:00 PM-12:45 PM

AIM FITNESS

The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through; stretching, low impact aerobics and the use of light hand weights and resistance bands. Classes differ by instructor. All classes are beginner level with chair support unless otherwise noted. *Please note that the free classes at the Five Points Center are limited to the first 30 people who arrive each day.*

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Journonya Harris-Raynor

#230432	Jan 8-29	Tu	9:15 AM-10:00 AM
#230433	Feb 5-26	Tu	9:15 AM-10:00 AM
#230434	Mar 5-26	Tu	9:15 AM-10:00 AM
#230435	Apr 2-30	Tu	9:15 AM-10:00 AM

Intermediate

#230484	Jan 8-29	Tu	10:15 AM-11:00 AM
#230485	Feb 5-26	Tu	10:15 AM-11:00 AM
#230486	Mar 5-26	Tu	10:15 AM-11:00 AM
#230487	Apr 2-9	Tu	10:15 AM-11:00 AM

Instructor: Valerie Salinas

#230436	Jan 3-31	Th	9:15 AM-10:00 AM
#230437	Feb 7-28	Th	9:15 AM-10:00 AM
#230438	Mar 7-28	Th	9:15 AM-10:00 AM
#230439	Apr 4-25	Th	9:15 AM-10:00 AM

Intermediate

#230488	Jan 3-31	Th	10:15 AM-11:00 AM
#230489	Feb 7-28	Th	10:15 AM-11:00 AM
#230490	Mar 7-28	Th	10:15 AM-11:00 AM
#230491	Apr 4-25	Th	10:15 AM-11:00 AM

continued on next page...



FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Bettie Ittenbach

#230440	Jan 7-28	M	12:15 PM-1:00 PM
#230441	Feb 4-25	M	12:15 PM-1:00 PM
#230442	Mar 4-25	M	12:15 PM-1:00 PM
#230443	Apr 1-29	M	12:15 PM-1:00 PM

Instructor: Journonya Harris-Raynor

#234828	Jan 3-Apr 25	Th	9:30 AM-10:00 AM
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Course Fee: \$0

Greystone Community Center

Course Fee: \$8

Instructor: Lauren Llewellyn

#230444	Jan 7-28	M	10:00 AM-10:45 AM
#230445	Feb 4-25	M	10:00 AM-10:45 AM
#230446	Mar 4-25	M	10:00 AM-10:45 AM
#230447	Apr 1-29	M	10:00 AM-10:45 AM
#230448	Jan 4-25	F	10:00 AM-10:45 AM
#230449	Feb 1-22	F	10:00 AM-10:45 AM
#230450	Mar 1-29	F	10:00 AM-10:45 AM
#230451	Apr 5-26	F	10:00 AM-10:45 AM

Halifax Community Center

Course Fee: \$0

Instructor: Journonya Harris - Rayner

#230452	Jan 7-28	M	11:45 AM-12:30 PM
#230453	Feb 4-25	M	11:45 AM-12:30 PM
#230454	Mar 4-25	M	11:45 AM-12:30 PM
#230455	Apr 1-29	M	11:45 AM-12:30 PM

Lake Lynn Community Center

Course Fee: \$8

Instructor: Lauren Llewellyn

#230456	Jan 8-29	Tu	9:00 AM-9:45 AM
#230457	Feb 5-26	Tu	9:00 AM-9:45 AM
#230458	Mar 5-26	Tu	9:00 AM-9:45 AM
#230459	Apr 4-30	Tu	9:00 AM-9:45 AM
#230460	Jan 3-31	Th	9:00 AM-9:45 AM
#230461	Feb 7-28	Th	9:00 AM-9:45 AM
#230462	Mar 7-28	Th	9:00 AM-9:45 AM
#230463	Apr 4-25	Th	9:00 AM-9:45 AM

Laurel Hills Community Center

Course Fee: \$8

Instructor: Bettie Ittenbach

#230464	Jan 2-30	W	10:15 AM-11:15 AM
#230465	Feb 6-27	W	10:15 AM-11:15 AM
#230466	Mar 6-27	W	10:15 AM-11:15 AM
#230467	Apr 10-24	W	10:15 AM-11:15 AM
#230468	Jan 4-25	F	10:15 AM-11:15 AM
#230469	Feb 1-22	F	10:15 AM-11:15 AM
#230470	Mar 1-29	F	10:15 AM-11:15 AM
#230471	Apr 5-26	F	10:15 AM-11:15 AM

Powell Drive Park

Course Fee: \$8

Instructor: Lauren Morris

#234919	Jan 1-29	Tu	2:00 PM-2:45 PM
#234920	Feb 5-26	Tu	2:00 PM-2:45 PM
#234921	Mar 5-26	Tu	2:00 PM-2:45 PM
#234922	Apr 2-30	Tu	2:00 PM-2:45 PM
#234923	Jan 3-31	Th	2:00 PM-2:45 PM
#234924	Feb 7-28	Th	2:00 PM-2:45 PM
#234925	Mar 7-28	Th	2:00 PM-2:45 PM
#234926	Apr 4-25	Th	2:00 PM-2:45 PM

Tarboro Road Community Center

Course Fee: \$0

Instructor: Janet Wise

#230472	Jan 2-30	W, F	10:00 AM-10:45 AM
#230473	Feb 1-27	W, F	10:00 AM-10:45 AM
#230474	Mar 1-27	W, F	10:00 AM-10:45 AM
#230475	Apr 3-26	W, F	10:00 AM-10:45 AM

BALANCE FITNESS

Strengthen your balance, stability, and core strength with these classes. Sessions may use weights, bands and weighted balls along with cardio and balance activities to achieve these goals. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

Abbotts Creek Community Center

Course Fee: \$8

Instructor: Raquel Robinson

#230559	Jan 8-29	Tu	10:30 AM-11:15 AM
#230560	Feb 5-26	Tu	10:30 AM-11:15 AM
#230561	Mar 5-26	Tu	10:30 AM-11:15 AM
#230562	Apr 2-30	Tu	10:30 AM-11:15 AM
#230563	Jan 3-31	Th	10:30 AM-11:15 AM
#230564	Feb 7-28	Th	10:30 AM-11:15 AM
#230565	Mar 7-28	Th	10:30 AM-11:15 AM
#230566	Apr 4-25	Th	10:30 AM-11:15 AM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Sue Payne

#230567	Jan 8-29	Tu	10:15 AM-11:00 AM
#230568	Feb 5-26	Tu	10:15 AM-11:00 AM
#230569	Mar 5-26	Tu	10:15 AM-11:00 AM
#230570	Apr 2-30	Tu	10:15 AM-11:00 AM
#230571	Jan 2-30	W	2:15 PM-3:00 PM
#230572	Feb 6-27	W	2:15 PM-3:00 PM
#230573	Mar 6-27	W	2:15 PM-3:00 PM
#230574	Apr 3-24	W	2:15 PM-3:00 PM
#230575	Jan 3-31	Th	9:15 AM-10:00 AM

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#230576	Feb 7-28	Th	9:15 AM-10:00 AM
#230577	Mar 7-28	Th	9:15 AM-10:00 AM
#230578	Apr 4-25	Th	9:15 AM-10:00 AM
#230579	Jan 3-31	Th	11:15 AM-12:00 PM
#230580	Feb 7-28	Th	11:15 AM-12:00 PM
#230581	Mar 7-28	Th	11:15 AM-12:00 PM
#230582	Apr 4-25	Th	11:15 AM-12:00 PM

Instructor: Sandy Stanton

#234830	Jan 3-31	Th	6:45 PM-7:30 PM
#234831	Feb 7-28	Th	6:45 PM-7:30 PM
#234832	Mar 7-28	Th	6:45 PM-7:30 PM
#234833	Apr 4-25	Th	6:45 PM-7:30 PM

BOOTCAMP

Bootcamp is designed to push you a little further than you would normally push yourself. It builds on the fundamentals of cardio and strength training. You will use bodyweight exercises like pushups, squats and burpees interspersed with aerobic activities. Be prepared to sweat in this class. Bring a towel and your mat.

