March 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30-4:00 SHIIP by appt only * 10:00-11:30 Android 1 $ 1:30-2:30 Noggin Joggin * 2:30-3:30 UpSideDwnSizing *	3	4 10:00-11:30 Google Photo $ 2:00-3:30 Comp Basics 1 $ 2:00-4:30 Wed Movie * ***Judy** (encore) - PG-13*	5 10:00-12:00 Raleigh Miniatures Guild $ 1:00-3:30 Drawing 2 $	6
9 9:30-4:00 SHIIP *by appt only* * 10:00-11:30 Android 1 $ 1:00-3:30 Read & Watch * ***The Good Liar—R***	10 11:00-12:00 Beneficiaries *	11 10:00-11:30 iPad 1 $ 2:00-3:30 Comp Basics 1 $ 2:00-4:30 Wed Movie * ***The Good Liar—R***	12 11:00-12:00 Five Wishes * 1:00-3:30 Drawing 2 $	13 1:00-4:00 SHIIP *by appt only* *
16 9:30-4:00 SHIIP *by appt only* * 10:00-11:30 Android 2 $ 1:30-2:30 Noggin Joggin * 2:45-3:45 Short Term Mem. *	17	18 10:00-11:30 iPad 1 $ 2:00-3:30 Comp Basics 2 $ 2:00-4:30 Wed Movie * ***A Beautiful Day in the -PG*** 4:30-6:00 Maine Trip Meet. *	19 10:00-12:00 Raleigh Miniatures Guild $ 1:00-3:30 Drawing 2 $	20
23 9:30-4:00 SHIIP *by appt only* * 10:00-11:30 Android 2 $ 1:00-3:30 Read &Go Discuss * ***Sandman***	24 11:00-12:00 If not Home, Then Where? *	25 10:00-11:30 iPad 2 $ 2:00-3:30 Com Basics 2 $ 2:00-4:30 Wed Movie * ***Ford V Ferrari -PG-13***	26 11:00-12:00 Home Mods to Prevent Falls * 1:00-3:30 Drawing 2 $	27
30 9:30-4:00 SHIIP by appt only * 10:00-11:30 Cut the cord $ 1:00-2:00 Important Docs Everyone should have *	31			

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

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.