

Active Adult Program

Jan-Apr Classes



Please register for all programs. Classes that have not met the minimum registration may be cancelled. Contact us directly about registering for programs which have already started. RPRCR administration has added a \$1 fee to classes that cost \$15 or more. If you are not a resident of the City of Raleigh, you will have a \$15 non-resident fee added to classes that cost \$15 or more. For more information, please visit our Raleigh Parks website Raleighnc.gov and search for "Active Adult Program".

How to Register: Online via ReLink at relink.raleighnc.gov or in-person at any Raleigh Parks facility.

Anne Gordon Center for Active Adults	1901 Spring Forest Road	919-996-4720	on GoRaleigh Route 25L
Five Points Center for Active Adults	2000 Noble Road	919-996-4730	on GoRaleigh Route 2
Walnut Terrace Center	1256 McCauley Street	919-996-6160	on GoRaleigh Route 21

Art

Art Room Open Studio

Open Studio Hours are available to any participant who has completed an art course through Active Adults. This program aims to create a fun and collaborative environment for pursuing your creative interests. Feel free to unleash your creativity during open studio time! This is an opportunity for you to pursue your personal interests without the constraints of a course instructor. Please bring your own materials. It's an excellent opportunity to meet new people and explore various types of art. Don't be afraid to get messy! Just make sure you clean up. Make the most of any course you take with us.

Five Points Center

Jan 6-Apr 30 Tu & Th 2:00-4:00PM Fee: \$0

Basic Watercolor Techniques

Unlock your inner artist and find your own style. Paper and paints are provided as we explore simple yet effective and popular techniques of water coloring.

Walnut Terrace Center

Jan 6 Tu 2:15-3:30PM Fee: \$7

Calligraphy Workshop

Linda Torrena will teach participants how to utilize different brush strokes to create beautiful lettering. This workshop is once a month on the second Wednesday of every month.

Five Points Center

Jan 14-Apr 8 W 10:30AM-12:30PM Fee: \$28

Charcoal Trees

Discover the expressive power of charcoal in this hands-on drawing class focused on trees and natural forms. Learn foundational techniques such as shading, texture, and contrast while exploring the beauty and structure of trees. This class offers a relaxed environment to develop your skills and create bold, dynamic artwork. Some Supplies need to be brought to class. Supplies listed online. Instructor: Adrienne Garnett

Five Points Center

Apr 1 W 2:30-4:30PM Fee: \$13

Drawing Faces

Learn the fundamentals of drawing realistic and expressive faces in this engaging, beginner-friendly class. Explore facial proportions, features, and expressions while developing your observation and sketching skills. Whether you're new to drawing or looking to sharpen your portrait techniques, this class offers a supportive space to grow your artistic confidence. Some supplies need to be brought to class. Supplies listed online. Instructor: Adrienne Garnett

Five Points Center

Feb 11-Feb 25 W 2:30-4:30PM Fee: \$21

Drum It Up

Join this class to experience first-hand excitement of live drumming. If you are a total beginner, or have a musical background, this is the class for you. All hand drums will be provided or bring your own. We will use a Djembe African hand drum to work on independence, coordination, basic rhythm patterns, ensemble performance and solo improvisation. Each class will focus on four elements of drumming: Hand exercises, beat patterns with drum tones, ensemble participation and a goal to complete an extended group composition. As a bonus for at home practice, a play along video will be provided! If you want to drum, let's get started! Class limited to 10 participants. Level I Intro/Beg: No prior musical experience is required. Level II Inter: Requires completion of at least one Level I Beg class or instructor approval for previous drumming experience. This class continues the excitement and techniques of the beginner level and will focus on further development of hand drumming and the use of sticks. Level III Advanced: Requires completion of Level II Inter: Continues with advanced rhythms, beats, utilization of bass drum patterns, improvisation and more.

Instructor: Robert Jackson

Anne Gordon Center

Level III Advanced

Jan 9-Feb 27 F 9:15-10:15AM Fee: \$60

Mar 6-May 1 F 9:15-10:15AM Fee: \$60

Five Points Center

Level I Intro/Beg

Mar 2-Apr 20 M 9:30-10:30am Fee:\$60

Level II/III Inter/Adv

Jan 7-Feb 25 W 9:15-10:15AM Fee: \$60

Mar 4-Apr 22 W 9:15-10:15AM Fee: \$60

Level III Advanced

Jan 7-Feb 25 W 10:30-11:30AM Fee: \$60

Mar 4-Apr 22 W 10:30-11:30AM Fee: \$60

Exploring Art Techniques

Explore art techniques using various materials including acrylic, Indian drawing ink, watercolor and pencils combinations. This class welcomes all levels of artist. Instructor Gail

Walnut Terrace Center

Let's experiment with India Drawing Ink

Feb 10 Tu 2:30-3:45PM Fee: \$7

Abstract Painting Techniques and tips

Mar 10 Tu 2:30-3:45PM Fee: \$7

Drawing Faces for fun

Apr 14 Tu 2:30-3:45PM Fee: \$7

Exploring Origami

Discover the timeless art of Origami, a captivating craft that originated in Japan and has become a beloved hobby worldwide. With Janet leading the way, you'll start with a simple base fold and watch it transform into a delightful shape you can show off. No experience needed, just bring your curiosity and a love for paper! Led by instructor Janet.

Walnut Terrace Center

Heart Flower

Jan 22 Th 1:00-3:00PM Fee: \$3

Snowflake

Feb 26 Th 1:00-3:00PM Fee: \$3

Flower

Mar 26 Th 1:00-3:00PM Fee: \$3

Sailboat

Apr 23 Th 1:00-3:00PM Fee: \$3

Fibers - Weaving Workshop

Learn how to make your own loom from cardboard! Weaving techniques included and basic instructions. Warp string and weft yarn available. Learn how to take everything off of the loom and finish. Instructor: Linda Torena

Five Points Center

Jan 21-Apr 15 W 10:30AM-12:30PM Fee: \$21

Freshly Brewed Poems

A local poet or writer will be featured for approximately 20 minutes. Afterward, we invite the audience to take the mic and read their poems, prose, and spoken word. While we encourage original material, sharing your favorite authors is welcome. The

number of poems each participant will read will be determined by the size of the group. Please be prepared to read 1 to 3 poems, or 5 minutes of prose. Afternoon of open mic poetry aims to be an intra-generational gathering of creatives working in a safe and mentoring environment. Please come at 2:30 p.m. to sign up to read. 3:00 p.m. is our start time. The monthly event is open to ages 18+.

Five Points Center

Jan 7 W 3:00-4:30PM Fee: \$0

Feb 4 W 3:00-4:30PM Fee: \$0

Mar 4 W 3:00-4:30PM Fee: \$0

Apr 1 W 3:00-4:30PM Fee: \$0

Japanese Cultural Outreach

We are working with the Japan America Society of North Carolina to provide cultural programs. The Instructor is from Japan and is eager to share some of her culture with our patrons. We are very excited about this opportunity and hope you will join us. All materials will be provided. Registration is required and space is limited.

-Calligraphy: Participants will use traditional Japanese calligraphy brushes, ink and paper, and will learn how to draw out Japanese letters.

-Chigiri-E: Participants will learn to create artwork using small pieces of torn Washi paper.

-Tea Ceremony: Participants will learn about the Tea ceremony and how to drink matcha. They will make matcha by themselves and drink it in the traditional Japanese tea ceremony style.

Five Points Center

Tea Ceremony

Mar 4 W 1:10-2:00PM Fee: \$0

Calligraphy

Mar 4 W 2:30-3:20PM Fee: \$0

Millbrook Exchange Community Center

Chigiri-E

Mar 2 M 1:10-2:00PM Fee: \$0

Calligraphy

Mar 2 M 2:30-3:20PM Fee: \$0

Walnut Terrace Center

ChigiriE

Mar 5 Th 1:10-2:00PM Fee: \$0

Calligraphy

Mar 5 Th 2:30-3:20PM Fee: \$0

Knitting and Crocheting

If you like to knit and crochet, please come and share your skills and projects with other like-minded patrons. This is an informal social time; there is no instructor.

Anne Gordon Center

Jan 8-Apr 30 Th 2:00-4:00PM Fee: \$0

LGBTQ+ Film Series

Don't miss out on our LGBTQIA+ Film Series screening! Join us for our monthly program on the first and last Tuesday of the month. We will be showcasing films with diverse themes around sexuality and gender. This program is co-hosted with the Carolina Aging Alliance. All folks 18+ are welcome!

Five Points Center

Jan 6-Apr 21 1st, Last Tu 2:00-4:15PM Fee: \$0

Make Your Own Monogram Mask

Unleash your creativity in this fun, hands-on mask making class! Explore different materials and techniques to design and create your own unique mask; whether whimsical, dramatic, or traditional. Perfect for all skill levels, this class encourages self-expression and artistic exploration. All materials provided.

Instructor: Adrienne Garnett

Five Points Center

Feb 4 W 2:30-4:30PM Fee: \$14

Open Studio Critique

Have you wished a professional artist was available to help you improve your art? Working on a piece that needs some professional critiques? Come and learn with our instructor, Adrienne Garnett. Adrienne is a dynamic, thoughtful, award-winning artist that loves working with artists of any age. Adrienne will be available to help you in our art studio with any project that you're working on. This is a five-week allotted time for open studio with critiques. Bring any art that you are working on and want help with. Instructor: Adrienne Garnett

Five Points Center

Mar 2-Mar 30 M 2:30-4:30PM Fee: \$29

Open Studio with Gail

Do you enjoy painting or always wanted to give it a try? Would a little guidance and a lot of open space encourage you to explore this practice which so many find therapeutic? Look no further! Gail will be on hand and more than happy to answer art questions or help you get over the painter block you may be experiencing. Bring your supplies; we have space for storage. We have some supplies you can purchase for a minimal fee to get you started. Paint brushes and easels are available for you to use. Let's inspire one another and stop making excuses. There is a wall in your home hoping for some fresh artwork! And like most adventures, it is more fun to create with others. This program meets on the 1st & 2nd Tuesday of each month.

