

Active Adult Program

Sep-Dec Classes



8/18/25

Please register for all programs. Classes that have not met the minimum registration may be cancelled. Contact us directly about registering for programs which have already started. RPRCR administration has added a \$1 fee to classes that cost \$15 or more. If you are not a resident of the City of Raleigh you will have a \$15 non-resident fee added to classes that cost \$15 or more. For more information please visit our Raleigh Parks website Raleighnc.gov and search for "Active Adult Program".

How to Register: Online via ReLink at relink.raleighnc.gov or in-person at any Raleigh Parks facility.

Anne Gordon Center for Active Adults	1901 Spring Forest Road	919-996-4720	on GoRaleigh Route 25L
Five Points Center for Active Adults	2000 Noble Road	919-996-4730	on GoRaleigh Route 2
Walnut Terrace Center	1256 McCauley Street	919-996-6160	on GoRaleigh Route 21

Art

Art Room Open Studio

Open Studio Hours are available to any participant who has completed an art course through Active Adults. This program aims to create a fun and collaborative environment for pursuing your creative interests. Feel free to unleash your creativity during open studio time! This is an opportunity for you to pursue your personal interests without the constraints of a course instructor. Please bring your own materials. It's an excellent opportunity to meet new people and explore various types of art. Don't be afraid to get messy! Just make sure you clean up. Make the most of any course you take with us.

Five Points Center

Sep 2-Dec 18 Tu & Th 2:00-4:00PM Fee: \$0

Basic Watercolor Techniques

Unlock your inner artist and find your own style. Paper and paints are provided as we explore simple yet effective and popular techniques of water coloring. Instructor: Gail

Walnut Terrace Center

Landscapes

Sep 16 T 2:30-3:45PM Fee: \$7

Calligraphy Workshop

Come learn calligraphy. Linda Torrena will teach participants how to utilize different brush strokes to create beautiful lettering. This workshop is once a month on the second Wednesday of every month. You must bring supplies to class.

Five Points Center

Oct 1-Dec 3 W 10:30AM-12:30PM Fee: \$22

Card Making to Lift Spirits

Give back to the community while having fun and making new friends! Join us to create beautiful greeting cards using cardstock, stickers, and cut-outs no experience needed. All supplies are provided, and the finished cards will be donated to Meals on Wheels. Enjoy a rewarding experience of creativity and fellowship led by instructor Janet.

Walnut Terrace Center

Fall/Halloween

Sep 18 Th 1:00-3:00PM Fee: \$0

Thanksgiving

Oct 16 Th 1:00-3:00PM Fee: \$0

Christmas/Winter

Dec 4 Th 1:00-3:00PM Fee: \$0

Collage

Come and learn how to make visually pleasing composition collages from an expert. Come and learn with our instructor, Adrienne Garnett. Adrienne is a dynamic, thoughtful, award-winning artist that loves working with artists of any age. Adrienne will guide you through not only how to utilize different art mediums, but also how to channel your feelings into your art. This is a class you don't want to miss.

Five Points Center

Nov 5-19 W 2:30-4:30PM Fee: \$21

Drum It Up

Join this class to experience first-hand excitement of live drumming. If you are a total beginner, or have a musical background, this is the class for you. All hand drums will be provided or bring your own. We will use a Djembe African hand drum to work on independence, coordination, basic rhythm patterns, ensemble performance and solo improvisation. Each class will focus on four elements of drumming: Hand exercises, beat patterns with drum tones, ensemble participation and a goal to complete an extended group composition. As a bonus for at home practice, a play along video will be provided! If you want to drum, let us get started! Class limited to 10 participants. Level I Intro/Beginner: No prior musical experience is required. Level II Intermediate: Requires completion of at least one Level I Beginner class or instructor approval for previous drumming experience. This class continues the excitement and techniques of the beginner level and will focus on intermediate/advanced development of hand drumming and the use of sticks. Level III Advanced: Requires completion of Level II Intermediate: Continues with advanced rhythms, beats, utilization of bass drum patterns, improvisation and more. Instructor: Robert Jackson

Anne Gordon Center

Level III Advanced

Oct 3-Nov 21 F 9:15-10:15AM Fee: \$61



Five Points Center

Level II Intermediate

Oct 1-Nov 19 W 9:15-10:15AM Fee: \$61

Level III Advanced

Oct 1-Nov 19 W 10:30-11:30AM Fee: \$61

Exploring Art Techniques

Explore art techniques using various materials including acrylic, watercolor and pencils combinations. All skill levels welcome.

Instructor Gail

Walnut Terrace Center

Drawing Faces

Oct 21 Tu 2:30-3:45PM Fee: \$7

Creating Leaf Motifs

Nov 18 Tu 2:30-3:45PM Fee: \$7

Painting a beautiful wreath image on paper

Dec 9 Tu 2:30-3:45PM Fee: \$7

Exploring Origami

Discover the timeless art of Origami, a captivating craft that originated in Japan and has become a beloved hobby worldwide. With Janet leading the way, you'll start with a simple base fold and watch it transform into a delightful shape you can show off. No experience needed—just bring your curiosity and a love for paper!

Walnut Terrace Center

Birds

Sep 25 Th 1:00-3:00PM Fee: \$0

Basket and/or Clover Leaf

Oct 23 Th 1:00-3:00PM Fee: \$0

Freshly Brewed Poems

A local poet or writer will be featured for approximately 20 minutes. Afterward, we invite the audience to take the mic and read their poems, prose, and spoken word. While we encourage original material, we do not discourage sharing your favorite authors with us. The number of poems each participant will read will be determined by the size of the group. Please be prepared to read 1 to 3 poems, or 5 minutes of prose. Afternoon of open mic poetry aims to be an intra-generational gathering of creatives working in a safe and mentoring environment. Please come at 2:30 p.m. to sign up to read. 3:00 p.m. is our start time.

Five Points Center

Sep 3 W 3:00-4:30PM Fee: \$0

Oct 1 W 3:00-4:30PM Fee: \$0

Nov 5 W 3:00-4:30PM Fee: \$0

Dec 3 W 3:00-4:30PM Fee: \$0

Knitting and Crocheting

If you like to knit and crochet, please come and share your skills and projects with other like-minded patrons. This is an informal social time; there is no instructor.

Anne Gordon Center

Sep 4-Dec 18 Th 2:00-4:00PM Fee: \$0

Open Studio with Gail

Do you enjoy painting or always wanted to give it a try? Would a little guidance and a lot of open space encourage you to explore this practice which so many find therapeutic? Look no further! Gail will be on hand and more than happy to answer art questions or help you get over the painter block you may be experiencing. Bring your supplies; we have space for storage. We have some supplies you can purchase for a minimal fee to get you started. Paint brushes and easels are available for you to use. Let us inspire one another and stop making excuses. There is a wall in your home hoping for some fresh artwork! And like most adventures, it is more fun to create with others. This program meets on the 1st & 2nd Tuesday of each month.

Walnut Terrace Center

Sep 2-Dec 9 Tu 2:30-4:00PM Fee: \$0

Pastel Art Class

This class is an opportunity to play with a fun, fast and forgiving medium! Great for beginners. Discover the art of pastel techniques for your next creative project while experimenting with the medium and enjoying some music along the way. Explore the enchanting work of renowned pastel artists and delve into discussions about composition, vocabulary, and the elements and principles of art. Let's get creative! Participants need to bring supplies. Supplies listed online.

Five Points Center

Sep 3-Sep 17 W 10:30AM-12:30PM Fee: \$22

Poetry Workshop

In this hour-long event, participants will be guided through poetry prompts by artist and writer Austen Camille to create poems about home. We will first write a poem about a place that feels like home to each of us, and then we will write a poem about what that place might feel like for another being (non-human) who also calls it home. No writing experience necessary! In this workshop, poetry is about trusting our noticing skills and using words that suit how we each speak in our everyday lives. At the end of the event, each participant will have a series of poems to share and the opportunity to have their words included in a future artwork located at River Cane Wetland Park!

Anne Gordon Center

Nov 10 M 1:00-2:00PM Fee: \$0



Five Points Center

Nov 5 W 3:00-4:00PM Fee: \$0

Quilling

Discover the art of quilling in this engaging class! Learn how to craft basic quilling shapes as Janet demonstrates essential tools and techniques to help you create stunning designs. Connect with fellow crafters on the 2nd Wednesday of each month to share ideas, explore new methods, and make lasting friendships. All tool usage is included. If you do not have your own paper, a \$3.00 fee for paper supplies must be paid to the instructor. Led by instructor Janet.

