

December 2019

Anne Gordon Center for Active Adults 919-996-4720
1901 Spring Forest Rd Raleigh NC 27615



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30-4:00 SHIIP by appt only * 10:00-11:30 Android Phone1 \$ 1:00-4:00 Quilting \$ 1:30-2:30 Noggin Joggin * 3:00-4:00 Social Sec Strat *</p>	<p>3</p> <p>9:15am-11:45a Color Theory\$</p>	<p>4</p> <p>10:00-12:00 iCloud Basics \$ 2:00-3:00 iPad Basics 2 \$ 2:00-4:30 Wed Movie * The Art of Racing....—PG</p>	<p>5</p> <p>10:00-12:00 Raleigh Miniatures Guild \$ 2:15-3:15 Gov Bene for Long Term Care *</p>	<p>6</p>
<p>9</p> <p>9:30-4:00 SHIIP <i>by appt only</i> * 10:00-11:30 Android Phone1 \$ 1:00-3:00 Read & Watch Where'd You Go Bernadette</p>	<p>10</p>	<p>11</p> <p>10:00-11:30 Siri Intro \$ 2:00-3:30 iPad Basics 2 \$ 2:00-4:30 Wed Movie * The Peanut Butter Falcon—PG-13</p>	<p>12</p> <p>11:00-11:45 Resources for Seniors *</p>	<p>13</p> <p>1:00-4:00 SHIIP <i>by appt only</i> *</p>
<p>16</p> <p>9:30-4:00 SHIIP by appt only * 10:00-11:30 Cutting the Cord \$ 1:30-2:30 Noggin Joggin *</p>	<p>17</p>	<p>18</p> <p>10:00-12:00 App Taxi and Food Delivery \$ 2:00-4:00 PowerPoint Flyers\$ 2:00-4:30 Wed Movie * Buttons: A Christmas Story—PG-13</p>	<p>19</p> <p>10:00-12:00 Raleigh Miniatures Guild \$</p>	<p>20</p>
<p>23</p> <p>9:30-4:00 SHIIP <i>by appt only</i> * 10:00-11:30 Cutting the Cord \$</p>	<p>24</p> <p><i>Closed for Christmas Holiday</i></p>	<p>25</p> <p><i>Closed for Christmas Holiday</i></p>	<p>26</p> <p><i>Closed for Christmas Holiday</i></p>	<p>27</p>
<p>30</p> <p>9:30-4:00 SHIIP by appt only *</p>	<p>31</p>	<p>Jan 1</p> <p><i>Closed for New Years Holiday</i></p>		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:15 Chair Yoga \$	9:15 -10:00 AIM Fitness \$	9:30-1:00 55+ Club Meeting \$	9:15-10:00 AIM Fitness \$	9:15-10:00 Zumba Gold \$
10:30-11:30 Gentle Yoga \$	9:15-10:00 Zumba Gold \$	1:00-3:00 Open Play Cards and Mah Jongg *	9:15-10:15 Gentle Yoga \$	9:30-12:00 Bingo \$
11:45-12:45 Dance Xross Fitness \$	10:15-11:00 AIM Fitness Intermediate \$	2:00-4:30 Wednesday Matinee*	10:15-11:00 AIM Fitness Intermediate \$	10:30-11:15 Qi Gong \$
1:00 -1:45 T'ai Chi Chair Beginner \$	10:30-11:15 Qi Gong \$	3:30-4:30 Gentle Yoga \$	10:30-11:15 Chair Yoga \$	11:30-12:15 Qi Gong for Joint Health \$
2:00-2:45 Tai Chi Intermediate Sun Style \$	11:15-12:00 Mindful Medi. \$		11:30-12:15 Chair Yoga \$	12:30-4:00 Open Play Cards and Mah Jongg *
3:00-3:45 Ba Duan Jin -8 Section Qigong \$	11:30-12:30 Shibashi \$		11:30-12:15 AIM Chair \$	1:00-2:00 Line Dance Beginner/Improver *
4:00-5:30 Line Dance Open Studio -Beginner*	12:15p-1:15p Gentle Yoga \$		12:30-1:15 Tai Chi Adv. Sun Style Part 2 \$	2:15 - 3:15 Line Dance Introduction *
	12:30-3:00 Open Play Cards and Mah Jongg*		1:00-1:45 Zumba Gold \$	3:30-4:30 Restore Yoga \$
	12:45-1:30 AIM Chair \$		1:30-2:15 Tai Chi Adv Sun Style Part 1 \$	
	2:00-2:45 Ageless Grace \$		2:00-4:00 Knitting and Cro- cheting \$	
	2:00-4:00 Knitting and Cro- cheting \$		2:30-3:15 Tai Chi Beginner Sun Style \$	
	3:00-3:45 AIM Fitness \$		3:30-4:30 Gentle Yoga \$	
	4:00-5:30 Line Dance Open Studio– Improver*		4:30-5:45 Line Dance Open Studio– Improver*	

The center is open Monday-Friday 9:00am-6:00pm

Programs on this side meet every week.

Programs on the other side are just on those specific dates.

*** = Free Program, but please register!**

\$ = Registration Fee

Don't Wait - Register Early! Programs and classes that do not meet the minimum number of registrants may be cancelled, and **several classes fill up!** Registering early secures your spot and allows us time to plan appropriately to reduce cancellations.