

# ADULT PROGRAM

WINTER | SPRING 2020



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



## ANNE GORDON CENTER FOR ACTIVE ADULTS

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

## FIVE POINTS CENTER FOR ACTIVE ADULTS

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

## WALNUT TERRACE CENTER

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

**WEBSITE:** [parks.raleighnc.gov](http://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 January 1, January 20 and April 10..

## 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](http://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 Location	<b>Five Points Center for Active Adults</b>	Class Fee: \$40		
	#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](mailto:Todd.riddick@raleighnc.gov)

### Carmen Rayfield

#### Adult Program Manager / Walnut Terrace Center Director

(919) 996-4734  
[Carmen.rayfield@raleighnc.gov](mailto:Carmen.rayfield@raleighnc.gov)

### Brian Philpot

#### Anne Gordon Center for Active Adults Director

(919) 996-4724  
[Brian.philpot@raleighnc.gov](mailto:Brian.philpot@raleighnc.gov)

### Jennifer Tabery

#### Five Points Center for Active Adults Director

(919) 996-4733  
[Jennifer.tabery@raleighnc.gov](mailto:Jennifer.tabery@raleighnc.gov)

### Morgan Edmundson

#### Five Points Center for Active Adults Assistant Director

(919) 996-3287  
[Morgan.edmundson@raleighnc.gov](mailto: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  
#247842 Jan 8-Apr 29 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  
#248838 Jan 8-Apr 29 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  
#249089 Jan 10-Feb 14 F 1:00 PM-3:30 PM

## CRAFT GROUP

Join 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.

**Five Points Center for Active Adults** Course Fee: \$0  
#248017 Jan 2-Apr 30 M-Th 10:00 AM-11:30 AM

## 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. Instructor: Danielle Cozart

**Walnut Terrace Center** Course Fee: \$30  
*Cherry Blossoms*  
#249543 Feb 20 Th 6:30 PM-8:45 PM  
*Sea Turtle*  
#249545 April 16 Th 6:30 PM-8:45 PM

## DRAWING: BEGINNING GESTURE

Students will experiment with ink & brush, charcoal, and techniques of line and mass gestures. Students will work from a variety of still-life pieces. Master Expressionist drawings will be referenced. Instructor: Susan Soper

**Five Points Center for Active Adults** Course Fee: \$60  
#249085 Feb 7-Mar 13 F 9:30 AM-12:00 PM

## 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

**Abbotts Creek Community Center** Course Fee: \$60  
#249072 Jan 7-Feb 11 Tu 10:00 AM-1:00 PM

## DRAWING: INTRODUCTION, PART 1

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  
#249075 Jan 9-Feb 13 Th 1:00 PM-3:30 PM

**Five Points Center for Active Adults** Course Fee: \$60  
#249079 Jan 7-Feb 11 Tu 1:00 PM-3:30 PM

## DRAWING: INTRODUCTION, PART 2

This class is for students who have taken a basic drawing class. Students will explore surface textures and composition. 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  
#249076 Feb 20-Mar 26 Th 1:00 PM-3:30 PM

**Five Points Center for Active Adults** Course Fee: \$60  
#249080 Feb 18-Mar 24 Tu 1:00 PM-3:30 PM

# ART PROGRAMS

## JEWELRY MAKING MADE SIMPLE

Learn 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. Instructor: Gretchen Phillips

### Walnut Terrace Center

Course Fee: \$20

#### Snowflake Bracelet

#250101	Jan 7	Tu	6:00 PM-8:00 PM
#250102	Jan 16	Th	10:00 AM-12:00 PM

#### Marbled Hearts

#250103	Jan 21	Tu	6:00 PM-8:00 PM
#250104	Jan 30	Th	10:00 AM-12:00 PM

#### Inspirational Bracelet

#250106	Feb 6	Th	10:00 AM-12:00 PM
#250105	Feb 11	Tu	6:00 PM-8:00 PM

#### Sculpey Earrings

#250108	Mar 5	Th	10:00 AM-12:00 PM
#250107	Mar 10	Tu	6:00 PM-8:00 PM

#### Irish Necklace

#250110	Mar 19	Th	10:00 AM-12:00 PM
#250109	Mar 24	Tu	6:00 PM-8:00 PM

#### Sculpey Textured Pendant & Necklace

#250112	Apr 21-28	Tu	6:00 PM-8:00 PM
#250113	Apr 23-30	Th	10:00 AM-12:00 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

#248444	Jan 7-Feb 25	Tu	2:00 PM-4:00 PM
#248445	Mar 3-Apr 21	Tu	2:00 PM-4:00 PM
#248446	Jan 9-Feb 27	Th	2:00 PM-4:00 PM
#248447	Mar 5-Apr 23	Th	2:00 PM-4:00 PM

## MIXED MEDIA: BIRDS

On Day 1, we will start with a backgrounds of acrylic paint and then stamp and stencil birds. On Day 2 we will make a bird collage. Experience the effects of acrylic ink and artists crayons. For all levels of experience. The instructor will share painted paper for collage, mixed media items, stamps and stencils. Supply list will be provided upon registration. Instructor: Marie Lawrence

### Five Points Center for Active Adults

Course Fee: \$25

#248854	Apr 16-23	Th	1:00 PM-3:00 PM
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## OPEN ART STUDIO

This is an unstructured open studio environment where students may work on their own projects from painting, to ceramics, to knitting. Students will provide their own materials.

### Five Points Center for Active Adults

Course Fee: \$0

#249343	Jan 2-Apr 30	Th	9:15 AM-12:15 PM
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## PAINTING: ACRYLIC

The class combines a structured approach to a still life with landscape. Topics include: application of acrylic paint, value placement, color harmony, and composition of the work as a unified whole. Painting students who have had previous experience in Acrylics are welcome to bring in current studio projects to work on. Instructor: Nancy Carty

### Five Points Center for Active Adults

Course Fee: \$60

#249086	Jan 13-Mar 9	M	10:00 AM-1:00 PM
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## PAINTING: ACRYLIC INTERMEDIATE

This class will focus on composition, color and design in planning a painting. Demonstrations in class will focus on 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

#253503	Mar 16- Apr 20	M	9:30 AM-12:30 PM
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## 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 lives, photos or copy old masters paintings. Supplies list provided upon registration. Instructor: Tracie Fracasso

### Five Points Center for Active Adults

Course Fee: \$60

#249087	Feb 21-Mar 27	F	1:00 PM-3:30 PM
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## PAINTING: COLLAGING WHIMSICAL HOUSES

Create two colorful collages with imaginative, little houses. These will be made from cut painted deli paper and scrapbook papers. They can perk up your own walls or the walls of your friends and family. Supply list will be provided upon registration. Painted deli-paper and scrapbook paper will be shared by the instructor. Instructor: Marie Lawrence

### Five Points Center for Active Adults

Course Fee: \$25

#248853	Mar 19-26	Th	1:00 PM-3:00 PM
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### PAINTING: EXPLORING ABSTRACT

Explore acrylic abstract painting even if you have never experienced this kind of painting. Try dripping, spattering, and scraping and the use of mixed media to enhance your paintings. Gesso and fluid acrylics will be shared by the instructor. Supply list will be provided upon registration. Instructor: Marie Lawrence

**Five Points Center for Active Adults** Course Fee: \$25  
#248855 Feb 13-20 Th 1:00 PM-3:00 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  
#249077 Jan 13-Mar 9 M 1:30 PM-4:30 PM

### QUILTING - BASICS FOR BEGINNER LEVEL 1

Learn simple blocks, basic techniques, choosing fabric, tool usage, and quality terms. Each student will make a small quilt, wall hanging, or table runner. Bring your own machine. A few machines are available at the center for students use. Supply list available before the session starts. Instructor: Jeanette Gray

**Halifax Community Center** Course Fee: \$20  
#251272 Jan 3-Mar 6 F 10:30 AM-1:30 PM

### QUILTING- BASICS FOR BEGINNERS LEVEL 2

This class is for quilters with a basic knowledge of patchwork and wish to learn more block designs and techniques. Bring your own sewing machine. A few machines are available at the center for student use. Supply list available before the session starts. Instructor: Jeanette Gray.

**Halifax Community Center** Course Fee: \$20  
#251275 Jan 8-Mar 11 W 1:00 PM-4:00 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. For more information, please call 919-996-4720. Instructor: Martha Killian

**Anne Gordon Center for Active Adults** Course Fee: \$20  
#248448 Jan 6-Mar 16 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: \$4  
#248449 Jan 2-Apr 16 Th 10:00 AM-12:00 PM

### READERS' THEATRE

Readers' Theatre is much like radio: the script is read (no memorizing) and the story comes alive through the words of the author and the tone, pitch and emotion of the actors' voices. Minimal props and costumes may be used to enhance the story but are not required. Scripts include formal published plays and readings from noted authors. No previous acting experience is required. Plays may be performed before an audience of family and friends. Meets 2nd/4th Monday and 1st/3rd Tuesday of the month..

