

# January Classes



Raleigh

12/30/20

All fitness classes will be held outdoors; other classes will be held indoors, with social distancing rules in place. Masks are required. Wellness screenings are required for all participants. During the screening, you will be asked a few short questions and a temperature check will be performed with a touchless thermometer. Those who do not pass the screening will not be allowed to participate. **Registration required for all programs.**

## How to Register:

1. Online via RecLink [parks.raleighnc.gov](https://parks.raleighnc.gov)
2. By phone: Anne Gordon Center for Active Adults (919-996-4720) Five Points Center for Active Adults (919-996-4730)

## Art Classes

### Color Theory

This is a course in which the student will explore the amazing world of color. Students will learn about the nature and use of color. Emphasis will be upon color mixing, manipulation and the creation of color harmonies. This is a great starter class for students interested in painting supply list provided upon registration. Instructor: Tracie Fracasso

**Five Points Center for Active Adults** Tracie Fracasso  
#266673 \$60 Jan 5-26 Tu 1:00 PM-4:00 PM

### Drawing: Drawing and Mixed Media

This is a basic art class for both beginners and those who are looking to sharpen their skills. Lessons will be student directed. Students may follow instruction or work independently and will select the media in which they choose to work. Students may work from life, observation, old master reproductions or photographs. Supplies list provided upon registration.

**Green Road Community Center** Tracie Fracasso  
#267191 \$90 Jan 8-Feb 12 F 10:00 AM-1:00 PM

### Drawing: Introduction

Explore the basic elements of drawing using various exercises and techniques designed to build confidence in creative abilities. Materials may include pencil, Sharpie, charcoal, ink, or conte. A supply list will be provided upon registration.

**Five Points Center for Active Adults** Tracie Fracasso  
#266738 \$60 Jan 8-Feb 12 F 2:00 PM-4:00 PM

### Painting: Acrylic

The class combines a structured approach to a still life with landscape. Topics include: application of acrylic paint, value placement, color harmony, and composition of the work as a unified whole. Painting students who have had previous experience in Acrylics are welcome to bring in current studio projects to work on. Instructor: Nancy Carty

**Five Points Center for Active Adults** Nancy Carty  
#267196 \$90 Jan 11-Feb 22 M 9:30 AM-12:30 PM

### Painting: Acrylic and Oil Portrait Painting

This class is open to everyone from absolute beginners to seasoned painters. This is an introductory class for students who would like to learn how to paint portraits. Students will learn the correct proportions and placement of the head along with the facial features. Supplies list provided upon registration.

**Five Points Center for Active Adults** Tracie Fracasso  
#266838 \$60 Mar 2-23 Tu 1:00 PM-4:00 PM

### Painting: Oil, Advanced

This course is for those who have experience with oil painting and wish to further their knowledge and technical skills. Topics include architectural references in a landscape, creating a dynamic composition, and color harmony with a defined focal point. Students are encouraged to develop a personal style and interpretation for the subject matter from which they work.

**Five Points Center for Active Adults** Nancy Carty  
#267206 \$90 Jan 11-Feb 22 M 1:30 PM-4:30 PM

### 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. Instructor:

**Abbotts Creek Community Center** Nancy Carty  
#267193 \$60 Jan 5-Feb 9 Tu 10:00 AM-1:00 PM

### Weaving Workshop

Students will create their own original placemat while learning the basics of weaving. Learn how to set up a loom, three basic patterns, yarn color selection, and techniques to finish your placemat. Multiple placemats may be created as time allows. Instructor will have supply kits available for \$15.00.

**Five Points Center for Active Adults** Sue Soper  
#267210 \$30 Jan 29 F 10:00 AM-2:00 PM



**Computer Classes** Any computer class can be virtual. Register and then contact [Thomas.hodges@raleighnc.gov](mailto:Thomas.hodges@raleighnc.gov) or 919-996-2458 about how to take the class from home.

#### **Android Phone Basics 1**

Get comfortable using your Android Phone! Please bring your Android Phone and know your Android Account information which is typically your Google account info (GMAIL). Learn to create contacts, text, make phone calls, take & share photos, connect to Wi-Fi and how to get directions using Google Maps.

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

#267391 \$12 Jan 5-12 Tu 10:00 AM-11:30 AM

#### **Android Phone Basics 2**

Prerequisite: Android Phone Basics 1. Learn about Google Assistant, finding the news, playing music, directions, the Weather, Google Lens, Google Play Store, quick settings, calendar settings, Clock, Alarm, and Memos. Bring your Android Phone and Account Information. (typically your GMAIL account).

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

#267394 \$12 Jan 19-26 Tu 10:00 AM-11:30 AM

#### **App Based Taxi and Food/Grocery Delivery Services like UBER**

Learn how to get car rides on demand and have food delivered with apps on your smart phone! Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have working knowledge of your smartphone and your phone's App Store.