Abbotts Creek Community Center Course Fee: \$8

Instructor: Raquel Robinson

#236416	Jan 7-28	M	10:30 AM- 11:15 AM
#236417	Feb 4-25	M	10:30 AM- 11:15 AM
#236418	Mar 4-25	M	10:30 AM- 11:15 AM
#236419	Apr 1-29	M	10:30 AM- 11:15 AM
#236420	Jan 2-30	W	10:30 AM- 11:15 AM
#236421	Feb 6-27	W	10:30 AM- 11:15 AM
#236422	Mar 6-27	W	10:30 AM- 11:15 AM
#236423	Apr 3-24	W	10:30 AM- 11:15 AM
#236424	Jan 4-25	F	10:30 AM- 11:15 AM
#236425	Feb 1-22	F	10:30 AM- 11:15 AM
#236426	Mar 1-29	F	10:30 AM- 11:15 AM
#236427	Apr 5-26	F	10:30 AM- 11:15 AM

Five Points Center for Active Adults Course Fee: \$8

Instructor: Sue Payne

#230585	Jan 8-29	Tu	9:15 AM-10:00 AM
#230586	Feb 5-26	Tu	9:15 AM-10:00 AM
#230587	Mar 5-26	Tu	9:15 AM-10:00 AM
#230588	Apr 9-30	Tu	9:15 AM-10:00 AM
#230589	Jan 2-30	W	1:15 PM-2:00 PM
#230590	Feb 6-27	W	1:15 PM-2:00 PM
#230591	Mar 6-27	W	1:15 PM-2:00 PM
#230592	Apr 3-24	W	1:15 PM-2:00 PM

BOXING FOR FITNESS

This a cardio intensive class involves actual boxing work along with core and abdominal floor work. This is a great overall muscle toning and fat burning exercise class. Bring boxing gloves and mat. Instructor: Sue Payne

Five Points Center for Active Adults Course Fee: \$8

#230593	Jan 8-29	Tu	3:00 PM-3:45 PM
#230594	Feb 5-26	Tu	3:00 PM-3:45 PM
#230595	Mar 5-26	Tu	3:00 PM-3:45 PM
#230596	Apr 2-16	Tu	3:00 PM-3:45 PM

CARDIO SCULPT

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class.

Abbotts Creek Community Center

Course Fee: \$8

Instructor: Raquel Robinson 

#230818	Jan 8-29	Tu	9:30 AM-10:15 AM
#230819	Feb 5-26	Tu	9:30 AM-10:15 AM
#230825	Mar 5-26	Tu	9:30 AM-10:15 AM
#230820	Apr 2-30	Tu	9:30 AM-10:15 AM
#230821	Jan 3-31	Th	9:30 AM-10:15 AM
#230822	Feb 7-28	Th	9:30 AM-10:15 AM
#230823	Mar 7-28	Th	9:30 AM-10:15 AM
#230824	Apr 4-25	Th	9:30 AM-10:15 AM

Five Points Center for Active Adults Course Fee: \$8

#230842	Jan 7-28	M	9:30 AM-10:15 AM
#230843	Feb 4-25	M	9:30 AM-10:15 AM
#230844	Mar 4-25	M	9:30 AM-10:15 AM
#230845	Apr 1-22	M	9:30 AM-10:15 AM

Instructor: Linda Lisko

#230830	Jan 7-28	M	6:30 PM-7:15 PM
#230831	Feb 4-25	M	6:30 PM-7:15 PM
#230832	Mar 4-25	M	6:30 PM-7:15 PM
#230833	Apr 1-29	M	6:30 PM-7:15 PM

Instructor: Linda Thomas 

#230834	Jan 8-29	Tu	10:15 AM-11:00 AM
#230835	Feb 5-26	Tu	10:15 AM-11:00 AM
#230836	Mar 5-26	Tu	10:15 AM-11:00 AM
#230837	Apr 2-30	Tu	10:15 AM-11:00 AM

Instructor: Linda Lisko

#234867	Jan 2-30	W	9:15 AM-11:00 AM
#234868	Feb 6-27	W	9:15 AM-11:00 AM
#234869	Mar 6-27	W	9:15 AM-11:00 AM
#234870	Apr 3-24	W	9:15 AM-11:00 AM

Instructor: Sue Payne

#230826	Jan 2-30	W	10:15 AM-11:00 AM
#230827	Feb 6-27	W	10:15 AM-11:00 AM
#230828	Mar 6-27	W	10:15 AM-11:00 AM
#230829	Apr 3-24	W	10:15 AM-11:00 AM
#231207	Jan 2-30	W	11:15 AM-12:00 PM
#231208	Feb 6-27	W	11:15 AM-12:00 PM
#231209	Mar 6-27	W	11:15 AM-12:00 PM
#231210	Apr 3-24	W	11:15 AM-12:00 PM
#231211	Jan 3-31	Th	10:15 AM-11:00 AM
#231212	Feb 7-28	Th	10:15 AM-11:00 AM
#231213	Mar 7-28	Th	10:15 AM-11:00 AM
#231214	Apr 4-25	Th	10:15 AM-11:00 AM

FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

DANCE XROSS FITNESS

This fun, high-energy class combines dance fitness, kickboxing moves, strength training and soul line dancing.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Linda Thomas

#230849	Jan 7-28	M	11:45 AM-12:45 PM
#230850	Feb 4-25	M	11:45 AM-12:45 PM
#230851	Mar 4-25	M	11:45 AM-12:45 PM
#230852	Apr 1-29	M	11:45 AM-12:45 PM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Linda Thomas

#230853	Jan 8-29	Tu	11:00 AM-11:45 AM
#230854	Feb 5-26	Tu	11:00 AM-11:45 AM
#230855	Mar 5-26	Tu	11:00 AM-11:45 AM
#230856	Apr 2-30	Tu	11:00 AM-11:45 AM

Tarboro Road Community Center

Course Fee: \$8

Instructor: Journonya Harris-Rayner

#230857	Jan 7-28	M	2:00 PM-2:45 PM
#230858	Feb 4-25	M	2:00 PM-2:45 PM
#230859	Mar 4-25	M	2:00 PM-2:45 PM
#230860	Apr 1-22	M	2:00 PM-2:45 PM

DRUMMING FOR FITNESS

Improve your physical and mental fitness, burn fat, and release stress all while having fun. We combine traditional no- to low-impact aerobic movements with the powerful beat and rhythm of drums. You will use foam drumsticks (provided) on chairs. This class can be adjusted for individuals seeking a higher-impact aerobic activity. The drumming moves benefit those with Parkinson's Disease and other neurological disorders. Instructor: Bettie Ittenbach

Five Points Center for Active Adults

Course Fee: \$8

#230863	Jan 7-28	M	1:30 PM-2:15 PM
#230864	Feb 4-25	M	1:30 PM-2:15 PM
#230865	Mar 4-25	M	1:30 PM-2:15 PM
#230866	Apr 1-29	M	1:30 PM-2:15 PM

FIVE POINTS FITNESS ROOM

Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours.