Walnut Terrace Center

Birds (shapes)

Sep 10 W 1:00-3:00PM Fee: \$3

Pumpkin (shapes)

Oct 8 W 1:00-3:00PM Fee: \$3

Autumn Leaves (coils & crimping)

Nov 12 W 1:00-3:00PM Fee: \$3

Poinsettia (husking & crimping)

Sep 10 W 1:00-3:00PM Fee: \$3

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

Sep 4-Dec 18 1st&3rd Th 10:00AM-12:00PM Fee: \$4

Readers Theatre

A wide variety of short and medium length skits are taken from different sources and come alive not only through the words of the authors, the actor's faces and bodies, but also through their tone, pitch, and emotion. Memorization of scripts is not necessary. Costuming and props are minimal. This is not a class with an instructor who teaches acting, nor is it a class for the shy. Participants gather to learn acting and entertain each other by filling a variety of roles (acting experience is not required). This group is a prerequisite for the Readers Theater Performing Ensemble. Commitment to attendance and participation is stressed.

Five Points Center

Sep 8-Dec 29 M 3:00-4:45PM Fee: \$0

Still Life

Come and learn about still life. A still life drawing is a work of art depicting inanimate objects, typically commonplace items like fruit, flowers, household objects, or even natural elements,

arranged in a visually pleasing composition. Learn to compose still life and bring out the energy in everything that exists. We will look at composition and forms and animating the energy of everyday objects through drawing and painting. No art experience necessary. Come and learn with our instructor, Adrienne Garnett. Adrienne is a dynamic, thoughtful, award-winning artist that loves working with artists of any age. Adrienne will guide you through not only how to utilize different art mediums, but also how to channel your feelings into your art. This is a class you don't want to miss. You must purchase supplies before coming to class. Supplies listed online.

Five Points Center

Oct 1-Oct 15 W 2:30-4:30PM Fee: \$22

Open Studio Critique

Have you wished a professional artist was available to help you improve your art? Working on a piece that needs some professional critiques? Come and learn with our instructor, Adrienne Garnett. Adrienne is a dynamic, thoughtful, award-winning artist that loves working with artists of any age. Adrienne will be available to help you in our art studio with any project that you're working on. This is a three week allotted time for open studio with critiques. Bring any art that you are working on and want help with.

Five Points Center

Dec 1-Dec 15 M 2:30-4:30PM Fee: \$20

Tree Drawings

Come and learn with our instructor, Adrienne Garnett, on improving your drawing techniques by drawing the trees at Five Points Center for Active Adults. Adrienne is a dynamic, thoughtful, award-winning artist that loves working with beginner artists of any age. Adrienne will guide you through not only how to draw with a pencil, but also how to draw with your heart.

Five Points Center

Oct 13 M 2:30-4:30PM Fee: \$9

Visions of Peace

Do you want to invoke peace while creating art? Come and learn with our instructor, Adrienne Garnett, as she leads a thought-provoking art series on channeling peace. Adrienne will guide you through not only how to utilize different art mediums, but also how to channel your feelings onto paper. This is a class you don't want to miss. You must purchase supplies before coming to class. Supplies listed online.

Five Points

Sep 10-24 M 2:30-4:30PM Fee: \$22



Watercolor

Discover the magic of watercolor! It is simply a bag of tricks! The instructor will introduce paper, brushes and other supplies and demonstrate these techniques. Master artist's work will be viewed to display their use of elements and principles of art. Principles of art will be identified, discussed, and utilized. Students will learn to use these techniques to create their own original art, whether still life, landscape or abstract. You must bring supplies to class. Supplies listed online.

Five Points Center

Sep 2-Sep 30	Tu	10:30AM-12:30PM	Fee: \$33
Oct 2-Oct 30	Th	10:30AM-12:30PM	Fee: \$33

Wonderful Weaving Workshop

Learn how to make your own loom from cardboard! Weaving techniques included and basic instructions. Warp string and weft yarn available. Learn how to take everything off of the loom and finish.

Five Points Center

Oct 15-Dec 17	W	10:30AM-12:30PM	Fee: \$22
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Computer/Technology

For questions about computer/technology classes please contact Tommy Hodges at 919-996-2458.

Android Phone Basics 1

Get comfortable using your Android Phone! Learn to create contacts, text, make phone calls, take & share photos, connect to Wi-Fi and how to use Google Maps. Please bring your Android Phone, Android Account info (typically your GMAIL account info. Screenshots shown in class may not match your phone exactly due to the different manufacturers that sell Android phones.

Anne Gordon Center

Sep 3-Sep 10	W	10:00-11:30AM	Fee: \$12
Dec 8-Dec 15	M	10:00-11:30AM	Fee: \$12

Five Points Center

Oct 21-Oct 28	Tu	10:00-11:30AM	Fee: \$12
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Android Phone Basics 2

Prerequisite: Android Phone Basics 1. Learn about Google Assistant and how you can say or type commands to get help by having Google Assistant tell you how the traffic is, Finding the News, Playing Relaxing Music, Directions, the Weather, and more. Learn about Google Lens which helps you find product prices in stores with only a barcode! Plus learn about the Google Play Store and how to download and install useful apps

on your smartphone. Learn how to use your quick settings, calendar settings, Clock, Alarm, and Memos. Please bring your Android Phone because none will be provided. Please know your Android Account Information (typically your GMAIL account).

Anne Gordon Center

Sep 17-Sep 24	W	10:00-11:30AM	Fee: \$12
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Five Points Center

Nov 18-Nov 25	Tu	10:00-11:30AM	Fee: \$12
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App Based Taxi and Food/Grocery Delivery Services like UBER

Learn how to get car rides on demand with budget friendly options using apps on your smart phone! It is an easy way to give you freedom to get around at - go anywhere you want to go - when you want to do it! Plus learn how to get food delivered from your favorite restaurants and grocery stores to your home. All through the convenience of your smartphone and the Internet! If you can't go out or don't feel like driving no problem, have it delivered or get a ride! We will show you how you can do it safely and easily. Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have knowledge of your smartphone and your phone's App Store.

Five Points Center

Sep 25	Th	10:00AM-12:00PM	Fee: \$6
Dec 16	Tu	10:00AM-12:00PM	Fee: \$6

Computer Basics 1

Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 11 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 use the Microsoft store to get free and paid applications for their computer. Plus learn to install and uninstall applications. Understand how to charge, sleep, shutdown, turn on your computer and connect to Wi-Fi. Learn how to go online and search the Internet.

Anne Gordon Center

Oct 22-Oct 29	W	10:00-11:30AM	Fee: \$12
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Five Points Center

Sep 2-Sep 9	Tu	10:00-11:30AM	Fee: \$12
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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. Learn the basics of Windows 10 as well as how to use some of the different features and functions. See how to save and find files inside folders that you create using an application (Microsoft Word). Learn how to surf the web, save favorites, and

shop safely. Feel confident in understanding how to clear your web browser history as well as passwords your web browser may remember even when you do not want it to. And learn how to download images from the web and find them once you have done so.

Anne Gordon Center

Nov 5-Nov 12 W 10:00-11:30AM Fee: \$12

Five Points Center

Sep 16-Sep 23 Tu 10:00-11:00AM Fee: \$12

Computer Basics 3

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. This class goes into detail on how to save and delete files, create folders, 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. Learn how to see how much space items are using on your computer. Plus learn how to create zip files, cut, copy, and rename files.

Anne Gordon Center

Nov 19-Nov 26 W 10:00-11:30AM Fee: \$12

Five Points Center

Oct 7-Oct 14 Tu 10:00-11:30AM Fee: \$12

Computer Basics 4

In this course we concentrate solely on the Windows 11 Operating System Settings. Have more control over your computer by learning more about your system. Prerequisite: It is recommended that you have taken Computer Basics 1 and 2 or have good navigational skills within the Windows 11 Operating System. *A computer will be provided* 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.

Anne Gordon Center

Dec 3-Dec 10 W 10:00-11:30AM Fee: \$12

Five Points Center

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

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

Oct 22-Oct 29 W 2:00-3:30PM Fee: \$12

Five Points Center

Dec 2-Dec 9 Tu 10:00-11:30AM Fee: \$12

Excel Basics 1

In Excel Basics 1 you will learn how to use a budget template to create and maintain a monthly budget. This project is a simple project that will allow you to learn some of the basics of using Excel while building a budget. 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

Nov 12 W 2:00-4:00PM Fee: \$6

Five Points Center

Sep 18 Th 10:00AM-12:00PM Fee: \$6

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

Gimp Photo Editing Basics 1

Are you serious about photo editing, but do not want to pay for expensive software? 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. GIMP is like the professional photo editor Adobe Photoshop. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.

Anne Gordon Center

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

Five Points Center

Dec 2-Dec 9 Tu 2:00-3:30PM Fee: \$12

Gimp Photo Editing Basics 2

If you are excited about editing photos with software that has the features of those professional programs, then you should check out GIMP. 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 like Adobe Photoshop! For more information about this class please contact Tommy Hodges at



919-996-2458. Prerequisite: 'Computer Basics 1', âGimp Basics 1â or equivalent computer knowledge.

Anne Gordon Center

Oct 8-Oct 15 W 10:00-11:30AM Fee: \$12

GMAIL Basics 1

In this class we will show you how to create and use an email account using Google GMAIL function. Nowadays, you need an email address for almost everything. Learn to use this convenient method of communication. Prerequisite: Computer Basics 1 and 2 or equivalent skills.