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

#267401 \$6 Jan 25 M 10:00 AM-12:00 PM

#### **Computer Basics 1**

Class will use the Windows 10 operating system and is for new computer users. Improve skills and learn to use the Microsoft store to get free and paid applications for your computer. Plus learn to install and uninstall applications., how to charge, sleep, shutdown, connect to Wi-Fi., and use the internet.

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

#267405 \$12 Jan 6-13 W 2:00 PM-3:30 PM

#### **Computer Basics 2**

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will use the Windows 10 operating system and is for students who have basic experience using the mouse and keyboard. Learn how to save and find files, surf the web, save favorites, and how to download images from the web.

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

#267410 \$12 Jan 20-27 W 2:00 PM-3:30 PM

#### **Create Flyers Using Power Point**

Learn to build a flyer using Microsoft Power Point! Topics include: how to remove the background from an image, add text, and layer photographs to create a professional flyer. Prerequisite: You must have a working knowledge of using a Windows Computer or have attended Computer Basics 1 and 2.

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

#267415 \$6 Jan 28 Th 2:00 PM-4:00 PM

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

'Cutting the Cord' is associated with lowering your cable bill. We will look at how television entertainment is evolving onto different types of platforms: cable, satellite, antenna, and online and learn the steps some are taking to 'cut the cord'.

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

#267417 \$12 Jan 4-11 M 10:00 AM-11:30 AM

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

#267418 \$12 Jan 14-21 Th 2:00 PM-3:30 PM

#### **Electronic Coupons**

Learn to collect coupons using popular apps on your smart phone. We will show you how to redeem them to save money at the register! We will cover stores including Harris Teeter, Target, Whole Foods, Food Lion, Publix, and Lidl.

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

#267427 \$6 Jan 7 Th 2:00 PM-4:00 PM

#### **Excel Basics 1**

Learn to use a budget template while exploring the basics of Excel. Learn to create charts and have a good understanding of cells, tables, rows, and basic formulas. Prerequisite: Computer Basics 1, 2, and 3 or equivalent skills.

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

#267433 \$6 Jan 27 W 10:00 AM-12:00 PM

#### **Gimp Photo Editing Basics 1**

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

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

#267430 \$12 Jan 19-26 Tu 2:00 PM-3:30 PM

#### **Google Photos Intro**

Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. Please bring your own



smart phone, iPad or tablet - but it is not required. You will need your Google account Username and Password or we will help you create an account.

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

#267440 \$12 Jan 5-12 Tu 2:00 PM-3:30 PM

#### **iCloud Basics for iPad/iPhone**

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

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

#267446 \$6 Jan 13 W 10:00 AM-12:00 PM

#### **iPad Basics 1**

Learn to perform a quick search, set reminders, Facetime, set alarms, create folders, Photo Sharing and Editing, connect to Wi-Fi, use a QR Code reader, Airdrop, open and close Apps, lock screen, power down, check your notifications feed page, use your camera, control panel and more! Must bring: Your own iPad PLUS your Apple ID & Password.

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

#267463 \$12 Jan 7-14 Th 10:00 AM-11:30 AM

#### **iPad Basics 2**

Learn to use Mail app, App store, Contacts, Calendar, Maps, Weather, Safari, and Messages on your iPad. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS Apple ID and password.

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

#267465 \$12 Jan 21-28 Th 10:00 AM-11:30 AM

#### **iPad Basics 3**

Learn how to search and download a variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password.

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

#267466 \$6 Jan 6 W 10:00 AM-12:00 PM

#### **Microsoft Word Basics 1**

Microsoft Word is a powerful program that you can use to create various documents. Learn to: change the font, create a bulleted list, set line spacing, adjust the margins, utilize the built-in dictionary/thesaurus; as well as insert tables, pictures, clip art, text boxes, and WordArt. Prerequisite: Computer Basics

1 & 2 or similar skills.

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

#267469 \$6 Jan 20 W 10:00 AM-12:00 PM

### **Fitness Classes**

#### **Adult Tap Dance**

Learn classic tap patterns for a good physical and mental workout. Students should bring tap or hard bottomed shoes for class and have some tap/dance experience.

#### **Kiwanis Park**

*Bev Norwood*

#266127 \$12 Jan 6-27 W 12:30 PM-1:30 PM

#### **AIM Fitness**

The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through stretching, low impact aerobics, and more. Classes differ by instructor. All classes are beginner level with chair support unless otherwise noted.

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

*Bettie Ittenbach*

#264906 \$12 Jan 6-27 W 10:30 AM-11:30 AM

#264910 \$12 Jan 8-29 F 10:30 AM-11:30 AM

#### **Halifax Community Center**

*Journonya Harris-Rayner*

#264894 \$12 Jan 5-19 Tu 11:15 AM-12:00 PM

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

*Janet Wise-Thomas*

#264930 \$5 Jan 6-29 W, F 10:00 AM-10:45 AM

#### **Cardio Dance**

Dance to fun, upbeat tunes from yesterday and today. You'll have so much fun, you won't realize you're working out. All skill levels are welcome.