Walnut Terrace Center

Jan 6-Apr 14 1st, 2nd Tu 2:30-4:00PM Fee: \$0

Poetry Jam & Creative Writing Throwdown

Poetry Jam & Creative Writing Throwdown. Join fellow writers and orators in an informal and welcoming space where we are free to craft, read and spit poetry, prose, and spoken word. Whether you're working on a masterpiece or just jotting down thoughts, let's share inspiration and creativity as we unleash the powerful beauty of words. Celestine Wright. Bring your writing, your voice, and your open ear!

Five Points Center

Jan 16-Apr 17 3rd F 3:00-5:00PM Fee: \$0

Quilling

Discover the art of quilling in this engaging class! Learn how to craft basic quilling shapes as Janet demonstrates essential tools and techniques to help you create stunning designs. Connect with fellow crafters on the 2nd Wednesday of each month to share ideas and explore new methods. All tool usage is included. Led by instructor Janet.

Walnut Terrace Center

Snowflake (coils and shapes)

Jan 14 W 1:00-3:00PM Fee: \$3

Hearts (shapes and scrolls)

Feb 11 W 1:00-3:00PM Fee: \$3

Spring Flower (coils and stems)

Mar 11 W 1:00-3:00PM Fee: \$3

Light Houses (Coils)

Apr 8 W 1:00-3:00PM Fee: \$3

Raleigh Miniatures Guild

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

Anne Gordon Center

Jan 15-Apr 16 1st, 3rd Th 10:00AM-12:00PM Fee: \$4

Readers Theatre

A wide variety of short and medium length skits are taken from different sources and come alive not only through the words of the authors, the actors' faces and bodies, but also through their tone, pitch, and emotion. Memorization of scripts is not necessary. Costuming and props are minimal. This is not a class with an instructor who teaches acting, nor is it a class for the shy. Participants gather to learn acting and entertain each other by filling a variety of roles (acting experience is not required). This group is a prerequisite for the Readers Theater Performing Ensemble. Commitment to attendance and participation is stressed. NO CLASS 1/19

Five Points Center



Jan 5-Apr 27 M 3:00-4:45PM Fee: \$0

Spring Flowers and Pastels

Celebrate the beauty of spring with soft pastels! In this beginner-friendly class, you'll learn techniques for capturing the delicate colors and textures of blooming flowers using pastel materials. Enjoy our phenomenal art instructor in a creative atmosphere as you explore blending, layering, and shading to bring your floral artwork to life. Some supplies must be brought to class. Supplies listed online. Instructor: Adrienne Garnett

Five Points Center

Apr 8-Apr 29 W 2:30-4:30PM Fee: \$27

Shading Realistically

Take your drawings to the next level by learning the art of shading! This class covers essential techniques to help create depth, dimension, and realism in your artwork. Great for beginners or anyone looking to strengthen their drawing skills. Some supplies need to be brought to class. Supplies listed online. Instructor: Adrienne Garnett

Five Points Center

Jan 7-Jan 28 W 2:30-4:30PM Fee: \$27

Watercolor

Discover the magic of watercolor! It is simply a bag of tricks! The instructor will introduce paper, brushes and other supplies and demonstrate these techniques. Master artists' work will be viewed to display their use of elements and principles of art. Students will have the opportunity to adopt, adapt and/or apply to their own work. Students will practice using elements of texture, value, line, space, shape and form, including the color wheel. Principles of art will be identified and discussed, along with the importance of leaving white space. Students will learn to use these techniques to create their own original art, whether still life, landscape or abstract. You must bring supplies to class. Instructor: Linda Toren

Five Points Center

Jan 13-Feb 17 Tu 10:30AM-12:30PM Fee: \$32

Mar 10-Apr 14 Tu 10:30AM-12:30PM Fee: \$32

Jan 15-Feb 12 Th 10:30AM-12:30PM Fee: \$32

Mar 12-Apr 16 Th 10:30AM-12:30PM Fee: \$32

Computer/Technology

For questions about these computer/technology classes please contact Tommy Hodges at 919-996-2458.

Android Phone Basics 1

Get comfortable using your Android Phone! Learn to create contacts, text, make phone calls, take & share photos, connect

to Wi-Fi and how to use Google Maps. Please bring your Android Phone, Android Account info (typically your GMAIL account info. Screenshots shown in class may not match your phone exactly due to the different manufacturers that sell Android phones.

Anne Gordon Center

Jan 5-Jan 12 M 10:00-11:30AM Fee: \$12

Five Points Center

Feb 19-Feb 26 Th 10:00-11:30AM Fee: \$12

Apr 14-Apr 21 Tu 2:00-3:30PM Fee: \$12

Android Phone Basics 2

Prerequisite: Android Phone Basics 1. Learn about Google Assistant and how you can say or type commands to get help by having Google Assistant tell you how the traffic is, Finding the News, Playing Relaxing Music, Directions, the Weather, and more. Learn about Google Lens which helps you find product prices in stores with only a barcode! Plus learn about the Google Play Store and how to download and install useful apps on your smartphone. Learn how to use your quick settings, calendar settings, Clock, Alarm, and Memos. Please bring your Android Phone because none will be provided. Please know your Android Account Information (typically your GMAIL account).

Anne Gordon Center

Jan 21-Jan 28 W 10:00-11:30AM Fee: \$12

Five Points Center

Mar 5-Mar 12 Th 10:00-11:30AM Fee: \$12

App Based Taxi and Food/Grocery Delivery Services like UBER

Learn how to get car rides on demand with budget-friendly options using apps on your smart phone! It is an easy way to give you freedom to get around at - go anywhere you want to go - when you want to do it! Plus learn how to get food delivered from your favorite restaurants and grocery stores to your home. All through the convenience of your smartphone and the Internet! If you can't go out or don't feel like driving no problem, have it delivered or get a ride! We will show you how you can do it safely and easily. Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have knowledge of your smartphone and your phone's App Store.

Anne Gordon Center

Jan 7 W 10:00AM-12:00PM Fee: \$6

Five Points Center

Feb 5 Th 10:00AM-12:00PM Fee: \$6

Computer Basics 1

Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 11 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve

skills in these areas and teach participants to use the Microsoft store to get free and paid applications for their computer. Plus learn to install and uninstall applications. Understand how to charge, sleep, shutdown, turn on your computer and connect to Wi-Fi. Learn how to go online and search the Internet.

Anne Gordon Center

Feb 18-Feb 25 W 10:00-11:30AM Fee: \$12

Apr 13-Apr 20 M 10:00-11:30AM Fee: \$12

Five Points Center

Jan 6-Jan 13 Tu 10:00-11:30AM Fee: \$12

Computer Basics 2

Prerequisite: 'Computer Basics 1' or equivalent knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. Learn the basics of Windows 10 as well as how to use some of the different features and functions. See how to save and find files inside folders that you create using an application (Microsoft Word). Learn how to surf the web, save favorites, and shop safely. Feel confident in understanding how to clear your web browser history as well as passwords your web browser may remember even when you do not want it to. And learn how to download images from the web and find them once you have done so.

Anne Gordon Center

Mar 4-Mar 11 W 10:00-11:30AM Fee: \$12

Five Points Center

Jan 20-Jan 27 Tu 10:00-11:30AM Fee: \$12

Computer Basics 3

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. This class goes into detail on how to save and delete files, create folders, and backup your computer. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive. Learn how to create a disk image, a boot disk, and utilize File History to make backups on your computer. Learn how to see how much space items are using on your computer. Plus learn how to create zip files, cut, copy, and rename files.

Anne Gordon Center

Mar 18-Mar 25 W 10:00-11:30AM Fee: \$12

Five Points Center

Feb 3-Feb 10 Tu 10:00-11:30AM Fee: \$12

Computer Basics 4

In this course we concentrate solely on the Windows 11 Operating System Settings. Have more control over your computer by learning more about your system. Prerequisite: It

is recommended that you have taken Computer Basics 1 and 2 or have good navigational skills within the Windows 11 Operating System. *A computer will be provided* Learn about Windows Troubleshoot, Quick Actions in the Action Center, sharing files with people nearby, Night Light, Snip & Sketch, Control when Windows Updates, make your display, cursor, pointer, and text larger, Clipboard History, collaborate / share files with others, and an overview of using OneDrive. Understand how to take control and customize using Settings.

Anne Gordon Center

Apr 15-Apr 22 W 10:00-11:30AM Fee: \$12

Cutting the Cord: What does it mean and how does it work?

'Cutting the Cord' is a phrase that you hear a lot. Often it is associated with steps to lower your television or cable bill. But what does it actually mean and how would you even begin? In this class we will look at how television entertainment is evolving onto different types of platforms: cable, satellite, antenna, and online. Learn the steps some people are taking to 'cutting the cord'. But at the end of the day are you really cutting the cord or simply paying for television on a different platform? Is it worth your time to try it? You be the judge.

