

Active Adult Program

May Classes



4/20/21

Masks and wellness screenings are required for all participants. During the screening, you will be asked a few short questions and a temperature check will be performed with a touchless thermometer. Those who do not pass the screening will not be allowed to participate. **Registration is required for all programs.**

How to Register:

1. Online via ReLink parks.raleighnc.gov
2. In-person at any Raleigh PRCR facility

Anne Gordon Center for Active Adults	1901 Springforest Road	919-996-4720
Five Points Center for Active Adults	2000 Noble Road	919-996-4730
Walnut Terrace Center	1256 McCauley Street	919-996-6160

ART

Card Making to Lift Spirits

Enjoy fellowship with others while creating cards to send to those who are in need of a smile. All supplies will be provided.

Walnut Terrace Center

May 20 Th 2:00-4:00PM Fee: \$0

Drawing: Introduction

Explore the basic elements of drawing using various exercises and techniques designed to build confidence in creative abilities. A supply list will be provided upon registration. Instructor: Tracie Fraccasso.

Five Points Center for Active Adults

May 7-May 28 F 2:00-4:00PM Fee: \$40

Painting- Watercolor Introduction

This class will introduce the basics of watercolor, including: types of paper; use of 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

Five Points Center for Active Adults

May 12-Jun 23 W 10:00AM-1:00PM Fee: \$90

Painting: Acrylic Introduction

This class combines a structured approach to a still life and landscapes. Students who need structure are encouraged to work from a provided assignment. The class will focus on the application of acrylic paint, value placement, color harmony, and composition of the work as a unified whole. Note: Painting students who have had previous experience in Acrylic are welcome to bring in current studio projects to work on. Instructor: Nancy Carty

Five Points Center for Active Adults

May 10-Jun 28 M 9:30AM-12:30PM Fee: \$90

Painting: Color Theory

This class is open to everyone from absolute beginners to seasoned painters. This is a basic painting class for both acrylic and oil painters. Students will learn to handle, mix and apply paint. They will also study composition. Students may work from still lifes, photos or copy old masters paintings. Students may select their own subject/genre. Students will be introduced to successfully working independently. Supplies list provided upon registration.

Five Points Center for Active Adults

May 4-May 25 Tu 1:00-4:00PM Fee: \$60

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

May 10-Jun 28 M 1:00-4:00PM Fee: \$90



COMPUTER For more information regarding computer classes, please contact Tommy Hodges at 919)996-2458 or Thomas.Hodges@raleighnc.gov

Android Phone Basics 1

Learn to create contacts, text, make calls, take & share photos, connect to Wi-Fi and how to get directions using Google Maps. Please bring your Android phone, and Android account info

Five Points Center for Active Adults

May 4-May 11 Tu 10:00-11:30AM Fee: \$12

Android Phone Basics 2

Prerequisite: Android Phone Basics 1. Learn about Google Assistant, Google Lens, Google Play Store, how to use quick settings, calendar, clock, alarm, and memos. Bring your Android Phone and Android Account Information.

Five Points Center for Active Adults

May 18-May 25 Tu 10:00-11:30AM Fee: \$12

App Based Taxi and Food/Grocery Delivery Services like UBER

Learn to get car rides on demand and how to have food/groceries delivered using apps on your smart phone! Covered Apps are UBER, LYFT, Grubhub, UberEATS, Doordash, Shipt, Postmates, and Instacart. Prerequisite: Working knowledge of your smartphone and your phone's App Store.

Anne Gordon Center for Active Adults

May 24 M 10:00AM-12:00PM Fee: \$6

Computer Basics 1.

This course is for beginners or new users. Topics include: how to download and use Apps; how to charge, sleep, shutdown, connect to Wi-Fi and use the internet.

Anne Gordon Center for Active Adults

May 5-May 12 W 2:00-3:30PM Fee: \$12

Computer Basics 2

Prerequisite: 'Computer Basics 1' or equivalent skills. Learn the basics of Windows 10, how to save and find files, how to surf the web, save favorites, and shop safely.

