

Walnut Terrace Center

Fall Programs (Sept-Dec)



Educational

Finance: Medicare 2020- Changes & Things You Should Know

Medicare options for Drug and Advantage Plans change annually and you have the option during Open Enrollment between October 15 and December 7 to assess your current plan. Now is the time to see what is new or changing in Medicare Drug and Advantage plans coverage's and prepare for 2020. This is an introduction to what SHIP does and how to use their counseling program. The program is presented by a NC DOI certified SHIP counselor.

Course Fee: Free

#246113	Sep 30	M	9:15 AM-9:45 AM
#246114	Oct 1	Tu	10:15 AM-10:45 AM
#246115	Oct 8	Tu	6:00 PM-6:45 PM

SHIP Counseling

These 1:1 appointments will help you to understand your Medicare options with the Senior Health Insurance Information Program (SHIP). 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 Walnut Terrace Center 919-996-6160 to make an appointment.

Course Fee: Free

#246103	Sep 5-Dec 5	Th	10:00 AM-12:00 PM
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Protect Yourself and Loved Ones

Most falls can be prevented, and you have the power to reduce your risk and protect your older loved ones from a serious fall. More than one out of four older people (65+) falls each year, but less than half tell their doctor or even their loved ones. Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active. Falling once doubles an individual's chances of falling again. If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible. Rachel Blackwood Designing Independence

Course Fee: Free

#250183	Sep 20	F	10:00 AM-11:30 AM
#250185	Oct 29	Tu	6:30 PM-8:00 PM

Fitness

Ageless Grace

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information. Instructor: Missy Atkinson

Course Fee: Free

#242507	Sep 3-24	Tu	12:00 PM-12:45 PM	#242509	Nov 5-26	Tu	12:00 PM-12:45 PM
#242508	Oct 1-29	Tu	12:00 PM-12:45 PM	#242510	Dec 3-31	Tu	12:00 PM-12:45 PM

Qi Gong

24-Posture 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

Course Fee: Free

#242914	Sep 2-30	M	11:30 AM-12:15 PM	#242916	Nov 4-25	M	11:30 AM-12:15 PM
#242915	Oct 7-28	M	11:30 AM-12:15 PM	#242917	Dec 2-30	M	11:30 AM-12:15 PM

PARKS, RECREATION
AND CULTURAL
RESOURCES

Walnut Terrace Center
1256 McCauley Street, Suite 126
919-996-6160
raleighnc.gov/parks

Yoga Chair

This beginning 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.

#243817 Sep 4-25 W 9:00 AM-10:00 AM

#243819 Nov 6-27 W 9:00 AM-10:00 AM

Course Fee: Free

#243818 Oct 2-30 W 9:00 AM-10:00 AM

#243820 Dec 4-25 W 9:00 AM-10:00 AM

Social

Design Without the Wine

Discover your inner artist in a fun and creative atmosphere, while the instructor guides you through, step -by-step, as you create your own painting on canvas. No previous art experience is necessary. Create memories and a masterpiece in one evening with the most fun art experience that is for everyone. We provide the canvas, paint supplies and teach basics of color mixing, methods of paint applications and brush strokes. Feel free to bring your own snacks and non-alcoholic drinks.

Course Fee: \$30 residents/\$45 non-city residents

#249541 Oct 17 Th 6:30 PM-8:45 PM

Fall Landscape

#249542 Nov 21 Th 6:30 PM-8:45 PM

Winter Mountain Sunset

Cards and Mahjong Open Play

Want to play bridge, canasta, poker, mahjong or more with your friends? Have you not played in a while and want to freshen up your skills? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served space is limited.

#246302 Sep 3-Dec 17 Tu 1:00 PM-4:00 PM

Course Fee: Free

#246304 Sep 5-Dec 19 Th 4:00 PM-8:00 PM

Jewelry Making Made Simple

Learn all of the basics needed to make your own jewelry in a fun and relaxing atmosphere. Each class will focus on a specific type of jewelry making technique as you create your own jewelry project from start to finish. No experience needed. Tools are available for you to use and materials are included in class fee.

Course Fee: \$20 residents/\$35 non-city resident

#251578 Oct 3 Th 10:00 AM-12:00 PM

Sculpey Herbal Medallions

#251580 Oct 17 Th 10:00 AM-12:00 PM

Mix & Match Wood Beads Bracelets

#251582 Nov 21 Th 10:00 AM-12:00 PM

Restrung/Upcycling Old Jewelry

#251584 Dec 5 & 12 Th 10:00 AM-12:00 PM

Holiday 2-Day Workshop

#251579 Oct 8 Tu 6:00 PM-8:00 PM

Sculpey Herbal Medallions

#251581 Oct 22 Tu 6:00 PM-8:00 PM

Mix & Match Wood Beads Bracelets

#251583 Nov 5 Tu 6:00 PM-8:00 PM

Restrung/Upcycling Old Jewelry

#251585 Dec 3 & 10 Tu 6:00 PM-8:00 PM

Holiday 2-Day Workshop

Men's Mornings

Men, are you looking for a place to hang out, play some games and socialize with the 'Guys'? Men's Mornings is just what you are looking for.

Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also options, or just pop in for a visit. Registration is not required, you will be asked to sign in upon arrival.

Course Fee: Free

#246305 Sep 2-Dec 16 M 9:00 AM-12:00 PM

Movies at Walnut Terrace Center

Join us for a newly released movie. Bring your own drinks and snacks, as our site does not have vending machines. Microwave on site is available for your use. No registration, it is first come first serve, seating opens at 9:30 and space is limited to 25 people. You will be asked to sign in upon arrival. Monthly movie listing available at center. Movie starts at 10am

Course Fee: Free

#246385 Oct 4-Dec 27 F 9:30 AM-12:00 PM

Pinochle Challenge

Pinochle is a card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks. Don't know how to play, don't worry the group will teach you.

#246102 Sep 16-Dec 27 F 12:00 PM-5:45pm

Course Fee: Free

Smiling Age Golden Years Club

This club is for all individuals 50 years or better. This is a very social group of individuals. The club has speakers/presenters as well as go on trips. If you would like to find out more about the club call the Club Liaison Mary at 919-755-1086.

September 2-December 31 Tu 10:00am-12:00pm

Walnut Terrace Center Open House

Come and explore the exciting new opportunities the Walnut Terrace Center has to offer you, your family and the neighborhood. This is a great way to meet new people with similar interest. Check out all the exciting programs and educational opportunities we have to offer. Light refreshments will be provided. Fill out a survey to enter in to the drawing

Not available to attend the open house? We still want to hear from you. Please request a survey by calling or emailing our staff at the center.

#246417 Sep 26 Th 10:00 AM-12:00 PM

Course Fee: Free

#246418 Oct 3 Th 5:00 PM-8:30 PM

Mail-In: Send registration form and payment to Walnut Terrace Center 1256 McCauley Street, Suite 126 Raleigh, NC 27601

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. Reclink allows you to search for programs age, location,