**Five Points Center for Active Adults** Course Fee: \$0  
#248141 Jan 7-Apr 27 M, Tu 4:00 PM-5:45 PM

### TRIANGLE PORTRAIT ARTISTS

Come out on Tuesday mornings and 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  
#248220 Jan 7-Apr 28 Tu 9:00 AM-12:00 PM

### WATERCOLOR: INTRODUCTION

This class will introduce the basics of watercolor, including: types of paper; use of various brushes; use of flat wash, graded wash, wet on wet and dry on dry as part of using watercolor as a medium; basic still life, landscape, and nature; composition of the page; value placement; and color theory. Instructor: Nancy Carty

**Abbotts Creek Community Center** Course Fee: \$60  
#249073 Feb 18-Mar 24 Tu 10:00 AM-1:00 PM

**Five Points Center for Active Adults** Course Fee: \$60  
#249074 Jan 8-Feb 26 W 1:00 PM-4:00 PM

### WATERCOLOR: INTERMEDIATE

This watercolor class provides an ongoing opportunity for students to paint in watercolor. Students should have had an introduction to watercolor and are familiar with working with transparent washes. Focus will be 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. Instructor: Nancy Carty

**Abbotts Creek Community Center** Course Fee: \$60  
#253504 Mar 31-Apr 28 Tu 10:00 AM- 1:00 PM

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

# 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.

Five Points Center for Active Adults			Course Fee: \$6
#251407	Jan 7	Tu	2:00 PM-3:30 PM
#251408	Mar 10	Tu	2:00 PM-3:30 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 Phone Basics 1</i>			

#251442	Jan 8-15	W	10:00 AM-11:30 AM
#251448	Mar 2-9	M	10:00 AM-11:30 AM

Android Phone Basics 2			Course Fee: \$12
#251454	Mar 16-23	M	10:00 AM-11:30 AM

Five Points Center for Active Adults			Course Fee: \$12
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<i>Android Phone Basics 1</i>			
#251449	Feb 11-18	Tu	2:00 PM-3:30 PM

<i>Android Phone Basics 2</i>			
#251577	Feb 25-Mar 3	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>			

#251474	Mar 31-Apr 7	Tu	10:00 AM-11:30 AM
<i>Android Tablet 2</i>			

#251475	Apr 14-21	Tu	10:00 AM-11:30 AM
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## 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.

Anne Gordon Center for Active Adults			Course Fee: \$6
#251438	Feb 10	M	10:00 AM-12:00 PM

Five Points Center for Active Adults			Course Fee: \$6
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#251437	Jan 7	Tu	10:00 AM-12:00 PM
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#251439	Mar 17	Tu	2:00 PM-4:00 PM
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#251441	Apr 28	Tu	10:00 AM-12:00 PM
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## 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.

Brier Creek Community Center			Course Fee: \$12
<i>Apple Laptop Basics 1</i>			

#251427	Jan 6-13	M	3:00 PM-4:30 PM
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<i>Apple Laptop Basics 2</i>			
#251431	Feb 3-10	M	3:00 PM-4:30 PM

Five Points Center for Active Adults			Course Fee: \$12
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<i>Apple Laptop Basics 1</i>			
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#251429	Mar 26-Apr 2	Th	10:00 AM-11:30 AM
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<i>Apple Laptop Basics 2</i>			
#251430	Apr 9-16	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.

Brier Creek Community Center			Course Fee: \$6
#251436	Mar 2	M	3:00 PM-5:00 PM

Five Points Center for Active Adults			Course Fee: \$6
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#251434	Apr 23	Th	10:00 AM-12:00 PM
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## 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
#251472	Jan 22	W 10:00 AM-11:30 AM
<b>Brier Creek Community Center</b>		Course Fee: \$0
#251473	Mar 16	M 3:00 PM-4:30 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$0
#251462	Jan 9	Th 10:00 AM-11:30 AM
#251471	Mar 10	Tu 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>		
#251412	Jan 29-Feb 5	W 10:00 AM-11:30 AM
#251413	Mar 4-11	W 2:00 PM-3:30 PM
<i>Computer Basics 2</i>		
#251418	Feb 17-24	M 10:00 AM-11:30 AM
#251421	Mar 18-25	W 2:00 PM-3:30 PM
<i>Computer Basics 3</i>		
#251423	Apr 1-8	W 2:00 PM-3:30 PM
<i>Computer Basics 4</i>		
#251426	Apr 15-22	W 2:00 PM-3:30 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$12
<i>Computer Basics 1</i>		
#251414	Jan 9-16	Th 2:00 PM-3:30 PM
#251416	Feb 27-Mar 5	Th 10:00 AM-11:30 AM
<i>Computer Basics 2</i>		
#251417	Jan 21-28	Tu 10:00 AM-11:30 AM
#251419	Feb 6-13	Th 2:00 PM-3:30 PM
#251420	Mar 12-19	Th 10:00 AM-11:30 AM
<i>Computer Basics 3</i>		
#251422	Feb 20-27	Th 2:00 PM-3:30 PM
<i>Computer Basics 4</i>		
#251425	Mar 5-12	Th 2:00 PM-3:30 PM

## NETWORK BASICS 1

In this class 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
#251574	Apr 29	W 2:00 PM-4:00 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$6
#251575	Feb 13	Th 10:00 AM-12:00 PM
<b>Walnut Terrace Center</b>		Course Fee: \$6
#251576	Jan 27	M 3:00 PM-5:00 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 flyers. 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
#251476	Jan 22	W 2:00 PM-4:00 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$6
#251477	Feb 18	Tu 10:00 AM-12:00 PM

## CUTTING THE CORD: WHAT DOES IT MEAN AND HOW DOES IT WORK?

In this class we will look at how television entertainment is evolving onto various platforms: cable, satellite, antenna, and online. Learn the steps to 'cut 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
#251478	Jan 8-15	W 2:00 PM-3:30 PM
#251481	Feb 12-19	W 10:00 AM-11:30 AM
#251484	Mar 30-Apr 6	M 10:00 AM-11:30 AM
<b>Brier Creek Community Center</b>		Course Fee: \$12
#251482	Apr 6-13	M 3:00 PM-4:30 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$12
#251479	Jan 28-Feb 4	Tu 2:00 PM-3:30 PM
#251480	Feb 25-Mar 3	Tu 10:00 AM-11:30 AM
#251485	Apr 23-30	Th 2:00 PM-3:30 PM
<b>Pullen Community Center</b>		Course Fee: \$12
#251483	Mar 23-30	M 3:00 PM-4:30 PM

## ELECTRONIC COUPONS

Learn to collect and use electronic coupons using popular apps on your smart phone and ditch those scissors. We will review Harris Teeter, Target, Whole Foods, Food Lion, Publix, and Lidl. Some retailers require a key tag or rewards account to link your Coupons. 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
#251487	Jan 13	M 10:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$6
#251486	Apr 28	Tu 2:00 PM-4:00 PM

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

# 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
#251490	Apr 29 W	10:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$6
#251489	Jan 14 Tu	10:00 AM-12:00 PM

## GIMP PHOTO EDITING BASICS 1

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>Five Points Center for Active Adults</b>		Course Fee: \$12
<i>Gimp Photo Editing Basics 1</i>		
#251491	Jan 14-21 Tu	2:00 PM-3:30 PM
#251493	Mar 24-31 Tu	2:00 PM-3:30 PM
<i>Gimp Photo Editing Basics 2</i>		
#251494	Feb 4-11 Tu	10:00 AM-11:30 AM
#251495	Apr 7-14 Tu	2:00 PM-3:30 PM

## GMAIL BASICS 1

In this class we will show you how to create an 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>Anne Gordon Center for Active Adults</b>		Course Fee: \$6
#251497	Jan 6 M	10:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$6
#251496	Mar 24 Tu	10:00 AM-12:00 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>Anne Gordon Center for Active Adults</b>		Course Fee: \$12
#251498	Apr 15-22 W	10:00 AM-11:30 AM

## 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>Five Points Center for Active Adults</b>		Course Fee: \$6
#251499	Mar 19 Th	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>Anne Gordon Center for Active Adults</b>		Course Fee: \$12
#251500	Feb 26-Mar 4 W	10:00 AM-11:30 AM
#251501	Apr 13-20 M	10:00 AM-11:30 AM

## ICLOUD BASICS

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
<i>iCloud Basics for iPad/iPhone</i>		
#251520	Feb 12 W	2:00 PM-4:00 PM
<b>Brier Creek Community Center</b>		
#251433	Mar 9 M	3:00 PM-5:00 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$6
<i>iCloud Basics for iPad/iPhone</i>		
#251519	Apr 21 Tu	2:00 PM-4:00 PM
<i>iCloud Basics for Apple Laptop</i>		
#251432	Apr 23 Th	2:00 PM-4:00 PM

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

Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your iPhone or iPad PLUS your Apple ID and password. Learn to use SIRI, Apple's personal assistant, to remind you to do something at a certain time or place. Get to know Siri, your personal assistant on your Apple device! For more information, contact Tommy Hodges at 919-996-2458.

<b>Five Points Center for Active Adults</b>		Course Fee: \$6
#251503	Feb 20 Th	10:00 AM-12:00 PM



## IPAD BASICS

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, FacTime, Contacts, Calendars, and App downloads. Basics 3: download content form, App Store, iTunes, iBooks, and eBooks form 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

#251506	Jan 27-Feb 3	M	10:00 AM-11:30 AM
#251507	Mar 11-18	W	10:00 AM-11:30 AM

#### iPad Basics 2

#251509	Mar 25-Apr 1	W	10:00 AM-11:30 AM
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#### iPad Basics 3

#251510	Apr 8	W	10:00 AM-12:00 PM
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## 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.