Anne Gordon Center for Active Adults

May 19-May 26 W 2:00-3:30PM Fee: \$12

Creating Flyers Using Power Point

Learn to create professional looking flyers with Microsoft Power point. Topics include: how to remove the background from an image, add text, and layer your photographs. Prerequisite: Computer Basics 1 & 2 or equivalent skills.

Five Points Center for Active Adults

May 27 Th 2:00-4:00PM Fee: \$6

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

'Cutting the Cord' is a phrase associated with steps to lower your television or cable bill. But what does it actually mean? We will look at how television entertainment is evolving onto various platforms. Learn the steps to 'cutting the cord'.

Anne Gordon Center for Active Adults

May 3-May 10 M 10:00-11:30AM Fee: \$12

Five Points Center for Active Adults

May 13-May 20 Th 2:00-3:30PM Fee: \$12

Electronic Coupons

Learn to collect coupons using an apps on your smart phone We will show you how to redeem them to save some dough at the register! Covered stores include Harris Teeter, Target, Whole Foods, Food Lion, Publix, and Lidl.

Five Points Center for Active Adults

May 6 Th 2:00-4:00PM Fee: \$6

Excel Basics 1

Learn to use Excel by using a template to create and maintain a monthly budget. Topics include: how to create charts, use of cells, tables, rows, and basic formulas. Prerequisite: Computer Basics 1, 2, and 3 or equivalent skills.

Anne Gordon Center for Active Adults

May 26 W 10:00AM-12:00PM Fee: \$6

Gimp Photo Editing Basics 1

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 specialized tasks. GIMP is similar to the professional photo editor Adobe Photoshop. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.

Five Points Center for Active Adults

May 18-May 25 Tu 2:00-3:30PM Fee: \$12

Google Photos Intro

Learn basic photo editing, photo sharing, and steps to create a photo book using Google Photos app. Please bring your own smart phone, iPad or tablet, and your Google Account info.

Five Points Center for Active Adults

May 4-May 11 Tu 2:00-3:30PM Fee: \$12

iCloud Basics for iPad/iPhone

The iCloud is a virtual hard drive that allows users to securely store photos, videos, apps, and music online! It also lets you sync multiple devices. Prerequisite: iPad/iPhone Basics 1 or Intermediate user. Bring your Apple device, your Apple ID and password.

Anne Gordon Center for Active Adults

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



iPad Basics 1

Learn to set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wifi, use the QR Code reader, Airdrop, open and close Applications, lock screen and power down, camera, control panel and more! Bring your iPad, Apple ID & Password.

Five Points Center for Active Adults

May 6-May 13 Th 10:00-11:30AM Fee: \$12

iPad Basics 2

Learn to use the Mail app, download/manage Apps from Apple Store, customize notification settings, manage contacts, use the calendar, Maps, Weather, Safari, Mail, Messages, and Customize Control Center. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad, Apple ID and Password.

Five Points Center for Active Adults

May 20-May 27 Th 10:00-11:30AM Fee: \$12

iPad Basics 3

Learn how to search and download a variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad, Apple ID and password.

Anne Gordon Center for Active Adults

May 5 W 10:00AM-12:00PM Fee: \$6

Microsoft Word Basics 1

Microsoft Word is a program that you can use to create many different documents. Learn to change font, create a bulleted list, format the page, insert tables/pictures/clip art, use the built-in dictionary/thesaurus and more! Prerequisite: Computer Basics 1 & 2 or equivalent knowledge.

Anne Gordon Center for Active Adults

May 17 M 10:00AM-12:00PM Fee: \$6

May 19 W 10:00AM-12:00PM Fee: \$6

New To Computers 1

Learn the essentials to using a computer. We break down the essentials for you to get online to explore, shop, pay bills, find out when a store opens/closes, get directions and more! Learn how to use a mouse, how to play online games.