Five Points Center for Active Adults

Course Fee: \$0

#230869	Jan 2-Apr 30	M/Th	9:00 AM-9:00 PM
		Tu/W/F	9:00 AM-6:00 PM

GENTLE STRETCH

In this 45-minute chair class, participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses.

Instructor: Sue Payne.

Five Points Center for Active Adults

Course Fee: \$8

#234835	Jan 2-30	W	12:00 PM-12:45 PM
#234836	Feb 6-27	W	12:00 PM-12:45 PM
#234837	Mar 6-27	W	12:00 PM-12:45 PM
#234838	Apr 3-24	W	12:00 PM-12:45 PM

LINE DANCE FOR ACTIVE ADULTS

Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

Anne Gordon Center for Active Adults

Course Fee: \$0

Instructor: Cathy Dix

Introductory Level (Little to no line dance experience)

#230873	Jan 4-25	F	2:15 PM-3:15 PM
#230874	Feb 1-22	F	2:15 PM-3:15 PM
#230875	Mar 1-29	F	2:15 PM-3:15 PM
#230876	Apr 5-26	F	2:15 PM-3:15 PM

Beginner Level (Some experience, need to know steps)

#230877	Jan 4-25	F	1:00 PM-2:00 PM
#230878	Feb 1-22	F	1:00 PM-2:00 PM
#230879	Mar 1-29	F	1:00 PM-2:00 PM
#230880	Apr 5-26	F	1:00 PM-2:00 PM

Five Points Center for Active Adults

Course Fee: \$0

Instructor: Mitzi Kelley

Adv. Beginner/Improver Level (Good experience)

#230872	Jan 2-30	M,W	1:00 PM-2:00 PM
#230881	Feb 4-27	M,W	1:00 PM-2:00 PM
#230882	Mar 4-27	M,W	1:00 PM-2:00 PM
#230883	Apr 1-29	M,W	1:00 PM-2:00 PM

Intermediate Level (Highly experienced)

#230884	Jan 2-30	M,W	2:00 PM-3:00 PM
#230885	Feb 4-27	M,W	2:00 PM-3:00 PM
#230886	Mar 4-27	M,W	2:00 PM-3:00 PM
#230887	Apr 1-29	M,W	2:00 PM-3:00 PM

LINE DANCE OPEN STUDIO

Join us for this fun and informal line dance open studio time. There is not an instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends! Participants should have some line dancing experience and know the basic steps.

Anne Gordon Center for Active Adults Course Fee: \$0

Beginner (Need to know steps)

#230888 Jan 7-Apr 29 M 4:00 PM-5:30 PM

Improver (Good Experience)

#230889 Jan 8-Apr 30 Tu 4:00 PM- 5:30 PM

Five Points Center for Active Adults Course Fee: \$0

#230890 Jan 4-Apr 26 F 2:00 PM-3:30 PM

LINE DANCE: LEARN TO LINE DANCE

This learn to line dance class will teach basic line dance steps. We will go slow so that everyone will learn and you will be able to do basic beginner dances at the end of each class. We will learn about finding the beat of the music, counting the beats and dancing to the tempo of the music. We'll be dancing to all kinds of music from oldies to new pop and country western. The focus is on having fun learning how to dance!

Anne Gordon Center for Active Adults Course Fee: \$8

#231644 Feb 7-28 Th 11:15 AM-12:15 PM

MEDITATION

Group Meditation Practice will start with some of the latest information about the benefits of mindfulness, with participation from those present. Then the group will focus on the breath and getting quiet. After a stretch break, a time of sitting will start with some guiding thoughts. This is not an instructor-led class; Jaye Martin will guide the session.

Five Points Center for Active Adults Course Fee: \$0

#230892 Jan 3-Apr 25 Th 7:30 PM-8:15 PM

MEN'S STRENGTH AND CONDITIONING

This class provides a total body workout in a men-only environment. Strength and cardio segments are incorporated using dumbbells, medicine balls, and resistance bands. Bring your mat. Instructor: Sue Payne

Five Points Center for Active Adults Course Fee: \$8

#230893 Jan 8-29 Tu 2:00 PM-2:45 PM

#230894 Feb 5-26 Tu 2:00 PM-2:45 PM

#230895 Mar 5-26 Tu 2:00 PM-2:45 PM

#230896 Apr 2-30 Tu 2:00 PM-2:45 PM

#230897 Jan 3-31 Th 12:00 PM-12:45 PM

#230898 Feb 7-28 Th 12:00 PM-12:45 PM

#230899 Mar 7-28 Th 12:00 PM-12:45 PM

#230900 Apr 4-25 Th 12:00 PM-12:45 PM

MINDFUL MEDITATION

Like Yoga, Mindful Meditation is an exercise that integrates mind, body and spirit; but it does not require floor work or strenuous poses. Class will incorporate warm-up movements and guided breathing techniques, with sitting and walking meditation techniques to enhance focus and spinal alignment. This class will allow practitioners cultivate concentration within oneself and bring awareness to one's body mechanics, balance, and relaxation. Instructor: My Hao Tran

Anne Gordon Center for Active Adults *Free Demo Class*

#236271 Jan 3- 24 Th 4:45 PM- 5:30 PM

Anne Gordon Center for Active Adults *Course Fee: \$8*

#236272 Feb 7-28 Th 4:45 PM- 5:30 PM

#236273 Mar 7-28 Th 4:45 PM- 5:30 PM

#236273 Apr 4- 25 Th 4:45 PM- 5:30 PM

PERSONAL TRAINING SESSIONS

These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

Five Points Center for Active Adults Course Fee: \$40/1 hr session

#230903 Jan 2-Apr 30 By Appointment Only

PILATES FOR ACTIVE ADULTS

Pilates takes a holistic approach to fitness and well-being. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles, improve flexibility and balance, and stabilize and strengthen your core. Modifications are shown for those with back, knee and neck issues.

Five Points Center for Active Adults Course Fee: \$8

Instructor: Marty Lamb

#230907 Jan 7-28 M 9:15 AM-10:00 AM

#230908 Feb 4-25 M 9:15 AM-10:00 AM

#230909 Mar 4-25 M 9:15 AM-10:00 AM

#230910 Apr 1-29 M 9:15 AM-10:00 AM

#233463 Jan 3-31 Th 12:00 PM-1:00 PM

#233464 Feb 7-28 Th 12:00 PM-1:00 PM

#233465 Mar 7-28 Th 12:00 PM-1:00 PM

#233466 Apr 4-25 Th 12:00 PM-1:00 PM

Instructor: Linda Lisko

#230911 Jan 7-28 M 5:30 PM-6:30 PM

#230912 Feb 4-25 M 5:30 PM-6:30 PM

#230913 Mar 4-25 M 5:30 PM-6:30 PM

#230914 Apr 1-29 M 5:30 PM-6:30 PM

#230915 Jan 2-30 W 10:15 AM-11:00 AM

#230916 Feb 6-27 W 10:15 AM-11:00 AM

#230917 Mar 6-27 W 10:15 AM-11:00 AM

#230918 Apr 3-24 W 10:15 AM-11:00 AM

#230919 Jan 2-30 W 11:15 AM-12:00 PM

#230920 Feb 6-27 W 11:15 AM-12:00 PM

#230921 Mar 6-27 W 11:15 AM-12:00 PM

#230922 Apr 3-24 W 11:15 AM-12:00 PM

FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

QI GONG

24-Posture Qi Gong (chee-gong), the ancient Chinese practice of meditation with movement, uses 24 simple movements designed to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. Qi Gong for Joint Health is conducted both seated and standing. You practice guided visualization, simple motion and balance exercises to improve strength and fluidity of movement, promoting bone and joint health. Instructor: Kathy Bundy.

