



ADULT PROGRAM

WINTER / SPRING
2016 / 2017



RALEIGH Parks, Recreation and Cultural Resources
parks.raleighnc.gov



ANNE GORDON CENTER FOR ACTIVE ADULTS

1901 Spring Forest Road
Raleigh, NC 27615
Phone: (919) 996-4720
Email: annegordoncenter@raleighnc.gov

FIVE POINTS CENTER FOR ACTIVE ADULTS

2000 Noble Road
Raleigh, NC 27608
Phone: (919) 996-4730
Email: fivepointscenter@raleighnc.gov

WALNUT TERRACE NEIGHBORHOOD CENTER

1256 McCauley Street, Suite 126
Raleigh, NC 27601
Phone: (919) 996-6160
Email: WalnutTerraceCenter@raleighnc.gov

Website: parks.raleighnc.gov

Keyword Search: Active Adults

HOURS OF OPERATION

Monday - Friday, 9:00am - 6:00pm
The centers will be closed on January 2, January 16, and April 14.

HOW TO REGISTER

Mail-In

Send registration form and payment to any of the three centers.

Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

**Trip registrations must be mailed or taken to Anne Gordon Center for Active Adults, Five Points Center for Active Adults or Walnut Terrace Center for Active Adults.*

Online with Reclink

Visit reclink.raleighnc.gov. Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment online.

Trip registrations are not accepted online.

All centers are easily accessible via public transportation:

- Anne Gordon Center for Active Adults: Use GoRaleigh Route 1 and transfer at Triangle Town Center to the 25L connector route.
- Five Points Center for Active Adults: Use GoRaleigh Route 2
- Walnut Terrace Neighborhood Center: Use GoRaleigh Route 21

For more information please visit <https://www.raleighnc.gov/transit/>

HOW TO READ COURSE LISTINGS

Course Title	●	BASICS WITH BARB	For those who have taken Introduction to Computer Applications in the past or have previous experience with computers and just want a refresher.		
Course	●	Five Points Center for Active Adults	Course Fee: \$40		
Location + Fee		#129908	May 5-12	W	9:30 AM-11:30AM
	●				
		Course Barcode	Course Dates	Course Day	Course Time

STAFF DIRECTORY

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Katie White

Walnut Terrace Neighborhood Center Director
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Katie.White@raleighnc.gov

ART PROGRAMS

ACRYLIC PAINTING FOR BEGINNERS

This class is for those who want an introduction to acrylic painting or want to expand their painting experience. Students will receive a list of materials to purchase on their own.

Five Points Center for Active Adults				Course Fee: \$55
#197650	Jan 4-Apr 26	W	12:30 PM-3:00 PM	
#197651	Jan 9-Apr 24	M	10:30 AM-1:30 PM	

CERAMICS BASICS- PAINTING GREENWARE

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list of necessary materials to purchase on their own. Instructor: Ann Long.

Five Points Center for Active Adults				Course Fee: \$0
#197713	Jan 4-Apr 26	W	9:30 AM-12:00 PM	

CRAFT GROUP

Join your fellow crafters for this craft program. Bring your own unfinished items to work on, or assist with projects for donation to local hospitals and charitable organizations.

Five Points Center for Active Adults				Course Fee: \$0
#197718	Jan 3-Apr 27	M-Th	10:00 AM-11:30 AM	

DRAWING FROM HISTORY

Whether you are a beginner (no experience needed) or are looking for inspiration to improve your drawing skills and knowledge of art history, this class will help you learn about yourself, master artists and art history. Each class will explore mark making and design, focusing on one historic artist or genre with a fun approach allowing you to use any medium or instrument you like. Materials provided for first class along with a suggested materials list for the rest of the session. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults				Course Fee: \$25
#199663	Feb 21-Mar 28	Tu	9:15 AM-12:15 PM	
Five Points Center for Active Adults				Course Fee: \$25
#199664	Feb 21-Mar 28	Tu	2:00 PM-5:00 PM	

JOYFUL CHORUS

Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events.

Five Points Center for Active Adults				Course Fee: \$0
#197762	Jan 9-Apr 24	M	12:00 PM-1:00 PM	

KNITTING AND CROCHETING

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

Anne Gordon Center for Active Adults				Course Fee: \$10
#198866	Jan 10-Feb 28	Tu	2:00 PM-4:00 PM	
#198868	Jan 12-Mar 2	Th	2:00 PM-4:00 PM	
#198867	Mar 7-Apr 25	Tu	2:00 PM-4:00 PM	
#198869	Mar 9-Apr 27	Th	2:00 PM-4:00 PM	

QUILTING - INTERMEDIATE

This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Bringing your own sewing machine is required. Each session will have a main design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. Instructor Martha Killian. For more information, please call 919-996-4720

Anne Gordon Center for Active Adults				Course Fee: \$15
#199008	Jan 23-Mar 27	M	1:00 PM-4:00 PM	

WATERCOLOR INTERMEDIATE

This class will provide instruction and inspiration to help those who have a basic understanding of watercolor techniques. The first class will review watercolor basics, then weekly exercises will allow you to experience various approaches and techniques. All materials provided for the first class, as well as a suggested supply list for the rest of the session. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults				Course Fee: \$25
#199665	Jan 10-Feb 14	Tu	9:15 AM-12:15 PM	
Five Points Center for Active Adults				Course Fee: \$25
#199667	Jan 10-Feb 14	Tu	2:00 PM-5:00 PM	

WATERCOLOR INTERMEDIATE & BEYOND

Interesting and challenging weekly exercises will help you gain experience with various approaches and techniques and guidance on incorporating those into your own style. All materials provided for first class, which is dedicated to orientation and review, along with a suggested materials list for the rest of the session. Instructor: Suzanne

Anne Gordon Center for Active Adults				Course Fee: \$35
#199671	Apr 4-May 23	Tu	9:15 AM-12:15 PM	
Five Points Center for Active Adults				Course Fee: \$35
#199672	Apr 4-May 23	Tu	2:00 PM-5:00 PM	

COMPUTER PROGRAMS

Computer classes are taught by Raleigh SeniorTech Ed. For more information on class content, please call (919)954-3688 to leave a message for the Raleigh SeniorTech Ed instructors. This voicemail is checked frequently and you will receive a return phone call. For information on class registration, please contact the center at which the class is taught.

COMPUTER & EMAIL BASICS FOR BEGINNERS

Prerequisite: Little or no computer skills Applies to Windows 10. This course is for beginners or new users who are starting to get familiar with a computer, mouse and keyboard. Class exercises improve skills in these areas and teach participants to create and save short documents. Students will also be introduced to the basics of Internet usage, creating an email ID, sending and receiving messages and uploading and downloading attachments and photos

Five Points Center for Active Adults Course Fee: \$30
#199048 Jan 17-Feb 21 Tu 2:00 PM-4:00 PM

COMPUTER FUNDAMENTALS - BEYOND THE BASICS

Prerequisite: 'Computer & Email Basics' or equivalent computer knowledge. Applies to: Windows 10. This course is for students who have basic computer experience using the mouse and keyboard. The student will learn the basics of Windows 10 as well as how to use the different features and functions. You will learn how to enter/edit text and to save and retrieve data files.

Anne Gordon Center for Active Adults Course Fee: \$20
#199052 Feb 8-Mar 1 W 9:30 AM-11:30 AM
Five Points Center for Active Adults Course Fee: \$20
#199050 Jan 12-Feb 2 Th 1:30 PM-3:30 PM
#199051 Mar 23-Apr 13 Th 1:30 PM-3:30 PM

EDGE-ING THE INTERNET

Prerequisite: Beginning Computers & Email or equivalent. This course teaches proper and safe ways to browse the Internet using Microsoft Edge, the Windows 10 browser. The course also covers file downloading, browser customization, favorites and security concepts. Applies to: Windows 10.

Anne Gordon Center for Active Adults Course Fee: \$20
#199065 Jan 18-Feb 8 W 9:30 AM-11:30 AM
Five Points Center for Active Adults Course Fee: \$20
#199064 Mar 9-30 Th 9:30 AM-11:30 AM

EXCEL: LEVEL I

If you would like to calculate a budget and track your utility bills, etc., but have been putting it off, then learning Excel is for you. This class starts with basic definitions, continues with calculation examples and discusses formatting and colors. Student level: Experienced PC user. Applies to MS Office, Windows 7, 8 and 10.

Anne Gordon Center for Active Adults Course Fee: \$10
#199066 Feb 10 F 9:30 AM-11:30 AM
Five Points Center for Active Adults Course Fee: \$10
#199067 Feb 16 Th 1:30 PM-3:30 PM

EXCEL: LEVEL II

This class is for experienced PC users who are familiar with Excel. The class builds on the lessons in the Introduction class, adding more functions and how to find them. Sorting data, drawing a graph, header/footer creation and page-break previews are also discussed. Applies to: Windows 7, 8 and 10.

Anne Gordon Center for Active Adults Course Fee: \$10
#199070 Mar 17 F 9:30 AM-11:30 AM
Five Points Center for Active Adults Course Fee: \$10
#199069 Apr 20 Th 9:30 AM-11:30 AM

GENEALOGY FUN USING ANCESTRY.COM

This class is for computer users who are experienced with web browsing and are beginning or casual users of Ancestry.com. The class will teach you how to build and add members to your family tree on Ancestry.com using its tree storage and research capabilities. Users may already have an Ancestry account or the instructor will advise how to get a trial subscription before the class start date. Students may bring personal laptops or use classroom PC.

Five Points Center for Active Adults Course Fee: \$20
#199071 Jan 10-31 Tu 9:30 AM-11:30 AM
#199073 Feb 7-28 Tu 9:30 AM-11:30 AM
#199074 Apr 4-25 Tu 9:30 AM-11:30 AM

GOOGLE CAN DO THAT?

