September 2019

Five Points Center for Active Adults 919-996-4730
2000 Noble Rd, Raleigh 27608

Weekly Classes

Monday		Tuesday		Wednesday		Thursday		Friday	
9:15– 10:00	Pilates $	9:00-1:00	Triangle Portrait Artists $	9:15–10:00	Workout with Weights$	9:15-10:00	Balance Fitness $	9:15-10:00	Qi Gong $
9:30-10:15	Ageless Grace $	9:15-10:00	Bootcamp $	9:15-10:00	Cardio Sculpt $	9:15-12:15	Open Art Studio	10:15-11:15	AIM Fitness $
9:30-10:15	Cardio Sculpt $	9:15-10:00	Qi Gong $	9:30-12:00	Ceramics	9:30-10:00	AIM Fitness	11:30-12:30	Pilates $
10:00-11:30	Craft Group	10:00-11:30	Craft Group	10:00-11:30	Craft Group	10:00-11:30	Craft Group	12:00-3:30	Mahjong
10:30-11:30	Beg. Tai Chi Ch $	10:15-11:00	Balance Fitness $	10:15-11:15	Pilates $	10:00-12:00	Bridge Open Play	12:30-3:00	Bridge Open Play
11:15-12:15	Joyful Chorus– *Harmony Group*	10:15-11:00	Cardio Sculpt $	10:15-11:00	Cardio Sculpt $	10:15-1100	Cardio Sculpt $	1:00-1:45	Cardio Dance $
11:30-12:30	Inter. Tai Chi $	11:00-11:45	Dance Xross Fitness $	11:15-1200	Cardio Sculpt $	11:15-12:00	Balance Fitness $	2:00- 3:30	Line Dance Open Studio
12:15-1:00	AIM Fitness $	11:30-12:45	Chair Yoga $	11:15– 12:00	Pilates $	11:30-12:45	Chair Yoga $	3:15-5:45	Pickleball Open Play *(Will begin at 1:30pm on 9/6/19)*
12:15-1:16	Joyful Chorus	12:00-12:45	Boxing for Fitness $	12:00– 1:00	AIM Fitness $	12:00-12:45	Men's Strength & Conditioning		
1:00-2:00	Beg. Line Dance	12:00-12:45	Zumba $	12:00-12:45	Gentle Stretch $	12:00-1:00	Pilates $		
1:00-4:00	Bridge & Games	1:00-1:45	Total Body $	12:00-12:45	Adult Tap $	1:00-1:45	Silver Cardio $		
2:00-3:00	Inter. Line Dance	1:30-4:30	SHIIP Counseling	12:00-12:45	Gentle Yoga $	1:00-1:45	Total Body $		
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 Open Play		
3:15-4:15	Gentle Yoga $	3:00-5:45	Pickleball Open Play	1:15– 2:00	Bootcamp $	1:30-4:30	SHIIP Appointments		
5:30-6:30	Pilates $	3:15-4:15	Vinyasa Yoga $	1:30-4:30	SHIIP Appointments	2:00-2:45	Shibashi $		
6:30–7:15	Cardio Sculpt $			2:00-3:00	Inter. Line Dance	2:00-4:00	Cribbage & Mahjong		
7:30-8:15	Zumba Gold $			2:00-4:00	Bluegrass Jam	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 $		
				4:30-5:15	Shibashi $				

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

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Monday	Tuesday	Wednesday	Thursday	Friday
2 **CLOSED** *Labor Day*	3 10:00-11:30 Amazon Basics 1 2:00-4:00 App Based Delivery-UBER & LYFT 4:00-5:45 Readers' Theatre	4	5 10:00-11:30 Cutting the Cord 10:30-12:00 French 2:00-4:00 Electronic Coupons	6 9:30-12:30 Painting: Advanced
9 3:30-5:30 Readers' Theatre 4:00-6:00 Drawing: Beginning Drawing	10 10:00-11:30 GIMP Photo Editing Basics 1 1:00-2:00 Basics of Estate Planning 1:00-3:00 Painting Collage Whimsical Houses 3:30-5:30 Acrylic & Oil Painting	11 10:00-12:00 Young at Heart Club 2:00-4:00 Writing as a Meditative Practice	12 10:00-11:30 Cutting the Cord 10:30-12:00 French	13 9:00-3:15 Pickleball Workshop 9:30-12:30 Painting: Advanced
16 2:00-4:00 1:1 Grief Counseling/ Caregiver Support *(by appt only)* 3:30– 5:00 Questions Across the Spectrum Discussion Group	17 10:00-11:30 GIMP Photo Editing Basics 1 1:00-3:00 Painting Collage Whimsical Houses 2:00-4:00 iCloud Basics for iPhone/iPad 3:30-5:30 Acrylic & Oil Painting	18 2:00-4:00 Medicare 101	19 10:00-11:30 iPhone Basics 1 10:30-12:00 French 2:00-4:00 Microsoft Word Basics 1 6:15-8:45 Drawing: Beginning Drawing	20 9:00-3:15 Pickleball Workshop 9:30-12:30 Painting: Advanced
23 1:30-4:30 Oil Paining: Advanced 3:30-5:30 Readers' Theatre 4:00-6:00 Drawing: Beginning Drawing 6:00-7:00 Understanding Beneficiary Designations 6:30-7:30 Spanish: Basic Spanish	24 10:00-12:00 Pinterest Basics 1 10:15-11:15 Healthy Aging 1:00-3:00 Understanding Low-FODMAP Diet 2:00-3:30 Computer Basics 2 3:30-5:30 Acrylic & Oil Painting	25 10:00-12:00 Young at Heart Club 1:00-2:00 Planning for Medicaid 1:00-4:00 Drawing: Intro to Drawing 2:00-4:00 Writing as a Meditative Practice	26 10:00-11:30 iPhone Basics 1 10:30-12:00 French 1:00-2:00 Computer Purchasing Tips 6:15-8:45 Drawing: Beginning Drawing	27 9:00-3:15 Pickleball Workshop 9:30-12:30 Painting: Advanced 10:00-11:00 Share Your Story 1:30-3:00 Parkinson's Disease Dialogue
30 9:30-12:30 Acrylic Painting 1:30-4:30 Oil Paining: Advanced 4:00-6:00 Drawing: Beginning Drawing 6:00-7:00 Solo & Savvy 6:30-7:30 Spanish: Basic Spanish				