Anne Gordon Center

Jan 7-Jan 14 W 2:00-3:30PM Fee: \$12

Apr 15-Apr 22 W 2:00-3:30PM Fee: \$12

Five Points Center

Feb 24-Mar 3 Tu 2:00-3:30PM Fee: \$12

Excel Basics 1

In Excel Basics 1 you will learn how to use a budget template to create and maintain a monthly budget. This project is a simple project that will allow you to learn some of the basics of using Excel while building a budget. Learn how to create charts and have a good understanding of cells, tables, rows, and basic formulas. Prerequisite: Computer Basics 1, 2, and 3 or a strong understanding of how to use the Windows 10 Operating System.

Anne Gordon Center

Apr 1 W 10:00AM-12:00PM Fee: \$6

Five Points Center

Mar 19 Th 10:00AM-12:00PM Fee: \$6

Gimp Photo Editing Basics 1

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Are you serious about photo editing, but do not want to pay for expensive software? Learn to use GIMP, a photo editing program that can help make your images look unique. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and more. GIMP is like the

professional photo editor Adobe Photoshop.

Anne Gordon Center

Mar 9-Mar 16 M 10:00-11:30AM Fee: \$12

Five Points Center

Jan 8-Jan 15 Th 10:00-11:30AM Fee: \$12

Gimp Photo Editing Basics 2

Prerequisite: 'Computer Basics 1', Gimp Basics 1 or equivalent computer knowledge. If you are excited about editing photos with software that has the features of those professional programs, then you should check out GIMP. Back by popular demand here is part 2 of our Gimp Photo Editing series. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use like Adobe Photoshop!

Anne Gordon Center

Mar 23-Mar 30 M 10:00-11:30AM Fee: \$12

Five Points Center

Jan 22-Jan 29 Th 10:00-11:30AM Fee: \$12

GMAIL Basics 1

Prerequisite: Computer Basics 1 and 2 or equivalent skills. In this class we will show you how to create and use an email account using Google's GMAIL function. Nowadays, you need an email address for almost everything. Learn to use this convenient method of communication.

Anne Gordon Center

Jan 14 W 10:00AM-12:00PM Fee: \$6

Google Applications Overview

Prerequisite: 'Computer Skills 1' or equivalent. Did you know if you have a Google or GMAIL account you have access to many free applications? Everything from word processing to spreadsheets to presentation software is at your fingertips for FREE and you probably didn't even know you had access to it. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Google Docs, Calendar, and others.

Anne Gordon Center

Jan 21-Jan 28 W 2:00-3:30PM Fee: \$12

Feb 23-Mar 2 M 10:00-11:30AM Fee: \$12

Google Chrome Intro

Prerequisite: 'Computer Basics 1' or equivalent. You should consider having more than one web browser on your computer for security purposes. A web browser is an application on your

computer that allows you to view websites. Learn about Google Chrome web browser and how it protects you from security issues like phishing and dangerous sites. Chrome provides quick answers in your address bar, one-click translation, and personalized articles. Plus learn how to install other software applications called extensions into Chrome.

Five Points Center

Mar 31 Tu 2:00-4:00PM Fee: \$6

Google Photos Intro

Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. You may bring your own smart phone, iPad or tablet - but it is not required. Bring your Google account Username and Password to class. If you do not have an account, we will provide you with the information to create one on your own. If you do not wish to create an account, then you may observe.

Anne Gordon Center

Feb 2-Feb 9 M 10:00-11:30AM Fee: \$12

Five Points Center

Apr 16-Apr 23 Th 10:00-11:30AM Fee: \$12

How Useful Can a Smart Speaker Really Be for You ?

Alexa is a virtual assistant developed by Amazon that allows you to interact with in your home using a smart speaker called Echo. The Echo Smart Speaker can check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more by saying commands. Learn about its exciting two-way intercom feature allowing you to talk to a family member inside your home, even if you are outside or miles away! Learn the basic setup.

Anne Gordon Center

Feb 4 W 2:00-4:00PM Fee: \$6

Five Points Center

Mar 26 Th 10:00AM-12:00PM Fee: \$6

iCloud Basics for iPad/iPhone

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. The iCloud is a virtual hard drive service allows users to securely store photos, videos, documents, apps, music and so much more online! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. If you own an Apple product, then you have iCloud. Learn to use this feature to its fullest! Bring your Apple device PLUS your Apple ID and password.

Anne Gordon Center

Apr 1 W 2:00-4:00PM Fee: \$6

iPad Basics 1

You just got your iPad, now what do you do with it because it certainly did not come with a manual? Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wifi, use the QR Code reader, Airdrop, open and close Apps, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPad. Must bring: Your own iPad PLUS your Apple ID & Password.

Five Points Center

Feb 24-Mar 3 Tu 10:00-11:30AM Fee: \$12

iPad Basics 2

Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Learn to view existing email accounts using Mail app, Search and Download Apps from Apple Store, Search locations, how to look at suggested searches, directions to home and work, Managing Apps, Customize Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, How to Access All Connected Devices under a single Apple ID, Personal Info, and more! Bring your iPad or iTouch PLUS your Apple ID and Password.

Five Points Center

Mar 10-Mar 17 Tu 10:00-11:30AM Fee: \$12

iPad Basics 3

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how you can control which applications can track you across other applications. Allow your iPhone to save your passwords and learn from Apple when your accounts are compromised. Don't want to be disturbed? We will show you how to create a custom Focus so that your iPad doesn't disturb you. Don't have a scanner at home? Learn how you can scan documents with your iPad. Learn ways to control how you interact with Siri. Plus many more tips and tricks.

Five Points Center

Mar 24-Mar 31 Tu 10:00AM-12:00PM Fee: \$12

iPhone Basics 1

You just got your iPhone, now what do you do with it because it certainly did not come with a manual? Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wi-Fi, use the QR Code reader, Airdrop, open and

close Applications, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPhone. Must bring: Your own iPhone PLUS your Apple ID & Password.

Anne Gordon Center

Feb 18-Feb 25 W 2:00-3:30PM Fee: \$12

Five Points Center

Jan 6-Jan 13 Tu 2:00-3:30PM Fee: \$12

Apr 14-Apr 21 Tu 10:00-11:30AM Fee: \$12

iPhone Basics 2

Learn to view existing email accounts using Mail app, Search and Download Apps from Apple Store, Search locations, how to look at suggested searches, directions to home and work, Managing Apps, Customizing Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, How to Access All Connected Devices under a single Apple ID, Personal Info, and more! Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPhone PLUS your Apple ID and Password.

Anne Gordon Center

Mar 4-Mar 11 W 2:00-3:30PM Fee: \$12

Five Points Center

Jan 20-Jan 27 Tu 2:00-3:30PM Fee: \$12

iPhone Basics 3

What is left to learn about your iPhone? What about your privacy? Learn how you can control which applications can track you across other applications. Learn how to see which apps are using your location and when they are doing it. And is your phone working slower than usual? You may not need a new phone. See our tips. Plus, learn how to use Siri, your very own personal assistant to open applications, construct text messages, conduct searches, add reminders, schedule appointments on your calendar and more by using your voice!

Anne Gordon Center

Mar 18-Mar 25 W 2:00-3:30PM Fee: \$12

Five Points Center

Feb 3-Feb 10 Tu 2:00-3:30PM Fee: \$12

Learn how to Register for City of Raleigh Programs Online

Want to learn how to register for City of Raleigh programs and courses? Stop standing in long lines to register! Take this free course and start registering online using a computer. Learn how to create a RECLINK account and register for City of Raleigh programs and classes online using a web browser on a computer or other connected devices like smart phones and tablets. It is

highly recommended that you have basic working knowledge of using a computer before registering for this free course. Computers will be provided for you to use during the class, but you may bring your own laptop computer or tablet if you prefer.

Five Points Center

Mar 10 Tu 2:00-3:30PM Fee: \$0

Microsoft Excel Training: with Excel Associate Certification Preparation

Learn the specifics of this powerful spreadsheet software that is used for data analysis, organization, calculation, and visualization across many job industries, from business and finance to education and personal use. This 3-month, instructor led training program is also designed to prepare students to take the optional Microsoft Office Specialist (MOS): Excel Associate Certification exam. No prerequisites required to take this course other than basic knowledge using a Windows computer. Get comfortable writing formulas and functions and using graphic elements to represent data visually. Learn how to manage worksheets and workbooks, cell and data ranges, tables and table data. Perform operations by using formulas and functions. Additionally, summarize data visually by creating, modifying, and formatting charts/sparklines and prepare workbooks for collaboration and distribution. Learn Excel and enhance your resume today! Upon completion of this course, you will be prepared for the Microsoft Excel Associate certification exam. The Microsoft Excel Certification exam is not included.

Five Points Center

Feb 10-Apr 30 Tu & Th 6:00-8:00PM Fee: \$531

Microsoft Word Basics 1

Prerequisite: You must have taken Computer Basics 1 & 2 or have a working knowledge of the Windows 10 Operating System. Microsoft Word is a powerful program that you can use to create many different documents, brochures, etc. You can create your own document from scratch or select a template that Microsoft has already created. In this class you will learn how to: change the font, font size, create a bulleted list, set line spacing, insert tables, insert pictures, insert clip art, utilize text boxes, add WordArt, adjust the margins, utilize the built-in dictionary/thesaurus and more! This is a fantastic beginner class for Microsoft Word.