Prerequisite: Computer Fundamentals or equivalent. In this workshop, you will learn about and use several free Google applications. This includes Google Maps, Earth, Drive, Books, YouTube, Calendar and others. Applies to: Windows 10

Five Points Center for Active Adults Course Fee: \$15
#199075 Mar 21-28 Tu 2:00 PM-4:30 PM

GOOGLE CHROME

Prerequisite: Computer Fundamentals or equivalent. This class will teach students to install and use the Internet browser Google Chrome. Please bring your personal laptop to the workshop. If you have a desktop system at home, you will install Google Chrome on one of our SeniorTechEd laptops to get hands-on experience in the workshop. Applies to: Windows 10.

Five Points Center for Active Adults Course Fee: \$15
#199076 Feb 15-22 W 9:30 AM-11:30 AM
#199077 Mar 7-14 Tu 9:30 AM-11:30 AM

GOOGLE PHOTOS

This class for experienced PC users encompasses basic photo editing and sharing photos using Google's new Google Photos app that can be used on most devices. Applies to: Windows 10.

Five Points Center for Active Adults Course Fee: \$15
#199078 Mar 17-24 F 1:30 PM-3:30 PM

iOS #1: IPAD/IPHONE- INTRODUCTION TO THE BASICS

Are you thinking of getting an i-Device from Apple? This course will teach you how to set up your iPhone or iPad, provide a brief overview of the many available applications, or apps. Bring your own i-Devices and your Apple ID & Password.

Anne Gordon Center for Active Adults
#203242 March 3 F 9:30 AM-12:00 PM
Five Points Center for Active Adults Course Fee: \$10
#199080 Jan 11 W 9:30 AM-12:00 PM

iOS #2: GETTING TO KNOW YOUR IPHONE

This course illustrates the capabilities and underlying concepts of the Apple iPhone. You will learn basic set up, making simple phone calls, and advanced features such as 'Do Not Disturb'. A brief overview of the many applications (apps) available, such as Safari, Mail, Calendar and Contacts. Bring your iPhone.

Anne Gordon Center for Active Adults
#203243 March 10 F 9:30 AM-12:00 PM
Five Points Center for Active Adults Course Fee: \$10
#199081 Jan 18 W 9:30 AM-12:00 PM
#199082 Mar 22 W 9:30 AM-12:00 PM

iOS #3: GOING FURTHER WITH BUILT-IN APPS

Pre-Req: 'Basics' or 'Getting to Know' class, or Intermediate User. This course will cover how to sync with a Mac or PC, transfer contacts, create contact groups, calendars, Facetime, and the App Store. eBook readers and how to borrow electronic books from the library will also be covered. Bring your iPad, iPhone, or iTouch.

Anne Gordon Center for Active Adults
#203244 March 24 F 9:30 AM-12:00 PM
Five Points Center for Active Adults Course Fee: \$10
#199109 Mar 8 W 1:30 PM-4:00 PM

iOS #4: ENHANCE WITH NEW CONTENT

Pre Req: Either Introduction or Going Further or Intermediate iOS user. Learn how to search and download the great variety of content from the App Store, the iTunes Store, and the iBooks store, and how to check out ebooks from the Wake County Public Library. Bring your personal Apple device to class, as well as your Apple ID and password.

Anne Gordon Center for Active Adults
#203245 March 31 F 9:30 AM-12:00 PM
Five Points Center for Active Adults Course Fee: \$10
#199113 Mar 15 W 1:30 PM-4:00 PM

iOS #5: INTRODUCTION TO ICLOUD

Pre-Req: 'Basics' or 'Getting to Know'. The iCloud service allows users to securely store personal computer files on Apple's iCloud servers and access them from multiple devices. It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Consider it a highly capable personal Internet hard drive! This class will show you how to set up an account and make the best use of the service. Bring your own iPad, iPhone or iPad Touch, your Apple ID & Password

Five Points Center for Active Adults Course Fee: \$10
#199118 Mar 29 W 9:30 AM-12:00 PM

iOS #6: GETTING TO KNOW SIRI

Student Level; Intermediate device user. Applies to Apple IOS devices. Siri is an Apple iPhone and iPad personal assistant app. Siri uses natural language to answer questions, make recommendations, and send requests to services.

Five Points Center for Active Adults Course Fee: \$10
#199119 Apr 19 W 9:30 AM-12:00 PM

MICROSOFT WORD: INTRODUCTION

This class for experienced PC users gives an overview of creating a document with MS Word, including keying, font selection, numbered lists, spellcheck, page layout, built-in styles and table of contents. Applies to: Windows 7, 8 and 10.

Anne Gordon Center for Active Adults Course Fee: \$10
#199130 Apr 7 F 9:30 AM-11:30 AM
Five Points Center for Active Adults Course Fee: \$10
#199128 Apr 20 Th 1:30 PM-3:30 PM

PASSWORD MANAGEMENT

Prerequisite: Computer Fundamentals or equivalent. This seminar will help students understand the importance of good password management and introduce an application to manage passwords in a secure manner. Applies to: Windows 10.

Five Points Center for Active Adults Course Fee: \$10
#199131 Jan 11 W 1:30 PM-3:30 PM
#199132 Feb 23 Th 9:30 AM-11:30 AM

PC WORKSHOP

This workshop is for anyone who wants to practice class exercises or has questions about using the computer.

Five Points Center for Active Adults Course Fee: \$0
Jan 9-Apr 24 M 9:30 AM-11:30 AM

Please be sure to read course pre-requisites in the course description to be sure that you are registering for the appropriate level class.

COMPUTER PROGRAMS

PHOTOBOOK BASICS: TELLING A STORY

Are you wondering what to do with your latest holiday photos, or all of the photos you took on that trip of a lifetime? This introductory class will cover telling the story, managing your photos, and how to use Shutterfly.com to create a photo book. This is a hand-on class; it requires an active email account and basic computer skills.

Five Points Center for Active Adults Course Fee: \$15
 #201830 Jan 5-26 Th 2:00 PM-3:00 PM

POWERPOINT: INTRODUCTION

This class for experienced PC users applies to MS Office and Windows 7, 8 and 10. Learn to create presentations and flyers with PowerPoint. This class starts with basic definitions and continues with creating various page types. Learn to how to make effective presentations with page-to-page transitions and other tips.

Anne Gordon Center for Active Adults Course Fee: \$10
 #199511 Jan 27 F 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$10
 #199510 Feb 16 Th 9:30 AM-11:30 AM

PROTECT YOUR COMPUTER

Learn about various computer viruses and the software available to help prevent them. We'll also cover what to do if your computer becomes infected with a virus.

Five Points Center for Active Adults Course Fee: \$10
 #199512 Jan 11 W 1:30 PM-3:30 PM

SKYPE: AN INTRODUCTION

Prerequisite: Computer Fundamentals or equivalent. Applies to: Windows 10. Learn the basics of how to use Skype to communicate with family and friends. Skype is a free program that allows you to communicate by voice and video with other users around the world. Anyone with Internet access can create a Skype account.

Anne Gordon Center for Active Adults Course Fee: \$10
 #199514 Feb 3 F 9:30 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$10
 #199513 Mar 10 F 9:30 AM-12:00 PM

WHERE'S MY STUFF?

Prerequisite: Computer Fundamentals or equivalent. This course offers ways to manage data storage and files and covers folder creation and organization. Applies to: Windows 10

Five Points Center for Active Adults Course Fee: \$20
 #199515 Feb 1-22 W 1:30 PM-3:30 PM

WINDOWS 10 OVERVIEW

This seminar will discuss the basics of the Windows 10 operating system and help you get started using this software. Students need to be experienced PC users.

Anne Gordon Center for Active Adults Course Fee: \$10
 #199518 Feb 17 F 9:30 AM-11:30 AM

#199519 Apr 21 F 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$10

#199516 Jan 27 F 1:30 PM-3:30 PM

#199517 Mar 10 F 1:30 PM-3:30 PM

WINDOWS 10: WHAT'S NEW?

This class offers an introduction to Windows 10 for experienced PC users. It provides an overview of new features, such as the new Start menu, taskbar, customization and the revised File Explorer. Students are encouraged to bring their own Windows 10 laptops.

Anne Gordon Center for Active Adults Course Fee: \$20
 #199520 Mar 8-29 W 1:30 PM-3:30 PM

Five Points Center for Active Course Fee: \$20

#199521 Jan 9-30 M 1:30 PM-3:30 PM

#199532 Feb 6-27 M 1:30 PM-3:30 PM

#199533 Apr 5-26 W 1:30 PM-3:30 PM

WINDOWS BACKUP

Learn the importance of backing up your computer onto various storage devices. Several methods of backing up data will be discussed. Student level: completion of Beginning Computers II or equivalent.

Applies to: Windows 7, 8 and 10.

Anne Gordon Center for Active Adults Course Fee: \$10
 #199524 Feb 24 F 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$10

#199523 Jan 10 Tu 1:30 PM-3:30 PM

WINDOWS PHOTO GALLERY

Windows Photo Gallery can be used to organize, edit, create and share your photos. The workshop will cover transferring photos from your camera to your computer and basic editing. Student level: completion of Beginning Computers and Email or equivalent. Applies to: Windows 7, 8 and 10.

Anne Gordon Center for Active Adults Course Fee: \$15
 #199525 Jan 13-20 F 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$15

#199526 Apr 14-21 F 1:30 PM-3:30 PM

EDUCATIONAL CLASSES

FINANCE: ESTATE PLANNING

What does estate planning really mean? Do you have to have a will? What is a trust? Who will care for you if you need help? Tom McCuiston's presentation will answer these questions and more!