Walnut Terrace Center

May 10 M 2:00-4:00PM Fee: \$0

New To Email 1

Email is a form of communication that citizens and businesses use daily. We will show you how to set up and use GMAIL in this 2 hour long class. *A computer will be provided*

Walnut Terrace Center

May 24 M 2:00-4:00PM Fee: \$0

TechRefresh

TechRefresh allows students who have previously completed a Digital Inclusion Adult Technology class to return and ask questions about the material. Only those who have completed a course related to the refresh topic are eligible to participate.

Walnut Terrace Center

iPhone Refresh

May 17 M 2:15-5:15PM Fee: \$0

Computer Basics Refresh

May 3 M 2:15-5:15PM Fee: \$0

EDUCATION

Herb Gardening

Learn about easy to grow herbs and how to enjoy them as plants, flowers, fragrance, and food enhancers. Instructor will bring sample cuttings to share. Instructor: Janet Harrison

Walnut Terrace Center

May 26 W 2:00-4:00PM Fee: \$0

Round Table Discussion: Climate Change

Join a round table discussion to explore climate change. We will discuss resources, community efforts, and the choices individuals make daily that affect our planet.

Walnut Terrace Center

May 19 W 12:30-2:00PM Fee: \$0

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 984)232-4215 to schedule an appointment.***

Write Your Story

Capture your life experiences by writing them into stories that you can enjoy sharing with your family. We will create a safe place that facilitates and encourages us to remember, explore and create word pictures that bring our stories to life.

Walnut Terrace Center

May 13 Th 1:00-2:30PM 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 for Active Adults

May 5-May 26 W 12:30-1:30PM Fee: \$12

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.

Anne Gordon Center for Active Adults

May 4-May 25 Tu 10:30-11:15AM Fee: \$12

May 6-May 27 Th 10:30-11:15AM Fee: \$12

Intermediate (outdoors unless weather is bad)

May 4-May 25 Tu 9:15-10:00AM Fee: \$12

May 6-May 27 Th 9:15-10:00AM Fee: \$12

Halifax Community Center

Instructor: Jounonya Raynor-Harris

May 4-May 25 Tu 11:30AM-12:15PM Fee: \$5

Laurel Hills Community Center

Instructor: Bettie Ittenbach

May 5-May 26 W 10:15-11:15AM Fee: \$12

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. Instructor Sue Payne.

Five Points Center for Active Adults

Chair Based

May 6-May 27 Th 12:30-1:15PM Fee: \$12

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 for Active Adults

Instructor: Sue Payne

May 6-May 27 Th 2:30-3:15PM Fee: \$12

Instructor: Meg Berg

May 7-May 28 F 10:15-11:00AM Fee: \$12

Virtual Delivery via WebEx

Instructor: Sue Payne

May 3-May 24 M 1:00-1:45PM Fee: \$12

Dance Xross Fitness

This fun, high-energy class combines dance fitness, kickboxing moves, strength training and soul line dancing.

Anne Gordon Center for Active Adults (indoors)

May 3-May 24 M 11:45AM-12:30PM 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. Instructor: Sue Payne.

Five Points Center for Active Adults

May 6-May 27 Th 1:30-2:15PM Fee: \$12

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

Introductory/Beginner (little to no experience)

May 7-May 28 F 1:00-1:45PM Fee: \$12

Adv Beginner/Improver (solid experience)

May 7-May 28 F 2:15-3:15PM Fee: \$12

Five Points Center for Active Adults

Instructor: Mitzi Kelly

Adv. Beginner/Improver Level

May 3-May 24 M 1:00-2:00PM Fee: \$0

Intermediate Level

May 3-May 24 M 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, 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

Beginner (need to know steps)

May 4-Aug 31 Tu 3:45-4:45PM Fee: \$0

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 stretch and strengthen muscles; improve flexibility and balance; and stabilize/ strengthen the core. Modifications are shown for those with joint issues.

