

# Active Adult Program

## June-August Classes



5/24/21

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](https://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

### Drawing: Introduction Part 2

This class is for students who have taken a basic drawing class. Students will explore surface textures and composition. Supply list will be provided upon registration.

**Five Points Center for Active Adults** *Tracie Fraccaso*  
 Jun 4-Jul 25 F 2:00-4:00PM Fee: \$40

### Mixed Media and College

*Tracie Fraccaso*

Students will study the history of collage/mixed media including contemporary art of today. 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. Supply list provided upon registration.

**Five Points Center for Active Adults**  
 Jul 9-Jul 30 F 1:00-4:00PM Fee: \$60

### Painting- Intermediate Watercolor

*Nancy Carty*

This painting class is organized for the student who have experience working with watercolor and want to develop their skill level. 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.

**Five Points Center for Active Adults**  
 Jul 14-Aug 18 W 10:00AM-1:00PM Fee: \$90

### Painting: Acrylic & Oil

*Tracie Fraccaso*

This basic painting class for acrylic and oil painters of 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 old masters paintings. Supply list given upon registration.

**Five Points Center for Active Adults**  
 Jul 27-Aug 17 Tu 1:00-4:00PM Fee: \$60

### Painting: Acrylic & Oil Portrait Painting

*Tracie Fraccaso*

This class, open to all levels, 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. Supply list provided upon registration.

**Five Points Center for Active Adults**  
 Jun 29-Jul 20 Tu 1:00-4:00PM Fee: \$60

### Painting: Acrylic Intermediate

*Nancy Carty*

This class focuses on application, value placement, color harmony, and composition. Students are welcome to bring personal reference photos and work on individual projects. Students who need structure are encouraged to work from an assignment provided by the instructor. Geared to those with prior painting experience with Acrylics.

**Five Points Center for Active Adults**  
 Jul 12-Aug 16 M 9:30AM-12:30PM Fee: \$90

### Painting: Acrylic and Oil Still Life

*Nancy Carty*

This basic painting class for both acrylic and oil painters of all levels teaches how to handle, mix and apply paint. They will also study composition. Students may work from still lifes, photos or old masters and may select their own subject/genre. Supplies list provided upon registration.

**Five Points Center for Active Adults**  
 Jun 1-Jun 22 Tu 1:00-4:00PM Fee: \$60

### Painting: Oil Advanced

*Nancy Carty*

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**  
 Jul 12-Aug 16 M 1:00-4:00PM Fee: \$90



## Computer

For more information on computer classes, contact Tommy Hodges at [Thomas.hodges@raleighnc.gov](mailto:Thomas.hodges@raleighnc.gov) or 919)996-2458.

### Amazon Alexa Basics 1

Alexa is a virtual assistant that can check the calendar, weather, traffic, sports scores, manage to-do and shopping lists, control smart lights, thermostats, garage doors, and more. Learn about the two-way intercom feature that allows you to talk to a family member inside your home from any location, home or away.

#### Five Points Center for Active Adults

Jun 15 Tu 2:00-4:00PM Fee: \$6  
Aug 10 Tu 2:00-4:00PM Fee: \$6

### Android Phone Basics 1

Learn to create contacts, text, make calls, take & share photos, connect to Wi-Fi and how to get directions using Google Maps. Please bring your Android phone, and Android account info

#### Anne Gordon Center for Active Adults

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

#### Walnut Terrace Center

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

### Android Phone Basics 2

Prerequisite: Android Phone Basics 1. Learn to use Google Assistant, Google Play Store to download and install apps, quick settings, calendar, clock, alarm, and memos. Bring your Android Phone and Android Account Info (typically your GMAIL account).

#### Five Points Center for Active Adults

Jul 1-Jul 8 Th 2:00-3:30PM Fee: \$12  
Aug 12-Aug 19 Th 2:00-3:30PM Fee: \$12

### Android Tablet 1

Did you recently purchase an Android Tablet but don't know how to use it? Register today and learn on your own device! Bring your account information and tablet.

#### Anne Gordon Center for Active Adults

Jun 2-Jun 9 W 10:00-11:30AM Fee: \$12

#### Five Points Center for Active Adults

Jul 29-Aug 5 Th 2:00-3:30PM Fee: \$12

### Android Tablet Basics 2

Join us for the second installment of our Android Tablet series titled Android Tablet Basics 2. Please bring your own tablet and account information. .

