



# ADULT PROGRAM

SUMMER | 2020



RALEIGH Parks, Recreation and Cultural Resources  
parks.raleighnc.gov



## ANNE GORDON CENTER FOR ACTIVE ADULTS

1901 Spring Forest Road  
Raleigh, NC 27615  
Phone: (919)996-4720  
Email: annegordoncenter@raleighnc.gov

## FIVE POINTS CENTER FOR ACTIVE ADULTS

2000 Noble Road  
Raleigh, NC 27608  
Phone: (919)996-4730  
Email: fivepointscenter@raleighnc.gov

## WALNUT TERRACE CENTER

1256 McCauley Street, Suite 126  
Raleigh, NC 27601  
Phone: (919)996-6160  
Email: walnutterrace@raleighnc.gov

**Website:** parks.raleighnc.gov

**Keyword Search:** Active Adults

## HOURS OF OPERATION

Monday - Friday, 9:00 AM - 6:00 PM

\* Five Points Center is open until 9:00 PM on Mondays and Thursdays.

*The centers will be closed on May 25, and July 3.*

## HOW TO REGISTER

### Mail-In

Send registration form and payment to any of the three centers.

### Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

### Online with Reclink

Visit [Reclink.raleighnc.gov](https://reclink.raleighnc.gov). Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment on line.

### All centers are easily accessible via public transportation:

- Anne Gordon Center for Active Adults: Use GoRaleigh Route 1 and transfer at Triangle Town Center to the 25L connector route.
- Five Points Center for Active Adults: Use GoRaleigh Route 2
- Walnut Terrace Center: use GoRaleigh Route 21

For more information please visit <https://www.raleighnc.gov/transit/>

## HOW TO READ COURSE LISTINGS

Class Title	•	<b>BASICS WITH BARB</b>			
		For those who have taken Introduction to Computer Applications in the past or have previous experience with computers and just want a refresher.			
Course	•	<b>Five Points Center for Active Adults</b>		Class Fee: \$40	
Location + Fee		#129908	May 5-12	W	9:30 AM-11:30 AM
		•	•	•	•
		Class Barcode	Class Dates	Class Day	Class Time

## STAFF DIRECTORY

### Todd Riddick, Adult Program Director

Office Location: Five Points Center for Active Adults  
(919) 996-2151  
Todd.riddick@raleighnc.gov

### Carmen Rayfield, Adult Program Manager / Walnut Terrace Center Director

(919) 996-4734  
Carmen.rayfield@raleighnc.gov

### Brian Philpot, Anne Gordon Center for Active Adults Director

(919) 996-4724  
Brian.philpot@raleighnc.gov

### Jennifer Tabery, Five Points Center for Active Adults Director

(919) 996-4733  
Jennifer.tabery@raleighnc.gov

### Morgan Edmundson, Five Points Center for Active Adults Assistant Director

(919) 996-3287  
Morgan.edmundson@raleighnc.gov



# ART PROGRAMS

## BLUEGRASS JAM

Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen!

**Five Points Center for Active Adults** Course Fee: \$0  
 #254545 May 6-Aug 26 W 2:00 PM-4:30 PM

## CERAMICS BASICS - PAINTING GREENWARE

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list of necessary materials to purchase on their own. Instructor: Ann Long

**Five Points Center for Active Adults** Course Fee: \$0  
 #254605 May 6-Aug 26 W 9:30 AM-12:00 PM

## COLOR THEORY

Learn the nature and use of color. Emphasis will be on color mixing, manipulation, and the creation of color harmonies. This class will help artists improve their work in all color media. Supply list provided upon registration. Instructor: Tracie Fracasso

**Five Points Center for Active Adults** Course Fee: \$60  
 #254644 Jul 24-Aug 28 F 1:00 PM-3:30 PM

## CRAFT GROUP

Join your fellow crafters for this craft program. Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charitable organizations. This is a student-directed class; there is no instructor.

**Five Points Center for Active Adults** Course Fee: \$0  
 #254606 May 4-Aug 27 M-Th 10:00 AM-11:30 AM

## DRAWING: FUNDAMENTALS OF PERSPECTIVE

This class introduces one point, two point and aerial perspective to students who would like to create a sense of depth in their work. Subject matter will include geometric forms from still life studies, architectural structures and the theme of landscape. No prior experience in drawing is needed, as this course will help both beginning and advanced students who have an interest in improving their drawing skills. Instructor: Nancy Carty

**Five Points Center for Active Adults** Course Fee: \$60  
 #254645 Jul 21-Aug 25 Tu 1:00 PM-3:30 PM

## DRAWING: INTRODUCTION

Explore the basic elements of drawing using various exercises and techniques designed to build confidence in creative abilities. Materials may include pencil, Sharpie, charcoal, ink, or conte. A supply list will be provided upon registration. Course content varies with instructor.

Instructor: Tracie Fracasso

**Anne Gordon Center for Active Adults** Course Fee: \$60  
 #255949 Jul 23-Aug 27 Th 1:00 PM-3:30 PM

**Five Points Center for Active Adults** Course Fee: \$60  
 #254647 Apr 21-May 26 Tu 1:00 PM-3:30 PM  
 #254648 Jun 2-Jul 7 Tu 1:00 PM-3:30 PM

## KNITTING AND CROCHETING

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler

**Anne Gordon Center for Active Adults** Course Fee: \$12  
 #255226 May 5-Jun 23 Tu 2:00 PM-4:00 PM  
 #255227 Jun 30-Aug 18 Tu 2:00 PM-4:00 PM  
 #255228 May 7-Jun 25 Th 2:00 PM-4:00 PM  
 #255229 Jul 2-Aug 20 Th 2:00 PM-4:00 PM

## LET'S ACT

Perhaps you acted in school and would like to do so again. Or maybe you have always wanted to act but have never had the courage to try. If either of these statements describe you, then this is the opportunity for you! This program will provide students with an opportunity to rehearse and perform 2 to 4-minute scene with a partner. We will follow a 3-week cycle for each scene; Week 1: cold reading of scene, Week 2: initial performance, feedback, and discussion; Week 3: Final performance for the group. Between class meetings, students will memorize lines and meet with scene partner to practice the assigned scene. Instructors: Sandra Shelton and Sheila Outhwaite

**Five Points Center for Active Adults** Course Fee: \$0  
 #257493 Feb 13-Apr 30 Th 1:00 PM-2:00 PM

# ART PROGRAMS

## MIXED MEDIA: TREES

Have fun creating stylized trees with acrylic paint, stamps and stencils. On the second day we will make a tree collage with painted and embellished deli paper. The instructor will share stamps and stencils and other mixed media items. Instructor: Marie Lawrence

**Five Points Center for Active Adults** Course Fee: \$25  
#255630 Jul 9-16 Th 1:00 PM-3:00 PM

## PAINTING: ACRYLIC & OIL

This basic painting class for both acrylic and oil painters is open to all levels. Topics include: how to handle, mix and apply paint; to break down complicated subjects into basic shapes; composition, proportion and how to create form using value and color. Students may work from still lifes, photos or copy old masters paintings.

Supply list provided upon registration. Instructor: Tracie Fracasso  
**Anne Gordon Center for Active Adults** Course Fee: \$60

#255723 Apr 23-May 28 Th 1:00 PM-3:30 PM  
#255733 Jun 4-Jul 9 Th 1:00 PM-3:30 PM

**Five Points Center for Active Adults** Course Fee: \$60

#254533 Apr 24-May 29 F 1:00 PM-3:30 PM  
#254646 Jun 5-Jul 17 F 1:00 PM-3:30 PM

## PAINTING: ACRYLIC INTERMEDIATE

This class will focus on composition, color and design in planning a painting. Demonstrations in class will include how to move from Realism to Abstraction using the subject matter of a still life and landscape for the initial four sessions of the class. Students are welcome to bring personal reference photos and work on individual projects. A strong light source with reference photos are encouraged. Having a black and white reference as well as a color reference is also very helpful in planning for value placement within the composition. Instructor: Nancy Carty

**Five Points Center for Active Adults** Course Fee: \$60

#254485 May 4-Jun 29 M 9:30 AM-12:30 PM  
#254493 Jul 6-Aug 24 M 9:30 AM-12:30 PM

## PAINTING - ADVANCED PAINTING WITH PETER MARIN

Join us in this motivating and informative class to help you s deeper into painting and improve your painting practice. Students work independently and directly with instructor to focus on developing critical thinking, creating a personal visual vocabulary, and establishing foundations for technical mastery. Students supply their own materials; any wet media welcome. Instructor: Peter Marin

**Five Points Center for Active Adults** Course Fee: \$60

#256501 Jun 12-Jul 17 F 9:30 AM-12:00 PM

## PAINTING: ALL ABOUT ME COLLAGE

Create a collage that will reflect your character traits and interests, and one which will reflect your goals. We will enhance these collages with symbols cut from painted deli paper and then embellish them with stenciled and stamped images. A supply list will be provided upon registration. Instructor: Marie Lawrence

**Five Points Center for Active Adults** Course Fee: \$25

#255636 Aug 6-13 Th 1:00 PM-3:00 PM

## PAINTING: COLLAGING FLOWERS

Celebrate Spring by creating a collage of flowers in a vase and one of flowers growing. Learn how to paint deli paper and how to combine painted paper and decorative paper with magazine pictures to make a unique, eye-catching collage. A supply list will be given upon registration. Instructor: Marie Lawrence

**Five Points Center for Active Adults** Course Fee: \$25

#255626 May 6-13 W 1:00 PM-3:00 PM



### PAINTING: INTRODUCTION

This course introduces the student to the practice of painting by practicing the fundamental languages of painting such as color, form, composition and narrative. Comparative methods will be used to develop the foundations of a personal visual vocabulary with the aim of supporting a painting practice. Technical and theoretical issues will be discussed to form a frame of reference to serve as a reference point into painting. Class consists of slide lectures, studio time, and take-home assignments. Any wet media welcome. NO experience required. Instructor: Peter Marin

**Five Points Center for Active Adults** Course Fee: \$60  
#256510 May 1-Jun 5 F 9:30 AM-12:00 PM

### PAINTING: OIL, ADVANCED

This course is for those who have experience with oil painting and wish to further their knowledge and technical skills. Topics include architectural references in a landscape, creating a dynamic composition, and color harmony with a defined focal point. Students are encouraged to develop a personal style and interpretation for the subject matter from which they work. Instructor: Nancy Carty

**Five Points Center for Active Adults** Course Fee: \$60  
#254454 May 4-Jun 29 M 1:30 PM-4:30 PM  
#254455 Jul 6-Aug 24 M 1:30 PM-4:30 PM

### QUILTING - INTERMEDIATE

This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Each session will have a main design and will explore other options if time allows. Instructions and a supply list will be available before the session starts. Must provide own sewing machine. Instructor: Martha Killian

**Anne Gordon Center for Active Adults** Course Fee: \$20  
#255230 May 4-Jul 13 M 1:00 PM-4:00 PM

### RALEIGH MINIATURES GUILD

This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. See club officers at meeting for information on additional fees and dues.

**Anne Gordon Center for Active Adults** Course Fee: \$2  
#255231 May 7-Jun 4 Th 10:00 AM-12:00 PM

### READERS THEATRE: IMPROV AND SKITS

Readers' Theatre is much like radio: the script is read (no memorizing) and the story comes alive through the tone, pitch and emotion of the actors' voices. A wide variety of short and medium length skits from a variety of sources will be utilized. Memorization of scripts is not necessary; costuming and props are minimal. This is not an acting class, nor is it a class for the shy. Participants gather and learn acting and entertain each other by filling a variety of roles (acting experience is not required). Commitment to attendance and participation is stressed. Meets 2nd/4th Monday of the month. Registration is required.

**Five Points Center for Active Adults** Course Fee: \$0  
#254755 May 11-Aug 24 2nd/4th M 3:30 PM-5:30 PM



### READERS' THEATRE: PERFORMANCE ENSEMBLE

The Speakeasy Players perform from six to eight shows per season from September through May for Local 55+ clubs and retirement communities. Each show is different; scripts include radio comedies and dramas from the 1940s-1960s and contemporary pieces. All performances are live mic. Simple props and costumes may be used. Importance is placed on attendance and commitment. A longer, larger Family and Friends show is held in May that includes all members. This program is by invitation only. Participation in Readers Theater: Improv and Skits is a pre-requisite. Meets the 1st/3rd Tuesday of the month.

