

Active Adult Program

May-August Classes



5/10/22

Please pre-register for all classes. Classes that have not met the minimum number of students may be cancelled.

How to Register:

1. Online via RecLink parks.raleighnc.gov
2. In-person at any Raleigh PRCR facility

Anne Gordon Center for Active Adults	1901 Spring Forest Road	919-996-4720
Five Points Center for Active Adults	2000 Noble Road	919-996-4730
Walnut Terrace Center	1256 McCauley Street	919-996-6160

Art Classes

Knitting and Crocheting

Do you like to knit or crochet? Please come and share your skills and projects with other likeminded patrons. This is a free informal social time.

Anne Gordon Center for Active Adults

May 5-26 Th 1:00-3:00PM Fees: \$0

Time changes in June

June 2– Aug 25 Th 2:00-4:00PM Fees: \$0

Drawing

This is a basic drawing class for both beginners and those who are looking to sharpen their drawing skills. Students will study drawing elements such as value, color, texture, and composition. We will experiment with drawing materials such as pencils and charcoal and will draw natural and man-made objects. This course provides a good foundation for all art classes. Supplies list provided upon registration. Instructor: Tracie Fraccasso

Five Points Center for Active Adults

Jun 8-Jul 13 W 1:00PM-4:00PM Fees: \$90

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 and dues.

Anne Gordon Center for Active Adults

May 6-Aug 18 1st,3rd Th 10:00AM-12:00PM Fees: \$4

Triangle Portrait Artist

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

May 3-Aug 30 Tu 9:00AM-12:00PM Fees: \$20

Painting: Oil & Acrylic

This class is open to everyone from absolute beginners to seasoned painters and is a basic painting class for both acrylic and oil painters. Students will learn to handle, mix and apply paint; study composition; and will work from still lifes, photos or copy old masters paintings. Students may select their own subject/genre. Supply list provided upon registration

Five Points Center for Active Adults

Jun 7-Jul 12 Tu 1:00PM-4:00 PM Fees: \$90

Jul 19-Aug 23 Tu 1:00PM-4:00 PM Fees: \$90

Computer Classes

For information on computer classes, please contact Tommy Hodges at tommy.hodges@raleighnc.gov or 919-996-2458.

Android Phone Basics 1

Learn to create contacts, text, make phone calls, take & share photos, connect to Wi-Fi and how to get directions using Google Maps. Bring your Android Phone and Android Account information (typically Gmail account info). Be advised the screenshots shown in class may not match your phone exactly due to the different manufacturers that sell Android phones.

Anne Gordon Center for Active Adults

May 4-May 11 W 10:00-11:30AM Fee: \$12

Aug 8-Aug 15 M 10:00-11:30AM Fee: \$12

Android Phone Basics 2

Prerequisite: Android Phone Basics 1. Learn to use commands to get help with traffic, news, music, directions and more via Google Assistant. We will also cover Google Lens, a tool to help you compare product prices, and the Google Play Store. Bring your Android Phone and Android Account information (typically Gmail account info).

Anne Gordon Center for Active Adults

May 18-May 25 W 10:00-11:30AM Fee: \$12

Five Points Center for Active Adults

Aug 18-Aug 25 Th 2:00-3:30PM Fee: \$12

App Based Taxi and Food/Grocery Delivery Services like UBER

Learn to get car rides on demand with budget friendly options using apps on your smart phone! Plus learn how to get food



delivered from your favorite restaurants and grocery stores. Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have working knowledge of your smartphone and your phone's App Store.

Anne Gordon Center for Active Adults

Jun 27 M 10:00AM-12:00PM Fee: \$6

Five Points Center for Active Adults

May 17 Tu 2:00-4:00PM Fee: \$6

Jul 28 Th 2:00-4:00PM Fee: \$6

Aug 16 Tu 2:00-4:00PM Fee: \$6

Apple Laptop Basics 1

You must bring your own Apple laptop, Apple ID & password to class. This course is for beginners or new users who are just starting off using an Apple laptop. Learn the basics of Internet usage; how to connect to Wi-Fi; Web Surfing and saving your favorite websites ; Weather App; learn how to Shut Down and Restart; how to utilize gestures and adjust system preferences.

Anne Gordon Center for Active Adults

Jun 1-Jun 8 W 10:00-11:30AM Fee: \$12

Apple Laptop Basics 2

You must bring your own Apple laptop, Apple ID & password to class. This course is for beginners or new users. Students will be introduced to Pages which is Apple's version of MS Word. Learn how to create and save the documents; create a folders; and delete files while using Pages. We cover a multitude of quick key commands and multiple ways to handle, copy, and move files.

Anne Gordon Center for Active Adults

Jul 27-Aug 3 W 10:00-11:30AM Fee: \$12

Apple Time Machine: How to back up your Apple Computer

You must bring your own Apple laptop, Apple ID & password to class. Apple's Time Machine is a backup software application that allows you to back up EVERYTHING on your Apple laptop.

Five Points Center for Active Adults

Aug 11 Th 2:00-4:00PM Fee: \$12

Computer Basics 1

This course is for beginners or new users. Learn the basics of computer use, including the Microsoft store to get apps for your computer; how to charge, sleep, shutdown, turn on your computer and connect to Wi-Fi.

Anne Gordon Center for Active Adults

May 2-May 9 M 10:00-11:30AM Fee: \$12

Five Points Center for Active Adults

Jun 9-Jun 16 Th 10:00-11:30AM Fee: \$12

Jul 26-Aug 2 Tu 10:00-11:30AM Fee: \$12

Computer Basics 2

Prerequisite: 'Computer Basics 1' or equivalent skills. This course is for students who have basic computer experience using the mouse and keyboard. Learn the basics of Windows 10, how to save and find files, Microsoft Word, and internet safety.