Five Points Center

Nov 4 Tu 10:00AM-12:00PM Fee: \$6

Google Applications Overview

Did you know if you have a Google or GMAIL account you have access to many free applications? Everything from word processing to spreadsheets to presentation software is at your fingertips for FREE and you probably didn't even know you had access to it. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Google Docs, Calendar, and others. For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Skills 1' or equivalent.

Anne Gordon Center

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

Google Photos Intro

Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. You may bring your own smart phone, iPad or tablet - but it is not required. Bring your Google account Username and Password to class. If you do not have an account, we will provide you with the information to create one on your own. If you do not wish to create an account, then you may observe.

Anne Gordon Center

Nov 26-Dec 3 W 2:00-3:30PM Fee: \$12

Five Points Center

Sep 4-Sep 11 Th 10:00-11:30AM Fee: \$12

How Useful Can a Smart Speaker Really Be for You and Your Home?

Alexa is a virtual assistant developed by Amazon that allows you to interact with in your home using a smart speaker called Echo. The Echo Smart Speaker can 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. Learn about its exciting two-way intercom feature allowing you to talk to a

family member inside your home, even if you are outside or miles away! Learn the basic setup.

Five Points Center

Oct 30 Th 10:00AM-12:00PM Fee: \$6

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. If you own an Apple product, then you have iCloud. Learn to use this feature to its fullest! Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your Apple device PLUS your Apple ID and password.

Anne Gordon Center

Dec 1 M 10:00AM-12:00PM Fee: \$6

Five Points Center

Oct 16 Th 10:00AM-12:00PM Fee: \$6

iPad Basics 1

You just got your iPad, now what do you do with it because it certainly did not come with a manual? 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. Must bring: Your own iPad PLUS your Apple ID & Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center

Sep 3-Sep 10 W 2:00-3:30PM Fee: \$12

Five Points Center

Nov 6-Nov 13 Th 10:00-11:30AM Fee: \$12

iPad 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, 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! Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPad or iTouch PLUS your Apple ID and Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center

Sep 17-Sep 24 W 2:00-3:30PM Fee: \$12

**Five Points Center**

Dec 4-Dec 11 Th 10:00-11:30AM Fee: \$12

iPad Basics 3

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how you can control which applications can track you across other applications. Allow your iPhone to save your passwords and learn from Apple when your accounts are compromised. Don't want to be disturbed? We will show you how to create a custom Focus so that your iPad doesn't disturb you. Don't have a scanner at home? Learn how you can scan documents with your iPad. Learn ways to control how you interact with Siri. Plus many more tips and tricks. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center

Oct 8-Oct 15 W 2:00-3:30PM Fee: \$12

iPhone Basics 1

You just got your iPhone, now what do you do with it because it certainly did not come with a manual? 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. Must bring: Your own iPhone PLUS your Apple ID & Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center

Oct 20-Oct 27 M 10:00-11:30AM Fee: \$12

Dec 10-Dec 17 W 2:00-3:30PM Fee: \$12

Five Points Center

Sep 2-Sep 9 Tu 2:00-3:30PM 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 PLUS your Apple ID and Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center

Nov 3-Nov 10 M 10:00-11:30AM Fee: \$12

Five Points Center

Sep 16-Sep 23 Tu 2:00-3:30PM Fee: \$12

iPhone Basics 3

What is left to learn about your iPhone? What about your privacy? Learn how you can control which applications can track you across other applications. Learn how to see which apps are using your location and when they are doing it. And is your phone working slower than usual? You may not need a new phone. See our tips. Plus, learn how to use Siri, your very own personal assistant to open applications, construct text messages, conduct searches, add reminders, schedule appointments on your calendar and more by using your voice!

Anne Gordon Center

Nov 17-Nov 24 M 10:00-11:30AM Fee: \$12

Five Points Center

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

Learn how to Register for City of Raleigh Programs and Courses Online

Want to learn how register for City of Raleigh programs and courses? Stop standing in long lines to register! Take this free course and start registering online using a computer. Learn how to create a RECLINK account and register for City of Raleigh programs and classes online using a web browser on a computer or other connected devices like smart phones and tablets. It is highly recommended that you have basic working knowledge of using a computer before registering for this free course.

*Computers will be provided for you to use during the class. You may bring your own laptop computer or tablet if you prefer.

Five Points Center

Nov 18 Tu 2:00-3:30PM Fee: \$0

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

Nov 5 W 2:00-4:00PM Fee: \$6



Five Points Center

Nov 25 Tu 2:00-4:00PM Fee: \$6

Microsoft Excel Training: with Excel Associate Certification Preparation

Learn the specifics of this powerful spreadsheet software that is used for data analysis, organization, calculation, and visualization across many job industries, from business and finance to education and personal use. This 3-month, instructor led training program is also designed to prepare students to take the optional Microsoft Office Specialist (MOS): Excel Associate Certification exam. No prerequisites required to take this course other than basic knowledge using a Windows computer. Get comfortable writing formulas and functions and using graphic elements to represent data visually. Learn how to manage worksheets and workbooks, cell and data ranges, tables and table data. Perform operations by using formulas and functions. Additionally, summarize data visually by creating, modifying, and formatting charts/sparklines and prepare workbooks for collaboration and distribution. Learn Excel and enhance your resume today! Upon completion of this course, you will be prepared for the Microsoft Excel Associate certification exam. The Microsoft Excel Certification exam is not included with this course. Talk to your instructor or call 919-996-2458 to learn about registering for the exam.

Five Points Center

Sep 9-Dec 4 Tu & Th 6:00-8:00PM Fee: \$610

TechRefresh

TechRefresh is an exciting new program that allows students who have previously completed a Digital Inclusion Adult Technology class to return and ask questions about the material that was previously covered or requires further explanation. Only those who have completed a course related to the refresh topic during a predetermined grace period are eligible to participate in this free program. Your TechRefresh time with an instructor is scheduled in advance and we require you to show up 15 minutes early for set up.

Anne Gordon Center

Sep 22 M 10:00AM-12:00PM Fee: \$0

Dec 17 W 10:00AM-12:00PM Fee: \$0

Five Points Center

Oct 9 Th 10:00AM-12:00PM Fee: \$0

Nov 4 Tu 2:00-4:00PM Fee: \$0

Nov 20 Th 10:00AM-12:00PM Fee: \$0

Tips on Purchasing a Computer

You're finally ready to purchase a computer, but aren't sure

what to buy. Let us help you understand the differences between a laptop, desktop, and tablet and all the tech that can be found in each. We will also discuss what you should be looking for when you make your decision.

Anne Gordon Center

Nov 19 W 2:00-4:00PM Fee: \$6

Five Points Center

Dec 18 Th 10:00AM-12:00PM Fee: \$6

AARP Computer and Technology Classes

Sponsored by AARP Senior Planet and OATS (Older Adult Technology Services), Raleigh Parks Active Adult Program and Raleigh Community Engagement Department and hosted at the Raleigh Pathway Center 900 S. Wilmington St, Raleigh NC 27601. Contact Lillian S. Lee 919-829-0593 for class information. Registration is required for these free classes.

Computer Essentials

Computer Essentials is a 5-week course that meets twice per week and covers: how to use the basic functions of a personal computer, how to navigate the internet, and how to send and receive email. By the end of the course, you will have a foundation for using a computer and the internet to enrich your life. Registration is required for this free class.

Raleigh Pathway Center Computer Lab

Sep 29-Oct 30 M and Th 11:00-12:00pm Fee: \$0

Digital Tools For Brain Health

In this lecture, we will explore tips for a Healthy Brain and digital tools to support habits that can help you stay sharp including: wearable devices, engaging websites, and informative podcasts. Discover practical resources to keep your mind active and enhance your cognitive well-being in today's digital world. Do What You Love and stay sharp with technology!

Raleigh Pathways Center

Sep 15 M 11:00AM-12:00PM Fee: \$0

Sep 18 Th 11:00AM-12:00PM Fee: \$0

Google Workshop

Curious about the free tools from Google? Learn about some of Google's most popular productivity tools that are for personal as well as work-related use. This lecture will introduce Docs, Sheets, Slides, Photos, and Drive. We will explore some practical and creative uses and demonstrate how to make the most out of Google's many free templates. Sponsored by AARP Senior Planet and OATS (Older Adult Technology Services), Raleigh Parks Active Adult Program and Raleigh Community Engagement Department.

Raleigh Pathways Center

Sep 22 M 11:00AM-12:00PM Fee: \$0
 Sep 25 Th 11:00AM-12:00PM Fee: \$0

Educational

50 Terms Every Senior Should Know: Legal, Financial and Medical

Are you familiar with the many legal, financial and medical acronyms such as POA, ADA, BFP, CMP, DJIA, CPR-to name a few? Professionals often speak in these terms but do we really know what is being said? These and many others will be reviewed so you will know what the conversation is about. Presented by Huston Law Firm, Carolina Estate Counsel.