**Five Points Center for Active Adults** Course Fee: \$0  
#257620 May 5-Aug 18 1st/3rd Tu 3:30 PM-5:00 PM

### TRIANGLE PORTRAIT ARTISTS

Join a group dedicated to producing beautiful portraits! This class is self-lead, there is no formal instructor. For oil painters-use Gamsol solvent-free gel or liquid. No odorless or mineral spirits allowed in this group. A \$5 cash model fee will be collected each class meeting. Note: See club officers at meeting for information on additional fees and dues.

**Five Points Center for Active Adults** Course Fee: \$18  
#255290 May 5-Aug 25 Tu 9:00 AM-12:00 PM

### WATERCOLOR: INTERMEDIATE

This class will focus on the color and design of the composition with demonstration using the theme of florals and landscapes. The characteristics of Realism versus Abstraction will be addressed in this course as part of creating a personal response to subject matter. Students should plan to bring in their personal photo references. Providing a photo in black and white as well as color is helpful in planning value placement in the composition. Students should have had an introduction to watercolor and be familiar with working with transparent washes. Instructor: Nancy Carty

**Five Points Center for Active Adults** Course Fee: \$60  
#254495 May 20-Jun 24 W 1:00 PM-4:00 PM  
#254528 Jul 8-Aug 12 W 1:00 PM-4:00 PM



# COMPUTER CLASSES

## AMAZON ALEXA BASICS 1

Learn to use Alexa, Amazon's virtual assistant, to check your calendar, weather, traffic, or sports scores; manage to-do and shopping lists; and control compatible smart lights, thermostats, and garage doors, sprinklers with simple voice commands. Class will also cover basic set-up, and the Alexa App. For more information about this class, please contact Tommy Hodges at 919-996-2548.

<b>Five Points Center for Active Adults</b>				Course Fee: \$6
#256536	Jun 4	Th	10:00 AM-12:00 PM	
#256537	Aug 11	Tu	10:00 AM-12:00 PM	
#256669	Jun 16	Tu	2:00 PM-4:00 PM	
<b>Walnut Terrace Center</b>				Course Fee: \$6
#256770	May 18	M	2:30 PM-4:30 PM	

## ANDROID PHONE BASICS

Get comfortable using your Android Phone in this Android Phone Basics 1 course. Please bring your Android Phone because none will be provided. Please know your Android Account information. \*Registration ends approximately 1 week before the course begins\* For information about this class please contact Tommy Hodges at 919-996-2458.

**Anne Gordon Center for Active Adults** Course Fee: \$12

<i>Android Basics 1</i>			
#256538	Jun 3-10	W	10:00 AM-11:30 AM
#256539	Aug 5-12	W	2:00 PM-3:30 PM

<i>Android Basics 2</i>			
#256560	Jun 24-Jul 1	W	10:00 AM-11:30 AM
#256564	Aug 19-26	W	2:00 PM-3:30 PM

**Five Points Center for Active Adults** Course Fee: \$12

<i>Android Basics 1</i>			
#256540	May 5-12	Tu	2:00 PM-3:30 PM
<i>Android Basics 2</i>			
#256561	May 19-26	Tu	2:00 PM-3:30 PM

## ANDROID TABLET BASICS

Did you recently purchase an Android Tablet but don't know how to use it? Register today and learn on your own device! The only requirements: Bring your account information and your own tablet. Tablets will not be provided. If you have any questions about this class please contact Tommy Hodges 919-996-2458.

**Five Points Center for Active Adults** Course Fee: \$12

<i>Android Tablet Basics 1</i>			
#256565	Jun 11-18	Th	10:00 AM-11:30 AM
#256568	Jul 28-Aug 4	Tu	10:00 AM-11:30 AM
<i>Android Tablet Basics 2</i>			
#256570	Aug 18-25	Tu	10:00 AM-11:30 AM

## APP BASED TAXI (UBER & LYFT) AND DELIVERY SERVICES

Learn how to use app-based taxi and food/grocery delivery services from your smart phone. Apps covered include UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have working knowledge of your smartphone and your phone's App Store, including your user ID and password. This class provides an overview of the various apps; students must understand how to install apps on their phone if they wish to use the apps on their personal smart phone. For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$6
#256571	May 20	W	10:00 AM-12:00 PM	
#256572	Jun 3	W	2:00 PM-4:00 PM	
<b>Five Points Center for Active Adults</b>				Course Fee: \$6
#256573	Jul 2	Th	2:00 PM-4:00 PM	

## APPLE LAPTOP BASICS

Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class; one will not be provided. This course is for beginners or new users new to Apple laptops. Level 1: internet basics, WIFI connection, weather, gestures, and system preferences. Level 2: Pages, and key commands. For more information about this class please contact Tommy Hodges at 919-996-2458.

**Five Points Center for Active Adults** Course Fee: \$12

<i>Apple Laptop Basics 1</i>			
#256588	May 21-28	Th	10:00 AM-11:30 AM

## APPLE TIME MACHINE: HOW TO BACK UP YOUR APPLE COMPUTER

Prerequisite: Student must bring their Apple ID/password and Apple laptop to class. Computers are not provided. Apple's Time Machine is a backup software application that allows you to back up EVERYTHING on your Apple laptop. If you have an Apple computer then you already have Time Machine. Learn to use Time Machine to back up files to an external hard drive, create disk images and a boot disk. For more information about this class please contact Tommy Hodges at 919-996-2458.

**Five Points Center for Active Adults** Course Fee: \$6

#256616	May 7	Th	10:00 AM-12:00 PM
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Please be sure to read course prerequisite in the course description to be sure that you are registering for the appropriate level class.

## CHROMECAST BASICS 1

Google Chromecast allows users to stream content to a television. Learn to use all of its features and start streaming! There are no prerequisites for this class. If you have any questions about this class please contact Tommy Hodges 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$0	
#256619	Aug 31	M	10:00 AM-11:30 AM
#256620	May 27	W	2:00 PM-3:30 PM
<b>Five Points Center for Active</b>		Course Fee: \$0	
#256618	Jun 25	Th	10:00 AM-11:30 AM

## COMPUTER BASICS

Prerequisite: Little or no computer skills. This course is for beginners who are just starting to use a computer, mouse, and keyboard. Basics 1: use of mouse and keyboard; create and save documents. Basics 2: Windows 10 features and functions; enter, edit text in Word, and how to save and retrieve files. Basics 3: files storage and computer back up. Basics 4: Windows 10 settings. For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$12	
<i>Computer Basics 1</i>			
#256622	Jun 1-8	M	10:00 AM-11:30 AM
<i>Computer Basics 2</i>			
#256627	Jun 22-29	M	10:00 AM-11:30 AM
<i>Computer Basics 3</i>			
#256632	Jul 20-27	M	10:00 AM-11:30 AM
<i>Computer Basics 4</i>			
#256635	May 11-18	M	10:00 AM-11:30 AM
#256636	Aug 3-10	M	10:00 AM-11:30 AM
<b>Five Points Center for Active Adults</b>		Course Fee: \$12	
<i>Computer Basics 1</i>			
#256624	May 5-12	Tu	10:00 AM-11:30 AM
#256625	Jul 23-30	Th	10:00 AM-11:30 AM
<i>Computer Basics 2</i>			
#256626	May 19-26	Tu	10:00 AM-11:30 AM
#256628	Aug 6-13	Th	10:00 AM-11:30 AM
<i>Computer Basics 3</i>			
#256631	May 21-28	Th	2:00 PM-3:30 PM
#256633	Aug 13-20	Th	2:00 PM-3:30 PM
<i>Computer Basics 4</i>			
#256634	Aug 20-27	Th	10:00 AM-11:30 AM

## COMPUTER NETWORK BASICS 1

Learn to set up and maintain your own computer network and the reasons you may wish to do so. Since every modem and wireless router is different, we will discuss generalities on how to set one up in your own. There are no prerequisites. For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$6	
#256637	May 6	W	2:00 PM-4:00 PM
#256640	Aug 17	M	10:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$6	
#256638	Jun 25	Th	2:00 PM-4:00 PM

## CREATE FLYERS USING POWER POINT

Learn to create flyers using Microsoft Power Point. Topics include: how to remove the background from an image, add dazzling text, and layer photographs to create a professional flyer. Prerequisite: You must have a working knowledge of using a Windows Computer or have attended Computer Basics 1 and 2. \*A Windows computer will be provided\* For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$6	
#256641	May 27	W	10:00 AM-12:00 PM

## CUTTING THE CORD:

### WHAT DOES IT MEAN AND HOW DOES IT WORK?

Learn how television entertainment is evolving into various platforms: cable, satellite, antenna, and online and the steps you can take to reap the benefits of cutting the cord. For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$12	
#256644	Jun 10-17	W	2:00 PM-3:30 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$12	
#256645	May 7-14	Th	2:00 PM-3:30 PM
#256646	Aug 4-11	Tu	2:00 PM-3:30 PM
<b>Walnut Terrace Center</b>		Course Fee: \$12	
#256647	Jun 1-8	M	2:30 PM-4:00 PM
#256771	Jul 20-27	M	2:30 PM-4:00 PM
#256772	Aug 24-31	M	2:30 PM-4:00 PM

## ELECTRONIC COUPONS

Most stores are moving to the use of electronic coupons. This can be a great way to save not only paper, but also time and money! Plus, it is a way to keep all of your coupons in the same place! We'll show you how to collect coupons using popular apps on your smart phone and ditch those scissors and newspapers. Plus, we will show you how to redeem them so you that you can save some dough at the register! We will go over stores like Harris Teeter, Target, Whole Foods, Food Lion, Publix, and Lidl. You may need a key tag account to link your coupons too - For example a rewards card from those stores. For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$6	
#256652	Jun 15	M	10:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$6	
#256653	Jul 2	Th	10:00 AM-12:00 PM
#256654	Aug 27	Th	2:00 PM-3:30 PM

# COMPUTER CLASSES

## EXCEL BASICS 1

Learn to use a template to create and maintain a monthly budget while learning the basics of Excel. Topics include charts, cells, tables, rows, and formulas. Prerequisite: Computer Basics 1, 2, and 3 or a strong understanding of how to use the Windows 10 Operating System. For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$6
#256659	Aug 24	M	10:00 AM-12:00 PM
#256874	May 20	W	2:00 PM-4:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$6
#256658	Jun 24	W	2:00 PM-4:00 PM

## GIMP PHOTO EDITING BASICS

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and other specialized tasks. GIMP is similar to the professional photo editor Adobe Photoshop. For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$12
<i>GIMP Photo Editing Basics 1</i>			
#256661	Jul 22-29	W	10:00 AM-11:30 AM
<i>GIMP Photo Editing Basics 2</i>			
#256665	May 6-13	W	10:00 AM-11:30 AM

## GMAIL BASICS 1

Learn how to create a GMAIL email account and how to use it. \*You must have a working knowledge of using a computer or you have already taken Computer Basics 1 and 2. For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Five Points Center for Active Adults</b>			Course Fee: \$6
#256667	Jun 9	Tu	2:00 PM-4:00 PM

## GOOGLE APPLICATIONS OVERVIEW

Prerequisite: 'Computer Skills 1' or equivalent. Learn about free Google applications, including Google Maps, Earth, Drive, YouTube, Google Docs, Calendar, and others. For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Five Points Center for Active Adults</b>			Course Fee: \$12
#256670	Jul 21-28	Tu	2:00 PM-3:30 PM

## GOOGLE CHROME INTRO

Learn how to use Google Chrome, a web browser from Google. Topics include general use, security features, quick answers, and personalized articles. Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome. Please bring your personal laptop to the workshop. \*If you do not have a laptop, one will be provided.\* For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$6
#256671	May 13	W	2:00 PM-4:00 PM

## GOOGLE PHOTOS INTRO

Learn to use Google Photos for basic photo editing, sharing, storage and photo book creation. Google Photos can be used on most devices. Class will use computers with the Windows 10 operating system, however students are welcome to bring their own devices. Prerequisite: 'Computer Basics 1' or equivalent. If you have a GMAIL account, please bring your account username and password to class. If you do not have an account, we will provide you with the steps to create one on your own. For more information about this class please contact Tommy Hodges at 919-996-2458.

