

Active Adult Program

Sep-Dec Classes



Raleigh

Version 8-4-2026-a

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

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

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

Arts

Nov 20	F	3:00-5:00PM Fee: \$0
Dec 18	F	3:00-5:00PM Fee: \$0

Charcoal Trees

Discover the expressive power of charcoal in this hands-on drawing class focused on trees and natural forms. Learn foundational techniques such as shading, texture, and contrast while exploring the beauty and structure of trees. This class offers a relaxed environment to develop your skills and create bold, dynamic artwork. Some Supplies need to be brought to class. See online for supply list or call the Five Points Center for Active Adults front desk 919-996-4730.

Five Points Center

Instructor: Adrienne Garnett

Oct 19 M 2:30-4:30PM Fee: \$12

Drawing Faces

Learn the fundamentals of drawing realistic and expressive faces in this engaging, beginner-friendly class. Explore facial proportions, features, and expressions while developing your observation and sketching skills. Whether you're new to drawing or looking to sharpen your portrait techniques, this class offers a supportive space to grow your artistic confidence. Some supplies need to be brought to class. Supply list is listed online or call the Five Points Center for Active Adults front desk 919-996-4730.

Five Points Center

Instructor: Adrienne Garnett

Oct 2-Nov 6 F 2:30-4:30PM Fee: \$27

Poetry Jam & Creative Writing Throwdown

Join fellow writers and orators in an informal and welcoming space where we are free to craft, read and spit poetry, prose, and spoken word. Whether you're working on a masterpiece or just jotting down thoughts, let's share inspiration and creativity as we unleash the powerful beauty of words. Celestine Wright. Bring your writing, your voice, and your open ear!

Five Points Center

Sep 18 F 3:00-5:00PM Fee: \$0

Oct 16 F 3:00-5:00PM Fee: \$0

Watercolor

Discover the magic of watercolor! It is simply a bag of tricks! The instructor will introduce paper, brushes and other supplies and demonstrate these techniques. Master artists' work will be viewed to display their use of elements and principles of art. Students will have the opportunity to adopt, adapt and/or apply to their own work. Students will practice using elements of texture, value, line, space, shape and form, including the color wheel. Principles of art will be identified and discussed, along with the importance of leaving white space. Students will learn to use these techniques to create their own original art, whether still life, landscape or abstract. You must bring supplies to class. Supply list below, or call the Five Points front desk:

Five Points Center

Instructor: Linda Torena

Sep 1-Oct 6 Tu 10:30AM-12:30PM Fee: \$33

Oct 27-Dec 1 Tu 10:30AM-12:30PM Fee: \$33

Sep 3-Oct 8 Th 10:30AM-12:30PM Fee: \$33

Oct 29-Dec 10 Th 10:30AM-12:30PM Fee: \$33

Art Room Open Studio

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

Five Points Center

Sep 1-Dec 31 Tu & Th 2:00-4:00PM Fee: \$0



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Calligraphy

Participants learn how to utilize different brush strokes to create beautiful lettering. Supply list is listed online or call the Five Points Center for Active Adults front desk 919-996-4730.

Five Points Center

Instructor: Linda Torena

Course

Sep 2-Sep 30 W 10:30AM-12:30PM Fee: \$22

Workshops

Oct 28 W 10:30AM-12:30PM Fee: \$7

Dec 9 W 10:30AM-12:30PM Fee: \$7

Card Making to Lift Spirits

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

Walnut Terrace Center

Thanksgiving

Oct 15 Th 1:00-3:00PM Fee: \$0

Christmas & Winter Holidays

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

Christmas Clay Pot Craft

Create a festive holiday decoration using simple clay pots. Paint, decorate, and assemble a charming Christmas-themed craft that's perfect for your home or as a handmade gift!

Five Points Center

Instructor: Nancy Olsen

Nov 16 M 10:30AM-12:30PM Fee: \$22

Christmas Wreath Craft

Design a beautiful seasonal wreath to brighten your front door or home decor. Personalize your wreath with festive greenery, ribbons, and holiday accents.

Five Points Center

Instructor: Nancy Olsen

Nov 16 M 1:30-4:30PM Fee: \$22

Drum It Up

Join this class to experience first-hand excitement of live drumming. If you are a total beginner, or have a musical background, this is the class for you. All hand drums will be provided or bring your own. We will use a Djembe African hand drum to work on independence, coordination, basic rhythm patterns, ensemble performance and solo improvisation. Each

class will focus on four elements of drumming: Hand exercises, beat patterns with drum tones, ensemble participation and a goal to complete an extended group composition. As a bonus for at home practice, a play along video will be provided! If you want to drum, let's get started! Class limited to 10 participants. Level I Intro/Beginner: No prior musical experience is required. Level II Intermediate: Requires completion of at least one Level I Beginner class or instructor approval for previous drumming experience. This class continues the excitement and techniques of the beginner level and will focus on intermediate/advanced development of hand drumming and the use of sticks. Level III Advanced: Requires completion of Level II Intermediate: Continues with advanced rhythms, beats, utilization of bass drum patterns, improvisation and more. Instructor: Robert Jackson

Anne Gordon Center

Level III Advanced

Sep 4-Oct 23 F 9:15-10:15AM Fee: \$61

Oct 30-Dec 18 F 9:15-10:15AM Fee: \$53.50

Five Points Center

Level II Intermediate

Sep 14-Nov 2 M 9:30-10:30AM Fee: \$61

Nov 9-Dec 21 M 9:30-10:30AM Fee: \$53.50

Level I Beginner

Sep 2-Oct 21 W 9:15-10:15AM Fee: \$61

Level I/II Beginner Part 2/Inter

Oct 28-Dec 30 W 9:15-10:15AM Fee: \$61

Level III Advanced

Sep 2-Oct 21 W 10:30-11:30AM Fee: \$61

Oct 28-Dec 30 W 10:30-11:30AM Fee: \$61

Exploring Art Techniques

Explore art techniques using various materials including acrylic, Indian drawing ink, watercolor and pencils combinations. This class welcomes all levels of artist. Led by instructor Gail.

Walnut Terrace Center

Exploring Collage

Sep 22 Tu 2:30-3:45PM Fee: \$7

Watercolor Fall Motifs

Oct 20 Tu 2:30-3:45PM Fee: \$7

Self Portraits Mix Media Arts

Nov 17 Tu 2:30-3:45PM Fee: \$7

Exploring Collage - Winter

Dec 15 Tu 2:30-3:45PM Fee: \$7

Exploring Origami

Discover the timeless art of Origami, a captivating craft that originated in Japan and has become a beloved hobby worldwide. With Janet leading the way, you'll start with a simple base fold



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and watch it transform into a delightful shape you can show off. No experience needed. Just bring your curiosity and a love for paper! Led by instructor Janet.

Walnut Terrace Center

Bird

Sep 24 Th 1:00-3:00PM Fee: \$3

Basket and/or Clover Leaf

Oct 22 Th 1:00-3:00PM Fee: \$3

Fibers - Weaving Workshop

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

Five Points Center

Instructor: Linda Torena

Sep 9-Oct 7 W 10:30AM-12:30PM Fee: \$11

Nov 4-Dec 2 W 10:30AM-12:30PM Fee: \$11

Freshly Brewed Poems

An Afternoon of Open Mic Poetry hosted by Freshly Brewed Poems

Share your poetry, prose, or spoken word every first Wednesday of the month in a non-amplified setting. More of a poetry in-the-round than a traditional open mic, each participant will share one to three poems or 5 minutes of prose each in a comfortable reading circle. There will not be any critique of your work unless you ask, but discussion of the subject may happen. Your choice. While we encourage original material, you may also share with us your favorite authors. Are you just a fan of poetry and spoken word? Come and listen. No obligation to read though we strive to provide a safe space for creatives of all ages, especially those new to open mic reading.

Sign-up and socializing begins at 2:30pm and reading at 3 until 4:30pm. An Afternoon of Open Mic Poetry hosted by Freshly Brewed Poems aims to be an intra-generational gathering of creatives meeting in a safe and mentoring environment. The monthly event is open to all 18 and above.

Five Points Center

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

Oct 7 W 3:00-4:30PM Fee: \$0

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

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

Gourd Bird House Craft

Transform a natural gourd into a unique birdhouse! Learn decorating techniques while creating a charming outdoor accent that birds will love. Taught by crafting instructor, Nancy Olsen.

Five Points Center

Instructor: Nancy Olsen

Sep 14 M 10:30AM-12:30PM Fee: \$22

Gourd Scarecrow Craft

Celebrate the fall season by crafting an adorable scarecrow from a dried gourd. Add paint, fabric, and decorative details to create a one-of-a-kind autumn display.

Five Points Center

Instructor: Nancy Olsen

Sep 14 M 1:30-3:30PM Fee: \$22

Gourd Snowman Craft

Turn a dried gourd into a whimsical snowman that's perfect for winter decorating. Personalize your creation with paint, scarves, hats, and festive embellishments.

Five Points Center

Instructor: Nancy Olsen

Oct 14 W 1:30-4:00PM Fee: \$22

Knitting and Crocheting

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

Anne Gordon Center

Sep 3-Dec 31 Th 2:00-4:00PM Fee: \$0

LGBTQ+ Film Series

Don't miss out on our LGBTQIA+ Film Series screening! Join us for our monthly program on the first and last Tuesday of the month. We will be showcasing films with diverse themes around sexuality and gender. This program is co-hosted with the Carolina Aging Alliance. All folks 18+ are welcome!