Five Points Center for Active Adults Course Fee: \$0
#199009 Feb 28 Tu 1:00 PM-2:00 PM

FINANCE: INTERNATIONAL ESTATE PLANNING

In recent years, there have been significant efforts calling for enhanced international thinking on estate and gift tax laws. Tom McCuiston's presentation will help you learn how to plan your estate so that your family does not pay hundreds of thousands of dollars in estate taxes that could have been avoided by knowledgeable international estate tax planning.

Five Points Center for Active Adults Course Fee: \$0
#199014 Apr 25 Tu 1:00 PM-2:00 PM

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, Medicare fraud and abuse and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

Anne Gordon Center for Active Adults Course Fee: \$0
#199017 Mar 30 Th 1:00 PM-3:00 PM

Five Points Center for Active Adults Course Fee: \$0
#199018 Feb 21 Tu 1:00 PM-3:00 PM

#199019 Apr 18 Tu 11:00 AM-1:00 PM

FINANCE: SOCIAL SECURITY STRATEGIES FOR RETIREMENT

This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken and how taxes are best handled. Presented by Edward Jones Investments and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#199031 Jan 19 Th 1:30 PM-2:30 PM

Five Points Center for Active Adults Course Fee: \$0
#199032 Jan 1 Tu 11:00 AM-12:00 PM

#199033 Mar 16 Th 10:00 AM-12:00 PM

FINANCE: THE TRUTH ABOUT REVERSE MORTGAGES

Learn about the New Reverse Mortgage with examples from real life scenarios. Topics include: Home Equity Conversion Mortgage or HECM, myths about Reverse Mortgages, and qualifications for a Reverse Mortgage. Learn why one may choose a Reverse Mortgage and the available options of a Reverse Mortgage. Sponsored by Yakin Bank Mortgage and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#203253 Mar 7 Tu 2:00 PM-3:00 PM

FIVE WISHES

This program is designed to help you express your personal, emotional and spiritual needs as you plan for the future. It helps you decide how you wish to be treated if you become seriously ill and select the person you want to make your health care decisions in the event you are unable. The program was written with the help of the American Bar Association's Commission on Law and Aging. It is sponsored by Liberty Hospice Services and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#199010 Mar 9 Th 11:00 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$0
#199011 Mar 16 Th 10:00 AM-11:00 AM

HEALTH TOPIC: AGING AND THE BRAIN

Join us in an informative presentation by Sharon Kilpatrick, MPA and Geriatric Care Manager about what cognitive changes occur as we age, what we can do to minimize these changes and what diseases and external factors may impact our emotional and cognitive well being. Sponsored by Always Best Care Senior Services and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#203166 Apr 4 Tu 1:00 PM-2:00 PM

HEALTH TOPIC: BLOOD PRESSURE SCREENING

Take advantage of these FREE blood pressure screening offered by Dr. Casey Baldwin with Resources for Seniors; or a registered nurse from Raleigh Rehabilitation.

Five Points Center for Active Adults Course Fee: \$0
#199036 Jan 3-Apr 20 1st Tu/3rd M 9:30 AM-10:15 AM

HEALTH TOPIC: HEALTH TALKS WITH DR. BALDWIN

Dr. Casey Baldwin, RFS senior care pharmacist, will be on site each month to discuss an important health topic for older adults. Cosponsor: Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#199037 Jan 3-Apr 4 1st Tu 10:15 AM-11:15 AM

EDUCATIONAL PROGRAMS

HEALTH TOPIC: HEALTHY FATS VS UNHEALTHY FATS

Ever wonder what all the hype is about regarding fat in our diets? Should you use olive oil or coconut oil in your cooking or meal preparation? Which fats are 'good' fats and which are not? Learn about healthy fats, how much fat we should eat and why we need them.

Five Points Center for Active Adults Course Fee: \$0
 #199039 Feb 17 F 10:15 AM-11:15 AM

HEALTH TOPIC: HEALTHY HEARTBEAT

February is National Heart Health Month. Learn about your heart, its related conditions and disease management. Free blood pressure screenings follow the class. Sponsored by Raleigh Rehabilitation

Five Points Center for Active Adults Course Fee: \$0
 #199038 Feb 16 Th 10:00 AM-11:00 AM

HEALTH TOPIC: HEARING THE WHOLE CONVERSATION

Do you or do you know someone who struggles to hear on the telephone? Learn about Clear Caption and how persons with hearing loss can receive a free phone which displays the whole conversation in text, offers hands-free calls and digital amplification boosts voice up to 50 decibels. Clear caption is a free program for seniors or hearing impaired persons. If you know someone who could benefit from this program please invite them to hear this presentation.

Anne Gordon Center for Active Adults Course Fee: \$0
 #199040 Jan 12 Th 11:00 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$0
 #199041 Feb 28 Tu 1:00 PM-2:00 PM

HEALTH TOPIC: HOW TO EVALUATE HOME CARE AGENCIES

Learn strategies to make the most of the care you are paying for and make sure the job they are doing is what you want. Hear the realities of home care. Determine when you need to start getting care at home. Sponsored by Another Daughter and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
 #199012 Apr 6 Th 1:00 PM-2:00 PM

HEALTH TOPIC: MAKING WARM AND HEARTY SOUPS

Soups have been a go-to meal for generations for a reason: they are comforting, hearty, fulfilling, and healthy. They are kind on the wallet; taste even better reheated; and freeze beautifully. Come be inspired with Abbotswood at Stonehenge Wellness Staff by savory traditional soups, as well as some exciting new flavors, all while using fresh produce from your local farmer's market or grocery.

Anne Gordon Center for Active Adults Course Fee: \$0
 #199042 Mar 2 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
 #199043 Feb 28 Tu 1:00 PM-2:00 PM

HEALTH TOPIC: NOGGIN JOGGIN'

Brain training that targets memory, attention and focus may lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games aim to stave off dementia, strengthen critical thinking skills and promote brain health. Join us monthly in a variety of brain-stimulating activities to keep our brains active. Sponsored by Resources for Seniors and Homewatch Caregiving.

Anne Gordon Center for Active Adults Course Fee: \$0
 #199044 Feb 6-Apr 17 1st M 1:30 PM-2:30 PM

Five Points Center for Active Adults Course Fee: \$0
 #199045 Jan 9-Apr 10 2nd M 1:00 PM-2:00 PM

HEALTH TOPIC: PARKINSON'S DISEASE DIALOGUE

Are you living actively in the early stages of Parkinson's disease? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of Parkinson's disease-related healthcare by exchanging information, choosing topics for discussion and sharing the collective wisdom.

Five Points Center for Active Adults Course Fee: \$0
 #199047 1/27, 2/24, 3/31, 4/28 F 1:00 PM-2:30 PM

KEEP DRIVING LONGER

Older drivers represent the fastest-growing driving population. Studies have shown seniors suffer a significant reduction in their quality of life when they are no longer able to drive. It is important we find ways to keep them and others safe on the road. Learn ways to keep yourself healthy enough to keep on driving.

Anne Gordon Center for Active Adults Course Fee: \$0
 #199015 Apr 27 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
 #199016 Apr 18 Tu 1:00 PM-2:00 PM

Are you interested in teaching a class? Do you have a skill that you are interested in sharing with others? The Adult Program is always interested in new program ideas. We would love to hear your ideas!

LEGAL: THE TRUTH ABOUT TRUSTS

This presentation takes the mystery out of living trusts and explains when a trust is necessary and when it is not. Tom McCuiston will address trust topics, including: When is a trust necessary? When is it not? What is a living trust? What is a testamentary trust? Do you need either? Does a trust help you avoid creditors? Sponsored by Resources for Seniors and McCuiston Law Firm.

Five Points Center for Active Adults Course Fee: \$0
#199026 Mar 28 Tu 1:00 PM-2:00 PM

LEGAL: UNDERSTANDING BENEFICIARY DESIGNATIONS

There are many ways to pass on an inheritance other than a will or trust. Find out about inheritance-related issues when it comes to insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death' (POD)

Anne Gordon Center for Active Adults Course Fee: \$0
#199027 Apr 20 Th 2:00 PM-3:00 PM

Five Points Center for Active Adults Course Fee: \$0
#199028 Apr 11 Tu 1:00 PM-2:00 PM

LEGAL: UNDERSTANDING VETERANS' AID AND ASSISTANCE BENEFITS

A veterans benefit pays between \$1,000 and \$2,000 per month tax-free toward the cost of long-term care, including skilled nursing, assisted living and in-home professional care. War-time veterans should learn how to qualify and how to use the benefit.

Anne Gordon Center for Active Adults Course Fee: \$0
#199029 Mar 23 Th 3:00 PM-4:00 PM

Five Points Center for Active Adults Course Fee: \$0
#199030 Mar 14 Tu 10:00 AM- 11:00 AM

MUSIC THERAPY FOR PARKINSON'S DISEASE

This program will use music to improve or maintain speech and language skills for those with Parkinson's disease in a creative and supportive atmosphere. Prior musical training or abilities not required. Caregivers are welcome to attend. Preregistration is required. For more information, please contact Allison Hingley, MM, MT-BC, at 919-443-9448 or atlanticmusictherapyllc@gmail.com. This program is hosted by Atlantic Music Therapy LLC and funded by the National Parkinson Foundation.