#### Anne Gordon Center for Active Adults

Jun 16-Jun 23 W 10:00-11:30AM Fee: \$12

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

Learn to get car rides deliveries using apps on your smart phone! 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

Aug 18 W 10:00AM-12:00PM Fee: \$6

#### Five Points Center for Active Adults

Jun 29 Tu 10:00AM-12:00PM Fee: \$6

### Apple Time Machine: How to back up your Apple Computer

Apple's Time Machine comes on all Apple computers and allows you to back up EVERYTHING on your Apple laptop. Learn to use Time Machine to back up your computer to an external hard drive and how to create a disk image and a boot disk.

#### Anne Gordon Center for Active Adults

Aug 25 W 2:00-4:00PM Fee: \$12

### Chromecast Basics 1

Chromecast can stream things to your television and make a dumb tv smart. Get a better understanding of what it means to stream! There are no prerequisites for this class. However, if you are interested in more information about cable television options, consider the Cutting the Cord class.

#### Five Points Center for Active Adults

Jun 29 Tu 2:00-3:30PM Fee: \$0  
Jun 3 Th 10:00-11:30AM Fee: \$0  
Jul 6 Tu 10:00-11:30AM Fee: \$0

### Computer Basics 2

*Prerequisite: Computer Basics 1*

Learn the basics of Windows 10, how to save and find files, how to surf the web, save favorites, and shop safely.

#### Five Points Center for Active Adults

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

### Computer Basics 3

*Prerequisite: Computer Basics 1*

Learn to save files, create folders, delete files, create a disk image, a boot disk, and use File History to backup your computer.

#### Five Points Center for Active Adults

Jun 3-Jun 10 Th 2:00-3:30PM Fee: \$12  
Aug 10-Aug 17 Tu 10:00-11:30AM Fee: \$12

### Computer Basics 4

*Prerequisite: Computer Basics 1 & 2*

Learn more about the Windows 10 operating system. Topics include Windows troubleshoot, quick actions, sharing files, night light, snip & sketch, Windows Updates, and OneDrive.

#### Five Points Center for Active Adults

Jun 17-Jun 24 Th 2:00-4:00PM Fee: \$12  
Aug 24-Aug 31 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

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

#### Five Points Center for Active Adults

Jul 6 Tu 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 is evolving onto various platforms: cable, satellite, antenna, and online. Learn the steps people are taking to 'cutting the cord'.

#### Anne Gordon Center for Active Adults

7-Jun 14 M 10:00-11:30AM Fee: \$12

16-Jun 23 W 2:00-3:30PM Fee: \$12

#### Five Points Center for Active Adults

Jul 27-Aug 3 Tu 2:00-3:30PM Fee: \$12

### Electronic Coupons

Learn to collect coupons using an apps on your smart phone We will show you how to redeem them to save some dough at the register! Covered stores include Harris Teeter, Target, Whole Foods, Food Lion, Publix, and Lidl.

#### Five Points Center for Active Adults

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

### Excel Basics 1 *Prerequisite: Computer Basics 1, 2, and 3*

Use a template to create and maintain a monthly budget. This project will allow you to learn the basics of Excel while building a budget. Charts, cells, tables, rows, and basic formulas

#### Anne Gordon Center for Active Adults

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

#### Five Points Center for Active Adults

Jun 1 Tu 10:00AM-12:00PM Fee: \$6

Jul 8 Th 10:00AM-12:00PM Fee: \$6

Aug 26 Th 10:00AM-12:00PM Fee: \$6

### Gimp Photo Editing Basics 1 *Prerequisite: Computer 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. or equivalent computer knowledge.

#### Anne Gordon Center for Active Adults

Jun 2-Jun 9 W 2:00-3:30PM Fee: \$12

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

### GMAIL Basics 1

*Prerequisite: Computer Basics 1 & 2*

Learn to create/use a free email account using Google's GMAIL.

#### Five Points Center for Active Adults

Aug 24 Tu 2:00-4:00PM Fee: \$6

### Google Applications Overview *Prerequisite: Computer Basics 1*

In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Google Docs, Calendar, and others.