Five Points Center

Sep 1 Tu 2:00-4:15PM Fee: \$0

Sep 29 Tu 2:00-4:15PM Fee: \$0

Oct 6 Tu 2:00-4:15PM Fee: \$0

Oct 27 Tu 2:00-4:15PM Fee: \$0

Nov 3 Tu 2:00-4:15PM Fee: \$0

Nov 24 Tu 2:00-4:15PM Fee: \$0

Dec 1 Tu 2:00-4:15PM Fee: \$0

Dec 29 Tu 2:00-4:15PM Fee: \$0

No-Sew Fabric Pumpkins

Create beautiful fabric pumpkins without using a needle or thread. These easy, no-sew decorations are perfect for adding cozy fall charm to your home.



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Five Points Center

Instructor: Kelley Chisholm

Oct 9 F 1:30-4:30PM Fee: \$22

Open Studio with Gail

Do you enjoy painting or always want to give it a try? Would a little guidance and a lot of open space encourage you to explore this practice which so many find therapeutic? Look no further! Gail will be on hand and more than happy to answer art questions or help you get over the painter block you may be experiencing.

Bring your supplies; we have space for storage. We have some supplies you can purchase for a minimal fee to get you started. Paint brushes and easels are available for you to use.

Let's inspire one another and stop making excuses. There is a wall in your home hoping for some fresh artwork! And like most adventures, it is more fun to create with others. This program meets on the 1st & 2nd Tuesday of each month.

Walnut Terrace Center

Sep 8-Dec 8 Tu 2:30-4:00PM Fee: \$0

Pumpkin Jar Craft

Decorate a glass jar to resemble a festive pumpkin that's both decorative and functional. Use it as a centerpiece, candy jar, or seasonal accent.

Five Points Center

Instructor: Nancy Olsen

Oct 14 W 10:30AM-12:00PM Fee: \$22

Quilling

Discover the art of quilling in this engaging class! Learn how to craft basic quilling shapes as Janet demonstrates essential tools and techniques to help you create stunning designs. Connect with fellow crafters on the 2nd Wednesday of each month to share ideas and explore new methods. All tool usage is included. Led by instructor, Janet.

Walnut Terrace Center

Purple Coneflower (Echinacea-shapes, coils, layers)

Sep 9 W 1:00-3:00PM Fee: \$3

Birds (shapes, folds)

Oct 14 W 1:00-3:00PM Fee: \$3

Autumn Leaves (coils & crimping)

Nov 18 W 1:00-3:00PM Fee: \$3

Angel (husking & crimping)

Dec 9 W 1:00-3:00PM Fee: \$3

Raleigh Miniatures Guild

This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets on the 1st and 3rd Thursdays each month.

See club officers at meeting for information on additional fees and dues.

Anne Gordon Center

Sep 3-Dec 17 Th 10:00AM-12:00PM Fee: \$4

Readers Theatre

A wide variety of short and medium length skits are taken from different sources and come alive not only through the words of the authors, the 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 shy people. Participants gather to learn acting and entertain each other by filling a variety of roles (acting experience is not required). This group is a prerequisite for the Readers Theater Performing Ensemble. Commitment to attendance and participation is stressed.

Five Points Center

Sep 14-Dec 21 M 3:00-4:45PM Fee: \$0

Repousse or Metal Foil Art

Discover the art of creating raised metal designs using embossing techniques. Make a stunning decorative piece with intricate textures and patterns that you'll be proud to display.

Five Points Center

Instructor: Adrienne Garnett

Nov 9-Nov 30 M 2:30-4:30PM Fee: \$28

Computer Technology

Microsoft Excel: 2 - Month Training Program

Learn the specifics of this powerful spreadsheet software that is used for data analysis, organization, calculation, and visualization across many job industries, from business and finance to education and personal use. This is a 2-month, instructor led training program that loosely follows the Microsoft Excel Associate course program. A textbook is included. No prerequisites required to take this course other than basic knowledge using a Windows computer. Get comfortable writing formulas and functions and using graphic elements to represent data visually. Learn how to manage worksheets and workbooks, cell and data ranges, tables and table data. Perform operations by using formulas and functions. Additionally, summarize data visually by creating, modifying, and formatting charts/sparklines



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and prepare workbooks for collaboration and distribution. Learn Excel and enhance your resume today!

If you have any questions, please contact your instructor at 919-996-2458. A laptop will be provided.

Five Points Center

Sep 8-Oct 29 Tu & Th 6:00-8:00PM Fee: \$387

Android Phone Basics 1

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

Anne Gordon Center

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

Five Points Center

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

Android Phone Basics 2

Prerequisite: Android Phone Basics 1. Learn about Google Assistant and how you can say or type commands to get help by having Google Assistant tell you how the traffic is, Finding the News, Playing Relaxing Music, Directions, the Weather, and more. Learn about Google Lens which helps you find product prices in stores with only a barcode! Plus learn about the Google Play Store and how to download and install useful apps on your smartphone. Learn how to use your quick settings, calendar settings, Clock, Alarm, and Memos. Please bring your Android Phone because none will be provided. Please know your Android Account Information (typically your GMAIL account).

Anne Gordon Center

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

Five Points Center

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

App Based Taxi and Food/Grocery Delivery Services like UBER

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

Shipt! Prerequisite: You must have knowledge of your smartphone and your phone's App Store.

Five Points Center

Sep 24 Th 10:00AM-12:00PM Fee: \$6

Dec 15 Tu 10:00AM-12:00PM Fee: \$6

Computer Basics 1

Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 11 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants to use the Microsoft store to get free and paid applications for their computer. Plus learn to install and uninstall applications. Understand how to charge, sleep, shutdown, turn on your computer and connect to Wi-Fi. Learn how to go online and search the Internet.

Anne Gordon Center

Oct 21-Oct 28 W 10:00-11:30AM Fee: \$12

Five Points Center

Sep 1-Sep 8 Tu 10:00-11:30AM Fee: \$12

Computer Basics 2

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. Learn the basics of Windows 10 as well as how to use some of the different features and functions. See how to save and find files inside folders that you create using an application (Microsoft Word). Learn how to surf the web, save favorites, and shop safely. Feel confident in understanding how to clear your web browser history as well as passwords your web browser may remember even when you don't want it to. And learn how to download images from the web and find them once you've done so.

Anne Gordon Center

Nov 18-Nov 25 W 10:00-11:30AM Fee: \$12

Five Points Center

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

Computer Basics 3

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. This class goes into detail on how to save and delete files, create folders, and backup your computer. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive. Learn how to create a disk image, a boot disk, and utilize File History to make backups on your computer. Learn how to see how much space items are using on



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your computer. Plus learn how to create zip files, cut, copy, and rename files.

Anne Gordon Center

Dec 9-Dec 16 W 10:00-11:30AM Fee: \$12

Five Points Center

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

Computer Basics 4

This hands-on Windows class is designed to help make your computer feel faster, and more comfortable to use with many customized settings. Learn how to optimize your display to reduce eye strain, manage power settings, personalize your desktop and taskbar, and work confidently with multiple monitors. The class also introduces helpful built-in tools like dictation, virtual desktops, enhanced search, and screen recording. Whether you want to reduce eye strain, improve battery life, or uncover features you didn't know existed, this course gives you practical skills you can use right away. Computers will be provided.

Five Points Center

Oct 20-Oct 27 Tu 2:00-3:30PM Fee: \$12

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

'Cutting the Cord' is a phrase that you hear a lot. Often it is associated with steps to lower your television or cable bill. But what does it mean and how would you even begin? In this class we will look at how television entertainment is evolving onto different types of platforms: cable, satellite, antenna, and online. Learn the steps some people are taking to 'cutting the cord'. But at the end of the day are you really cutting the cord or simply paying for television on a different platform? Is it worth your time to try it? You be the judge.

Anne Gordon Center

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

Five Points Center

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

Excel Basics 1

In Excel Basics 1 you will learn how to use a budget template to create and maintain a monthly budget. This project is a simple project that will allow you to learn some of the basics of using Excel while building a budget. Learn how to create charts and have a good understanding of cells, tables, rows, and basic formulas. Prerequisite: Computer Basics 1, 2, and 3 or a strong understanding of how to use the Windows 10 Operating System.

Five Points Center

Sep 17 Th 10:00AM-12:00PM Fee: \$6

Nov 24 Tu 10:00AM-12:00PM Fee: \$6

Gimp Photo Editing Basics 1

Are you serious about photo editing, but don't want to pay for expensive software? Learn to use GIMP, a photo editing program that can help make your images look unique. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and more. GIMP is like the professional photo editor Adobe Photoshop. Prerequisite: Computer Basics 1' or equivalent computer knowledge.

Anne Gordon Center

Sep 14-Sep 21 M 10:00-11:30AM Fee: \$12

Gimp Photo Editing Basics 2

If you are excited about editing photos with software that has the features of those professional programs, then you should check out GIMP. Back by popular demand here is part 2 of our Gimp Photo Editing series. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use like Adobe Photoshop! For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: "Computer Basics 1", "Gimp Basics 1" or equivalent computer knowledge.

Anne Gordon Center

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

GMAIL Basics 1

In today's digital world, having an email address is a must! From signing up for rewards programs and receiving online receipts to accessing newsletters and booking medical appointments—email is your gateway to staying connected and informed. Learn how to create your own email account. Learn to send, receive, and organize emails. Plus, get tips for managing subscriptions and avoiding spam. Prerequisite: You must have basic computer skills or have completed Computer Basics 1 & 2.