Anne Gordon Center for Active Adults

May 16-May 23 M 10:00-11:30AM Fee: \$12

Five Points Center for Active Adults

Jun 23-Jun 30 Th 10:00-11:30AM Fee: \$12

Aug 9-Aug 16 Tu 10:00-11:30AM Fee: \$12

Computer Basics 3

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. This class goes into detail on how to save files, create folders, delete files and backup your computer. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive. Learn how to create a disk image, a boot disk, and utilize File History to make backups on your computer.

Anne Gordon Center for Active Adults

June 6-May 13 M 10:00-11:30AM Fee: \$12

Five Points Center for Active Adults

Jul 28-Aug 4 Th 10:00-11:30AM Fee: \$12

Aug 23-Aug 30 Tu 10:00-11:30AM Fee: \$12

Computer Basics 4

Learn about Windows Troubleshoot, Quick Actions in the Action Center, Sharing files with people nearby, Night Light, Snip & Sketch, Control when Windows Updates, make your display, cursor, pointer, and text larger, Clipboard History, collaborate / share files with others, and an overview of using OneDrive. Understand how to take control and customize using Settings. Prerequisite: Computer Basics 1 and 2 or equivalent skills.

Five Points Center for Active Adults

Aug 11-Aug 18 Th 10:00-11:30AM Fee: \$12

Computer Network Basics 1

In this class learn the theory behind setting up a basic wireless network in your home using the Internet for your wireless devices . Since every modem and wireless router is different, we will discuss generalities on how to set it up in your own home. Plus, learn how you can save a little bit of money buying the equipment yourself instead of renting.

Five Points Center for Active Adults

Jun 21 Tu 10:00AM-12:00PM Fee: \$6

Aug 4 Th 2:00-4:00PM Fee: \$6

Cutting the Cord: What does it mean and how does it work?

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'.

Anne Gordon Center for Active Adults

Jun 22-Jun 29 W 10:00-11:30AM Fee: \$12
Jul 25-Aug 1 M 10:00-11:30AM Fee: \$12
Aug 17-Aug 24 W 2:00-3:30PM Fee: \$12

Five Points Center for Active Adults

May 3-May 10 Tu 2:00-3:30PM Fee: \$12
May 26-Jun 2 Th 2:00-3:30PM Fee: \$12
Jun 7-Jun 14 Tu 10:00-11:30AM Fee: \$12

Excel Basics 1

Learn how to create charts and have a good understanding of cells, tables, rows, and basic formulas. Prerequisite: Computer Basics 1, 2, and 3 or a strong understanding of how to use the Windows 10 Operating System

Anne Gordon Center for Active Adults

May 4 W 2:00-4:00PM Fee: \$6
Jul 27 W 2:00-4:00PM Fee: \$6

Five Points Center for Active Adults

May 26 Th 10:00AM-12:00PM Fee: \$6
Jun 28 Tu 10:00AM-12:00PM Fee: \$6

Gimp Photo Editing Basics 1

Learn to use GIMP, a photo editing program that can help make your images look unique. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and more specialized tasks. GIMP is similar to the professional photo editor Adobe Photoshop. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.

Five Points Center for Active Adults

Jul 26-Aug 2 Tu 2:00-3:30PM Fee: \$12

Gimp Photo Editing Basics 2

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. Prerequisite: 'Computer Basics 1', Gimp Basics 1 or equivalent computer knowledge.

Five Points Center for Active Adults

Aug 23-Aug 30 Tu 2:00-3:30PM Fee: \$12

GMAIL Basics 1

Nowadays, you need an email address for almost everything! In this class we will show you how to create an email account and how to use it. *You must have a working knowledge of using a computer.

Anne Gordon Center for Active Adults

May 25 W 2:00-4:00PM Fee: \$6
Aug 10 W 2:00-4:00PM Fee: \$6

Google Chrome Intro

Learn how Google Chrome protects you from security issues and provides quick answers in your address bar, one-click translation, and personalized articles. Plus learn how to install other software applications called extensions into Chrome. Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome.

Five Points Center for Active Adults

May 19 Th 10:00AM-12:00PM Fee: \$6

Google Photos Intro

Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. Please bring your own smart phone, iPad or tablet - but it is not required. Bring your Google account Username and Password.

Five Points Center for Active Adults

May 24-May 31 Tu 2:00-3:30PM Fee: \$12

iCloud Basics for iPad/iPhone

The iCloud is a virtual hard drive service allows users to securely store photos, videos, documents, apps, music and so much more online! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your Apple device, your Apple ID and password.

Anne Gordon Center for Active Adults

Jun 29 W 2:00-4:00PM Fee: \$6

Five Points Center for Active Adults

May 5 Th 10:00AM-12:00PM Fee: \$6
May 31 Tu 10:00AM-12:00PM Fee: \$6
Aug 25 Th 10:00AM-12:00PM Fee: \$6

iPad Basics 1

Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wifi, use the QR Code reader, Airdrop, open and close Applications, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPad. Bring your iPad, Apple ID & Password.