#### Anne Gordon Center for Active Adults

Aug 4-Aug 11 W 2:00-3:30PM Fee: \$12

#### Five Points Center for Active Adults

Jun 15-Jun 22 Tu 10:00-11:30AM Fee: \$12

### Google Chrome Intro

*Prerequisite: Computer Basics 1*

Chrome provides quick answers in your address bar, one-click translation, and personalized articles. Plus learn how to install other software applications called extensions into Chrome. Class will install and use the Internet browser Google Chrome

#### Anne Gordon Center for Active Adults

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

### Google Photos Intro

Learn basic photo editing, photo sharing, and steps to create a photo book using Google Photos app. Please bring your own smart phone, iPad or tablet, and your Google Account info.

#### Anne Gordon Center for Active Adults

21-Jun 28 M 10:00-11:30AM Fee: \$12

### 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, apps, and music online! It also lets you sync multiple devices. or Intermediate user. Bring your Apple device, your Apple ID and password.

#### Anne Gordon Center for Active Adults

Jul 28 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.

#### Anne Gordon Center for Active Adults

Jun 30 W 10:00AM-12:00PM Fee: \$6

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



### iPad Basics 1

Learn to 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, camera, control panel and more! Bring your iPad, Apple ID & Password.

#### Anne Gordon Center for Active Adults

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

### iPad Basics 2

*Prerequisite: iPad/iPhone Basics 1*

Learn to use the Mail app, download/manage Apps from Apple Store, customize notification settings, manage contacts, use the calendar, Maps, Weather, Safari, Mail, Messages, and Customize Control Center. Bring your iPad, Apple ID/Password.

#### Anne Gordon Center for Active Adults

Aug 9-Aug 16 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! or Intermediate user. Bring your iPad, Apple ID and password.

#### Anne Gordon Center for Active Adults

Jun 22 Tu 2:00-4:00PM Fee: \$6

Aug 25 W 10:00AM-12:00PM Fee: \$6

### iPhone Basics 1

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

#### Five Points Center for Active Adults

Jun 10-Jun 17 Th 10:00-11:30AM Fee: \$12

Aug 12-Aug 19 Th 10:00-11:30AM Fee: \$12

### 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

Jun 24-Jul 1 Th 10:00-11:30AM Fee: \$12

### Microsoft Word Basics 1

*Prerequisite: Computer Basics 1 & 2*

Microsoft Word is a program that you can use to create many different documents. Learn to change font, create a bulleted list, format the page, insert tables/pictures/clip art, use the built-in dictionary/thesaurus and more!

#### Five Points Center for Active Adults

Jun 8 Tu 10:00AM-12:00PM Fee: \$6

Jul 29 Th 10:00AM-12:00PM Fee: \$6

Aug 5 Th 10:00AM-12:00PM Fee: \$6

#### Walnut Terrace Center

Aug 23 M 2:00-4:00PM Fee: \$6

### New To Computers 1

Learn the essentials to using a computer. We break down the essentials for you to get online to explore, shop, pay bills, find out when a store opens/closes, get directions and more! Learn how to use a mouse, how to play online games.

#### Walnut Terrace Center

Jun 14 M 2:00-4:00PM Fee: \$0

### New to Email

Email is a form of communication that citizens and businesses use daily. We will show you how to set up and use GMAIL in this 2 hour long class. \*A computer will be provided\*

#### Walnut Terrace Center

Jun 7 M 2:00-4:00PM Fee: \$0

### Pinterest Basics 1

*Prerequisite: Computer Basics 1 and 2*

Learn to utilize Pinterest to find interesting projects, recipes and crafting ideas. This class will teach you how to create an account plus explore recipes, projects, and hobbies from likeminded enthusiasts based on your interests. You must have an email account.

#### Five Points Center for Active Adults

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

### TechRefresh

TechRefresh allows students who have previously completed a Digital Inclusion Adult Technology class to return and ask questions about the material. Only those who have completed a course related to the refresh topic are eligible to participate.

#### Five Points Center for Active Adults

##### Android Phone Refresh

Jun 1 Tu 2:15-5:15PM Fee: \$0

##### Walnut Terrace Center

##### Android Phone Refresh

Aug 16 M 2:15-5:15PM Fee: \$0

##### Computer Basics Refresh

Aug 9 M 2:15-5:15PM Fee: \$0



### *iPhone Refresh*

Jul 5 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.