Five Points Center

Nov 3 Tu 10:00AM-12:00PM Fee: \$6

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

Google Applications Overview

Did you know if you have a Google or GMAIL account you have access to many free applications? Everything from word processing to spreadsheets to presentation software is at your



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fingertips for FREE and you probably didn't even know you had access to it. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Google Docs, Calendar, and others. For more information about this class please contact Tommy Hodges at 919-996-2458.

Prerequisite: 'Computer Skills 1' or equivalent.

Anne Gordon Center

Oct 5-Oct 12 M 10:00-11:30AM Fee: \$12

Dec 9-Dec 16 W 2:00-3:30PM Fee: \$12

Google Chrome Intro

You should consider having more than one web browser on your computer for security purposes. A web browser is an application on your computer that allows you to view websites. Learn about the Google Chrome web browser and how it protects you from security issues like phishing and dangerous sites. 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. Prerequisite: Computer Basics 1' or equivalent.

Anne Gordon Center

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

Five Points Center

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

Google Photos Intro

Discover how to enhance, organize, and share your favorite memories in this hands-on introduction to Google Photos. Learn basic photo editing, how to share photos with friends and family, and create albums and photo books. You may bring your own smart phone, iPad or tablet - but it is not required. If you do not have a Google account, we will provide you with the information to create one on your own. If you do not wish to create an account, then you may observe.

Anne Gordon Center

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

Five Points Center

Sep 3-Sep 10 Th 10:00-11:30AM Fee: \$12

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

Alexa is a virtual assistant developed by Amazon that allows you to interact with in your home using a smart speaker called Echo. The Echo Smart Speaker can check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers,

and more by saying commands. Learn about its exciting two-way intercom feature allowing you to talk to a family member inside your home, even if you are outside or miles away! Learn the basic setup.

Five Points Center

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

iCloud Basics for iPad/iPhone

Explore how iCloud works as a virtual hard drive, securely storing photos, videos, documents, and more! Learn how to use Apple's free online productivity tools (like word processing) from any device with a web browser including Windows! Learn how iCloud can help locate a lost Apple device by remotely locking it, playing a sound, erasing it, or providing turn-by-turn directions to its last known location. If you own an Apple product, then you have iCloud. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your Apple device PLUS your Apple ID and password.

Anne Gordon Center

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

Five Points Center

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

Dec 17 Th 10:00AM-12:00PM Fee: \$6

iPad Basics 1

You just got your iPad, now what do you do with it because it certainly didn't come with a manual? Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wi-Fi, use the QR Code reader, Airdrop, open and close Applications, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPad. Must bring: Your own iPad PLUS your Apple ID & Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center

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

Five Points Center

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

iPad Basics 2

This class explores essential gestures and shortcuts that make navigation faster and more intuitive, along with smart settings that help extend battery life, improve display comfort, and fine-tune device behavior. You'll also learn how to manage



notifications, use Focus Mode to reduce distractions, identify trustworthy apps, and shop more efficiently with helpful tools. Additional skills include scanning QR codes, translating text, organizing apps, using Siri for hands-free tasks, and customizing your Control Center with quick-access tools like the flashlight, magnifier, and screen recorder. Must bring your iPad, Apple ID, and password.

Anne Gordon Center

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

Five Points Center

Dec 8-Dec 15 Tu 2:00-3:30PM Fee: \$12

iPad Basics 3

Learn how to stop apps from tracking you, protect your email address from prying eyes, hide your IP address, and let Apple check for compromised passwords. Dive into the powerful privacy, security, and performance features, helping you stay safer. Explore practical tools such as fixing autocorrect issues, creating text shortcuts, enabling dictation, and scanning live text to copy or translate. Additional accessibility features like Shake to Undo and creating a virtual home button help make navigation easier for all users. Learn battery-saving settings, performance improvements, and simple ways to share content and more!

Anne Gordon Center

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

iPhone Basics 1

You just got your iPhone, now what do you do with it because it certainly didn't come with a manual? Learn how to navigate using gestures, manage apps, handle notifications, and create important contacts. The course also covers practical skills like copying and pasting information, adjusting key settings, making and blocking calls, and using emergency and SOS features. Practice texting with speech-to-text, emojis, and photo sharing. Stay organized with reminders and calendar tools. Explore FaceTime, the camera, AirDrop, and the Control Panel for quick access to settings. Please bring your device to class.

Anne Gordon Center

Oct 19-Oct 26 M 10:00-11:30AM Fee: \$12

Five Points Center

Sep 1-Sep 8 Tu 2:00-3:30PM Fee: \$12

iPhone Basics 2

This class explores essential gestures and shortcuts that make navigation faster and more intuitive, along with smart settings that help extend battery life, improve display comfort, and fine-tune device behavior. You'll also learn how to manage notifications, use Focus Mode to reduce distractions, identify trustworthy apps, and shop more efficiently with helpful tools. Additional skills include scanning QR codes, translating text, organizing apps, using Siri for hands-free tasks, and customizing your Control Center with quick-access tools like the flashlight, magnifier, and screen recorder. Must bring your iPhone, Apple ID, and password.

Anne Gordon Center

Nov 2-Nov 9 M 10:00-11:30AM Fee: \$12

Five Points Center

Sep 15-Sep 22 Tu 2:00-3:30PM Fee: \$12

iPhone Basics 3

Learn how to stop apps from tracking you, protect your email address from prying eyes, hide your IP address, and let Apple check for compromised passwords. Dive into the powerful privacy, security, and performance features, helping you stay safer. Explore practical tools such as fixing autocorrect issues, creating text shortcuts, enabling dictation, and scanning live text to copy or translate. Additional accessibility features like Shake to Undo and creating a virtual home button help make navigation easier for all users. And is your phone working slower than usual? You may not need a new phone. See our tips.

Anne Gordon Center

Nov 16-Nov 23 M 10:00-11:30AM Fee: \$12

Five Points Center

Oct 6-Oct 13 Tu 2:00-3:30PM Fee: \$12

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

Stop standing in long lines to register! Learn to confidently search and register for City of Raleigh programs and classes online in this free course. Learn to navigate a RECLINK account using a web browser on a computer, laptop, tablet, or smartphone. The class is ideal for adults who want to save time and avoid long registration lines. Become more comfortable registering and searching for programs online. Basic computer knowledge is recommended, and classroom computers will be available for use. Start registering online today!



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Five Points Center

Nov 10 Tu 2:00-4:00PM Fee: \$0

Microsoft Word Basics 1

Check out Microsoft Word in this hands-on, beginner-friendly class! This course offers a hands-on introduction to creating documents from scratch and customizing professional templates. Learn how to customize text by adjusting fonts, sizes, and spacing, as well as how to build well-organized, bulleted, and numbered lists. The class also explores inserting and formatting tables, adding images, adding WordArt for visual appeal, and using text boxes to highlight important information. Students must have completed Computer Basics 1 & 2 or possess a working knowledge of the Windows Operating System.

Anne Gordon Center

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

Five Points Center

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

TechRefresh

TechRefresh is a free, ongoing support program for students who have completed one of the many technology courses Digital Inclusion has to offer. It offers dedicated one-on-one time with an instructor to revisit any topics covered from a previously attended technology class, get deeper explanations, and troubleshoot challenges one-on-one. You must have completed a course related to the topic. Once registered, a representative will contact you the day before to give you an appointment time. Any questions please contact Tommy Hodges 919-996-2458.

Five Points Center

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

Nov 3 Tu 2:00-4:00PM Fee: \$0

Nov 19 Th 10:00AM-12:00PM Fee: \$0

Tips on Purchasing a Computer

This course is designed to help anyone feeling uncertain about how to choose the right computer for their needs. The class breaks down confusing computer specifications into clear, easy-to-understand explanations so you can make a confident and educated purchase. The first thing for you to figure out is what you want to use it for and which software you'll pair it with. And if you're not sure yet, that's okay — learning about your options now will help you make a smarter choice when you're

ready to decide.

Anne Gordon Center

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

Five Points Center

Oct 22 Th 10:00AM-12:00PM Fee: \$6

AARP Computer/Technology Classes

Anti-Virus & Malware Removal Programs at a Glance

Concerned about viruses and malware? Attend this lecture to learn how to keep your device safe! Did you know that viruses are only one type of malware that can harm your computer? In this lecture, we'll go over different types of malware and how they work. We'll also introduce some anti-virus programs and malware remover software and go over how these tools can be used to prevent and get rid of malware infections. Attend this lecture to learn how to keep your devices safe! Free on-site parking.

Raleigh Pathways Center

Presented by AARP

Nov 5 Th 10:50AM-12:00PM Fee: \$0

Presented by AARP

Nov 12 Th 10:50AM-12:00PM Fee: \$0

Facebook Lecture

Facebook can be a great way to connect with old friends, share life updates, and join social groups. Learn more about this online popular platform. Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook Live? This lecture offers an overview of Facebook's evolution, its most popular features, and tips for getting in on the action. It will also cover privacy settings as well as the role of advertising on Facebook. Free on-site parking is available.