Anne Gordon Center for Active Adults

Aug 10-Aug 17 W 10:00-11:30AM Fee: \$12

Five Points Center for Active Adults

Jun 7-Jun 14 Tu 2:00-3:30PM Fee: \$12



iPad Basics 2

Learn to use Mail app, Search and Download Apps from Apple Store, Search locations, how to look at suggested searches, directions to home and work, Managing Apps, Customize Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, How to Access All Connected Devices under a single Apple ID, Personal Info, and more! Bring your iPad, Apple ID & Password.

Anne Gordon Center for Active Adults

Aug 24-Aug 31 W 10:00-11:30AM Fee: \$12

Five Points Center for Active Adults

Jun 21-Jun 28 Tu 2:00-3:30PM Fee: \$12

iPad Basics 3

Learn how to search and download a 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! Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password.

Anne Gordon Center for Active Adults

May 18 W 2:00-4:00PM Fee: \$6

Aug 31 W 2:00-4:00PM Fee: \$6

iPhone Basics 1

Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wifi, use the QR Code reader, Airdrop, open and close Applications, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPhone. Bring iPhone PLUS your Apple ID & Password.

Anne Gordon Center for Active Adults

Jun 1-Jun 8 W 2:00-3:30PM Fee: \$12

Aug 22-Aug 29 M 10:00-11:30AM Fee: \$12

Five Points Center for Active Adults

May 3-May 10 Tu 10:00-11:30AM Fee: \$12

iPhone Basics 2

Learn to view existing email accounts using Mail app, Search and Download Apps from Apple Store, Search locations, how to look at suggested searches, directions to home and work, Managing Apps, Customizing Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, How to Access All Connected Devices under a single Apple ID, Personal Info, and more! Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPhone, Apple ID

and Password.

Anne Gordon Center for Active Adults

Jun 15-Jun 22 W 2:00-3:30PM Fee: \$12

Five Points Center for Active Adults

May 17-May 24 Tu 10:00-11:30AM Fee: \$12

Microsoft Word Basics 1

Microsoft Word is a powerful program that you can use to create many different documents, brochures, etc. You can create your own document from scratch or select a template that Microsoft has already created. In this class you will learn how to: change the font, font size, create a bulleted list, set line spacing, insert tables, insert pictures, insert clip art, utilize text boxes, add WordArt, adjust the margins, utilize the built-in dictionary/thesaurus and more! This is a fantastic beginner class for Microsoft Word. Prerequisite: You must have taken Computer Basics 1 & 2 or have a working knowledge of the Windows 10 Operating System.

Anne Gordon Center for Active Adults

May 11 W 2:00-4:00PM Fee: \$6

Jun 15 W 10:00-11:30AM Fee: \$6

Aug 3 W 2:00-4:00PM Fee: \$6

Five Points Center for Active Adults

Jun 2 Th 10:00-11:30AM Fee: \$6

Jun 30 Th 2:00-4:00PM Fee: \$6

New To Computers 1

In this first program we break down the essentials for you to go online to explore, shop, pay bills, find out when a store opens/closes, get directions and more! Plus learn how to play games for free on your computer. *A computer will be provided*

Peach Road Cultural Center

May 2 M 2:30-4:30PM Fee: \$0

Jun 6 M 2:30-4:30PM Fee: \$0

Aug 8 M 2:30-4:30PM Fee: \$0

New To Email 1

Email is a form of communication that citizens and businesses use daily. We will show you how to set up and use GMAIL to send and receive emails. *A computer will be provided*

Peach Road Cultural Center

May 9 M 2:30-4:30PM Fee: \$0

Jun 13 M 2:30-4:30PM Fee: \$0

Aug 15 M 2:30-4:30PM Fee: \$0

TechRefresh

TechRefresh allows students who have previously completed a Digital Inclusion Adult Technology class to return and ask questions about the material that requires further explanation.



Your TechRefresh time is scheduled in advance.

Five Points Center for Active Adults

May 19 Th 2:00-4:00PM Fee: \$0

Android Phone Refresh

May 19 Th 2:00-4:00PM Fee: \$0

Jun 23 Th 2:00-4:00PM Fee: \$0

Computer Basics Refresh

May 5 Th 2:00-4:00PM Fee: \$0

Jun 9 Th 2:00-4:00PM Fee: \$0

iPhone Refresh

May 12 Th 2:00-4:00PM Fee: \$0

Jun 16 Th 2:00-4:00PM Fees: \$0

Tips on Purchasing a Computer

You're finally ready to purchase a computer, but aren't sure what to buy. Learn the differences between a laptop, desktop, and tablet and all the tech that can be found in each. We will also discuss what to look for when making a purchase decision.

Five Points Center for Active Adults

May 12 Th 2:00-4:00PM Fee: \$6

Aug 8 Tu 2:00-4:00PM Fee: \$6

Educational

Communicating with Adult Children

Are you prepared for the next evolution in your relationship with your adult children? Complex family dynamics impact both the choices we make and how we communicate with other family members. Join us for a poignant and candid conversation concerning communicating with adult children as you age. Sponsored by Freda Hamlett, Senior Transition Consultant, Milestone Moves Realty Group.

Anne Gordon Center for Active Adults

Jul 14 Th 9:30-11:00AM Fees: \$0

Five Points Center for Active Adults

Jul 27 W 2:30-4:00PM Fees: \$0

CCRC: What Are They?

Choosing a retirement community is not always easy. It can take time to research the many options available. During this panel discussion, you will learn the facts about continuing care and life care options available. Sponsored by Freda Hamlett, Senior Transition Consultant, Milestone Moves Realty Group.

Anne Gordon Center for Active Adults

Jun 9 Th 9:30-11:00 Fee: \$0

Five Points Center for Active Adults

Jun 22 W 2:30-4:00 Fee: \$0

Finance: Medicare 101

The Seniors' Health Insurance Information Program (SHIP) 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.