Five Points Center for Active Adults Course Fee: \$0
#200621 Jan 24-Mar 28 Tu 4:30 PM-5:30 PM

ORGANIZATION: WHEN COLLECTING BECOMES CLUTTER

Bring an example of something you collect, and we will share our stories. We will look at what we collect and how collecting can lead to clutter or hoarding. Why do we acquire things in our lives? Is collecting a healthy practice? Learn about the advantages and disadvantages of collecting, clutter and hoarding. Presented by Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#199034 Apr 6 Th 11:00 AM-12:00 PM

PATH TO PEACE

This small group setting consists of four 75-minute sessions over the course of a month. In addition to general support, this group covers topics such as understanding the grief process, making life adjustments and carrying on without your loved one. There is no fee, but registration is required in advance, and participants are asked to commit to the entire four-week class in order to foster trusting relationships within the group. Sponsors: Heartland Hospice and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#199020 Feb 2-23 Th 10:00 AM-11:15 AM

Five Points Center for Active Adults Course Fee: \$0
#199021 Jan 5-26 Th 10:00 AM-11:15 AM

QUESTIONS ACROSS THE SPECTRUM DISCUSSION GROUP

Participants will view videos from TED.com, upworthy.com and similar websites on a variety of topics, including nature, leisure, aging, compassion, intervention and science. A back-and-forth exchange of views will deepen understanding of questions and issues raised by living in a complex world. Preregistration is required.

Five Points Center for Active Adults Course Fee: \$0
#197974 Feb 6-Apr 17 M 3:30 PM-5:00 PM

RESOURCES FOR SENIORS:

WHO ARE WE AND HOW CAN WE HELP

Resources for Seniors will provide a detailed overview of its agency and the many resources that can be valuable to you or your loved ones.

Anne Gordon Center for Active Adults Course Fee: \$0
#199022 Jan 26 Th 11:00 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$0
#199023 Jan 26 Th 2:00 PM-3:00 PM

SHIIP COUNSELING APPOINTMENTS

These one-on-one appointments with the Seniors' Health Insurance Information Program (SHIIP) will help you understand your Medicare options. The trained SHIIP volunteer will help you identify Medicare health or drug plans that best meet your needs. You must preregister for a one hour appointment. Please bring your Medicare card and a list of prescriptions you are currently taking.

Anne Gordon Center for Active Adults Course Fee: \$0
#199024 Jan 9-Apr 24 M 9:30 AM-4:00 PM

Five Points Center for Active Adults Course Fee: \$0
#199025 Jan 4-Apr 27 W-Th 2:00 PM-5:00 PM



FITNESS CLASSES

60 SECONDS TO GOOD HEALTH

Eat lunch later – exercise now! This lunchtime class features interval training to improve muscle strength and take your fitness to a higher level. All it takes is 60 seconds! Instructor: Jane

Five Points Center for Active Adults			Course Fee: \$8
#197646	Jan 9-30	M	11:45 AM-12:45 PM
#197647	Feb 6-27	M	11:45 AM-12:45 PM
#197648	Mar 6-27	M	11:45 AM-12:45 PM
#197649	Apr 3-24	M	11:45 AM-12:45 PM

AEROBIC FIT

Aerobic Fit is an Active Adult intermediate level class designed to be fun, challenging and calorie burning! It is perfect for participants who want an energizing activity and who do not need the assistance of a chair. This class includes continuous low-impact aerobic choreography, smooth transitions, and sequenced movement repetitions. This class may include the use of mats, weights, resistance bands, and small medicine balls. Instructor: Dana Kincaid

Anne Gordon Center for Active Adults			Course Fee: \$8
#198822	Jan 3-31	Tu	10:15 AM-11:00 AM
#198823	Feb 7-28	Tu	10:15 AM-11:00 AM
#198824	Mar 7-28	Tu	10:15 AM-11:00 AM
#198825	Apr 4-25	Tu	10:15 AM-11:00 AM
#198826	Jan 5-26	Th	10:15 AM-11:00 AM
#198827	Feb 2-23	Th	10:15 AM-11:00 AM
#198828	Mar 2-30	Th	10:15 AM-11:00 AM
#198829	Apr 6-27	Th	10:15 AM-11:00 AM

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! Visit www.agelessgrace.com for more information. Instructor: Missy Atkinson

Anne Gordon Center for Active Adults			Course Fee: \$8
#197652	Jan 3-31	Tu	2:00 PM-2:45 PM
#197655	Feb 7-28	Tu	2:00 PM-2:45 PM
#197656	Mar 7-28	Tu	2:00 PM-2:45 PM
#197657	Apr 4-25	Tu	2:00 PM-2:45 PM
Five Points Center for Active Adults			Course Fee: \$8
#197658	Jan 4-25	W	2:00 PM-2:45 PM
#197659	Feb 1-22	W	2:00 PM-2:45 PM
#197660	Mar 1-29	W	2:00 PM-2:45 PM
#197661	Apr 5-26	W	2:00 PM-2:45 PM

Walnut Terrace Neighborhood Center

			Course Fee: \$0
#197662	Jan 3-31	Tu	12:00 PM-12:45 PM
#197663	Feb 7-28	Tu	12:00 PM-12:45 PM
#197653	Mar 7-28	Tu	12:00 PM-12:45 PM
#197654	Apr 4-25	Tu	12:00 PM-12:45 PM

BALANCE AND STRENGTH FOUNDATIONS

A series of balance and strength exercises will be used to help improve balance and core strength. Exercises may be done both sitting in a chair and standing with support. Instructor: Sandy Stanton.

Five Points Center for Active Adults			Course Fee: \$8
#197664	Jan 3-31	Tu	10:30 AM-11:15 AM
#197665	Feb 7-28	Tu	10:30 AM-11:15 AM
#197666	Mar 7-28	Tu	10:30 AM-11:15 AM
#197667	Apr 11-May 2	Tu	10:30 AM-11:15 AM
#197668	Jan 5-26	Th	11:15 AM-12:00 PM
#197669	Feb 2-23	Th	11:15 AM-12:00 PM
#197670	Mar 2-30	Th	11:15 AM-12:00 PM
#197671	Apr 6-27	Th	11:15 AM-12:00 PM

BALANCE STRENGTHENING

This class is designed to strengthen your over-all balance! Good balance decreases our risk of falls and helps with our daily activities. We will use core strengthening movements to improve our balance, and you will have the choice to participate standing or sitting in a chair. This class is designed to improve posture, improve core strength and increase your ability to do everyday activities. This class is a strengthening class and will not have any impact or high cardio movements. Light weights can be used during class as an added strengthening option. This class is for all abilities, and no previous fitness experience is required. Instructor: Dana Kincaid

Anne Gordon Center for Active Adults			Course Fee: \$8
#198830	Jan 3-31	Tu	11:15 AM-12:00 PM
#198831	Feb 7-28	Tu	11:15 AM-12:00 PM
#198832	Mar 7-28	Tu	11:15 AM-12:00 PM
#198833	Apr 4-25	Tu	11:15 AM-12:00 PM
#198834	Jan 5-26	Th	11:15 AM-12:00 PM
#198835	Feb 2-23	Th	11:15 AM-12:00 PM
#198836	Mar 2-30	Th	11:15 AM-12:00 PM
#198837	Apr 6-27	Th	11:15 AM-12:00 PM

BENEFITNESS

Strengthen your muscles and improve your range of motion, balance, flexibility and strength through low-impact aerobics, stretching and light weights. Come and enjoy the BeneFitness of exercise! There is no pre-registration for this course; the first 30 people to sign in each day may participate. Instructor: Bill Unger.

Five Points Center for Active Adults		Course Fee: \$0
#197682	Jan 3-31	Tu, Th 9:30 AM-10:00 AM
#197683	Feb 2-28	Th, Tu 9:30 AM-10:15 AM
#197684	Mar 2-30	Th, Tu 9:30 AM-10:15 AM
#197685	Apr 4-27	Tu, Th 9:30 AM-10:15 AM

BOOTCAMP

Bootcamp classes are a great way to add variety, style and intensity to your workouts. Challenge yourself with 45 minutes of strength and endurance training. Be prepared to sweat in this class, and bring a towel! This is an intermediate/advanced level class. Instructor: Jane Stenhouse

Five Points Center for Active Adults		Course Fee: \$8
#197690	Jan 4-25	W 4:30 PM-5:30 PM
#197691	Feb 1-22	W 4:30 PM-5:30 PM
#197692	Mar 1-29	W 4:30 PM-5:30 PM
#197693	Apr 5-26	W 4:30 PM-5:30 PM

CARDIO SCULPT

Cardio Sculpt is a combination class that 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. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome.

Five Points Center for Active Adults		Course Fee: \$8
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Instructor: Jane Stenhouse

#197697	Jan 9-30	M 10:15 AM-11:00 AM
#197698	Feb 6-27	M 10:15 AM-11:00 AM
#197699	Mar 6-27	M 10:15 AM-11:00 AM
#197700	Apr 3-24	M 10:15 AM-11:00 AM
#197701	Jan 3-31	Tu 10:15 AM-11:00 AM
#197702	Feb 7-28	Tu 10:15 AM-11:00 AM
#197703	Mar 7-28	Tu 10:15 AM-11:00 AM
#197704	Apr 4-25	Tu 10:15 AM-11:00 AM
#197705	Jan 4-25	W 10:15 AM-11:00 AM
#197706	Feb 1-22	W 10:15 AM-11:00 AM
#197707	Mar 1-29	W 10:15 AM-11:00 AM
#197708	Apr 5-26	W 10:15 AM-11:00 AM

Instructor: Sandy Stanton

#197709	Jan 5-26	Th 10:15 AM-11:00 AM
#197710	Feb 2-23	Th 10:15 AM-11:00 AM
#197711	Mar 2-30	Th 10:15 AM-11:00 AM
#197712	Apr 6-27	Th 10:15 AM-11:15 AM

CORE, BALANCE, AND STRETCH

Participants will strengthen the abs and lower back while practicing balance and improving stability. Equipment will include stability balls, mats and foam rollers. Instructor: Sandy Stanton.