### Anne Gordon Center for Active Adults

Course Fee: \$12

#### iPhone Basics 1

#251514	Jan 29-Feb 5	W	2:00 PM-3:30 PM
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#### iPhone Basics 2

#251515	Feb 19-26	W	2:00 PM-3:30 PM
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### Five Points Center for Active Adults

Course Fee: \$12

#### iPhone Basics 1

#251512	Jan 16-23	Th	10:00 AM-11:30 AM
#251513	Mar 26-Apr 2	Th	2:00 PM-4:00 PM

#### iPhone Basics 2

#251516	Jan 30-Feb 6	Th	10:00 AM-11:30 AM
#251517	Apr 9-16	Th	2:00 PM-3:30 PM

## 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, fontsize, 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

#251523	Apr 27	M	10:00 AM-12:00 PM
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### Five Points Center for Active Adults

Course Fee: \$6

#251522	Jan 23	Th	2:00 PM-4:00 PM
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## NEW TO COMPUTERS 1

This is the first in a series of Digital Literacy classes where you can learn the essentials to using a computer. If you are brand new to computers, then you are signing up for the right class! In this first program we break down the essentials for you to get on any computer and get online to explore, shop, pay bills, find out when a store opens/closes, get directions and more! Learn how to use a mouse while understanding the key differences between left-clicking and right-clicking. Understand how to get on the Internet and 'Surf' the World Wide Web safely and most importantly, securely! Plus learn how to play games for free on your computer. \*A computer will be provided.

### Walnut Terrace Center

Course Fee: \$0

#251524	Feb 17	M	3:00 PM-5:00 PM
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## PINTEREST BASICS 1

Learn to utilize Pinterest to find interesting DO IT YOURSELF 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.

### Five Points Center for Active Adults

Course Fee: \$6

#251528	Mar 17	Tu	10:00 AM-12:00 PM
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## TIPS ON PURCHASING A COMPUTER

You're finally ready to purchase a computer, but can't decide what type to get. Before you go to the store we will 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.

### Five Points Center for Active Adults

Course Fee: \$6

#251531	Jan 30	Th	2:00 PM-4:00 PM
#251532	Apr 30	Th	10:00 AM-12:00 PM



## EDUCATIONAL CLASSES

### FINANCE: BASICS OF ESTATE PLANNING

Tom McCuiston from McCuiston Law Offices, PLLC, discusses documents needed in estate planning such as powers of attorney, trust, wills and living wills. Topics include: tax implications, creating trusts and why they may be helpful, responsibilities of designated power of attorney, property transfer and the consequences of not having a will. Sponsored by McCuiston Law Firm.

**Five Points Center for Active Adults** Course Fee: \$0  
#249056 Feb 4 Tu 1:00 PM-2:00 PM

### FINANCE: BUDGETING ALLOWS YOU TO ENJOY YOUR LIFE

Money doesn't buy happiness, but having enough money to pay our bills allow 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  
#250227 Feb 18-Mar24 Tu 6:30 PM-8:00 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  
#249204 Jan 23 Th 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#249205 Jan 27 M 6:00 PM-7:00 PM  
#249207 Apr 9 Th 3:00 PM-4:00 PM

### FINANCE: MEDICARE 101

The Seniors' Health Insurance Information Program (SHIP) 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 a time for questions.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#249170 Feb 11 Tu 10:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#249171 Feb 25 Tu 1:00 PM-3:00 PM  
#249174 Apr 13 M 6:00 PM-8:00 PM

### FINANCE: PLANNING FOR MEDICAID

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

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

#249213 Jan 6 M 2:45 PM-3:45 PM

#249214 Apr 20 M 3:00 PM-4:00 PM

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

#249218 Jan 8 W 10:00 AM-11:00 AM

#249220 Mar 26 Th 2:00 PM-3:00 PM

### FINANCE: SOCIAL SECURITY STRATEGIES FOR RETIREMENT

Edward Jones Investments will cover the advantages/disadvantages associated with retirement and social security, including how social security should fit into retirement income plan, when to begin taking benefits, and tax implications.

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

#249057 Feb 27 Th 11:00 AM-12:00 PM

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

#249058 Mar 17 Tu 1:00 PM-2:00 PM

### FINANCE: THE TRUTH ABOUT LIVING TRUSTS

This presentation by Tom McCuiston of the McCuiston Law Firm takes the mystery out of living trusts and explains when a trust is necessary and when it is not.

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

#249060 Apr 21 Tu 1:00 PM-2:00 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.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#249221 Mar 10 Tu 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#249222 Apr 27 M 7:00 PM-8:00 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.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#249225 Apr 30 Th 1:00 PM-2:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#249226 Feb 6 Th 6:00 PM-7:00 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.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#249228 Feb 13 Th 11:00 AM-12:00 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; choose the person you wish to make your health care decisions in the event you are unable; and decide how you wish to be treated if you are 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.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#249061 Mar 12 Th 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#249062 Mar 4 W 1:00 PM-2:00 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

**Five Points Center for Active Adults** Course Fee: \$80  
#248851 Jan 9-Feb 27 Th 10:00 AM-11:30 AM

### FRENCH: FRENCH FOR TRAVELERS

Come learn the foundations of French in a class specifically developed for the traveler. You'll cover basic grammar in the context of travel vocabulary, dialogues, and practice. Go from basic building blocks to realistic travel situations that will enhance your trip! Instructor: Kyle Beale

**Five Points Center for Active Adults** Course Fee: \$80  
#248852 Mar 12-Apr 30 Th 10:00 AM-11:30 AM

### HEALTH TALKS WITH DR. BALDWIN

Dr Casey 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  
#249193 Jan 7-Apr 7 1st Tu 10:15 AM-11:15 AM

### HEALTH TOPIC: BLOOD PRESSURE AND WEIGHT SCREENING

Take advantage of FREE blood pressure and weight screenings offered by Dr. Casey Baldwin with Resources for Seniors.

**Five Points Center for Active Adults** Course Fee: \$0  
#249190 Jan 7-Apr 7 1st Tu 9:30 AM-10:15 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 there is 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  
#249197 Jan 31-Apr 24 F 1:30 PM-3:00 PM

### HOME MODIFICATIONS TO PREVENT FALLS

Research shows that falls are not an inevitable part of aging. Home modifications are one of the top ways to prevent falls. Explore ways to modify your home environment to reduce the risk of falls. By being proactive with home modifications, you can continue to live in your home and maintain your current active, independent lifestyle. This presentation is hosted by a physical therapist who is also CAPS (Certified Aging in Place) and an occupational therapist who is a Senior Home Safety Specialist.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#249552 Mar 26 Th 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#249553 Jan 28 Tu 3:15 PM-4:15 PM

*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!*



## EDUCATIONAL CLASSES

### IF NOT HOME, WHERE THEN?

Gina Murray, RN, BSN and Geriatric Care Advocate, will present indicators that home is no longer the best place to live and various living/care options available. Learn what to consider when evaluating independent living, assisted living, continuing care retirement communities, and residential home care, as well as the costs associated with each.

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

#249159 Mar 24 Tu 11:00 AM-12:00 PM

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

#249160 Apr 20 M 7:00 PM-8:00 PM

### INDEPENDENT LIVING

Retirement communities and 55+ active adult living options are springing up in city in the country. Learn the FACTS about local independent senior living options from some of the most knowledgeable and experienced professionals in the senior living industry. Sponsored by Milestone Moves Realty Group.

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

#249186 Jan 13 M 1:00 PM-2:30 PM

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

#249187 Jan 21 Tu 1:00 PM-2:30 PM

### KNOW YOUR PROPERTY'S TITLE AND DEED

This presentation explores voluntary and involuntary transfer of Title and the various deeds involved in selling or buying a home. Presented by Lila Martin of Allen Tate Realty.

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

#249161 Jan 14 Tu 11:15 AM-12:15 PM

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

#249162 Jan 14 Tu 2:00 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

#249208 Mar 30 M 1:00 PM-2:00 PM

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

#249209 Mar 12 Th 2:00 PM-3:00 PM

### LET'S TALK: EASING THE FAMILY DIALOGUE

This program addresses strategies to help manage the difficult dynamics as you discuss your own or your senior loved one's healthcare, financial, and living wishes needs. Presented by Homewatch Care Givers of the Triangle.

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

#249163 Feb 17 M 2:45 PM-3:45 PM

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

#249164 Mar 4 W 2:30 PM-3:30 PM

### LIVING WELL AT HOME

This presentation gives information on making the most of your doctor visits, understanding your medications; safety tips to avoid mishaps at home and where to find resources available to seniors in the community. Sponsored by Aware Senior Care and Resources for Seniors.

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

#249168 Jan 21 Tu 11:00 AM-12:00 PM

### NOGGIN JOGGIN'

Brain training that targets memory, attention, and focus can lead to better recollection, faster reaction Time, and an overall sharper mind. Noggin Joggin' games work to stave off dementia, strengthen critical thinking skills, and promote brain health. Presented by Homewatch Care Givers. This is held the first and third Monday of the month

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

#248450 Jan 6-Apr 20 1st/3rd M 1:30 PM-2:30 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. This free service is sponsored by Heartland Hospice and Resources for Seniors, Inc.