Five Points Center for Active Adults

May 16 M 2:30-4:00PM Fees: \$0

Finance: Social Security Strategies for Retirement

Learn about the advantages and disadvantages associated with retirement and Social Security. Presented by Steve Fordham, Edward Jones Investments.

Anne Gordon Center for Active Adults

Jul 26 Tu 10:45-11:45AM Fees: \$0

Five Points Center for Active Adults

Jul 20 W 1:00-2:00PM Fees: \$0

Finance: Understanding Beneficiary Designations

Beneficiary designations are an important part of an estate plan. 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

Jun 14 Tu 11:00AM-12:00PM Fees: \$0

Five Points Center for Active Adults

May 25 W 2:30-3:30PM Fees: \$0

Finance: Veterans' Aid and Attendance Benefits

There is a Veterans benefit that pays between \$1,000 and \$2,000 per month TAX FREE! This benefit will help cover the cost of long-term care (skilled nursing, assisted living, or professional in-home care). War-time veterans should learn how to qualify and how to use this benefit. Presented by Huston Law, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults

May 10 Tu 11:00AM-12:00PM Fees: \$0

Five Points Center for Active Adults

Aug 24 W 2:30-3:30PM Fees: \$0

Finance: Wills vs. Trusts

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. Learn the various types of trusts and how they may benefit you. Presented by Huston Law Firm, PLLC and



Carolina Estate Counsel.

Five Points Center for Active Adults

Jun 15 W 2:30-3:30PM Fees: \$0

FO AGC Gardening Club

The Friends of the Anne Gordon Center Gardening Club. Interested in gardening or horticulture or maybe you would be willing to help with a beautification project around the park? The gardening club will have guest speakers, plant and seed swaps, occasional service projects and anything else related that the participants would like to do. The club generally meets on the 2nd Thursday of each month.

Anne Gordon Center for Active Adults

May 12-Aug 11 Th 3:30-4:45PM Fees: \$0

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

Aug 9 Tu 11:00AM-12:00PM Fees: \$0

Five Points Center for Active Adults

Jul 6 W 2:30-3:30PM Fees: \$0

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 illnesses and strategies for healthy living. Sponsored by Resources for Seniors.

Five Points Center for Active Adults

May 3-Aug 2 Tu 10:15-11:15AM Fees: \$0

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 Huston Law Firm, LLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults

Jul 12 Tu 11:00AM-12:00PM Fees: \$0

Living, Dying, Leaving a Legacy

Join this seminar featuring expert panelists who will share the most important things you need to know about living, dying, and leaving a legacy on your terms. Sponsored by Freda Hamlett, Senior Transition Consultant, Milestone Moves Realty

Anne Gordon Center for Active Adults

Aug 11 Th 9:30-11:00AM Fees: \$0

Five Points Center for Active Adults

Aug 15 M 2:30-4:00PM Fees: \$0

Parkinson's Disease Dialogue Group

If you are living in the early stages of Parkinson's disease, join us for an inviting, open discussion of the disease. The early goal is to equip us to be "prosumers" of PD related healthcare by exchanging information, choosing topics, and by sharing the collective wisdom. Meets the last Friday of the month. Each month a different presenter will share a variety of topics. Online registration is not available for this class; please call Nancy at 919)996-4738 to register.

Five Points Center for Active Adults

May 5-Aug 4 1st Th 1:30-3:30PM Fees: \$0

Resources for Seniors: Who Are We and What We Do

Resources for Seniors will provide an overview of their agency and the many resources they provide to the aging population including programs that assist with locating housing, transportation, in-home care, weatherization, home improvements and Medicare assistance.

Anne Gordon Center for Active Adults

Jun 13 M 2:00-3:00PM Fees: \$0

Five Points Center for Active Adults

Jun 6 M 2:00-3:00PM Fees: \$0

SHIIP Counseling

The Senior Health Insurance Information Program (SHIIP) sponsored by the NC Department of Insurance provides certified counselors to help you to understand your Medicare options. Are you turning 65, retiring, or needing to sign-up during open enrollment; make a 1:1 appointment to review your future Medicare options. Please call the Anne Gordon Center 919-996-4720 or Five Points Center 919-996-4730 to make an appointment. Appointment dates and times vary by location.

Anne Gordon Center for Active Adults

May 2-Aug 29 M 1:00-5:00PM Fees: \$0

Five Points Center for Active Adults

May 3-Aug 31 Tu-Th 1:00-5:00PM Fees: \$0

SHIIP Needs You!

Would you like to help seniors and people with disabilities in your community who need accurate information about Medicare and other insurance issues? Come learn about what it takes to be a SHIIP volunteer and how you can make a difference! Sponsored by the Seniors Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

Anne Gordon Center for Active Adults

May 26 Th 9:30-10:30AM Fees: \$0



Five Points Center for Active Adults

May 18 W 1:00-2:00PM Fees: \$0

Fitness Classes

Adult Tap Dance

Learn (or re-learn) classic tap patterns for a good physical and mental workout. Tap dance does not require a partner or a group so you can practice any time. Students should bring tap or hard bottomed shoes for class and have some tap/dance experience. *Instructor: Bev Norwood*

Five Points Center for Active Adults

May 4-May 25 W 12:30-1:30PM Fees: \$12
 Jun 1-Jun 29 W 12:30-1:30PM Fees: \$15
 Jul 6-Jul 27 W 12:30-1:30PM Fees: \$12
 Aug 3-Aug 31 W 12:30-1:30PM Fees: \$15

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 hand weights and resistance bands. Classes differ by instructor. All classes are beginner level with chair support unless otherwise noted.