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

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

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

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

## **Educational**

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

Learn the pros and cons of aging-in-place. We will share some of the most effective strategies and resources available for living safely and independently in your home as you get older.

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

Jul 29 Th 11:00AM-12:00PM Fee: \$0

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

Aug 12 Th 2:30-3:30PM Fee: \$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**

Jul 6-Aug 3 1<sup>st</sup> Tu 9:30-10:15AM Fee: \$0

### **Creating a Smooth Move**

Susan Stanhope, a certified Senior Move Manager® and owner of Move Elders With Ease®, will share tips for downsizing to make your move more relaxing and less stressful.

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

Jul 27 Tu 11:00AM-12:00PM Fee: \$0

### **Finance: Government Benefits for Long Term Care**

The cost of Long-Term Care often exceeds \$10,000/month. Learn various government benefit programs and how to qualify, including Veteran's Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

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

Aug 10 Tu 11:00AM-12:00PM Fee: \$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. Learn about Medicare and get answers to your questions.

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

Jul 8 Th 10:00AM-12:00PM Fee: \$0

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

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.

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

Jul 22 Th 2:30-3:30PM Fee: \$0

### **Finance: The Truth About Living Trusts**

This presentation by Tom McCuiston of the McCuiston Law Firm takes the mystery out of living trusts and explains when a trust is necessary and when it is not.

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

Aug 24 Tu 2:30-3:30PM Fee: \$0

### **Finance: Understanding Beneficiary Designations**

Beneficiary designations are an important part of an estate plan. Learn how to avoid common problems. Presented by Huston Law, PLLC and Carolina Estate Counsel.

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

Jul 20 Tu 2:30-3:30PM Fee: \$0

### **Finance: Veterans' Aid and Attendance Benefits**

Learn about Veterans' benefits that help cover the cost of skilled nursing, assisted living, or professional in-home care. Presented by Huston Law, PLLC and Carolina Estate Counsel.

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

Aug 19 Th 2:30-3:30PM Fee: \$0

### **Health Talks with Dr. Baldwin**

Dr. Casey Baldwin, RFS Senior Care Pharmacist will be on-site monthly to discuss important health topics for older adults. Topics include chronic illnesses and strategies for healthy living. Sponsored by Resources for Seniors.

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

Jul 6-Aug 3 1<sup>st</sup> Tu 10:15-11:15AM Fee: \$0



### **If Not Home, Where Then?**

This seminar will help people evaluating a possible move from their home to independent or assisted living. Signs that perhaps home is no longer the best place to live will be covered. A Geriatric Advocate will present the various options including independent living, assisted living, continuous care retirement communities, and residential home care. Learn what to consider and evaluate in terms of where to live and leave with an understanding of the various living options.

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

Aug 17 Tu 2:30-3:30PM Fee: \$0

### **Know Your Property's Title and Deed**

This presentation explores voluntary and involuntary transfer of Title and the various deeds involved in selling or buying a home, as well as the four deeds on property-General Warranty, Special Warranty, Quitclaim, and Special Purpose. Presented by Lila Martin of Allen Tate Real Estate.

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

Aug 10 Tu 2:30-3:30PM Fee: \$0

### **Legal: Important Documents Everyone Should Have**

Learn what core documents make up the foundation of a good estate plan - you need more than a will! Presented by Huston Law Firm, LLC and Carolina Estate Counsel.

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

Jul 13 Tu 11:00AM-12:00PM Fee: \$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.

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

Aug 3 Tu 2:30-3:30PM 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 for Active Adults**

Jun 2-Jun 30 W 12:30-1:30PM Fee: \$15

Jul 7-Jul 28 W 12:30-1:30PM Fee: \$12

Aug 4-Aug 25 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**

*Instructors: Journonya Harris (Tu) Valerie Salinas (Th)*

Jun 1-Jun 29 Tu 9:15-10:00AM Fee: \$15/\$30

Jun 3-Jun 24 Th 9:15-10:00AM Fee: \$12

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

Jul 1-Jul 29 Th 9:15-10:00AM Fee: \$15/\$30

Aug 3-Aug 31 Tu 9:15-10:00AM Fee: \$15

#### *AIM Intermediate (without chairs)*

Jun 1-Jun 29 Tu 10:30-11:15AM Fee: \$15

Jun 3-Jun 24 Th 10:30-11:15AM Fee: \$12

Jul 6-Jul 27 Tu 10:30-11:15AM Fee: \$12

Jul 1-Jul 29 Th 10:30-11:15AM Fee: \$15

Aug 3-Aug 31 Tu 10:30-11:15AM Fee: \$15

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

*Instructor: Bettie Ittenbach*

Jun 2-Jun 30 W 9:15-10:00AM Fee: \$15

Jul 7-Jul 28 W 9:15-10:00AM Fee: \$12

Aug 4-Aug 25 W 9:15-10:00AM 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.