<b>Five Points Center for Active Adults</b>			Course Fee: \$12
#256672	Jun 23-30	Tu	2:00 PM-3:30 PM

## ICLOUD BASICS 1

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your device PLUS your Apple ID and password. The iCloud is a virtual hard drive that is always accessible with an internet connection and allows users to securely content and sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. For more information, contact Tommy Hodges at 919-996-2458.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$6
#256685	Jul 22	W	2:00 PM-4:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$6
#256684	Jun 2	Tu	2:00 PM-4:00 PM

## INTRODUCING SIRI - YOUR PERSONAL ASSISTANT FOR IPAD/IPHONE

If you have ever wished you had a personal assistant to remind you to do something at a certain time or when you arrive at a certain place, get to know SIRI! SIRI is a personal assistant on your Apple device. Learn all the ways she can help you be less forgetful! Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your iPhone or iPad PLUS your Apple ID and password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

<b>Five Points Center for Active Adults</b>			Course Fee: \$6
#256696	Jul 21	Tu	10:00 AM-12:00 PM



## IPAD BASICS 1

Introduction to the basics of owning an iPad. Must bring: Your own iPad PLUS your Apple ID & Password. Basics 1: overview and intro to the many apps that are available. Basics 2: Sync with computer, FaceTime, Contacts, Calendars, and App downloads. Basics 3: download content from App Store, iTunes, iBooks, and eBooks from Wake County Public Library. For more information, contact Tommy Hodges at 919-996-2458.

**Anne Gordon Center for Active Adults** Course Fee: \$12

*iPad Basics 1*

#256701 Aug 5-12 W 10:00 AM-11:30 AM

*iPad Basics 2*

#256707 Aug 19-26 W 10:00 AM-11:30 AM

**Five Points Center for Active Adults** Course Fee: \$12

*iPad Basics 1*

#256702 Jun 11-18 Th 2:00 PM-3:30 PM

*iPad Basics 2*

#256734 Jul 23-30 Th 2:00 PM-3:30 PM

*iPad Basics 3*

#256739 Jun 4 Th 2:00 PM-4:00 PM

## IPHONE BASICS

Introduction to the basics of owning an iPhone. Must bring: Your own iPhone/iPad PLUS your Apple ID & Password. Basics 1: Apps Basics 2: iHealth, Notifications, cellular data use, Do Not Disturb feature. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Five Points Center for Active Adults** Course Fee: \$12

*iPhone Basics 1*

#256751 Jun 2-9 Tu 10:00 AM-11:30 AM

*iPhone Basics 2*

#256755 Jun 23-30 Tu 10:00 AM-11:30 AM

## MICROSOFT WORD BASICS 1

Microsoft Word is a powerful program that allows users to create various documents from scratch or using a template. Learn to: change the font, font size, create a bulleted list, set line spacing, insert tables, insert pictures, insert clip art, utilize text boxes, add WordArt, adjust margins, utilize the built-in dictionary/thesaurus and more! Prerequisite: You must have taken Computer Basics 1 & 2 or have a working knowledge of the Windows 10 Operating System. For more information, contact Tommy Hodges at 919-996-2458.

**Anne Gordon Center for Active Adults** Course Fee: \$6

#256758 Jul 29 W 2:00 PM-3:00 PM

**Five Points Center for Active Adults** Course Fee: \$6

#256757 Jun 16 Tu 10:00 AM-12:00 PM

#256760 Aug 25 Tu 2:00 PM-4:00 PM

## NEW TO COMPUTERS 1

If you are brand new to computers, then this is the class for you! Topics include basic computer skills; how to use the internet and stay safe; and how to access free games. \*A computer will be provided. For more information, contact Tommy Hodges at 919-996-2458.

**Walnut Terrace Center** Course Fee: \$0

#256768 May 11 M 2:30 PM-4:00 PM

## PINTEREST BASICS 1

Learn to utilize Pinterest to find interesting DIY projects, cooking recipes and new crafting ideas. This class will teach you how to create an account and explore recipes, projects, and hobbies from likeminded enthusiasts based on your interests. Prerequisites: You must have an email account. Computer Basics 1 and Computer Basics 2 recommended, or a basic understanding of surfing the web.

**Anne Gordon Center for Active Adults** Course Fee: \$6

#256762 Jul 1 W 2:00 PM-4:00 PM

**Five Points Center for Active Adults** Course Fee: \$6

#256764 Aug 6 Th 2:00 PM-4:00 PM

## TECHEX

TechEX combines adult technology education with an introduction to a low impact activity, such as Pickleball and Disc Golf. In the technology portion of the class we will introduce fitness apps, such as My Fitness Pal and Pickleball Finder, that will help you track food intake, steps and weight with a smartphone; no high-tech watches or other gadgets are needed! We will also cover Disc Golf and Pickleball apps that help you identify playing locations and keep score. In the activity portion of the class, you will learn to play Disc Golf or Pickleball. Disc Golf is similar to traditional Golf instead of clubs and balls, frisbees and baskets are used. Pickleball mimics tennis, but with a smaller court and slower pace. Prerequisite: You must have working knowledge of your smartphone and be able to access its app store (Google Play or Apple App Store). For more information, contact Tommy Hodges at 919-996-2548.

**Thomas G Crowder Woodland Center** Course Fee \$6

*TechEx: Disc Golf*

#256374 May 14 Th 9:00 AM-12:00 PM

**Tarboro Road Community Center** Course Fee: \$6

*TechEx: Pickleball*

#256417 May 4 M 10:30 AM-1:30 PM

## TECHREFRESH

TechRefresh allows students who have recently completed an adult technology class to return and ask questions related to class material to gain further understanding on the topic. Pre-registration is required. Students must arrive 15 minutes prior to appointment time for check in.

**Walnut Terrace Center** Course Fee: \$0

By Appointment Only M 2:30 PM-4:30 PM

## TIPS ON PURCHASING A COMPUTER

You're finally ready to purchase a computer but can't decide what type to get. Let us help you understand the differences between a laptop, desktop, and tablet and how to determine the type of device you should purchase to best meet your needs.

**Anne Gordon Center for Active Adults** Course Fee: \$6

#256765 Jun 17 W 10:00 AM-12:00 PM

# EDUCATIONAL CLASSES

## BOOK DISCUSSION: IT'S OK THAT YOU'RE NOT OK

We will dive into Megan Devine's book on the cultural reaction to grief and loss. Whether you are grieving the loss of a loved one, or if you would like to learn how to better support others, this discussion group is for you. Purchase the book ahead of time (available on Amazon or at most bookstores) and read chapters 1-4 before the first session. Try not to read ahead-we will take it one section at a time!

Lead by Heartland Hospice bereavement coordinator, Kristin Lassiter.  
**Five Points Center for Active Adults** Course Fee: \$0  
 #255057 May 7-28 Th 2:00 PM-3:00 PM

## FINANCE: BEYOND THE TYPICAL REALTOR- WHAT IS A SRES

Learn the differences between a typical realtor and a Certified Senior Real Estate Specialist, how to talk with your family about living options, and how to ease the transition to a new home while maximizing the return on your current home. Explore different living options such as university cities, age-friendly cities and outside the box communities. Discover new safety and technology choices for your lifestyle. Presented by Mary Alice Connor, SRES of Keller Williams Realty.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
 #255762 Jun 15 M 3:00 PM-4:00 PM  
**Five Points Center for Active Adults** Course Fee: \$0  
 #255761 May 19 Tu 2:00 PM-3:00 PM

## FINANCE: BUDGETING ALLOWS YOU TO ENJOY YOUR LIFE

Money doesn't buy happiness but having enough money to pay our bills allows us to provide for our families, plan for the future, and enjoy our leisure time. This class will show you that budgeting is easy and give you tools to make a budget, tips to save money and eliminate impulse buying. Let your money work for you!

**Walnut Terrace Center** Course Fee: \$15  
 #257305 Jul 7-Aug 18 Tu 6:30 PM-8:30 PM

## FINANCE: GOVERNMENT BENEFITS FOR LONG TERM CARE

The cost of Long-Term Care is staggering, from in-home care, Assisted Living, Memory Care to Skilled Nursing Care, monthly costs often exceed \$10,000 per month. Learn various government benefit programs and the requirements to qualify. We will primarily review Veteran's Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
 #254999 Jun 23 Tu 11:00 AM-12:00 PM  
**Five Points Center for Active Adults** Course Fee: \$0  
 #255000 Aug 3 M 6:00 PM-7:00 PM

## FINANCE: MEDICARE 101

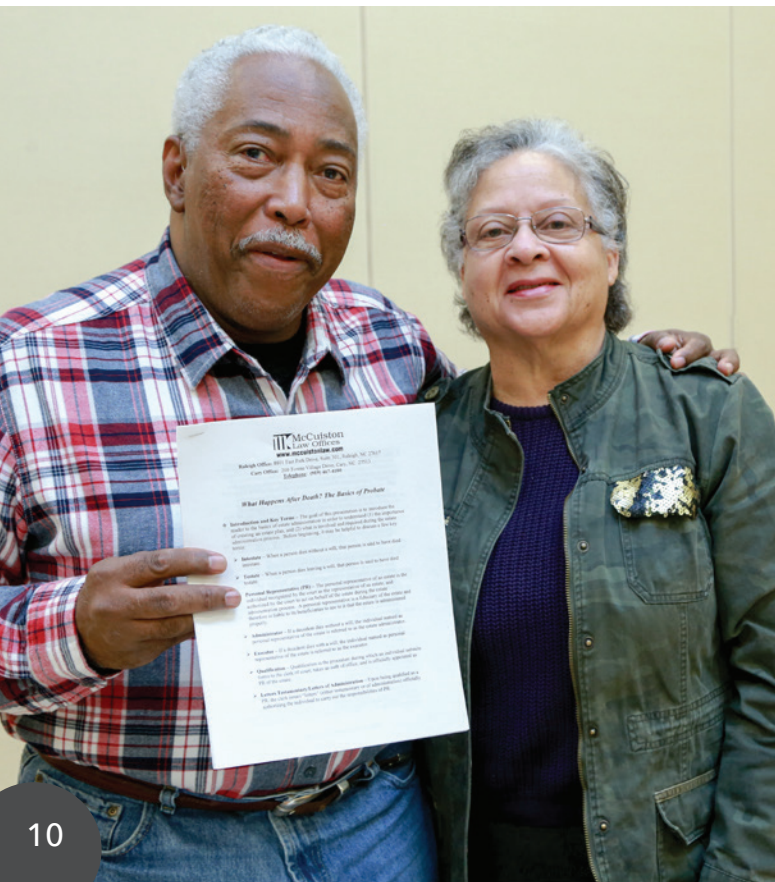
The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and Abuse, and long-term care insurance. This seminar will provide a quick explanation of Medicare and offer time for questions.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
 #255024 Jun 25 Th 10:00 AM-12:00 PM  
**Five Points Center for Active Adults** Course Fee: \$0  
 #255025 Jun 16 Tu 10:00 AM-12:00 PM  
 #255026 Aug 13 Th 6:00 PM-8:00 PM

## FINANCE: PLANNING FOR MEDICAID

This class will cover the basics of preparing yourself or family member for Medicaid, including eligibility requirements; coverage options; Look-back Period; asset and income limitations; and spousal or family asset protection. Presented by Huston Law Firm.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
 #255001 Jul 9 Th 11:00 AM-12:00 PM  
**Five Points Center for Active Adults** Course Fee: \$0  
 #255002 May 12 Tu 2:30 PM-3:30 PM



### FINANCE: SELLING YOUR HOME "AS-IS"

There are many myths about what is required in order to sell a home. These falsehoods are often perpetuated by television shows featuring tiny homes selling for millions. Learn the truth about what is 'required' to sell a home in the Raleigh area, what selling 'as-is' really means, and the secret behind the 'We Buy Houses' business model. Sponsored by Freda Hamlett a certified senior housing professional of the Milestone Moves Realty Group.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#255005	Jun 16	Tu	10:30 AM-11:30 AM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#255006	Jul 7	Tu	2:00 PM-3:00 PM

### FINANCE: STRATEGIES FOR SELLING YOUR HOME IN TODAY'S MARKET

Selling the home that you have lived in for decades can seem like a daunting task, but it doesn't need to be overwhelming. Real estate agents can be helpful, but they all seem to give a different and often conflicting advice. Get the FACTS about what is involved in selling a home in today's market and the top 10 Mistakes to Avoid when selling your home. Presented by Freda Hamlet, certified senior housing professional of the Milestone Moves Realty Group.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#255007	Aug 18	Tu	10:30 AM-12:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#255008	Jul 21	Tu	2:00 PM-3:30 PM

### FINANCE: UNDERSTANDING BENEFICIARY DESIGNATIONS

Beneficiary designations are an important part of an estate plan. Find out the problems that occur every day on insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death (POD) designations. Presented by Huston Law, PLLC and Carolina Estate Counsel.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#255015	Aug 20	Th	11:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#255016	Jul 22	W	2:30 PM-3:30 PM

### FINANCE: UNDERSTANDING 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.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#255018	May 19	Tu	11:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#255019	Jun 3	W	2:30 PM-3:30 PM