Anne Gordon Center for Active Adults— Tuesday June-Aug

AIM classes are TBA, pending instructor

May 3-May 31 Tu 9:15-10:00AM Fees: \$15
 May 5-May 26 Th 9:15-10:00AM Fees: \$12
 Jun 2-Jun 30 Th 9:15-10:00AM Fees: \$15
 Jul 7-Jul 28 Th 9:15-10:00AM Fees: \$12
 Aug 4-Aug 25 Th 9:15-10:00AM Fees: \$15

Intermediate

May 3-May 31 Tu 10:15-11:00AM Fees: \$15
 May 5-May 26 Th 10:15-11:00AM Fees: \$12
 Jun 2-Jun 30 Th 10:15-11:00AM Fees: \$15
 Jul 7-Jul 28 Th 10:15-11:00AM Fees: \$12
 Aug 4-Aug 25 Th 10:15-11:00AM Fees: \$15

Chair

May 3-May 31 Tu 2:15-3:00PM Fees: \$15
 Jun 7-Jun 28 Tu 2:15-3:00PM Fees: \$12
 Jul 5-Jul 26 Tu 2:15-3:00PM Fees: \$12
 Aug 2-Aug 30 Tu 2:15-3:00PM Fees: \$15

Laurel Hills Community Center *Bettie Ittenbach*

May 4-May 25 W 10:15-11:15AM Fees: \$12

Five Points Center For Active Adults *Bettie Ittenbach*

Jun 1– Jun 29 W 10:15AM-11:15AM Fees: \$15
 Jul 6– Jul 27 W 10:15AM-11:15AM Fees: \$12
 Aug 3-Aug 31 W 10:15AM-11:15AM Fees: \$15

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 vary by instructor, difficulty/impact level, and option to use a chair for support. *Instructor: Sue Payne*

Five Points Center for Active Adults

May 5-May 26 Th 12:30-1:15PM Fees: \$12
 Jun 2-Jun 30 Th 12:30-1:15PM Fees: \$15
 Jul 7-Jul 28 Th 12:30-1:15PM Fees: \$12
 Aug 4-Aug 25 Th 12:30-1:15PM Fees: \$12

Butts and Guts

This class will tone your abs and glutes with targeted sculpting movements and incorporates Pilates, Yoga and athletic movements to improve balance and flexibility, with focus on the abs, glutes, legs, and lower back. The goal is to build strength in your core, quads and hamstrings. *Instructor: Meg Berg*

Five Points Center for Active Adults

May 2-May 30 M 9:15-10:00AM Fees: \$12
 Jun 6-Jun 27 M 9:15-10:00AM Fees: \$12
 Jul 11-Jul 25 M 9:15-10:00AM Fees: \$9
 Aug 1-Aug 29 M 9:15-10:00AM Fees: \$15

Cardio Sculpt

Cardio Sculpt 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.

Five Points Center for Active Adults

Instructor: Sue Payne

May 5-May 26 Th 2:30-3:15PM Fees: \$12
 Jun 2-Jun 30 Th 2:30-3:15PM Fees: \$15
 Jul 7-Jul 28 Th 2:30-3:15PM Fees: \$12
 Aug 4-Aug 25 Th 2:30-3:15PM Fees: \$12

Instructor: Meg Berg

May 6-May 27 F 10:15-11:00AM Fees: \$12
 Jun 3-Jun 24 F 10:15-11:00AM Fees: \$12
 Jul 1-Jul 29 F 10:15-11:00AM Fees: \$15
 Aug 5-Aug 26 F 10:15-11:00AM Fees: \$12

Virtual Delivery via WebEx

May 2-May 30 M 12:35 PM-1:20PM Fees: \$12
 Jun 6-Jun 27 M 12:35 PM-1:20PM Fees: \$12
 Jul 11-Jul 25 M 12:35 PM-1:20PM Fees: \$9
 Aug 1-Aug 29 M 12:35 PM-1:20PM Fees: \$15

Dance Fit

This fun, high-energy class combines fitness, dance, line dance and kickboxing moves with strength training for a great



workout! *Instructor: Linda Monden Thomas*

Anne Gordon Center for Active Adults

May 2-May 23	M	11:45AM-12:30PM	Fees: \$12
Jun 6-Jun 27	M	11:45AM-12:30PM	Fees: \$9
Jul 11-Jul 25	M	11:45AM-12:30PM	Fees: \$9
Aug 1-Aug 29	M	11:45AM-12:30PM	Fees: \$15

Falls Prevention

Reduce your risk of falling through exercises that will improve balance, stability, and core strength. Sessions may use a variety of standing, seated, and floor balance to achieve this goal.