Anne Gordon Center

Oct 21 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Oct 15 W 2:00-3:30PM Fee: \$0

Advanced Health Care Directives

The North Carolina Department of the Secretary of State will present about the official AHCD Registry where you may file your advance health care directives. AHCDs are legal documents that give written instructions about your health care if, in the future, you cannot speak for yourself. The directives include Health Care Power of Attorney, Declaration of a Desire for a Natural Death (Living Will), Advance Instruction for Mental Health Treatment and Declaration of an Anatomical Gift (Organ Donor Card). NCDSOS has these forms available at https://sosnc.gov/divisions/advance_healthcare_directives and you do not have to have a lawyer to fill out or register them, but there is a \$10 fee to register each form. To learn more please join us for a free informational session.

Anne Gordon Center

Sep 29 M 1:00-2:00PM Fee: \$0

Five Points Center

Oct 2 Th 1:00-2:00PM Fee: \$0

Alzheimer's Education Series

Details common behavior changes & how they're a form of communication, non-medical approaches to behaviors, and recognizing when help is needed. Sponsored by Alzheimer's Association.

Five Points Center

Responding to Dementia-Related Behaviors

Sep 18 Th 1:00-2:30PM Fee: \$0

Exploring Care and Support Services

Oct 16 Th 1:00-2:30PM Fee: \$0

Caregiving During the Holidays

Nov 20 Th 1:00-2:30PM Fee: \$0
 10 Warning Signs of Alzheimer's
 Dec 18 Th 1:00-2:30PM Fee: \$0

An Overview of Mental Health

This introductory course aims to educate individuals on the most common mental health diagnoses among the aging population, along with treatment options to help overcome stigma. Variations between mental health and illness will be considered. Presented by Vaya Health.

Anne Gordon Center

Nov 18 Tu 10:30-11:30AM Fee: \$0

Five Points Center

Nov 25 Tu 1:00-2:00PM Fee: \$0

Boost Your Brain

Join us for an engaging and interactive session designed to help you keep your mind sharp and active! In this fun and informative workshop, participants will learn simple brain exercises, memory-boosting techniques, and lifestyle habits that promote cognitive health. Through games, challenges, and practical take-home tips, we will discover enjoyable ways to enhance memory, focus, and mental agility. Presented by Synergy HomeCare.

Anne Gordon Center

Sep 23 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Sep 30 Tu 1:30-2:30PM Fee: \$0

Caregiver Support Group

Are you the primary caregiver for an adult loved one, family member, or friend? Are you looking for support and ways to enhance your caregiving? Join others in a supportive environment to manage the challenges of caregiving. It's always helpful to know you are not alone. This group meets monthly on 2nd Mondays. For more information, please contact the Regional Service Coordinator, Resources for Seniors, at 984-232-4215. Sponsored by Resources for Seniors Inc

Five Points Center

Sep 8-Dec 8 M 1:30-2:30PM Fee: \$0

Decluttering

With the Holidays fast approaching it is a good time to address the clutter in the home. Did you know that clutter is known to create depression, anxiety, and even physical illness. If your current environment is cluttered and you desire to create a more organized and personally satisfying space, this is the seminar for you! Presented by Freda Hamlett, Milestone Moves.

Anne Gordon Center



Oct 14 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Oct 7 Tu 10:00-11:30AM Fee: \$0

Downsizing or Decluttering

If you are considering making a move â now or in your future â you owe it to yourself to be prepared. Learn how others just like you have simplified their lives by following these easy downsizing steps. Where do I even begin? What do I do with all the extra stuff? Who can I call for help? Presented by Freda Hamlett of Milestone Moves.

Anne Gordon Center

Nov 13 Th 10:00-11:30AM Fee: \$0

Five Points Center

Nov 4 Tu 10:00-11:30AM Fee: \$0

Ducks in a Row: Cemetery Arrangements

Join us to discuss the benefits of pre-planning cemetery arrangements to ensure the financial burden is not coupled with the emotional burden of losing a loved one. Presented by Montlawn Memorial Park.

Anne Gordon Center

Oct 28 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Oct 21 Tu 1:30-2:30PM Fee: \$0

Dec 16 Tu 1:30-2:30PM Fee: \$0

Explore/Navigate New Horizons

Let's explore new and old ways to navigate future horizons in our ever-changing world. Bri9ng your knowledge and stories to share. What are you doing now and/or what would you like to do? Come, engage, share, and listen. Facilitated by Janet.

Walnut Terrace Center

Simplicity - When Less Is More

Sep 24 W 1:00-3:00PM Fee: \$0

Thanksgiving - Thankful

Oct 22 W 1:00-3:00PM Fee: \$0

Finance: Medicare 101

The Seniors' Health Insurance Information Program (SHIIP) is a division of the NC Department of Insurance that offers free, objective information about, Medicare, Medicare supplements, Medicare Advantage plans, Medicare Part D prescription drug plans, Medicare fraud and abuse. This seminar will provide a quick explanation of Medicare and its programs. Presented by SHIIP.

Anne Gordon Center

Sep 16 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Sep 23 Tu 1:00-2:30PM Fee: \$0

Health Talks with Dr. Baldwin

Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors, 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

Sep 2-Dec 2 Tu 10:15-11:15AM Fee: \$0

Journaling Workshop

Whether it is after loss or during anxious moments, emotions and feelings can get the best of us if we are not careful. Journaling is one of the best ways to take control of emotions so we can function to the best of our ability. Journaling is the practice of writing down thoughts, feelings, experiences and reflections. Join us as we learn more about, and put into practice, journaling to help take the emotions that are inside and put them on paper to process. Presented by The Cardinal Senior Living.

Five Points Center

Nov 12 W 1:30-2:30PM Fee: \$0

Parkinson's Disease Dialogue Group

Are you in the early stages of Parkinson's Disease (PD)? Please join us for an inviting open discussion of Parkinson's Disease and sharing of experiences. The early goal is to equip us to be "prosumers" of PD related healthcare, by exchanging information, choosing topics for discussion and by sharing the collective wisdom. Each month there is a different presenter and discussion on a variety of topics relating to the health and wellbeing of persons living with Parkinson's disease and their care partners, as well as providing support for each other. This group meets monthly January â December. For information, please contact the Regional Service Coordinator, Resources for Seniors, at 919-996-4738.

Five Points Center

Sep 4-Dec 4 Th 1:30-3:00PM Fee: \$0

Paying for Long-Term Care

Care costs are astounding -- \$5,000, \$8,000, \$10,000 per month or more. How can I afford this? Learn more as we discuss financial strategies that you can use to help cover the cost of long-term care. Presented by Huston Law Firm, Carolina Estate Counsel.

Anne Gordon Center

Dec 16 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Dec 10 W 2:00-3:30PM Fee: \$0

Preservation Love: Preserve Your Family History

Do you have family history documents that you would like to know how to preserve? Do you love family history? Do you wish that a museum professional would answer your questions about preservation? This event is all about learning how to preserve your family history for the future. Feel free to bring some of your own documents or come and learn so that you can do it at home. Learn some new skills and enjoy some cookies afterwards.

Five Points Center

Sep 9 Tu 11:00AM-12:00PM Fee: \$0

Questions Across the Spectrum Discussion

This group gathers to discuss contemporary issues drawn from over 4,000+ TED.COM talks. A TED talk, 5 to 15 minutes in length, is viewed on the big screen in class. A back-and-forth exchange of views about the topic with discussion leaders deepens our understanding of living in a complex world. You may come to listen or to join the discussion. Topics are announced weekly via email. Group meets on the 2nd and 4th Tuesday of each month.

Five Points Center

Sep 2-Dec 30 Tu 3:00-4:30PM Fee: \$0

Resources for Seniors: Who Are We and What We Do

Resources for Seniors Regional Service Coordinator will provide an overview of the 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. Presented by Resources for Seniors.

Anne Gordon Center

Nov 25 Tu 10:00-11:00AM Fee: \$0

Five Points Center

Nov 19 W 1:00-2:00PM Fee: \$0

Self Compassion Workshop

The purpose of the workshop is to cultivate self-compassion and to reframe negative thoughts to positively impact your emotions, behaviors, and general well-being. Define and explore the three components self-compassion: mindfulness, common humanity, and self-kindness. Explore the impact of negative thoughts on emotional well-being. Learn how to reframe a negative thought and to replace it with a kinder, more balanced thought. Explore managing difficult emotions and how to recognize and accept emotions without judgment and create space to respond to challenging emotions with self-compassion and a supportive inner dialogue. Presented by Catholic Charities of the Diocese of Raleigh, Inc.

Anne Gordon Center

Nov 4 Tu 9:30-11:30PM Fee: \$0

Five Points Center

Nov 13 Th 9:30-11:30PM Fee: \$0

Selling Your Home In This Market

If it has been years or decades since you last sold a home, you may be surprised by how much the process has changed. Today's real estate market moves differently, and buyers expect more from homes and sellers alike. This session is designed to help you understand what is new, what to expect, and how to start planning if a move might be in your future. Presented by Freda Hamlett, Milestone Moves.

