

Active Adult Program

April Classes



3/24/21

Masks and 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 is required for all programs.**

How to Register:

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

Anne Gordon Center for Active Adults	1901 Springforest 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 *Supply lists will be provided upon registration*

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. Instructor: Tracie Fracasso

Five Points Center for Active Adults

Apr 9-Apr 30 F 1:00-4:00PM Fee: \$60

Green Road Community Center

Apr 9-Apr 30 F 10:00AM-1:00PM Fee: \$60

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; how 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. Instructor: Tracie Fracasso

Five Points Center for Active Adults

Mar 30-Apr 20 Tu 1:00-4:00PM Fee: \$60

COMPUTER

Some computer classes may be attended online. For more information on online options or for other information regarding computer classes, please contact Tommy Hodges at 919)996-2458 or tommy.hodges@raleighnc.gov.

Amazon Alexa Basics 1

Alexa is a virtual assistant that a smart speaker to interact with you and your home. Alexa can check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control smart lights, thermostats, garage doors, sprinklers, and more. 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

Five Points Center for Active Adults

Apr 27 Tu 10:00AM-12:00PM Fee: \$6

Android Phone Basics 2 *Prerequisite: Android Phone Basics 1.*

Continue to learn about your Android phone as we cover the following topics: Google Assistant, Google Lens, music, directions, the weather, quick settings, calendar, clock, alarm, and memos. We will also cover the Google Play Store and how to install apps. Please bring your Android Phone and your Android Account Information (typically your GMAIL account).

Five Points Center for Active Adults

Apr 1-Apr 8 Th 10:00-11:30AM Fee: \$12

Android Tablet Basics 2

Join us for the second installment of our Android Tablet! Please bring your own tablet and account information. For more information on this course, please contact Tommy Hodges 919-996-2458.

Five Points Center for Active Adults

Apr 1-Apr 8 Th 2:00-3:30PM Fee: \$12



App Based Taxi and Food/Grocery Delivery Services like UBER

Learn to get car rides and on demand using apps on your smart phone! We will also cover food and grocery delivery. Apps covered include UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have working knowledge of your smartphone and its App Store.

Anne Gordon Center for Active Adults

Apr 7 W 10:00AM-12:00PM Fee: \$6
Apr 28 W 10:00AM-12:00PM Fee: \$6

Apple Time Machine: How to back up your Apple Computer

Apple's Time Machine is a backup software application that allows you to back up files on your Apple laptop and is already installed on your laptop. Learn to use Time Machine to back up your computer to an external hard drive. We will also cover how to create a disk image as well as a boot disk. *Please bring your Apple ID, password, and laptop.*

Walnut Terrace Center

Apr 19 M 2:00-4:00PM Fee: \$12

Computer Basics 1

We will use the Windows 10 operating system to improve computer skills for beginners or new users. Learn to use a computer, mouse, and keyboard and to use the Microsoft store to install apps. We will also cover how to connect to Wi-Fi and search the Internet.

Anne Gordon Center for Active Adults

Apr 14-Apr 21 W 2:00-3:30PM Fee: \$12

Computer Basics 3 *Prerequisite: 'Computer Basics 1'*

Learn to save files, create folders, delete files and backup your computer. In addition, learn to save files using an external hard drive and USB or 'Flash' drive. Learn to create a disk image, a boot disk, and use File History to backup your computer.

Five Points Center for Active Adults

Mar 30-Apr 6 Tu 10:00-11:30AM Fee: \$12

Computer Basics 4 *Prerequisite: Computer Basics 1 & 2*

Have more control over your computer by learning more about the Windows 10 operating system. Topics include Windows troubleshoot, quick actions, sharing files, night light, snip & sketch, Windows Updates, and an overview of OneDrive. Understand how to take control and customize using Settings.

Five Points Center for Active Adults

Apr 13-Apr 20 Tu 10:00-11:30AM Fee: \$12

Computer Network Basics 1

Learn the theory behind setting up a basic wireless network in your home using the Internet for your wireless devices. Since every modem and wireless router is different, we will discuss generalities on how to set it up in your own home. This class is recommended for those who have attended Cutting the Cord.

Anne Gordon Center for Active Adults

Apr 7 W 2:00-4:00PM Fee: \$6

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

'Cutting the Cord' is often it is associated with steps to lower your television or cable bill. We will cover how tv entertainment is evolving onto various platforms: cable, satellite, antenna, and online. Learn the steps people are taking to 'cutting the cord'.