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

#249175 Feb 17-Apr 20 M 1:00 PM-3:00 PM

### FALLS: PROTECT YOURSELF AND LOVED ONES

More than 1 in 4 people age 65+ fall 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. Falls without major injury can cause a person to become fearful or depressed, making it difficult for them to stay active. If you have an aging loved on in your 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. This presentation is hosted by Designing Independence: a physical therapist who is also CAPS (Certified Aging in Place) and an occupational therapist who is a Senior Home Safety Specialist.

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

#250186 Feb 13 Th 10:00 AM-11:30 AM

#250187 May 5 Tu 6:30 PM-8:00 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  
#248140 Jan 6-Apr 20 1st/3rd 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  
#249176 Jan 28 Tu 10:00 AM-11:00 AM

**Five Points Center for Active Adults** Course Fee: \$0  
#249177 Jan 30 Th 1:00 PM-2:00 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  
#248451 Jan 6-Apr 27 M, F 9:30 AM-4:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#248452 Jan 29-May 27 W-Th 1:30 PM-4:30 PM

### SHORT TERM MEMORY

Learn some helpful, practical, and proactive tips to improve your memory. Sponsored by Homewatch Care Givers

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#249195 Mar 16 M 2:45 PM-3:45 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#249196 Apr 15 W 10:15 AM-11:15 AM

### SLEEP WELL AT HOME

Poor sleep quality has been associated with depression, weight gain, anxiety and other issues. A certified doctor and/or sleep therapist will provide helpful information about common sleep disorders and how to establish better sleep. Consistent, unexplained difficulty falling or staying asleep, heavy snoring, or not waking up feeling rested are signs that it is time for a medical exam by a sleep doctor. Sponsored by Aware Senior Care.

**Five Points Center for Active Adults** Course Fee: \$0  
#249202 Feb 10 M 7:00 PM-8:00 PM

### SOLO & SAVVY - RESPONDING TO THE CHALLENGES OF AGING ALONE

An emerging demographic within the aging population are the Elder Orphans or Solo Agers. Whether the moniker we Rising in number, this population encounters unique challenges - and remedy. Learn the unique challenges that this population faces and ways that persons aging alone can find solutions through planning. Sponsored by Navigate NC LLC.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#249178 Jan 14 Tu 10:00 AM-11:00 AM

**Five Points Center for Active Adults** Course Fee: \$0  
#249179 Jan 13 M 6:00 PM-7:00 PM  
#249180 Jan 28 Tu 2:00 PM-3:00 PM





## EDUCATIONAL CLASSES

### 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.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#249181	Mar 2	M	2:30 PM-3:30 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#249182	Mar 18	W	2:00 PM-3:00 PM

### SPANISH: BASIC SPANISH

Students will learn colors, numbers, greetings, and simple sentences in order to communicate basic information. Use of the Spanish verb 'to be' will also be covered. Instructor: Monica Kavality

<b>Five Points Center for Active Adults</b>			Course Fee: \$50
#251925	Jan 13-Feb 6	M,W	6:30 PM-7:30 PM

### SPANISH: INTERMEDIATE SPANISH

Students will learn basic conversational skills to speak and understand spoken Spanish in a variety of social situations. There is a strong emphasis on vocabulary, pronunciation, and listening. Instructor: Monica Kavality

<b>Five Points Center for Active Adults</b>			Course Fee: \$50
#251926	Feb 10-Mar 5	M,W	6:30 PM-7:30 PM

### UNDERSTANDING THE LOW-FODMAP DIET

There are certain small carbohydrates in our diet that are easily and readily fermented by the bacteria in our intestines. Too many of these FODMAPs can lead to very painful abdominal symptoms, especially for those with IBS. Join Lauren Nathan, a dietitian and retired college instructor, in exploring how the low-FODMAP diet can benefit you. This approach, which was developed at Monash University in Australia, is now seen as an effective way to manage IBS symptoms. It is also helpful for people who may not suffer from IBS, but experience enough bloating and excess flatulence to make learning about FODMAPs well worth it.

<b>Five Points Center for Active Adults</b>			Course Fee: \$5
#252348	Jan 14	Tu	1:00 PM-3:00 PM
#252349	Feb 11	Tu	1:00 PM-3:00 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, with a core of members, where reading aloud reinforces the power of creating new art through our memories and stories. Led by William Finger, MSW, who enjoys writing to reflect on life stories and nurture our daily lives.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#248225	Jan 8-Apr 22	2nd/4th W	2:00 PM-4:00 PM

*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!*





# 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! Instructor: Bev Norwood

#### Five Points Center for Active Adults

Course Fee: \$10

#247670	Jan 8-29	W	12:00 PM-1:00 PM
#247671	Feb 5-26	W	12:00 PM-1:00 PM
#247672	Mar 4-25	W	12:00 PM-1:00 PM
#247673	Apr 1-29	W	12:00 PM-1:00 PM

### 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](http://www.agelessgrace.com) for more information. Instructor: Missy Atkinson

#### Anne Gordon Center for Active Adults

Course Fee: \$10

#247674	Jan 7-28	Tu	2:00 PM-2:45 PM
#247675	Feb 4-25	Tu	2:00 PM-2:45 PM
#247676	Mar 3-31	Tu	2:00 PM-2:45 PM
#247677	Apr 7-28	Tu	2:00 PM-2:45 PM

#### Five Points Center for Active Adults

Course Fee: \$10

#247678	Jan 6-27	M	9:30 AM-10:15 AM
#247679	Feb 3-24	M	9:30 AM-10:15 AM
#247680	Mar 2-30	M	9:30 AM-10:15 AM
#247681	Apr 6-27	M	9:30 AM-10:15 AM

#### Walnut Terrace Center

Course Fee: \$0

#247682	Jan 7-28	Tu	12:00 PM-12:45 PM
#247683	Feb 4-25	Tu	12:00 PM-12:45 PM
#247684	Mar 3-31	Tu	12:00 PM-12:45 PM
#247685	Apr 7-28	Tu	12:00 PM-12:45 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 each day.\*

#### Anne Gordon Center for Active Adults

Course Fee: \$10

Instructor: Journonya Harris-Raynor

#247761	Jan 7-28	Tu	9:15 AM-10:00 AM
#247762	Feb 4-25	Tu	9:15 AM-10:00 AM
#247763	Mar 3-31	Tu	9:15 AM-10:00 AM
#247764	Apr 7-28	Tu	9:15 AM-10:00 AM

#### Intermediate



#247765	Jan 7-28	Tu	10:15 AM-11:00 AM
#247766	Feb 4-25	Tu	10:15 AM-11:00 AM
#247767	Mar 3-31	Tu	10:15 AM-11:00 AM
#247768	Apr 7-28	Tu	10:15 AM-11:00 AM

Instructor: Valerie Salinas

#247769	Jan 7-28	Tu	3:00 PM-3:45 PM
#247770	Feb 4-25	Tu	3:00 PM-3:45 PM
#247771	Mar 3-31	Tu	3:00 PM-3:45 PM
#247772	Apr 7-28	Tu	3:00 PM-3:45 PM

#247773	Jan 2-30	Th	9:15 AM-10:00 AM
#247774	Feb 6-27	Th	9:15 AM-10:00 AM
#247775	Mar 5-26	Th	9:15 AM-10:00 AM
#247776	Apr 2-30	Th	9:15 AM-10:00 AM

#### Intermediate



#247777	Jan 2-30	Th	10:15 AM-11:00 AM
#247778	Feb 6-27	Th	10:15 AM-11:00 AM
#247779	Mar 5-26	Th	10:15 AM-11:00 AM
#247780	Apr 2-30	Th	10:15 AM-11:00 AM

#### Aim Chair



#248455	Jan 7-28	Tu	12:45 PM-1:30 PM
#248456	Feb 4-25	Tu	12:45 PM-1:30 PM
#248457	Mar 3-31	Tu	12:45 PM-1:30 PM
#248458	Apr 7-28	Tu	12:45 PM-1:30 PM

#### Five Points Center for Active Adults

Course Fee: \$0

Instructor: Journonya Harris Raynor

#247781	Jan 2-Apr 30	Th	9:30 AM-10:00 AM
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#### Greystone Community Center

Course Fee: \$10

Instructor: Lauren Lewellyn

#247782	Jan 6-27	M	10:00 AM-10:45 AM
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# FITNESS CLASSES

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medium impact or difficulty level



higher impact or difficulty level

#247783	Feb 3-24	M	10:00 AM-10:45 AM
#247784	Mar 2-30	M	10:00 AM-10:45 AM
#247785	Apr 6-27	M	10:00 AM-10:45 AM
#247786	Jan 3-31	F	10:00 AM-10:45 AM
#247787	Feb 7-28	F	10:00 AM-10:45 AM
#247788	Mar 6-27	F	10:00 AM-10:45 AM
#247789	Apr 3-24	F	10:00 AM-10:45 AM
#251562	Jan 7-28	Tu	9:00 AM-9:45 AM
#251563	Feb 4-25	Tu	9:00 AM-9:45 AM
#251564	Mar 3-31	Tu	9:00 AM-9:45 AM
#251565	Apr 7-28	Tu	9:00 AM-9:45 AM
#251566	Jan 2-30	Th	9:00 AM-9:45 AM
#251567	Feb 6-27	Th	9:00 AM-9:45 AM
#251568	Mar 5-26	Th	9:00 AM-9:45 AM
#251569	Apr 2-30	Th	9:00 AM-9:45 AM
Course Fee: \$0			