*Instructor: Sue Payne*

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

##### *Chair Based*

Jun 3-Jun 24 Th 12:30-1:15PM Fee: \$12

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

Aug 5-Aug 26 Th 12:30-1:15PM Fee: \$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. Get a healthy heart and sculpted muscles all in one class.

*Abbotts Creek Community Center Instructor: Raquel Robinson*

Jun 1-Jun 29 Tu 9:30-10:15AM Fee: \$12

Jul 6-Jul 27 Tu 9:30-10:15AM Fee: \$12

Aug 3-Aug 31 Tu 9:30-10:15AM Fee: \$15

Jun 3-Jun 24 Th 9:30-10:15AM Fee: \$9

Jul 1-Jul 29 Th 9:30-10:15AM Fee: \$15

Aug 5-Aug 26 Th 9:30-10:15AM Fee: \$12



### Five Points Center for Active Adults

*Instructor: Sue Payne*

Jun 3-Jun 24 Th 2:30-3:15PM Fee: \$12  
Jul 1-Jul 29 Th 2:30-3:15PM Fee: \$15  
Aug 5-Aug 26 Th 2:30-3:15PM Fee: \$15

*Instructor: Meg Berg*

Jun 4-Jun 25 F 10:15-11:00AM Fee: \$9  
Jul 2-Jul 30 F 10:15-11:00AM Fee: \$15  
Aug 6-Aug 27 F 10:15-11:00AM Fee: \$12

### Virtual Delivery via WebEx

*Instructor: Sue Payne*

Jun 7-Jun 28 M 1:00-1:45PM Fee: \$12  
Jul 12-Jul 26 M 1:00-1:45PM Fee: \$9  
Aug 2-Aug 30 M 1:00-1:45PM Fee: \$15

### Dance Xross Fitness

This fun, high-energy class combines dance fitness, kickboxing moves, strength training and soul line dancing. *Linda Thomas*

### Anne Gordon Center for Active Adults

Jun 7-28 M 11:45AM-12:30PM Fee: \$12  
Jul 12-Jul 26 M 11:45AM-12:30PM Fee: \$9  
Aug 2-Aug 30 M 11:45AM-12:30PM 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. *Sue Payne.*

### Five Points Center for Active Adults

Jun 3-Jun 24 Th 1:30-2:15PM Fee: \$15  
Jul 1-Jul 29 Th 1:30-2:15PM Fee: \$15  
Aug 5-Aug 26 Th 1:30-2:15PM Fee: \$12

### Line Dance for Active Adults

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

### Anne Gordon Center for Active Adults

*Introductory/Beginner (little to no experience)*

Jun 4-Jun 25 F 1:00-1:45PM Fee: \$9  
Jul 2-Jul 30 F 1:00-1:45PM Fee: \$15  
Aug 6-Aug 27 F 1:00-1:45PM Fee: \$12

*Adv Beginner/Improver (solid experience)*

Jun 4-Jun 25 F 2:15-3:15PM Fee: \$9  
Jul 2-Jul 30 F 2:15-3:15PM Fee: \$15  
Aug 6-Aug 27 F 2:15-3:15PM Fee: \$12

### Five Points Center for Active Adults

*Instructor: Mitzi Kelly*

*Adv. Beginner/Improver Level*

Jun 7-Jun 28 M 1:00-2:00PM Fee: \$0  
Jul 12-Jul 26 M 1:00-2:00PM Fee: \$0  
Aug 2-Aug 30 M 1:00-2:00PM Fee: \$0

### Intermediate Level

Jun 7-Jun 28 M 2:15-3:15PM Fee: \$0  
Jul 12-Jul 26 M 2:15-3:15PM Fee: \$0  
Aug 2-Aug 30 M 2:15-3:15PM Fee: \$0

### Line Dance open Studio

Join us for this fun and informal line dance open studio time. There is not an instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends! Participants should have some line dancing experience and know the basic steps.