Five Points Center for Active Adults

Apr 22-Apr 29 Th 2:00-3:30PM Fee: \$12

Electronic Coupons

Most stores are moving to electronic coupons. Learn to collect, save and use coupons using apps on your phone and ditch the scissors and newspapers! We will cover a variety of stores including Harris Teeter, Target, Whole Foods, Food Lion, Publix, and Lidl.

Anne Gordon Center for Active Adults

Apr 26 M 10:00AM-12:00PM Fee: \$6

Excel Basics 1

Learn how to use a template to create and maintain a monthly budget. This simple project will allow you to learn the basics of 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. For more information about this class please contact Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults

Apr 15 Th 10:00AM-12:00PM Fee: \$6

Gimp Photo Editing Basics 2

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', Gimp Basics 1 or equivalent computer knowledge.

Anne Gordon Center for Active Adults

Apr 12-Apr 19 M 10:00-11:30AM Fee: \$12



GMAIL Basics 1

Learn to create and use an email account using a free service from Google. *You must have a working knowledge of using a computer or you have already taken Computer Basics 1 and 2.

Five Points Center for Active Adults

Apr 13 Tu 2:00-4:00PM Fee: \$6

iCloud Basics for iPad/iPhone *Prerequisite: iPad/iPhone Basics 1*

The iCloud is a virtual hard drive that allows users to securely store photos, videos, documents, apps, music and more online! It also lets you sync multiple devices, running Mac OS or Windows. *Bring your Apple device, Apple ID and password.*

Anne Gordon Center for Active Adults

Apr 21 W 10:00AM-12:00PM Fee: \$6

Introducing SIRI - Your Personal Assistant for iPad/iPhone

Prerequisite: 'iPad/iPhone Basics 1' or intermediate user.

Using your voice, you can get Siri to do all sorts of things like manage your calendar, grocery lists and more! Get to know Siri, your personal assistant on your Apple device. Bring your iPhone or iPad and your Apple ID and password.

Five Points Center for Active Adults

Apr 15 Th 2:00-4:00PM Fee: \$6

iPad Basics 2 *Prerequisite: iPad/iPhone Basics 1*

Learn to use Mail app, 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, Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, and more! *Bring your iPad, Apple ID and Password.*

Anne Gordon Center for Active Adults

Mar 29-Apr 5 M 10:00-11:30AM Fee: \$12

iPad Basics 3 *Prerequisite: iPad/iPhone Basics 1*

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! Contact Tommy Hodges for more information regarding this course at 919-996-2458. Bring your iPad, Apple ID & password.

Anne Gordon Center for Active Adults

Apr 14 W 10:00AM-12:00PM Fee: \$6

iPhone Basics 2

Prerequisite: Pad/iPhone Basics 1'

Learn to view existing email accounts using Mail app, Search and Download Apps from Apple Store, Search locations, Managing Apps, Customizing Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, and more! *Bring your iPhone, Apple ID and password.*

Five Points Center for Active Adults

Apr 22-Apr 29 Th 10:00-11:30AM Fee: \$12

Microsoft Word Basics 1 *Prerequisite: Computer Basics 1&2*

Microsoft Word is a powerful program that you can use to create various documents. Create a document from scratch or use a built-in template. Learn 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!

Walnut Terrace Center

Apr 12 M 2:00-4:00PM Fee: \$6

Pinterest Basics 1

Pinterest is a social media platform for crafts, DIY projects and hobbies. Learn how to create an account and explore recipes, projects, and hobbies from likeminded enthusiasts based on your interests. Prerequisites: You must have a GMAIL or email account.

Five Points Center for Active Adults

Apr 6 Tu 2:00-4:00PM Fee: \$6

TechRefresh

TechRefresh allows students who have previously completed a Digital Inclusion 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 are eligible to participate in this Your TechRefresh time is scheduled in advance. Please arrive 15 minutes early for set up.

