

January 2020

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 10:00-12:00 Raleigh Miniatures Guild \$	3
6 9:30-4:00 SHIIP <i>by appt only</i> * 10:00-12:00 GMail 1 \$ 1:30-2:30 Noggin Joggin * 2:45-3:45 Plan for Medicaid *	7	8 10:00-11:30 Android 1 \$ 2:00-3:30 Cut the Cord \$ 2:00-4:30 Wed Movie * The Goldfinch—R	9 1:00-3:30 Drawing Intro 1 \$	10 1:00-4:00 SHIIP <i>by appt only</i> *
13 9:30-4:00 SHIIP <i>by appt only</i> * 10:00-12:00 Electronic Coupons \$ 1:00-2:30 Independent Living *	14 10:00-11:00 Solo & Savvy * 11:15-12:15 Property Title and Deed *	15 10:00-11:30 Android 1 \$ 2:00-4:30 Wed Movie * Where'd You Go Bernadette—PG-13 2:00-3:30 Cut the Cord \$	16 10:00-12:00 Raleigh Miniatures Guild \$ 1:00-3:30 Drawing Intro 1 \$	17
20 <i>Closed MLK Holiday</i>	21 11:00-12:00 Living Well at Home *	22 10:00-11:30 Chromecast 1 \$ 2:00-4:00 Powerpoint Flyers \$ 2:00-4:30 Wed Movie * Once Upon a Time...—R	23 11:00-12:00 Gov Benefits long Term Care * 1:00-3:30 Drawing Intro 1 \$	24
27 9:30-4:00 SHIIP <i>by appt only</i> * 10:00-11:30 iPad Basics 1 \$	28 10:00-11:00 Resources for Seniors *	29 10:00-11:30 Comp Basics 1 \$ 2:00-3:30 iPhone Basics 1 \$ 2:00-4:30 Wed Movie * Downton Abbey—PG	30 1:00-3:30 Drawing Intro 1 \$	31

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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 \$
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 \$ (not Jan 2)	
	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.