### Anne Gordon Center for Active Adults

Jun 1-Jun 29 Tu 3:45PM-4:45PM Fee: \$0  
Jul 6-Jul 27 Tu 3:45PM-4:45PM Fee: \$0

### Pilates for Active Adults

Pilates offers a holistic approach to fitness. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles; improve flexibility and balance; and strengthen your core. Modifications are shown for those with back, knee and neck issues.

### Five Points Center for Active Adults

*Instructor: Meg Berg*

Jun 3-Jun 24 Th 9:15-10:00AM Fee: \$12  
Jul 1-Jul 29 Th 9:15-10:00AM Fee: \$15  
Aug 5-Aug 26 Th 9:15-10:00AM Fee: \$12

*Instructor: Melissa Hinton*

Jun 4-25 F F 12:30-1:30PM Fee: \$12  
Jul 2-Jul 30 F 12:30-1:30PM Fee: \$15  
Aug 6-Aug 27 F 12:30-1:30PM Fee: \$12

### Virtual Delivery via WebEx

*Instructor: Meg Berg*

Jun 2-Jun 30 W 2:00-2:45PM Fee: \$15  
Jul 7-Jul 28 W 2:00-2:45PM Fee: \$12  
Aug 4-Aug 25 W 2:00-2:45PM Fee: \$12

### Qi Gong

Learn the 24 simple movements of qigong (chee-gong) designed to promote energetic and internal organ health. Practitioners think that the movements create good energy flow in the body and contribute to overall health. Beginners welcome; accommodations for all levels. *Qi Gong for Joint Health* combines guided visualization, simple motion, and balance to improve strength and fluidity for bones and joints. The class is conducted both sitting and standing. *Instructor: Kathy Bundy*



### Anne Gordon Center for Active Adults

#### Qi Gong

Jun 1-Jun 29	Tu	11:45AM-12:30PM Fee: \$15
Jul 6-Jul 27	Tu	11:45AM-12:30PM Fee: \$12
Aug 3-Aug 31	Tu	11:45AM-12:30PM Fee: \$15
Jun 4-Jun 25	F	10:45-11:30AM Fee: \$9
Jul 2-Jul 30	F	10:45-11:30AM Fee: \$15
Aug 6-Aug 27	F	10:45-11:30AM Fee: \$12

#### Qi Gong for Joint Health

Jun 4-Jun 25	F	11:45AM-12:30PM Fee: \$9
Jul 2-Jul 30	F	11:45AM-12:30PM Fee: \$15
Aug 6-Aug 27	F	11:45AM-12:30PM Fee: \$12

### Five Points Center for Active Adults

#### Qi Gong

Jun 1-Jun 29	Tu	9:15-10:00AM Fee: \$12
Jul 6-Jul 27	Tu	9:15-10:00AM Fee: \$12
Aug 3-Aug 31	Tu	9:15-10:00AM Fee: \$15
Jun 4-Jun 25	F	9:15-10:00AM Fee: \$9
Jul 2-Jul 30	F	9:15-10:00AM Fee: \$15
Aug 6-Aug 27	F	9:15-10:00AM Fee: \$12

### 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, strength, and concentration; periods of sustained relaxation; and stress relief. Seated modifications available for those with physical limitations.

### Anne Gordon Center for Active Adults

Instructor: My Hao Tran

Jun 2-Jun 30	W	11:45AM-12:30PM Fee: \$15
Jul 7-Jul 28	W	11:45AM-12:30PM Fee: \$12
Aug 4-Aug 25	W	11:45AM-12:30PM Fee: \$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 welcome. *Journonya Harris-Rayner*

### Five Points Center for Active Adults

Jun 2-Jun 30	W	1:45-2:30PM Fee: \$15
Jul 7-Jul 28	W	1:45-2:30PM Fee: \$12
Aug 4-Aug 25	W	1:45-2:30PM 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

Jun 7-Jun 28	M	10:30-11:30AM Fee: \$12
Jul 12-Jul 26	M	10:30-11:30AM Fee: \$9
Aug 2-Aug 30	M	10:30-11:30AM Fee: \$15