Raleigh Pathways Center

Presented by AARP

Sep 21 M 10:50AM-12:00PM Fee: \$0

Presented by AARP

Sep 24 Th 10:50AM-12:00PM Fee: \$0

Tech Tips for Disaster Preparedness

Technology can play an important role in making sure you're prepared for an emergency. Come to this lecture to find out how. Did you know that technology is an essential part of being prepared for emergencies and natural disasters? In this session, we'll explain how technology can help you prepare. We'll discuss and demonstrate useful features of the FEMA and Red Cross



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apps, including setting alerts. Additionally, we'll review built-in smartphone features that can come in handy in the event of an emergency and explore how to keep phones and essential devices charged during a prolonged power outage. Finally, we'll discuss how you can use social media to get emergency and other important information from local and national authorities. Free on-site parking is available.

Raleigh Pathways Center

Presented by AARP

Sep 17 Th 10:50AM-12:00PM Fee: \$0

Presented by AARP

Oct 12 M 10:50AM-12:00PM Fee: \$0

Understanding Fraud and Scams

Are you scam savvy? Come to this lecture to learn about fraud and scams and how to protect yourself against them. The ability to spot a scam is an essential digital skill. In this lecture, we'll review some of the most common scams, offer tips for avoiding them, and go over what to do if you do get scammed. We'll look at sample emails, texts, and deepfakes to see how AI contributes to the increased spread and complexity of scams. We'll also provide helpful resources for staying informed about the latest scams. Free on-site parking.

Raleigh Pathways Center

Presented by AARP

Nov 2 M 10:50AM-12:00PM Fee: \$0

Presented by AARP

Nov 9 M 10:50AM-12:00PM Fee: \$0

Digital Tools for Brain Health

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

Raleigh Pathways Center

Presented by AARP

Oct 19 M 10:50AM-12:00PM Fee: \$0

Presented by AARP

Oct 22 Th 10:50AM-12:00PM Fee: \$0

Exploring Online Health Resources

Learn to use MedlinePlus and other online tools to search for reliable health information. Did you know that searching a reputable site like MedlinePlus for medical and health-related issues gives better results than Google? During this hands-on

workshop, you'll learn to use medlineplus.gov. You'll search the site and others to explore health information including medications and access tools. Free on-site parking is available.

Raleigh Pathways Center

Presented by AARP

Sep 3 Th 10:50AM-12:00PM Fee: \$0

Presented by AARP

Sep 10 Th 10:50AM-12:00PM Fee: \$0

Educational

History Harvest

Do you have artifacts that you think might be worth donating to Raleigh's historical artifact collection? Do you want to know what a Curator of Collections does? Come and meet Ainsley Powell, Curator of Collections for the City of Raleigh's Historic Resources and Museums Program. She'll be available to answer questions about Raleigh's more than 230-year history, preserving your personal collections, and how to donate to the historical collection.

Five Points Center

Presenter: Ainsley Powell

Oct 1 Th 9:00-11:00AM Fee: \$0

Aging In Place

There is an abundance of home modifications possibilities and products for aging-in-place. This session introduces home modification products and discusses how to determine which home modifications are best suited for personal needs.

Presented by Pinnacle Group Construction.

Anne Gordon Center

Sep 14 M 1:00-2:00PM Fee: \$0

Oct 8 Th 11:00AM-12:00PM Fee: \$0

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

Dec 10 Th 11:00AM-12:00PM Fee: \$0

Alzheimer's Education Series

Provides science-based recommendations on how certain behaviors affect the brain and body and what actions to take to protect your cognitive health. Sponsored by Alzheimer's Association.

Five Points Center

Building Brain-Healthy Habits

Sep 17 Th 1:00-2:30PM Fee: \$0

10 Warning Signs of Alzheimer's

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

Communicating Effectively

Nov 19 Th 1:00-2:30PM Fee: \$0



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The Holidays & Alzheimer's

Dec 17 Th 1:00-2:30PM Fee: \$0

Caregiver Support Group

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

Sponsored by Resources for Seniors Inc

Five Points Center

Sep 14-Dec 14 M 1:30-2:30PM Fee: \$0

Estate Planning Essentials

Join us in this free estate planning seminar. The seminar covers: the basic estate planning documents that everyone needs; what is probate; and the differences between a Will and trust. We will finish with Q&A, so bring your questions! Presented by Kevin Peach, NC Wills and Trusts.

Anne Gordon Center

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

Nov 17 Tu 11:00AM-12:00PM Fee: \$0

Five Points Center

Sep 9 W 2:00-3:30PM Fee: \$0

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

Finance: Medicare 101

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

Anne Gordon Center

Sep 22 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Sep 22 Tu 1:00-2:00PM Fee: \$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 will help cover the cost of long-term care (skilled nursing, assisted living, or professional in-home 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

Dec 15 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Dec 9 W 2:00-3:00PM Fee: \$0

I'm Dead, Now What?

In this session, we'll tackle how to put all your vital info, finances, wishes, and those secret cookie recipes into one place. Turn a tough task into a gift of clarity for your loved ones, because the best goodbye is the one that leaves no guesswork! Taught by Freda Hamlett of Milestone Movers.

Anne Gordon Center

Sep 8 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Sep 1 Tu 10:00-11:30AM Fee: \$0

One Move, Many Futures: Understanding Continuing Care Retirement Communities

Continuing Care Retirement Communities offer a range of living and care options but understanding how they truly work can feel overwhelming. In this session, we'll break down the structure, contracts, and levels of care so you can make informed decisions with confidence. Because the best time to explore your options is before you need them. Taught by Freda Hamlett of Milestone Movers.

Anne Gordon Center

Oct 13 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Oct 6 Tu 10:00-11:30AM Fee: \$0

Parkinson's Disease Dialogue Group

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

Five Points Center

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



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Paying for Long-Term Care

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

Anne Gordon Center

Oct 27 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Oct 14 W 2:00-3:30PM Fee: \$0

Preservation Love: Preserve Your Family History

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

Five Points Center

Instructor: Curator Ainsley Powell

Sep 8 Tu 11:00AM-12:00PM Fee: \$0

Questions Across the Spectrum Discussion

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

Five Points Center

Sep 8-Dec 22 Tu 3:00-4:30PM Fee: \$0

Resources for Seniors: Who Are We and What We Do

Resources for Senior's Regional Service Coordinator will provide an overview of the agency and the many resources they provide to the aging population including programs that assist with locating housing, transportation, in-home care, weatherization, home improvements and Medicare assistance. Presented by Resources for Seniors.

Anne Gordon Center

Nov 24 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Oct 6 Tu 1:30-2:30PM Fee: \$0

Self-Compassion Workshop

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

Anne Gordon Center

Nov 3 Tu 10:30AM-12:30PM Fee: \$0

Five Points Center

Nov 12 Th 9:30-11:30AM Fee: \$0

SHIIP Counseling

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

Anne Gordon Center

Sep 21-Dec 21 M & Th 1:00-4:00PM Fee: \$0

Five Points Center

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

Stage (Not Age): What Chapter Are You In?

Life isn't defined by your age; it's shaped by the stage you're in. Whether you're exploring new possibilities, reinventing your path, or stepping into a season of purpose and meaning, this conversation will help you understand where you are today, and what's possible next. Taught by Freda Hamlett of Milestone Movers.

Anne Gordon Center

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

Five Points Center

Nov 3 Tu 10:00-11:30AM Fee: \$0



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The Camino de Santiago: A Journey of Purpose, Wellness, and Discovery

Join Efrain Mendoza, founder of Camino Wonders and host of The Way to Your Why Podcast for an informational session on the Camino de Santiago. Explore through this session what it's truly like to walk across Spain on one of the world's most meaningful pilgrimage routes. This historic journey isn't just for athletes, it's for anyone seeking reflection, connection, and a deeper sense of purpose at their own pace.

During this engaging session, you'll learn what the Camino really is and why so many Americans are choosing to experience it, how to walk comfortably with luggage support and private accommodations, and the physical, mental, and social benefits of the journey. You'll also hear inspiring real-life stories from individuals who never thought they could complete the Camino but did.

Whether you're actively planning your trip or simply curious, this session offers the perfect opportunity to discover if the Camino de Santiago is right for you.

Anne Gordon Center

Sep 24 Th 3:00-4:30PM Fee: \$0

Five Points Center

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

Unseen Losses, Aging Grief and Pain

This training equips individuals with tools to recognize and respond to various types of loss and grief, offering practical ways to support caregivers navigating emotional fatigue, role strain, and prolonged uncertainty. Participants will learn grief-informed strategies to foster resilience and promote compassionate, holistic support. Presented by Vaya Health.

Anne Gordon Center

Oct 20 Tu 10:30-11:30AM Fee: \$0

Five Points Center

Dec 22 Tu 10:30-11:30AM Fee: \$0

What Happens to All the Stuff? The Truth About Estate Sales

Estate sales are often seen as the solution, but most people don't really understand how they work. What sells? What doesn't? Who sets the prices? And how much do families receive?

Join us for a behind-the-scenes look at the estate sale process. Learn what to expect, how it works, and how to avoid common surprises.

Because when the time comes, a little knowledge can save a lot of stress. Taught by Freda Hamlett of Milestone Movers.

Anne Gordon Center

Dec 8 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Dec 1 Tu 10:00-11:30AM Fee: \$0

Write Your Story

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

Walnut Terrace Center

My Favorite Fall Flower

Sep 10 Th 1:00-3:00PM Fee: \$0

My Favorite Desert

Oct 8 Th 1:00-3:00PM Fee: \$0

My Favorite Card Game

Nov 12 Th 1:00-3:00PM Fee: \$0

Fitness/Wellness

Adult Tap Dance

Learn (or re-learn) classic tap patterns for a good physical and mental workout. Tap dance does not require a partner or a group so you can practice any time. Students should bring tap or hard bottomed shoes for class and have some tap/dance experience.

