



# November 2019

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



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 \$
1:00-4:00 Quilting Inter. \$	11:15-12:00 Mindful Medi. \$		11:30-12:15 Chair Yoga \$	12:30-4:00 Open Play Cards and Mah Jongg *
2:00-2:45 Tai Chi Intermediate Sun Style \$	11:30-12:30 Shibashi \$		11:30-12:15 AIM Chair \$ (not Nov. 21)	1:00-2:00 Line Dance Beginner/Improver *
3:00-3:45 Ba Duan Jin -8 Section Qigong \$	12:15p-1:15p Gentle Yoga \$		12:30-1:15 Tai Chi Adv. Sun Style Part 2 \$	2:15 - 3:15 Line Dance Introduction *
4:00-5:30 Line Dance Open Studio -Beginner*	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.