### Halifax Community Center

Instructor: Journonya Harris-Raynor

#247790	Jan 6-27	M	11:45 AM-12:30 PM
#247791	Feb 3-24	M	11:45 AM-12:30 PM
#247792	Mar 2-30	M	11:45 AM-12:30 PM
#247793	Apr 6-27	M	11:45 AM-12:30 PM

### Laurel Hills Community Center

Instructor: Bettie Ittenbach

#247794	Jan 8-29	W	10:15 AM-11:15 AM
#247795	Feb 5-26	W	10:15 AM-11:15 AM
#247796	Mar 4-25	W	10:15 AM-11:15 AM
#247797	Apr 1-29	W	10:15 AM-11:15 AM
#247798	Jan 3-31	F	10:15 AM-11:15 AM
#247799	Feb 7-28	F	10:15 AM-11:15 AM
#247800	Mar 6-27	F	10:15 AM-11:15 AM
#247801	Apr 3-24	F	10:15 AM-11:15 AM

### Powell Drive Park

Instructor: Journonya Harris-Raynor

#247802	Jan 7-28	Tu	2:00 PM-2:45 PM
#247803	Feb 4-25	Tu	2:00 PM-2:45 PM
#247804	Mar 3-31	Tu	2:00 PM-2:45 PM
#247805	Apr 7-28	Tu	2:00 PM-2:45 PM
#247806	Jan 2-30	Th	2:00 PM-2:45 PM
#247807	Feb 6-27	Th	2:00 PM-2:45 PM
#247808	Mar 5-26	Th	2:00 PM-2:45 PM
#247809	Apr 2-30	Th	2:00 PM-2:45 PM

### Tarboro Road Community Center

Instructor: Janet Wise

#247810	Jan 3-31	W, F	10:00 AM-10:45 AM
#247811	Feb 5-28	W, F	10:00 AM-10:45 AM
#247812	Mar 4-27	W, F	10:00 AM-10:45 AM
#247813	Apr 1-29	W, F	10:00 AM-10:45 AM

## 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 differ by instructor, difficulty/impact level, and option to use a chair for support.

### Abbotts Creek Community Center

Course Fee: \$10

Instructor: Raquel Robinson

#247814	Jan 7-28	Tu	10:30 AM-11:15 AM
#247815	Feb 4-25	Tu	10:30 AM-11:15 AM
#247816	Mar 3-31	Tu	10:30 AM-11:30 AM
#247817	Apr 7-28	Tu	10:30 AM-11:15 AM
#247818	Jan 2-30	Th	10:30 AM-11:15 AM
#247819	Feb 6-27	Th	10:30 AM-11:15 AM
#247820	Mar 5-26	Th	10:30 AM-11:15 AM
#247821	Apr 2-30	Th	10:30 AM-11:15 AM

### Five Points Center for Active Adults

Course Fee: \$10

Instructor: Sue Payne

#247822	Jan 7-28	Tu	10:15 AM-11:00 AM
#247823	Feb 4-25	Tu	10:15 AM-11:00 AM
#247824	Mar 3-31	Tu	10:15 AM-11:00 AM
#247825	Apr 7-28	Tu	10:15 AM-11:00 AM
#252000	Jan 2-29	W	11:15 AM-12:00 PM
#252001	Feb 5-26	W	11:15 AM-12:00 PM
#252002	Mar 4-25	W	11:15 AM-12:00 PM
#252003	Apr 1-29	W	11:15 AM-12:00 PM
#247826	Jan 8-29	W	2:15 PM-3:00 PM
#247827	Feb 5-26	W	2:15 PM-3:00 PM
#247828	Mar 4-25	W	2:15 PM-3:00 PM
#247829	Apr 1-29	W	2:15 PM-3:00 PM
#247830	Jan 2-30	Th	9:15 AM-10:00 AM
#247831	Feb 6-27	Th	9:15 AM-10:00 AM
#247832	Mar 5-26	Th	9:15 AM-10:00 AM
#247833	Apr 2-30	Th	9:15 AM-10:00 AM
#247834	Jan 2-30	Th	11:15 AM-12:00 PM
#247835	Feb 6-27	Th	11:15 AM-12:00 PM
#247836	Mar 5-26	Th	11:15 AM-12:00 PM
#247837	Apr 2-30	Th	11:15 AM-12:00 PM

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*Instructor: Sandy Stanton*

#247838	Jan 2-30	Th	6:45 PM-7:30 PM
#247839	Feb 6-27	Th	6:45 PM-7:30 PM
#247840	Mar 5-26	Th	6:45 PM-7:30 PM
#247841	Apr 2-30	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. Bodyweight exercises such as pushups, squats and burpees are interspersed with aerobic activities. Be prepared to sweat. Bring a towel and your mat.

### Abbotts Creek Community Center

Course Fee: \$10

*Instructor: Raquel Robinson*

#247843	Jan 6-27	M	10:30 AM-11:15 AM
#247844	Feb 3-24	M	10:30 AM-11:15 AM
#247845	Mar 2-30	M	10:30 AM-11:15 AM
#247846	Apr 6-27	M	10:30 AM-11:15 AM
#247847	Jan 2-30	Th	11:30 AM-12:15 PM
#247848	Feb 6-27	Th	11:30 AM-12:15 PM
#247849	Mar 5-26	Th	11:30 AM-12:15 PM
#247850	Apr 2-30	Th	11:30 AM-12:15 PM
#247851	Jan 3-31	F	10:30 AM-11:30 AM
#247852	Feb 7-28	F	10:30 AM-11:15 AM
#247853	Mar 6-27	F	10:30 AM-11:15 AM
#247854	Apr 3-24	F	10:30 AM-11:15 AM

### Five Points Center for Active Adults

Course Fee: \$10

*Instructor: Sue Payne*

#247855	Jan 7-28	Tu	9:15 AM-10:00 AM
#247856	Feb 4-25	Tu	9:15 AM-10:00 AM
#247857	Mar 3-31	Tu	9:15 AM-10:00 AM
#247858	Apr 7-28	Tu	9:15 AM-10:00 AM
#247859	Jan 8-29	W	1:15 PM-2:00 PM
#247860	Feb 5-26	W	1:15 PM-2:00 PM
#247861	Mar 4-25	W	1:15 PM-2:00 PM
#247862	Apr 1-29	W	1:15 PM-2:00 PM

## 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

#247868	Jan 3-31	F	1:00 PM-1:45 PM
#247869	Feb 7-28	F	1:00 PM-1:45 PM
#247870	Mar 6-27	F	1:00 PM-1:45 PM
#247871	Apr 3-24	F	1:00 PM-1:45 PM

## CARDIO SCULPT

Cardio Sculpt is a combination class that 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* 

#247964	Jan 7-28	Tu	9:15 AM-10:00 AM
#247966	Feb 4-25	Tu	9:15 AM-10:00 AM
#247967	Mar 3-31	Tu	9:15 AM-10:00 AM
#247968	Apr 7-28	Tu	9:15 AM-10:00 AM
#247971	Jan 2-30	Th	9:15 AM-10:00 AM
#247973	Feb 6-27	Th	9:15 AM-10:00 AM
#247974	Mar 5-26	Th	9:15 AM-10:00 AM
#247975	Apr 2-30	Th	9:15 AM-10:00 AM

### Five Points Center for Active Adults

Course Fee: \$10

*Instructor:*

##247985	Jan 6-27	M	9:30 AM-10:15 AM
#247986	Feb 3-24	M	9:30 AM-10:15 AM
#247987	Mar 2-30	M	9:30 AM-10:15 AM
#247988	Apr 6-27	M	9:30 AM-10:15 AM

*Instructor: Linda Lisko*

#247989	Jan 6-27	M	6:30 PM-7:15 PM
#247990	Feb 3-24	M	6:30 PM-7:15 PM
#247991	Mar 2-30	M	6:30 PM-7:15 PM
#247992	Apr 6-27	M	6:30 PM-7:15 PM

*Instructor: Linda Thomas* 

#247993	Jan 7-28	Tu	10:15 AM-11:00 AM
#247994	Feb 4-25	Tu	10:15 AM-11:00 AM
#247995	Mar 3-31	Tu	10:15 AM-11:00 AM
#247996	Apr 7-28	Tu	10:15 AM-11:00 AM

*Instructor: Linda Lisko*

#247997	Jan 8-29	W	9:15 AM-10:00 AM
#247998	Feb 5-26	W	9:15 AM-10:00 AM
#247999	Mar 4-25	W	9:15 AM-10:00 AM
#248000	Apr 1-29	W	9:15 AM-10:00 AM

*Instructor: Sue Payne*

#248001	Jan 8-29	W	10:15 AM-11:00 AM
#248002	Feb 5-26	W	10:15 AM-11:00 AM
#248003	Mar 4-25	W	10:15 AM-11:00 AM
#248004	Apr 1-29	W	10:15 AM-11:00 AM
#248013	Jan 2-23	Th	10:15 AM-11:00 AM
#248014	Feb 6-27	Th	10:15 AM-11:00 AM
#248015	Mar 5-26	Th	10:15 AM-11:00 AM
#248016	Apr 2-23	Th	10:15 AM-11:00 AM