Instructor: Bev Norwood

Five Points Center

Sep 2-Sep 30 W 12:30-1:30PM Fee: \$16

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

Nov 4-Nov 25 W 12:30-1:30PM Fee: \$9

Dec 2-Dec 30 W 12:30-1:30PM Fee: \$16

AIM Fitness

The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through stretching, low impact aerobics, intervals and the use of hand weights and resistance bands. Regular are beginner level with chair support. . Classes differ by instructor.

Anne Gordon Center

Sep 1-Sep 29 Tu 9:15-10:00AM Fee: \$16

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

Nov 3-Nov 24 Tu 9:15-10:00AM Fee: \$12

Dec 1-Dec 29 Tu 9:15-10:00AM Fee: \$16

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

Oct 1-Oct 29 Th 9:15-10:00AM Fee: \$12



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Nov 5-Nov 19 Th 9:15-10:00AM Fee: \$9

Dec 3-Dec 17 Th 9:15-10:00AM Fee: \$9

Five Points Center

Sep 2-Sep 30 W 10:30-11:15AM Fee: \$16

Oct 7-Oct 28 W 10:30-11:15AM Fee: \$12

Nov 4-Nov 25 W 10:30-11:15AM Fee: \$9

Dec 2-Dec 30 W 10:30-11:15AM Fee: \$16

Align and Refine Yoga

Aimed at students with an established yoga practice, in this class we will work on refining our poses and further understanding how to work in the poses where we are. Various props will be used to help us expand and deepen our poses. Recommend at least six months in one of Alixe's Yoga Gentle Floor classes prior to enrollment.

Five Points Center

Instructor: Alixe Steinmetz

Sep 1-Sep 29 Tu 9:15-10:15AM Fee: \$16

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

Nov 3-Nov 24 Tu 9:15-10:15AM Fee: \$12

Dec 1-Dec 29 Tu 9:15-10:15AM Fee: \$16

Blood Pressure and Weight Screenings

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

Five Points Center

Sep 1-Dec 1 Tu 9:30-10:15AM Fee: \$0

Bootcamp

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

Five Points Center

Instructor: Sue Payne

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

Oct 1-Oct 29 Th 9:15-10:00AM Fee: \$16

Nov 5-Nov 19 Th 9:15-10:00AM Fee: \$9

Dec 3-Dec 17 Th 9:15-10:00AM Fee: \$9

Bootcamp for Seniors

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

Anne Gordon Center

Sep 1-Sep 29 Tu 11:15AM-12:00PM Fee: \$15

Oct 6-Oct 27 Tu 11:15AM-12:00PM Fee: \$12

Nov 3-Nov 24 Tu 11:15AM-12:00PM Fee: \$12

Dec 1-Dec 29 Tu 11:15AM-12:00PM Fee: \$15

Butts and Guts

This class will tone your abs and glutes with targeted sculpting movements. The workout incorporates Pilates, Yoga and athletic movements to help balance and flexibility, with focus on the abs, glutes, legs, and lower back. The goal is to build strength in your core, quads, and hamstrings.

Five Points Center

Instructor: Briana Pridgen

Sep 14-Sep 28 M 9:15-10:00AM Fee: \$12

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

Nov 2-Nov 30 M 9:15-10:00AM Fee: \$16

Dec 7-Dec 21 M 9:15-10:00AM Fee: \$9

Sep 2-Sep 30 W 9:15-10:00AM Fee: \$16

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

Nov 4-Nov 25 W 9:15-10:00AM Fee: \$9

Dec 2-Dec 30 W 9:15-10:00AM Fee: \$16

Cardio Sculpt

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

Five Points Center

Instructor: Sue Payne

Sep 1-Sep 29 Tu 2:15-3:00PM Fee: \$16

Oct 6-Oct 27 Tu 2:15-3:00PM Fee: \$12

Nov 3-Nov 24 Tu 2:15-3:00PM Fee: \$12

Dec 1-Dec 29 Tu 2:15-3:00PM Fee: \$16

Sep 3-Sep 24 Th 2:30-3:15PM Fee: \$12

Oct 1-Oct 29 Th 2:30-3:15PM Fee: \$16

Nov 5-Nov 19 Th 2:30-3:15PM Fee: \$9

Dec 3-Dec 17 Th 2:30-3:15PM Fee: \$9

Cardio Sculpt: Chair

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

Five Points Center

Instructor: Sue Payne

Sep 1-Sep 29 Tu 1:15-2:00PM Fee: \$16

Oct 6-Oct 27 Tu 1:15-2:00PM Fee: \$12

Nov 3-Nov 24 Tu 1:15-2:00PM Fee: \$12

Dec 1-Dec 29 Tu 1:15-2:00PM Fee: \$16

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

Oct 1-Oct 29 Th 12:30-1:15PM Fee: \$16



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Nov 5-Nov 19 Th 12:30-1:15PM Fee: \$9
Dec 3-Dec 17 Th 12:30-1:15PM Fee: \$9

Cardio Soul Line Dance

This class is for anyone wanting to learn and enjoy soul line dances that have a cardio aspect to the dance. In this class you will learn line dance terminology and steps to new and old line dances that are geared to work up a sweat. Please no sandals or flip flops. Bring water to hydrate, a towel for sweat and a positive attitude for any missteps!

Five Points Center

Instructor: Gail Burden

Sep 1-Sep 29 Tu 11:15AM-12:15PM Fee: \$16
Oct 6-Oct 27 Tu 11:15AM-12:15PM Fee: \$12
Nov 3-Nov 24 Tu 11:15AM-12:15PM Fee: \$12
Dec 1-Dec 29 Tu 11:15AM-12:15PM Fee: \$16

Core Balance Fitness

Group exercise class combining stretching, core work, and balance exercises. This class can help improve flexibility, stability, and core strength. It will help to reduce muscle tension and prevent falls. Not for beginners. Bring your own mat.

Five Points Center

Instructor: Sue Payne

Sep 2-Sep 30 W 12:15-1:00PM Fee: \$16
Oct 7-Oct 28 W 12:15-1:00PM Fee: \$12
Nov 4-Nov 25 W 12:15-1:00PM Fee: \$9
Dec 2-Dec 30 W 12:15-1:00PM Fee: \$16

Dance Fit

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

Anne Gordon Center

Instructor: Linda Thomas

Sep 14-Sep 28 M 11:45AM-12:30PM Fee: \$9
Oct 5-Oct 26 M 11:45AM-12:30PM Fee: \$12
Nov 2-Nov 30 M 11:45AM-12:30PM Fee: \$15
Dec 7-Dec 21 M 11:45AM-12:30PM Fee: \$9

Dementia Care Training

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

Five Points Center

Sep 14 M 1:00-3:00PM Fee: \$0
Nov 16 M 1:00-3:00PM Fee: \$0

Falls Prevention

Reduce your risk of falling through exercises that will improve balance, stability, and core strength. Sessions may use a variety of standing, seated, and floor balance activities to achieve this goal.

Five Points Center

Sep 14-Sep 28 M 2:00-2:45PM Fee: \$9
Oct 5-Oct 26 M 2:00-2:45PM Fee: \$12
Nov 2-Nov 30 M 2:00-2:45PM Fee: \$16
Dec 7-Dec 21 M 2:00-2:45PM Fee: \$9
Sep 3-Sep 24 Th 11:45AM-12:30PM Fee: \$12
Oct 1-Oct 29 Th 11:45AM-12:30PM Fee: \$16
Nov 5-Nov 19 Th 11:45AM-12:30PM Fee: \$9
Dec 3-Dec 17 Th 11:45AM-12:30PM Fee: \$9

Flexibility and Balance

Strengthen your balance, stability, and core strength with these classes. Sessions may use weights, bands and weighted balls along with cardio and balance activities to achieve these goals. Classes vary by instructor, difficulty/impact level, and option to use a chair for support.

Instructor: Bonny Rakowski

Anne Gordon Center

Sep 3-Sep 24 Th 10:15-11:00AM Fee: \$12
Oct 1-Oct 29 Th 10:15-11:00AM Fee: \$15
Nov 5-Nov 19 Th 10:15-11:00AM Fee: \$9
Dec 3-Dec 17 Th 10:15-11:00AM Fee: \$9
Sep 1-Sep 29 Tu 1:15-2:00PM Fee: \$15
Oct 6-Oct 27 Tu 1:15-2:00PM Fee: \$12
Nov 3-Nov 24 Tu 1:15-2:00PM Fee: \$12
Dec 1-Dec 29 Tu 1:15-2:00PM Fee: \$12

Five Points Center

Sep 1-Sep 29 Tu 10:15-11:00AM Fee: \$16
Oct 6-Oct 27 Tu 10:15-11:00AM Fee: \$12
Nov 3-Nov 24 Tu 10:15-11:00AM Fee: \$12
Dec 1-Dec 29 Tu 10:15-11:00AM Fee: \$16

Gentle Stretch

Participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow



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the body to recognize loss in flexibility and range of motion and work to improve these losses.