Five Points Center for Active Adults		Course Fee: \$8
#197714	Jan 5-26	Th 9:15 AM-10:00 AM
#197715	Feb 2-23	Th 9:15 AM-10:00 AM
#197716	Mar 2-30	Th 9:15 AM-10:00 AM
#197717	Apr 6-27	Th 9:15 AM-10:00 AM

FIVE POINTS FITNESS ROOM

Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours but will be closed for Group Fitness Training classes 2 p.m.-2:45 p.m. on Wednesday and Thursdays.

Five Points Center for Active Adults		Course Fee: \$0
#197719	Jan 3-Apr 28	M-F 9:00 AM-6:00 PM

FIVE POINTS FITNESS ROOM ORIENTATION

Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage.

Five Points Center for Active Adults		Course Fee: \$0
#197720	Jan 3-Apr 27	Tu, Th 9:00 AM-9:30 AM

FOAM ROLLING

This class offers an introduction to using a foam roller to relax muscles and target trigger points. The class builds core strength and will end with a stretch and relaxation period. Hydration is encouraged before and after the class. Instructor: Sandy Stanton.

Five Points Center for Active Adults		Course Fee: \$8
#197721	Jan 3-31	Tu 1:00 PM-1:50 PM
#197722	Feb 7-28	Tu 1:00 PM-1:45 PM
#197723	Mar 7-28	Tu 1:00 PM-1:45 PM
#197724	Apr 4-25	Tu 12:45 PM-1:30 PM
#197725	Jan 4-25	W 12:45 PM-1:30 PM
#197726	Feb 1-22	W 12:45 PM-1:30 PM
#197727	Mar 1-29	W 12:45 PM-1:30 PM
#197728	Apr 5-26	W 12:45 PM-1:30 PM



FITNESS CLASSES

FUNCTIONAL FITNESS FOR EVERYDAY LIVING

This class will offer a variety of functional free-weight and body weighted exercises that will help strengthen your upper body, lower body and core. This is full-body workout that will focus of muscle endurance and total body stability, which will help you do day to day activities with confidence. In this class you will be encouraged to move at a slower pace to ensure that proper form is followed and that you 'feel' your workout. Instructor: Raquel Robinson

Abbotts Creek Community Center			Course Fee: \$8
#201768	Jan 4-25	W	9:30 AM-10:15 AM
#201769	Feb 1-22	W	9:30 AM-10:15 AM
#201770	Mar 1-29	W	9:30 AM-10:15 AM
#201771	Apr 5-26	W	9:30 AM-10:15 AM
#201772	Jan 6-27	F	9:30 AM-10:15 AM
#201773	Feb 3-24	F	9:30 AM-10:15 AM
#201774	Mar 3-31	F	9:30 AM-10:15 AM
#201775	Apr 7-28	F	9:30 AM-10:15 AM

GROUP FITNESS ROOM TRAINING

This course provides instruction on fitness equipment in the Five Points Center for Active Adults fitness room. Small class sizes allow for more one-on-one assistance from our group fitness instructors. All ability and experience levels are welcome. Instructor: Jane Stenhouse.

Five Points Center for Active Adults			Course Fee: \$25
#197729	Jan 4-25	W	2:15 PM-3:00 PM
#197730	Feb 1-22	W	2:15 PM-3:00 PM
#197731	Mar 1-29	W	2:15 PM-3:00 PM
#197732	Apr 5-26	W	2:15 PM-3:00 PM

LINE DANCE FOR ACTIVE ADULTS

Enjoy a fun workout while learning line dance steps. There is a class for every experience level! Instructor: Mitzi Kelley.

Anne Gordon Center for Active Adults			Course Fee: \$0
<i>Introductory Level</i>			
#197763	Jan 6-27	F	2:15 PM-3:15 PM
#197764	Feb 3-24	F	2:15 PM-3:15 PM
#197765	Mar 3-31	F	2:15 PM-3:15 PM
#197766	Apr 7-28	F	2:15 PM-3:15 PM
<i>Beginner/Improver Level</i>			
#197767	Jan 6-27	F	1:00 PM-2:00 PM
#197768	Feb 3-24	F	1:00 PM-2:00 PM
#197769	Mar 3-31	F	1:00 PM-2:00 PM
#197770	Apr 7-28	F	1:00 PM-2:00 PM

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Five Points Center for Active Adults

Course Fee: \$0

Beginner/Improver Level

#197771	Jan 4-30	M, W	1:00 PM-2:00 PM
#197772	Feb 1-27	M, W	1:00 PM-2:00 PM
#197773	Mar 1-29	M, W	1:00 PM-2:00 PM
#197774	Apr 5-27	M, W	1:00 PM-2:00 PM

Intermediate Level

#197775	Jan 4-30	M, W	2:00 PM-3:00 PM
#197776	Feb 1-27	M, W	2:00 PM-3:00 PM
#197777	Mar 1-29	M, W	2:00 PM-3:00 PM
#197778	Apr 3-26	M, W	2:00 PM-3:00 PM

LINE DANCE OPEN STUDIO

Join us for this fun and informal line dance program. No previous line dancing experience is required. Enjoy dancing to some old favorites while making new friends!

Five Points Center for Active Adults

Course Fee: \$0

#197780	Jan 6-May 5	F	1:30 PM-3:00 PM
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MEN'S STRENGTH AND CONDITIONING

This class incorporates strength and cardio segments using equipment such as dumbbells, medicine balls and resistance bands for a total body workout all in a men-only environment. Instructor: Jane Stenhouse

Five Points Center for Active Adults

Course Fee: \$8

#202300	Jan 3-31	Tu	3:30 PM - 4:30 PM
#202300	Feb 7-28	Tu	3:30 PM - 4:30 PM
#202302	Mar 7-28	Tu	3:30 PM - 4:30 PM
#202303	Apr 4-28	Tu	3:30 PM - 4:30 PM

PERSONAL TRAINING SESSIONS

These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

Five Points Center for Active Adults

Course Fee: \$25/session

#200341	Jan 3-Apr 28	Tu-F, M	9:30 AM-5:30 PM
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PILATES FOR ACTIVE ADULTS

Pilates takes a holistic approach to fitness and well-being. It stretches and strengthens the muscles while improving flexibility, core strength and balance. Modifications are shown for those with back, knee and neck issues. Participants must be able to get on a mat on the floor.

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Marty Lamb

#197821	Jan 9-30	M	9:15 AM-10:00 AM
#197822	Feb 6-27	M	9:15 AM-10:00 AM
#197823	Mar 6-27	M	9:15 AM-10:00 AM
#197824	Apr 3-24	M	9:15 AM-10:00 AM

Instructor: Sandy Stanton

#197825	Jan 3-24	Tu	2:00 PM-2:45 PM
#197826	Feb 7-28	Tu	2:00 PM-2:45 PM
#197827	Mar 7-28	Tu	2:00 PM-2:45 PM
#197829	Apr 4-25	Tu	2:00 PM-2:45 PM

Instructor: Jane Stenhouse

#197830	Jan 5-26	Th	12:00 PM-12:45 PM
#197831	Feb 2-23	Th	12:00 PM-12:45 PM
#197832	Mar 2-30	Th	12:00 PM-12:45 PM
#197833	Apr 6-27	Th	12:00 PM-12:45 PM

QI GONG

Learn the 24 simple movements of qigong (chee-gong), the ancient Chinese practice of meditation with movement, which is 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. This is a beginner level class. Qigong for Joint Health is conducted both sitting and standing. We will practice guided visualization, simple motion, and balance exercises to improve strength and fluidity of movement to promote bone and joint health. This is a beginner level class. Instructor: Kathy Bundy.

Anne Gordon Center for Active Adults

Course Fee: \$8

Qi Gong

#197837	Jan 3-31	Tu	10:30 AM-11:15 AM
#197838	Feb 7-28	Tu	10:30 AM-11:15 AM
#197839	Mar 7-28	Tu	10:30 AM-11:15 AM
#197840	Apr 4-25	Tu	10:30 AM-11:15 AM
#197841	Jan 6-27	F	10:30 AM-11:15 AM
#197842	Feb 3-24	F	10:30 AM-11:15 AM
#197843	Mar 3-31	F	10:30 AM-11:15 AM
#197844	Apr 7-28	F	10:30 AM-11:15 PM

Qi Gong for Joint Health

#197849	Jan 6-27	F	11:30 AM-12:15 PM
#197850	Feb 3-24	F	11:30 AM-12:15 AM
#197851	Mar 3-31	F	11:30 AM-12:15 PM
#197852	Apr 7-28	F	11:30 AM-12:15 PM

Five Points Center for Active Adults

Course Fee: \$8

Qi Gong

#197845	Jan 6-27	F	9:15 AM-10:00 AM
#197846	Feb 3-24	F	9:15 AM-10:00 AM
#197847	Mar 3-31	F	9:15 AM-10:00 AM
#197848	Apr 7-28	F	9:15 AM-10:00 AM

SENIORCISE

This class offers low-impact exercises geared toward adults age 50 and older. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights and aerobic activity.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Dana Kincaid

#197975	Jan 3-31	Tu	9:15 AM-10:00 AM
#197976	Feb 7-28	Tu	9:15 AM-10:00 AM
#197977	Mar 7-28	Tu	9:15 AM-10:00 AM
#197978	Apr 4-25	Tu	9:15 AM-10:00 AM
#197979	Jan 5-26	Th	9:15 AM-10:00 AM
#197980	Mar 2-30	Th	9:15 AM-10:00 AM
#197981	Apr 6-27	Th	9:15 AM-10:00 AM
#198014	Feb 2-23	Th	9:15 AM-10:00 AM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Dana Kincaid

#197982	Jan 9-30	M	1:30 PM-2:15 PM
#197983	Feb 6-27	M	1:30 PM-2:15 PM
#197984	Mar 6-27	M	1:30 PM-2:15 PM
#197985	Apr 3-24	M	1:30 PM-2:15 PM