#### **Kiwanis Park**

*Journonya Harris-Rayner*

#266531 \$12 Jan 8-29 F 1:00 PM-1:45 PM

### **FIT FEET INDOOR WALKING**

Keep moving to stay fit! The ballroom will be open for indoor walking. You must pre-register and sessions are limited to 15 people. Social distancing rules will be followed and masks are required. Please call 919-996-4730 to reserve a time slot.

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

#271501 \$0 Jan 4-29 M-F \$0 *Please call for times.*

#### **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; as well as stabilize and strengthen your core.

**Five Points Center for Active Adults**

#266537 \$9 Jan 4-25 M

**Virtual Class**

#271384 \$12 Jan 6-27 W

*Mary Lamb*

9:15 AM-10:00 AM

*Meg Berg*

2:00 PM-2:45 PM

**Qi Gong**

Qi Gong, the ancient Chinese practice of meditation with movement, uses 24 simple movements to promote internal energy and organ health. In addition to exercise, the movements create good energy flow in the body and contribute to overall health. You practice guided visualization, simple motion and balance exercises to improve strength and fluidity of movement, and promote bone/joint health.

**Five Points Center for Active Adults**

#265035 \$12 Jan 5-26 Tu

#265039 \$12 Jan 8-29 F

*Kathy Bundy*

9:15 AM-10:00 AM

9:15 AM-10:00 AM

**Silver Cardio**

Classes include warm-up moves, followed by 30 minutes of moderate-impact moves, including gentle boxing, and balance elements. Break a sweat and have lots of fun!

**Five Points Center for Active Adults**

#266553 \$12 Jan 7-28 Th

*Bettie Ittenbach*

1:00 PM-1:45 PM

**Tai Chi Chih**

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

**Five Points Center for Active Adults**

#266565 \$9 Jan 4-25 M

*Adrienne McKenzie*

10:15 AM-11:15 AM

**Total Body**

Build strength, balance, and flexibility-aspects of your health which are essential to maintaining physical independence. Use body weight, hand weights, resistance bands, and other equipment while you are being encouraged to follow proper form and technique. Classes will be delivered virtually via WebEx

**Virtual Delivery**

#271385 \$12 Jan 6-27 W

*Meg Berg*

1:00 PM-1:45 PM

**Social Activities****Adult Program Movies**

Join us for a movie that (maybe) just recently left the theaters. Registration is required and limited to 10 people per showing. Please arrive at least 10 minutes before showing time. Bring your own drinks and snacks. There are two showings of the

same movie each day. FREE.

**Anne Gordon Center for Active Adults**#271374 *Bombshell* -R Jan 8 F 10:00 AM-12:30 PM#271375 *Bombshell* -R Jan 8 F 2:00 PM-4:30 PM#271376 *Knives Out* -PG13 Jan 15 F 10:00 AM-12:30 PM#271377 *Knives Out* -PG13 Jan 15 F 2:00 PM-4:30 PM#271378 *Infidel* -R Jan 22 F 10:00 AM-12:30 PM#271379 *Infidel* -R Jan 22 F 2:00 PM-4:30 PM#271380 *Mulan* -PG13 Jan 29 F 10:00 AM-12:30 PM#271381 *Mulan* -PG13 Jan 29 F 2:00 PM-4:30 PM**Healthy Cooking Group**

Like to cook? Need new ideas on how to cook a healthy meal? Do you have one of those new Insta-pots or air-fryers? Get together with peers to share recipes, tips, and advice. Currently cooking and the sharing of food is not allowed in this group, but that should not stop you from sharing your interest and knowledge. Registration is required and space is limited. FREE.

**Anne Gordon Center for Active Adults**

#271506 \$0 Jan 7-28 Tu 1:00 PM-3:00 PM

**Knitting Group**

Do you knit, crochet, or do similar crafts? Would you enjoy getting out of the house to socialize and share ideas in a small group, while making items for yourself, as gifts, or to donate? If so, this is for you! Each participant will have their own table. Bring your own supplies. Registration required. FREE.

**Anne Gordon Center for Active Adults**

#271504 \$0 Jan 5-26 Th 1:00 PM-3:00 PM

**Parking Lot Trivia**

Join us for a socially distant game of trivia from your car! We will use a FM Transmitter that will allow you to hear the questions through the radio in your car. Prizes will be awarded. Masks are not required while in your car, but must be worn if outside your vehicle. Please pre-register at least 24 hours in advance by calling (919)996-4730 or online via ReLink.

**Five Points Center for Active Adults**

#271502 \$2 Jan 19 Tu 1:00 PM-2:00 PM

**Trivia Group**

Come test your knowledge and memory in a fun social setting. Exercising your brain can lead to better recollection, faster reaction time, and an overall sharper mind. 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. FREE.

**Anne Gordon Center for Active Adults**

#271505 \$0 Jan 6-27 W 1:00 PM-3:00 PM