Five Points Center for Active Adults *Sue Payne*

May 5-May 26	Th	11:45-12:30PM	Fees: \$12
Jun 2-Jun 30	Th	11:45-12:30PM	Fees: \$15
Jul 7-Jul 28	Th	11:45-12:30PM	Fees: \$12
Aug 4-Aug 25	Th	11:45-12:30PM	Fees: \$12

Gentle Stretch

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

May 5-May 26	Th	1:30-2:15PM	Fees: \$12
Jun 2-Jun 30	Th	1:30-2:15PM	Fees: \$15
Jul 7-Jul 28	Th	1:30-2:15PM	Fees: \$12
Aug 4-Aug 25	Th	1:30-2:15PM	Fees: \$12

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 with limited individualized instruction. *Instructor: Jackie Wheeler*

Anne Gordon Center for Active Adults

Introductory (little to no experience)

May 6-May 27	F	1:00-1:45PM	Fees: \$12
Jun 3-Jun 24	F	1:00-1:45PM	Fees: \$12
Jul 1-Jul 22	F	1:00-1:45PM	Fees: \$12
Aug 5-Aug 26	F	1:00-1:45PM	Fees: \$12

Beginner (good experience)

May 6-May 27	F	2:00-2:45PM	Fees: \$12
Jun 3-Jun 24	F	2:00-2:45PM	Fees: \$12
Jul 1-Jul 22	F	2:00-2:45PM	Fees: \$12
Aug 5-Aug 26	F	2:00-2:45PM	Fees: \$12

Improver (very good experience)

May 6-May 27	F	3:00-4:00PM	Fees: \$12
--------------	---	-------------	------------

Jun 3-Jun 24	F	3:00-4:00PM	Fees: \$12
Jul 1-Jul 22	F	3:00-4:00PM	Fees: \$12
Aug 5-Aug 26	F	3:00-4:00PM	Fees: \$12

Five Points Center for Active Adults

Adv. Beginner/Improver Level

May 2-May 23	M	1:00-2:00PM	Fees: \$0
Jun 6-Jun 27	M	1:00-2:00PM	Fees: \$0
Jul 11-Jul 25	M	1:00-2:00PM	Fees: \$0
Aug 1-Aug 29	M	1:00-2:00PM	Fees: \$0

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

Beginner (need to know steps)

May 3-Aug 30	Tu	3:15-4:45PM	Fees: \$0
--------------	----	-------------	-----------

Adv Beginner/Improver (solid experience)

May 6-Aug 26	F	4:05-4:50PM	Fees: \$0
--------------	---	-------------	-----------

Five Points Center for Active Adults

May 4-Aug 31	W	2:45-4:15PM	Fees: \$0
--------------	---	-------------	-----------

Intermediate/Improver (very good experience)

May 2-Aug 29	M	2:00-3:00PM	Fees: \$0
--------------	---	-------------	-----------

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 *Meg Berg*

May 5-May 26	Th	11:15AM-12:00PM	Fees: \$12
Jun 2-Jun 30	Th	11:15AM-12:00PM	Fees: \$15
Jul 7-Jul 28	Th	11:15AM-12:00PM	Fees: \$12
Aug 4-Aug 25	Th	11:15AM-12:00PM	Fees: \$12

Instructor: Melissa Hinton

May 6-May 27	F	12:30-1:30PM	Fees: \$12
Jun 3-Jun 24	F	12:30-1:30PM	Fees: \$12
Jul 1-Jul 29	F	12:30-1:30PM	Fees: \$15
Aug 5-Aug 26	F	12:30-1:30PM	Fees: \$12

Qi Gong

Learn the 24 simple movements of qigong (chee-gong) designed to promote energetic and internal organ health. Practitioners think that the movements create good energy flow in the body and contribute to overall health. Beginners welcome;



accommodations for all levels. Qi Gong for Joint Health combines guided visualization, simple motion, and balance to improve strength and fluidity for bones and joints. The class is conducted both sitting and standing. *Instructor: Kathy Bundy*

Anne Gordon Center for Active Adults

May 3-May 31	Tu	11:15AM-12:00PM Fees: \$15
Jun 7-Jun 28	Tu	11:15AM-12:00PM Fees: \$12
Jul 5-Jul 26	Tu	11:15AM-12:00PM Fees: \$12
Aug 2-Aug 30	Tu	11:15AM-12:00PM Fees: \$15
May 6-May 27	F	10:45-11:30AM Fees: \$12
Jun 3-Jun 24	F	10:45-11:30AM Fees: \$12
Jul 1-Jul 29	F	10:45-11:30AM Fees: \$15
Aug 5-Aug 26	F	10:45-11:30AM Fees: \$12

Qi Jong for Joint Health

May 6-May 27	F	11:45AM-12:30PM Fees: \$12
Jun 3-Jun 24	F	11:45AM-12:30PM Fees: \$12
Jul 1-Jul 29	F	11:45AM-12:30PM Fees: \$15
Aug 5-Aug 26	F	11:45AM-12:30PM Fees: \$12

Five Points Center for Active Adults

Jul 5-Jul 26	Tu	9:15-10:00AM Fees: \$12
Jun 7-Jun 28	Tu	9:15-10:00AM Fees: \$12
May 3-May 31	Tu	9:15-10:00AM Fees: \$15
Aug 2-Aug 30	Tu	9:15-10:00AM Fees: \$15
May 6-May 27	F	9:15-10:00AM Fees: \$12
Jun 3-Jun 24	F	9:15-10:00AM Fees: \$12
Jul 1-Jul 29	F	9:15-10:00AM Fees: \$15
Aug 5-Aug 26	F	9:15-10:00AM Fees: \$12

Shibashi for Active Adults

Shibashi is a gentle, free-flowing Qigong routine consisting of 18 movements emphasizing proper posture and deep breathing. The practice includes visualization and standing meditation. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress reduction. Seated modifications available.