Anne Gordon Center for Active Course Fee: \$8

#230928	Jan 8-29	Tu	10:30 AM-11:15 AM
#230929	Feb 5-26	Tu	10:30 AM-11:15 AM
#230930	Mar 5-26	Tu	10:30 AM-11:15 AM
#230931	Apr 2-30	Tu	10:30 AM-11:15 AM
#230932	Jan 4-25	F	10:30 AM-11:15 AM
#230933	Feb 1-22	F	10:30 AM-11:15 AM
#230934	Mar 1-29	F	10:30 AM-11:15 AM
#230935	Apr 5-26	F	10:30 AM-11:15 AM

Joint Health

#230936	Jan 4-25	F	11:30 AM-12:15 PM
#230937	Feb 1-22	F	11:30 AM-12:15 PM
#230938	Mar 1-29	F	11:30 AM-12:15 PM
#230939	Apr 5-26	F	11:30 AM-12:15 PM

Five Points Center for Active Course Fee: \$8

#230940	Jan 8-29	Tu	9:15 AM-10:00 AM
#230941	Feb 5-26	Tu	9:15 AM-10:00 AM
#230942	Mar 5-26	Tu	9:15 AM-10:00 AM
#230943	Apr 2-30	Tu	9:15 AM-10:00 AM
#230944	Jan 4-25	F	9:15 AM-10:00 AM
#230945	Feb 1-22	F	9:15 AM-10:00 AM
#230946	Mar 1-29	F	9:15 AM-10:00 AM
#230947	Apr 5-26	F	9:15 AM-10:00 AM

Walnut Terrace Neighborhood Center Course Fee: \$0

#230948	Jan 7-28	M	11:30 AM-12:15 PM
#230949	Feb 4-25	M	11:30 AM-12:15 PM
#230950	Mar 4-25	M	11:30 AM-12:15 PM
#230951	Apr 1-29	M	11:30 AM-12:15 PM

SHIBASHI FOR ACTIVE ADULTS

Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how you can cultivate energy that results in improved health.

As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief. Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life!

Anne Gordon Center for Active Adults Course Fee: \$8

#231560	Jan 8-29	Tu	11:30 AM-12:30 PM
#231561	Feb 5-26	Tu	11:30 AM-12:30 PM
#231562	Mar 5-26	Tu	11:30 AM-12:30 PM
#231563	Apr 2-30	Tu	11:30 AM-12:30 PM

Green Road Community Center Course Fee: \$8

#230278	Jan 2-30	W	11:30 AM- 12:30 PM
#230279	Feb 6-27	W	11:30 AM- 12:30 PM
#230280	Mar 6-27	W	11:30 AM- 12:30 PM
#230281	Apr 3-24	W	11:30 AM- 12:30 PM

SILVER CARDIO

Classes start with basic warm-up moves, followed by 30 minutes of low-impact moves, including gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun!

Instructor: Bettie Ittenbach

Five Points Center for Active Adults Course Fee: \$8

#230952	Jan 3-31	Th	1:00 PM-1:45 PM
#230953	Feb 7-28	Th	1:00 PM-1:45 PM
#230954	Mar 7-28	Th	1:00 PM-1:45 PM
#230955	Apr 4-25	Th	1:00 PM-1:45 PM

TAI CHI CHIH

Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie

Five Points Center for Active Adults Course Fee: \$8

Beginner

#230957	Jan 7-28	M	10:30 AM-11:30 AM
#230958	Feb 4-25	M	10:30 AM-11:30 AM
#230959	Mar 4-25	M	10:30 AM-11:30 AM
#230960	Apr 1-29	M	10:30 AM-11:30 AM

Intermediate

#230961	Jan 7-28	M	11:30 AM-12:30 PM
#230962	Feb 4-25	M	11:30 AM-12:30 PM
#230963	Mar 4-25	M	11:30 AM-12:30 PM
#230964	Apr 1-29	M	11:30 AM-12:30 PM

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TAI CHI FOR ACTIVE ADULTS

Tai chi is a low-impact, slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Tai chi is an ancient form of movement that promotes health and improves coordination, balance and mental focus. Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the gentle movements. Chair Beginner Sun Style has the beginning movements modified for sitting. Intermediate Sun Style: This is a continuation of the beginner class including 10 new movements. This class will increase your endurance and your mental acuity. Learn to step with more agility and direction to increase your balance and coordination. Advanced Sun Style Part 1: Pre-requisite Intermediate Sun Style. This class will teach the first half of the Sun 73 Long Form movements. Movements include kicks and standing on one leg, which will increase your balance and coordination as well as your lower body and core strength. Advanced Sun Style Part 2: A continuation of the Part One class, here you will complete the Long Form with spiraling and crouching movements. The sequence begins with gentle movements and progresses to more challenging, flowing forms. It is a great overall workout for the body and mind. Advanced Various Styles: Some previous experience is required. This class will explore styles including the most popular Yang 24 forms and Chen style movements.

Instructor: Rita Shaloiko

Anne Gordon Center for Active Adults

Course Fee: \$8

Beginner Sun Style

#231564	Jan 3-31	Th	1:30 PM-2:15 PM
#231565	Feb 7-28	Th	1:30 PM-2:15 PM
#231566	Mar 7-28	Th	1:30 PM-2:15 PM
#231567	Apr 4-25	Th	1:30 PM-2:15 PM

Chair Beginner Sun Style

#231568	Jan 7-28	M	1:00 PM-1:45 PM
#231569	Feb 4-25	M	1:00 PM-1:45 PM
#231570	Mar 4-25	M	1:00 PM-1:45 PM
#231571	Apr 1-29	M	1:00 PM-1:45 PM

Advanced Various Styles

#231572	Jan 7-28	M	3:00 PM-3:45 PM
#231573	Feb 4-25	M	3:00 PM-3:45 PM
#231574	Mar 4-25	M	3:00 PM-3:45 PM
#231575	Apr 1-29	M	3:00 PM-3:45 PM

Advanced Sun Style Part I

#231576	Jan 3-31	Th	2:30 PM-3:15 PM
#231577	Feb 7-28	Th	2:30 PM-3:15 PM
#231578	Mar 7-28	Th	2:30 PM-3:15 PM
#231579	Apr 4-25	Th	2:30 PM-3:15 PM

Advanced Sun Style Part II

#231580	Jan 3-31	Th	12:30 PM-1:15 PM
#231581	Feb 7-28	Th	12:30 PM-1:15 PM
#231582	Mar 7-28	Th	12:30 PM-1:15 PM
#231583	Apr 4-25	Th	12:30 PM-1:15 PM

Intermediate Sun Style

#231584	Jan 7-28	M	2:00 PM-2:45 PM
#231585	Feb 4-25	M	2:00 PM-2:45 PM
#231586	Mar 4-25	M	2:00 PM-2:45 PM
#231587	Apr 1-29	M	2:00 PM-2:45 PM

TOTAL BODY

Improve your quality of life by building strength, balance, and flexibility; aspects of your health which are essential to maintaining physical independence. In this class you will use body weight, hand weights, resistance bands, and other exercise equipment while you are being encouraged to follow proper form and technique. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