### FINANCE: USING A HOME EQUITY CONVERSION MORTGAGE

Today's retirees may find themselves having to consider other options in addition to Social Security, retirement plans, and personal savings to help meet their financial needs. HECMs (Home Equity Conversion Mortgage, also called reverse mortgages) can, in the right circumstances and with the right borrower, offer both short-term and long-term benefits to help close the gaps. HECMs accomplish this by turning part of the equity of a home into cash or a line of credit. A HECM might be the financial planning tool that can put you on a path towards a more flexible and satisfying retirement. Sponsored by Reverse Mortgage Funding, LCC.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#255013	May 12	Tu	11:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#255014	May 19	Tu	2:30 PM-3:30 PM

### FINANCE: WILLS VERSUS TRUSTS

Trusts are used for many different purposes. Learn the various types of trusts and how they may benefit you. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#255020	Aug 25	Tu	11:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#255021	Jun 16	Tu	2:30 PM-3:30 PM

### FIVE WISHES

Having the conversation with family and friends about our advanced directives and living will can be challenging. Five Wishes is a program that provides the opportunity to express your personal, emotional, and spiritual needs. It lets you choose the person you want to make your health care decisions for you in the event you are not able, and helps you decide how you wish to be treated if you get seriously ill. Five Wishes is written by the American Bar association and designed to help you plan for the future. Sponsored by Liberty Hospice and Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#255022	May 14	Th	11:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#255023	May 5	Tu	2:00 PM-3:00 PM

### FRENCH LANGUAGE, CONTINUATION

This class builds a solid foundation of French language, covering grammar, conversation, writing, and listening skills. All those having attended previous classes or with an equivalent level are welcome to attend. Instructor: Kyle Beale

<b>Five Points Center for Active Adults</b>			Course Fee: \$80
#255941	Jun 25-Aug 13	Th	10:00 AM-11:30 AM

*Please be sure to read course prerequisite in the course description to be certain that you are registering for the appropriate level class.*



# EDUCATIONAL CLASSES

## HEALTH TALKS WITH DR. BALDWIN

Dr Baldwin, RFS Senior Care Pharmacist, will be on-site monthly to discuss important health topics, such as chronic illnesses and strategies for healthy living, that affect for older adults. Sponsored by Resources for Seniors and Grace Healthcare Services Inc.

**Five Points Center for Active Adults** Course Fee: \$0  
 #255051 May 5-Aug 4 Tu 10:15 AM-11:15 AM

## HEALTH TOPIC: BLOOD PRESSURE AND WEIGHT SCREENING

Take advantage of FREE blood pressure and weight screenings on the 1st Tuesday and 4th Thursday of the month. Offered by Dr. Casey Baldwin with Resources for Seniors; or the registered nurse from Grace Healthcare Services.

**Five Points Center for Active Adults** Course Fee: \$0  
 #255048 May 5-Aug 27 1st Tu, 4th Th 9:30 AM-10:15 AM

## HEALTH TOPIC: FINDING THE MISSING PIECES IN MY COMMUNICATION

Learn tips and tricks to help you hear better in various situations, discover why and how a hearing loss makes it difficult for you to hear, and be able to ask questions specific to you and your difficult listening situations. Resources and instruction to help reach your full potential, whether you wear hearing aids or not, will be provided. Presented by Raleigh Hearing and Tinnitus Center

**Anne Gordon Center for Active Adults** Course Fee: \$0  
 #255055 May 18 M 2:45 PM-3:45 PM

**Five Points Center for Active Adults** Course Fee: \$0  
 #255056 Jun 9 Tu 2:00 PM-3:00 PM

## HEALTH TOPIC: HEARING LOSS & ASSISTIVE DEVICES

This presentation covers a variety of topics related to hearing loss and describes the newer resources available to benefit hard of hearing individuals so they can lead independent lives and enjoy life more by reducing the stress associated with hearing loss. Topics covered include: types of hearing loss and causes; overview and features of hearing aids/cochlear implants; telecommunications equipment and smartphone; and public accommodations, including television and movie captions. Sponsored by Cap Tel NC.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
 #255052 Jul 14 Tu 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
 #255053 Jul 21 Tu 10:15 AM-11:00 AM

## HEALTH TOPIC: PARKINSON'S DISEASE DIALOGUE

Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of PD related healthcare, by exchanging information, choosing topics for discussion and by sharing the collective wisdom. Each month features 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. Group meets on the last Friday of each month.

**Five Points Center for Active Adults** Course Fee: \$0  
 #255054 May 29-Aug 28 F 1:30 PM-3:00 PM

## LEGAL: IMPORTANT DOCUMENTS EVERYONE SHOULD HAVE

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

**Anne Gordon Center for Active Adults** Course Fee: \$0  
 #255003 Jul 16 Th 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
 #255004 Jul 14 Tu 2:30 PM-3:30 PM

## ONE-ON-ONE CAREGIVER SUPPORT OR GRIEF COUNSELING

Kristin Lassiter will provide 1:1 counseling to support those in the primary caregiver role for a family member or those who have recently experienced the loss of a family member, friend or employment. To meet with Kristin, and learn ways to manage the challenges of caregiving or adjusting to a loss, you must make an appointment. Sponsored by Heartland Hospice and Resources for Seniors, Inc.

**Five Points Center for Active Adults** Course Fee: \$0  
 #255028 May 18-Aug 17 M 1:00 PM-3:00 PM

## QUESTIONS ACROSS THE SPECTRUM DISCUSSION GROUP

Participants will view videos from TED.com, upworthy.com and similar websites on a variety of topics, including nature, leisure, aging, compassion, intervention and science. A back-and-forth exchange of views will deepen understanding of questions and issues raised by living in a complex world. Preregistration is required. Class meets on the first and third Monday of each month.

**Five Points Center for Active Adults** Course Fee: \$0  
 #254753 May 4-Aug 17 M 3:30 PM-5:00 PM

## RESOURCES FOR SENIORS: WHO ARE WE AND HOW WE CAN HELP

Resources for Seniors will provide an overview of their agency and the many resources they provide to the aging population including programs that assist with locating housing, transportation, in-home care, weatherization, home improvements and Medicare assistance.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#255040 Jun 11 Th 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#255041 Jun 11 Th 1:30 PM-2:30 PM

## RESTORATIVE WRITING

Sometimes, we have things that we just can't talk about. It may be because the person we needed to say it to has died, or is simply not able to hear what we need to say. It may be that we just aren't willing to rock the boat that much. Come to these two sessions of restorative writing where we will support one another in writing 'the letters that we will never mail.' No writing experience necessary!

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#255038 Jun 2-9 Tu 10:30 AM-12:00 PM

## SHIIP COUNSELING

These 1:1 appointments will help you to understand your Medicare options with the Senior Health Insurance Information Program (SHIIP). If you are turning 65 or retiring and will have Medicare, now is the time to meet with a counselor and review your future Medicare options. Please call the Anne Gordon Center 919-996-4720, Five Points Center 919-996-4730 or Walnut Terrace Center 919-996-6160 to make an appointment.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#255043 May 4-Aug 31 M, F 9:30 AM-4:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#255044 May 6-Aug 27 W, Th 1:30 PM-4:30 PM

**Walnut Terrace Neighborhood Center** Course Fee: \$0  
#255045 May 7-Aug 27 Th 10:00 AM-1:00 PM

## THE UPSIDE OF DOWNSIZING

Downsizing can prove to be time consuming and stressful. Deciding to 'downsize' now rather than later can provide financial benefits, allow more time to make important decisions, reduce overall stress, and limit burden to family members. Determine your space versus your belongings ratio and ensure that you don't leave any of your treasured possessions behind. We will explain how letting go of 'space takers' can get the ball rolling and how to purge or liquidate the household goods that you no longer need. Presented by Caring Transitions.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#255046 Jun 8 M 2:00 PM-3:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#255047 Aug 11 Tu 11:00 AM-12:00 PM

## TOOLS FOR SECURING YOUR FUTURE

Join us for interactive conversation with a professional financial planner and a home advisor to identify the factors to consider for determine the cost of your future lifestyle; a home advisor to learn the options for retirement living; retirement living. Often, we are not aware of all the options available to us and we can explore these questions, addressing the difference in the many types of communities and amenities of each. What important papers should I have ready in the event of an emergency and why is it important to have this prepared in advance. Sponsored by Waltonwood Lake Boone.

**Five Points Center for Active Adults** Course Fee: \$0  
#257618 Jun 2 Tu 1:30 PM-2:30 PM

## WRITING AS A MEDITATIVE PRACTICE

This workshop uses poetry and simple exercises as prompts to lead participants into writing on their life's journey, with optional sharing within the group. No writing experience needed. This is a safe, confidential group, where reading aloud reinforces the power of creating new art through our memories and stories. Led by William Finger, MSW. Meets the 2nd and 4th Wednesday of each month.

**Five Points Center for Active Adults** Course Fee: \$0  
#255297 May 13-Aug 26 W 2:00 PM-4:00 PM



# FITNESS CLASSES

## SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

### 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. If you can walk, you can dance! Student should bring tap or hard bottomed shoes for class and have some dance experience. Instructor: Bev Norwood

Five Points Center for Active Adults		Course Fee: \$10	
#253544	May 6-27	W	12:00 PM-1:00 PM
#253545	Jun 3-24	W	12:00 PM-1:00 PM
#253546	Jul 1-29	W	12:00 PM-1:00 PM
#253547	Aug 5-26	W	12:00 PM-1:00 PM

### AIM FITNESS



The 'AIM' of Adults in Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through stretching, low impact aerobics, and the use of hand weights and resistance bands. Classes differ by instructor. All classes are beginner level with chair support unless otherwise noted. \*Please note that the free classes at the Five Points Center are limited to the first 30 people who arrive.

#### Anne Gordon Center for Active Adults

Course Fee: \$10

Instructor: Journonya Harris-Raynor

#254270	May 5-26	Tu	9:15 AM-10:00 AM
#254271	Jun 2-30	Tu	9:15 AM-10:00 AM
#254272	Jul 7-28	Tu	9:15 AM-10:00 AM
#254273	Aug 4-25	Tu	9:15 AM-10:00 AM

Intermediate

#254274	May 5-26	Tu	10:15 AM-11:00 AM
#254275	Jun 2-30	Tu	10:15 AM-11:00 AM
#254276	Jul 7-28	Tu	10:15 AM-11:00 AM
#254277	Aug 4-25	Tu	10:15 AM-11:00 AM

Instructor: Valerie Salinas

#254278	May 5-26	Tu	3:00 PM-3:45 PM
#254279	Jun 2-30	Tu	3:00 PM-3:45 PM
#254280	Jul 7-28	Tu	3:00 PM-3:45 PM
#254281	Aug 4-25	Tu	3:00 PM-3:45 PM
#254282	May 7-28	Th	9:15 AM-10:00 AM
#254283	Jun 4-25	Th	9:15 AM-10:00 AM
#254284	Jul 2-30	Th	9:15 AM-10:00 AM
#254285	Aug 6-27	Th	9:15 AM-10:00 AM

Intermediate

#254286	May 7-28	Th	10:15 AM-11:00 AM
#254287	Jun 4-25	Th	10:15 AM-11:00 AM
#254288	Jul 2-30	Th	10:15 AM-11:00 AM
#254289	Aug 6-27	Th	10:15 AM-11:00 AM

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### AIM Chair

Instructor: Journonya Harris-Raynor

#254316	May 5-26	Tu	12:45 PM-1:30 PM
#254317	Jun 2-30	Tu	12:45 PM-1:30 PM
#254318	Jul 7-28	Tu	12:45 PM-1:30 PM
#254319	Aug 4-25	Tu	12:45 PM-1:30 PM
#254328	May 7-28	Th	11:30 AM-12:15 PM
#254329	Jun 4-25	Th	11:30 AM-12:15 PM
#254330	Jul 2-30	Th	11:30 AM-12:15 PM
#254494	Aug 6-27	Th	11:30 AM-12:15 PM

### Five Points Center for Active Adults

Instructor: Journonya Harris-Raynor

Course Fee: \$0

#254290	May 7-Aug 27	Th	9:30 AM-10:00 AM
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Instructor: Bettie Ittenbach

#254334	Jun 3-24	W	12:00 PM-12:45 PM
#254332	Jul 1-29	W	12:00 PM-12:45 PM
#254333	Aug 5-26	W	12:00 PM-12:45 PM
#254301	Jun 5-26	F	10:15 AM-11:15 AM
#254302	Jul 10-31	F	10:15 AM-11:15 AM
#254303	Aug 7-28	F	10:15 AM-11:15 AM