Anne Gordon Center

Sep 9 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Sep 2 Tu 10:00-11:30AM Fee: \$0

SHIIP Counseling

If you are turning 65 or retiring and are becoming eligible for Medicare, schedule an appointment to learn about your Medicare benefits, options and enrollment. These 1:1 appointments will help you to be an informed consumer about your healthcare options. SHIIP counselors are not licensed insurance agents, and they do not sell or endorse any product, plan or company. By appointment only. Sponsored by the Seniors' Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

Anne Gordon Center

Sep 8-Dec 15 M & Th 1:00-4:00PM Fee: \$0

Five Points Center

Sep 2-Dec 30 M-Th 1:00-5:00PM Fee: \$0

Write Your Story

Capture the essence of your life experiences by transforming them into meaningful stories to cherish and share with future generations. In this supportive and encouraging class, we'll create a safe space to reflect, explore, and craft vivid word pictures that bring your memories to life. Each session features a trigger theme provided by Janet to inspire your storytelling journey. Led by Janet

Walnut Terrace Center

My Favorite Fall Vegetable

Sep 11 Th 1:00-3:00PM Fee: \$0

My Favorite Song or Poem

Oct 9 Th 1:00-3:00PM Fee: \$0

When it is cold I like to...

Nov 13 Th 1:00-3:00PM Fee: \$0

Fitness

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

Sep 3-Sep 24	W	12:30-1:30PM Fee: \$12
Oct 1-Oct 29	W	12:30-1:30PM Fee: \$16
Nov 5-Nov 19	W	12:30-1:30PM Fee: \$9
Dec 3-Dec 17	W	12:30-1:30PM Fee: \$9

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, intervals and the use of hand weights and resistance bands. Regular are beginner level with chair support. Classes differ by instructor.

Anne Gordon Center

Sep 2-Sep 30	Tu	9:15-10:00AM Fee: \$15
Oct 7-Oct 28	Tu	9:15-10:00AM Fee: \$12
Nov 4-Nov 25	Tu	9:15-10:00AM Fee: \$9
Dec 2-Dec 30	Tu	9:15-10:00AM Fee: \$15
Sep 4-Sep 25	Th	9:15-10:00AM Fee: \$12
Oct 2-Oct 30	Th	9:15-10:00AM Fee: \$15
Nov 6-Nov 20	Th	9:15-10:00AM Fee: \$9
Dec 4-Dec 18	Th	9:15-10:00AM Fee: \$9

Five Points Center

Sep 3-Sep 24	W	10:30-11:15AM Fee: \$12
Oct 1-Oct 29	W	10:30-11:15AM Fee: \$16
Nov 5-Nov 19	W	10:30-11:15AM Fee: \$9
Dec 3-Dec 17	W	10:30-11:15AM Fee: \$9

Blood Pressure and Weight Screenings

Take advantage of this monthly FREE blood pressure clinic offered by Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors. Sponsored by Resources for Seniors.

Five Points Center

Sep 2-Dec 2	Tu	9:30-10:15AM Fee: \$0
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Bootcamp

Challenge yourself with 45 minutes of strength and endurance training! Bootcamp classes are a great way to add variety, style, and intensity to your workout. This is an advanced-level class.

Instructor: Sue Payne

Five Points Center

Sep 4-Sep 25	Th	9:15-10:00AM Fee: \$12
Oct 2-Oct 30	Th	9:15-10:00AM Fee: \$16
Nov 6-Nov 20	Th	9:15-10:00AM Fee: \$9
Dec 4-Dec 18	Th	9:15-10:00AM Fee: \$9

Bootcamp for Seniors

This class incorporates balance and strength training exercises to improve overall movement health. Focus will be on exercises that build on our strength, endurance, mobility, and flexibility.

Instructor: Lisa Weaver

Anne Gordon Center

Sep 2-Sep 30	Tu	11:15-12:00PM Fee: \$15
Oct 7-Oct 28	Tu	11:15-12:00PM Fee: \$12
Nov 4-Nov 25	Tu	11:15-12:00PM Fee: \$9
Dec 2-Dec 30	Tu	11:15-12:00PM Fee: \$15

Butts and Guts

This class will tone your abs and glutes with targeted sculpting movements. The workout incorporates Pilates, Yoga and athletic movements to help your 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.

Five Points Center

Sep 8-Sep 29	M	9:15-10:00AM Fee: \$12
Oct 6-Oct 27	M	9:15-10:00AM Fee: \$12
Nov 3-Nov 24	M	9:15-10:00AM Fee: \$12
Dec 1-Dec 29	M	9:15-10:00AM Fee: \$16
Sep 3-Sep 24	W	9:15-10:00AM Fee: \$12
Oct 1-Oct 29	W	9:15-10:00AM Fee: \$16
Nov 5-Nov 19	W	9:15-10:00AM Fee: \$9
Dec 3-Dec 17	W	9:15-10:00AM Fee: \$9

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

Sep 4-Sep 25	Th	2:30-3:15PM Fee: \$12
Oct 2-Oct 30	Th	2:30-3:15PM Fee: \$16
Nov 6-Nov 20	Th	2:30-3:15PM Fee: \$9
Dec 4-Dec 18	Th	2:30-3:15PM Fee: \$9
Sep 2-Sep 30	Tu	2:15-3:00PM Fee: \$16
Oct 7-Oct 28	Tu	2:15-3:00PM Fee: \$12
Nov 4-Nov 25	Tu	2:15-3:00PM Fee: \$9
Dec 2-Dec 30	Tu	2:15-3:00PM Fee: \$16

Cardio Sculpt: Chair

This seated class will help you burn fat and build muscles. The class is a combination of seated cardio and sculpting muscles. Get a healthy heart and sculpted muscles all in one class.

Five Points Center

Sep 4-Sep 25	Th	12:30-1:15PM Fee: \$12
Oct 2-Oct 30	Th	12:30-1:15PM Fee: \$16
Nov 6-Nov 20	Th	12:30-1:15PM Fee: \$9
Dec 4-Dec 18	Th	12:30-1:15PM Fee: \$9
Sep 2-Sep 30	Tu	1:15-2:00PM Fee: \$16
Oct 7-Oct 28	Tu	1:15-2:00PM Fee: \$12
Nov 4-Nov 25	Tu	1:15-2:00PM Fee: \$9
Dec 2-Dec 30	Tu	1:15-2:00PM Fee: \$16

Dance Fit

This fun, high-energy class combines fitness, dance, line dance and kickboxing moves with strength training for a great workout! Instructor: Linda Thomas

Anne Gordon Center

Sep 8-Sep 29	M	11:45AM-12:30PM Fee: \$12
Oct 6-Oct 27	M	11:45AM-12:30PM Fee: \$12

Nov and Dec are on hold pending a fill-in instructor.

Dementia Care Training

Have you wanted to know how to support those who deal with Dementia symptoms? Dementia Capable Cares is a non-profit serving the triangle in helping bring more awareness and understanding on the impacts of Dementia in peoples lives. Join us as Debbie Piazza will be leading a discussion on how to support all individuals impacted by Dementia.

Five Points Center

Sep 23	Tu	1:00-3:00PM Fee: \$0
Nov 19	W	1:00-3:00PM Fee: \$0

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 activities to achieve this goal.

Five Points Center

Sep 4-Sep 25	Th	11:45AM-12:30PM Fee: \$12
Oct 2-Oct 30	Th	11:45AM-12:30PM Fee: \$16
Nov 6-Nov 20	Th	11:45AM-12:30PM Fee: \$9
Dec 4-Dec 18	Th	11:45AM-12:30PM Fee: \$9
Sep 8-Sep 29	M	2:00-2:45PM Fee: \$12
Oct 6-Oct 27	M	2:00-2:45PM Fee: \$12
Nov 3-Nov 24	M	2:00-2:45PM Fee: \$12
Dec 1-Dec 29	M	2:00-2:45PM Fee: \$16

Flexibility and Balance

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.

Anne Gordon Center

Sep 2-Sep 30	Tu	1:15-2:00PM Fee: \$15
Oct 7-Oct 28	Tu	1:15-2:00PM Fee: \$12
Nov 4-Nov 25	Tu	1:15-2:00PM Fee: \$9
Dec 2-Dec 30	Tu	1:15-2:00PM Fee: \$15
Sep 4-Sep 25	Th	10:15-11:00AM Fee: \$12
Oct 2-Oct 30	Th	10:15-11:00AM Fee: \$15
Nov 6-Nov 20	Th	10:15-11:00AM Fee: \$9
Dec 4-Dec 18	Th	10:15-11:00AM Fee: \$9

Five Points Center

Sep 2-Sep 30	Tu	10:15-11:00AM Fee: \$15
Oct 7-Oct 28	Tu	10:15-11:00AM Fee: \$12
Nov 4-Nov 25	Tu	10:15-11:00AM Fee: \$9
Dec 2-Dec 30	Tu	10:15-11:00AM Fee: \$15

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.

Five Points Center

Sep 4-Sep 25	Th	1:30-2:15PM Fee: \$12
Oct 2-Oct 30	Th	1:30-2:15PM Fee: \$16
Nov 6-Nov 20	Th	1:30-2:15PM Fee: \$9
Dec 4-Dec 18	Th	1:30-2:15PM Fee: \$9

Line Dance for Active Adults

Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This class assumes good previous line dance experience. Enjoy a fun workout while learning new line dances.

Anne Gordon Center

Beginner (some experience)

Sep 9-Sep 30	Tu	2:15-3:15PM Fee: \$12
Oct 7-Oct 28	Tu	2:15-3:15PM Fee: \$12
Nov 4-Nov 25	Tu	2:15-3:15PM Fee: \$9
Dec 2-Dec 23	Tu	2:15-3:15PM Fee: \$12

Improver (good experience)

Sep 9-Sep 30	Tu	3:30-4:30PM Fee: \$12
Oct 7-Oct 28	Tu	3:30-4:30PM Fee: \$12
Nov 4-Nov 25	Tu	3:30-4:30PM Fee: \$9
Dec 2-Dec 23	Tu	3:30-4:30PM Fee: \$12

Five Points Center

Improver (good experience)

Sep 8-Sep 29	M	1:00-2:00PM Fee: \$0
Oct 6-Oct 27	M	1:00-2:00PM Fee: \$0
Nov 3-Nov 24	M	1:00-2:00PM Fee: \$0
Dec 1-Dec 29	M	1:00-2:00PM Fee: \$0

Intermediate (very good experience)

Sep 8-Sep 29	M	2:15-3:15PM Fee: \$0
Oct 6-Oct 27	M	2:15-3:15PM Fee: \$0
Nov 3-Nov 24	M	2:15-3:15PM Fee: \$0
Dec 1-Dec 29	M	2:15-3:15PM Fee: \$0

Five Points Center

Beginner (some experience)

Sep 3-Sep 24	W	2:15-3:15PM Fee: \$0
Oct 1-Oct 29	W	2:15-3:15PM Fee: \$0
Nov 5-Nov 19	W	2:15-3:15PM Fee: \$0
Dec 3-Dec 17	W	2:15-3:15PM Fee: \$0

Line Dance Open Studio

Join us for this fun and informal line dance open studio time. There is no instructor. Dancers should have some line dancing experience and know the basic steps.

Five Points Center

Sep 3-Dec 17	W	1:30-2:15PM Fee: \$0
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Line Dance: Introduction for New Dancers

This class is for new dancers who have no previous dance experience. Learn the names and how to perform the various dance steps needed for participation in continuing Line Dance classes. Instructor: Jane Fenn

Five Points Center

Sep 5-Dec 19	F	10:30-11:30AM Fee: \$0
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Millbrook Exchange Community Center

Sep 2-Sep 30	Tu	1:00-2:00PM Fee: \$0
Oct 7-Oct 28	Tu	1:00-2:00PM Fee: \$0
Nov 4-Nov 25	Tu	1:00-2:00PM Fee: \$0
Dec 2-Dec 30	Tu	1:00-2:00PM Fee: \$0

Nia

Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. Please bring a yoga mat. Instructor: Janice Horner

Anne Gordon Center

Sep 2-Sep 30	Tu	12:15-1:00PM Fee: \$15
Oct 7-Oct 28	Tu	12:15-1:00PM Fee: \$12
Nov 4-Nov 25	Tu	12:15-1:00PM Fee: \$9
Dec 2-Dec 30	Tu	12:15-1:00PM Fee: \$15

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. Class will vary by instructor.

Anne Gordon Center

Sep 5-Sep 26	F	10:45-11:30AM Fee: \$12
Oct 3-Oct 31	F	10:45-11:30AM Fee: \$15
Nov 7-Nov 21	F	10:45-11:30AM Fee: \$9
Dec 5-Dec 19	F	10:45-11:30AM Fee: \$9

Shibashi for Active Adults

Shibashi is a gentle, free-flowing Qigong routine that consists of 18 easy-to-remember 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 will be available upon request. Instructor: Rita Shaloiko

Anne Gordon Center

Sep 4-Sep 25	Th	2:00-2:45PM Fee: \$12
Oct 2-Oct 30	Th	2:00-2:45PM Fee: \$15
Nov 6-Nov 20	Th	2:00-2:45PM Fee: \$9
Dec 4-Dec 18	Th	2:00-2:45PM Fee: \$9

Soul Line Dancing

Dancing to R&B/Soul, Pop, and Jazz music, this class will provide you a heart-healthy benefit of an aerobic exercise while you engage in a social activity.

Five Points Center

Sep 3-Sep 24	W	2:00-3:00PM Fee: \$12
Oct 1-Oct 29	W	2:00-3:00PM Fee: \$16
Nov 5-Nov 19	W	2:00-3:00PM Fee: \$9
Dec 3-Dec 17	W	2:00-3:00PM Fee: \$9

Sound Meditation

Combining Sound and Meditation allows you to focus attention and put the mind and body in state of harmony which can improve health. The tradition that we will use has been handed down for centuries and starts with a HUM. This stimulates the inner ear and resets our fight or flight response in the brain, which is crucial to good internal and external communication. Combining meditation and sound is a fun and easy way to build balance and harmony in your life. Instructor: Mari Howerton

Anne Gordon Center

Sep 5-Sep 26	F	11:45AM-12:30PM Fee: \$0
Oct 3-Oct 31	F	11:45AM-12:30PM Fee: \$0

Nov 7-Nov 21 F 11:45AM-12:30PM Fee: \$0
Dec 5-Dec 19 F 11:45AM-12:30PM Fee: \$0

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

Sep 8-Sep 29 M 10:30-11:30AM Fee: \$12
Oct 6-Oct 27 M 10:30-11:30AM Fee: \$12
Nov 3-Nov 24 M 10:30-11:30AM Fee: \$12
Dec 1-Dec 29 M 10:30-11:30AM Fee: \$16

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. This is a 16 week class. Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong. Instructor: Rita Shaloiko

Anne Gordon Center

Advanced Sun Style

Sep 8-Sep 29 M 1:00-1:45PM Fee: \$12
Oct 6-Oct 27 M 1:00-1:45PM Fee: \$12
Nov 3-Nov 24 M 1:00-1:45PM Fee: \$12
Dec 1-Dec 29 M 1:00-1:45PM Fee: \$15

Beginner Sun Style

Sep 8-Sep 29 M 2:00-2:45PM Fee: \$12
Oct 6-Oct 27 M 2:00-2:45PM Fee: \$12
Nov 3-Nov 24 M 2:00-2:45PM Fee: \$12
Dec 1-Dec 29 M 2:00-2:45PM Fee: \$15

Intermediate Sun Style

Sep 8-Sep 29 M 3:00-3:45PM Fee: \$12
Oct 6-Oct 27 M 3:00-3:45PM Fee: \$12
Nov 3-Nov 24 M 3:00-3:45PM Fee: \$12
Dec 1-Dec 29 M 3:00-3:45PM Fee: \$15

Various Styles

Sep 4-Sep 25 Th 1:00-1:45PM Fee: \$12

Oct 2-Oct 30 Th 1:00-1:45PM Fee: \$15
Nov 6-Nov 20 Th 1:00-1:45PM Fee: \$9
Dec 4-Dec 18 Th 1:00-1:45PM Fee: \$9

Walk and Talk Meet Up

Walking offers many benefits- lower blood pressure, stronger bones and muscles, increased calories burned, and elevated mood. Walks are typically 45 minutes to an hour at a medium pace. Walks start at different locations decided upon by a group vote. The location is shared via email once decided upon. Please pre-register so that we know you are coming! Start times may be adjusted to account for temperature.

Five Points Center

Sep 2-Dec 30 Tu 10:30-11:30AM Fee: \$0

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

Sep 8-Sep 29 M 11:30AM-12:15PM Fee: \$12
Oct 6-Oct 27 M 11:30AM-12:15PM Fee: \$12
Nov 3-Nov 24 M 11:30AM-12:15PM Fee: \$12
Dec 1-Dec 29 M 11:30AM-12:15PM Fee: \$16
Sep 5-Sep 26 F 1:00-1:45PM Fee: \$12
Oct 3-Oct 31 F 1:00-1:45PM Fee: \$16
Nov 7-Nov 21 F 1:00-1:45PM Fee: \$9
Dec 5-Dec 19 F 1:00-1:45PM Fee: \$9

Xtreme Hip Hop Step

Xtreme Hip Hop Step is a revamp of traditional step aerobics and includes routines set to good music that makes you want to get up and move while getting a great caloric burn. It's a great stress-relieving activity!

Five Points Center

Instructor: Briana Pridgen

Sep 8-29 M 3:30-4:30PM Fee: \$12
Oct 6-27 M 3:30-4:30PM Fee: \$12
Nov 3-24 M 3:30-4:30PM Fee: \$12
Dec 1-29 M 3:30-4:30PM Fee: \$16
Sep 4-25 Th 3:30-4:30PM Fee: \$12
Oct 2-30 Th 3:30-4:30PM Fee: \$16
Nov 6-20 M 3:30-4:30PM Fee: \$9
Dec 4-18 M 3:30-4:30PM Fee: \$9

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

Instructor: Mary Flournoy

Sep 8-Sep 29	M	9:15-10:00AM Fee: \$12
Oct 6-Oct 27	M	9:15-10:00AM Fee: \$12
Nov 3-Nov 24	M	9:15-10:00AM Fee: \$12
Dec 1-Dec 29	M	9:15-10:00AM Fee: \$15

Instructor: Lawrence Bivins

Sep 2-Sep 30	Tu	10:15-11:00AM Fee: \$12
Oct 7-Oct 28	Tu	10:15-11:00AM Fee: \$12
Nov 4-Nov 25	Tu	10:15-11:00AM Fee: \$12
Dec 2-Dec 30	TU	10:15-11:00AM Fee: \$15

Instructor: Mary Flournoy

Sep 3-Sep 24	W	2:30-3:15PM Fee: \$12
Oct 1-Oct 29	W	2:30-3:15PM Fee: \$15
Nov 5-Nov 26	W	2:30-3:15PM Fee: \$12
Dec 3-Dec 17	W	2:30-3:15PM Fee: \$9

Five Points Center

Sep 2-Sep 30	Tu	10:30-11:30AM Fee: \$16
Oct 7-Oct 28	Tu	10:30-11:30AM Fee: \$12
Nov 4-Nov 25	Tu	10:30-11:30AM Fee: \$9
Dec 2-Dec 30	Tu	10:30-11:30AM Fee: \$28

Yoga Flow

This Yoga practice incorporates yoga postures and gentle powerful movements coordinating breath with the poses. This class will provide the opportunity to improve posture, balance and flexibility. The sequences will flow using stability, balance and alignment. The class will conclude with guided relaxation.

Five Points Center

Sep 5-Sep 26	F	11:15AM-12:15PM Fee: \$12
Oct 3-Oct 31	F	11:15AM-12:15PM Fee: \$16
Nov 7-Nov 21	F	11:15AM-12:15PM Fee: \$9
Dec 5-Dec 19	F	11:15AM-12:15PM Fee: \$9

Laurel Hills Community Center

Sep 4-25	Th	6:00PM-7:00PM Fee: \$12
Oct 2-30	Th	6:00PM-7:00PM Fee: \$16
Nov 6-20	Th	6:00PM-7:00PM Fee: \$9
Dec 4-18	Th	6:00PM-7:00PM Fee: \$9

Yoga Gentle Floor

Build strength and flexibility while enhancing body awareness. In this alignment-focused class you'll learn how to work from a stable base to feel more grounded both physically and mentally, while also improving range of motion, posture, and balance. Poses include standing poses, poses seated on the floor, and poses laying down. Props and modifications are

available to meet you where you are. No yoga experience necessary.

Anne Gordon Center

Sep 8-Sep 29	M	10:15-11:15AM Fee: \$12
Oct 6-Oct 27	M	10:15-11:15AM Fee: \$12
Nov 3-Nov 24	M	10:15-11:15AM Fee: \$12
Dec 1-Dec 29	M	10:15-11:15AM Fee: \$15
Sep 3-Sep 24	W	3:30-4:30PM Fee: \$12
Oct 1-Oct 29	W	3:30-4:30PM Fee: \$15
Nov 5-Nov 26	W	3:30-4:30PM Fee: \$12
Dec 3-Dec 17	W	3:30-4:30PM Fee: \$9
Sep 4-Sep 25	Th	11:15AM-12:15PM Fee: \$12
Oct 2-Oct 30	Th	11:15AM-12:15PM Fee: \$15
Nov 6-Nov 20	Th	11:15AM-12:15PM Fee: \$9
Dec 4-Dec 18	Th	11:15AM-12:15PM Fee: \$12

Five Points Center

Sep 4-Sep 25	Th	10:10-11:10AM Fee: \$12
Oct 2-Oct 30	Th	10:10-11:10AM Fee: \$16
Nov 6-Nov 20	Th	10:10-11:10AM Fee: \$9
Dec 4-Dec 18	Th	10:10-11:10AM Fee: \$9
Sep 3-Sep 24	W	10:30-11:30AM Fee: \$12
Oct 1-Oct 29	W	10:30-11:30AM Fee: \$16
Nov 5-Nov 19	W	10:30-11:30AM Fee: \$9
Dec 3-Dec 17	W	10:30-11:30AM Fee: \$9

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.

Anne Gordon Center

Sep 5-Sep 26	F	9:15-10:00AM Fee: \$12
Oct 3-Oct 31	F	9:15-10:00AM Fee: \$15
Nov 7-Nov 21	F	9:15-10:00AM Fee: \$9
Dec 5-Dec 19	F	9:15-10:00AM Fee: \$9

Five Points Center

Sep 8-Sep 22	M	11:45AM-12:30PM Fee: \$9
Oct 6-Oct 20	M	11:45AM-12:30PM Fee: \$9
Nov 3-Nov 17	M	11:45AM-12:30PM Fee: \$9
Dec 1-Dec 22	M	11:45AM-12:30PM Fee: \$12

Social

Bingo

We play a variety of games like straight, four corners, postage stamp and clear all. Registration required and costs \$1 per day which covers provided supplies plus bring \$1 cash per 3 cards

which becomes prize money. Space is limited. Registration is on a month-by-month basis and starts at 9am online or in-person on the 3rd Wednesday for the following month. Please arrive at 10:15 for a 10:30 start.

Anne Gordon Center

Sep 5-Sep 26	F	10:30AM-12:30PM Fee: \$1
Oct 3-Oct 31	F	10:30AM-12:30PM Fee: \$1
Nov 7-Nov 21	F	10:30AM-12:30PM Fee: \$1
Dec 5-Dec 19	F	10:30AM-12:30PM Fee: \$1

Five Points Center

Sponsored by Oak Street Health

Sep 12-Sep 26	F	10:30-11:30AM Fee: \$1
Oct 10-Oct 31	F	10:30-11:30AM Fee: \$1
Nov 14-Nov 21	F	10:30-11:30AM Fee: \$1
Dec 12-Dec 19	F	10:30-11:30AM Fee: \$1

(no bingo 1st Friday of each month)

Card Making to Lift Spirits

Give back to the community while having fun and making new friends! Join us to create beautiful greeting cards using cardstock, stickers, and cut-outs no experience needed. All supplies are provided, and the finished cards will be donated to Meals on Wheels. Enjoy a rewarding experience of creativity and fellowship led by instructor Janet.

Walnut Terrace Center

Fall/Halloween

Sep 18 Th 1:00-3:00PM Fee: \$0

Thanksgiving

Oct 16 Th 1:00-3:00PM Fee: \$0

Christmas/Winter

Dec 4 Th 1:00-3:00PM Fee: \$0

Cornhole for Active Adults

Open play indoor cornhole for Active Adults. Come out to learn how to play, have fun, try something new, better your skills, and/or practice for Senior Games competition. Our programs are geared toward adults age 55+. Sign in upon arrival. Free.

Anne Gordon Center

Sep 5-Dec 19 F 2:00-4:00PM Fee: \$0

Five Points Center

May 7-Aug 27 W 2:00-4:00PM Fee: \$0

Sep 3-Dec 17 W 2:00-4:00PM Fee: \$0

Crokinole for Active Adults

Crokinole is a disk-flicking board game, with elements of shuffleboard reduced to table-top size. Players take turns shooting discs across the circular playing surface, trying to land their discs in scoring position, while also attempting to knock opponents off the board, and into the ditch. Fun, social and

easy to learn game, that is challenging to master. Registration not required, please sign-in upon arrival.

Anne Gordon Center

Sep 5-Dec 19 F 2:00-4:30PM Fee: \$0

Golden Years Clubs

There are more than 28 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.

Intergenerational Program Series

Come and celebrate intergenerational relationships with fun fall-themed activities! This special event is a perfect opportunity for grandparents and grandkids to celebrate the holiday. Come and join us at Kiwanis Park for a goodie hunt, tasty treat, and themed crafts! Enjoy the Fall at all of the stations to enjoy a fun-filled afternoon! Participants 12 and under will be the registrants and must be accompanied by an adult. Adults attend for free.

Kiwanis Community Center

Oct 28 Tu 4:00-6:00PM Fee: \$3

Mah Jong Open Play

MahJongg Special Interest Group is a collaboration between OLLI and the Five Points Center for Active Adults and is open to both OLLI members and non-members. Mah Jong is a tile game that can be traced back to the end of the 19th Century. It is a game of skill but can be very exciting and fun to play. All levels of play are welcome. Newcomers should have some knowledge of the basic principles and need to provide their own playing card, which changes every April. The center has four tile sets available for use. Players can bring their own set and must supply their own current playing card.

Five Points Center

Sep 3-Dec 17 W 2:00-4:45PM Fee: \$0

Mah Jong Open Play

Join your fellow game players for Mah Jong. This is an open play time for all skill levels, no registration required, sign in upon arrival. Call 919-996-6160 to confirm play groups day of.

Walnut Terrace Center

Sep 8-Dec 29 M 12:00-4:45PM Fee: \$0

Movies at 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. Registration is required and is available on a month by month basis. Register online, in-person or call 919-996-4720 to reserve your seat. Seating is limited.

Anne Gordon Center

Movies At Anne Gordon Center 1pm TH

Sep 4-Sep 25 Th 1:00-3:30PM Fee: \$0

Oct 2-Oct 30 Th 1:00-3:30PM Fee: \$0

Nov 6-Nov 20 Th 1:00-3:30PM Fee: \$0

Dec 4-Dec 18 Th 1:00-3:30PM Fee: \$0

Movies at Anne Gordon Center 10:30am Fri

Sep 5-Sep 26 F 10:30AM-12:45PM Fee: \$0

Oct 3-Oct 31 F 10:30AM-12:45PM Fee: \$0

Nov 7-Nov 21 F 10:30AM-12:45PM Fee: \$0

Dec 5-Dec 19 F 10:30AM-12:45PM Fee: \$0

National Veteran's Month Brunch

We proudly honor Raleigh's veterans and thank them for their service. Come and enjoy the end of National Veterans and Military Families Month with us at Five Points. The Active Adults Program, along with their partners, will provide a brunch honoring Raleigh's Veterans. Each Veteran will receive a thank you card and an honorary gift at the event. Registration is required.

Five Points Center

Nov 24 M 11:00AM-12:30PM 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

Sep 2-Dec 30 Tu 1:00-4:30PM Fee: \$0

Sep 5-Dec 19 F 1:00-4:30PM Fee: \$0

Raleigh Death Cafe

The staff at Five Points Center for Active Adults are delighted to help facilitate an opportunity for the community to talk about death and dying in a welcoming atmosphere using the death cafe model. At the death cafe, people gather to eat cake, drink tea and discuss death. The Death Cafe is a monthly group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session.

Five Points Center

Sep 2-Dec 2 Tu 1:00-3:00PM Fee: \$0

Read and Go

Join our unique book club with a twist! We focus on books written by North Carolina authors or set in North Carolina. After a lively book discussion, we take it a step further with a trip inspired by the book. Sometimes, the author gets involved joining our discussion, helping with trip planning, or even participating in the adventure! This program has grown so popular that authors now reach out to feature their books. Find out more about this program and the trip information on our website at Raleighnc.gov and search "Active Adult"

Anne Gordon Center

Joey: How a Blind Rescue Horse Helped Others Learn to See by Jennifer Marshall Bleakley

Sep 22 M 1:00-3:30PM Fee: \$0

Read and Watch

If you enjoy exploring compelling stories of adventure, intrigue, love, or sorrow, this program is designed for you. Participants will read a book that has been adapted into a movie, engage in an in-depth discussion, and then view the film together. All selected books are readily available at your local library.

Anne Gordon Center

The Nightingale by Kristin Hannah

Oct 27 M 1:00-3:30PM Fee: \$0

Speed Friending

Join your Active Adults crew in celebrating friendship. Have you been looking for a gym partner? Maybe someone to share book recommendations with? This event will be a way to connect with other folks looking to make friendships! We will provide fun activities and conversation starters aimed at building community.

Five Points Center

Dec 4 Th 3:00-5:00PM Fee: \$5

Table Tennis Open Play

Join other Table Tennis players for an afternoon of friendly competition. All levels are welcome.

Five Points Center

Sep 5-Dec 19 F 2:00-4:00PM Fee: \$0

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

Sep 4-Dec 18 Th 12:30-1:55PM Fee: \$0

Western Movie Society

The Western Film Society keeps B-Western Movies Alive for Future Generations to Enjoy. The group, which is open to any adult, meets on the 3rd Tuesday of each month to watch and discuss Western Movies.

Five Points Center

Sep 16-Dec 16 Tu 1:30-4:30PM Fee: \$0

Trips

Active Adult Yearly Trip Registration

Individuals must be registered for the current Yearly Trip Registration in order to register for any of the Trips or Trip information meetings. Visit one of our Active Adult Centers to register or register online. By registering you will be on the email list and receive the trip information fliers as soon as they are advertised for registration. The flier will include trip details, itinerary, dates, cost and walking expectancy.

Day Trips

A list of all of the trips can be found on the Active Adult Trip website at raleighnc.gov search "trip". For trip questions contact Carmen Rayfield at 919-996-4734 or carmen.rayfield@raleighnc.gov.

August – In Your Back Yard

Discover the dynamic essence of North Carolina in Raleigh, where history, culture, and innovation converge. Experience a captivating mix of adventures, from delving into the behind-the-scenes workings that drive the city to uncovering the hidden gems that define Raleigh's unique charm.

Information TBA

September – Wilson, NC: Whirligig Park

Whirligig Park in Historic Downtown Wilson is home to the playful, recycled sculptures made by Vollis Simpson. These sculptures spin in the wind and bring joy to all who visit.

Information TBA

October – Haunted Raleigh

Immerse yourself in the haunting history of Raleigh as you uncover the stories of the spirits that linger. Learn about their past and the mysteries that keep them tied to the city.

Information TBA

November – Charlotte, NC: Billy Graham Library

Step into the 40,000-square-foot Billy Graham Library and explore the remarkable life and legacy of "America's Pastor." This immersive experience takes you on a journey through Billy Graham's transformation from a humble farm boy to a global ambassador of God's love. Nestled on 20 beautifully landscaped acres in Charlotte, N.C., just a few miles from his childhood home, the barn-shaped library offers an inspiring blend of history, faith, and reflection.

Information TBA

December – Selma, NC: Rudy Theatre Christmas Jubilee

Get into the spirit at a family-friendly theater with a musical journey through your favorite holiday songs and scenes.

Multi-Day Trips

For trip questions contact Carmen Rayfield at 919-996-4734 or carmen.rayfield@raleighnc.gov. A list of all of the trips can be found on the Active Adult Trip website at raleighnc.gov search "trip"

Athens and the Greek Islands—Oct. 7-15, 2025

Grab your friends and join us for an unforgettable adventure to Athens, Mykonos, and Santorini! This 9-day journey will immerse you in the rich history, stunning beauty, and vibrant culture of Greece. In Athens, explore iconic landmarks like the Acropolis, Parthenon, Acropolis Museum, Ancient Olympic Stadium, Plaka, and Syntagma Square. Then, discover the charm of Mykonos, including a guided tour of the historic island of Delos. Finally, experience the breathtaking beauty of Santorini with a visit to a local winery for a tasting, a stroll through the enchanting Oia Village, and panoramic views that will leave you in awe.

Winter Holidays at Myrtle Beach – December

Get into the holiday spirit with a festive getaway to Myrtle Beach, SC! Enjoy enchanting Christmas shows, indulge in some holiday shopping, and unwind with friends by the beach before the holiday hustle begins. It's the perfect way to embrace the season and recharge.

Information TBA

Social Outdoor Active Recreation (SOAR)

The Social Outdoor Active Recreation (SOAR) program offers exciting, adventure-filled trips designed for adults 50 and older. In partnership with the Outdoor Recreation Program, we provide unforgettable experiences that encourage exploration, connection, and fun. No special skills are needed—just an adventurous spirit and a willingness to try something new!

A Day on the Water- August 22

Join the Outdoor Recreation Program for a fun-filled day at Lake Johnson. Explore kayaking and paddleboarding while enjoying the water and making memories with friends!

Information TBA**On the Water at Forest Ridge Park**

Join the us as we paddle Falls Lake by boat. Outdoor Recreation will guide us as we explore the lake by kayak or a raft. **Information TBA**

Resources and Partners**Meals On Wheels**

919-996-4739

www.wakemow.org

The Five Points Center for Active Adults is a Meals on Wheels Congregate Lunch site. The congregate lunch program serves anyone who is 60 or older and can get to the Active Adult Center. You must call first for a reservation and complete an application when you arrive.

Resources for Seniors

Autumn Thatcher

email: AutumnT@rfsnc.org

919-996-4738

www.resourcesforseniors.com

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

Senior Games

The Senior Games is an exciting annual event that celebrates health, wellness, and active living for adults ages 50 and older. Participants can showcase their talents, compete, and socialize in a wide range of athletic and artistic events, from track and field, swimming, and golf to visual arts, dance, and more. Senior Games encourages participants of all skill levels to join; promoting fitness, friendship, and fun in a supportive environment. Wake County Senior Games (WCSG) takes place in the spring and participants can qualify for the statewide North Carolina Senior Games (NCSG) in the fall. Please visit www.wcseniorgames.com or call 919-996-4735 for more information.