Five Points Center

Instructor: Sue Payne

Sep 3-Sep 24 Th 1:30-2:15PM Fee: \$12

Oct 1-Oct 29 Th 1:30-2:15PM Fee: \$16

Nov 5-Nov 19 Th 1:30-2:15PM Fee: \$9

Dec 3-Dec 17 Th 1:30-2:15PM Fee: \$9

Health Talks with Dr. Baldwin

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

Five Points Center

Sep 1-Dec 1 Tu 10:15-11:15AM Fee: \$0

Line Dance for Active Adults

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

Anne Gordon Center

Beginner (some experience)

Sep 1-Sep 29 Tu 2:15-3:15PM Fee: \$15

Oct 6-Oct 27 Tu 2:15-3:15PM Fee: \$12

Nov 3-Nov 24 Tu 2:15-3:15PM Fee: \$12

Dec 1-Dec 29 Tu 2:15-3:15PM Fee: \$15

Improver (good experience)

Sep 1-Sep 29 Tu 3:30-4:30PM Fee: \$15

Oct 6-Oct 27 Tu 3:30-4:30PM Fee: \$12

Nov 3-Nov 24 Tu 3:30-4:30PM Fee: \$12

Dec 1-Dec 29 Tu 3:30-4:30PM Fee: \$15

Five Points Center

Advanced Beginner

Sep 14-Sep 28 M 1:00-2:00PM Fee: \$0

Oct 5-Oct 26 M 1:00-2:00PM Fee: \$0

Nov 2-Nov 30 M 1:00-2:00PM Fee: \$0

Dec 7-Dec 21 M 1:00-2:00PM Fee: \$0

Intermediate

Sep 14-Sep 28 M 2:15-3:15PM Fee: \$0

Oct 5-Oct 26 M 2:15-3:15PM Fee: \$0

Nov 2-Nov 30 M 2:15-3:15PM Fee: \$0

Dec 7-Dec 21 M 2:15-3:15PM Fee: \$0

Beginner

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

Oct 7-Oct 28 W 1:30-2:30PM Fee: \$0

Nov 4-Nov 25 W 1:30-2:30PM Fee: \$0

Dec 2-Dec 30 W 1:30-2:30PM Fee: \$0

Line Dance Open Studio

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

Five Points Center

Sep 2-Dec 30 W 1:30-2:15PM Fee: \$0

Line Dance: Introduction for New Dancers

This class is for new dancers who have no previous dance experience. Learn the names and how to perform the various dance steps needed for participation in continuing Line Dance classes. This class is cumulative, building on steps from previous weeks. It is suggested to start the class from the beginning of the trimester.

Five Points Center

Sep 4-Dec 18 F 10:30-11:30AM Fee: \$0

Millbrook Exchange Community Center

Sep 1-Dec 15 Tu 1:00-2:00PM Fee: \$0

Nia

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

Instructor: Janice Horner

Anne Gordon Center

Sep 1-Sep 29 Tu 12:15-1:00PM Fee: \$15

Oct 6-Oct 27 Tu 12:15-1:00PM Fee: \$12

Nov 3-Nov 24 Tu 12:15-1:00PM Fee: \$12

Dec 1-Dec 29 Tu 12:15-1:00PM Fee: \$15

Open Circle Mindfulness Meditation

Experienced meditators and those without any experience at all are welcome. The group will utilize instruction (including readings from various meditative traditions), guided meditations, and the direct experiences of those in the group as opportunities to learn from one another.

In this ongoing, open, weekly meditation & discussion group, the stillness, spaciousness, and deep kindness always available to us are cultivated and then used as a base of operation for inquiring into and examining the nature of our thoughts and emotions, the experience of self, and our relationship with the world around us.

Five Points Center

Sep 3-Sep 24 Th 1:00-2:30PM Fee: \$0



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Oct 1-Oct 29 Th 1:00-2:30PM Fee: \$0
Nov 5-Nov 19 Th 1:00-2:30PM Fee: \$0
Dec 3-Dec 17 Th 1:00-2:30PM Fee: \$0

Parkinson's Go Warriors

Move with purpose. Build strength. Stay connected.
Power for Parkinson's® is a supportive, adaptive fitness class designed to help people living with Parkinson's improve balance, strength, and mobility while enjoying community and encouragement every step of the way.

Five Points Center

Sep 2-Sep 30 W 9:30-10:15AM Fee: \$0
Oct 7-Oct 28 W 9:30-10:15AM Fee: \$0
Nov 4-Nov 25 W 9:30-10:15AM Fee: \$0
Dec 2-Dec 30 W 9:30-10:15AM Fee: \$0

Pilates for Active Adults

Come and learn Pilates at Five Points! Our instructor, Lawrence Bivins, will be teaching how to strengthen your core, improve your posture, and increase flexibility with this full-body Pilates workout. Using controlled movements and focused breathing, you'll build long, lean muscles and enhance body awareness. Modifications and progressions can be provided.

Five Points Center

Instructor: Bonny Rakowski

Sep 1-Sep 29 Tu 9:15-10:00AM Fee: \$16
Oct 6-Oct 27 Tu 9:15-10:00AM Fee: \$12
Nov 3-Nov 24 Tu 9:15-10:00AM Fee: \$12
Dec 1-Dec 29 Tu 9:15-10:00AM Fee: \$16

Instructor: Lawrence Bivins

Sep 4-Sep 25 F 10:15-11:00AM Fee: \$12
Oct 2-Oct 30 F 10:15-11:00AM Fee: \$16
Nov 6-Nov 20 F 10:15-11:00AM Fee: \$9
Dec 4-Dec 18 F 10:15-11:00AM Fee: \$9

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; accommodation for all levels. Classes will vary by instructor.

Anne Gordon Center

Sep 4-Sep 25 F 10:45-11:30AM Fee: \$12
Oct 2-Oct 30 F 10:45-11:30AM Fee: \$15
Nov 6-Nov 20 F 10:45-11:30AM Fee: \$9
Dec 4-Dec 18 F 10:45-11:30AM Fee: \$9

Five Points Center

Instructor: Kathy Bundy

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

Shibashi for Active Adults

Shibashi is a gentle, free-flowing Qigong routine that consists of 18 easy-to-remember movements emphasizing proper posture and deep breathing. The practice includes visualization and standing meditation. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress reduction. Seated modifications will be available upon request. Instructor: Rita Shaloiko

Anne Gordon Center

Sep 3-Sep 24 Th 2:00-2:45PM Fee: \$12
Oct 1-Oct 29 Th 2:00-2:45PM Fee: \$15
Nov 5-Nov 19 Th 2:00-2:45PM Fee: \$9
Dec 3-Dec 17 Th 2:00-2:45PM Fee: \$9

Soul Line Dancing

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

Instructor: Gail Burden

Five Points Center

Sep 2-Sep 30 W 2:00-3:00PM Fee: \$16
Oct 7-Oct 28 W 2:00-3:00PM Fee: \$12
Nov 4-Nov 25 W 2:00-3:00PM Fee: \$12
Dec 2-Dec 30 W 2:00-3:00PM Fee: \$16

Sound Meditation

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

Anne Gordon Center

Sep 4-Sep 25 F 11:45AM-12:30PM Fee: \$0
Oct 2-Oct 30 F 11:45AM-12:30PM Fee: \$0
Nov 6-Nov 20 F 11:45AM-12:30PM Fee: \$0
Dec 4-Dec 18 F 11:45AM-12:30PM Fee: \$0

Tai Chi Chih



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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

NO CLASS 9/7

Five Points Center

Sep 14-Sep 28 M 10:15-11:15AM Fee: \$9

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

Nov 2-Nov 30 M 10:15-11:15AM Fee: \$16

Dec 7-Dec 21 M 10:15-11:15AM Fee: \$9

Tai Chi for Active Adults

Tai Chi is an ancient practice that uses low-impact, slow movements to promote health and improve coordination, balance, and mental focus.

Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the sequence of the movements. Chair modifications are available upon request. After 8 weeks of learning the movements, you will progress to Intermediate Sun Style.

Intermediate Sun Style: Pre-requisite is Beginner Sun Style class. This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. After 8 weeks of learning the movements, you will progress to the Advanced Sun Style class.

Advanced Sun Style: Pre-requisite is beginner and intermediate classes. This class teaches the Sun 73 Long Form which includes movements that were taught in the Beginner and Intermediate classes. The longer sequence builds endurance and previous improvements made in strength, balance and memory.

Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong. Tai Chi is an ancient practice that uses low-impact, slow movements to promote health and improve coordination, balance, and mental focus. Qi Gong is 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.

Instructor: Rita Shaloiko

Anne Gordon Center

Advanced Sun Style

Sep 14-Sep 28 M 1:00-1:45PM Fee: \$9

Advanced Sun Style

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

Advanced Sun Style

Nov 2-Nov 30 M 1:00-1:45PM Fee: \$15

Advanced Sun Style

Dec 7-Dec 21 M 1:00-1:45PM Fee: \$9

Beginner Sun Style

Sep 14-Sep 28 M 2:00-2:45PM Fee: \$9

Beginner Sun Style

Oct 5-Oct 26 M 2:00-2:45PM Fee: \$12

Beginner Sun Style

Nov 2-Nov 30 M 2:00-2:45PM Fee: \$15

Beginner Sun Style

Dec 7-Dec 21 M 2:00-2:45PM Fee: \$9

Intermediate Sun Style

Sep 14-Sep 28 M 3:00-3:45PM Fee: \$9

Intermediate Sun Style

Oct 5-Oct 26 M 3:00-3:45PM Fee: \$12

Intermediate Sun Style

Nov 2-Nov 30 M 3:00-3:45PM Fee: \$15

Intermediate Sun Style

Dec 7-Dec 21 M 3:00-3:45PM Fee: \$9

Anne Gordon Center

Various Styles

Sep 3-Sep 24 Th 1:00-1:45PM Fee: \$12

Various Styles

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

Various Styles

Nov 5-Nov 19 Th 1:00-1:45PM Fee: \$9

Various Styles

Dec 3-Dec 17 Th 1:00-1:45PM Fee: \$9

Walk and Talk Meet Up

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

Five Points Center

Sep 1-Dec 29 Tu 10:30-11:30AM Fee: \$0

Workout With Weights

This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights.