### Greystone Community Center

Course Fee: \$10

Instructor: Lauren Llewellyn

#254291	May 4-18	M	10:00 AM-10:45 AM
#254292	Jun 1-29	M	10:00 AM-10:45 AM
#254293	Jul 6-27	M	10:00 AM-10:45 AM
#254294	Aug 3-24	M	10:00 AM-10:45 AM
#254320	May 5-26	Tu	9:00 AM-9:45 AM
#254321	Jun 2-30	Tu	9:00 AM-9:45 AM
#254322	Jul 7-28	Tu	9:00 AM-9:45 AM
#254323	Aug 4-25	Tu	9:00 AM-9:45 AM
#254295	May 1-29	F	10:00 AM-10:45 AM
#254296	Jun 5-26	F	10:00 AM-10:45 AM
#254297	Jul 10-31	F	10:00 AM-10:45 AM
#254298	Aug 7-28	F	10:00 AM-10:45 AM
#254324	Jun 4-25	Th	9:00 AM-9:45 AM
#254325	May 7-28	Th	9:00 AM-9:45 AM
#254326	Jul 2-30	Th	9:00 AM-9:45 AM
#254327	Aug 6-27	Th	9:00 AM-9:45 AM

### Halifax Community Center

Course Fee: \$10

Instructor: Journonya Harris-Raynor

#254267	May 4-18	M	11:45 AM-12:30 PM
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### Laurel Hills Community Center

Course Fee: \$10

Instructor: Bettie Ittenbach

#254331	May 6-27	W	10:15 AM-11:15 AM
#254300	May 1-29	F	10:15 AM-11:15 AM

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## Method Road Community Center

Instructor: *Journonya Harris-Raynor*

#254305	May 5-26	Tu	2:00 PM-2:45 PM
#254304	Jun 2-30	Tu	2:00 PM-2:45 PM
#254306	Jul 7-28	Tu	2:00 PM-2:45 PM
#254307	Aug 4-25	Tu	2:00 PM-2:45 PM
#254308	May 7-28	Th	2:15 PM-3:00 PM
#254309	Jun 7-28	Th	2:15 PM-3:00 PM
#254310	Jul 2-23	Th	2:15 PM-3:00 PM
#254311	Aug 6-27	Th	2:15 PM-3:00 PM

Course Fee: \$10

## Tarboro Road Community Center

Instructor: *Janet Wise*

#254312	May 1-29	W, F	10:00 AM-10:45 AM
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Course Fee: \$10

## BALANCE FITNESS



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

## Abbotts Creek Community Center

Instructor: *Raquel Robinson*

#254500	May 7-28	Th	10:30 AM-11:15 AM
#254501	Jun 4-25	Th	10:30 AM-11:15 AM
#254502	Jul 7-28	Th	10:30 AM-11:15 AM
#254503	Aug 6-27	Th	10:30 AM-11:15 AM

Course Fee: \$10

## Five Points Center for Active Adults

Instructor: *Sue Payne*

#254504	May 5-26	Tu	10:15 AM-11:00 AM
#254505	Jun 2-30	Tu	10:15 AM-11:00 AM
#254506	Jul 7-28	Tu	10:15 AM-11:00 AM
#254507	Aug 4-25	Tu	10:15 AM-11:00 AM
#254524	May 6-27	W	11:15 AM-12:00 PM
#254525	Jun 3-24	W	11:15 AM-12:00 PM
#254526	Jul 1-29	W	11:15 AM-12:00 PM
#254527	Aug 5-26	W	11:15 AM-12:00 PM
#254508	May 6-27	W	2:15 PM-3:00 PM
#254509	Jun 3-24	W	2:15 PM-3:00 PM
#254510	Jul 1-29	W	2:15 PM-3:00 PM
#254511	Aug 5-26	W	2:15 PM-3:00 PM
#254512	May 7-28	Th	9:15 AM-10:00 AM
#254513	Jun 4-25	Th	9:15 AM-10:00 AM
#254514	Jul 2-23	Th	9:15 AM-10:00 AM
#254515	Aug 6-27	Th	9:15 AM-10:00 AM
#254516	May 7-28	Th	11:15 AM-12:00 PM
#254517	Jun 4-25	Th	11:15 AM-12:00 PM
#254518	Jul 2-23	Th	11:15 AM-12:00 PM
#254519	Aug 6-27	Th	11:15 AM-12:00 PM

Course Fee: \$10

Instructor: *Sandy Stanton*

#254520	May 7-28	Th	6:45 PM-7:30 PM
#254521	Jun 4-25	Th	6:45 PM-7:30 PM
#254522	Jul 2-30	Th	6:45 PM-7:30 PM
#254523	Aug 6-27	Th	6:45 PM-7:30 PM

## BOOTCAMP



Bootcamp is designed to push you a little further than you would normally push yourself. It builds on the fundamentals of cardio and strength training. You will use bodyweight exercises like pushups, squats and burpees interspersed with aerobic activities. Be prepared to sweat in this class. Bring a towel and your mat.

## Abbotts Creek Community Center

Instructor: *Raquel Robinson*

#254546	May 4-18	M	10:30 AM-11:15 AM
#254547	Jun 4-25	M	10:30 AM-11:15 AM
#254548	Jul 2-30	M	10:30 AM-11:15 AM
#254549	Aug 6-27	M	10:30 AM-11:15 AM
#254550	May 7-28	Th	11:30 AM-12:15 PM
#254551	Jun 4-25	Th	11:30 AM-12:15 PM
#254552	Jul 2-30	Th	11:30 AM-12:15 PM
#254553	Aug 6-27	Th	11:30 AM-12:15 PM
#254554	May 1-20	F	10:30 AM-11:15 AM
#254554	Jun 5-26	F	10:30 AM-11:15 AM
#254555	Jul 10-28	F	10:30 AM-11:15 AM
#254557	Aug 7-28	F	10:30 AM-11:15 AM

Course Fee: \$10

## Five Points Center for Active Adults

Instructor: *Sue Payne*

#254558	May 5-26	Tu	9:15 AM-10:00 AM
#254559	Jun 2-30	Tu	9:15 AM-10:00 AM
#254560	Jul 7-28	Tu	9:15 AM-10:00 AM
#254561	Aug 4-25	Tu	9:15 AM-10:00 AM
#254562	May 6-27	W	1:15 PM-2:00 PM
#254563	Jun 3-24	W	1:15 PM-2:00 PM
#254564	Jul 1-29	W	1:15 PM-2:00 PM
#254565	Aug 5-26	W	1:15 PM-2:00 PM

Course Fee: \$10



# FITNESS CLASSES

## SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

### CARDIO DANCE

Dance to fun, upbeat tunes from yesterday and today. You'll have so much fun, you won't realize you're working out. All skill levels are welcome. Instructor Journonya Harris

#### Five Points Center for Active Adults

Course Fee: \$10

#254569	May 1-29	F	1:00 PM-1:45 PM
#254570	Jun 5-26	F	1:00 PM-1:45 PM
#254571	Jul 10-31	F	1:00 PM-1:45 PM
#254572	Aug 7-28	F	1:00 PM-1:45 PM

Instructor: Sue Payne

#254589	May 6-27	W	10:15 AM-11:00 AM
#254590	Jun 3-24	W	10:15 AM-11:00 AM
#254591	Jul 1-29	W	10:15 AM-11:00 AM
#254592	Aug 5-26	W	10:15 AM-11:00 AM
#254593	Jun 4-25	Th	10:15 AM-11:00 AM
#254594	May 7-28	Th	10:15 AM-11:00 AM
#254595	Jul 2-30	Th	10:15 AM-11:00 AM
#254596	Aug 6-27	Th	10:15 AM-11:00 AM

### CARDIO SCULPT

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

#### Abbotts Creek Community Center

Course Fee: \$10

Instructor: Raquel Robinson

#254598	May 5-26	Tu	9:30 AM-10:15 AM
#254599	Jun 2-30	Tu	9:30 AM-10:15 AM
#254600	Jul 7-28	Tu	9:30 AM-10:15 AM
#254601	Aug 4-25	Tu	9:30 AM-10:15 AM
#254597	May 5-26	Tu	10:30 AM-11:15 AM
#254602	Jun 2-30	Tu	10:30 AM-11:15 AM
#254603	Jul 7-28	Tu	10:30 AM-11:15 AM
#254604	Aug 4-25	Tu	10:30 AM-11:15 AM
#257533	May 7-28	Th	9:30 AM-10:15 AM
#257534	Jun 4-25	Th	9:30 AM-10:15 AM
#257535	Jul 2-30	Th	9:30 AM-10:15 AM
#257536	Aug 6-27	Th	9:30 AM-10:15 AM

#### Five Points Center for Active Adults

Course Fee: \$10

Instructor: Linda Lisko

#254577	May 4-18	M	6:30 PM-7:15 PM
#254578	Jun 1-29	M	6:30 PM-7:15 PM
#254579	Jul 6-27	M	6:30 PM-7:15 PM
#254580	Aug 3-24	M	6:30 PM-7:15 PM

Instructor: Linda Thomas

#254581	May 5-26	Tu	10:15 AM-11:00 AM
#254582	Jun 2-30	Tu	10:15 AM-11:00 AM
#254583	Jul 7-28	Tu	10:15 AM-11:00 AM
#254584	Aug 4-25	Tu	10:15 AM-11:00 AM

Instructor: Linda Lisko

#254585	May 6-27	W	9:15 AM-10:00 AM
#254586	Jun 3-24	W	9:15 AM-10:00 AM
#254587	Jul 1-29	W	9:15 AM-10:00 AM
#254588	Aug 5-26	W	9:15 AM-10:00 AM

### DANCE CROSS FITNESS

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

#### Anne Gordon Center for Active Adults

Course Fee: \$10

#254607	May 4-18	M	11:45 AM-12:45 PM
#254608	Jun 1-29	M	11:45 AM-12:45 PM
#254609	Jul 6-27	M	11:45 AM-12:45 PM
#254610	Aug 3-31	M	11:45 AM-12:45 PM

#### Five Points Center for Active Adults

Course Fee: \$10

#254611	May 5-26	Tu	11:00 AM-11:45 AM
#254612	Jun 2-30	Tu	11:00 AM-11:45 AM
#254613	Jul 7-28	Tu	11:00 AM-11:45 AM
#254614	Aug 4-25	Tu	11:00 AM-11:45 AM

### FIVE POINTS FITNESS ROOM

Take advantage of the cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours.

#### Five Points Center for Active Adults

Course Fee: \$0

#254615	May 1-Aug 31	M/Th	9:00 AM-9:00 PM
		Tu/W/F	9:00 AM-6:00 PM

### GENTLE STRETCH

Participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor: Sue Payne

#### Five Points Center for Active Adults

Course Fee: \$10

#254616	May 6-27	W	12:00 PM-12:45 PM
#254617	Jun 3-24	W	12:00 PM-12:45 PM
#254618	Jul 1-29	W	12:00 PM-12:45 PM
#254619	Aug 5-26	W	12:00 PM-12:45 PM

continued on next column...

## LINE DANCE FOR ACTIVE ADULTS

Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

**Anne Gordon Center for Active Adults** Course Fee: \$0

Instructor: Cathy Dix

*Introductory Level (Little to no line dance experience)* 

#254621	May 1-29	F	2:15 PM-3:15 PM
#254622	Jun 5-26	F	2:15 PM-3:15 PM
#254623	Jul 10-31	F	2:15 PM-3:15 PM
#254624	Aug 7-28	F	2:15 PM-3:15 PM

*Beginner Level (Some experience, need to know steps)* 

#254625	May 1-29	F	1:00 PM-2:00 PM
#254626	Jun 5-26	F	1:00 PM-2:00 PM
#254627	Jul 10-31	F	1:00 PM-2:00 PM
#254628	Aug 7-28	F	1:00 PM-2:00 PM

**Five Points Center for Active Adults** Course Fee: \$0

Instructor: Mitzi Kelley

*Adv. Beginner/Improver Level (Good experience)* 

#254629	May 4-Aug 31	M, W	1:15 PM-2:15 PM
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*Intermediate Level (Highly experienced)* 

#254633	May 4-Aug 31	M, W	2:15 PM-3:15 PM
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## LINE DANCE OPEN STUDIO

Join us for this fun and informal line dance open studio time. There is no instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends! Participants should have some line dancing experience and know the steps.