Anne Gordon Center for Active Adults *Rita Shaloiko.*

May 3-May 31	Tu	12:15-1:00PM Fees: \$15
Day/Time changes in June		
Jun 2,16,23,30	Th	1:30-2:15PM Fees: \$12
Jul 7-Jul 28	Th	1:30-2:15PM Fees: \$12
Aug 4-Aug 25	Th	1:30-2:15PM Fees: \$15

Soul Line Dancing

Dance to soul and R&B music while working up a sweat and burning calories. Learn popular line dances, as well as new ones. All levels welcome. *Instructor Journonya Harris-Rayner*

Five Points Center for Active Adults

May 4-May 25	W	1:45-2:30PM Fees: \$12
Jun 1-Jun 29	W	1:45-2:30PM Fees: \$15

Jul 6-Jul 27	W	1:45-2:30PM Fees: \$12
Aug 3-Aug 31	W	1:45-2:30PM Fees: \$15

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

May 2-May 23	M	10:30-11:30AM Fees: \$12
Jun 6-Jun 27	M	10:30-11:30AM Fees: \$9
Jul 11-Jul 25	M	10:30-11:30AM Fees: \$9
Aug 1-Aug 29	M	10:30-11:30AM Fees: \$15

Tai Chi for Active Adults

Tai Chi is an ancient practice that uses low-impact, slow movements to promote health and improve 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 sequence of the movements. Chair modifications are available upon request. This is an 8 week class. Intermediate Sun Style: Pre-requisite is Beginner Sun Style class. This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. This is an 8 week class. Advanced Sun Style: Pre-requisite is beginner and intermediate classes. This class teaches the Sun 73 Long Form which includes movements learned in Beginner and Intermediate classes. The longer sequence builds endurance and previous improvements made in strength, balance and memory. Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong. *Instructor: Rita Shaloiko*

Anne Gordon Center for Active Adults

Advanced Sun Style

May 2-May 23	M	1:00-1:45PM Fees: \$12
Jun 13, 27	M	1:00-1:45PM Fees: \$6
Jul 11-Jul 25	M	1:00-1:45PM Fees: \$9
Aug 1-Aug 29	M	1:00-1:45PM Fees: \$15

Beginner Sun Style

May 2-May 23	M	2:00-2:45PM Fees: \$12
Jun 13, 27	M	2:00-2:45PM Fees: \$6
Jul 11-Jul 25	M	2:00-2:45PM Fees: \$9
Aug 1-Aug 29	M	2:00-2:45PM Fees: \$15

Intermediate Sun Style

May 2-May 23	M	3:00-3:45PM Fees: \$12
Jun 13, 27	M	3:00-3:45PM Fees: \$6
Jul 11-Jul 25	M	3:00-3:45PM Fees: \$9
Aug 1-Aug 29	M	3:00-3:45PM Fees: \$15

Various Styles



Jun 2,16,23,30 Th 2:30-3:15PM Fees: \$12
Jul 7-Jul 28 Th 2:30-3:15PM Fees: \$12
Aug 4-Aug 25 Th 2:30-3:15PM Fees: \$15

Workout With Weights

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

Instructor: Sue Payne

Five Points Center for Active Adults

May 2-May 23 M 11:45AM-12:30PM Fees: \$12
Jun 6-Jun 27 M 11:45AM-12:30PM Fees: \$9
Jul 11-Jul 25 M 11:45AM-12:30PM Fees: \$9
Aug 1-Aug 29 M 11:45AM-12:30PM Fees: \$15

Yoga Chair

This 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 *Mary Flourney*

May 2-May 23 M 9:15-10:00AM Fees: \$12
Jun 6-Jun 27 M 9:15-10:00AM Fees: \$9
Jul 11-Jul 25 M 9:15-10:00AM Fees: \$9
Aug 1-Aug 29 M 9:15-10:00AM Fees: \$15
May 4-May 25 W 2:30-3:15PM Fees: \$12
Jun 1-Jun 29 W 2:30-3:15PM Fees: \$15
Jul 6-Jul 27 W 2:30-3:15PM Fees: \$12
Aug 3-Aug 31 W 2:30-3:15PM Fees: \$15

Five Points Center for Active Adults *Brenda Cleveland*

May 3-May 31 Tu 10:30-11:30AM Fees: \$15
Jun 7-Jun 28 Tu 10:30-11:30AM Fees: \$12
Jul 5-Jul 26 Tu 10:30-11:30AM Fees: \$12
Aug 2-Aug 30 Tu 10:30-11:30AM Fees: \$15

Yoga Gentle Floor

Class structured to accommodate 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 are suggested, as needed. Yoga incorporates breathing, stretching and strengthening exercises. Bring your own mat.

Anne Gordon Center for Active Adults

Instructor: Mary Flourney

May 2-May 23 M 10:15-11:15AM Fees: \$12
Jun 6-Jun 27 M 10:15-11:15AM Fees: \$9
Jul 11-Jul 25 M 10:15-11:15AM Fees: \$9
Aug 1-Aug 29 M 10:15-11:15AM Fees: \$15
May 4-May 25 W 3:30-4:30PM Fees: \$12
Jun 1-Jun 29 W 3:30-4:30PM Fees: \$15

Jul 6-Jul 27 W 3:30-4:30PM Fees: \$12
Aug 3-Aug 31 W 3:30-4:30PM Fees: \$15

Instructor: Alda Bidell

May 5-May 26 Th 11:15AM-12:15PM Fees: \$12
Jun 2-Jun 30 Th 11:15AM-12:15PM Fees: \$15
Jul 7-Jul 28 Th 11:15AM-12:15PM Fees: \$12
Aug 4-Aug 25 Th 11:15AM-12:15PM Fees: \$15