Instructor: Bill Unger

#198015	Jan 5-26	Th	10:15 AM-11:00 AM
#198016	Feb 2-23	Th	10:15 AM-11:00 AM
#198017	Mar 2-30	Th	10:15 AM-11:00 AM
#198018	Apr 6-27	Th	10:15 AM-11:00 AM
#198019	Feb 7-28	Tu	10:15 AM-11:00 AM
#198020	Jan 3-31	Tu	10:15 AM-11:00 AM
#198021	Mar 7-28	Tu	10:15 AM-11:00 AM
#198022	Apr 4-25	Tu	10:15 AM-11:00 AM

Greystone Community Center

Course Fee: \$8

Instructor: Lauren Llewellyn

#201807	Jan 9-30	M	10:00 AM-10:45 AM
#201784	Feb 6-27	M	10:00 AM-10:45 AM
#201785	Mar 6-27	M	10:00 AM-10:45 AM
#201786	Apr 3-24	M	10:00 AM-10:45 AM
#201787	Jan 6-27	F	10:00 AM-10:45 AM
#201788	Feb 3-24	F	10:00 AM-10:45 AM
#201789	Mar 3-31	F	10:00 AM-10:45 AM
#201790	Apr 7-28	F	10:00 AM-10:45 AM

Lake Lynn Community Center

Course Fee: \$8

Instructor: Lauren Llewellyn

#201791	Jan 3-31	T	9:00 AM-9:45 AM
#201792	Feb 7-28	T	9:00 AM-9:45 AM
#201793	Mar 7-28	T	9:00 AM-9:45 AM
#201794	Apr 4-25	T	9:00 AM-9:45 AM
#201795	Jan 5-26	Th	9:00 AM-9:45 AM
#201796	Feb 2-23	Th	9:00 AM-9:45 AM
#201797	Mar 2-30	Th	9:00 AM-9:45 AM
#201798	Apr 6-27	Th	9:00 AM-9:45 AM

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FITNESS CLASSES

Powell Drive Park

Course Fee: \$8

Instructor: Bill Unger

#201799	Jan 3-31	T	1:00 PM-1:45 PM
#201800	Feb 7-28	T	1:00 PM-1:45 PM
#201801	Mar 7-28	T	1:00 PM-1:45 PM
#201802	Apr 4-25	T	1:00 PM-1:45 PM
#201806	Jan 5-26	Th	1:00 PM-1:45 PM
#201803	Feb 2-23	Th	1:00 PM-1:45 PM
#201804	Mar 2-23	Th	1:00 PM-1:45 PM
#201805	Apr 6-27	Th	1:00 PM-1:45 PM

Tarboro Road Community Center

Course Fee: \$0

Instructor: Dana Kincaid

#201808	Jan 4-27	W, F	10:00 AM-10:45 AM
#201809	Feb 1-24	W, F	10:00 AM-10:45 AM
#201810	Mar 1-31	W, F	10:00 AM-10:45 AM
#201811	Apr 5-28	W, F	10:00 AM-10:45 AM

SENIORS IN MOTION

This class includes stretching and flexibility movements, as well as low-impact cardio exercise, strength training with light weights and other toning elements. Instructor: Bettie Ittenbach

Laurel Hills Community Center

Course Fee: \$8

#199774	Jan 4-25	W	10:15 AM-11:15 AM
#199775	Feb 1-22	W	10:15 AM-11:15 AM
#199776	Mar 1-29	W	10:15 AM-11:15 AM
#199777	Apr 5-26	W	10:15 AM-11:15 AM
#199778	Jan 6-27	F	10:15 AM-11:15 AM
#199779	Feb 3-24	F	10:15 AM-11:15 AM
#199780	Mar 3-31	F	10:15 AM-11:15 AM
#199781	Apr 7-28	F	10:15 AM-11:15 AM

SILVER CARDIO

Classes start with basic warm-up moves, followed by 30 minutes of constant low-impact moves with a burst of fun moves, such as gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! This is an intermediate level class. Instructor: Bettie Ittenbach.

Five Points Center for Active Adults

Course Fee: \$8

#198023	Jan 5-26	Th	1:00 PM-2:00 PM
#198024	Feb 2-23	Th	1:00 PM-2:00 PM
#198025	Mar 2-30	Th	1:00 PM-2:00 PM
#198026	Apr 6-May 4	Th	1:00 PM-2:00 PM

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

Course Fee: \$8

Beginner Level

#198028	Jan 9-30	M	10:00 AM-11:00 AM
#198029	Feb 6-27	M	10:00 AM-11:00 AM
#198030	Mar 6-27	M	10:00 AM-11:00 AM
#198031	Apr 3-24	M	10:00 AM-11:00 AM

Intermediate Level

#198032	Jan 9-30	M	11:00 AM-12:00 PM
#198033	Feb 6-27	M	11:00 AM-12:00 PM
#198034	Mar 6-27	M	11:00 AM-12:00 PM
#198035	Apr 3-24	M	11:00 AM-12:00 PM
#198036	Jan 5-26	Th	2:00 PM-3:00 PM
#198037	Feb 2-23	Th	2:00 PM-3:00 PM
#198038	Mar 2-30	Th	2:00 PM-3:00 PM
#198039	Apr 6-27	Th	2:00 PM-3:00 PM

T'AI CHI FOR ACTIVE ADULTS

T'ai chi is an ancient form of movement that promotes health and improves coordination, balance and mental focus through a series of low-impact, slow-motion exercises that can be adapted for any fitness level. Exercising the mind and body together increases self-confidence and mindfulness and creates better balance physically and mentally.

T'ai chi can also help reduce effects of many chronic conditions.

Instructor: Rita Shaloiko

Anne Gordon Center for Active Adults

Course Fee: \$8

Beginner Sun Style

#198846	Jan 9-30	M	1:00 PM-1:45 PM
#198847	Feb 6-27	M	1:00 PM-1:45 PM
#198848	Mar 6-27	M	1:00 PM-1:45 PM
#198849	Apr 3-24	M	1:00 PM-1:45 PM
#198842	Jan 5-26	Th	1:30 PM-2:15 PM
#198843	Feb 2-23	Th	1:30 PM-2:15 PM
#198844	Mar 2-30	Th	1:30 PM-2:15 PM
#198845	Apr 6-27	Th	1:30 PM-2:15 PM

Intermediate Sun

#198858	Jan 9-30	M	2:00 PM-2:45 PM
#198859	Feb 6-27	M	2:00 PM-2:45 PM
#198860	Mar 6-27	M	2:00 PM-2:45 PM
#198861	Apr 3-24	M	2:00 PM-2:45 PM
#198854	Jan 5-26	Th	2:30 PM-3:15 PM

#198855	Feb 2-23	Th	2:30 PM-3:15 PM
#198856	Mar 2-30	Th	2:30 PM-3:15 PM
#198857	Apr 6-27	Th	2:30 PM-3:15 PM
<i>Advanced Sun</i>			
#198850	Jan 9-30	M	3:00 PM-3:45 PM
#198851	Feb 6-27	M	3:00 PM-3:45 PM
#198852	Mar 6-27	M	3:00 PM-3:45 PM
#198853	Apr 3-24	M	3:00 PM-3:45 PM
<i>Advanced Various Styles</i>			
#198862	Jan 5-26	Th	12:45 PM-1:30 PM
#198863	Feb 2-23	Th	12:45 PM-1:30 PM
#198864	Mar 2-30	Th	12:45 PM-1:30 PM
#198865	Apr 6-27	Th	12:45 PM-1:30 PM

TOTAL BODY CONDITIONING

This class will strengthen your mind and body! Improve your quality of life by building strength and balance, which are essential to maintaining physical independence. Instructor: Jane Stenhouse.

Five Points Center for Active Adults			Course Fee: \$8
#198040	Jan 3-31	Tu	1:00 PM-2:00 PM
#198041	Feb 7-28	Tu	1:00 PM-2:00 PM
#198042	Mar 7-28	Tu	1:00 PM-2:00 PM
#198043	Apr 4-25	Tu	1:00 PM-2:00 PM
#198044	Jan 5-26	Th	1:00 PM-2:00 PM
#198045	Feb 2-23	Th	1:00 PM-2:00 PM
#198046	Mar 2-30	Th	1:00 PM-2:00 PM
#198047	Apr 6-27	Th	1:00 PM-2:00 PM

TOTAL BODY TONING

Weight-bearing exercise is especially important as we age. This intermediate level class incorporates hand weights, resistance tubing and our own body weight to provide resistance, build strength and improve flexibility of the joints. Instructor: Sandy Stanton.

