

# December 2019

# Weekly Classes

| Monday                                      | Tuesday                                | Wednesday                         | Thursday                            | Friday                                                            |
|---------------------------------------------|----------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------------------------------|
| 9:15– 10:00 Pilates \$                      | 9:00-1:00 Triangle Portrait Artists \$ | 9:15–10:00 Workout with Weights\$ | 9:15-10:00 Balance Fitness \$       | 9:15-10:00 Qi Gong \$                                             |
| 9:30-10:15 Ageless Grace \$                 | 9:15-10:00 Bootcamp \$                 | 9:15-10:00 Cardio Sculpt \$       | 9:15-12:15 Open Art Studio          | 11:30-12:30 Pilates \$                                            |
| 10:00-11:30 Craft Group                     | 9:15-10:00 Qi Gong \$                  | 9:30-12:00 Ceramics               | 9:30-10:00 AIM Fitness              | 12:30-3:00 Bridge Open Play                                       |
| 10:30-11:30 Beg. Tai Chi Ch \$              | 10:00-11:30 Craft Group                | 10:00-11:30 Craft Group           | 10:00-11:30 Craft Group             | 1:00-1:45 Cardio Dance \$                                         |
| 11:15-12:15 Joyful Chorus–<br>Harmony Group | 10:15-11:00 Balance Fitness \$         | 10:15-11:15 Pilates \$            | 10:00-12:00 Bridge Open Play        | 2:00- 3:30 Line Dance Open Studio                                 |
| 11:30-12:30 Inter. Tai Chi \$               | 10:15-11:00 Cardio Sculpt \$           | 10:15-11:00 Cardio Sculpt \$      | 10:15-11:00 Cardio Sculpt \$        | 3:15-5:45 Pickleball Open Play<br>(will begin at 1:30 on Dec 27 ) |
| 12:15-1:16 Joyful Chorus                    | 11:00-11:45 Dance Xross Fitness \$     | 11:15-12:00 Cardio Sculpt \$      | 10:15-11:00 Soul Line Dancing \$    |                                                                   |
| 1:00-2:00 Adv Beg. Line Dance               | 11:30-12:45 Chair Yoga \$              | 11:15– 12:00 Pilates \$           | 11:15-12:00 Balance Fitness \$      |                                                                   |
| 1:00-4:00 Bridge & Games                    | 12:00-12:45 Boxing for Fitness \$      | 12:00-12:45 Gentle Stretch \$     | 11:30-12:45 Chair Yoga \$           |                                                                   |
| 2:00-3:00 Inter. Line Dance                 | 12:00-12:45 Zumba \$                   | 12:00-12:45 Adult Tap \$          | 12:00-12:45 Men’s Strength/Cond. \$ |                                                                   |
| 2:00-3:00 Gentle Yoga \$                    | 1:00-1:45 Total Body \$                | 1:00-2:00 Adv Beg. Line Dance     | 12:00-1:00 Pilates \$               |                                                                   |
| 3:15-4:15 Gentle Yoga \$                    | 1:30-4:30 SHIIP Counseling             | 1:15– 2:00 Bootcamp \$            | 1:00-1:45 Silver Cardio \$          |                                                                   |
| 5:30-6:30 Pilates \$                        | 2:00-2:45 Men’s Strength & Cond. \$    | 1:30-4:30 SHIIP Appointments      | 1:00-1:45 Total Body \$             |                                                                   |
| 6:30–7:15 Cardio Sculpt \$                  | 3:00-5:45 Pickleball Open Play         | 2:00-3:00 Inter. Line Dance       | 1:30-3:30 Table Tennis Open Play    |                                                                   |
| 7:30-8:15 Zumba Gold \$                     | 3:15-4:15 Vinyasa Yoga \$              | 2:00-4:00 Bluegrass Jam           | 1:30-4:30 SHIIP Appointments        |                                                                   |
|                                             |                                        | 2:15-3:00 Balance Fitness \$      | 2:00-2:45 Shibashi \$               |                                                                   |
|                                             |                                        | 3:15-4:15 Gentle Yoga \$          | 2:00-4:00 Cribbage & Mahjong        |                                                                   |
|                                             |                                        | 4:30-5:15 Shibashi \$             | 5:45-6:30 Total Body \$             |                                                                   |
|                                             |                                        |                                   | 6:15-7:15 Vinyasa Yoga \$           |                                                                   |
|                                             |                                        |                                   | 6:45-7:30 Balance Fitness \$        |                                                                   |

**\*\*Classes and times are subject to change. Please confirm with staff when registering or call us at 919-996-4730\*\***

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Five Points Center for Active Adults  
2000 Noble Road, Raleigh 27608

919-996-4730  
FivePointsCenter@raleighnc.gov



| Monday                                                                                                                                                     |  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                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| 2<br>9:30-12:30 Acrylic Painting<br>1:30-4:30 Adv. Oil Painting<br>3:30-5:00 Questions Across the Spectrum Discussion                                      |  | 3<br>9:30-10:15 BP & Weight Screening<br>10:00-11:30 Amazon Alexa Basics 1<br>10:15-11:15 Health Talks w/Dr Baldwin<br>2:00-3:00 Home Purchasing Tips for Seniors<br>2:00-3:00 Windows 10 Basics 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  | 4<br>1:00-2:00 Government Benefits for Long Term Care<br>1:00-3:00 Remembrance Craft: Neck Tie Angels<br>1:00-4:00 Watercolor Intro |  | 5<br>10:00-12:00 Tips on Purchasing a Computer<br>10:00-12:00 French for Travelers<br>2:00-3:30 iPhone Basics 2                                                         |  | 6<br>9:00-3:00 Pickleball Workshop<br>9:30-12:00 Drawing for Beginners<br>10:00-12:00 First Friday Club<br>3:15-5:45 Pickleball Open Play |  |
| 9<br>9:30-12:30 Acrylic Painting<br>1:30-4:30 Adv. Oil Painting<br>3:30-5:30 Readers’ Theatre                                                              |  | 10<br>10:00-11:30 Computer Basics 1<br>2:00-3:30 Windows 10 Basics1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  | 11<br>1:00-4:00 Watercolor Intro<br>2:00-4:00 Writing as a Meditative Practice                                                      |  | 12<br>10:00-11:30 Computer Basics 2<br>10:00-12:00 French for Travelers<br>2:00-2:45 Resources for Seniors: Who We Are and How We Can Help<br>2:00-3:30 iPhone Basics 2 |  | 13<br>9:00-3:00 Pickleball Workshop<br>9:30-12:00 Drawing for Beginners<br>3:15-5:45 Pickleball Open Play                                 |  |
| 16<br>9:30-12:30 Acrylic Painting<br>1:00-3:00 1:1 Counseling Support<br>1:30-4:30 Adv. Oil Painting<br>3:30-5:00 Questions Across the Spectrum Discussion |  | 17<br>10:00-11:30 Computer Basics 1<br>2:00-4:00 GMAIL Basics 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | 18<br><br>1:00-4:00 Watercolor Intro                                                                                                |  | 19<br>9:30-10:15 BP & Weight Screening<br>10:00-11:30 Computer Basics 2<br>10:00-12:00 French for Travelers<br>2:00-4:00 Computer Network Basics 1                      |  | 20<br>9:00-3:00 Pickleball Workshop<br>9:30-12:00 Drawing for Beginners<br>3:15-5:45 Pickleball Open Play                                 |  |
| 23<br>3:30-5:30 Readers’ Theatre                                                                                                                           |  | 24<br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><b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