*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

### DANCE XROSS 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

#248018	Jan 6-27	M	11:45 AM-12:45 PM
#248019	Feb 3-24	M	11:45 AM-12:45 PM
#248020	Mar 2-30	M	11:45 AM-12:45 PM
#248021	Apr 6-27	M	11:45 AM-12:45 PM

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

#248022	Jan 7-28	Tu	11:00 AM-11:45 AM
#248023	Feb 4-25	Tu	11:00 AM-11:45 AM
#248024	Mar 3-31	Tu	11:00 AM-11:45 AM
#248025	Apr 7-28	Tu	11:00 AM-11:45 AM

### FIVE POINTS FITNESS ROOM

Take advantage of the variety of 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

#248067	Jan 2-Apr 30	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

#248069	Jan 8-29	W	12:00 PM-12:45 PM
#248070	Feb 5-26	W	12:00 PM-12:45 PM
#248071	Mar 4-25	W	12:00 PM-12:45 PM
#248072	Apr 1-29	W	12:00 PM-12:45 PM

### 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)* 

#248073	Jan 3-31	F	2:15 PM-3:15 PM
#248074	Feb 7-28	F	2:15 PM-3:15 PM
#248075	Mar 6-27	F	2:15 PM-3:15 PM
#248088	Apr 3-24	F	2:15 PM-3:15 PM

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

#248076	Jan 3-31	F	1:00 PM-2:00 PM
#248077	Feb 7-28	F	1:00 PM-2:00 PM
#248078	Mar 6-27	F	1:00 PM-2:00 PM
#248079	Apr 3-24	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)* 

#248080	Jan 6-29	M, W	1:15 PM-2:15 PM
#248081	Feb 3-26	M, W	1:15 PM-2:15 PM
#248082	Mar 2-30	M, W	1:15 PM-2:15 PM
#248083	Apr 1-29	M, W	1:00 PM-2:00 PM

*Intermediate Level (Highly experienced)* 

#248084	Jan 6-29	M, W	2:15 PM-3:15 PM
#248085	Feb 3-26	M, W	2:15 PM-3:15 PM
#248086	Mar 2-30	M, W	2:15 PM-3:15 PM
#248087	Apr 1-29	M, W	2:00 PM-3:00 PM



## LINE DANCE OPEN STUDIO

Join us for this fun and informal line dance open studio time. There is not an 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 basic steps.

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

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

#248093 Jan 6-Apr 27 M 4:00 PM-5:30 PM  
Adv. (good experience)

#248094 Jan 7-Apr 28 Tu 4:00 PM-5:30 PM

#248095 Jan 2-Apr 30 Th 4:30 PM-5:45 PM

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

#248096 Jan 3-Apr 24 F 2:00 PM-3:30 PM

## LINE DANCE: LEARN TO LINE DANCE

Learn basic line dance steps and how to find and count the beat of the music. Basic beginner line dances will be covered in each class. We'll be dancing to a variety of music, including oldies, new pop, and country western.

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

#249081 Feb 6-27 Th 11:15 AM-12:15 PM

## MEN'S STRENGTH AND CONDITIONING

This class provides 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: \$8

#248098 Jan 7-28 Tu 2:00 PM-2:45 PM

#248099 Feb 4-25 Tu 2:00 PM-2:45 PM

#248100 Mar 3-31 Tu 2:00 PM-2:45 PM

#248101 Apr 7-28 Tu 2:00 PM-2:45 PM

#248102 Jan 2-30 Th 12:00 PM-12:45 PM

#248103 Feb 6-27 Th 12:00 PM-12:45 PM

#248104 Mar 5-26 Th 12:00 PM-12:45 PM

#248105 Apr 2-30 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.

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

#248459 Jan 7-28 Tu 11:15 AM-12:00 PM

#248460 Feb 4-25 Tu 11:15 AM-12:00 PM

#248461 Mar 3-31 Tu 11:15 AM-12:00 PM

#248462 Apr 7-28 Tu 11:15 AM-12:00 PM

## PERSONAL TRAINING SESSIONS

These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions 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*

#248106 Jan 2-Apr 30 Th-F, M-Th 9:30 AM-5:30 PM

*Instructor: Linda Lisko*

#248107 Jan 2-Apr 30 Th-F, M-Th 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*

#247525 Jan 6-27 M 9:15 AM-10:00 AM

#247516 Feb 3-24 M 9:15 AM-10:00 AM

#247517 Mar 2-30 M 9:15 AM-10:00 AM

#247518 Apr 6-27 M 9:15 AM-10:00 AM

*Instructor: Linda Lisko*

#253407 Jan 6-27 M 4:30 PM-5:30 PM

#253408 Feb 3-24 M 4:30 PM-5:30 PM

#253409 Mar 2-30 M 4:30 PM-5:30 PM

#253410 Apr 6-27 M 4:30 PM-5:30 PM

#247519 Jan 6-27 M 5:30 PM-6:30 PM

#247520 Feb 3-24 M 5:30 PM-6:30 PM

#247521 Apr 6-27 M 5:30 PM-6:30 PM

#247522 Mar 2-30 M 5:30 PM-6:30 PM

#247526 Jan 8-29 W 10:15 AM-11:00 AM

#247527 Feb 5-26 W 10:15 AM-11:00 AM

#247528 Mar 4-25 W 10:15 AM-11:00 AM

#247529 Apr 1-29 W 10:15 AM-11:00 AM

#247530 Jan 8-29 W 11:15 AM-12:00 PM

#247531 Feb 5-26 W 11:15 AM-12:00 PM

#247532 Mar 4-25 W 11:15 AM-12:00 PM

#247533 Apr 1-29 W 11:15 AM-12:00 PM

*Instructor: Marty Lamb*

#247534 Jan 2-30 Th 12:00 PM-1:00 PM

#247535 Feb 6-27 Th 12:00 PM-1:00 PM

#247536 Mar 5-26 Th 12:00 PM-1:00 PM

#247537 Apr 9-30 Th 12:00 PM-1:00 PM

*Instructor: Melissa Hinton*

#247538 Jan 3-31 F 11:30 AM-12:30 PM

#247539 Feb 7-28 F 11:30 AM-12:30 PM

#247523 Mar 6-27 F 11:30 AM-12:30 PM

#247524 Apr 3-24 F 11:30 AM-12:30 PM

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## 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

#248115	Jan 7-28	Tu	10:30 AM-11:15 AM
#248116	Feb 4-25	Tu	10:30 AM-11:15 AM
#248117	Mar 3-31	Tu	10:30 AM-11:15 AM
#248118	Apr 7-28	Tu	10:30 AM-11:15 AM
#248119	Jan 3-31	F	10:30 AM-11:15 AM
#248120	Feb 7-28	F	10:30 AM-11:15 AM
#248121	Mar 6-27	F	10:30 AM-11:15 AM
#248122	Apr 3-24	F	10:30 AM-11:15 AM

### Qi Gong for Joint Health

#248123	Jan 3-31	F	11:30 AM-12:15 PM
#248124	Feb 7-28	F	11:30 AM-12:15 PM
#248125	Mar 6-27	F	11:30 AM-12:15 PM
#248126	Apr 3-24	F	11:30 AM-12:15 PM

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

#248127	Jan 7-28	Tu	9:15 AM-10:00 AM
#248128	Feb 4-25	Tu	9:15 AM-10:00 AM
#248129	Mar 3-31	Tu	9:15 AM-10:00 AM
#248130	Apr 7-28	Tu	9:15 AM-10:00 AM
#248131	Jan 3-31	F	9:15 AM-10:00 AM
#248132	Feb 7-28	F	9:15 AM-10:00 AM
#248133	Mar 6-27	F	9:15 AM-10:00 AM
#248134	Apr 3-24	F	9:15 AM-10:00 AM

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

#248135	Jan 6-27	M	11:30 AM-12:15 PM
#248136	Feb 3-24	M	11:30 AM-12:15 PM
#248137	Mar 2-30	M	11:30 AM-12:15 PM
#248138	Apr 6-May 4	M	11:30 AM-12:15 PM

## 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

#248146	Jan 7-28	Tu	11:30 AM-12:30 PM
#248147	Feb 4-25	Tu	11:30 AM-12:30 PM
#248148	Mar 3-31	Tu	11:30 AM-12:30 PM
#248149	Apr 7-28	Tu	11:30 AM-12:30 PM

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

Instructor: My Hao Tran

#248150	Jan 8-29	W	4:30 PM-5:30 PM
#248151	Feb 5-26	W	4:30 PM-5:30 PM
#248152	Mar 4-25	W	4:30 PM-5:30 PM
#248153	Apr 1-29	W	4:30 PM-5:30 PM
#248154	Jan 2-30	Th	2:00 PM-3:00 PM
#248155	Feb 6-27	Th	2:00 PM-3:00 PM
#248156	Mar 5-26	Th	2:00 PM-3:00 PM
#248157	Apr 2-30	Th	2:00 PM-3:00 PM

