

WALNUT TERRACE CENTER

Winter Classes

Card Making to Lift Spirits

Looking for an opportunity to give back? Join us for fun and fellowship while creating cards to give to those who are in need of a smile. All supplies, card stock, stickers, cut-outs and designed paper are provided. No experience needed. This class meets the 3rd Thursday of the month 1PM to 3PM.

Macrame Leaves

Capture the essence of nature by creating your own wonderful Leaf! Gail will lead you step by step to create macramé leaves using simple knots and cutting. Use the leaves for wall decor or incorporate them into other design options. All supplies are provided. Instructor: Gail Forest

Feb 16 F 2:15-3:30pm Fee: \$0

Apr 19 F 2:15-3:30pm Fee: \$0

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! Bring your supplies; we have space for storage. We have some supplies you can purchase for a minimal fee to get you started. This program meets on the 1st & 2nd Tuesday of each month 2PM-4PM.

Paint a Simple Bouquet

Using watercolor or acrylic Gail will guide you step by step to painting a simple bouquet of flowers. This is a beginner basic class. All supplies will be provided, bring your own painter's apron. Instructor: Gail Forest

Feb 20 Tu 2:15-3:30PM Fee: \$5

Apr 30 Tu 2:15-3:30PM Fee: \$5

Paint Pour: Beginners

Acrylic paint pouring is a fun art that doesn't matter if you're a beginner or have done this before. This art is about letting go, not controlling the paint. In fact, the more imperfect this art is, the better. Instructor: Gail Forest

Coasters Jan 19 F 2:15-3:30PM Fee: \$5

Canvas Mar 22 F 2:15-3:30PM Fee: \$5

Quilling

Quilling is a simple craft, great for beginners and can be mastered in one to two hours. You will create your own design with quilling by rolling and pinching long thin strips of paper into different shapes, and then gluing the shapes together to form decorative art. All supplies are provided. Instructor: Janet Harrison

Hearts W Feb 7 1:00-3:00PM Fee: \$0

Chick (husking) Mar 6 W 1:00-3:00PM Fee: \$0

Spring Flower Apr 3 W 1:00-3:00PM Fee: \$0

Walnut Terrace Center
1256 McCauley Street
Raleigh, NC 27601
919-996-6160

raleighnc.gov/parks



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Five Wishes

No one likes to think about end of life, but you also don't want to leave the decision making on your loved ones in such a stressful time. This class is an easy way to walk you through answering the questions, so your loved ones won't have too. Liberty Hospice will help you with advance directive planning through the Five Wishes Program. Five Wishes is a living will that covers personal, spiritual, medical, and legal wishes all in one document. It allows your family or caregiver to know exactly what you want so they don't have to guess. Presented by Liberty Hospice.

Feb 16 F 10:30am-12noon

Mar 25 M 2:00-3:30pm

Eat Smart Move More

Are you having a difficult time getting your family to eat healthier and be active? Do you think the cost of eating healthier is out of your budget? This free, six-week program offered by The Expanded good and Nutrition Education Program (EFNEP) is here to help.

During the program, participants will learn how to make easy, healthy recipes, save money while grocery shopping, read labels on food packages, and much more. They will also receive kitchen utensils and a cookbook at the end of the program.

Mar 14-Apr 18 Th 12noon-1PM Fee: \$0

Mar 19-Apr 23 Tu 6:00PM-7:00PM Fee: \$0

Write Your Story

Capture your life experiences by writing them into stories that you can enjoy, reliving and sharing the legacy with your children and grandchildren. Join us as we will create a safe place that facilitates and encourages us to remember, explore, and create word pictures that bring our stories to life. Instructor: Janet Harrison

Favorite Winter Sport-Inside or Outside Jan 11 Th 1:00-3:00PM Fee: \$0

Favorite Card, Tile, Board or Word Game Feb 8 Th 1:00-3:00PM Fee: \$0

Pick a Word or Phrase and Tell Us a Story Mar 14 Th 1:00-3:00PM Fee: \$0

What's your Favorite Food & Impact on Your Life Apr 4 Th 1:00-3:00PM Fee: \$0

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