**Anne Gordon Center for Active Adults** Course Fee: \$0

*Beginner Level (some experience/need to know steps)*

#254649	May 4-Aug 31	M	4:00 PM-5:30 PM
#254650	May 5-Aug 25	Tu	4:00 PM-5:30 PM

*Adv. Beginner (Good experience)*

#254651	May 7-Aug 27	Th	4:30 PM-5:45 PM
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**Five Points Center for Active Adults** Course Fee: \$0

#254652	May 1-Aug 28	F	2:00 PM-3:30 PM
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## MEN'S STRENGTH AND CONDITIONING

Enjoy a total body workout in a men-only environment. Strength and cardio segments are incorporated using dumbbells, medicine balls, and resistance bands. Bring your mat. Instructor: Sue Payne.

**Five Points Center for Active Adults** Course Fee: \$10

#254653	May 5-26	Tu	2:00 PM-2:45 PM
#254654	Jun 2-30	Tu	2:00 PM-2:45 PM
#254655	Jul 7-28	Tu	2:00 PM-2:45 PM
#254656	Aug 4-25	Tu	2:00 PM-2:45 PM
#254657	May 7-28	Th	12:00 PM-12:45 PM
#254658	Jun 4-25	Th	12:00 PM-12:45 PM
#254659	Jul 2-30	Th	12:00 PM-12:45 PM
#254660	Aug 6-27	Th	12:00 PM-12:45 PM

## MINDFUL MEDITATION

Mindful Meditation is an exercise that integrates mind, body and spirit; but it does not require difficult floor work or strenuous poses. Class will incorporate warm-up movements and guided breathing, sitting, and walking techniques that enhance focus and spinal alignment. Practitioners will cultivate concentration within oneself and bring awareness to body mechanics, balance, and relaxation.

Instructor: My Hao Tran

**Anne Gordon Center for Active Adults** Course Fee: \$10

#255136	May 5-26	Tu	11:15 AM-12:00 PM
#255137	Jun 2-30	Tu	11:15 AM-12:00 PM
#255138	Jul 7-28	Tu	11:15 AM-12:00 PM
#255139	Aug 4-25	Tu	11:15 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$10

#257495	May 5-18	M	9:30 AM-10:15 AM
#257496	Jun 1-29	M	9:30 AM-10:15 AM
#257497	Jul 6-27	M	9:30 AM-10:15 AM
#257498	Aug 6-27	M	9:30 AM-10:15 AM





# FITNESS CLASSES

## SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

### PERSONAL TRAINING

These sessions provide 1:1 training with a certified instructor to help you meet your personal fitness goals. Sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs and will be scheduled at a time that is mutually convenient for the patron and the instructor.

**Five Points Center for Active Adults** Course Fee: \$40/1-hr session

*Instructor: Sue Payne*

#257489 May 1-Aug 31 M-F 9:30 AM-5:30 PM

*Instructor: Linda Lisko*

#257489 May 1-Aug 31 M-F 9:30 AM-5:30 PM

### PILATES FOR ACTIVE ADULTS

Pilates takes a holistic approach to fitness and well-being. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles; improve flexibility and balance; and stabilize and strengthen your core.

Modifications are shown for those with back, knee and neck issues.

**Five Points Center for Active Adults** Course Fee: \$10

*Instructor: Marty Lamb*

#254692 May 4-18 M 9:15 AM-10:00 AM

#254693 Jun 1-29 M 9:15 AM-10:00 AM

#254694 Jul 6-27 M 9:15 AM-10:00 AM

#254695 Aug 3-31 M 9:15 AM-10:00 AM

#254716 May 7-28 Th 12:00 PM-12:45 PM

#254717 Jun 4-25 Th 12:00 PM-12:45 PM

#254718 Jul 2-30 Th 12:00 PM-12:45 PM

#254719 Aug 6-27 Th 12:00 PM-12:45 PM

*Instructor: Linda Lisko*

#254708 May 4-18 M 4:30 PM-5:30 PM

#254709 Jun 1-29 M 4:30 PM-5:30 PM

#254710 Jul 6-27 M 4:30 PM-5:30 PM

#254711 Aug 3-31 M 4:30 PM-5:30 PM

#254696 May 4-18 M 5:30 PM-6:30 PM

#254697 Jun 1-29 M 5:30 PM-6:30 PM

#254698 Jul 6-27 M 5:30 PM-6:30 PM

#254699 Aug 3-31 M 5:30 PM-6:30 PM

#254700 May 6-27 W 10:15 AM-11:15 AM

#254701 Jun 3-24 W 10:15 AM-11:15 AM

#254702 Jul 1-29 W 10:15 AM-11:15 AM

#254703 Aug 5-26 W 10:15 AM-11:15 AM

#254712 May 6-27 W 11:15 AM-12:00 PM

#254713 Jun 3-24 W 11:15 AM-12:00 PM

#254714 Jul 1-29 W 11:15 AM-12:00 PM

#254715 Aug 5-26 W 11:15 AM-12:00 PM

*Instructor: Melissa Hinton*

#254704 May 8-29 F 11:30 AM-12:30 PM

#254705 Jun 5-26 F 11:30 AM-12:30 PM

#254706 Jul 10-31 F 11:30 AM-12:30 PM

#254707 Aug 7-28 F 11:30 AM-12:30 PM

### QI GONG

Qi Gong (chee-gong), the ancient Chinese practice of meditation with movement, uses 24 simple movements designed to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. Qi Gong for Joint Health is conducted both seated and standing. You practice guided visualization, simple motion and balance exercises to improve strength and fluidity of movement, promoting bone and joint health.

*Instructor: Kathy Bundy*

**Anne Gordon Center for Active Adults** Course Fee: \$10

#254724 May 5-26 Tu 10:30 AM-11:15 AM

#254725 Jun 2-30 Tu 10:30 AM-11:15 AM

#254726 Jul 7-28 Tu 10:30 AM-11:15 AM

#254727 Aug 4-25 Tu 10:30 AM-11:15 AM

#254728 May 1-29 F 10:30 AM-11:15 AM

#254729 Jun 5-26 F 10:30 AM-11:15 AM

#254730 Jul 10-31 F 10:30 AM-11:15 AM

#254731 Aug 7-28 F 10:30 AM-11:15 AM

*Qi Gong for Joint Health* 

#254732 May 1-29 F 11:30 AM-12:15 PM

#254733 Jun 5-26 F 11:30 AM-12:15 PM

#254734 Jul 10-31 F 11:30 AM-12:15 PM

#254735 Aug 7-28 F 11:30 AM-12:15 PM

**Five Points Center for Active** Course Fee: \$10

#254736 May 5-26 Tu 9:15 AM-10:00 AM

#254737 Jun 2-30 Tu 9:15 AM-10:00 AM

#254738 Jul 7-28 Tu 9:15 AM-10:00 AM

#254739 Aug 4-25 Tu 9:15 AM-10:00 AM

#254740 May 1-29 F 9:15 AM-10:00 AM

#254741 Jun 5-26 F 9:15 AM-10:00 AM

#254742 Jul 10-31 F 9:15 AM-10:00 AM

#254743 Aug 7-28 F 9:15 AM-10:00 AM

**Walnut Terrace Center** Course Fee: \$0

#254744 May 4-25 M 11:30 AM-12:15 PM

#254745 Jun 1-29 M 11:30 AM-12:15 PM

#254746 Jul 6-27 M 11:30 AM-12:15 PM

#254747 Aug 3-24 M 11:30 AM-12:15 PM

*continued on next column...*

## SHIBASHI FOR ACTIVE ADULTS

Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how to cultivate energy that results in improved health. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress relief. Seated modifications will be available for those with physical limitations.

**Anne Gordon Center for Active Adults** Course Fee: \$10

*Instructor: Rita Shaloiko*

#255140	May 5-26	Tu	11:30 AM-12:30 PM
#255141	Jun 2-30	Tu	11:30 AM-12:30 PM
#255142	Jul 7-28	Tu	11:30 AM-12:30 PM
#255143	Aug 4-25	Tu	11:30 AM-12:30 PM

**Five Points Center for Active Adults** Course Fee: \$10

*Instructor: My Hao Tran*

#255148	May 7-28	Th	2:00 PM-2:45 PM
#255149	Jun 4-25	Th	2:00 PM-2:45 PM
#255150	Jul 2-30	Th	2:00 PM-2:45 PM
#255151	Aug 6-28	Th	2:00 PM-2:45 PM

## SILVER CARDIO

Classes start with basic warm-up moves, followed by 30 minutes of moderate-impact moves, including gentle boxing, floor exercises and balance elements. Break a sweat and have lots of fun! Instructor: Bettie Ittenbach

**Five Points Center for Active Adults** Course Fee: \$10

#254756	May 7-28	Th	1:00 PM-1:45 PM
#254757	Jun 4-25	Th	1:00 PM-1:45 PM
#254758	Jul 2-30	Th	1:00 PM-1:45 PM
#254759	Aug 6-27	Th	1:00 PM-1:45 PM

## SOUL LINE DANCING

Dance to soul and R&B music while working up a sweat and burning calories. Learn popular line dances, as well as new ones. All levels are welcome. Instructor Journonya Harris

**Five Points Center for Active Adults** Course Fee: \$10

#254760	May 7-28	Th	10:15 AM-11:00 AM
#254761	Jun 4-25	Th	10:15 AM-11:00 AM
#254762	Jul 2-30	Th	10:15 AM-11:00 AM
#254763	Aug 6-27	Th	10:15 AM-11:00 AM

*Are you interested in teaching a class? Do you have a skill that you are interested in sharing with others? The Adult Program is always interested in new program ideas. We would love to hear your ideas!*

## TAI CHI CHIH

Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie

**Five Points Center for Active Adults** Course Fee: \$10

*Beginner*

#254765	May 4-18	M	10:30 AM-11:30 AM
#254766	Jun 1-29	M	10:30 AM-11:30 AM
#254767	Jul 6-27	M	10:30 AM-11:30 AM
#254768	Aug 3-31	M	10:30 AM-11:30 AM

*Intermediate*

#254769	May 4-18	M	11:30 AM-12:30 PM
#254770	Jun 1-29	M	11:30 AM-12:30 PM
#254771	Jul 6-27	M	11:30 AM-12:30 PM
#254772	Aug 3-24	M	11:30 AM-12:30 PM



# FITNESS CLASSES

## SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

### TAI CHI FOR ACTIVE ADULTS

Tai chi is an ancient form of movement that uses low-impact, slow-motion motions to promote health and improve coordination, balance, and mental focus; Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the gentle movements. Chair Beginner Sun Style is modified for sitting. Intermediate Sun Style: This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. Advanced Sun Style Part 1: Pre-requisite Intermediate Sun Style. This class teaches the first half of the Sun 73 Long Form movements. Advanced Sun Style Part 2: This continuation of the Part One class will complete the Long Form with spiraling and crouching movements. Various Styles: Class changes through various forms of Tai Chi and Qi Gong. Instructor: Rita Shaloiko

**Anne Gordon Center for Active Adults** Course Fee: \$10

*Beginner Chair Sun Style*

#255156	May 4-18	M	1:00 PM-1:45 PM
#255157	Jun 1-29	M	1:00 PM-1:45 PM
#255158	Jul 6-27	M	1:00 PM-1:45 PM
#255159	Aug 3-31	M	1:00 PM-1:45 PM

*Intermediate Sun Style*

#255160	May 4-18	M	2:00 PM-2:45 PM
#255161	Jun 1-29	M	2:00 PM-2:45 PM
#255162	Jul 6-27	M	2:00 PM-2:45 PM
#255163	Aug 3-31	M	2:00 PM-2:45 PM

*Various Styles*

#255164	May 4-18	M	3:00 PM-3:45 PM
#255165	Jun 1-29	M	3:00 PM-3:45 PM
#255166	Jul 6-27	M	3:00 PM-3:45 PM
#255167	Aug 3-31	M	3:00 PM-3:45 PM

*Advanced Sun Style Part II*

#255168	May 7-28	Th	12:30 PM-1:15 PM
#255169	Jun 4-25	Th	12:30 PM-1:15 PM
#255170	Jul 2-30	Th	12:30 PM-1:15 PM
#255171	Aug 6-27	Th	12:30 PM-1:15 PM

*Advanced Sun Style Part I*

#255172	May 7-28	Th	1:30 PM-2:15 PM
#255173	Jun 4-25	Th	1:30 PM-2:15 PM
#255174	Jul 2-30	Th	1:30 PM-2:15 PM
#255175	Aug 6-27	Th	1:30 PM-2:15 PM

*Beginner Sun Style*

#255176	May 7-28	Th	2:30 PM-3:15 PM
#255177	Jun 4-25	Th	2:30 PM-3:15 PM
#255178	Jul 2-30	Th	2:30 PM-3:15 PM
#255179	Aug 6-27	Th	2:30 PM-3:15 PM