Abbotts Creek Community Center

Course Fee: \$8

Instructor: Raquel Robinson

#234903	Jan 7-28	M	9:30 AM-10:15 AM
#234904	Feb 4-25	M	9:30 AM-10:15 AM
#234905	Mar 4-26	M	9:30 AM-10:15 AM
#234906	Apr 1-29	M	9:30 AM-10:15 AM
#234911	Jan 2-30	W	9:30 AM-10:15 AM
#234912	Feb 6-27	W	9:30 AM-10:15 AM
#234913	Mar 6-27	W	9:30 AM-10:15 AM
#234914	Apr 3-24	W	9:30 AM-10:15 AM
#234915	Jan 4-25	F	9:30 AM-10:15 AM
#234916	Feb 1-22	F	9:30 AM-10:15 AM
#234917	Mar 1-29	F	9:30 AM-10:15 AM
#234918	Apr 5-26	F	9:30 AM-10:15 AM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Sue Payne  

#230969	Jan 8-29	Tu	1:00 PM-1:45 PM
#230970	Feb 5-26	Tu	1:00 PM-1:45 PM
#230971	Mar 5-26	Tu	1:00 PM-1:45 PM
#230972	Apr 2-30	Tu	1:00 PM-1:45 PM
#230977	Jan 3-31	Th	1:00 PM-1:45 PM
#230978	Feb 7-28	Th	1:00 PM-1:45 PM
#230979	Mar 7-28	Th	1:00 PM-1:45 PM
#230980	Apr 4-25	Th	1:00 PM-1:45 PM

Instructor: Sandy Stanton  

#230981	Jan 3-31	Th	5:45 PM-6:30 PM
#230982	Feb 7-28	Th	5:45 PM-6:30 PM
#230983	Mar 7-28	Th	5:45 PM-6:30 PM
#230984	Apr 4-25	Th	5:45 PM-6:30 PM

WORKOUT WITH WEIGHTS

This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights.

Five Points Center for Active Adults

Course Fee: \$8

#230994	Jan 2-30	W	9:15 AM-10:00 AM
#230995	Feb 6-27	W	9:15 AM-10:00 AM
#230996	Mar 6-27	W	9:15 AM-10:00 AM
#230997	Apr 3-24	W	9:15 AM-10:00 AM

The Adult Program classes are developed to meet the needs of adults age 50 and better, however an adult of any age may register for these programs.

FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

YOGA CHAIR

Age: 18yrs. and up. This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. Students should provide their own yoga mat.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Mary Flournoy

#231028	Jan 7-28	M	9:15 AM-10:15 AM
#231030	Feb 4-25	M	9:15 AM-10:15 AM
#231032	Mar 4-25	M	9:15 AM-10:15 AM
#231033	Apr 1-29	M	9:15 AM-10:15 AM
#231034	Jan 3-31	Th	10:30 AM-11:15 AM
#231035	Feb 7-28	Th	10:30 AM-11:15 AM
#231036	Mar 7-28	Th	10:30 AM-11:15 AM
#231037	Apr 4-25	Th	10:30 AM-11:15 AM
#231038	Jan 3-31	Th	11:30 AM-12:15 PM
#231039	Feb 7-28	Th	11:30 AM-12:15 PM
#231040	Mar 7-28	Th	11:30 AM-12:15 PM
#231041	Apr 4-25	Th	11:30 AM-12:15 PM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Rose Parli

#231042	Jan 8-29	Tu	11:30 AM-12:45 PM
#231043	Feb 5-26	Tu	11:30 AM-12:45 PM
#231044	Mar 5-26	Tu	11:30 AM-12:45 PM
#231045	Apr 2-30	Tu	11:30 AM-12:45 PM
#231046	Jan 3-31	Th	11:30 AM-12:45 PM
#231047	Feb 7-28	Th	11:30 AM-12:45 PM
#231049	Mar 7-28	Th	11:30 AM-12:45 PM
#231050	Apr 4-25	Th	11:30 AM-12:45 PM

Halifax Community Center

Course Fee: \$8

Instructor: Kathryn Clarke

#231054	Jan 2-30	W	11:30 AM-12:15 PM
#231056	Feb 6-27	W	11:30 AM-12:15 PM
#231057	Mar 6-27	W	11:30 AM-12:15 PM
#231058	Apr 3-24	W	11:30 AM-12:15 PM

Walnut Terrace Neighborhood Center

Course Fee: \$0

Instructor: Kathryn Clarke

#231059	Jan 2-30	W	9:00 AM-9:45 AM
#231060	Feb 6-27	W	9:00 AM-9:45 AM
#231061	Mar 6-27	W	9:00 AM-9:45 AM
#231062	Apr 3-24	W	9:00 AM-9:45 AM

YOGA GENTLE FLOOR

Gentle Yoga is structured to accommodate students of all levels and physical abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications with props, including using a chair or wall for support, are suggested as needed. Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Mary Flournoy

#231068	Jan 7-28	M	10:30 AM-11:30 AM
#231069	Feb 4-25	M	10:30 AM-11:30 AM
#231070	Mar 4-25	M	10:30 AM-11:30 AM
#231071	Apr 1-29	M	10:30 AM-11:30 AM
#231076	Jan 2-30	W	3:30 PM-4:30 PM
#231077	Feb 6-27	W	3:30 PM-4:30 PM
#231078	Mar 6-27	W	3:30 PM-4:30 PM
#231079	Apr 3-24	W	3:30 PM-4:30 PM
#231080	Jan 3-31	Th	9:15 AM-10:15 AM
#231081	Feb 7-28	Th	9:15 AM-10:15 AM
#231082	Mar 7-28	Th	9:15 AM-10:15 AM
#231083	Apr 4-25	Th	9:15 AM-10:15 AM

Instructor: Alda Biddel

#231072	Jan 8-29	Tu	12:15 PM-1:15 PM
#231073	Feb 5-26	Tu	12:15 PM-1:15 PM
#231074	Mar 5-26	Tu	12:15 PM-1:15 PM
#231075	Apr 2-30	Tu	12:15 PM-1:15 PM

Instructor: My Hao Tran

#236276	Jan 3-24	Th	3:30 PM- 4:30 PM
#236277	Feb 7-28	Th	3:30 PM- 4:30 PM
#236278	Mar 7-28	Th	3:30 PM- 4:30 PM
#236279	Apr 4-25	Th	3:30 PM- 4:30 PM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Kathryn Clarke

#231087	Jan 7-28	M	2:00 PM-3:00 PM
#231088	Feb 4-25	M	2:00 PM-3:00 PM
#231089	Apr 8-29	M	2:00 PM-3:00 PM
#231090	Apr 1-29	M	2:00 PM-3:00 PM
#231091	Jan 7-28	M	3:15 PM-4:15 PM
#231092	Feb 4-25	M	3:15 PM-4:15 PM
#231093	Mar 4-25	M	3:15 PM-4:15 PM
#231094	Apr 1-29	M	3:15 PM-4:15 PM

Instructor: Marty Lamb

#231095	Jan 2-30	W	3:15 PM-4:15 PM
#231096	Feb 6-27	W	3:15 PM-4:15 PM
#231097	Mar 6-27	W	3:15 PM-4:15 PM
#231098	Apr 3-24	W	3:15 PM-4:15 PM

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Halifax Community Center

Course Fee: \$8

Instructor: Kathy Clark

#231099	Jan 2-30	W	10:15 AM-11:15 AM
#231100	Feb 6-27	W	10:15 AM-11:15 AM
#231101	Mar 6-27	W	10:15 AM-11:15 AM
#231102	Apr 3-24	W	10:15 AM-11:15 AM

Tarboro Road Community Center

Course Fee: \$8

Instructor: Janet Wise

#231103	Jan 2-30	W, F	11:00 AM-11:45 AM
#231104	Feb 1-27	F, W	11:00 AM-11:45 AM
#231105	Mar 1-29	F, W	11:00 AM-11:45 AM
#231106	Apr 3-26	W, F	11:00 AM-11:45 AM

YOGA VINYASA YOGA FLOW

Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class begins with warm-up and alignment work and ends with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat or towel.