Instructor: Sue Payne

Five Points Center

Sep 14-Sep 28 M 11:30AM-12:15PM Fee: \$9



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Oct 5-Oct 26	M	11:30AM-12:15PM Fee: \$12
Nov 2-Nov 30	M	11:30AM-12:15PM Fee: \$16
Dec 7-Dec 21	M	11:30AM-12:15PM Fee: \$9
Sep 4-Sep 25	F	1:00-1:45PM Fee: \$12
Oct 2-Oct 30	F	1:00-1:45PM Fee: \$16
Nov 6-Nov 20	F	1:00-1:45PM Fee: \$9
Dec 4-Dec 18	F	1:00-1:45PM Fee: \$9

Yoga Chair

This class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair.

Anne Gordon Center

Sep 14-Sep 28	M	9:15-10:00AM Fee: \$9
Oct 5-Oct 26	M	9:15-10:00AM Fee: \$12
Nov 2-Nov 30	M	9:15-10:00AM Fee: \$15
Dec 7-Dec 21	M	9:15-10:00AM Fee: \$9
Sep 1-Sep 29	Tu	10:15-11:00AM Fee: \$15
Oct 6-Oct 27	Tu	10:15-11:00AM Fee: \$12
Nov 3-Nov 24	Tu	10:15-11:00AM Fee: \$12
Dec 1-Dec 29	Tu	10:15-11:00AM Fee: \$15
Sep 2-Sep 30	W	2:30-3:15PM Fee: \$15
Oct 7-Oct 28	W	2:30-3:15PM Fee: \$12
Nov 4-Nov 25	W	2:30-3:15PM Fee: \$12
Dec 2-Dec 30	W	2:30-3:15PM Fee: \$15

Five Points Center

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

Yoga Flow

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

Instructor: Lawrence Bivens

Five Points Center

Sep 4-Sep 25	F	11:15AM-12:15PM Fee: \$12
Oct 2-Oct 30	F	11:15AM-12:15PM Fee: \$16
Nov 6-Nov 20	F	11:15AM-12:15PM Fee: \$9
Dec 4-Dec 18	F	11:15AM-12:15PM Fee: \$9

Yoga Gentle Floor

Build strength and flexibility while enhancing body awareness. In this alignment-focused class you'll learn how to work from a

stable base to feel more grounded both physically and mentally, while also improving range of motion, posture, and balance. Poses include standing poses, poses seated on the floor, and poses laying down. Props and modifications are available to meet you where you are. No yoga experience necessary.

Anne Gordon Center

Sep 14-Sep 28	M	10:15-11:15AM Fee: \$9
Oct 5-Oct 26	M	10:15-11:15AM Fee: \$12
Nov 2-Nov 30	M	10:15-11:15AM Fee: \$15
Dec 7-Dec 21	M	10:15-11:15AM Fee: \$9
Sep 2-Sep 30	W	3:30-4:30PM Fee: \$15
Oct 7-Oct 28	W	3:30-4:30PM Fee: \$12
Nov 4-Nov 25	W	3:30-4:30PM Fee: \$9
Dec 2-Dec 30	W	3:30-4:30PM Fee: \$15
Sep 3-Sep 24	Th	11:15AM-12:15PM Fee: \$12
Oct 1-Oct 29	Th	11:15AM-12:15PM Fee: \$15
Nov 5-Nov 19	Th	11:15AM-12:15PM Fee: \$9
Dec 3-Dec 17	Th	11:15AM-12:15PM Fee: \$9

Five Points Center

Instructor: Alixe Stienmetz

Sep 2-Sep 30	W	10:30-11:30AM Fee: \$16
Oct 7-Oct 28	W	10:30-11:30AM Fee: \$12
Nov 4-Nov 25	W	10:30-11:30AM Fee: \$9
Dec 2-Dec 30	W	10:30-11:30AM Fee: \$16
Sep 3-Sep 24	Th	10:10-11:10AM Fee: \$12
Oct 1-Oct 29	Th	10:10-11:10AM Fee: \$16
Nov 5-Nov 19	Th	10:10-11:10AM Fee: \$9
Dec 3-Dec 17	Th	10:10-11:10AM Fee: \$9

ZUMBA Gold®

Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music and combines cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be provided for all fitness levels.

Anne Gordon Center

Sep 4-Sep 25	F	9:15-10:00AM Fee: \$12
Oct 2-Oct 30	F	9:15-10:00AM Fee: \$12
Nov 6-Nov 27	F	9:15-10:00AM Fee: \$12
Dec 4-Dec 18	F	9:15-10:00AM Fee: \$12

Five Points Center

Instructor: Deb Payne

Sep 14-Sep 28	M	11:45AM-12:30PM Fee: \$9
Oct 5-Oct 26	M	11:45AM-12:30PM Fee: \$12
Nov 2-Nov 30	M	11:45AM-12:30PM Fee: \$16
Dec 7-Dec 21	M	11:45AM-12:30PM Fee: \$9



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Social

Bingo

We play a variety of games like straight, four corners, postage stamp and clear all. Registration required and costs \$1 per day which covers provided supplies plus bring \$1 cash per 3 cards which becomes prize money. Space is limited. Registration is on a month-by-month basis and starts at 9am online or in-person on the 3rd Wednesday for the following month. Please arrive at 10:15 for a 10:30 start.

Anne Gordon Center

Sep 4-Sep 25 F 10:30AM-12:30PM Fee: \$1
Oct 2-Oct 30 F 10:30AM-12:30PM Fee: \$1
Nov 6-Nov 20 F 10:30AM-12:30PM Fee: \$1
Dec 4-Dec 18 F 10:30AM-12:30PM Fee: \$1

Five Points Center

Sep 11 F 10:30-11:30AM Fee: \$0
Sep 18 F 10:30-11:30AM Fee: \$0
Sep 25 F 10:30-11:30AM Fee: \$0
Oct 9 F 10:30-11:30AM Fee: \$0
Oct 16 F 10:30-11:30AM Fee: \$0
Oct 23 F 10:30-11:30AM Fee: \$0
Oct 30 F 10:30-11:30AM Fee: \$0
Nov 13 F 10:30-11:30AM Fee: \$0
Nov 20 F 10:30-11:30AM Fee: \$0
Dec 11 F 10:30-11:30AM Fee: \$0
Dec 18 F 10:30-11:30AM Fee: \$0
Aug 21 F 10:30-11:30AM Fee: \$0
Aug 28 F 10:30-11:30AM Fee: \$0

Cornhole for Active Adults

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

Anne Gordon Center

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

Five Points Center

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

Crokinole for Active Adults

Crokinole is a disk-flicking board game, with elements of shuffleboard reduced to table-top size. Players take turns shooting discs across the circular playing surface, trying to land their discs in scoring position, while also attempting to knock opponents off the board, and into the ditch. Fun, social and easy to learn game, that is challenging to master. Registration is not required, please sign-in upon arrival.

Anne Gordon Center

Sep 4-Dec 18 F 2:00-4:30PM Fee: \$0

Five Points Center

Sep 21-Dec 21 M 2:00-4:30PM Fee: \$0

Golden Years Club Open House

Join us for the exciting launch of our new Golden Years Club! The Active Adult Program invites residents aged 50 and above to be part of tailoring this social club featuring games, cards, speakers, meals, and trips. Contribute to the club's early development of the club, share your ideas, fostering community bonds and friendships. Bring your friends for a fantastic time of camaraderie,

sponsored by Oak Street Health, offering BINGO with prizes and refreshing refreshments! Eager to play a more active role?

Consider becoming an officer for the club's positions like President, Vice President, Secretary, Treasurer, and more are available. No experience required; our dedicated staff offers ongoing assistance. Embrace this opportunity to shape the future of our vibrant community!

For questions Carmen Livingston 919-996-4734 or carmen.livingston@raleighnc.gov

Anne Gordon Center

Millbrook Fifty-Five Plus Club

Sep 23 W 9:30-10:30AM Fee: \$0

Barwell Road Community Center

Barwell Seasoned Seniors

Sep 15 Tu 11:00AM-1:00PM Fee: \$0

Durant Nature Preserve

AARP Raleigh Wake Charter 3689

Oct 15 Th 11:00AM-1:30PM Fee: \$0

Jaycee Community Center

Jaycee Park

Sep 8 Tu 10:30AM-12:00PM Fee: \$0

Jaycee Park

Sep 10 Th 5:30-7:00PM Fee: \$0

Lake Lynn Community Center

Lake Lynn Club

Sep 29 Tu 10:00-11:30AM Fee: \$0

Lions Park Community Center

Lions Park

Sep 2 W 10:30AM-12:00PM Fee: \$0

Worthdale Community Center

Worthdale Prime Tymers

Nov 3 Tu 10:30AM-12:30PM Fee: \$0

Mah Jong Open Play



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

Five Points Center

Sep 2-Dec 30 W 2:00-4:45PM Fee: \$0

Mah Jong: Open Play

Join fellow players for a lively game of MahJongg, the classic tile-based game of strategy, skill, and a bit of luck. Whether you're a longtime fan or brand new to the game, this open play time is perfect for all skill levels. Enjoy friendly competition, sharpen your tactics, and share in the camaraderie. No registration required, just sign in when you arrive and join the fun! Call 919-996-6160 to confirm play groups day of.