Five Points Center for Active Adults			Course Fee: \$8
#198048	Jan 4-25	W	11:30 AM-12:30 PM
#198049	Feb 1-22	W	11:30 AM-12:30 PM
#198050	Mar 1-29	W	11:30 AM-12:30 PM
#198051	Apr 5-26	W	11:30 AM-12:30 PM
#198052	Jan 6-27	F	11:30 AM-12:30 PM
#198053	Feb 3-24	F	11:30 AM-12:30 PM
#198054	Mar 3-24	F	11:30 AM-12:30 PM
#198055	Apr 7-May 5	F	11:30 AM-12:30 PM

YOGA - CHAIR YOGA

This beginning 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			Course Fee: \$8
<i>Instructor: Mary Flournoy</i>			
#198068	Jan 9-30	M	9:15 AM-10:15 AM
#198069	Feb 6-27	M	9:15 AM-10:15 AM
#198070	Mar 6-27	M	9:15 AM-10:15 AM
#198071	Apr 3-24	M	9:15 AM-10:15 AM
#198064	Jan 5-26	Th	10:30 AM-11:30 AM
#198065	Feb 2-23	Th	10:30 AM-11:30 AM
#198066	Mar 2-30	Th	10:30 AM-11:30 AM
#198067	Apr 6-27	Th	10:30 AM-11:30 AM
#198072	Jan 5-26	Th	11:30 AM-12:30 PM
#198073	Feb 2-23	Th	11:30 AM-12:30 PM
#198074	Mar 2-30	Th	11:30 AM-12:30 PM
#198075	Apr 6-27	Th	11:30 AM-12:30 PM

Five Points Center for Active Adults

Five Points Center for Active Adults			Course Fee: \$8
<i>Instructor: Rose Parli</i>			
#198056	Jan 3-31	Tu	11:30 AM-12:45 PM
#198057	Feb 7-28	Tu	11:30 AM-12:45 PM
#198058	Mar 7-28	Tu	11:30 AM-12:45 PM
#198059	Apr 4-25	Tu	11:30 AM-12:30 PM
#198060	Jan 5-26	Th	11:30 AM-12:45 PM
#198061	Feb 2-23	Th	11:30 AM-12:45 PM
#198062	Mar 2-30	Th	11:30 AM-12:45 PM
#198063	Apr 6-27	Th	11:30 AM-12:45 PM

Walnut Terrace Neighborhood Center

Walnut Terrace Neighborhood Center			Course Fee: \$0
<i>Instructor: Dana Kincaid</i>			
#198076	Jan 4-25	W	9:00 AM-9:45 AM
#198077	Feb 1-22	W	9:00 AM-9:45 AM
#198078	Mar 1-29	W	9:00 AM-9:45 AM
#198079	Apr 5-26	W	9:00 AM-9:45 AM

YOGA: VINYASA YOGA FLOW

Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class will open with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat or towel. Instructor: Elka Harabin.

Five Points Center for Active Adults			Course Fee: \$8
#198104	Jan 10-31	Tu	3:00 PM-4:00 PM
#198105	Feb 7-28	Tu	3:00 PM-4:00 PM
#198106	Mar 7-Apr 4	Tu	3:00 PM-4:00 PM
#198107	Apr 11-May 2	Tu	3:00 PM-4:00 PM



FITNESS CLASSES

YOGA-GENTLE YOGA FOR BEGINNERS

This gentle approach to yoga is structured to accommodate students of all levels and physical abilities. The yoga poses and exercises will be done standing, sitting in a chair, leaning against the wall for support and using a floor mat. Each class incorporates yoga breathing exercises to help improve lung capacity and focus and a period of deep relaxation or meditation. This is a beginner level class.

Anne Gordon Center for Active Adults Course Fee: \$8

Instructor: Mary Flournoy

#198092	Jan 9-30	M	10:30 AM-11:30 AM
#198093	Feb 6-27	M	10:30 AM-11:30 AM
#198094	Mar 6-27	M	10:30 AM-11:30 AM
#198095	Apr 3-24	M	10:30 AM-11:30 AM
#198096	Jan 4-25	W	3:30 PM-4:30 PM
#198097	Feb 1-22	W	3:30 PM-4:30 PM
#198098	Mar 1-29	W	3:30 PM-4:30 PM
#198099	Apr 5-26	W	3:30 PM-4:30 PM
#198100	Jan 5-26	Th	9:15 AM-10:15 AM
#198101	Feb 2-23	Th	9:15 AM-10:15 AM
#198102	Mar 2-30	Th	9:15 AM-10:15 AM
#198103	Apr 6-27	Th	9:15 AM-10:15 AM

Five Points Center for Active Adults Course Fee: \$8

Instructor: Elka Harabin

#198084	Jan 9-30	M	3:15 PM-4:15 PM
#198085	Feb 6-27	M	3:15 PM-4:15 PM
#198086	Mar 6-27	M	3:15 PM-4:15 PM
#198087	Apr 3-24	M	3:15 PM-4:15 PM
#198088	Jan 4-25	W	3:15 PM-4:15 PM
#198089	Feb 1-22	W	3:15 PM-4:15 PM
#198090	Mar 1-29	W	3:15 PM-4:15 PM
#198091	Apr 5-26	W	3:15 PM-4:15 PM

Tarboro Road Community Center Course Fee: \$0

Instructor: Dana Kincaid

#198080	Jan 4-27	W, F	11:00 AM-11:45 AM
#198081	Feb 1-24	W, F	11:00 AM-11:45 AM
#198082	Mar 1-31	W, F	11:00 AM-11:45 AM
#198083	Apr 5-28	W, F	11:00 AM-11:45 AM

ZUMBA® - GOLD

Golden Zumba® is known for zesty Latin and international music, easy-to-follow moves and an invigorating party-like atmosphere! This dance-fitness class feels friendly and, most of all, it's fun! This is an intermediate level class.

Anne Gordon Center for Active Adults Course Fee: \$8

Instructor: Maria Bolanz

#198116	Jan 3-31	Tu	9:15 AM-10:00 AM
#198117	Feb 7-28	Tu	9:15 AM-10:00 AM
#198118	Mar 7-28	Tu	9:15 AM-10:00 AM
#198119	Apr 4-25	Tu	9:15 AM-10:00 AM
#198120	Jan 5-26	Th	1:00 PM-1:45 PM
#198121	Feb 2-23	Th	1:00 PM-1:45 PM
#198122	Mar 2-30	Th	1:00 PM-1:45 PM
#198123	Apr 6-27	Th	1:00 PM-1:45 PM

Five Points Center for Active Adults Course Fee: \$8

Instructor: Sandy Stanton

#198108	Jan 3-31	Tu	12:00 PM-12:45 PM
#198109	Feb 7-28	Tu	12:00 PM-12:45 PM
#198110	Mar 7-28	Tu	12:00 PM-12:45 PM
#198111	Apr 4-25	Tu	12:00 PM-12:45 PM
#198112	Jan 6-27	F	12:30 PM-1:15 PM
#198113	Feb 3-24	F	12:30 PM-1:15 PM
#198114	Mar 3-31	F	12:30 PM-1:15 PM
#198115	Apr 7-28	F	12:30 PM-1:15 PM

ZUMBA GOLD® CHAIR

Zumba Gold® Chair seated classes are offered for those; with limited mobility, recovering from injuries, getting back to exercising again, or for any other reason someone may not feel ready to participate in a standing class. Come exercise to the beat of fun dance music. Benefits are: helping with posture, muscle strength, endurance, balance, flexibility, range of motion, mental awareness and overall an increased ability to accomplish day-to-day activities.

Anne Gordon Center for Active Adults Course Fee: \$8

#203247	Jan 10-31	Tu	1:00 PM-1:45 PM
#203248	Feb 7-28	Tu	1:00 PM-1:45 PM
#203249	Mar 7-28	Tu	1:00 PM-1:45 PM
#203250	Apr 4-25	Tu	1:00 PM-1:45 PM

The Adult Program classes are developed to meet the needs of adults age 50 and better, however an adult of any age may register for these programs.

SOCIAL CLASSES

ADULT PROGRAM SOUTHEAST RALEIGH OPEN HOUSE

Join us for an afternoon of fun-filled activities and see what new adult programs are available in the Southeast Raleigh area. This is an excellent opportunity to meet instructors, ask questions and register for programs. Instructors will offer demonstrations. Light refreshments will be provided. For more information, call Chavis Community Center at 919-831-6989.

Chavis Community Center Course Fee: \$0
 #199963 Feb 22 W 11:00 AM-1:00 PM

BINGO

This is not your typical bingo! We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All. Cost is \$1 for three cards or 50 cents per card.

Anne Gordon Center for Active Adults Course Fee: \$0
 #198870 Jan 6-Apr 28 F 9:30 AM-12:00 PM

BOARD GAMES & BUDDIES

Bring your buddies and come on by to enjoy a morning full of games. We will have a variety of different board games or you can bring your favorite!

Walnut Terrace Neighborhood Center Course Fee: \$0
 #201776 Jan 6-Apr 28 F 10:00 AM-12:00 PM

BRIDGE FOR ACTIVE ADULTS - OPEN PLAY

Join other bridge players for this open play program. All experience levels are welcome.

Five Points Center for Active Adults Course Fee: \$0
 #197694 Jan 4-Apr 26 W 9:30 AM-12:30 PM
 #197695 Jan 5-Apr 27 Th 10:00 AM-12:00 PM
 #197696 Jan 6-Apr 28 F 12:30 PM-3:00 PM

CARDS AND MAH JONGG OPEN PLAY

Want to play bridge, canasta, poker, mah jongg or more with your friends? Have you not played in a while and want to freshen up your skills? This is an open play time for all. Bring your supplies or use ours.

Anne Gordon Center for Active Adults Course Fee: \$0
 #198871 Jan 6-Apr 28 F 12:30 PM-4:00 PM
 #198872 Jan 3-Apr 25 Tu 12:30 PM-4:00 PM
 #198873 Jan 4-Apr 26 W 1:00 PM-3:00 PM
Walnut Terrace Neighborhood Center Course Fee: \$0
 #201777 Jan 5-Apr 13 Th 1:00 PM-4:00 PM

INTERMEDIATE BRIDGE AND GAME DAY

Join your fellow game players for intermediate bridge, canasta, dominoes and board games. Bring your own games to share with the group if you wish.

Five Points Center for Active Adults Course Fee: \$0
 #197761 Jan 9-Apr 24 M 1:00 PM-4:00 PM

MAH JONGG

Mah jongg is a tile game that can be traced back to the 1800s. A growing number of people are realizing the intellectual challenge mah jongg poses and the beauty and excitement of the game itself.

Five Points Center for Active Adults Course Fee: \$0
 #197785 Jan 5-Apr 27 Th 2:00 PM-4:00 PM
Greystone Community Center Course Fee: \$0
 #197786 Jan 9-Apr 24 M 2:00 PM-4:00 PM

MEN'S MONDAY MORNINGS

Men, are you looking for a place to hang out, play some games and socialize that is for guys only? Men's Monday 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 possibilities. Or just pop in for a visit.