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Kathryn Clarke

#231107	Jan 8-29	Tu	3:15 PM-4:15 PM
#231108	Feb 5-26	Tu	3:15 PM-4:15 PM
#231109	Mar 5-26	Tu	3:15 PM-4:15 PM
#231110	Apr 9-30	Tu	3:15 PM-4:15 PM

Instructor: Rose Parli

#231111	Jan 3-31	Th	6:15 PM-7:15 PM
#231112	Feb 7-28	Th	6:15 PM-7:15 PM
#231113	Mar 7-28	Th	6:15 PM-7:15 PM
#231114	Apr 4-25	Th	6:15 PM-7:15 PM

ZUMBA GOLD®

Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music while combining cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. There are modifications allowing you to work at your own level.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Maria Bolanz 

#231115	Jan 8-29	Tu	9:15 AM-10:00 AM
#231116	Feb 5-26	Tu	9:15 AM-10:00 AM
#231117	Mar 5-26	Tu	9:15 AM-10:00 AM
#231118	Apr 2-30	Tu	9:15 AM-10:00 AM
#231119	Jan 3-31	Th	1:00 PM-1:45 PM
#231120	Feb 7-28	Th	1:00 PM-1:45 PM
#231121	Mar 7-28	Th	1:00 PM-1:45 PM
#231122	Apr 4-25	Th	1:00 PM-1:45 PM

Instructor: Jon Delancy 

#231123	Jan 4-25	F	9:15 AM-10:00 AM
#231124	Feb 1-22	F	9:15 AM-10:00 AM
#231125	Mar 1-29	F	9:15 AM-10:00 AM
#231126	Apr 5-26	F	9:15 AM-10:00 AM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Jon Delancy 

#235885	Jan 7-28	M	7:30 PM-8:15 PM
#235886	Feb 4-25	M	7:30 PM-8:15 PM
#235887	Mar 4-25	M	7:30 PM-8:15 PM
#235888	Apr 1-29	M	7:30 PM-8:15 PM

Instructor: Linda Thomas 

#231127	Jan 8-29	Tu	12:00 PM-12:45 PM
#231128	Feb 5-26	Tu	12:00 PM-12:45 PM
#231129	Mar 5-26	Tu	12:00 PM-12:45 PM
#231130	Apr 2-30	Tu	12:00 PM-12:45 PM

Instructor: Maria Bolanz 

#231131	Jan 4-25	F	1:00 PM-1:45 PM
#231132	Feb 1-22	F	1:00 PM-1:45 PM
#231133	Mar 1-29	F	1:00 PM-1:45 PM
#231134	Apr 5-26	F	1:00 PM-1:45 PM

ZUMBA GOLD® CHAIR

Seated classes are offered for people who have limited mobility, are recovering from injuries, are getting back to exercising again or have any other reason for not feeling ready to participate in a standing class. Come exercise to the beat of fun dance music. Benefits include improved posture, muscle strength, endurance, balance, flexibility, range of motion, mental awareness and ability to accomplish day-to-day activities. Instructor: Maria Bolanz

Anne Gordon Center for Active Adults

Course Fee: \$8

#231633	Jan 8-29	Tu	1:00 PM-1:45 PM
#231634	Feb 5-26	Tu	1:00 PM-1:45 PM
#231635	Mar 5-26	Tu	1:00 PM-1:45 PM
#231636	Apr 2-30	Tu	1:00 PM-1:45 PM



SOCIAL PROGRAMS

BINGO

This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All. Cost is \$1 for three cards or 50 cents per card.

Anne Gordon Center for Active Adults Course Fee: \$0
#231643 Jan 4-Apr 26 F 9:30 AM-12:00 PM

BRIDGE: OPEN PLAY

Join other bridge players for this open play program. All experience levels are welcome.

Five Points Center for Active Adults Course Fee: \$0
#230671 Jan 3-Apr 25 Th 10:00 AM-1:00 PM
#230672 Jan 4-Apr 26 F 12:30 PM-3:00 PM

CARDS AND MAHJONG OPEN PLAY

Want to play bridge, canasta, poker, mahjong or more with your friends? Have you not played in a while and want to freshen up your skills? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served space is limited.

Anne Gordon Center for Active Adults Course Fee: \$0
#231645 Jan 8-Apr 30 Tu 12:30 PM-5:00 PM
#231646 Jan 2-Apr 24 W 1:00 PM-3:00 PM
#231647 Jan 4-Apr 26 F 12:30 PM-5:00 PM

CRIBBAGE OPEN PLAY

Join other cribbage players for an open play opportunity. All experience levels are welcome.

Five Points Center for Active Adults Course Fee: \$0
#230848 Jan 3-Apr 25 Th 2:00 PM-4:00 PM

INTERMEDIATE BRIDGE AND GAME DAY

Join your fellow game players for intermediate bridge, canasta, dominoes and board games. Bring your own games to share with the group if you wish.

Five Points Center for Active Adults Course Fee: \$0
#234930 Jan 7- Apr 29 M 1:00 PM-4:00 PM

WEDNESDAY MOVIES AT THE ANNE GORDON CENTER

Join us for a movie that just recently left the theaters. Items from the drink and candy machines cost \$1 each or bring your own. We have a microwave available for your use. No registration, it is first come first serve starting at 1:15pm and space is limited to 60 people. Free. You will be asked to sign in upon arrival.

Anne Gordon Center for Active Adults Course Fee: \$0
#231648 Jan 2-Apr 24 W 2:00 PM-4:30 PM

MAKE AND TAKE: BLUE BIRD BOXES

Build a bluebird box that you can take home and post in your yard. This project-based program allows you to create and construct a take home, useable birdbox. Learn about bluebird habits and etiquette of hosting bluebirds. Registration covers all the materials and equipment needed to complete the project from start to finish.

Forest Ridge Park Course Fee: \$10
#231957 Jan 17 Th 10:00 AM-12:00 PM
Transportation is being offered for this program. Pre-registration is required by Jan 15th

Five Points Center Transportation Course Fee: \$3
#235003 Jan 17 Th 9:00 AM-1:00 PM

Anne Gordon Center Transportation Course Fee: \$3
#235004 Jan 17 Th 9:30 AM-12:30 PM

MEN'S FRIDAY MORNING

Men, are you looking for a place to hang out, play some games and socialize with the 'Guys'? Men's Friday Mornings is just what you are looking for. Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also options, or just pop in for a visit. Registration is not required, you will be asked to sign in upon arrival.

Anne Gordon Center for Active Adults Course Fee: \$0
#234931 Jan 4- Apr 26 F 9:00 AM-12:00 PM

READ AND GO DISCUSSIONS

Join us the group discussions for our Read and Go Program. We will read a book written by a NC author or a book based in NC have a discussion and then go on a trip based on the book. You can find the years Read and Go book list on our website at www.raleighnc.gov Keyword Search: Adult Programs or by calling us at 919-996-4720

Anne Gordon Center for Active Adults Course Fee: \$0
The Beauticians Notebook
#219177 Mar 25 M 1:00 PM-3:00 PM
Slightly South of Simple
#219178 Apr 22 M 1:00 PM-3:00 PM
Direct Fire
#219179 May 6 M 1:00 PM-3:00 PM

Are you interested in teaching a class? Do you have a skill that you are interested in sharing with others? The Adult Program is always interested in new program ideas. We would love to hear your ideas!