Anne Gordon Center for Active Adults

Android Phone Refresh

Apr 28 W 2:15-5:15PM Fee: \$0

Five Points Center for Active Adults

Computer Basics Refresh

Apr 27 Tu 2:15-5:15PM Fee: \$0

Walnut Terrace Center

Android Phone Refresh

Apr 5 M 2:15-5:15PM Fee: \$0

iPhone Refresh

Apr 26 M 2:15-5:15PM Fee: \$0



Tips on Purchasing a Computer

You're finally ready to purchase a computer, but you can't decide what type of computer you should get. Before you go to the store, let us help you understand the differences between a laptop, desktop, and tablet and all the tech that can be found in each.

Five Points Center for Active Adults

Apr 20 Tu 2:00-4:00PM Fee: \$6

EDUCATIONAL

Healthy Cooking Group

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 to 10 patrons per day. Masks and wellness checks are required for entry.

Anne Gordon Center for Active Adults

Apr 1-Apr 29 Th 1:00-3:00PM Fee: \$0

Herb Gardening

Learn about easy to grow herbs and how to enjoy them as plants, flowers, fragrance, and food enhancers. Instructor will bring sample cuttings to share. Instructor: Janet Harrison

Walnut Terrace Center

Apr 28 W 2:00-4:00PM Fee: \$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

Apr 15 Th 1:00-2:30PM Fee: \$0

FITNESS

Fitness classes may be held indoors, outdoors, or a combination of the two. If an outdoor class is cancelled due to weather a credit will be issued. Classes listed as indoors/outdoors will primarily be held outdoors if weather is good and will be moved indoors when needed. Credits will not be issued for indoor/outdoor classes that are relocated due to weather. Some outdoor classes have scheduled outdoor make up days. Credits will not be issued for outdoors classes that are made up on an alternate day.

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 *indoors*

Apr 7-Apr 28 W 12:30-1:30PM Fee: \$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 differ by instructor. All classes are beginner level with chair support unless otherwise noted.

Anne Gordon Center for Active Adults *indoors/outdoors*

Instructor: Val Salinas

Apr 6-Apr 27 Tu 9:15-10:00AM Fee: \$12

Apr 8-Apr 29 Th 9:15-10:00AM Fee: \$12

Intermediate outdoors

Apr 8-Apr 29 Th 10:30-11:15AM Fee: \$12

Halifax Community Center *indoors*

Instructor: Journonya Harris-Rayner

Apr 6-27 Tu 11:45AM-12:30PM Fee: \$5

Laurel Hills Community Center *indoors*

Instructor: Bettie Ittenbach

Apr 7-Apr 28 W 10:15-11:15AM Fee: \$12

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 *indoors*

Balance Fitness- Chair Based

Apr 1-Apr 29 Th 12:30-1:15PM Fee: \$15



Cardio Sculpt

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

Virtual Delivery via WebEx

Apr 5-Apr 26 M 1:00-1:45PM Fee: \$12

Gentle Stretch

Participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor: Sue Payne.

Five Points Center for Active Adults *indoors*

Apr 1-Apr 29 Th 1:30-2:15PM Fee: \$15

Line Dance for Active Adults

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

Anne Gordon Center for Active Adults *indoors*

Instructor: Jackie Wheeler

Introductory/Beginner

Apr 9-Apr 30 F 1:00-1:45PM Fee: \$12

Adv. Beginner/Improver Level

Apr 9-Apr 30 F 2:15-3:15PM Fee: \$12

Five Points Center for Active Adults *indoors*

Instructor: Mitzi Kelly

Adv. Beginner/Improver Level

Apr 12-Apr 26 M 1:00-2:00PM Fee: \$0

Intermediate Level

Apr 12-Apr 26 M 2:15-3:15PM Fee: \$0

Pilates for Active Adults

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

Abbotts Creek Community Center *indoors*

Apr 1-Apr 29 Th 1:15-2:00PM Fee: \$15

Virtual Delivery via WebEx

Apr 7-Apr 28 W 2:00-2:45PM Fee: \$12

Qi Gong

Qi Gong, the ancient Chinese practice of meditation with movement, uses 24 simple motions to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. Practice guided visualization, simple motion and balance exercises to improve strength and fluidity of movement, promoting bone and joint health. Instructor: Kathy Bundy

Anne Gordon Center for Active Adults *Indoors*

Apr 6-Apr 27 Tu 11:45AM-12:30PM Fee: \$12

Five Points Center for Active Adults *indoors/outdoors*

Apr 6-Apr 27 Tu 9:15-10:00AM Fee: \$12

Apr 9-Apr 30 F 9:15-10:00AM Fee: \$12

Silver Cardio

Classes start with basic warm-up moves, followed by 30 minutes of moderate-impact moves, including gentle boxing, floor exercises and balance elements. Break a sweat and have lots of fun! Instructor: Bettie Ittenbach