Five Points Center for Active Adults *Brenda Cleveland*

May 4-May 25 W 10:30-11:45AM Fees: \$12
Jun 1-Jun 29 W 10:30-11:45AM Fees: \$15
Jul 6-Jul 27 W 10:30-11:45AM Fees: \$12
Aug 3-Aug 31 W 10:30-11:45AM Fees: \$15

ZUMBA Gold®

Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music and combines cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be provided for all fitness levels. *Instructor: Leann Swanson*

Anne Gordon Center for Active Adults

May 6-May 27 F 9:15-10:00AM Fees: \$12
Jun 3-Jun 24 F 9:15-10:00AM Fees: \$12
Jul 1-Jul 29 F 9:15-10:00AM Fees: \$15
Aug 5-Aug 26 F 9:15-10:00AM Fees: \$12

Social

Bingo at The Anne Gordon Center

We play a variety of games like straight, four corners, postage stamp and clear all. Registration required.. Bring \$1 cash for 3 cards which becomes prize money. Registration is on a monthly basis; call 919-996-4720 for the next registration date. Space is limited. Please arrive at 10:15 for a 10:30 start.

Anne Gordon Center

Fridays 10:30AM-12:30PM Fee: \$1 per day plus cards

Bridge: Open Play

Join y\ fellow game players for bridge. This is an open play time for all skill levels, no registration required, sign in upon arrival.

Five Points Center for Active Adults

May 5-Aug 25 Th 9:30AM-12:30PM Fees: \$0

Card Making to Lift Spirits

Enjoy fellowship with others while creating cards to send to those who need a smile. All supplies: card stock, stickers, cut-outs, and designed paper is provided. No experience needed. Join us as we make cards to be donated to Meals on Wheels.

Walnut Terrace Center 2:00-4:00PM Fee: \$0



Fathers Day/Patriotic	May 19	Th
Independence Day	Jun 16	Th
Summer Fun/Birthdays	Jul 14	Th
Thinking of You	Aug 18	Th

Golden Years Clubs

There are more than 30 clubs affiliated with the Active Adult Program. These clubs meet at area community centers, churches, and senior housing facilities, and offer a range of activities such as bridge, speakers, trips, community service projects, and more. Clubs are comprised of persons aged 50 or older. You can find a list of our clubs our website or from any of our Active Adult Centers.

Herb Gardening

Learn about easy to grow herbs, veggies, and flowers. How you can enjoy them as plants, flowers, fragrance, and food enhancers. Instructor will bring sample cuttings to share.

Instructor: Janet Harrison

Walnut Terrace Center	2:00-4:00PM	Fee: \$0
Harvested, Prepared, Preserved, etc.	Jul 27	W
Planting Fall Brassicas	Aug 24	W

Nature Crafts

We will use items from nature to create new fun items that enhance our health and/or living space. These items would also make great gifts.

Walnut Terrace Center

Summer Breezes Seashell Windchime: We will create a windchime with seashells and beads.

Apr 28 Th 2:00-4:00PM Fee: \$0

Discovering Herb Teas: Explore the best options for buying herb teas grown in this region or growing your own. Learn about their unique flavors as well as their health benefits.

Jun 2 Th 2:00-4:00PM Fee: \$0

Open Play Cards and Games

Want to play bridge, canasta, poker, mahjong or more with your friends? 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 and space is limited.

Anne Gordon Center for Active Adults

May 3-Aug 30 Tu 1:00-4:30PM Fees: \$0
May 6-Aug 26 F 1:00-4:30PM Fees: \$0

Walnut Terrace Center

May 3-Aug 30 Tu 10:00AM-1:30PM Fee: \$0

Movies at the Anne Gordon Center

Join us for a movie that just recently left the theaters. Drinks are available from the machine or bring your own, and there is a microwave available for your use. Pre-registration is required. Register online, in-person or call 919-996-4720 to reserve your seat. Seating is limited. Free.

Thursdays 1:00pm-3:30pm
Fridays 10:00am-12:30pm (same movie)

Movies at Walnut Terrace Center

Enjoy a recent release movie from the theater or a popular movie from the past. Find a list of the movies on the website or by calling the center. Feel free to bring your own snacks and drinks, there is a microwave available for your use. Movies are Free, but Registration is required and is available on a month-by-month basis. Register online, in-person or by calling 919-996-6160 to reserve your seat. Seating is limited to 7 people. Free

Mondays 1:00-4:30PM
Tuesdays 10:30AM-12:30PM (same movie)

Trivia Group at Anne Gordon Center

Test your knowledge and memory in a fun social setting. We will provide trivia game cards to get the group started, but feel free to bring in your own supplies to challenge your friends. Registration is required and space is limited.

Anne Gordon Center for Active Adults

May 5-26 Th 1:00-3:00PM Fees: \$0
Time Changes in June
June 2– Aug 25 Th 12:30-2:00pm Fee: \$0

What did Grandma do?

Roundtable Discussions: What did Grandma do and what did she use to do it? Discover some useful tips and/or share yours.

Walnut Terrace Center 2:00-4:00PM Fee: \$0

Thinking of You May 25 W
Family Fun Jun 22 W

Write Your Story

Capture your life experiences by writing them into stories that you can enjoy sharing with your children and grandchildren. We will create a safe place that facilitates and encourages us to remember, explore and create word pictures that bring our stories to life.

Walnut Terrace Center 1:00-2:30PM Fee: \$0

Putting It In Perspective May 12 Th
A Summer Like No Other Jun 9 Th
A Favorite/Dream Vacation Jul 14 Th