READ AND WATCH

Enjoy reading and watching movies? We have selected authors who have had movies created based on their books. Read the book, have a book discussion then watch the movie that is based on the book. Due to the popularity of this program, pre-registration is required. Find the Read and Watch list on the web at www.raleighnc.gov Keyword search: Adult Programs or call us at 919-996-4720.

Anne Gordon Center for Active Adults

Course Fee: \$0

Crazy Rich Asians

#219164 Jan 14 M 1:00 PM-3:30 PM

The Leisure Seeker

#219165 Apr 8 M 1:00 PM-3:30 PM

Red Sparrow

#219166 Jun 17 M 1:00 PM-3:30 PM

WILDLIFE IN MOTION

Take your best shot! This program introduces the use of trail cameras for wildlife viewing. In this two-session course you will get tips on use and etiquette, site selection, and how to set up a wildlife camera trap. The course will start indoors before moving outside to allow time to set up cameras in the park. On the second session we will retrieve the cameras to see what we've captured. This program will spend time outdoors; please dress accordingly. Sign up today to find out what critters are in your community. Cameras are provided.

Forest Ridge Park

Course Fee: \$5

#231958 Mar 14 & 21 Th 10:00 AM-12:00 PM

Five Points Transportation

Course Fee: \$3

#234999 Mar 14 Th 9:00 AM-1:00 PM

Five Points Transportation

Course Fee: \$3

#235000 Mar 21 Th 9:00 AM-1:00 PM

Anne Gordon Center Transportation

Course Fee: \$3

#235001 Mar 14 Th 9:30 AM-12:30 PM

Anne Gordon Center Transportation

Course Fee: \$3

#235002 Mar 21 Th 9:30 AM-12:30 PM

SPORTS PROGRAMS

PICKLEBALL - OPEN PLAY

Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Five Points Center for Active Adults

Course Fee: \$0

All levels of play

#230906 Jan 4-Apr 30 T, F 3:15 PM-5:45 PM

Chavis Community Center

Course Fee: \$0

Beginner and Advance Beginners

#234947 Jan 8-Apr 30 Tu 1:30 PM-3:00 PM

PICKLEBALL WORKSHOPS

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two, three or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, like a whiffle ball, over a net. Experienced volunteer players offer free workshops to players of all levels, from beginners with new or minimal knowledge of the game and rules to intermediate players who have developed consistency in their serves and returns with the ability to direct the ball.

Five Points Center for Active Adults

Course Fee: \$0

#234945 Jan 4-Apr 26 F 9:00 AM-2:15 PM

Tarboro Road Community Center

Course Fee: \$0

#234946 Jan 3-Apr 25 Th 10:30 AM-2:30 PM

PICKLEBALL WORKSHOPS FOR INDIVIDUALS WITH PARKINSON AND/OR MOBILITY ISSUES

Playing Pickleball is a great exercise for anyone especially for those individuals diagnosed with Parkinson's disease (PD). Evidence continues to show that daily regular exercise has a profound effect on managing PD symptoms. Pickleball combines hand, eye coordination and simple movement thus assisting with daily life activities. Pickleball combines the elements tennis, badminton and table tennis on a court with solid paddles and a waffle ball. All levels of experience and physical mobility welcome.

Chavis Community Center

Course Fee: \$0

#234944 Jan 8-Apr 30 Tu 10:30 AM-1:00 PM

TABLE TENNIS FREE PLAY

Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults

Course Fee: \$0

#230956 Jan 3-Apr 25 Th 1:30 PM-3:30 PM

continued on next column...

ADULT PROGRAM TRIPS

The adult program offers a variety of day and multi-day trips. These trips are geared towards those age 50 or better; however any adult, including those who do not reside in Raleigh, may participate. Trip fliers and registration forms may be found on our website at www.raleighnc.gov (keyword search "Adult Program") or by calling on of the Active Adult Centers. To receive fliers on all trips, please complete the form found in the *Adult Program Trip Brochure*.

DAY TRIPS

February – Greensboro, NC: Black History Month

Celebrate Black History Month with a trip to Greensboro, NC. We will visit the International Civil Rights Center and Museum, The Underground Railroad located in Guilford College Woods, and the Guilford Courthouse National Military Park.

March – Sanford, NC: Temple Theatre

Mark Twain's timeless classic, "Big River", sweeps us down the mighty Mississippi as the irrepressible Huck Finn helps his friend Jim, a slave, escape to freedom at the mouth of the Ohio River. Their adventures along the way are hilarious, suspenseful and heartwarming. With the award-winning score from Roger Miller, this jaunty journey provides a brilliantly theatrical celebration of pure Americana.

April – Louisburg, NC: Louisburg College

Enjoy a concert with The Midtown Men, the original cast members of Broadway's hit show "The Jersey Boys". This Rat Pack-inspired musical group performs all your favorite hits from the show as well as popular music from the 60's.

May – Edenton, NC

Discover the rich history of the first colonial capital of North Carolina the scenic beauty, and exceptional architecture. Edenton is home to several National Historic Landmarks: the state's oldest courthouse, built in 1767 and still in use, and the 1886 Roanoke River Lighthouse.

June - Jordan Lake, NC: Eco Boat Tour

Rescheduled from last year. Sit back and relax as you drink in the sights of nature as you glide across the waters of Lake Jordan. Enjoy the talk about the lake, the birds, the dam and its spillway.

August – Mystery Trip

Enjoy a fun day of delightful surprises to??? Always popular and interesting. Lots of adventure and fun for everyone.

September – Surf City, NC: Turtle Rescue & Rehabilitation Center

Karen Beasley Sea Turtle Rescue & Rehabilitation Center's mission is the conservation and preservation of all species of marine turtles, both in the water and on the beach. They accomplish their mission through the rescue, care and release of sick and injured sea turtles, public education regarding the plight of sea turtles and the threat of their extinction; and learning opportunities for students of biology, wildlife conservation and veterinary medicine from around the world.

October – New Bern, NC

Travel back in time and walk in the footsteps of colonial governors with a visit to Tryon Palace and the NC History Center. Enjoy the architectural history of some of the towns mansions, churches, cemeteries and downtown.

November – Fayetteville, NC: Honor Our Veterans

Visit the U.S. Army's Airborne and Special Operations Museum (ASOM), considered one of the country's most pristine military museums. Learn about the region and how the Cape Fear River played a role in southern North Carolina history by visiting the Museum of the Cape Fear Historical Complex.

December – Rose Hill, NC: Duplin Winery

Celebrate the season with the Down-Home Country's presentation of the sights and sounds of the holidays. Take a tour of the winery and enjoy some samples before you sit back, relax, and enjoy the dinner and show.

MULTI-DAY TRIPS

Cherokee, NC

Nestled in the lush landscapes of Western North Carolina, Cherokee offers spectacular views and rich history of the Cherokee people. Visit the Museum of the Cherokee Indian, Oconaluftee Indian Village and experience the power of Cherokee performing arts in the outdoor drama production of Unto These Hills. You may choose to hit the gaming tables at Harrah's Cherokee Resort or take some time enjoying the breathtaking views and adventures the area has to offer.

Iceland - Exploration

Iceland is a beacon of nature's majesty and culture: crystal-blue waters and mossy hills dotted with countless waterfalls. Explore Reykjavik, a sophisticated European city with museums, galleries, and more. View the geothermal pools at Geyser and breathe in the beauty of the many water falls, or take a dip in the healing waters of the Blue Lagoon.