Virtual Delivery via WebEx

Apr 1-Apr 29 Th 1:00-1:45PM Fee: \$15

Soul Line Dance

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-Rayner

Five Points Center for Active Adults

Apr 6-27 Tu 1:00-1:45PM Fee: \$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 *indoors*

Apr 5-Apr 26 M 10:30-11:30AM Fee: \$12



Tai Chi for Active Adults

Tai chi is an ancient form of movement that uses low-impact, slow-motion moves to promote health and improve coordination, balance, and mental focus. *Beginner Sun Style:* There are 21 movements in this set. The focus is on balance and learning movements. *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:* Pre-requisite Intermediate Sun Style. This class teaches the first half of the Sun 73 Long Form movements.

Weather make-up day is Thursday at the same times.

Millbrook Exchange Tennis Center *Outdoors*

Instructor: Rita Shaloiko

Beginner/Intermediate Sun Style

Apr 5-Apr 26 M 1:00-1:45PM Fee: \$12

Advanced Sun Style

Apr 5-Apr 26 M 2:15-3:00PM Fee: \$12

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 differ by instructor, difficulty/impact level, and option to use a chair for support. **Virtual**

Delivery via WebEx

Instructor: Meg Berg

Apr 7-Apr 28 W 1:00-1:45PM Fee: \$12

Yoga: Chair

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 *indoors*

Instructor: Mary Flournoy

Apr 5-Apr 26 M 9:15-10:00AM Fee: \$12

Five Points Center for Active Adults *indoors*

Instructor: Brenda Cleveland

Apr 6-Apr 27 Tu 10:30-11:30AM Fee: \$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. Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

Anne Gordon Center for Active Adults *indoors*

Instructor : Mary Flournoy

Apr 5-Apr 26 M 10:30-11:15AM Fee: \$12

Five Points Center for Active Adults *indoors*

Instructor: Brenda Cleveland

Apr 7-Apr 28 W 10:30-11:30AM Fee: \$12

Millbrook Exchange Tennis Center *outdoors*

Instructor: Mary Flournoy

Apr 7-Apr 28 W 1:00-1:45PM Fee: \$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 fun moves and party-like atmosphere feel friendly. Modifications will be provided for all fitness levels.

Anne Gordon Center for Active Adults *Outdoors*

Instructor: Leann Swanson

Apr 9-Apr 30 F 9:15-10:00AM Fee: \$12



SOCIAL

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

Apr 22 Th 2:00-4:00PM Fee: \$0

Healthy Cooking Group

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 to 10 patrons per day.

Anne Gordon Center for Active Adults

Apr 1-Apr 29 Th 1:00PM-3:00pm Fee: \$0

Journey Through Maya Angelou's Life

This book discussion group will follow Maya Angelou's life journey by reading and discussing her works. You may choose to read all the selected works or just your favorites. Discussions may be attended online via WebEx or in-person. Please register accordingly.

Walnut Terrace Center

I Know Why the Caged Bird Sings In-person Discussion

Apr 20 Tu 6:00-8:30PM Fee: \$3

Virtual Delivery via WebEx

I Know Why the Caged Bird Sings – Virtual Discussion

Apr 20 Tu 6:00-8:30PM Fee: \$3

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. Pre-registration is required, please call 919-996-4720 to reserve your seat. Seating is limited.

Fridays 10AM-12:30PM and 2-4:30PM Fee: \$0

Apr 9 Emma Drama PG

Apr 16 Promising Young Woman Thriller R

Apr 23 News of the World Drama PG-13

Apr 30 Soul Animated PG

Parking Lot Trivia

Enjoy 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. Pre-registration is required.

Five Points Center for Active Adults

Mar 16-Apr 20 Tu 1:00-2:00PM Fee: \$0

Round Table Discussion: Climate Change

Join a round table discussion to explore climate change. We will discuss resources, community efforts, and the choices individuals make daily that affect our planet.

Walnut Terrace Center

Apr 21 W 12:30-2:00PM Fee: \$0

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

Apr 7-Apr 28 W 1:00-3:00PM Fee: \$0