Five Points Center

Mar 24 Tu 2:00-4:00PM Fee: \$6

TechRefresh

TechRefresh is an exciting new program that allows students

who have previously completed a Digital Inclusion Adult Technology class to return and ask questions about the material that was previously covered or requires further explanation. Only those who have completed a course related to the refresh topic during a predetermined grace period are eligible to participate in this free program. Your TechRefresh time with an instructor is scheduled in advance and we require you to show up 15 minutes early for set-up.

Anne Gordon Center

Jan 26 M 10:00AM-12:00PM Fee: \$0

Five Points Center

Apr 9 Th 10:00AM-12:00PM Fee: \$0

Tips on Purchasing a Computer

You're finally ready to purchase a computer, but aren't sure what to buy. Let us help you understand the differences between a laptop, desktop, and tablet and all the tech that can be found in each. We will also discuss what you should be looking for when you make your decision.

Anne Gordon Center

Feb 4 W 10:00AM-12:00PM Fee: \$6

Five Points Center

Mar 17 Tu 2:00-4:00PM Fee: \$6

Educational

50 Terms Every Senior Should Know

Are you familiar with the many legal, financial and medical acronyms such as POA, ADA, BFP, CMP, DJIA, CPR-to name a few? Professionals often speak in these terms, but do we really know what is being said? These and many others will be reviewed so you will know what the conversation is about. Presented by Huston Law Firm, Carolina Estate Counsel.

Anne Gordon Center

Apr 21 Tu 10:00-11:30AM Fee: \$0

Aging In Place

Decided to stay in your home? Is it truly ready? In this session, we will reveal what works, what doesn't, and what you might have missed about aging in place. Get practical tips and strategies to stay independent and in control of your future. Think you have thought of everything? Come see! Presented by Freda Hamlett, Milestone Moves.

Anne Gordon Center

Feb 10 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Feb 3 Tu 10:00-11:30AM Fee: \$0

Alzheimer's Education Series

Learn about the warning signs of Alzheimer's and the differences between normal aging and dementia and strategies for addressing concerns. Sponsored by Alzheimer's Association.

Five Points Center

Jan 15 Th 1:00-2:30PM Fee: \$0
Feb 19 Th 1:00-2:30PM Fee: \$0
Mar 19 Th 1:00-2:30PM Fee: \$0
Apr 16 Th 1:00-2:30PM Fee: \$0

Caregiver Support Group

Are you the primary caregiver for an adult loved one, family member, or friend? Are you looking for support and ways to enhance your caregiving? Join others in a supportive environment to manage the challenges of caregiving. It is always helpful to know you are not alone. This group meets monthly on 2nd Mondays. For more information, please contact the Regional Service Coordinator, Resources for Seniors, at 984-232-4215. Sponsored by Resources for Seniors Inc

Five Points Center

Jan 12-Apr 13 2nd M 1:30-2:30PM Fee: \$0

Downsizing or Decluttering

Thinking about a move now or down the road? Be prepared! Join us for a free seminar where we will show you how to simplify your life with easy downsizing steps. Learn where to start, what to do with all the extra stuff, and who to call for help! Presented by Freda Hamlett of Milestone Moves.

Anne Gordon Center

Apr 14 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Apr 7 Tu 10:00-11:30AM Fee: \$0

Estate Planning Essentials

Join us in this free estate planning seminar. The seminar covers: the basic estate planning documents that everyone needs; what is probate; and the differences between a Will and trust. We will finish with Q&A, so bring your questions! Presented by Kevin Peach, NC Wills and Trusts.

Anne Gordon Center

Jan 20 Tu 10:00-11:30AM Fee: \$0

Mar 17 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Jan 7 W 2:00-3:30PM Fee: \$0

Mar 23 M 2:00-3:30PM Fee: \$0

Finance: Medicare 101

The Seniors' Health Insurance Information Program (SHIIP) is a division of the NC Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare Part D prescription drug plans, Medicare fraud and abuse. This seminar will provide a quick explanation of Medicare and its programs. Presented by the Seniors' Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

Anne Gordon Center

Feb 17 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Feb 24 Tu 1:00-2:30PM Fee: \$0

Finance: Understanding Beneficiary Designations

There are many ways to pass on an inheritance other than a will or trust. Find out the problems that occur every day on insurance, 401k and IRA plans as well as bank accounts with beneficiary designations. Presented by Huston Law Firm, Carolina Estate Counsel.

Anne Gordon Center

Feb 24 Tu 10:00-11:30AM Fee: \$0

Financial Realities of Aging

This seminar will cover essential topics such as long-term care planning, Medicaid planning, asset protection, and navigating the legal and financial challenges of retirement with confidence. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Five Points Center

Apr 8 W 2:00-3:00PM Fee: \$0

Home Modifications for Aging

Learn practical strategies to fund home modifications that support aging-in-place in this informative seminar. Explore financing options such as grants, loans, and community resources to make your home safer and more accessible for the long term. Presented by Pinnacle Group Construction.

Anne Gordon Center

Jan 27 Tu 11:00AM-12:00PM Fee: \$0

Five Points Center

Jan 14 W 2:00-3:00PM Fee: \$0

Independent Living Options

Independent living options are popping up all over the Triangle area and across the country. But what exactly are they? Get the facts on where to start your search, what is available in the area, and what it can cost. This session will set you straight! Sponsored by Freda Hamlett of Milestone Moves Realty Group.

Anne Gordon Center

Mar 10 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Mar 3 Tu 10:00-11:30AM Fee: \$0

Obituary History and Writing Workshop

Come and learn about historical obituaries throughout Raleigh's history and learn tips on how to create concise, meaningful obituaries. Take a look at Raleigh's past with Raleigh's curator of collections, Ainsley Powell as she shows cool, vast obituaries from Raleigh's past. A 20-minute writing session will follow with cookies and lemonade as we practice our writing skills through writing about life.

Five Points Center

Mar 24 Tu 11:00AM-12:00PM Fee: \$0

Parkinson's Disease Dialogue Group

Are you in the early stages of Parkinson's Disease (PD)? Please join us for an inviting open discussion of Parkinson's Disease and sharing of experiences. The early goal is to equip us to be "prosumers" of PD related healthcare, by exchanging information, choosing topics for discussion and by sharing 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, as well as providing support for each other. This group meets monthly January â December. For information, please contact the Regional Service Coordinator, Resources for Seniors 919-996-4738.

Five Points Center

Jan 8-Apr 2 Th 1:30-3:00PM Fee: \$0

Preserving and Enhancing Property Value while Aging-in-Place

Discover how to maintain and even increase your property's value while making it suitable for aging-in-place in this engaging seminar. Learn about smart renovation choices, universal design principles, and cost-effective upgrades that benefit both current comfort and future resale potential. Presented by Pinnacle Group Construction.

Anne Gordon Center

Mar 24 Tu 11:00AM-12:00PM Fee: \$0

Five Points Center

Mar 11 W 2:00-3:00PM Fee: \$0

Questions Across the Spectrum Discussion

This group gathers to discuss contemporary issues drawn from over 4,000+ TED.COM talks. A TED talk, 5 to 15 minutes in length, is viewed on the big screen in class. A back-and-forth

exchange of views about the topic with discussion leaders deepens our understanding of living in a complex world. You may come to listen or to join the discussion. Topics are announced weekly via email. Group meets on the 2nd and 4th Tuesday of each month.

Five Points Center

Jan 13-Apr 28 Tu 3:00-4:30PM Fee: \$0

Resources for Seniors: Who Are We and What We Do

Resources for Seniors Regional Service Coordinator will provide an overview of the 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. Presented by Resources for Seniors.

Anne Gordon Center

Apr 28 Tu 10:00-11:30AM Fee: \$0

Five Points Center

Apr 21 Tu 1:00-2:00PM Fee: \$0

SHIIP Counseling

The Seniors Health Insurance Information Program (SHIIP) is a division of the NC Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans and Medicare Part D prescription drug plans. Information provided on Medicare fraud and abuse and Medicare Savings Programs. Assistance with Extra Help applications also provided. Free. Call the center to schedule a 1:1 appointment with a SHIIP counselor.

Anne Gordon Center

Jan 5-Apr 23 M & Th 1:00-4:00PM Fee: \$0

Five Points Center

Jan 5-Apr 30 M-Th 1:00-5:00PM Fee: \$0

Write Your Story

Capture the essence of your life experiences by transforming them into meaningful stories to cherish and share with future generations. In this supportive and encouraging class, we will create a safe space to reflect, explore, and craft vivid word pictures that bring your memories to life. Each session features a trigger theme provided by Janet to inspire your storytelling journey. Led by instructor Janet.

Walnut Terrace Center

The Snow Drifted all Around

Jan 8 Th 1:00-3:00PM Fee: \$0

The Trial Opened to a New World of Discovery

Feb 12 Th 1:00-3:00PM Fee: \$0

The Sun Reflected Off of the Water

Mar 12 Th 1:00-3:00PM Fee: \$0

The Sand and Surf Beckoned Me
Apr 9 Th 1:00-3:00PM Fee: \$0

Fitness

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. Students should bring tap or hard bottomed shoes for class and have some tap/dance experience. Instructor: Bev Norwood

Five Points Center

Jan 7-Jan 28	W	12:30-1:30PM Fee: \$12
Feb 4-Feb 25	W	12:30-1:30PM Fee: \$12
Mar 4-Mar 25	W	12:30-1:30PM Fee: \$12
Apr 1-Apr 29	W	12:30-1:30PM Fee: \$16

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, intervals and the use of hand weights and resistance bands. Regular are beginner level with chair support. Classes differ by instructor.