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

Instructor: My Hao Tran

#248158	Jan 6-27	M	10:30 AM-11:15 AM
#248159	Feb 3-24	M	10:30 AM-11:15 AM
#248160	Mar 2-30	M	10:30 AM-11:15 AM
#248161	Apr 6-27	M	10:30 AM-11:15 AM

## 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. You'll break a sweat and have lots of fun!

Instructor: Bettie Ittenbach

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

#248162	Jan 2-30	Th	1:00 PM-1:45 PM
#248163	Feb 6-27	Th	1:00 PM-1:45 PM
#248164	Mar 5-26	Th	1:00 PM-1:45 PM
#248165	Apr 2-30	Th	1:00 PM-1:45 PM

## SOUL LINE DANCE

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

#248562	Jan 2-30	Th	10:15 AM-11:00 AM
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#248563	Feb 6-27	Th	10:15 AM-11:00 AM
#248564	Mar 5-26	Th	10:15 AM-11:00 AM
#248565	Apr 2-30	Th	10:15 AM-11:00 AM

## 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: \$8

### Beginner

#248167	Jan 6-27	M	10:30 AM-11:30 AM
#248168	Feb 3-24	M	10:30 AM-11:30 AM
#248169	Mar 2-23	M	10:30 AM-11:30 AM
#248170	Apr 6-27	M	10:30 AM-11:30 AM

### Intermediate

#248171	Jan 6-27	M	11:30 AM-12:30 PM
#248172	Feb 3-24	M	11:30 AM-12:30 PM
#248173	Mar 2-30	M	11:30 AM-12:30 PM
#248174	Apr 6-27	M	11:30 AM-12:30 PM

## 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: Prerequisite Intermediate Sun Style. This class teaches the first half of the Sun 73 Long Form movements. Sun Style Part 2: This continuation of the Part One class will complete the Long Form with spiraling and crouching movements. Advanced Various Styles: This class will explore styles including Qi Gong, Yang 24 forms and Chen style movements. *Instructor: Rita Shaloiko*

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

### Chair Beginner Sun Style

#248463	Jan 6-27	M	1:00 PM-1:45 PM
#248464	Feb 3-24	M	1:00 PM-1:45 PM
#248465	Mar 2-30	M	1:00 PM-1:45 PM
#248466	Apr 6-27	M	1:00 PM-1:45 PM

### Intermediate Sun Style

#248467	Jan 6-27	M	2:00 PM-2:45 PM
#248468	Feb 3-24	M	2:00 PM-2:45 PM
#248469	Mar 2-30	M	2:00 PM-2:45 PM
#248470	Apr 6-27	M	2:00 PM-2:45 PM

### Various Styles

#248471	Jan 6-27	M	3:00 PM-3:45 PM
#248472	Feb 3-24	M	3:00 PM-3:45 PM
#248473	Mar 2-30	M	3:00 PM-3:45 PM
#248474	Apr 6-27	M	3:00 PM-3:45 PM

## Advanced Sun Style Part 2

#248475	Jan 2-30	Th	12:30 PM-1:15 PM
#248476	Feb 6-27	Th	12:30 PM-1:15 PM
#248477	Mar 5-26	Th	12:30 PM-1:15 PM
#248478	Apr 2-30	Th	12:30 PM-1:15 PM

## Advanced Sun Style Part 1

#248479	Jan 2-30	Th	1:30 PM-2:15 PM
#248480	Feb 6-27	Th	1:30 PM-2:15 PM
#248481	Mar 5-26	Th	1:30 PM-2:15 PM
#248482	Apr 2-30	Th	1:30 PM-2:15 PM

## Beginner Sun Style

#248483	Jan 2-30	Th	2:30 PM-3:15 PM
#248484	Feb 6-27	Th	2:30 PM-3:15 PM
#248485	Mar 5-26	Th	2:30 PM-3:15 PM
#248486	Apr 2-30	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

*Instructor: Raquel Robinson*

#248195	Jan 6-27	M	9:30 AM-10:15 AM
#248196	Feb 3-24	M	9:30 AM-10:15 AM
#248197	Mar 2-30	M	9:30 AM-10:15 AM
#248198	Apr 6-27	M	9:30 AM-10:15 AM
#248199	Jan 7-28	Tu	11:30 AM-12:15 PM
#248200	Feb 4-25	Tu	11:30 AM-12:15 PM
#248201	Mar 3-31	Tu	11:30 AM-12:15 PM
#248202	Apr 7-28	Tu	11:30 AM-12:15 PM
#248203	Jan 3-31	F	9:30 AM-10:15 AM
#248204	Feb 7-28	F	9:30 AM-10:15 AM
#248205	Mar 7-28	Sa	9:30 AM-10:15 AM
#248206	Apr 3-24	F	9:30 AM-10:15 AM

## Five Points Center for Active Adults

*Instructor: Sue Payne* 

#248207	Jan 7-28	Tu	1:00 PM-1:45 PM
#248208	Feb 4-25	Tu	1:00 PM-1:45 PM
#248209	Mar 3-24	Tu	1:00 PM-1:45 PM
#248210	Apr 7-28	Tu	1:00 PM-1:45 PM
#248211	Jan 2-30	Th	1:00 PM-1:45 PM
#248212	Feb 6-27	Th	1:00 PM-1:45 PM
#248213	Mar 5-26	Th	1:00 PM-1:45 PM
#248214	Apr 2-30	Th	1:00 PM-1:45 PM

*Instructor: Sandy Stanton*

#248215	Jan 2-30	Th	5:45 PM-6:30 PM
#248216	Feb 6-27	Th	5:45 PM-6:30 PM
#248217	Mar 5-26	Th	5:45 PM-6:30 PM
#248218	Apr 9-May 7	Th	5:45 PM-6:30 PM

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# 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

### 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

#248221	Jan 8-29	W	9:15 AM-10:00 AM
#248222	Feb 5-26	W	9:15 AM-10:00 AM
#248223	Mar 4-25	W	9:15 AM-10:00 AM
#248224	Apr 1-29	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*

#248230	Jan 6-27	M	9:15 AM-10:15 AM
#248231	Feb 3-24	M	9:15 AM-10:15 AM
#248232	Mar 2-30	M	9:15 AM-10:15 AM
#248233	Apr 6-27	M	9:15 AM-10:15 AM
#248250	Jan 2-30	Th	10:30 AM-11:15 AM
#248251	Feb 6-27	Th	10:30 AM-11:15 AM
#248252	Mar 5-26	Th	10:30 AM-11:15 AM
#248253	Apr 2-30	Th	10:30 AM-11:15 AM
#248254	Jan 2-30	Th	11:30 AM-12:15 PM
#248255	Feb 6-27	Th	11:30 AM-12:15 PM
#248256	Mar 5-26	Th	11:30 AM-12:15 PM
#248257	Apr 2-30	Th	11:30 AM-12:15 PM

#### Five Points Center for Active Adults

Course Fee: \$10

*Instructor: Rose Parli*

#248240	Jan 7-28	Tu	11:30 AM-12:45 PM
#248241	Feb 4-25	Tu	11:30 AM-12:45 PM
#248242	Mar 3-31	Tu	11:30 AM-12:45 PM
#248243	Apr 7-28	Tu	11:30 AM-12:45 PM
#248244	Jan 2-30	Th	11:30 AM-12:45 PM
#248245	Feb 6-27	Th	11:30 AM-12:45 PM
#248258	Apr 2-30	Th	11:30 AM-12:45 PM
#248261	Mar 5-26	Th	11:30 AM-12:45 PM

#### Halifax Community Center

Course Fee: \$10

*Instructor: Brenda Cleveland*

#248259	Jan 8-29	W	11:45 AM-12:30 PM
#248260	Feb 5-26	W	11:45 AM-12:30 PM
#248246	Mar 4-25	W	11:45 AM-12:30 PM
#248247	Apr 1-29	W	11:45 AM-12:30 PM

### Walnut Terrace Center

Course Fee: \$0

*Instructor: Brenda Cleveland*

#248248	Jan 8-29	W	9:00 AM-10:00 AM
#248249	Feb 5-26	W	9:00 AM-10:00 AM
#248286	Mar 4-25	W	9:00 AM-10:00 AM
#248287	Apr 1-29	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. Students should bring your own mat.

