February 2019 Five Points Center For Active Adults

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00-3:00 Pickleball Workshop 10:00-12:00 First Friday Club
4 10:00-1:00 Acrylic Painting 2:00-5:00 Oil Painting: Advanced 3:30-5:00 Questions Across the Spectrum 6:00-7:00 Finance: Veterans Aid/Benefits 6:30-7:30 Immersion in Spanish I	5 9:30-10:15 BP & Weight Screenings 10:00-11:30 Computer Basics 1 10:15-11:15 Health Talks w/ Dr Baldwin 1:00-2:00 Finance: Estate Planning 1:00-3:00 Paint, Spatter, and Scrape 2:00-3:30 Cutting the Cable Cord 2:00-5:00 Drawing from History 2:15-3:15 Project PrePlan	6 1:00-3:00 Expressing Loss Through Art	7 10:00-11:30 iPhone 2: Basic Set Up & Use 10:00-12:00 Painting: Mixed Media 10:30-12:00 French Part 4 1:00-3:00 Understanding the Low FODMAP Diet 2:00-3:30 Apple Laptop Basics I 6:30-7:30 Immersion in Spanish I	8
11 10:00-1:00 Acrylic Painting 2:00-5:00 Oil Painting: Advanced 2:00-5:00 Healing Yourself 3:30-5:30 Readers' Theatre	12 10:00-12:00 Finance: Medicare 101 10:00-11:30 Computer Basics 1 1:00-3:00 Paint, Spatter, and Scrape 2:00-3:30 Cutting the Cable Cord 2:00-5:00 Drawing from History	13 10:00-11:00 Young at Heart Club 2:00-5:00 Color Theory	14 10:00-11:30 Computer Basics II 10:00-12:00 Painting: Mixed Media 10:30 –12:00 French Part 4 12:30-2:00 Exploring Hawai'I 1:00-3:00 Nutrition: Carbohydrates 2:00-3:30 GIMP Photo Editing 2 2:00-3:00 Health Topic: Heart Disease	15 9:00-3:00 Pickleball Workshop
18 10:00-1:00 Acrylic Painting 2:00-3:45 1:1 Grief Counseling/Caregiver Support 2:00-5:00 Oil Painting: Advanced 2:00-5:00 Healing Yourself 3:30-5:00 Questions Across the Spectrum 6:30-7:30 Immersion in Spanish II	19 10:00-12:00 Gmail Basics 1 1:00-2:00 Important Legal Documents 2:00-3:30 Amazon Alexa Basics 1 2:00-5:00 Drawing from History	20 2:00-5:00 Color Theory	21 10:00-11:30 Computer Basics II 10:00-12:00 Painting: Mixed Media 10:30 –12:00 French Part 4 2:00-3:30 GIMP Photo Editing 2 6:30-7:30 Immersion in Spanish II	22 9:00-3:00 Pickleball Workshop 1:30– 3:00 Parkinson's Disease Dialogue
25 10:00-1:00 Acrylic Painting 2:00-5:00 Essential Oils: Healing Yourself 2:00-5:00 Oil Painting: Advanced 3:30-5:30 Readers' Theatre 6:30-7:30 Immersion in Spanish II	26 10:00-12:00 Microsoft Word Basics 1 1:00-2:00 Social Security Strategies 2:00-5:00 Drawing from History 3:00-5:00 Pinterest Basics 1	27 10:00-11:00 Young at Heart Club 2:00-5:00 Color Theory	28 10:00-12:00 Time Machine: Apple Computer Back Up 10:30 –12:00 French Part 4 2:00-4:00 Electronic Coupons 6:30-7:30 Immersion in Spanish II	

February 2019 Weekly Classes

Monday		Tuesday		Wednesday		Thursday		Friday	
9:00-9:00	Fitness Room	9:00-6:00	Fitness Room	9:00-6:00	Fitness Room	9:00-9:00	Fitness Room	9:00-6:00	Fitness Room
9:15– 10:00	Pilates $	9:00-6:00	Triangle Portrait Artists $	9:15– 10:00	Workout w/ Weights$	9:15-10:00	Balance Fitness $	9:15-10:00	Qi Gong $
9:30-10:15	Ageless Grace $	9:15-10:00	Qi Gong $	9:15-10:00	Cardio Sculpt $	9:30-10:00	AIM Fitness	11:30-12:30	Pilates $
10:00-11:30	Craft Group	9:15-10:00	Bootcamp $	9:30-12:00	Ceramics	10:00-11:30	Craft Group	1:00-1:45	Zumba $
10:30-11:30	Beg. Tai Chi $	9:30-10:00	AIM Fitness	10:00-11:30	Craft Group	10:00-12:00	Bridge	12:30-3:00	Bridge
10:30-1:30	Acrylic Painting $	10:00-11:30	Craft Group	10:15-11:00	Cardio Sculpt $	10:15-1100	Cardio Sculpt $	12:30-3:30	Mah Jongg Open Play
11:30-12:30	Inter. Tai Chi $	10:15-11:00	Cardio Sculpt $	10:15-11:15	Pilates $	11:15-12:00	Balance Fitness $	2:00- 3:30	Line Dance Open Studio
12:15-1:00	AIM Fitness $	10:15-11:00	Balance Fitness $	11:15– 12:00	Pilates $	11:30-12:45	Chair Yoga $	3:00-5:30	Pickleball Open Play
1:00-2:00	Beg. Line Dance	11:00-11:45	Dance Xross Fitness $	11:15– 12:00	Cardio Sculpt $	12:00-12:45	Men's Strength & Cond.		
1:00-4:00	Bridge & Games	11:30-12:45	Chair Yoga $	12:00-12:45	Adult Tap $	12:00-1:00	Pilates $		
1:30-2:15	Drumming For Fitness $	12:00-12:45	Zumba $	12:00-12:45	Gentle Stretch $	1:00-1:45	Total Body $		
2:00-3:00	Inter. Line Dance	1:00-1:45	Total Body $	1:00—5:30	Art Open Studio	1:00-1:45	Silver Cardio $		
2:00-3:00	Gentle Yoga $	2:00-2:45	Men's Strength & Cond. $	1:00-2:00	Beg. Line Dance	1:30-3:30	Table Tennis		
3:15-4:15	Gentle Yoga $	3:00-4:00	Vinyasa Yoga $	2:00-4:00	Bluegrass Jam	1:30-4:30	SHIIP Appointments		
5:30-6:30	Pilates $	3:00-5:45	Pickleball Open Play	1:15– 2:00	Bootcamp $	2:00-4:00	Mah Jongg		
6:30–7:15	Total Body $	3:15– 4:00	Boxing for Fitness $	1:30-4:30	SHIIP Appointments	2:00-4:00	Cribbage		
				2:00-3:00	Inter. Line Dance	5:45-6:30	Total Body $		
				2:15-3:00	Balance Fitness $	6:15-7:15	Vinyasa Yoga $		
				3:15-4:15	Gentle Yoga $	6:45-7:30	Balance Fitness $		

****Classes and times are subject to change. Please confirm with staff when registering or call us at 919-996-4730****