Anne Gordon Center

Jan 6-Jan 27	Tu	9:15-10:00AM Fee: \$12
Feb 3-Feb 24	Tu	9:15-10:00AM Fee: \$12
Mar 3-Mar 31	Tu	9:15-10:00AM Fee: \$15
Apr 7-Apr 28	Tu	9:15-10:00AM Fee: \$12
Jan 8-Jan 29	Th	9:15-10:00AM Fee: \$12
Feb 5-Feb 26	Th	9:15-10:00AM Fee: \$12
Mar 5-Mar 26	Th	9:15-10:00AM Fee: \$12
Apr 2-Apr 30	Th	9:15-10:00AM Fee: \$15

Five Points Center

Jan 7-Jan 28	W	10:30-11:15AM Fee: \$12
Feb 4-Feb 25	W	10:30-11:15AM Fee: \$12
Mar 4-Mar 25	W	10:30-11:15AM Fee: \$12
Apr 1-Apr 29	W	10:30-11:15AM Fee: \$16

Blood Pressure and Weight Screenings

Take advantage of this monthly FREE blood pressure clinic offered by Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors. Sponsored by Resources for Seniors. Five Points Center

Jan 6-Apr 7	Tu	9:30-10:15AM Fee: \$0
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Bootcamp

Challenge yourself with 45 minutes of strength and endurance training! Bootcamp classes are a great way to add variety,

style, and intensity to your workout. This is an advanced-level class.

Five Points Center

Jan 8-Jan 29	Th	9:15-10:00AM Fee: \$12
Feb 5-Feb 26	Th	9:15-10:00AM Fee: \$12
Mar 5-Mar 26	Th	9:15-10:00AM Fee: \$12
Apr 2-Apr 30	Th	9:15-10:00AM Fee: \$16

Bootcamp for Seniors

This class incorporates balance and strength training exercises to improve overall movement health. Focus will be on exercises that build on our strength, endurance, mobility, and flexibility.

Anne Gordon Center

Jan 6-Jan 27	Tu	11:15AM-12:00PM Fee: \$12
Feb 3-Feb 24	Tu	11:15AM-12:00PM Fee: \$12
Mar 3-Mar 31	Tu	11:15AM-12:00PM Fee: \$15
Apr 7-Apr 28	Tu	11:15AM-12:00PM Fee: \$12

Butts and Guts

This class will tone your abs and glutes with targeted sculpting movements. The workout incorporates Pilates, Yoga and athletic movements to help balance and flexibility, with focus on the abs, glutes, legs, and lower back. The goal is to build strength in your core, quads, and hamstrings. NO CLASS 1/19/2026

Five Points Center

Jan 5-Jan 26	M	9:15-10:00AM Fee: \$9
Feb 2-Feb 23	M	9:15-10:00AM Fee: \$12
Mar 2-Mar 30	M	9:15-10:00AM Fee: \$16
Apr 6-Apr 27	M	9:15-10:00AM Fee: \$12
Jan 7-Jan 28	W	9:15-10:00AM Fee: \$12
Feb 4-Feb 25	W	9:15-10:00AM Fee: \$12
Mar 4-Mar 25	W	9:15-10:00AM Fee: \$12
Apr 1-Apr 29	W	9:15-10:00AM Fee: \$16

Cardio Sculpt

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

Five Points Center

Jan 6-Jan 27	Tu	2:15-3:00PM Fee: \$12
Feb 3-Feb 24	Tu	2:15-3:00PM Fee: \$12
Mar 3-Mar 31	Tu	2:15-3:00PM Fee: \$16
Apr 7-Apr 28	Tu	2:15-3:00PM Fee: \$12
Jan 8-Jan 29	Th	2:30-3:15PM Fee: \$12
Feb 5-Feb 26	Th	2:30-3:15PM Fee: \$12
Mar 5-Mar 26	Th	2:30-3:15PM Fee: \$12
Apr 2-Apr 30	Th	2:30-3:15PM Fee: \$16

Cardio Sculpt: Chair

This seated class will help you burn fat and build muscles. The class is a combination of seated cardio and sculpting muscles. Get a healthy heart and sculpted muscles all in one class.

Five Points Center

Jan 6-Jan 27	Tu	1:15-2:00PM Fee: \$12
Feb 3-Feb 24	Tu	1:15-2:00PM Fee: \$12
Mar 3-Mar 31	Tu	1:15-2:00PM Fee: \$16
Apr 7-Apr 28	Tu	1:15-2:00PM Fee: \$12
Jan 8-Jan 29	Th	12:30-1:15PM Fee: \$12
Feb 5-Feb 26	Th	12:30-1:15PM Fee: \$12
Mar 5-Mar 26	Th	12:30-1:15PM Fee: \$12
Apr 2-Apr 30	Th	12:30-1:15PM Fee: \$16

Cardio Soul Line Dance

This class is for anyone wanting to learn and enjoy soul line dances that have a cardio aspect to the dance. In this class you will learn line dance terminology and steps to new and old line dances that are geared to work up a sweat. Please no sandals or flip flops. Bring water to hydrate, a towel for sweat and a positive attitude for any missteps!

Five Points Center

Jan 6-Jan 27	Tu	11:15AM-12:15PM Fee: \$12
Feb 3-Feb 24	Tu	11:15AM-12:15PM Fee: \$12
Mar 3-Mar 31	Tu	11:15AM-12:15PM Fee: \$16
Apr 7-Apr 28	Tu	11:15AM-12:15PM Fee: \$12

Core Balance Fitness

Group exercise class combining stretching, core work, and balance exercises. This class can help improve flexibility, stability, and core strength. It will help to reduce muscle tension and prevent falls. Not for beginners. Bring your own mat.

Five Points Center

Jan 7-Jan 28	W	12:15-1:00PM Fee: \$12
Feb 4-Feb 25	W	12:15-1:00PM Fee: \$12
Mar 4-Mar 25	W	12:15-1:00PM Fee: \$12
Apr 1-Apr 29	W	12:15-1:00PM Fee: \$16

Dance Fit

This fun, high-energy class combines fitness, dance, line dance and kickboxing moves with strength training for a great workout! Instructor: Linda Thomas

Anne Gordon Center

Jan 5-Jan 26	M	11:45AM-12:30PM Fee: \$9
Feb 2-Feb 23	M	11:45AM-12:30PM Fee: \$12
Mar 2-Mar 30	M	11:45AM-12:30PM Fee: \$15
Apr 6-Apr 27	M	11:45AM-12:30PM Fee: \$12

Falls Prevention

Reduce your risk of falling through exercises that will improve balance, stability, and core strength. Sessions may use a variety of standing, seated, and floor balance activities to achieve this goal. NO CLASS 1/19/2026

Five Points Center

Jan 5-Jan 26	M	2:00-2:45PM Fee: \$9
Feb 2-Feb 23	M	2:00-2:45PM Fee: \$12
Mar 2-Mar 30	M	2:00-2:45PM Fee: \$16
Apr 6-Apr 27	M	2:00-2:45PM Fee: \$12
Jan 8-Jan 29	Th	11:45AM-12:30PM Fee: \$12
Feb 5-Feb 26	Th	11:45AM-12:30PM Fee: \$12
Mar 5-Mar 26	Th	11:45AM-12:30PM Fee: \$12
Apr 2-Apr 30	Th	11:45AM-12:30PM Fee: \$16

Flexibility and Balance

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

Anne Gordon Center

Jan 6-Jan 27	Tu	1:15-2:00PM Fee: \$12
Feb 3-Feb 24	Tu	1:15-2:00PM Fee: \$12
Mar 3-Mar 31	Tu	1:15-2:00PM Fee: \$15
Apr 7-Apr 28	Tu	1:15-2:00PM Fee: \$12
Jan 8-Jan 29	Th	10:15-11:00AM Fee: \$12
Feb 5-Feb 26	Th	10:15-11:00AM Fee: \$12
Mar 5-Mar 26	Th	10:15-11:00AM Fee: \$12
Apr 2-Apr 30	Th	10:15-11:00AM Fee: \$15

Five Points Center

Jan 6-Jan 27	Tu	10:15-11:00AM Fee: \$12
Feb 3-Feb 24	Tu	10:15-11:00AM Fee: \$12
Mar 3-Mar 31	Tu	10:15-11:00AM Fee: \$16
Apr 7-Apr 28	Tu	10:15-11:00AM Fee: \$12

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.

Five Points Center

Jan 8-Jan 29	Th	1:30-2:15PM Fee: \$12
Feb 5-Feb 26	Th	1:30-2:15PM Fee: \$12
Mar 5-Mar 26	Th	1:30-2:15PM Fee: \$12
Apr 2-Apr 30	Th	1:30-2:15PM Fee: \$16

Health Talks with Dr. Baldwin

Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors, will be on-site monthly to discuss important health topics for older adults. Topics include chronic illnesses and strategies for healthy living. Sponsored by Resources for Seniors.

Five Points Center

Jan 6-Apr 7 Tu 10:15-11:15AM Fee: \$0

Line Dance for Active Adults

Some experience is required! Come use your knowledge of basic line dance steps to pop, oldies, country, and big band music as we use the steps in new dances. Beginner-level dances vary in difficulty and patterns, working on improving balance, agility, and coordination. It's a great workout for your mind and body!