Walnut Terrace Center

Sep 7-Dec 21 M 12:00-4:45PM Fee: \$0

Open Play Cards and Games

Want to play bridge, canasta, poker, mahjong or more with your friends? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served and space is limited.

Anne Gordon Center

Sep 1-Dec 29 Tu 1:00-4:30PM Fee: \$0

Sep 4-Dec 18 F 1:00-4:30PM Fee: \$0

Raleigh Death Cafe

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

Five Points Center

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

Read and Go

Join our unique book club with a twist! We focus on books written by North Carolina authors or set in North Carolina. After a lively book discussion, we take it a step further with a trip

inspired by the book. Sometimes, the author gets involved, joining our discussion, helping with trip planning, or even participating in the adventure! This program has grown so popular that authors now reach out to feature their books. Find out more about this program and the trip information on our website at Raleighnc.gov and search "Active Adult"

Anne Gordon Center

Twin sisters, Twin Murders? by Jeane Joyner

Aug 24 M 1:00-3:00PM Fee: \$0

Read and Watch

If you enjoy exploring compelling stories of adventure, intrigue, love, or sorrow, this program is designed for you. Participants will read a book that has been adapted into a movie, engage in an in-depth discussion, and then view the film together. All selected books are readily available at your local library. Find out more about this program and the trip information on our website at Raleighnc.gov and search "Active Adult"

Anne Gordon Center

The Lost Bus by Lizzie Johnson

Oct 26 M 1:00-3:30PM Fee: \$0

Table Tennis Open Play

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

Five Points Center

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

Five Points Center

Sep 1-Dec 29 Tu 2:00-4:00PM Fee: \$0

Trivia Group at Anne Gordon Center

Test your knowledge and memory in a fun social setting. We will provide trivia game cards to get the group started, but feel free to bring in your own supplies to challenge your friends. Registration is required and space is limited.

Anne Gordon Center

Sep 3-Dec 17 Th 12:30-1:55PM Fee: \$0

Western Movie Society

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

Five Points Center

Sep 15-Dec 15 Tu 1:30-4:30PM Fee: \$0



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Trips

Active Adult Yearly Trip Registration

Individuals must be registered for the current Yearly Trip Registration to register for any of the Trips or Trip information meetings. Visit one of our Active Adult Centers to register or register online. By registering you will be on the email list and receive the trip information flyers as soon as they are advertised for registration. The flyer will include trip details, itinerary, dates, costs, and walking expectancy. A list of all the trips and trip flyers can be found on the Active Adult Trip website at raleighnc.gov search "trip". For trip questions contact Carmen Livingston at 919-996-4734 or carmen.livingston@raleighnc.gov

Active Adult SOAR Trip - Day on Falls Lake

Discover the beauty of Falls Lake, created in 1978 by the US Army Corps of Engineers to prevent flooding and provide water to surrounding communities. Today, it's home to Forest Ridge Park, a 586-acre peninsula with scenic waterfront views, trails, and open spaces.

Choose a single or double kayak and start with a lesson on basic paddling techniques from Outdoor Recreation staff. Then enjoy a peaceful guided paddle along the shoreline, stopping at a beach for a bring-your-own picnic lunch. You must be comfortable in water for this program and all equipment is provided.

- Basic paddling techniques and guided paddle tour of Falls Lake.
- Sack lunch on your own.

Anne Gordon Center

Sep 25 F 10:15AM-3:00PM Fee: \$19

Active Adult Trip - Danville, VA Casino

Get ready to dive into an electrifying 24/7 gaming extravaganza at Danville Casino, where excitement knows no bounds! Unleash your inner thrill-seeker at one of the 800 sizzling slots and 33 timeless table games, all poised to catapult you into a world of non-stop entertainment and epic wins. Even though the casino resort is currently in construction, they are already delivering a full-throttle gaming experience like no other. Indulge in complimentary refreshments, from icy cool sodas to steaming cups of joe, while you immerse yourself in the action. And when hunger strikes, the meal area offers a tantalizing selection of hot and cold dishes to fuel your gaming adventure. You must be 21yrs and have a valid government issued ID.

Anne Gordon Center

Oct 15 Th 9:00AM-6:00PM Fee: \$30 Residents, \$45 Non-Residents

Nov 20 F 9:00AM-6:00PM Fee: \$30 Residents, \$45 Non-Residents

Active Adult Trip - Durham Bulls Game

Come and enjoy an exciting day at the ballpark as we cheer on the Durham Bulls, the Triple-A affiliate of Major League Baseball's Tampa Bay Rays. With only a few daytime games remaining this season, this is a great opportunity to experience America's favorite pastime in a fun and relaxed setting. To ensure your comfort, we have selected shaded seating so you can enjoy the action while staying out of the summer sun. Whether you're a long-time baseball fan or simply looking for a fun day out with friends, this trip promises great entertainment, ballpark atmosphere, and plenty of memorable moments.

Anne Gordon Center

Aug 30 Su 11:15AM-4:00PM Fee: \$38.01 Residents, \$54 Non-Residents

Sep 13 Su 11:15AM-4:00PM Fee: \$38.01 Residents, \$54 Non-Residents

Active Adult Trip - Iceland

The Raleigh Parks Active Adult Program, in partnership with Premier World Discovery, is excited to offer an unforgettable journey to Iceland. Experience breathtaking landscapes, majestic waterfalls, and remarkable geothermal wonders while exploring one of the world's most unique destinations.

Discover the land of fire and ice on this unforgettable journey through Iceland's breathtaking landscapes, vibrant culture, and fascinating history, all while enjoying five nights in one hotel in Reykjavik, the world's northernmost capital. Tour Highlights include round trip airfare from Raleigh, Reykjavik City Tour, Blue Lagoon, Golden Circle Tour, Strokkur Geyser & Gullfoss/Golden Falls, Thingvellir National Park, South Coast Tour, Skogar Folk Museum, Skogafoss Waterfall, Keflavik & Bessastadir, Viking Ship Museum, Lake Kleifarvatn.

For trip questions and/or registration contact Carmen Livingston at 919-996-4734 or carmen.livingston@raleighnc.gov

Anne Gordon Center

Oct 7-Oct 13 M-Su 6:00AM-11:45PM Fee: \$0

Sep 16-Sep 22 M-Su 6:00AM-11:45PM Fee: \$0

City-Wide Special Events

A Local Camino Experience - Walk

Step into a meaningful journey close to home with walk to Dix Park for a local Camino experience. This is a guided walking



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adventure through Raleigh's scenic greenways from North Carolina Museum of Art to Dorothea Dix Park. Inspired by the spirit of the Camino de Santiago, this experience goes beyond a simple walk, it's an opportunity to slow down, unplug, and reconnect with what matters most. Along the way, participants engage in guided reflection prompts, hear stories from real Camino pilgrims, and experience moments of silence and mindfulness that foster clarity and renewal.

Perfect for adults, curious explorers of the Camino, professionals seeking inspiration and rest, or anyone who enjoys purposeful time in nature. This journey also creates space for meaningful conversation, social connection, and a shared sense of progress and accomplishment. You don't have to travel far to experience something transformative, begin right here in Raleigh. Walk locally, reflect deeply, and discover your why. Walk is approximately 6 miles and rated easy to moderate - suitable for most fitness levels. Questions - contact Carmen Livingston 919-996-4734 or carmen.livingston@raleighnc.gov

NC Art Museum

Oct 17 Sa 9:00AM-2:30PM Fee: \$25

The Camino de Santiago: A Journey of Purpose, Wellness, and Discovery - Class

Join Efrain Mendoza, founder of Camino Wonders and host of The Way to Your Why Podcast for an informational session on the Camino de Santiago. Explore through this session what it's truly like to walk across Spain on one of the world's most meaningful pilgrimage routes. This historic journey isn't just for athletes, it's for anyone seeking reflection, connection, and a deeper sense of purpose at their own pace.

During this engaging free session, you'll learn what the Camino really is and why so many Americans are choosing to experience it, how to walk comfortably with luggage support and private accommodations, and the physical, mental, and social benefits of the journey. You'll also hear inspiring real-life stories from individuals who never thought they could complete the Camino but did.

Anne Gordon Center

Sept 24 Th 3:00 PM-4:30 PM Fee: \$0

Five Points Center

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

Intergenerational Program Series

Bring your grandparents or a special adult and join us for a festive fall parade! We'll kick things off with a small outdoor costume

parade at 4:15pm that leads to our very own pumpkin patch, where each child can pick out a small pumpkin to take home. After the parade, we'll head back inside for pumpkin decorating, and tasty snacks.

Feel free to come dressed in a costume or your favorite fall attire.

Kiwanis Community Center

Oct 21 W 4:00-5:30PM Fee: \$0

Resources and Partners

Meals On Wheels

919-996-4739

www.wakemow.org

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

Resources for Seniors

Jennie Griggs

email: JennieG@rfsnc.org

984-232-4215 Cell

919-872-7933 Information and Referrals

919-996-4738 Five Points Office

www.resourcesforseniors.com

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

Senior Games

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



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