Branson, Memphis & Nashville: Music Cities Holidays

Fly to Branson, MO to experience an Ozark winter holiday. "The Live Music Show Capital of the World" is known for world-class live shows and performers. Explore the light filled town, experience a top music and dance show or chose to experience the wonder of Silver Dollar City during An Old Time Christmas Festival. We will travel by bus to Memphis, TN, known for the Blues and Rock 'n' Roll. We will take in some of the incredible blues music and visit Elvis Presley's famous Graceland. We will then head to our final destination, Nashville, TN, "Music City USA". You will have the opportunity to visit the Country Music Hall of Fame and take in a holiday show at the Grand Ole Opry.

Canadian Rockies Discoveries- This trip will take place in 2020

Towering over the plains of Alberta and British Columbia are the peaks of the Canadian Rocky Mountains - mighty, rugged, exquisite. Each season in the Rockies has its own special beauty and selection of activities. Explore Canada's wild like recreational areas, Kananaskis Country, Waterton, Banff, Jasper, Kootenay, Glacier and Yoho National Parks. Alpine towns such as Banff, Jasper and Lake Louise are sprinkled throughout the Canadian Rockies and are ideal locations for mountain adventure. Travel to the Icefields Parkway, one of the most scenic highways in the world. See a panorama of snow-capped mountain peaks, hanging glaciers, waterfalls, and amazing wildlife.

GOLDEN YEARS CLUBS

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, speakers, and luncheons. Please contact the club leader for more information.

1's Friday

Five Point Adult Center
1st Friday, 10 AM
Barbara (540) 287-6803

Asbury Joy Club

Asbury UMC
3rd Thursday, 11 AM
Velma (919) 847-0775

Chavis Circle of Friends

John Chavis Community Cen.
4th Wednesday, 11 AM
Clara (919) 900-7269

Fellowship Club

West Raleigh Presbyterian Ch
2nd/4th Tuesday, 10 AM
Brenda (919) 851-5851

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10 AM
Jane (919) 872-3006

First Cosmopolitan Club

First Cosmopolitan Baptist Ch
3rd Wednesday, 1 PM
Gene (919) 266-1222

G.E.M.S.

Watts Chapel
Wednesday after the 1st/3rd
Sunday, 10:30 AM
Gaynelle (919) 851-0869

Go-Getters Club

Creedmoor Rd.
Coastal Federal Credit Union
2nd/4th Thursday, 10 AM
Lauren (919) 612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11 AM
Carletta (919) 996-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10 AM
Vallarie (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15 AM
Margie (919) 467-0572

Hedingham Hi-Milers

Willow Oak Clubhouse
2nd Tuesday, 10:00 AM
Lianne (919) 880-7409

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:30 AM
Robert (919) 834-3424

Lake Lynn Seniors

Lake Lynn Comm. Center
Tuesdays, 10 AM
Kathy (919) 349-8905

Lions Park Club

Lions Park Comm. Center
1st Wednesday, 10am
Christie (919) 831-6995

NRUMC—Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11 AM
Cletha (919) 847-5988

Pullen Park Club

Pullen Park Comm. Center
Wednesdays, 10 AM
Jane (919) 785-1345

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45 AM
Susan (919) 870-0557

Snappy Seniors

Marsh Creek Comm. Center
1st and 3rd Monday, 10 AM
Dorothy (704) 928-6613

St. Francis of Assisi 50+ Club

St. Francis of Assisi Parish
2nd/4th Wednesday, 12noon
Kathy (919) 848-1557

St. Joseph Happy Hearts

St. Joseph's Catholic Church
1st Tuesday, 11:30 AM
4th Thursday Dinner
Connie (919) 418-3743

Smiling Age Club

Biltmore Hills Comm. Center
Tuesdays, 10 AM
Kenny (919) 831-6895
Mary (919) 755-1086

Tarboro Rd Movers & Shakers

Tarboro Rd Community Center
1st/3rd Monday, 11 AM
Chris/Sheri (919) 831-6505

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30 AM
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
Wed after the 2nd/4th Sun,
10:30 AM
Dee (919) 261-9120

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11 AM
Betty (919) 850-9191

Wakefield Villagers Club

Villages of Wakefield
2nd/3rd Tuesday, 9 AM
Margaret (919) 556-9541

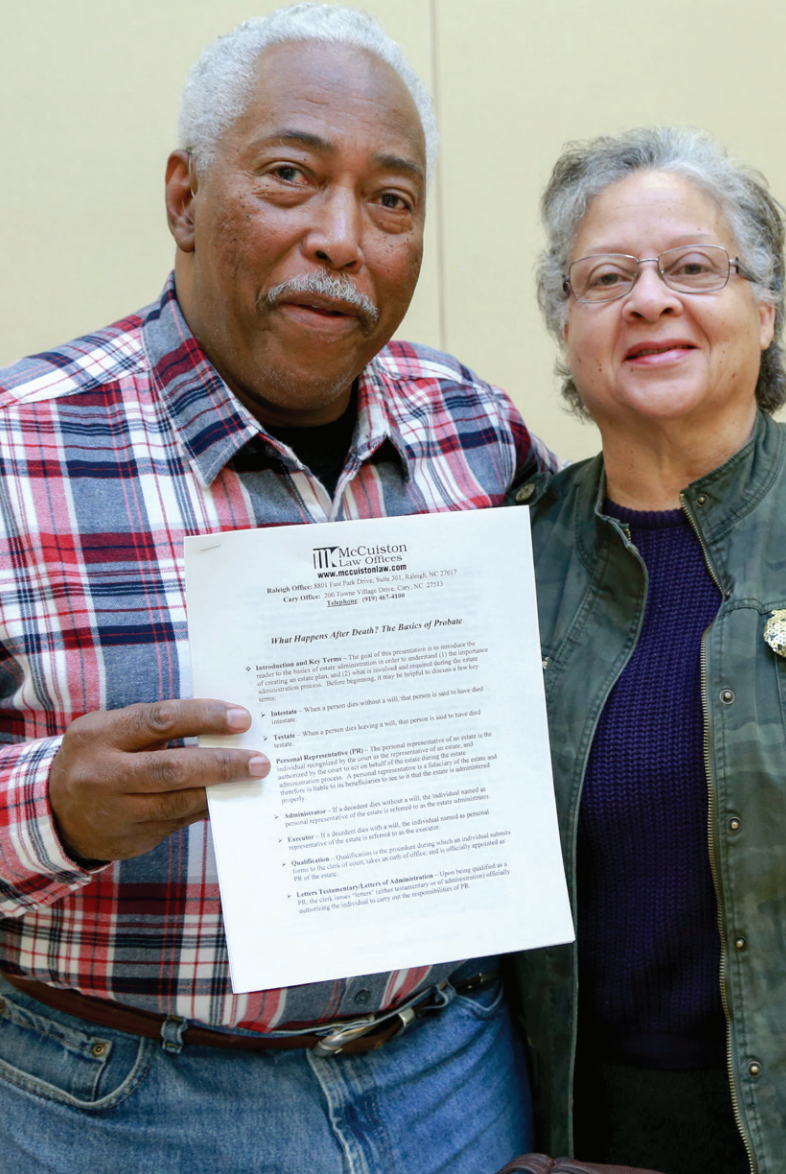
Worthdale Walkers Club

Worthdale Comm. Center
Thursdays, 11 AM
Carletta (919) 996-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10 AM
Brenda (919) 834-8170

*This information is not to
be used for solicitation
purposes.*



ADDITIONAL RESOURCES

RESOURCES FOR SENIORS

Email: raleighsc@rfsnc.org
919-996-4738
www.resourcesforseniors.com

The Resources for Seniors Information and Referral Specialist is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults.

MEALS ON WHEELS

919-996-4739, www.wakemow.org

The Five Points Center for Active Adults is a Meals on Wheels Lunch site. Please call for a reservation.



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov