

# Active Adult Program

## January-April Classes



Raleigh

12/13/21

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

### How to Register:

- Online via RecLink [parks.raleighnc.gov](https://parks.raleighnc.gov)
- 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

#### Card Making to Lift Spirits

Enjoy fellowship with others while creating cards to send to those who are in need of a smile. All supplies will be provided.

#### Walnut Terrace Center

##### *A New Day*

Jan 20 Th 2:00-4:00PM Fees: \$0

##### *Love All Around Us*

Feb 17 Th 2:00-4:00PM Fees: \$0

##### *Letting Go of Winter*

Mar 17 Th 2:00-4:00PM Fees: \$0

##### *Welcoming Spring*

Apr 21 Th 2:00-4:00PM Fees: \$0

### Crafts

Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charities.

#### Five Points Center for Active Adults

Jan 3-Apr 27 M & W 9:30AM-12:00PM Fees: \$0

### Drawing: Introduction

Explore basic elements of drawing using exercises and techniques designed to build confidence in creative abilities. Materials include pencil, Sharpie, charcoal, ink, or conte. Supply list provided upon registration. Instructor: Tracie Fracasso.

#### Five Points Center for Active Adults

Jan 7-Feb 11 F 1:00-4:00PM Fees: \$90

### Drawing: Introduction Part 2

Explore surface textures and composition. Materials include pencil, Sharpie, charcoal, ink, or conte supply list will be provided upon registration. Instructor: Tracie Fracasso.

#### Five Points Center for Active Adults

Feb 18-Mar 25 F 2:00-4:00PM Fees: \$90

### Knitting and Crocheting

If you like to knit or crochet please come and share your skills and projects with other like minded patrons. This is an informal social time; there is not an instructor.

#### Anne Gordon Center for Active Adults

Jan 6-Apr 28 Th 1:00-3:00PM Fees: \$0

### Mixed Media and College

In this class, the focus is on experimentation and the creative process. Students will study the history of collage/mixed media including the contemporary art of today. The instruction will be either directed or based on each individual student's visual preferences and materials. Materials, best practices, technical and archival issues relevant to created works will also be discussed. Materials for this class are the student's preference. Quality supports (paper, canvas, etc.) and a variety of media are encouraged. Supplies list provided upon registration. Instructor: Tracie Fracasso

#### Five Points Center for Active Adults

Mar 25-May 6 F 1:00-4:00PM Fees: \$90

### Painting- Watercolor Intermediate

This painting class is organized for the student who have already had experience working with watercolor and wants to develop their skill level using watercolor as a painting medium. Overall composition of the page, value placement and the use of color theory will be addressed as part of working on a study. Photographic references will be provided by the instructor and three studies will be completed using two weeks for each watercolor painting.

#### Abbotts Creek Community Center

Mar 9-Apr 13 W 10:00AM-1:00PM Fees: \$90

### Painting- Watercolor Introduction

This class will introduce the basics of watercolor, including: types of paper; use of brushes; use of flat wash, graded wash, wet on wet and dry on dry as part of using watercolor as a medium; basic still life, landscape, and nature; composition of the page; value placement; and color theory.

#### Abbotts Creek Community Center

Jan 19-Feb 23 W 10:00AM-1:00PM Fees: \$90

### Painting: Acrylic & Oil

This basic painting class for both acrylic and oil painters is open to all levels. Topics include: how to handle, mix and apply paint; to break down complicated subjects into basic shapes; composition, proportion and how to create form using value and color. Students may work from still lifes, photos or copy old masters paintings. Supply list provided upon registration.



#### **Five Points Center for Active Adults**

Mar 29-May 3    Tu    1:00-4:00PM    Fees: \$90

#### **Painting: Acrylic and Oil Still Life**

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

#### **Five Points Center for Active Adults**

Feb 15-Mar 22    Tu    1:00-4:00PM    Fees: \$90

#### **Painting: Color Theory**

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

#### **Five Points Center for Active Adults**

Jan 4-Feb 8    Tu    1:00-4:00PM    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**

Jan 6-Apr 21    Th    10:00AM-12:00PM    Fees: \$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 actors 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 for Active Adults**

Jan 3-Apr 25    M    3:00-4:45PM    Fees: \$0

#### **Triangle Portrait Artist**

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

#### **Five Points Center for Active Adults**

Jan 4-Apr 26    Tu    9:00AM-12:00PM    Fees: \$17

#### **Education**

#### **Aging In Place: Preparing to 'Stay Put'**

Learn the pro's and con's about aging-in-place during this lively and informative discussion. We will share with you some of the most effective strategies and resources available for living safely and independently in your home as you get older. Learn about precautions you can take to ensure that you remain in control of your lifestyle choices and decisions.

#### **Anne Gordon Center for Active Adults**

Jan 13    Th    9:30-10:30AM    Fees: \$0

#### **Five Points Center for Active Adults**

Jan 26    W    2:30-3:30PM    Fees: \$0

#### **Aging: Reducing our Risk**

It seems like every time we turn around we hear more and more about dementia. Join Lisa Levine from Dementia Alliance of NC to explore the risk factors of dementia and what we, if anything, we can do to protect ourselves. Come to ask questions about dementia, get resources for yourself and those you care for, and learn how lifestyle affects not only our bodies but our brains, too.

#### **Anne Gordon Center for Active Adults**

Jan 11    Tu    9:30-10:30AM    Fees: \$0

#### **Five Points Center for Active Adults**

Jan 19    W    3:00-4:00PM    Fees: \$0

#### **Blood Pressure and Weight Screenings**

Take advantage of these FREE blood pressure and weight screenings offered by Resources for Seniors.

#### **Five Points Center for Active Adults**

Jan 4-Apr 5    Tu    9:30-10:15AM    Fees: \$0

#### **Clutter Control. Calming the Paper and Photo Chaos!**

Junk mail, solicitations, bank statements, receipts, invoice copies – it's a lot. Wondering what you need to keep and what you can toss? And how on earth to keep it organized? And what to do with all the photos stored in cabinets, the attic or the basement? Susan Stanhope, a certified Senior Move Manager® and owner of Move



Elders With Ease®, will share tips and resources for managing your paper and photo clutter, making life more relaxing and your home more enjoyable.

**Anne Gordon Center for Active Adults**

Apr 18 M 1:00-2:00PM Fees: \$0

**Five Points Center for Active Adults**

Mar 17 Th 3:30-4:30PM Fees: \$0

**Downsizing 101**

If you are considering making a move now or in the future you owe it to yourself to be prepared. Join us for this free seminar and learn how others have simplified their lives by following these simple downsizing strategies. You will learn the FACTS about downsizing from some of the most knowledgeable and experienced professionals in the senior service industry.

Presented by Freda Hamlett, Milestone Movers.

**Anne Gordon Center for Active Adults**

Feb 10 Th 9:30-11:00AM Fees: \$0

**Five Points Center for Active Adults**

Feb 23 W 9:30-11:00AM Fees: \$0

**Eldercare is a Team Sport**

There may come a time that you may need help to remain and live well independently in your home. Also, it may be that your home can't support you as it once did. In either case, building a support team will help you live the best life you can wherever you choose to live. . Presented by Gina Murray, RN BSN and co-founder of Aware Senior Care.

**Anne Gordon Center for Active Adults**

Feb 24 Th 10:00-11:00AM Fees: \$0

**Five Points Center for Active Adults**

Jan 10 M 2:00-3:00PM Fees: \$0

**Encouraging the Heart of a Caregiver**

Explore proven strategies to help caregivers find the much-needed rest and self-care needed when caring for a loved one. Together we will discuss strategies that help caregivers find much-needed rest and courage while navigating their caregiver journey. Presented by Rich Gwaltney, Transitions Life Care.

**Anne Gordon Center for Active Adults**

Mar 28 M 2:00-3:00PM Fees: \$0

**Estate Planning Essentials**

Discussion of wills, trusts, powers of attorney, and how to make life easier for your loved-ones after you have gone. Presented by Janna Wallace, Omega Law Firm.

**Five Points Center for Active Adults**

Mar 16 W 3:00-4:00PM Fees: \$0

**Finance: Medicaid 101**

Learn about the basics of qualifying for Long-Term care Medicaid and some insights into effective strategies.

Presented by Janna Wallace, Omega Law Firm.

**Anne Gordon Center for Active Adults**

Feb 21 M 2:00-3:00PM Fees: \$0

**Finance: Medicare 101**

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

**Anne Gordon Center for Active Adults**

Mar 24 Th 10:00-12:00PM Fees: \$0

**Five Points Center for Active Adults**

Feb 9 W 2:30-4:00PM Fees: \$0

**Finance: Selling Your Home "As-Is"**

There are many myths about what is required in order to sell a home. Learn the truth about what is 'required' to sell a home in the Raleigh area, what selling 'as-is' really means, and the secret behind the 'We Buy Houses' business model. Sponsored by Freda Hamlett a certified senior housing professional of the Milestone Moves Realty Group.

**Anne Gordon Center for Active Adults**

Mar 10 Th 9:30-10:30AM Fees: \$0

**Five Points Center for Active Adults**

Mar 23 W 2:30-3:30PM Fees: \$0

**Finance: Social Security Strategies for Retirement**

Edward Jones Investments will cover the advantages/disadvantages associated with retirement and social security, including how social security should fit into retirement income plan, when to begin taking benefits, and tax implications.

**Anne Gordon Center for Active Adults**

Apr 11 M 2:00-3:00PM Fees: \$0

**Five Points Center for Active Adults**

Feb 17 Th 2:00-3:00PM 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**

Jan 25 Tu 11:00AM-12:00PM Fees: \$0

**Five Points Center for Active Adults**

Apr 20 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 helps cover the cost of long-term 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**

Feb 22 Tu & W 11:00AM-12:00PM Fees: \$0

**Five Points Center for Active Adults**

Mar 30 W 2:30-3:30PM Fees: \$0

**Finance: Wills vs. Trusts**

Trusts are used for many different purposes. 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**

Feb 2 W 2:30-3:30PM Fees: \$0

**Five Wishes**

Having the conversation with family and friends about our advanced directives and living will can be challenging. Five Wishes is a program that provides the opportunity to express your personal, emotional, and spiritual needs. It lets you choose the person you want to make your health care decisions for you in the event you are not able. It helps you decide how you wish to be treated if you get seriously ill. Five Wishes is written by the American Bar association and designed to help you plan for the future. Sponsored by Liberty Hospice and Resources for Seniors.

**Anne Gordon Center for Active Adults**

Mar 14 M 2:00-3:00PM Fees: \$0

**Five Points Center for Active Adults**

Mar 2 W 2:00-3:00PM Fees: \$0

**Government Benefits for Long-Term Care**

The cost of Long-Term Care is staggering and monthly costs often exceed \$10,000 per month. Huston Law Firm and Carolina Estate counsel will review various programs and outline the requirements for a family to qualify. Special attention will be given to Veterans' Aid and Attendance; Special

Assistance for Assisted Living; and Medicaid for Skilled Nursing.

**Anne Gordon Center for Active Adults**

Apr 26 Tu 11:00AM-12:00PM Fees: \$0

**Five Points Center for Active Adults**

Jan 12 W 2:30-3:30PM Fees: \$0

**Hearing Loss and Accessibility**

Learn about hearing loss, accessibility tools available to promote more independence and state programs that provide assistance with technology at no cost for those that qualify. Find out more on these topics to help you or a loved one connect to life.

Presented by Kim Calabretta, of CapTel NC

**Anne Gordon Center for Active Adults**

Mar 21 M 2:00-3:00PM Fees: \$0

**Five Points Center for Active Adults**

Apr 6 W 2:00-3:00PM Fees: \$0

**Home Safety**

Use a checklist and listen to this presentation to help determine if your home is safe from hazards that could jeopardize well-being independence. Presented by Nancy Foss, Home Instead.

**Anne Gordon Center for Active Adults**

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

**Five Points Center for Active Adults**

Mar 14 M 2:00-3:00PM Fees: \$0

**Hospice & Palliative Care: Everything You Need to Know**

Attendees will gain a deeper understanding about the differences between hospice and palliative care services. You will discover practical insights and when it may be appropriate to have the discussion with your physician and family members.

Presented by Rich Gwaltney, Transitions Life Care.

**Anne Gordon Center for Active Adults**

Apr 25 M 2:00-3:00PM Fees: \$0

**Five Points Center for Active Adults**

Jan 5 W 2:00-3:00PM Fees: \$0

**Housing Options as You Age**

Are your housing needs changing? Wondering what types of senior housing are available? Thinking of remaining in your home, but not sure if the home can accommodate your changing needs? Susan Stanhope, a certified Senior Move Manager and owner of Move Elders With Ease, will discuss the various options for senior housing, resources available to assist you should you decide to age in place and the pros and cons you might consider.

**Anne Gordon Center for Active Adults**

Feb 28 M 3:30-4:30PM Fees: \$0

**Five Points Center for Active Adults**

Feb 10 Th 3:30-4:30PM Fees: \$0



### Independent Living Options

Learn the FACTS about local independent senior living options from some of the most knowledgeable and experienced professionals in the senior living industry. Presented by Freda Hamlett, Milestone Movers.

#### Anne Gordon Center for Active Adults

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

#### Five Points Center for Active Adults

Apr 27 W & Th 2:30-4:00PM Fees: \$0

### Legal Aid

Information and assistance about legal issues those 60+ only. You will receive a free, 30-minute personal appointment with a legal representative to discuss noncriminal legal concerns such as Wills, Durable Power of Attorney, Healthcare Power of Attorney and most legal documents. Space is limited! Sponsored by Legal Aid of NC. By appointment only call 919-996-4738.

#### Five Points Center for Active Adults

Mar 18 F 9:00AM-5:00PM

### 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

Mar 22 Tu 11:00AM-12:00PM Fees: \$0

### Navigating the Caregiver Journey

An overview of available resources and proven strategies to help you navigate the caregiving journey. Presented by Rich Gwaltney, Transitions Life Care.

#### Five Points Center for Active Adults

Feb 17 Th 2:00-3:00PM Fees: \$0

### Normal Aging vs Non-Normal Aging

Have you ever walked into a room and totally forgot why and what you were looking for? Have you gone to a social function and recognized a person you have known for years but you can't recall their name? Have you wondered if your losing your memory? This seminar based on material from Teepa Snow's Positive Approach to Care™ Dementia Training will: Compare and contrast normal aging versus not normal aging related to various cognitive functions and discuss the impact of changing sensory awareness and processes as you age. Presented by Gina Murray, RN BSN and co-founder of Aware Senior Care.

#### Anne Gordon Center for Active Adults

Mar 8 Tu 10:00AM-11:00AM Fees: \$0

#### Five Points Center for Active Adults

Apr 11 M 2:00-3:00PM

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

Jan 6-Apr 7 Th 1:30-3:30PM Fees: \$0

### Path to Peace: Working Through Grief

Grief is something we don't plan for, but still happens. Hearing that other people are experiencing similar feelings can be helpful. Join us for a series where we will discover what is abnormal in grief and how to face the challenges in a healthy way. Sponsored by Heartland Hospice, a Division of Promedica.

#### Anne Gordon Center for Active Adults

Jan 24-Feb 14 M 2:00-3:00PM Fees: \$0

### Project Preplan

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

#### Anne Gordon Center for Active Adults

Feb 8 Tu 10:00-11:00AM Fees: \$0

#### Five Points Center for Active Adults

Mar 9 W 2:00-3:00PM Fees: \$0

### Protect Seniors Online

Today's seniors are very active online. This is great for keeping up with friends and family, online shopping and bill paying. But this trend can leave seniors vulnerable to online fraud. In this workshop you will find tips and information to stay safe while online. Presented by Nancy Foss, Home Instead.

#### Anne Gordon Center for Active Adults

Jan 27 Th 10:00-11:00AM Fees: \$0

#### Five Points Center for Active Adults

Feb 28 M 2:00-3:00PM 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**

Apr 14 Th 11:00AM-12:00PM Fees: \$0

#### **Five Points Center for Active Adults**

Apr 21 Th 2:30-3:30PM Fees: \$0

#### **Restorative Writing**

Restorative Writing is an activity that anybody can participate in. No writing experience necessary! Join us for a time to consider the experiences that have made us the people we are today. We will remember the challenges as well as the blessings, and we will find new ways to be thankful! Sponsored by Heartland Hospice, a Division of Promedica.

#### **Five Points Center for Active Adults**

Mar 10-Mar 31 Th 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 Small Kitchen 104**

Jan 3-Apr 25 M 1:00-5:00PM Fees: \$0

#### **Five Points Center for Active Adults**

Jan 4-Apr 28 Tu-Th 1:00-5:00PM Fees: \$0

#### **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**

##### *New Beginnings*

Jan 13 Th 1:00-2:30PM Fees: \$0

##### *Love in Unexpected Places*

Feb 10 Th 1:00-2:30PM Fees: \$0

##### *Letting Go of Winter*

Mar 10 Th 1:00-2:30PM Fees: \$0

##### *Welcome Spring*

Apr 14 Th 1:00-2:30PM Fees: \$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 for Active Adults**

Jan 5-Jan 26 W 12:30-1:30PM Fees: \$12

Feb 2-Feb 23 W 12:30-1:30PM Fees: \$12

Mar 2-Mar 30 W 12:30-1:30PM Fees: \$15

Apr 6-Apr 27 W 12:30-1:30PM Fees: \$12

#### **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 vary by instructor and are beginner level with chair support unless otherwise noted.

#### **Anne Gordon Center for Active Adults**

*Instructor: Journonya Harris-Raynor*

Jan 4-Jan 25 Tu 9:15-10:00AM Fees: \$12

Feb 1-Feb 22 Tu 9:15-10:00AM Fees: \$12

Mar 1-Mar 29 Tu 9:15-10:00AM Fees: \$15

Apr 5-Apr 26 Tu 9:15-10:00AM Fees: \$12

*Instructor: Valerie Salinas*

Jan 6-Jan 27 Th 9:15-10:00AM Fees: \$12

Feb 3-Feb 24 Th 9:15-10:00AM Fees: \$12

Mar 3-Mar 31 Th 9:15-10:00AM Fees: \$15

Apr 7-Apr 28 Th 9:15-10:00AM Fees: \$12

*Intermediate—Instructor: Journonya Harris Raynor*

Jan 4-Jan 25 Tu 10:15-11:00AM Fees: \$12

Feb 1-Feb 22 Tu 10:15-11:00AM Fees: \$12

Mar 1-Mar 29 Tu 10:15-11:00AM Fees: \$15

Apr 5-Apr 26 Tu 10:15-11:00AM Fees: \$12

*Instructor: Valerie Salinas*

Jan 6-Jan 27 Th 10:15-11:00AM Fees: \$12

Feb 3-Feb 24 Th 10:15-11:00AM Fees: \$12

Mar 3-Mar 31 Th 10:15-11:00AM Fees: \$15

Apr 7-Apr 28 Th 10:15-11:00AM Fees: \$12

*Chair—Instructor: Valerie Salinas*

Jan 4-Jan 25 Tu 2:15-3:00PM Fees: \$12

Feb 1-Feb 22 Tu 2:15-3:00PM Fees: \$12

Mar 1-Mar 29 Tu 2:15-3:00PM Fees: \$15

Apr 5-Apr 26 Tu 2:15-3:00PM Fees: \$12

#### **Laurel Hills Community Center**

*Bettie Ittenbach*

Jan 5-Jan 26 W 10:15-11:15AM Fees: \$27



Feb 2-Feb 23	W	10:15-11:15AM	Fees: \$12
Mar 2-Mar 30	W	10:15-11:15AM	Fees: \$15
Apr 6-Apr 27	W	10:15-11:15AM	Fees: \$12

#### **Tarboro Road Community Center**

Jan 5-Jan 28	W & F	10:00-10:45AM	Fees: \$10
Feb 2-Feb 25	W & F	10:00-10:45AM	Fees: \$10
Mar 2-Mar 25	W & F	10:00-10:45AM	Fees: \$10
Apr 1-Apr 29	W & F	10:00-10:45AM	Fees: \$10

#### **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**

Jan 6-Jan 27	Th	12:30-1:15PM	Fees: \$12
Feb 3-Feb 24	Th	12:30-1:15PM	Fees: \$12
Mar 3-Mar 31	Th	12:30-1:15PM	Fees: \$15
Apr 7-Apr 28	Th	12:30-1:15PM	Fees: \$12

#### **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. Instructor: Meg Berg

#### **Five Points Center for Active Adults**

Jan 3-31	M	9:15-10:00 AM	\$12
Feb 7-28	M	9:15-10:00 AM	\$12
Mar 7-28	M	9:15-10:00 AM	\$12
Apr 4-25	M	9:15-10:00 AM	\$12

#### **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.

#### **Anne Gordon Center for Active Adults** *Instructor: Meg Berg*

Jan 4-Jan 25	Tu	1:15-2:00PM	Fees: \$12
Feb 1-Feb 22	Tu	1:15-2:00PM	Fees: \$12
Mar 1-Mar 29	Tu	1:15-2:00PM	Fees: \$15
Apr 5-Apr 26	Tu	1:15-2:00PM	Fees: \$12

#### **Five Points Center for Active Adults**

*Instructor: Sue Payne*

Jan 6-Jan 27	Th	2:30-3:15PM	Fees: \$12
Feb 3-Feb 24	Th	2:30-3:15PM	Fees: \$12
Mar 3-Mar 31	Th	2:30-3:15PM	Fees: \$15

Apr 7-Apr 28	Th	2:30-3:15PM	Fees: \$12
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*Instructor: Meg Berg*

Jan 7-Jan 28	F	10:15-11:00AM	Fees: \$12
Feb 4-Feb 25	F	10:15-11:00AM	Fees: \$12
Mar 4-Mar 25	F	10:15-11:00AM	Fees: \$12
Apr 1-Apr 29	F	10:15-11:00AM	Fees: \$12

#### **Virtual Programming**

*Instructor: Sue Payne*

Jan 3-Jan 31	M	12:35-1:20PM	Fees: \$12
Feb 7-Feb 28	M	12:35-1:20PM	Fees: \$12
Mar 7-Mar 28	M	12:45-1:20PM	Fees: \$12
Apr 4-Apr 25	M	12:35-1:20PM	Fees: \$12

#### **Dance Fit** (formerly Dance Xross Fitness)

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

#### **Anne Gordon Center for Active Adults**

*Instructor: Linda Thomas*

Jan 3-Jan 31	M	11:45-12:30PM	Fees: \$12
Feb 7-Feb 28	M	11:45-12:30PM	Fees: \$12
Mar 7-Mar 28	M	11:45-12:30PM	Fees: \$12
Apr 4-Apr 25	M	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 losses. Instructor: Sue Payne.

#### **Five Points Center for Active Adults**

Jan 6-Jan 27	Th	1:30-2:15PM	Fees: \$12
Feb 3-Feb 24	Th	1:30-2:15PM	Fees: \$12
Mar 3-Mar 31	Th	1:30-2:15PM	Fees: \$15
Apr 7-Apr 28	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.

#### **Anne Gordon Center for Active Adults**

*Introductory (little to no experience)*

Jan 7-Jan 28	F	1:00-1:45PM	Fees: \$12
Feb 4-Feb 25	F	1:00-1:45PM	Fees: \$12
Mar 4-Mar 25	F	1:00-1:45PM	Fees: \$12
Apr 1-Apr 29	F	1:00-1:45PM	Fees: \$12

*Beginner (good experience)*

Jan 7-Jan 28	F	2:00-2:45PM	Fees: \$12
Feb 4-Feb 25	F	2:00-2:45PM	Fees: \$12



Mar 4-Mar 25	F	2:00-2:45PM	Fees: \$12
Apr 1-Apr 29	F	2:00-2:45PM	Fees: \$12
Improver (very good experience)			
Jan 7-Jan 28	F	3:00-4:00PM	Fees: \$12
Feb 4-Feb 25	F	3:00-4:00PM	Fees: \$12
Mar 4-Mar 25	F	3:00-4:00PM	Fees: \$12
Apr 1-Apr 29	F	3:00-4:00PM	Fees: \$12

#### **Five Points Center for Active Adults**

*Advanced Beginner/Improver (very good experience)*

*Instructor: Jane Fenn*

Jan 3-Jan 31	M	1:00-2:00PM	Fees: \$0
Feb 7-Feb 28	M	1:00-2:00PM	Fees: \$0
Mar 7-Mar 28	M	1:00-2:00PM	Fees: \$0
Apr 4-Apr 28	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 no instructor. Dancers should have some line dancing experience and know the basic steps.

#### **Anne Gordon Center for Active Adults**

*Beginner (need to know steps)*

Jan 4-Apr 26	Tu	3:15-4:45PM	Fees: \$0
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*Adv Beginner/Improver (solid experience)*

Jan 7-Apr 29	F	4:05-4:50PM	Fees: \$0
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#### **Five Points Center for Active Adults**

*All Levels*

Jan 5-Apr 27	W	2:45-4:15PM	Fees: \$0
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*Intermediate Level*

Jan 3-Apr 25	M	2:15-3:15PM	Fees: \$0
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#### **Line Dance: Introduction for New Dancers**

Learn to line dance in this beginner class. The basic steps and beginner dances will be taught. This class is for new dancers.

#### **Five Points Center for Active Adults**

Jan 3-Feb 17	M/TH	11:45AM-12:45PM	Fees: \$0
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Mar 7-Apr 14	M/TH	11:45AM-12:45PM	Fees: \$0
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#### **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**

*Instructor: Linda Lisko*

Jan 3-Jan 31	M	3:30-4:30 PM	Fees: \$12
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Feb 7-Feb 28	M	3:30-4:30 PM	Fees: \$12
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Mar 7-Mar 28	M	3:30-4:30 PM	Fees: \$12
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Apr 4-Apr 25	M	3:30-4:40 PM	Fees: \$12
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*Instructor: Meg Berg*

Jan 6-Jan 27	Th	11:15AM-12:00PM	Fees: \$12
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Feb 3-Feb 24	Th	11:15AM-12:00PM	Fees: \$12
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Mar 3-Mar 31	Th	11:15AM-12:00PM	Fees: \$15
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Apr 7-Apr 28	Th	11:15AM-12:00PM	Fees: \$12
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*Instructor: Melissa Hinton*

Jan 7-Jan 28	F	12:30-1:30PM	Fees: \$12
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Feb 4-Feb 25	F	12:30-1:30PM	Fees: \$12
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Mar 4-Mar 25	F	12:30-1:30PM	Fees: \$12
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Apr 1-Apr 29	F	12:30-1:30PM	Fees: \$12
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#### **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**

Jan 4-Jan 25	Tu	11:15AM-12:00PM	Fees: \$12
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Feb 1-Feb 22	Tu	11:15AM-12:00PM	Fees: \$12
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Mar 1-Mar 29	Tu	11:15AM-12:00PM	Fees: \$15
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Apr 5-Apr 26	Tu	11:15AM-12:00PM	Fees: \$12
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Jan 7-Jan 28	F	10:45-11:30AM	Fees: \$12
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Feb 4-Feb 25	F	10:45-11:30AM	Fees: \$12
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Mar 4-Mar 25	F	10:45-11:30AM	Fees: \$12
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Apr 1-Apr 29	F	10:45-11:30AM	Fees: \$12
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Jan 7-Jan 28	F	11:45AM-12:30PM	Fees: \$12
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Feb 4-Feb 25	F	11:45AM-12:30PM	Fees: \$12
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Mar 4-Mar 25	F	11:45AM-12:30PM	Fees: \$12
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Apr 1-Apr 29	F	11:45AM-12:30PM	Fees: \$12
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#### **Five Points Center for Active Adults**

Jan 4-Jan 25	Tu	9:15-10:00AM	Fees: \$12
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Feb 1-Feb 22	Tu	9:15-10:00AM	Fees: \$12
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Mar 1-Mar 29	Tu	9:15-10:00AM	Fees: \$15
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Apr 5-Apr 26	Tu	9:15-10:00AM	Fees: \$12
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Jan 7-Jan 28	F	9:15-10:00AM	Fees: \$12
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Feb 4-Feb 25	F	9:15-10:00AM	Fees: \$12
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Mar 4-Mar 25	F	9:15-10:00AM	Fees: \$12
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Apr 1-Apr 29	F	9:15-10:00AM	Fees: \$12
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#### **Shibashi for Active Adults**

Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be





visualization practice and discussions explaining how to cultivate energy that results in improved health. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress relief. Seated modifications will be available for those with physical limitations. Instructor: Rita Shaloiko

#### **Anne Gordon Center for Active Adults**

Jan 4-Jan 25	Tu	12:15-1:00PM	Fees: \$12
Feb 1-Feb 22	Tu	12:15-1:00PM	Fees: \$12
Mar 1-Mar 29	Tu	12:15-1:00PM	Fees: \$15
Apr 5-Apr 26	Tu	12:15-1:00PM	Fees: \$12

#### **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 are welcome. Instructor Journonya Harris-Raynor

#### **Five Points Center for Active Adults**

Jan 5-Jan 26	W	1:45-2:30PM	Fees: \$12
Feb 2-Feb 23	W	1:45-2:30PM	Fees: \$12
Mar 2-Mar 30	W	1:45-2:30PM	Fees: \$15
Apr 6-Apr 27	W	1:45-2:30PM	Fees: \$12

#### **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**

Jan 3-Jan 31	M	10:30-11:30AM	Fees: \$12
Feb 7-Feb 28	M	10:30-11:30AM	Fees: \$12
Mar 7-Mar 28	M	10:30-11:30AM	Fees: \$12
Apr 4-Apr 25	M	10:30-11:30AM	Fees: \$12

#### **Tai Chi for Active Adults**

Tai chi is an ancient form of movement that uses low-impact, slow-motion motions 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 gentle movements. Chair Beginner Sun Style is modified for sitting. Intermediate Sun Style: This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. Advanced Sun Style Part 1: Pre-requisite Intermediate Sun Style. This class teaches the first half of the Sun 73 Long Form movements. Advanced Sun Style Part 2: This continuation of the Part One class will complete the Long Form with spiraling and crouching movements. 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*

Jan 3-Jan 31	M	1:00-1:45PM	Fees: \$12
Feb 7-Feb 28	M	1:00-1:45PM	Fees: \$12
Mar 7-Mar 28	M	1:00-1:45PM	Fees: \$12
Apr 4-Apr 25	M	1:00-1:45PM	Fees: \$12

##### *Beginner Sun Style*

Jan 3-Jan 31	M	2:00-2:45PM	Fees: \$12
Feb 7-Feb 28	M	2:00-2:45PM	Fees: \$12
Mar 7-Mar 28	M	2:00-2:45PM	Fees: \$12
Apr 4-Apr 25	M	2:00-2:45PM	Fees: \$12

##### *Intermediate Sun Style*

Jan 3-Jan 31	M	3:00-3:45PM	Fees: \$12
Feb 7-Feb 28	M	3:00-3:45PM	Fees: \$12
Mar 7-Mar 28	M	3:00-3:45PM	Fees: \$12
Apr 4-Apr 25	M	3:00-3:45PM	Fees: \$12

#### **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**

Jan 3-Jan 25	M	11:45AM-12:30PM	Fees: \$12
Feb 7-Feb 28	M	11:45AM-12:30PM	Fees: \$12
Mar 7-Mar 28	M	11:45AM-12:30PM	Fees: \$12
Apr 4-Apr 25	M	11:45AM-12:30PM	Fees: \$12

#### **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**

*Instructor: Mary Flourney*

Jan 3-Jan 31	M	9:15-10:00AM	Fees: \$12
Feb 7-Feb 28	M	9:15-10:00AM	Fees: \$12
Mar 7-Mar 28	M	9:15-10:00AM	Fees: \$12
Apr 4-Apr 25	M	9:15-10:00AM	Fees: \$12
Jan 5-Jan 26	W	2:30-3:15PM	Fees: \$12
Feb 2-Feb 23	W	2:30-3:15PM	Fees: \$12
Mar 2-Mar 30	W	2:30-3:15PM	Fees: \$15
Apr 6-Apr 27	W	2:30-3:15PM	Fees: \$12

#### **Five Points Center for Active Adults**

*Instructor: Brenda Cleveland*

Jan 4-Jan 25	Tu	10:30-11:30AM	Fees: \$12
Feb 1-Feb 22	Tu	10:30-11:30AM	Fees: \$12
Mar 1-Mar 29	Tu	10:30-11:30AM	Fees: \$15
Apr 5-Apr 26	Tu	10:30-11:30AM	Fees: \$12



### Yoga Gentle Floor

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

#### Anne Gordon Center for Active Adults

*Instructor: Mary Flournoy*

Jan 3-Jan 31	M	10:15-11:15AM	Fees: \$12
Feb 7-Feb 28	M	10:15-11:15AM	Fees: \$12
Mar 7-Mar 28	M	10:15-11:15AM	Fees: \$12
Apr 4-Apr 25	M	10:15-11:15AM	Fees: \$12
Jan 5-Jan 26	W	3:30-4:30PM	Fees: \$12
Feb 2-Feb 23	W	3:30-4:30PM	Fees: \$12
Mar 2-Mar 30	W	3:30-4:30PM	Fees: \$15
Apr 6-Apr 27	W	3:30-4:30PM	Fees: \$12

*Instructor: Alda Bidell*

Jan 6-Jan 27	Th	11:15AM-12:15PM	Fees: \$12
Feb 3-Feb 24	Th	11:15AM-12:15PM	Fees: \$12
Mar 3-Mar 31	Th	11:15AM-12:15PM	Fees: \$15
Apr 7-Apr 28	Th	11:15AM-12:15PM	Fees: \$12

#### Five Points Center for Active Adults

*Instructor: Brenda Cleveland*

Jan 5-Jan 26	W	10:30-11:30AM	Fees: \$12
Feb 2-Feb 23	W	10:30-11:30AM	Fees: \$12
Mar 2-Mar 30	W	10:30-11:30AM	Fees: \$15
Apr 6-Apr 27	W	10:30-11:30AM	Fees: \$12
Jan 7-Jan 28	F	10:45-11:30AM	Fees: \$12
Feb 4-Feb 25	F	10:45-11:30AM	Fees: \$12
Mar 4-Mar 25	F	10:45-11:30AM	Fees: \$12
Apr 1-Apr 29	F	10:45-11:30AM	Fees: \$12
Jan 7-Jan 28	F	11:45AM-12:30PM	Fees: \$12
Feb 4-Feb 25	F	11:45AM-12:30PM	Fees: \$12
Mar 4-Mar 25	F	11:45AM-12:30PM	Fees: \$12
Apr 1-Apr 29	F	11:45AM-12:30PM	Fees: \$12

### 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 for Active Adults

Jan 7-Jan 28	F	9:15-10:00AM	Fees: \$12
Feb 4-Feb 25	F	9:15-10:00AM	Fees: \$12

Mar 4-Mar 25	F	9:15-10:00AM	Fees: \$12
Apr 1-Apr 29	F	9:15-10:00AM	Fees: \$12

### Social

#### Bingo

Come have fun with some friends. We play a variety of games each day like straight, four corners, postage stamp and clear all. Registration fee covers the provided supplies. Bring \$1 cash for 3 cards which becomes prize money. Registration required and costs \$1 per day. Registration is on a month by month basis, starting at noon on the 3rd Thursday for the following month. Space is limited.

#### Anne Gordon Center for Active Adults

Jan 7-Jan 28	F	10:45AM-12:30PM	Fees: \$1
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#### Bridge: Open Play

Join your 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

Jan 6-Apr 28	Th	9:30AM-12:30PM
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#### Movies at Anne Gordon Center

Join us for a movie that just recently left the theaters. Snacks and drinks are available from the machines or bring your own, and there is a microwave available for your use. Free, but 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 for Active Adults

Thursdays 1:00-3:30PM and Fridays 10:00-12:30PM

#### Open Play Cards and Games

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

Jan 4-Apr 26	Tu	1:00-4:30PM
Jan 7-Apr 29	F	1:00-4:30PM

#### Trivia Group

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

Jan 6-Apr 28	Th	1:00-3:00PM
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## **Join us for some friendly competition.**

If you enjoy sports, such as basketball, golf, swimming and more, or you love the performing and visual arts, we have something for everyone.

The Wake County Senior Games are open to people ages 50 and up who live throughout the Triangle region. Various activities and competitions will take place **March 29 through April 30.**

## **REGISTRATION**

February 15 - March 15, 2022



[www.WCSeniorGames.org](http://www.WCSeniorGames.org)