Anne Gordon Center

Beginner (some experience)

Jan 6-Jan 27 Tu 2:15-3:15PM Fee: \$12
Feb 3-Feb 24 Tu 2:15-3:15PM Fee: \$12
Mar 3-Mar 24 Tu 2:15-3:15PM Fee: \$12
Apr 7-Apr 28 Tu 2:15-3:15PM Fee: \$12

Improver (good experience)

Jan 6-Jan 27 Tu 3:30-4:30PM Fee: \$12
Feb 3-Feb 24 Tu 3:30-4:30PM Fee: \$12
Mar 3-Mar 24 Tu 3:30-4:30PM Fee: \$12
Apr 7-Apr 28 Tu 3:30-4:30PM Fee: \$12

Five Points Center

Improver (good experience)

Jan 5-Jan 26 M 1:00-2:00PM Fee: \$0
Feb 2-Feb 23 M 1:00-2:00PM Fee: \$0
Mar 2-Mar 30 M 1:00-2:00PM Fee: \$0
Apr 6-Apr 27 M 1:00-2:00PM Fee: \$0

Intermediate (very good experience)

Jan 5-Jan 26 M 2:15-3:15PM Fee: \$0
Feb 2-Feb 23 M 2:15-3:15PM Fee: \$0
Mar 2-Mar 30 M 2:15-3:15PM Fee: \$0
Apr 6-Apr 27 M 2:15-3:15PM Fee: \$0

Beginner (some experience)

Jan 7-Jan 28 W 2:15-3:15PM Fee: \$0
Feb 4-Feb 25 W 2:15-3:15PM Fee: \$0
Mar 4-Mar 25 W 2:15-3:15PM Fee: \$0
Apr 1-Apr 29 W 2:15-3:15PM Fee: \$0

Line Dance Open Studio

Join us for this fun and informal line dance open studio time. There is no instructor. Dancers should have some line dancing experience and know the basic steps.

Five Points Center

Jan 7-Apr 29 W 1:30-2:15PM Fee: \$0

Line Dance: Introduction for New Dancers

This class is for new dancers who have no previous dance experience. Learn the names and how to perform the various dance steps needed for participation in continuing Line Dance classes.

Five Points Center

NO CLASS 4/03

Jan 2-Apr 24 F 10:30-11:30AM Fee: \$0

Millbrook Exchange Community Center

Jan 6-Apr 28 Tu 1:00-2:00PM Fee: \$0

Nia

Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. Please bring a yoga mat.

Instructor: Janice Horner

Anne Gordon Center

Jan 6-Jan 27 Tu 12:15-1:00PM Fee: \$12
Feb 3-Feb 24 Tu 12:15-1:00PM Fee: \$12
Mar 3-Mar 31 Tu 12:15-1:00PM Fee: \$15
Apr 7-Apr 28 Tu 12:15-1:00PM Fee: \$12

Open Circle Mindfulness Meditation

Experienced meditators and those without any experience at all are welcome. The group will utilize instruction (including readings from various meditative traditions), guided meditations, and the direct experiences of those in the group as opportunities to learn from one another.

In this ongoing, open, weekly meditation & discussion group, the stillness, spaciousness, and deep kindness always available to us are cultivated and then used as a base of operation for inquiring into and examining the nature of our thoughts and emotions, the experience of self, and our relationship with the world around us.

Five Points Center

Jan 8-Jan 29 Th 1:00-2:30PM Fee: \$0
Feb 5-Feb 26 Th 1:00-2:30PM Fee: \$0
Mar 5-Mar 26 Th 1:00-2:30PM Fee: \$0
Apr 2-Apr 30 Th 1:00-2:30PM Fee: \$0

Party Line Dance

Party Line Dance will get you moving, confident, and ready to shine on the dance floor! Groove to popular music while learning fun, easy-to-follow steps perfect for your next event. Please wear supportive shoes (no sandals or flip-flops). Do not

forget to bring water to stay hydrated, a towel, and a positive attitude because every misstep is just part of the fun!
Instructors note: Please bring a line dance popping fan.
Instructor: Briana Pridgen

Five Points Center

Jan 5-Jan 26	M	3:30-4:30PM Fee: \$12
Feb 2-Feb 23	M	3:30-4:30PM Fee: \$12
Mar 2-Mar 30	M	3:30-4:30PM Fee: \$16
Apr 6-Apr 27	M	3:30-4:30PM Fee: \$12
Jan 8-Jan 29	Th	3:30-4:30PM Fee: \$12
Feb 5-Feb 26	Th	3:30-4:30PM Fee: \$12
Mar 5-Mar 26	Th	3:30-4:30PM Fee: \$12
Apr 2-Apr 30	Th	3:30-4:30PM Fee: \$16

Pilates for Active Adults

Come and learn Pilates at Five Points! Our instructor, Lawrence Bivins, will be teaching how to strengthen your core, improve your posture, and increase flexibility with this full-body Pilates workout. Using controlled movements and focused breathing, you will build long, lean muscles and enhance body awareness. Modifications and progressions can be provided.

Five Points Center

Jan 2-Jan 30	F	10:15-11:00AM Fee: \$16
Feb 6-Feb 27	F	10:15-11:00AM Fee: \$12
Mar 6-Mar 27	F	10:15-11:00AM Fee: \$12
Apr 10-Apr 24	F	10:15-11:00AM Fee: \$9

Qi Gong

Learn the 24 simple movements of qigong (chee-gong) designed to promote energetic and internal organ health. Practitioners think that the movements create good energy flow in the body and contribute to overall health. Beginners welcome; accommodations for all levels. Class will vary by instructor.

Anne Gordon Center

Jan 2-Jan 30	F	10:45-11:30AM Fee: \$15
Feb 6-Feb 27	F	10:45-11:30AM Fee: \$12
Mar 6-Mar 27	F	10:45-11:30AM Fee: \$12
Apr 10-Apr 24	F	10:45-11:30AM Fee: \$9

Shibashi for Active Adults

Shibashi is a gentle, free-flowing Qigong routine that consists of 18 easy-to-remember movements emphasizing proper posture and deep breathing. The practice includes visualization and standing meditation. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress reduction. Seated modifications will be available upon request. Instructor: Rita Shaloiko

Anne Gordon Center

Jan 8-Jan 29	Th	2:00-2:45PM Fee: \$12
Feb 5-Feb 26	Th	2:00-2:45PM Fee: \$12
Mar 5-Mar 26	Th	2:00-2:45PM Fee: \$12
Apr 2-Apr 30	Th	2:00-2:45PM Fee: \$15

Soul Line Dancing

Dancing to R&B/Soul, Pop, and Jazz music, this class will provide you a heart-healthy benefit of aerobic exercise while you engage in a social activity.

Five Points Center

Jan 7-Jan 28	W	2:00-3:00PM Fee: \$12
Feb 4-Feb 25	W	2:00-3:00PM Fee: \$12
Mar 4-Mar 25	W	2:00-3:00PM Fee: \$12
Apr 1-Apr 29	W	2:00-3:00PM Fee: \$16

Sound Meditation

Combining Sound and Meditation allows you to focus attention and put the mind and body in state of harmony which can improve health. The tradition that we will use has been handed down for centuries and starts with a HUM. This stimulates the inner ear and resets our fight or flight response in the brain, which is crucial to good internal and external communication. Combining meditation and sound is a fun and easy way to build balance and harmony in your life. Instructor: Mari Howerton

Anne Gordon Center

Jan 2-Jan 30	F	11:45AM-12:30PM Fee: \$0
Feb 6-Feb 27	F	11:45AM-12:30PM Fee: \$0
Mar 6-Mar 27	F	11:45AM-12:30PM Fee: \$0
Apr 10-Apr 24	F	11:45AM-12:30PM Fee: \$0

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
NO CLASS 1/19

Five Points Center

Jan 5-Jan 26	M	10:15-11:15AM Fee: \$9
Feb 2-Feb 23	M	10:15-11:15AM Fee: \$12
Mar 2-Mar 30	M	10:15-11:15AM Fee: \$16
Apr 6-Apr 27	M	10:15-11:15AM Fee: \$12

Tai Chi for Active Adults

Tai Chi is an ancient practice that uses low-impact, slow movements 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 sequence of the movements. Chair modifications are available upon request. This is an 8 week

class. Intermediate Sun Style: Pre-requisite is Beginner Sun Style class. This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. This is an 8 week class. Advanced Sun Style: Pre-requisite is beginner and intermediate classes. This class teaches the Sun 73 Long Form which includes movements learned in Beginner and Intermediate classes. The longer sequence builds endurance and previous improvements made in strength, balance and memory. This is a 16 week class.

Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong. Instructor: Rita Shaloiko

Anne Gordon Center

Advanced Sun Style

Jan 5-Jan 26	M	1:00-1:45PM Fee: \$9
Feb 2-Feb 23	M	1:00-1:45PM Fee: \$12
Mar 2-Mar 30	M	1:00-1:45PM Fee: \$15
Apr 6-Apr 27	M	1:00-1:45PM Fee: \$12

Beginner Sun Style

Jan 5-Jan 26	M	2:00-2:45PM Fee: \$9
Feb 2-Feb 23	M	2:00-2:45PM Fee: \$12
Mar 2-Mar 30	M	2:00-2:45PM Fee: \$15
Apr 6-Apr 27	M	2:00-2:45PM Fee: \$12

Intermediate Sun Style

Jan 5-Jan 26	M	3:00-3:45PM Fee: \$9
Feb 2-Feb 23	M	3:00-3:45PM Fee: \$12
Mar 2-Mar 30	M	3:00-3:45PM Fee: \$15
Apr 6-Apr 27	M	3:00-3:45PM Fee: \$12

Various Styles

Jan 8-Jan 29	Th	1:00-1:45PM Fee: \$12
Feb 5-Feb 26	Th	1:00-1:45PM Fee: \$12
Mar 5-Mar 26	Th	1:00-1:45PM Fee: \$12
Apr 2-Apr 30	Th	1:00-1:45PM Fee: \$15

Walk and Talk Meet Up

Walking offers many benefits- lower blood pressure, stronger bones and muscles, increased calories burned, and elevated mood. Walks are typically 45 minutes to an hour at a medium pace. Walks start at different locations decided upon by a group vote. The location is shared via email once decided upon. Please pre-register so that we know you are coming! Start times may be adjusted to account for temperature.