### TOTAL BODY

Build strength, balance, and flexibility-aspects of your health which are essential to maintaining physical independence. Use body weight, hand weights, resistance bands, and other equipment while you are being encouraged to follow proper form and technique. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

**Abbotts Creek Community Center**

Course Fee: \$10

#255264	May 4-25	M	9:30 AM-10:15 AM
#255265	Jun 1-29	M	9:30 AM-10:15 AM
#255266	Jul 6-27	M	9:30 AM-10:15 AM
#255267	Aug 3-31	M	9:30 AM-10:15 AM
#255268	May 5-26	Tu	11:30 AM-12:15 PM
#255269	Jun 2-30	Tu	11:30 AM-12:15 PM
#255270	Jul 7-28	Tu	11:30 AM-12:15 PM
#255271	Aug 4-25	Tu	11:30 AM-12:15 PM
#255272	May 1-29	F	9:30 AM-10:15 AM
#255273	Jun 5-26	F	9:30 AM-10:15 AM
#255274	Jul 10-31	F	9:30 AM-10:15 AM
#255275	Aug 7-28	F	9:30 AM-10:15 AM

**Five Points Center for Active Adults**

Course Fee: \$10

*Instructor: Sue Payne*

#255276	May 5-26	Tu	1:00 PM-1:45 PM
#255277	Jun 2-30	Tu	1:00 PM-1:45 PM
#255278	Jul 7-28	Tu	1:00 PM-1:45 PM
#255279	Aug 4-25	Tu	1:00 PM-1:45 PM
#255280	May 7-28	Th	1:00 PM-1:45 PM
#255281	Jun 4-25	Th	1:00 PM-1:45 PM
#255282	Jul 2-30	Th	1:00 PM-1:45 PM
#255283	Aug 6-27	Th	1:00 PM-1:45 PM

*Instructor: Sandy Stanton*

#255284	May 7-28	Th	5:45 PM-6:30 PM
#255285	Jun 4-25	Th	5:45 PM-6:30 PM
#255286	Jul 2-30	Th	5:45 PM-6:30 PM
#255287	Aug 6-27	Th	5:45 PM-6:30 PM

### 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 for Active Adults**

Course Fee: \$10

#255291	May 6-27	W	9:15 AM-10:00 AM
#255292	Jun 3-24	W	9:15 AM-10:00 AM
#255293	Jul 1-29	W	9:15 AM-10:00 AM
#255294	Aug 5-26	W	9:15 AM-10:00 AM



## YOGA: CHAIR

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

**Anne Gordon Center for Active Adults** Course Fee: \$10

*Instructor: Mary Flournoy*

#255180	May 4-18	M	9:15 AM-10:15 AM
#255181	Jun 1-29	M	9:15 AM-10:15 AM
#255182	Jul 6-27	M	9:15 AM-10:15 AM
#255183	Aug 3-31	M	9:15 AM-10:15 AM
#255184	May 7-28	Th	10:30 AM-11:15 AM
#255185	Jun 4-25	Th	10:30 AM-11:15 AM
#255186	Jul 2-30	Th	10:30 AM-11:15 AM
#255203	Aug 6-27	Th	10:30 AM-11:15 AM
#255187	May 7-28	Th	11:30 AM-12:15 PM
#255188	Jun 4-25	Th	11:30 AM-12:15 PM
#255189	Jul 2-30	Th	11:30 AM-12:15 PM
#255190	Aug 6-27	Th	11:30 AM-12:15 PM

**Five Points Center for Active Adults** Course Fee: \$10

*Instructor: Rose Parli*

#255191	May 5-26	Tu	11:30 AM-12:45 PM
#255192	Jun 2-30	Tu	11:30 AM-12:45 PM
#255193	Jul 7-28	Tu	11:30 AM-12:45 PM
#255194	Aug 4-25	Tu	11:30 AM-12:45 PM
#255195	May 7-28	Th	11:30 AM-12:45 PM
#255196	Jun 4-25	Th	11:30 AM-12:45 PM
#255197	Aug 6-27	Th	11:30 AM-12:45 PM
#255198	Jul 2-30	Th	11:30 AM-12:45 PM

**Halifax Community Center** Course Fee: \$10

*Instructor: Brenda Cleveland*

#255204	May 6-27	W	11:45 AM-12:30 PM
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**Walnut Terrace Center** Course Fee: \$0

*Instructor: Brenda Cleveland*

#255199	May 6-27	W	9:00 AM-10:00 AM
#255200	Jun 3-24	W	9:00 AM-10:00 AM
#255201	Jul 1-29	W	9:00 AM-10:00 AM
#255202	Aug 5-26	W	9:00 AM-10:00 AM

## YOGA: GENTLE FLOOR

Gentle Yoga is structured to accommodate students of all levels and physical abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications with props are suggested, as needed. Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

**Anne Gordon Center for Active Adults** Course Fee: \$10

*Instructor: Mary Flournoy*

#255339	May 4-18	M	10:30 AM-11:30 AM
#255340	Jun 1-29	M	10:30 AM-11:30 AM
#255341	Jul 6-27	M	10:30 AM-11:30 AM
#255342	Aug 3-31	M	10:30 AM-11:30 AM
#255335	May 6-27	W	3:30 PM-4:30 PM
#255336	Jun 3-24	W	3:30 PM-4:30 PM
#255337	Jul 1-29	W	3:30 PM-4:30 PM
#255338	Aug 5-26	W	3:30 PM-4:30 PM
#255343	May 7-28	Th	9:15 AM-10:15 AM
#255344	Jun 4-25	Th	9:15 AM-10:15 AM
#255345	Jul 2-30	Th	9:15 AM-10:15 AM
#255346	Aug 6-27	Th	9:15 AM-10:15 AM

*Instructor: Alda Biddell*

#255347	May 5-26	Tu	12:15 PM-1:15 PM
#255348	Jun 2-30	Tu	12:15 PM-1:15 PM
#255349	Jul 7-28	Tu	12:15 PM-1:15 PM
#255350	Aug 4-25	Tu	12:15 PM-1:15 PM

*Instructor: My Hao Tran*

#255351	May 7-28	Th	3:30 PM-4:30 PM
#255352	Jun 4-25	Th	3:30 PM-4:30 PM
#255353	Jul 2-30	Th	3:30 PM-4:30 PM
#255370	Aug 6-27	Th	3:30 PM-4:30 PM

**Five Points Center for Active Adults** Course Fee: \$10

*Instructor: Kathryn Clarke*

#255354	May 4-18	M	2:00 PM-3:00 PM
#255355	Jun 1-29	M	2:00 PM-3:00 PM
#255356	Jul 6-27	M	2:00 PM-3:00 PM
#255357	Aug 3-31	M	2:00 PM-3:00 PM
#255358	May 4-18	M	3:00 PM-4:00 PM
#255359	Jun 1-29	M	3:00 PM-4:00 PM
#255360	Jul 6-27	M	3:00 PM-4:00 PM
#255361	Aug 3-31	M	3:00 PM-4:00 PM

*Instructor: Marty Lamb*

#255362	May 6-27	W	3:15 PM-4:15 PM
#255363	Jun 3-24	W	3:15 PM-4:15 PM
#255364	Jul 1-29	W	3:15 PM-4:15 PM
#255365	Aug 5-26	W	3:15 PM-4:15 PM

**Halifax Community Center** Course Fee: \$10

*Instructor: Brenda Cleveland*

#255371	May 6-27	W	10:30 AM-11:30 AM
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**Tarboro Rd Community Center** Course Fee: \$10

*Instructor: Janet Wise*

#255366	May 1-29	W, F	11:00 AM-11:45 AM
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*The Adult Program classes are developed to meet the needs of adults age 50 and better, however an adult of any age may register for these programs.*

# FITNESS CLASSES

## SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

### YOGA: RESTORATIVE

Restorative yoga is a slow and still practice that focuses on poses to heal the effects of stress, injury, illness, and daily activity through a sequence of restful yoga poses. These restorative poses, along with breathing techniques and gentle stretches, serve to calm the nervous system, promote relaxation, and healing. Instructor: My Hao Tran

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$10
#255208	May 1-29	F	3:30 PM-4:30 PM
#255209	Jun 5-26	F	3:30 PM-4:30 PM
#255210	Jul 10-31	F	3:30 PM-4:30 PM
#255211	Aug 7-28	F	3:30 PM-4:30 PM

### YOGA: VINYASA YOGA FLOW

Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class begins with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat.

<b>Five Points Center for Active Adults</b>			Course Fee: \$10
<i>Instructor: Kathryn Clarke</i>			
#255396	May 5-26	Tu	3:15 PM-4:15 PM
#255397	Jun 2-30	Tu	3:15 PM-4:15 PM
#255398	Jul 7-28	Tu	3:15 PM-4:15 PM
#255399	Aug 4-25	Tu	3:15 PM-4:15 PM
<i>Instructor: Rose Parli</i>			
#255400	May 7-28	Th	6:15 PM-7:15 PM
#255401	Jun 4-25	Th	6:15 PM-7:15 PM
#255402	Jul 2-30	Th	6:15 PM-7:15 PM
#255403	Aug 6-27	Th	6:15 PM-7:15 PM

### 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 friendly atmosphere. Modifications will be provided for all fitness levels.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$10
<i>Instructor: Leann Swanson</i>			
#255376	May 5-26	Tu	9:15 AM-10:00 AM
#255377	Jun 2-30	Tu	9:15 AM-10:00 AM
#255378	Jul 7-28	Tu	9:15 AM-10:00 AM
#255379	Aug 4-25	Tu	9:15 AM-10:00 AM
<i>Instructor: Meg Berg</i>			
#255380	May 7-28	Th	1:00 PM-1:45 PM
#255381	Jun 4-25	Th	1:00 PM-1:45 PM
#255382	Jul 2-30	Th	1:00 PM-1:45 PM
#255383	Aug 6-27	Th	1:00 PM-1:45 PM
<i>Instructor: Jon Delaney</i>			
#255384	May 1-29	F	9:15 AM-10:00 AM
#255385	Jun 5-26	F	9:15 AM-10:00 AM
#255386	Jul 10-31	F	9:15 AM-10:00 AM
#255387	Aug 7-28	F	9:15 AM-10:00 AM
<b>Five Points Center for Active Adults</b>			Course Fee: \$10
<i>Instructor: Linda Thomas</i>			
#255388	May 5-26	Tu	12:00 PM-12:45 PM
#255389	Jun 2-30	Tu	12:00 PM-12:45 PM
#255390	Jul 7-28	Tu	12:00 PM-12:45 PM
#255391	Aug 4-25	Tu	12:00 PM-12:45 PM







# SOCIAL PROGRAMS

## A JOURNEY THROUGH MAYA ANGELOU'S LIFE

Journey through Maya Angelou's life as we read and discuss her seven autobiographical books. These works span the course of her life and include themes of racism, identity, family, and travel. This ongoing program includes books discussions, screenings of the movie adaptations of *And Still I Rise* and *I Know Why The Caged Bird Sings*, and a 2021 trip to Winston-Salem. For more information, please call 919-996-6160.

**WALNUT TERRACE CENTER** Course Fee: \$0

*Gather Together in My Name*

#256885 May 19 Tu 6:00 PM-8:00 PM

*Singin' and Swingin' and Gettin' Merry Like Christmas*

#256887 Aug 18 Tu 6:00 PM-8:00 PM

*The Heart of a Woman*

#256891 Nov 17 Tu 6:00 PM-8:00 PM

## ADULT PROGRAM MOVIES

Join us for a movie that just recently left the theaters. Snacks and drinks are available from the machine or bring your own. There is a microwave available for your use. There is no pre-registration. Seating begins 45 minutes prior to showtime and is limited to the first 60 people. Sign-in required upon arrival.

**Anne Gordon Center for Active Adults** Course Fee: \$0

#255308 May 6-Aug 26 W 2:00 PM-4:30 PM

## BINGO

This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All. Cost is \$1 for three cards or 50 cents per card.

**Anne Gordon Center for Active Adults** Course Fee: \$0

#255306 May 1-Aug 28 F 9:30 AM-12:00 PM

## BRIDGE, MAH JONG, AND GAMES OPEN PLAY

Join your fellow game players for bridge, canasta, poker, mahjong, cribbage, dominoes or board games. Bring your own games to share with the group, if you wish. Games play vary by location/time. No registration required. This is an open play time for all, sign in upon arrival. Space may be limited.