Abbotts Creek Community Center

Instructor: Meg Berg

May 6-May 27 Th 1:15-2:00PM Fee: \$12

Five Points Center for Active Adults

Instructor: Melissa Hinton

May 7-May 28 F 12:30-1:30PM Fee: \$12

Virtual Delivery via WebEx

Instructor: Meg Berg

May 5-May 26 W 2:00-2:45PM Fee: \$12

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

May 4-May 25 Tu 11:45AM-12:30PM Fee: \$12

May 7-May 21 F 10:30-11:15AM Fee: \$9

Joint Health

May 7-May 21 F 11:45AM-12:30PM Fee: \$9

Five Points Center for Active Adults

May 4-May 25 Tu 9:15-10:00AM Fee: \$12

May 7-May 21 F 9:15-10:00AM Fee: \$9

Soul Line Dancing

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-Rayner

Five Points Center for Active Adults

May 5-May 26 W 1:45-2:30PM Fee: \$12

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

May 3-May 24 M 10:15-11:15AM Fee: \$9

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. Intermediate Sun Style: continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. Advanced Sun Style Pre-requisite Intermediate Sun Style.

Anne Gordon Center for Active Adults

Beginner Sun Style

May 3-May 24 M 2:15-3:00PM Fee: \$12

Intermediate Sun Style

May 3-May 24 M 3:30-4:15PM Fee: \$12

Advanced Sun Style

May 3-May 24 M 1:00-1:45PM Fee: \$12

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

May 3-May 24 M 9:15-10:00AM Fee: \$12

May 5-May 26 W 2:30-3:15PM Fee: \$12

Five Points Center for Active Adults

Instructor: Brenda Cleveland

May 4-May 25 Tu 10:30-11:30AM Fee: \$12



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. Bring your own mat.

Anne Gordon Center for Active Adults

May 3-May 24 M 10:30-11:15AM Fee: \$12

May 5-May 26 W 3:45-4:45PM Fee: \$12

Five Points Center for Active Adults

Instructor: Brenda Cleveland

May 5-May 26 W 10:30-11:30AM Fee: \$12

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 for Active Adults

May 7-May 28 F 9:15-10:00AM Fee: \$12

Outdoors unless weather is bad

May 5-May 26 W 10:30-11:15AM Fee: \$12

Indoors

SOCIAL

Healthy Cooking Group

Get together with peers to share recipes, tips, and advice. Currently, cooking and the sharing of food is not allowed in this group, but that should not stop you from sharing your interest and knowledge. Registration is required and space is limited to 10 patrons per day. Masks and wellness checks are required for entry.

Anne Gordon Center for Active Adults

May 6-May 27 Th 1:00-3:00PM Fee: \$0

Movies at Anne Gordon Center for Active Adults

Join us for a movie that just recently left the theaters. Pre-registration is required, please register online through ReLink or call 919-996-4720 to reserve your seat. Seating is limited.

Anne Gordon Center for Active Adults

Fridays at 10am-12:30pm and 2:00pm-4:30pm. Fee: \$0

May 7 *Our Friend* Rated R

May 14 *Nomadland* Rated R

May 21 *Crisis* Rated R

May 28 *Judas and the Black Messiah* Rated R

Movies at Walnut Terrace Center

Sit back and relax while you enjoy a movie and socialize. Pre-registration is required. Please register online through ReLink or call 919-996-6061 to reserve your seat. Seating is limited, make sure you arrive early. Wellness checks and mask are required. You are welcome to bring your own comfortable chair. Movies schedule available at center.

Walnut Terrace Center

May 4-May 25 Tu 10:00AM-12:00PM 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 to 10 patrons per day. Masks and wellness checks are required for entry.

Anne Gordon Center for Active Adults

May 6-May 27 Th 1:00-3:00PM Fee: \$0