Five Points Center

Jan 6-Apr 28	Tu	10:30-11:30AM Fee: \$0
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Workout With Weights

This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights.

Five Points Center

Jan 2-Jan 30	F	1:00-1:45PM Fee: \$16
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Feb 6-Feb 27	F	1:00-1:45PM Fee: \$12
Mar 6-Mar 27	F	1:00-1:45PM Fee: \$12
Apr 10-Apr 24	F	1:00-1:45PM Fee: \$9
Jan 5-Jan 26	M	11:30AM-12:15PM Fee: \$12
Feb 2-Feb 23	M	11:30AM-12:15PM Fee: \$12
Mar 2-Mar 30	M	11:30AM-12:15PM Fee: \$16
Apr 6-Apr 27	M	11:30AM-12:15PM Fee: \$12

Xtreme Hip Hop Step

Xtreme Hip Hop Step is a revamp of traditional step aerobics and includes routines set to good music that makes you want to get up and move while getting a great caloric burn. It's a great stress-relieving activity!

Five Points Center

Jan 5-Jan 26	M	3:30-4:30PM Fee: \$12
Feb 2-Feb 23	M	3:30-4:30PM Fee: \$12
Mar 2-Mar 30	M	3:30-4:30PM Fee: \$16
Apr 6-Apr 27	M	3:30-4:30PM Fee: \$12
Jan 8-Jan 29	Th	3:30-4:30PM Fee: \$12
Feb 5-Feb 26	Th	3:30-4:30PM Fee: \$12
Mar 5-Mar 26	Th	3:30-4:30PM Fee: \$12
Apr 2-Apr 30	Th	3:30-4:30PM Fee: \$16

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.

Anne Gordon Center

Jan 5-Jan 26	M	9:15-10:00AM Fee: \$9
Feb 2-Feb 23	M	9:15-10:00AM Fee: \$12
Mar 2-Mar 30	M	9:15-10:00AM Fee: \$15
Apr 6-Apr 27	M	9:15-10:00AM Fee: \$12
Jan 6-Jan 27	Tu	10:15-11:00AM Fee: \$12
Feb 3-Feb 24	Tu	10:15-11:00AM Fee: \$12
Mar 3-Mar 31	Tu	10:15-11:00AM Fee: \$15
Apr 7-Apr 28	Tu	10:15-11:00AM Fee: \$12
Jan 7-Jan 28	W	2:30-3:15PM Fee: \$12
Feb 4-Feb 25	W	2:30-3:15PM Fee: \$12
Mar 4-Mar 25	W	2:30-3:15PM Fee: \$12
Apr 1-Apr 29	W	2:30-3:15PM Fee: \$15

Five Points Center

Jan 6-Jan 27	Tu	10:30-11:30AM Fee: \$12
Feb 3-Feb 24	Tu	10:30-11:30AM Fee: \$12
Mar 3-Mar 31	Tu	10:30-11:30AM Fee: \$16
Apr 7-Apr 28	Tu	10:30-11:30AM Fee: \$12



Yoga Flow

This Yoga practice incorporates yoga postures and gentle powerful movements coordinating breath with the poses. This class will provide the opportunity to improve posture, balance and flexibility. The sequences will flow using stability, balance and alignment. The class will conclude with guided relaxation.

Five Points Center

Jan 2-Jan 30	F	11:15AM-12:15PM Fee: \$16
Feb 6-Feb 27	F	11:15AM-12:15PM Fee: \$12
Mar 6-Mar 27	F	11:15AM-12:15PM Fee: \$12
Apr 10-Apr 24	F	11:15AM-12:15PM Fee: \$9

Yoga Gentle Floor

Build strength and flexibility while enhancing body awareness. In this alignment-focused class you'll learn how to work from a stable base to feel more grounded both physically and mentally, while also improving range of motion, posture, and balance. Poses include standing poses, poses seated on the floor, and poses laying down. Props and modifications are available to meet you where you are. No yoga experience necessary.

Anne Gordon Center

Jan 5-Jan 26	M	10:15-11:15AM Fee: \$9
Feb 2-Feb 23	M	10:15-11:15AM Fee: \$12
Mar 2-Mar 30	M	10:15-11:15AM Fee: \$15
Apr 6-Apr 27	M	10:15-11:15AM Fee: \$12
Jan 7-Jan 28	W	3:30-4:30PM Fee: \$12
Feb 4-Feb 25	W	3:30-4:30PM Fee: \$12
Mar 4-Mar 25	W	3:30-4:30PM Fee: \$12
Apr 1-Apr 29	W	3:30-4:30PM Fee: \$15
Jan 8-Jan 29	Th	11:15AM-12:15PM Fee: \$12
Feb 5-Feb 26	Th	11:15AM-12:15PM Fee: \$12
Mar 5-Mar 26	Th	11:15AM-12:15PM Fee: \$12
Apr 2-Apr 30	Th	11:15AM-12:15PM Fee: \$15

Five Points Center

Jan 7-Jan 28	W	10:30-11:30AM Fee: \$12
Feb 4-Feb 25	W	10:30-11:30AM Fee: \$12
Mar 4-Mar 25	W	10:30-11:30AM Fee: \$12
Apr 1-Apr 29	W	10:30-11:30AM Fee: \$16
Jan 8-Jan 29	Th	10:10-11:10AM Fee: \$12
Feb 5-Feb 26	Th	10:10-11:10AM Fee: \$12
Mar 5-Mar 26	Th	10:10-11:10AM Fee: \$12
Apr 2-Apr 30	Th	10:10-11:10AM Fee: \$16

ZUMBA Gold

Zumba Gold recreates the original moves of Zumba at a lower intensity. It is set to Latin, international and pop music and combines cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-

like atmosphere feel friendly. Modifications will be provided for all fitness levels.

Anne Gordon Center

Jan 2-Jan 30	F	9:15-10:00AM Fee: \$15
Feb 6-Feb 27	F	9:15-10:00AM Fee: \$12
Mar 6-Mar 27	F	9:15-10:00AM Fee: \$12
Apr 10-Apr 24	F	9:15-10:00AM Fee: \$9

Five Points Center

Jan 5-Jan 26	M	11:45AM-12:30PM Fee: \$9
Feb 2-Feb 23	M	11:45AM-12:30PM Fee: \$12
Mar 2-Mar 30	M	11:45AM-12:30PM Fee: \$16
Apr 6-Apr 27	M	11:45AM-12:30PM Fee: \$12

Social

Ask a Funeral Director Pop-Up

A candid Q&A on funerals, death care, and what comes after. Curious about what really happens at a funeral home? Wondering how cremation, aquamation, or green burial work? Or maybe you have just always had a question you never felt comfortable asking. Ask a Funeral Director is a casual, drop-in style Q&A with a local funeral director. Think of it as your chance to ask anything: no pressure, no judgment, no taboo. We will talk openly about funerals, death care, planning ahead, and the many choices families have today. Topics might include: What is the difference between burial, cremation, and aquamation? Are eco-friendly funerals really an option? How do families decide what is right for them? What happens behind the scenes at a funeral home? How can planning ahead make things easier for loved ones? Bring your curiosity, bring a friend, or just listen in. This is a relaxed space to have an honest conversation about something we all face at the end of life.

Five Points Center

Jan 6	Tu	9:00-11:00AM Fee: \$0
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Bingo

We play a variety of games like straight, four corners, postage stamp and clear all. Registration required and costs \$1 per day which covers provided supplies plus bring \$1 cash per 3 cards which becomes prize money. Space is limited. Registration is on a month-by-month basis and starts at 9am online or in-person on the 3rd Wednesday for the following month. Please arrive at 10:15 for a 10:30 start.

Anne Gordon Center

Jan 2-Jan 30	F	10:30AM-12:30PM Fee: \$1
Feb 6-Feb 27	F	10:30AM-12:30PM Fee: \$1
Mar 6-Mar 27	F	10:30AM-12:30PM Fee: \$1
Apr 10-Apr 24	F	10:30AM-12:30PM Fee: \$1

Five Points Center



Jan 9-Apr 24 2nd,3rd,4th F 10:30-11:30AM Fee: \$1/day

Card Making to Lift Spirits

Give back to the community while having fun and making new friends! Join us to create beautiful greeting cards using cardstock, stickers, and cut-outs no experience needed. All supplies are provided, and the finished cards will be donated to Meals on Wheels. Enjoy a rewarding experience of creativity and fellowship led by instructor Janet.

Walnut Terrace Center

Valentine's Day

Jan 15 Th 1:00-3:00PM Fee: \$0

Easter/Spring/Mother's Day

Mar 19 Th 1:00-3:00PM Fee: \$0

Cornhole for Active Adults

Open play outdoor cornhole for Active Adults. Come out to learn how to play, have fun, try something new, better your skills, and/or practice for Senior Games competition. Our programs are geared toward adults age 55+. Sign in upon arrival. Free.

