

January 2020

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– Harmony Group | 10:15-11:00 Balance Fitness \$ | 10:15-11:15 Pilates \$ | 10:00-1:00 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 Open play start at 12pm on Jan 10 |
| 12:15-1:16 Joyful Chorus | 11:00-11:45 Dance Xross Fitness \$ | 11:15-12:00 Balance Fitness \$ | 10:15-11:00 Soul Line Dancing \$ | |
| 1:15-2:15 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 Zumba \$ | 12:00-12:45 Gentle Stretch \$ | 11:30-12:45 Chair Yoga \$ | |
| 2:15-3:15 Inter. Line Dance | 1:00-1:45 Total Body \$ | 12:00-1:00 Adult Tap \$ | 12:00-12:45 Men’s Strength/Cond. \$ | |
| 2:00-3:00 Gentle Yoga \$ | 1:30-4:30 SHIIP Counseling | 1:00-2:00 Adv Beg. Line Dance | 12:00-1:00 Pilates \$ | |
| 3:15-4:15 Gentle Yoga \$ | 2:00-2:45 Men’s Strength & Cond. \$ | 1:15– 2:00 Bootcamp \$ | 1:00-1:45 Silver Cardio \$ | |
| 4:30-5:30 Pilates \$ | 3:15-5:45 Pickleball Open Play | 1:30-4:30 SHIIP Appointments | 1:00-1:45 Total Body \$ | |
| 5:30-6:30 Pilates \$ | 3:15-4:15 Vinyasa Yoga \$ | 2:00-3:00 Inter. Line Dance | 1:30-3:30 Table Tennis Open Play | |
| 6:30–7:15 Cardio Sculpt \$ | | 2:00-4:30 Bluegrass Jam | 1:30-4:30 SHIIP Appointments | |
| | | 2:15-3:00 Balance Fitness \$ | 2:00-3:00 Shibashi \$ | |
| | | 3:15-4:15 Gentle Yoga \$ | 2:00-4:00 Cribbage & Mahjong | |
| | | 4:30-5:30 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****

January 2020

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

919-996-4730
FivePointsCenter@raleighnc.gov



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| | | 1 CLOSED | 2 | 3 9:00-3:00 Pickleball Workshop 10:00-12:00 1st Friday Club 3:15-5:45 Pickleball Open Play |
| 6 3:30-5:00 Questions Across the Spectrum Discussion Group | 7 9:30-10:15 BP & Weight Checks 10:00-12:00 App-Based Taxi/Delivery-UBER 10:15-11:15 Health Talks with Dr Baldwin 1:00-3:30 Drawing: Introduction Part I 2:00-3:30 Amazon Alexa Basics 1 4:00- 5:45 Readers' Theatre | 8 10:00-12:00 Young at Heart Club 10:00-11:00 Planning for Medicaid 1:00-4:00 Watercolor Introduction 2:00-4:00 Writing as a Meditative Practice | 9 10:00-11:30 Chromecast Basics 1 10:00-11:30 French 2:00-3:30 Computer Basics 1 | 10 12:00-5:45 Pickleball Open Play 1:00-3:30 Color Theory |
| 13 10:00-1:00 Acrylic Painting 1:00-2:30 Chess Intro 1:30-4:30 Advanced Oil Painting 4:00-5:45 Readers' theatre 6:00- 7:00 Solo & Savvy; Aging Alone 6:30-7:30 Basic Spanish | 14 10:00-12:00 Excel Basics 1 1:00-3:00 Understanding Low-FODMAP Diet 1:00-3:30 Drawing: Introduction Part I 2:00-3:00 Know Your Property's Title and Deed 2:00-3:30 GIMP Photo Editing | 15 1:00-4:00 Watercolor Introduction | 16 10:00-11:30 iPhone Basics 1 10:00-11:30 French 2:00-3:30 Computer Basics 1 6:30-7:30 Basic Spanish | 17 9:00-3:00 Pickleball Workshop 1:00-3:30 Color Theory 3:15-5:45 Pickleball Open Play |
| 20 CLOSED | 21 10:00-11:30 Computer Basics 2 1:00-3:30 Drawing: Introduction 1:00- 2:30 Independent Living Options 2:00-3:30 GIMP Photo Editing 4:00- 5:45 Readers' Theatre | 22 10:00-12:00 Young at Heart Club 1:00-4:00 Watercolor Introduction 2:00-4:00 Writing as a Meditative Practice | 23 9:30-10:30 Blood Pressure & Weight Checks 10:00-11:30 iPhone Basics 1 10:00-11:30 French 2:00-4:00 Microsoft Word Basics 1 6:30-7:30 Basic Spanish | 24 9:00-3:00 Pickleball Workshop 1:00-3:30 Color Theory 3:15-5:45 Pickleball Open Play |
| 27 10:00-1:00 Acrylic Painting 1:30-4:30 Advanced Oil Painting 4:00- 5:45 Readers' Theatre 6:00-7:00 Government Benefits for Long Term Care 6:00-7:00 Chess Intro 6:30-7:30 Basic Spanish | 28 10:00-11:30 Computer Basics 2 1:00-3:30 Drawing: Introduction 2:00-3:00 Solo & Savvy; Aging Alone 2:00-3:30 Cutting the Cord 3:15-4:15 Home Modifications to Prevent Falls | 29 1:00-4:00 Watercolor Introduction | 30 10:00-11:30 iPhone Basics 2 10:00-11:30 French 1:00-2:00 Resources for Seniors: Who We Are & How We Can Help 2:00-4:00 Tips for Computer Purchases 6:30-7:30 Basic Spanish | 31 9:00-3:00 Pickleball Workshop 1:00-3:30 Color Theory 1:30-3:00 Parkinson's Disease Dialogue 3:15-5:45 Pickleball Open Play |