### 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. *Rita Shaliko*

### Anne Gordon Center for Active Adults

#### Beginner Sun Style

Jun 7-Jun 28	M	2:15-3:00PM Fee: \$12
Jul 12-Jul 26	M	2:15-3:00PM Fee: \$9
Aug 2-Aug 30	M	2:15-3:00PM Fee: \$15

#### Intermediate Sun Style

Jun 7-Jun 28	M	3:30-4:15PM Fee: \$12
Jul 12-Jul 26	M	3:30-4:15PM Fee: \$9
Aug 2-Aug 30	M	3:30-4:15PM Fee: \$15

#### Advanced Sun Style

Jun 7-Jun 28	M	1:00-1:45PM Fee: \$12
Jul 12-Jul 26	M	1:00-1:45PM Fee: \$9
Aug 2-Aug 30	M	1:00-1:45PM Fee: \$

### 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

Jun 7-Jun 28	M	9:15-10:00AM Fee: \$12
Jul 12-Jul 26	M	9:15-10:00AM Fee: \$9
Aug 2-Aug 30	M	9:15-10:00AM Fee: \$15
Jun 2-Jun 30	W	2:30-3:15PM Fee: \$15



Jul 7-Jul 28 W 2:30-3:15PM Fee: \$12  
Aug 4-Aug 25 W 2:30-3:15PM Fee: \$12  
**Five Points Center for Active Adults** *Brenda Cleveland*  
Jun 1-Jun 29 Tu 10:30-11:30AM Fee: \$15  
Jul 6-Jul 27 Tu 10:30-11:30AM Fee: \$12  
Aug 3-Aug 31 Tu 10:30-11:30AM Fee: \$12

### Yoga Gentle Floor

Gentle Yoga is can accommodate students of all levels and abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications are suggested, as needed. Bring your own mat.

#### Anne Gordon Center for Active Adults

Jun 7-Jun 28 M 10:30-11:15AM Fee: \$12  
Jul 12-Jul 26 M 10:30-11:15AM Fee: \$9  
Aug 2-Aug 30 M 10:30-11:15AM Fee: \$15  
Jun 2-Jun 30 W 3:45-4:45PM Fee: \$15  
Jul 7-Jul 28 W 3:45-4:45PM Fee: \$12  
Aug 4-Aug 25 W 3:45-4:45PM Fee: \$12

#### Five Points Center for Active Adults

*Instructor: Brenda Cleveland*

Jun 2-Jun 30 W 10:30-11:30AM Fee: \$15  
Jul 7-Jul 28 W 10:30-11:30AM Fee: \$12  
Aug 4-Aug 25 W 10:30-11:30AM 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 easy-to-follow moves and party-like atmosphere feel friendly. Modifications are provided for all fitness levels.

#### Anne Gordon Center for Active Adults

Jun 2-Jun 30 W 10:30-11:15AM Fee: \$15  
Jul 7-Jul 28 W 10:30-11:15AM Fee: \$12  
Aug 4-Aug 25 W 10:30-11:15AM Fee: \$12  
Jun 4-Jun 25 F 9:15-10:00AM Fee: \$9  
Jul 2-Jul 30 F 9:15-10:00AM Fee: \$15  
Aug 6-Aug 27 F 9:15-10:00AM Fee: \$12

## Social

### Journey Through Maya Angelou's Life

This book discussion group will follow Maya Angelou's life journey by reading and discussing her works.

#### Walnut Terrace Center

*Gather Together in My Name*

Jun 15 Tu 6:00-8:30PM Fee: \$3

### 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 provided. No experience needed.

#### Walnut Terrace Center

Jun 17, Jul 15, Aug 19 Th 2:00-4:00PM Fee: \$0

### Movies at Anne Gordon Center for Active Adults

Join us for a movie that just recently left the theaters. Pre-registration is required, please register online through Reclink or call 919-996-4720 to reserve your seat. Seating is limited.

#### Anne Gordon Center for Active Adults

Fridays at 10am-12:30pm and 2:00pm-4:30pm. Fee: \$0

June 4 *Nomadland (encore)* Rated R

June 11 *The Father* Rated R

(June 18 Holiday no movie)

June 25 *Minari* Rated R

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

#### Anne Gordon Center for Active Adults

Jun 3-Jun 24 Th 1:00-3:00PM Fee: \$0