Anne Gordon Center

Jan 2-Apr 24 F 2:00-4:00PM Fee: \$0

Five Points Center

Jan 7-Apr 29 W 2:00-4:00PM Fee: \$0

Crokinole for Active Adults

Crokinole is a disk-flicking board game, with elements of shuffleboard reduced to table-top size. Players take turns shooting discs across the circular playing surface, trying to land their discs in scoring position, while also attempting to knock opponents off the board, and into the ditch. Fun, social and easy to learn game, that is challenging to master. Registration not required, please sign-in upon arrival.

Anne Gordon Center

Jan 2-Apr 24 F 2:00-4:30PM Fee: \$0

Five Points Center

Jan 5-Apr 20 M 2:00-4:30PM Fee: \$0

Grief Support Group

Losing something is frustrating. Losing someone close to us affects us holistically. Every part of who we are is affected when someone we know and love is no longer physically with us. It is important during a time of loss to find the support you need. We invite you to join us for a special time of safe support and sharing as we come together to support one another. Sponsored by Cardinal Hospice Care.
Five Points Center

Jan 2 F 1:00-2:00PM Fee: \$0
Feb 6 F 1:00-2:00PM Fee: \$0
Mar 6 F 1:00-2:00PM Fee: \$0
Apr 10 F 1:00-2:00PM Fee: \$0

Mah Jong Open Play

Mah Jongg Special Interest Group is a collaboration between OLLI and the Five Points Center for Active Adults and is open to both OLLI members and non-members. Mah Jongg is a tile game that can be traced back to the end of the 19th Century. It is a game of skill but can be very exciting and fun to play. All levels of play are welcome. Newcomers should have some knowledge of the basic principles and need to provide their own playing card, which changes every April. The center has four tile sets available for use. Players can bring their own set and must supply their own current playing card.

Five Points Center

Jan 7-Apr 29 W 2:00-4:45PM Fee: \$0

Mah Jong: Open Play

Join fellow players for a lively game of Mah Jongg, the classic tile-based game of strategy, skill, and a bit of luck. Whether you are a longtime fan or brand new to the game, this open play time is perfect for all skill levels. Enjoy friendly competition, sharpen your tactics, and share in the camaraderie. No registration required, just sign in when you arrive and join the fun! Call 919-996-6160 to confirm play groups day-of.

Walnut Terrace Center

Jan 5-Apr 27 M 12:00-4:45PM Fee: \$0

Movies at Anne Gordon Center

Join us for a movie that just recently left the theaters. Drinks are available from the machine or bring your own, and there is a microwave available for your use. Registration is required and is available on a month-by-month basis. Register online, in-person or call 919-996-4720 to reserve your seat. Seating is limited.

Anne Gordon Center

Jan 8-Apr 30 Th 1:00-3:30PM Fee: \$0

Jan 9-May 1 F 10:30AM-12:45PM Fee: \$0

Open Play Cards and Games

Want to play bridge, canasta, poker, mahjong or more with your friends? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served and space is limited.

Anne Gordon Center

Jan 6-Apr 28 Tu 1:00-4:30PM Fee: \$0

Jan 2-Apr 24 F 1:00-4:30PM Fee: \$0



Oral Histories of Juneteenth

Celebrate Black History month and Juneteenth through oral history and art! Through the month of February and April, patrons can sign up to be interviewed by Active Adults staff. Participants will be interviewed about their life experiences and how those experiences have intertwined with celebrating freedom, commemorating African American history, and recognizing the ongoing fight for Equality and Civil Rights. During Juneteenth, these collections of oral histories will be commemorated through an artistic celebration of the interviews. By signing up for this program, you agree to be interviewed and have the answers to your interview be used in a public art piece. Please contact Five Points Center for Active Adults to schedule an interview at 919-996-4733.

Five Points Center

Apr 13 M 3:00-4:00PM Fee: \$0

Raleigh Death Cafe

The staff at Five Points Center for Active Adults are delighted to help facilitate an opportunity for the community to talk about death and dying in a welcoming atmosphere using the death cafe model. At the death cafe, people gather to eat cake, drink tea and discuss death. The Death Cafe is a monthly group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session.

Five Points Center

Jan 6-Apr 7 Tu 1:00-3:00PM Fee: \$0

Read and Go

Join our unique book club with a twist! We focus on books written by North Carolina authors or set in North Carolina. After a lively book discussion, we take it a step further with a trip inspired by the book. Sometimes, the author gets involved by joining our discussion, helping with trip planning, or even participating in the adventure! This program has grown so popular that authors now reach out to feature their books. Find out more about this program and the trip information on our website at Raleighnc.gov and search "Active Adult"

Millbrook Exchange Community Center

It Dies With You by Scott Blackburn

Feb 16 M 1:00-3:00PM Fee: \$0

Read and Watch

If you enjoy exploring compelling stories of adventure, intrigue, love, or sorrow, this program is designed for you. Participants will read a book that has been adapted into a movie, engage in an in-depth discussion, and then view the film together. All selected books are readily available at your

local library.

Anne Gordon Center

It Ends With Us by Colleen Hoover

Apr 27 M 1:00-3:30pm Fee: \$0

Speed Friending

Join your Active Adults crew in celebrating friendship. Have you been looking for a gym partner? Maybe someone to share book recommendations with? This event will be a way to connect with other folks looking to make friendships! We will provide fun activities and conversation starters aimed at building community.

Five Points Center

Feb 12 Th 3:00-5:00PM Fee: \$5

Table Tennis Open Play

Join other Table Tennis players for an afternoon of friendly competition. All levels are welcome.

Five Points Center

Jan 2-Apr 24 F 2:00-4:00PM Fee: \$0

Trivia Group at Anne Gordon Center

Test your knowledge and memory in a fun social setting. We will provide trivia game cards to get the group started, but feel free to bring in your own supplies to challenge your friends. Registration is required and space is limited.

Anne Gordon Center

Jan 8-Apr 30 Th 12:30-1:55PM Fee: \$0

Western Movie Society

The Western Film Society keeps B-Western Movies Alive for Future Generations to Enjoy. The group, which is open to any adult, meets on the 3rd Tuesday of each month to watch and discuss Western Movies.

Five Points Center

Jan 20-Apr 21 Tu 1:30-4:30PM Fee: \$0

Trips

A list of all of the trips and trip fliers can be found on the Active Adult Trip website at raleighnc.gov search "trip". For trip questions contact Carmen Rayfield at 919-996-4734 or carmen.rayfield@raleighnc.gov

Active Adult Yearly Trip Registration

Individuals must be registered for the current Yearly Trip Registration in order to register for any of the Trips or Trip information meetings. Visit one of our Active Adult Centers to register or register online. By registering you will be on the

email list and receive the trip information fliers as soon as they are advertised for registration. The flier will include trip details, itinerary, dates, cost and walking expectancy.

Multi-Day Trips

Iceland

Discover the land of fire and ice on this unforgettable journey through Iceland's breathtaking landscapes, vibrant culture, and fascinating history â all while enjoying five nights in one hotel in Reykjavik, the world's northernmost capital. Tour Highlights include round trip airfare from Raleigh, Reykjavik City Tour, Blue Lagoon, Golden Circle Tour, Strokkur Geyser & Gullfoss/ Golden Falls, Thingvellir National Park, South Coast Tour, Skogar Folk Museum, Skogafoss Waterfall, Keflavik & Bessastadir, Viking Ship Museum, Lake Kleifarvatn.

Departs From Anne Gordon Center

Oct 7-Oct 13 M-Su 6:00AM-11:45PM Fee: See Trip Flier
Trip Informational Meeting- Iceland

Anne Gordon Center

Feb 3 Tu 11:15AM-12:30PM Fee: \$0
Apr 13 M 2:00-4:00PM Fee: \$0

Philadelphia, Amish Country

Experience the perfect blend of American history, cultural charm, and scenic beauty on this unforgettable five-night trip. From Revolutionary landmarks to the tranquil countryside, this tour offers a true taste of Pennsylvania's past and present. Tour Highlights include round trip airfare from Raleigh, 5 Nights at One Hotel in Philadelphia, Valley Forge National Historical Park, Philadelphia City Tour, Independence Hall & the Liberty Bell, Reading Terminal Market, Brandywine Valley, Longwood Gardens, Hershey's Chocolate World, Amish Farm & House, Amish Family Style Dinner and the National Constitution Center.

Departs from the Anne Gordon Center

Jun 7-Jun 12 M-Su 6:30AM-11:45PM Fee: \$0
Trip Informational Meeting- Philadelphia, Amish Country

Anne Gordon Center

Feb 3 Tu 10:00-11:15AM Fee: \$0

Resources and Partners

Meals On Wheels

919-996-4739

www.wakemow.org

The Five Points Center for Active Adults is a Meals on Wheels Congregate Lunch site. The congregate lunch program serves anyone who is 60 or older and can get to the Active Adult

Center. You must call first for a reservation and complete an application when you arrive.

Resources for Seniors

Autumn Thatcher

email: AutumnT@rfsnc.org

919-996-4738

www.resourcesforseniors.com

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

Senior Games

The Senior Games is an exciting annual event that celebrates health, wellness, and active living for adults ages 50 and older. Participants can showcase their talents, compete, and socialize in a wide range of athletic and artistic events, from track and field, swimming, and golf to visual arts, dance, and more. Senior Games encourages participants of all skill levels to join; promoting fitness, friendship, and fun in a supportive environment. Wake County Senior Games (WCSG) takes place in the spring and participants can qualify for the statewide North Carolina Senior Games (NCSG) in the fall. Please visit www.wcseniorgames.com or call 919-996-4735 for more information.