

# Walnut Terrace Center

## Winter/Spring Programs (Jan-April)



### Education

#### **Computer - Network Basics 1**

In this class learn the theory behind setting up a basic network in your home using the Internet. Since every modem and wireless router is different, we will discuss generalities on how to set one up in your own. This is a fantastic class for those interested in maintaining or setting up their own network at home. There are no prerequisites. For more information about this class please contact Tommy Hodges at 919-996-2458. Course Fee: \$6

#251576 Jan 27 M 3:00 PM-5:00 PM

#### **Computer - New to Computers 1**

This is the first in a series of Digital Literacy classes where you can learn the essentials to using a computer. If you are brand new to computers, then you are signing up for the right class! In this first program we break down the essentials for you to get on any computer and get online to explore, shop, pay bills, find out when a store opens/closes, get directions and more! Learn how to use a mouse while understanding the key differences between left-clicking and right-clicking. Understand how to get on the Internet and 'Surf' the World Wide Web safely and most importantly, securely! Plus learn how to play games for free on your computer. \*A computer will be provided\* Course Fee: \$0

#251524 Feb 17 M 3:00 PM-5:00 PM

#### **Finance - Budgeting Allows You to Enjoy Your Life**

Money doesn't buy happiness but having enough money to pay our bills allow us to provide for our families, plan for the future, and enjoy our leisure time. This class will show you that budgeting is easy and give you tools to make a budget, tips to save money and eliminate impulse buying. Let your money work for you! Course Fee: \$15

#250227 Feb 18-Mar 24 Tu 6:30 PM-8:30



#### **Finance: Medicare 101**

The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, fraud and abuse, and long-term care insurance. This seminar will provide a explanation of Medicare and a time for questions. Course Fee: \$0

#256909 Feb 21 F 10:00 AM-12:00 PM

#### **Protect Yourself and Loved Ones**

More than 1 in 4 people age 65+ fall each year. Falls can result in fractures, broken bones, and head injuries. Falls without major injury can cause a person to become fearful or depressed. If you have an aging loved one in your in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible. Presented by Designing Independence, a Certified Aging in Place physical therapist and an occupational therapist who is a Senior Home Safety Specialist. Course Fee: \$0

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

#250187 May 5 Tu 6:30 PM-8:00 PM

#### **SHIIP Counseling**

These 1:1 appointments will help you to understand your Medicare options with the Senior Health Insurance Information Program (SHIIP). If you are turning 65 or retiring and will have Medicare, now is the time to meet with a counselor and review your future Medicare options. Please call the Walnut Terrace Center 919-996-6160 to make an appointment. Course Fee: \$0

#253490 Jan 2-Apr 23 Th 2nd/4th 10:00 AM-1:00 PM

PARKS, RECREATION  
AND CULTURAL  
RESOURCES

Walnut Terrace Center  
1256 McCauley Street, Suite 126  
919-996-6160  
[walnutterracecenter@raleighnc.gov](mailto:walnutterracecenter@raleighnc.gov)  
[raleighnc.gov/parks](http://raleighnc.gov/parks)

# Fitness

## Ageless Grace

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy!

Instructor: Missy Atkinson Course Fee: \$0

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

## 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 Course Fee: \$0

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

## 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.

Instructor: Brenda Cleveland Course Fee: \$0

#248248	Jan 8-29	W	9:00 AM-10:00 AM
#248249	Feb 5-26	W	9:00 AM-10:00 AM
#248286	Mar 4-25	W	9:00 AM-10:00 AM
#248287	Apr 1-29	W	9:00 AM-10:00 AM

## Art - Design Without the Wine

Discover your inner artist in a fun and creative atmosphere, while the instructor guides you through, step-by-step, as you create your own painting on canvas. No previous art experience is necessary. Create memories and a masterpiece in one evening with the most fun art experience that is for everyone. We provide the canvas, paint supplies and teach basics of color mixing, methods of paint applications and brush strokes. Feel free to bring your own snacks and non-alcoholic drinks. Instructor: Danielle Cozart Course Fee: \$30/\$45 non-city residents

## Winter Cardinal

#249543	Feb 20	Th	6:30 PM-8:45 PM
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## Cherry Blossom

#249545	Apr 16	Th	6:30 PM-9:00 PM
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# Social

## Cards and Mahjong Open Play

Want to play bridge, canasta, poker, mahjong or more with your friends? Have you not played in a while and want to freshen up your skills? 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 space is limited.

Course Fee: \$0

#248351	Jan 7-Apr 28	Tu	1:00 PM-4:00 PM
#248352	Jan 2-Apr 30	Th	4:00 PM-8:00 PM

## A Journey Through Maya Angelou's Life

Journey through Maya Angelo's life as we read and discuss her autobiographies in chronological order throughout 2020-2021. Maya Angelou wrote seven (7) autobiographies that span her life. The themes throughout these autobiographies include racism, identity, family, and travel. This ongoing program will include a showing of *I Know Why the Caged Bird Sings*, and a trip to Winston-Salem in 2021.

*I Know Why the Caged Bird Sings* (1969) Describes Ms. Angelou's early years. This coming-of-age-story illustrates how strength of character and a love of literature can help overcome racism and trauma. Course Fee: \$0

#256884	Mar 17	Tue	6:00pm-8:00pm
#256886	Mar 31	Tue	6:00pm-8:00pm

*Gather Together in My Name* (1974) This book follows Angelou, called Rita, from the ages of 17 to 19. The book "depicts a single mother's slide down the social ladder into poverty and crime." The title of the book is taken from the Bible, but it also conveys how one black female lived in the white-dominated society of the U.S. following the Second World War. Course Fee: \$0

#256885	May 19	Tue	6:00pm-8:00pm
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## Men's Mornings

Men, if you are looking for a place to hang out, play games, and socialize with the 'Guys' then Men's Mornings is just what you are looking for. Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also options, or just pop in for a visit.

Course Fee: \$0

#248354	Jan 6-Apr 27	M	9:00 AM-12:00 PM
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## Movies at Walnut Terrace Center

Join us for a newly released movie. Bring your own drinks and snacks, as our site does not have vending machines. Microwave on site is available for your use. No registration required, it is first come first gets a seat. Seating starts at 9:30am space is limited to 25 people. You will be asked to sign in upon arrival. Monthly movie listing available at center.

Course Fee: \$0

#248355	Jan 3-Apr 24	F	10:00 AM-12:00 PM
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