#### Anne Gordon Center for Active Adults

Course Fee: \$10

*Instructor: Mary Flournoy*

#248026	Jan 6-27	M	10:30 AM-11:30 AM
#248027	Feb 3-24	M	10:30 AM-11:30 AM
#248028	Mar 2-30	M	10:30 AM-11:30 AM
#248029	Apr 6-27	M	10:30 AM-11:30 AM
#248030	Jan 8-29	W	3:30 PM-4:30 PM
#248031	Feb 5-26	W	3:30 PM-4:30 PM
#248032	Mar 4-25	W	3:30 PM-4:30 PM
#248033	Apr 1-29	W	3:30 PM-4:30 PM
#248034	Jan 2-30	Th	9:15 AM-10:15 AM
#248035	Feb 6-27	Th	9:15 AM-10:15 AM
#248036	Mar 5-26	Th	9:15 AM-10:15 AM
#248037	Apr 2-30	Th	9:15 AM-10:15 AM

*Instructor: Alda Biddell*

#248038	Jan 7-28	Tu	12:15 PM-1:15 PM
#248039	Feb 4-25	Tu	12:15 PM-1:15 PM
#248040	Mar 3-31	Tu	12:15 PM-1:15 PM
#248041	Apr 7-28	Tu	12:15 PM-1:15 PM

*Instructor: My Hao*

#248042	Jan 2-30	Th	3:30 PM-4:30 PM
#248043	Feb 6-27	Th	3:30 PM-4:30 PM
#248044	Mar 5-26	Th	3:30 PM-4:30 PM
#248045	Apr 2-30	Th	3:30 PM-4:30 PM

#### Five Points Center for Active Adults

Course Fee: \$10

*Instructor: Kathryn Clarke*

#248046	Jan 6-27	M	2:00 PM-3:00 PM
#248047	Feb 3-24	M	2:00 PM-3:00 PM
#248048	Mar 2-30	M	2:00 PM-3:00 PM
#248049	Apr 6-27	M	2:00 PM-3:00 PM
#248050	Jan 6-27	M	3:15 PM-4:15 PM

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#248051	Feb 3-24	M	3:15 PM-4:15 PM
#248052	Mar 2-30	M	3:15 PM-4:15 PM
#248053	Apr 6-27	M	3:15 PM-4:15 PM

*Instructor: Marty Lamb*

#248054	Jan 1-15	W	3:15 PM-4:15 PM
#248055	Feb 5-26	W	3:15 PM-4:15 PM
#248056	Mar 4-25	W	3:15 PM-4:15 PM
#248057	Apr 1-29	W	3:15 PM-4:15 PM

#### **Halifax Community Center**

Course Fee: \$10

*Instructor: Brenda Cleveland*

#248058	Jan 1-29	W	10:30 AM-11:30 AM
#248059	Feb 5-26	W	10:30 AM-11:30 AM
#248060	Mar 4-25	W	10:30 AM-11:30 AM
#248061	Apr 1-29	W	10:30 AM-11:30 AM

#### **Tarboro Road Community Center**

Course Fee: \$10

*Instructor: Janet Wise*

#248062	Jan 1-31	W, F	11:00 AM-11:45 AM
#248063	Feb 5-28	W, F	11:00 AM-11:45 AM
#248064	Mar 4-27	W, F	11:00 AM-11:15 AM
#248065	Apr 1-29	W, F	11:00 AM-11:45 AM

#### **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*

#### **Anne Gordon Center for Active Adults**

Course Fee: \$10

#248009	Jan 3-31	F	3:30 PM-4:30 PM
#248010	Feb 7-28	F	3:30 PM-4:30 PM
#248011	Mar 6-27	F	3:30 PM-4:30 PM
#248012	Apr 3-24	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.

#### **Five Points Center for Active Adults**

Course Fee: \$10

*Instructor: Kathryn Clarke*

#247977	Jan 7-28	Tu	3:15 PM-4:15 PM
#247978	Feb 4-Mar 3	Tu	3:15 PM-4:15 PM
#247979	Mar 3-31	Tu	3:15 PM-4:15 PM
#247980	Apr 7-28	Tu	3:15 PM-4:15 PM

*Instructor: Rose Parli*

#247981	Jan 2-30	Th	6:15 PM-7:15 PM
#247982	Feb 6-27	Th	6:15 PM-7:15 PM
#247983	Mar 5-26	Th	6:15 PM-7:15 PM
#247984	Apr 2-30	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 while combining cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be provided for all fitness levels.

#### **Anne Gordon Center for Active Adults**

Course Fee: \$10

*Instructor: Leann Swanson*

#247949	Jan 7-28	Tu	9:15 AM-10:00 AM
#247950	Feb 4-25	Tu	9:15 AM-10:00 AM
#247951	Mar 3-31	Tu	9:15 AM-10:00 AM
#247952	Apr 7-28	Tu	9:15 AM-10:00 AM

*Instructor: Meg Berg*

#247953	Jan 2-30	Th	1:00 PM-1:45 PM
#247954	Feb 6-27	Th	1:00 PM-1:45 PM
#247955	Mar 5-26	Th	1:00 PM-1:45 PM
#247956	Apr 2-30	Th	1:00 PM-1:45 PM

*Instructor: Jon Delaney*

#247957	Jan 3-31	F	9:15 AM-10:00 AM
#247958	Feb 7-28	F	9:15 AM-10:00 AM
#247959	Mar 6-27	F	9:15 AM-10:00 AM
#247960	Apr 3-24	F	9:15 AM-10:00 AM

#### **Five Points Center for Active Adults**

Course Fee: \$10

*Instructor: Linda Thomas*

#247961	Jan 7-28	Tu	12:00 PM-12:45 PM
#247962	Feb 4-25	Tu	12:00 PM-12:45 PM
#247963	Mar 3-31	Tu	12:00 PM-12:45 PM
#247965	Apr 7-28	Tu	12:00 PM-12:45 PM





## SOCIAL PROGRAMS

### 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  
#248345 Jan 3-Apr 24 F 9:30 AM-12:00 PM

### 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 vary by location/time. No registration required. This is an open play time for all, sign in upon arrival. First come first served space is limited.

*Cards and Mahjong Open Play*

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#248348 Jan 7-Apr 28 Tu 12:30 PM-5:00 PM  
#248349 Jan 8-Apr 29 W 1:00 PM-3:00 PM  
#248350 Jan 3-Apr 24 F 12:30 PM-5:00 PM

**Walnut Terrace Center** Course Fee: \$0  
#248351 Jan 7-Apr 28 Tu 9:00 AM-11:45 AM  
#248352 Jan 2-Apr 30 Th 4:00 PM-8:00 PM

*Bridge, Cribbage, and Games*

**Five Points Center for Active Adults** Course Fee: \$0  
#247867 Jan 6-Apr 27 M 1:30 PM-4:00 PM

*Bridge: Open Play*

**Five Points Center for Active Adults** Course Fee: \$0  
#251849 Jan 2-Apr 30 Th 10:00 AM-1:00 PM  
#251850 Jan 3-Apr 24 F 12:30 PM-3:00 PM

*Mah Jong Open Play*

**Five Points Center for Active Adults** Course Fee: \$0  
#248097 Jan 2-Apr 30 Th 2:00 PM-4:00 PM

### CHESS: INTRODUCTION

Learn or revisit the basics of the fascinating game of chess with an easy guided 'tour' of the chessboard, pieces, game rules, basic strategies and tactics. Chess instructor Rachel Kincaid will bring all equipment. Those that already know how to play are welcome to join the group for an open play opportunity. Preregistration is requested.

**Five Points Center for Active Adults** Course Fee: \$0  
#249022 Jan 13 M 1:00 PM-2:30 PM  
#249023 Jan 27 M 6:00 PM-7:30 PM

### 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 masked to sign in upon arrival.

**Walnut Terrace Center** Course Fee: \$0  
#248354 Jan 6-Apr 27 M 9:00 AM-12:00 PM

### MOVIES AT ANNE GORDON CENTER

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  
#248454 Jan 8-Apr 29 W 2:00 PM-4:30 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, limited to the first 25 people to sign in beginning at 9:30 AM. Monthly movie schedule available at the center.

**Walnut Terrace Center** Course Fee: \$0  
#248355 Jan 3-Apr 24 F 10 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. If you do not know how to play, the group will teach you. to play, don't worry the group will teach you.

**Walnut Terrace Center** Course Fee: \$0  
#246102 Sep 16-Dec 27 F 12:00 PM-5:45pm

### READ AND GO DISCUSSIONS

Join us the group discussions for our Read and Go Program. We will read a book written by a NC author or a book based in NC have a discussion and then go on a trip based on the book. You can find the current Read and Go book list on our website at [www.raleighnc.gov](http://www.raleighnc.gov) Keyword Search: Adult Programs or by calling us at 919-996-4720

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

### READ AND WATCH

We have selected books, which have been made into movies, for a book discussion. The group will then watch the movie. Due to the popularity of this program, pre-registration is required. Find the Read m and Watch list on the web at [www.raleighnc.gov](http://www.raleighnc.gov) Keyword search: Adult Programs or call us at 919-996-4720

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

## SPORTS PROGRAMS

### PARKINSON'S PICKLEBALL WORKSHOP

Playing Pickleball is a great exercise for anyone especially for those individuals 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.

**Chavis Community Center** Course Fee: \$0  
#251916 Jan 7-Apr 28 Tu 10:30 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. No experience is necessary, and all equipment is provided.

**Five Points Center for Active Adults** Course Fee: \$0  
#248111 Jan 3-May 5 F, Tu 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 Adults</b>	Course Fee: \$0
#248112 Jan 3-Apr 24 F	9:00 AM-3:00 PM
<b>Tarboro Road Community Center</b>	Course Fee: \$0
#248113 Jan 2-Apr 23 Th	10:30 AM-2:00 PM

### TABLE TENNIS FREE PLAY

Learn to play table tennis. All ability levels are welcome.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#248166 Jan 2-Apr 30 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  
Dennis (919) 831-6989

## 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  
Joan (919) 803-2266

## 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 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

## Hi-Milers

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

## wQuail 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  
Deanna (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  
Gaynelle (919) 851-0869

## 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.*









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(919) 582-9395  
[wcseniorgames@gmail.com](mailto:wcseniorgames@gmail.com)

## 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,  
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[parks.raleighnc.gov](http://parks.raleighnc.gov)