

# February 2020

Anne Gordon Center for Active Adults 919-996-4720  
1901 Spring Forest Rd Raleigh NC 27615



| MONDAY                                                                                                                                                                     | TUESDAY                                     | WEDNESDAY                                                                                                                                                     | THURSDAY                                                                                                                                          | FRIDAY                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| <p>3</p> <p>9:30-4:00 SHIIP <i>by appt only</i> *</p> <p>10:00-12:00 iPad Basics 1 \$</p> <p>1:30-2:30 Noggin Joggin *</p>                                                 | <p>4</p>                                    | <p>5</p> <p>10:00-11:30 Comp Basics 1 \$</p> <p>2:00-3:30 iPhone Basics 1 \$</p> <p>2:00-4:30 Wed Movie *</p> <p><b>Once Upon a Time in Hollywood - R</b></p> | <p>6</p> <p>10:00-12:00 Raleigh Miniatures Guild \$</p> <p>11:15-12:15 Learn to Line Dance \$</p> <p>1:00-3:30 Drawing Intro 1 \$</p>             | <p>7</p>                                               |
| <p>10</p> <p>9:30-4:00 SHIIP by appt only *</p> <p>10:00-12:00 App based food/ Taxi \$</p>                                                                                 | <p>11</p> <p>10:00-12:00 Medicare 101 *</p> | <p>12</p> <p>10:00-11:30 Cut the cord \$</p> <p>2:00-4:00 iCloud Basics \$</p> <p>2:00-4:30 Wed Movie *</p> <p><b>Judy - PG-13</b></p>                        | <p>13</p> <p>11:00-12:00 Wills vs Trusts *</p> <p>11:15-12:15 Learn to Line Dance \$</p> <p>1:00-3:30 Drawing Intro 1 \$</p>                      | <p>14</p> <p>1:00-4:00 SHIIP <i>by appt only</i> *</p> |
| <p>17</p> <p>9:30-4:00 SHIIP <i>by appt only</i> *</p> <p>10:00-11:30 Comp Basics 2 \$</p> <p>1:30-2:30 Noggin Joggin *</p> <p>2:45-3:45 Let's Talk: Family Dialogue *</p> | <p>18</p>                                   | <p>19</p> <p>10:00-11:30 Cut the Cord \$</p> <p>2:00-4:30 Wed Movie *</p> <p><b>The Farewell—PG</b></p> <p>2:00-3:30 iPhone Basics 2 \$</p>                   | <p>20</p> <p>10:00-12:00 Raleigh Miniatures Guild \$</p> <p>11:15-12:15 Learn to Line Dance \$</p> <p>1:00-3:30 Drawing Intro 2 \$</p>            | <p>21</p>                                              |
| <p>24</p> <p>9:30-4:00 SHIIP by appt only *</p> <p>10:00-11:30 Comp Basics 2 \$</p>                                                                                        | <p>25</p>                                   | <p>26</p> <p>10:00-11:30 Google Photos \$</p> <p>2:00-3:30 iPhone Basics 2 \$</p> <p>2:00-4:30 Wed Movie *</p> <p><b>Harriet - PG-13</b></p>                  | <p>27</p> <p>11:00-12:00 Social Security Strat for Retirement *</p> <p>11:15-12:15 Learn to Line Dance \$</p> <p>1:00-3:30 Drawing Intro 2 \$</p> | <p>28</p>                                              |
|                                                                                                                                                                            |                                             |                                                                                                                                                               |                                                                                                                                                   |                                                        |

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| MONDAY                                            | TUESDAY                                         | WEDNESDAY                                       | THURSDAY                                            | FRIDAY                                        |
|---------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-----------------------------------------------------|-----------------------------------------------|
| 9:15-10:15<br>Chair Yoga \$                       | 9:15 -10:00 AIM Fitness \$                      | 9:30-1:00<br>55+ Club Meeting \$                | 9:15-10:00 AIM Fitness \$                           | 9:15-10:00<br>Zumba Gold \$                   |
| 10:30-11:30<br>Gentle Yoga \$                     | 9:15-10:00 Zumba Gold \$                        | 1:00-3:00<br>Open Play Cards and Mah<br>Jongg * | 9:15-10:15 Gentle Yoga \$                           | 9:30-12:00<br>Bingo \$                        |
| 11:45-12:45 Dance Xross<br>Fitness \$             | 10:15-11:00 AIM Fitness<br>Intermediate \$      | 2:00-4:30<br>Wednesday Matinee*                 | 10:15-11:00<br>AIM Fitness Intermediate \$          | 10:30-11:15<br>Qi Gong \$                     |
| 1:00 -1:45<br>T'ai Chi Chair Beginner \$          | 10:30-11:15 Qi Gong \$                          | 3:30-4:30<br>Gentle Yoga \$                     | 10:30-11:15 Chair Yoga \$                           | 11:30-12:15<br>Qi Gong for Joint Health \$    |
| 1:00-4:00<br>Quilting Inter. \$                   | 11:15-12:00 Mindful Medi. \$                    |                                                 | 11:30-12:15 Chair Yoga \$                           | 12:30-4:00 Open Play<br>Cards and Mah Jongg * |
| 2:00-2:45<br>Tai Chi Intermediate Sun<br>Style \$ | 11:30-12:30 Shibashi \$                         |                                                 | <del>11:30-12:15 AIM Chair \$</del><br>(not in Feb) | 1:00-2:00 Line Dance<br>Beginner/Improver *   |
| 3:00-3:45 Various Styles--<br>Yang 24 \$          | 12:15p-1:15p Gentle Yoga \$                     |                                                 | 12:30-1:15 Tai Chi Adv. Sun<br>Style Part 2 \$      | 2:15 - 3:15 Line Dance<br>Introduction *      |
| 4:00-5:30 Line Dance<br>Open Studio -Beginner*    | 12:30-3:00 Open Play<br>Cards and Mah Jongg*    |                                                 | 1:00-1:45 Zumba Gold \$                             | 3:30-4:30 Restore Yoga \$                     |
|                                                   | 12:45-1:30 AIM Chair \$                         |                                                 | 1:30-2:15 Tai Chi Adv Sun<br>Style Part 1 \$        |                                               |
|                                                   | 2:00-2:45 Ageless Grace \$                      |                                                 | 2:00-4:00 Knitting and Cro-<br>cheting \$           |                                               |
|                                                   | 2:00-4:00 Knitting and Cro-<br>cheting \$       |                                                 | 2:30-3:15 Tai Chi Beginner<br>Sun Style \$          |                                               |
|                                                   | 3:00-3:45 AIM Fitness \$                        |                                                 | 3:30-4:30 Gentle Yoga \$                            |                                               |
|                                                   | 4:00-5:30 Line Dance Open<br>Studio-- Improver* |                                                 | 4:30-5:45 Line Dance Open<br>Studio-- Improver*     |                                               |

The center is open Monday-Friday 9:00am-6:00pm

**Programs on this side meet every week.**

Programs on the other side are just on those specific dates.

**\* = Free Program, but please register!**

**\$ = Registration Fee**

**Don't Wait - Register Early!** Programs and classes that do not meet the minimum number of registrants may be cancelled, and **several classes fill up!** Registering early secures your spot and allows us time to plan appropriately to reduce cancellations.