Anne Gordon Center for Active Adults Course fee: \$0
 #198875 Jan 9-Apr 24 M 9:00 AM-12:00 PM

MONDAY MATINEE

Join us for on the second and fourth Monday of each month for a fun filled movie matinee! From new releases to the old classics, there will be something for everyone. Light refreshments provided. Call 919-996-6160 for the complete schedule of upcoming films. Pre-registration is required.

Walnut Terrace Neighborhood Center Course Fee: \$0
 #201812 Jan 9-Apr 24 M 1:30 PM-4:00 PM



SOCIAL CLASSES

READ AND GO

Are you an avid reader? Do you like to travel? The Read and Go series combines the better of these two activities. Participants will read a select group of fiction and nonfiction books based on North Carolina locations and then travel to these sites to explore the areas the books are based upon. Registering will put your name and contact information on the list to receive the Read and Go book discussions and trip information throughout the year.

#196594	Ongoing Mailing List to receive R&G Trip Fliers		
Anne Gordon Center for Active Adults		Course Fee: \$0	
#203257	Feb 27th	Three Minutes to Midnight	
#203258	March 27th	Moving Midway (documentary)	
#203259	April 24th	The Last Treasure	

READ AND WATCH

Enjoy reading and watching movies? We have selected authors who have had movies created based on their books. Read the book, have a book discussion then watch the movie that is based on the book. Due

to the popularity of this program, pre-registration is required. Find the Read and Watch list on the web at www.raleighnc.gov Keyword search: Adult Program or call us at 919-996-4720.

Anne Gordon Center for Active Adults		Course Fee: \$0	
	<i>Where'd You Go Bernadette</i> by Maria Semple		
#203262	Jan 23	M	1:00 PM-3:30 PM

WEDNESDAY MOVIES

Join your friends to enjoy a recently released movie or a popular classic from the silver screen. Bring your own popcorn, snacks, and drinks. We have a microwave available for your use and the drink and candy machines cost \$1 each. The Movies are free. You will be asked to sign-in upon arrival.

Anne Gordon Center for Active Adults		Free	
#203263	Jan 4-Apr 26	W	1:30 PM-4:00 PM

SPORTS CLASSES

PICKLEBALL OPEN PLAY

Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Five Points Center for Active Adults		Course Fee: \$0	
#197807	Jan4-April 28	W	12:30 PM-3:00 PM
		F	2:00 PM-5:30 PM

PICKLEBALL WORKSHOPS

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Experienced volunteer pickleball players are offering free workshops to players of all levels.

From beginners: new or minimal knowledge of the game and rules to intermediate player: consistency in their serves, and returns with the ability to direct the ball.

Five Points Center for Active Adults			
#203254	Jan 6-Apr 28	F	9:00 AM-10:00 AM
#203255	Jan 6-Apr 28	F	10:30 AM-11:30 AM
#203256	Jan 6-Apr 28	F	12:00 PM-1:00 PM

TABLE TENNIS FREE PLAY

Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults		Course Fee: \$0	
#198027	Jan 9-Apr 24	M	1:00 PM-3:00 PM

GOLDEN YEARS CLUB

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, speakers, and luncheons. Please contact the club liaison for more information.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11am
Velma (919) 847-0775

Brier Creek Senior Club

Brier Creek Comm. Center
Tuesdays, 10am
Gladys (631) 839-8602

Caraleigh Club

Caraleigh Comm. Clubhouse
Tuesdays, 10am
Brenda 919-604-3949

Carolina Pines Club

Carolina Pines Comm. Center
2nd Wednesday, 10:30am
Tonya (919) 831-6435

Circle of Friends

John Chavis Community Cen.
4th Wednesday, 11am
Denise (919) 831-6989

Fellowship Club

West Raleigh Presbyterian Ch
2nd/4th Tuesday, 10am
Melvin (919) 851-7900

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10am
Jane (919) 872-3006

First Cosmopolitan Club

First Cosmopolitan Baptist Ch
3rd Wednesday, 1pm
Gene (919) 266-1222

G.E.M.S.

Watts Chapel
Wednesday after the 1st/3rd
Sunday, 10:30am
Gaynelle (919) 851-0869

Go-Getters Club

Stonehenge Apts. Clubhouse
2nd/4th Thursday, 10am
Lauren (919) 612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11am
Carletta (919) 996-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Vallarie (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
Margie (919) 467-0572

Hedingham Hi-Milers

Willow Oak Clubhouse
2nd Tuesday, 10:00am
Lianne (919) 212-9191

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:30am
Judy (919) 834-3424

Lake Lynn Seniors

Lake Lynn Comm. Center
Tuesdays, 10am
Ellie (919) 365-5447

Lions Park Club

Lions Park Comm. Center
1st Wednesday, 10am
Christie (919) 831-6995

NRUMC—Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11am
Cletha (919) 847-5988

Parkview Manor

Parkview Manor Apartments
2nd Tuesday, 2:00pm
Juanita (919) 821-7728

Platinum Plus

Ralph Campbell Center
Wednesdays, 10:30am
Ricky (919) 250-2757

Pullen Park Club

Pullen Park Comm. Center
Wednesdays, 10am
Jane (919) 785-1245

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45am
Susan (919) 870-0557

Roberts Park SR Club

Roberts Park Comm. Cntr
Tuesdays, 11am
Sherri (919) 831-6830

Snappy Seniors

Marsh Creek Comm. Center
1st and 3rd Monday, 10am
Dorothy (704) 928-6613

St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish
2nd/4th Wednesday, 12noon
Kathy (919) 848-1557

St. Joseph's Seniors

St. Joseph's Catholic Church
1st Tuesday, 12pm
4th Thursday Dinner
Liz (919) 872-2917

Smiling Age Club

Biltmore Hills Comm. Center
Tuesdays, 10am
Kenny (919) 831-6895

The Trailblazers

Mt. Pleasant Baptist Church
2nd Tuesday 10:30 am
Lizzie (919)847-0831

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
Wed after the 2nd/4th Sun,
10:30am
Dee (919) 630-0320

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11am
Mary (919) 845-9626

Wakefield Villagers Club

Villages of Wakefield
2nd/4th Tuesday, 9am
Margaret (919) 556-9541

Worthdale Walkers Club

Worthdale Comm. Center
Thursdays, 11am
Carletta (919) 996-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10am
Brenda (919) 834-8170

This information is not to be used for solicitation purposes.

ADULT PROGRAM TRIPS

The Adult Program provides a variety of day and multi-day trips throughout the year. Trips are geared towards those 50 years and better; however trips are open to all adults, including those who do not live in Raleigh. Trip fliers and registration forms can be found on the website at www.raleighnc.gov, keyword search "Adult Programs" or by calling one of the Active Adult Centers. If you are interested receiving informational fliers on all trips, just ask the staff for an Adult Program Trip Brochure. This brochure offers a request form that allows you the opportunity to receive information on all of the trips you are interested in via email or mail once the trip details have been finalized and the individual trip flier is available.

ONE-DAY TRIPS

February - Louisburg College Pat Boone: Music and Memories
Pat Boone sings the hits and tells the stories of his fifty+ years in show business. This one-man autobiographical show is funny, entertaining as well as touching at times.

March - Clinton, NC – Sampson County History Museum Village
This village of 11 separate museum buildings hidden in the back yard of the "Big House" on a 2 acre grounds include a 70+ year old outhouse, a smokehouse, early 1900s restored gas pumps, and authentic millstones used back when corn was ground locally into meal. Explore the Bunting Log Cabin built around 1750 as it is one of the oldest structures in Eastern North Carolina to the Sports Hall of Fame, which is the newest structure added to the museum grounds.

April - Lake Jordan – Bald Eagle Boat Tour
Sit back and relax as the boat captain navigates the waters around Lake Jordan. Enjoy the views, site seeing and bird watching, where you will see bald eagle, heron, finches and other wild life.

June - Hurdle Mills, NC – Sunshine Lavender Farm Harvest Celebration
Enjoy the farm while the lavender blooms! Inhale the sweet fragrance, craft with fresh lavender, take a farm tour and learn how they plant, harvest, preserve and process the crop. Watch visiting artists paint and

sketch farm scenes, sample Vanilla Lavender ice cream and Very Berry Sorbet, purchase seedlings, and handmade lavender products.

July - Raleigh, NC - Craft Brewery Tours
Discover the local craft breweries and how they process their beer and what it takes to make each beers unique taste.

2017 MULTI-DAY TRIPS

Canyon Country May/June
Behold the breathtaking view of the vast Grand Canyon and wonders of the colors that fill Western National Parks. Delve into the Native American history and experience the hard work it took to preserve this amazing land.

Virginia Mountains July/August
Relax in the cooler Virginia Mountain reign as we explore the history and adventure this amazing area has to offer.

Winter Holidays in New Orleans December
Spend the holiday season in the "Jazz Capital of the World" filled with rich history, mouth-watering Cajun and Creole cuisine. Be amazed at the French Quarters as it is dressed up in its holiday lights and filled with sound of music.

ADDITIONAL RESOURCES

RESOURCES FOR SENIORS

Susan McGuire
Email: raleighsc@rfsnc.org
(919) 996-4738
www.resourcesforseniors.com

Resources for Seniors has an Information and Referral Specialist housed at the Five Points Center for Active Adults and is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults.

MEALS ON WHEELS

(919) 996-4739, www.wakemow.org

The Five Points Center for Active Adults is a Meals on Wheels Congregate Lunch site. The congregat lunch program serves anyone who is 60 or older and can get to the Active Adult Center. You must call first for a reservation and complete an application upon arrival.



parks.raleighnc.gov