**Anne Gordon Center for Active Adults** Course Fee: \$0

#254534 May 5-Aug 25 Tu 12:30 PM-5:00 PM

#254536 May 6-Aug 26 W 1:00 PM-3:00 PM

#254537 May 1-Aug 28 F 12:30 PM-5:00 PM

**Five Points Center for Active Adults** Course Fee: \$0

#254541 May 4-Aug 24 M 1:30 PM-4:00 PM

#254542 May 7-Aug 27 Th 10:00 AM-1:00 PM

#254543 May 7-Aug 27 Th 2:00 PM-4:00 PM

**Walnut Terrace Center** Course Fee: \$0

#254539 May 5-Aug 25 Tu 1:00 PM-3:30 PM

#254540 May 7-Aug 27 Th 4:00 PM-8:00 PM

## READ AND GO

If you enjoy exploring books and the locations you read about, then we have the book club for you! We will read and discuss a book set in NC or written by a NC author and then go on a trip based upon the book. For a complete list of Read and Go book selections, visit our website [www.raleighnc.gov](http://www.raleighnc.gov) keyword search: Adult Program or call 919-996-4724.

**Anne Gordon Center for Active Adults** Course Fee: \$0

*Summer Guests*

#255086 Jul 27 M 1:00 PM-3:00 PM

*Murder in Rat Alley*

#255087 Aug 24 M 1:00 PM-3:00 PM

*Die, Die Birdie*

#255088 Sep 28 M 1:00 PM-3:00 PM

## READ AND WATCH

If you are interested in going on a trip full of adventure, intrigue, love or sorrow without leaving your chair, this program is for you! We have selected books which have been made into movies for group discussion. Finally, we will enjoy a screening of the movie. Due to the popularity of this program, pre-registration is required. For a complete list of Read and Watch book selections, visit our website [www.raleighnc.gov](http://www.raleighnc.gov) keyword search: Adult Program or call 919-996-4724.

**Anne Gordon Center for Active Adults** Course Fee: \$0

*The Rosie Project*

#255111 Oct 26 M 1:00 PM-3:00 PM

*The Art of Racing in the Rain*

#255112 Dec 14 M 1:00 PM-3:00 PM



# SPORTS PROGRAMS

## PARKINSON'S PICKLEBALL WORKSHOP

Playing Pickleball is a great exercise for anyone, especially for those diagnosed with Parkinson's disease (PD). Evidence continues to show that daily regular exercise has a profound effect on managing PD symptoms. Pickleball combines hand, eye coordination and simple movement thus assisting with daily life activities. Pickleball combines the elements tennis, badminton and table tennis on a court with solid paddles and a waffle ball. All levels of experience and physical mobility welcome. For specific questions please contact Rudy Patterson at Rudy.Patterson@gmail.com or 919-812-5314.

<b>Chavis Community Center</b>			Course Fee: \$0
#255852	May 5-26	Tu	10:30 AM-2:00 PM
#256315	Jun 14-28	Su	11:00 AM-2:00 PM
#256316	Jul 12-26	Su	11:00 AM-2:00 PM
#256317	Aug 2-23	Su	11:00 AM-2:00 PM

## PICKLEBALL - OPEN PLAY

Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. Paddles are provided.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
254661	May 8-Aug 31	Tu, F	3:15 PM-5:45 PM

## PICKLEBALL WORKSHOPS/CLINICS

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Workshops are offered to players of all levels, from beginner to intermediate. For specific questions, and to register for a time slot, please contact Rudy Patterson at Rudy.Patterson@gmail.com or 919-812-5314. Pre-registration is required.

<b>Five Points Center for Active Center</b>			Course Fee: \$0
#254662	May 8-Aug 28	F	9:00 AM-3:00 PM
<b>Tarboro Road Community Center</b>			Course Fee: \$0
#254663	May 7-28	Th	10:30 AM-2:00 PM

## TABLE TENNIS FREE PLAY

Open play table tennis. All ability levels are welcome.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#254764	May 7-Aug 27	Th	1:30 PM-3:30 PM



# GOLDEN YEARS CLUBS

*Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, and luncheons. Contact the club leader for specific club information.*

## **Asbury Joy Club**

Asbury UMC  
3rd Thursday, 11am  
Sep-May: trips, meals, speakers  
Susan (919) 624-1603

## **Chavis Circle of Friends**

John Chavis Community Cen.  
Wednesday, 11am  
Oct.-May: speakers, cards, meals  
Clara (919) 641-7067

## **Fellowship Club**

West Raleigh Presbyterian  
2nd/4th Tuesday, 10am  
Sep-May: speakers, meals, trips  
Brenda (919) 851-5851

## **Fifty-Five Plus Club**

Anne Gordon Center  
Wednesdays, 10am  
Sep-May: speakers, cards, trips  
June-Aug: cards only  
Jane (919) 801-0097

## **First Cosmopolitan Club**

First Cosmopolitan Baptist  
3rd Wednesday, 1pm  
Sep-May: social  
Gene (919) 266-1222

## **First Friday**

Five Points Adult Center  
1st Friday, 9:30am  
Yearly: social, crafts  
Almatha (919) 266-9597

## **Go-Getters Club**

Creedmoor Rd.  
Federal Coastal Credit  
2nd/4th Thursday, 10am  
Sep-May: trips only  
Lauren (919) 612-5164

## **Golden Eagles Club**

Top Greene Center  
2nd Wednesday, 11am  
Yearly: speakers, meals, trips  
Carletta (919) 996-2730

## **Golden Circle**

Wilson Temple UMC  
3rd Wednesday, 11:00am  
Sept-May: social  
Phyllis (919) 827-5371

## **Golden Jewels**

St. Paul AME Church  
Wednesdays, 10am  
Sep-May: speakers, trips  
Vallarie (919) 789-3366

## **Grand Age Club**

Hayes Barton United Methodist  
Thursdays, 11:15am  
Sep-May: speakers, meals, trips  
Margie (919) 280-4840

## **Hedingham Hi-Milers**

Willow Oak Clubhouse  
2nd Tuesday, 10:00am  
Aug-June: speakers, meals, trips  
Lianne (919) 880-7409

## **Keenagers Club**

White Memorial Presbyterian  
Thursdays, 10:15am  
Sep-May: speakers  
James (984) 255-5487

## **Lake Lynn Seniors**

Greystone Comm. Center  
Tuesdays, 10am  
Sep-May: speakers, meals, trips  
Kathy (919) 349-8905

## **Lions Park Club**

Lions Park Comm. Center  
1st Wednesday, 10am  
Sep-June: speakers, meals,  
cards, trips  
Christie (919) 996-4726

## **NRUMC—Joy Club**

North Raleigh UMC  
1st, 2nd, 3rd, 5th Wed, 11am  
Yearly: speakers, meals, trips  
Cletha (919) 847-5988

## **Pullen Park Club**

Pullen Park Comm. Center  
Wednesdays, 10am  
Yearly: cards  
Jane (919) 785-1345

## **Quail Hollow Club**

Millbrook United Methodist  
Wednesdays, 9:45am  
Sep-May: speakers, meals, cards  
Susan (919) 870-0557

## **St. Francis of Assisi 55+ Club**

St. Francis of Assisi Parish  
Wednesday, 12noon  
Sep-May: speakers, meals, cards, trips  
Kathy (919) 272-4442

## **St. Joseph Happy Hearts**

St. Joseph Catholic Church  
1st Tuesday, 12pm  
Sep-May: speakers, meals, trips  
Liz (919) 872-2917

## **Smiling Age Club**

Biltmore Hills Comm. Center  
Tuesdays, 10am  
Sep-May: speakers, trips  
Mary (919) 755-1086

## **Snappy Seniors**

Marsh Creek Comm. Center  
1st and 3rd Monday, 10am  
Sep-May: speakers, meals  
Nancy (804) 921-5465

## **Tarboro Road Movers and Shakers**

Tarboro Road Comm Center  
1st/3rd Monday, 11am  
Sep-May: speakers, meals, trips  
Chris/Sherri (919) 996-6505

## **Thirty-Niners Club**

First Baptist Church  
Thursdays, 10:30am  
Sep-May: speakers, meals, trips  
Mary Alice (919) 832-4485

## **Touch of Love**

St. Matthew Baptist Ch.  
Wed after the 2nd/4th Sun, 10:30am  
Sep-June: speakers, meals, trips  
Dee (919) 630-0320

## **Trailblazers**

Mt. Pleasant Baptist Ch.  
2nd Tuesday, 11:00 am  
Yearly: speakers, meals  
Lucy Lee (919) 830-0975

## **Trinity JOY Club**

Open Table UMC  
3rd Tuesday, 11am  
Aug-May: speakers, meals, trips  
Jeanette (919) 872-6561

## **Wakefield Villagers Club**

Villages of Wakefield  
1st & 3rd Tuesday, 9:30am  
Yearly: speakers, meals, cards, trips  
Margaret (919) 556-9541

## **Watts Seniors**

Watts Chapel  
Wednesday after the 1st/3rd  
Sunday, 10:30am  
Sep-June: social, speakers  
Ella (917) 589-2566

## **Worthdale Walkers Club**

Worthdale Comm. Center  
Thursdays, 11am  
Sep-May: social  
Carletta (919) 996-2730

## **Visually Impaired People of Wake**

Pullen Community Center  
2nd Tuesday, 10:30am  
Yearly: social, speakers, bingo, trips  
Carl (718) 598-7366

## **Young at Heart Club**

Five Points Adult Center  
2nd/4th Wednesday, 10am  
Yearly: speakers, meals, trips  
Brenda (919) 834-8170

*This information is not to be used for solicitation purposes.*



## ADULT PROGRAM TRIPS

The adult program offers a variety of day and multi-day trips. These trips are geared towards those age 50 or better; however, any adult, including those who do not reside in Raleigh, may participate. Trip fliers and registration forms may be found on our website at [www.raleighnc.gov](http://www.raleighnc.gov) (keyword search "Adult Program") or by calling one of the Active Adult Centers. To receive fliers for all trips, please complete the form found in the *Adult Program Trip Brochure*.

### DAY TRIPS

#### May – New Bern, NC

Travel back in time and walk in the footsteps of colonial governors with a visit to Tryon Palace and the NC History Center. Enjoy the architectural history of some of the town's mansions, churches, cemeteries and downtown.

#### June - Petersburg, VA

Visit the Pamplin Historical Park & The National Museum of the Civil War Soldier, antebellum homes, a National Historic Landmark Civil War battlefield, and a slave life exhibit, which demonstrates how free and enslaved Virginia families lived more than 150 years ago.

#### August – Surf City, NC: Turtle Rescue & Rehabilitation Center

Visit the Karen Beasley Sea Turtle Rescue & Rehabilitation Center where the mission is the conservation and preservation of all species of marine turtles, both in the water and on the beach. They accomplish their mission through the rescue, care and release of sick and injured sea turtles.

#### September – Winston-Salem, NC: Swan Creek Wine Trail

Tour four wineries within 5 miles of each other. Enjoy views framed by the mountain landscapes and rolling vineyards.

#### October – Raleigh's Fire Prevention Month

Join the Raleigh Fire Department as they teach you the key steps everyone should know to keep their family safe during a fire. Visit the Keeter Training Center for demonstrations of the skills needed to be a firefighter.

#### November – Fayetteville, NC: Honor Our Veterans

Visit the U.S. Army's Airborne and Special Operations Museum (ASOM), considered one of the country's most pristine military museums. Learn about the region and how the Cape Fear River played a role in southern North Carolina history by visiting the Museum of the Cape Fear Historical Complex.

#### December – Raleigh Area Churches

Raleigh has a rich history of religion and churches. Learn the history, enjoy the beauty, and be amazed by the architectural differences of these churches.

### MULTI-DAY TRIPS

#### New England Adventures

Adventure awaits while exploring beautiful New England, including Maine and Vermont.

#### Cherokee, NC

Cherokee offers spectacular views and rich history. Visit the Museum of the Cherokee Indian; Oconaluftee Indian Village and Unto These Hills; and Harrah's Cherokee Resort

### MULTI-DAY TRIP FOR 2021

#### Panama

Discover beautiful landscapes and rich culture as you travel throughout Panama City, Casco Viejo, and cruise the canal.

#### Trails of the Canadian Rockies

Explore Canada's wild life recreational areas Kananaskis Country, Waterton, Banff, Jasper, Kootenay, Glacier and Yoho National Parks.





## ADDITIONAL RESOURCES

### RESOURCES FOR SENIORS

Email: [raleighsc@rfsnc.org](mailto:raleighsc@rfsnc.org)  
919-996-4738  
[www.resourcesforseniors.com](http://www.resourcesforseniors.com)

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

### MEALS ON WHEELS

919-996-4739, [www.wakemow.org](http://www.wakemow.org)

The Five Points Center for Active Adults is a Meals on Wheels Lunch site. Please call for a reservation.



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)