June 2018

Five Points Center For Active Adults

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30-12:30 Painting: Advanced $ 10:00-12:00 First Friday Club
4 2:00-5:00 Oil Painting: Advanced $ 2:00-5:00 Drawing for Beginners $ 3:30-5:00 Questions Across the Spectrum Discussion Group 6:00-7:00 Health Topic: Stress 6:00-8:30 Drawing for Beginners $ 6:00-7:00 Stress Less at Home 6:15-8:45 Painting: Advanced $	**5** 9:00– 1200 Triangle Portrait Artists $ 9:30-10:15 BP & Weight Screenings 10:15-11:15 Health Talks, Vinegar 1:00-2:00 Spanish: Level I $ 1:00-2:30 Lunch & Learn 1:00-3:00 Painting with Drips & Splatters $ 2:00-5:00 Drawing for Beginners $ 3:00-4:00 Finance: Understanding Veterans' Aid Benefits	**6** 1:00-4:30 SHIIP	**7** 10:00-12:00 Mixed Media $ 1:00-2:00 Spanish: Level I 1:30-4:30 SHIIP 4:00-5:45 Drawing: Beginner $ 4:15-5:15 Music Therapy for Parkinson's Disease 6:15-8:45 Painting: Beginner Watercolor $	**8** 9:00-1:00 Pickleball Workshop 9:30-12:30 Painting: Advanced $
11 2:00-5:00 Oil Painting: Advanced $ 2:00-5:00 Drawing for Beginners $ 3:30-5:30 Readers' Theatre 6:00-8:30 Drawing for Beginners $ 6:00-7:00 Five Wishes 6:15-8:45 Painting: Advanced $	**12** 9:00– 1200 Triangle Portrait Artists $ 1:00-3:00 Painting with Drips & Splatters $ 1:00-3:00 Finance: Medicare 101 2:00-5:00 Drawing for Beginners $	**13** 10:00-12:00 Young at Heart Club 1:00-4:30 SHIIP 2:00-4:00 Writing Your Spiritual Biography Part II	**14** 10:30-12:00 French Level 1 $ 4:00-5:45 Drawing: Beginner $ 4:15-5:15 Music Therapy for Parkinson's Disease 6:15-8:45 Painting: Beginner Watercolor $	**15** 9:00-1:00 Pickleball Workshop 9:30-12:30 Painting: Advanced $
18 9:30-10:15 BP & Weight Screenings 2:00-5:00 Oil Painting: Advanced $ 3:30-5:00 Questions Across the Spectrum Discussion Group 6:00-8:30 Drawing for Beginners $ 6:15-8:45 Painting: Advanced $	**19** 9:00– 1200 Triangle Portrait Artists $ 10:00-11:30 Google Applications Overview $ 10:30-11:30 Legal: Identity Theft 2:00-5:00 Drawing for Beginners $	**20** 1:30-4:30 SHIIP	**21** 10:00-12:00 iPad/iPhone Basics 1 $ 10:30-12:00 French Level 1 $ 1:30-4:30 SHIIP 6:15-8:45 Painting: Beginner Watercolor $	**22** 9:00-1:00 Pickleball Workshop
25 3:30-5:30 Readers' Theatre 6:00-7:00 Important Legal Documents 6:00-8:30 Drawing for Beginners $ 6:15-8:45 Painting: Advanced $	**26** 9:00– 1200 Triangle Portrait Artists $ 10:00-11:30 Google Applications Overview $ 2:00-5:00 Drawing for Beginners $	**27** 10:00-12:00 Young at Heart Club 1:30-4:30 SHIIP 2:00-4:00 Writing Your Spiritual Biography Part II	**28** 10:00-10:30 RFS: Who We Are & How We Can Help 10:30-12:00 French Level 1 $ 12:00-1:30 Yellowstone Nat'l Park Talk	**29** 9:00-1:00 Pickleball Workshop 1:30-3:00 Parkinson's Disease Dialogue

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

Five Points Center for Active Adults

June 2018 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 $	9:00-12:00 Triangle Portrait Artists	9:15-10:00 Total Body Conditioning $	9:15-10:00 Core, Balance & Stretch $	9:15-10:00 Qi Gong $
9:30-10:15 Ageless Grace $	9:15-10:00 Qi Gong $	9:15-10:00 Workout with weights	9:30-10:10 Benefitness	10:30-11:30 Pilates $
9:30-10:15 Cardio Sculpt $	9:15-10:00 Bootcamp $	9:30-12:30 Bridge	10:00-11:30 Craft Group	12:30-3:00 Bridge
10:00-11:30 Craft Group	9:30-10:10 Benefitness	9:30-12:00 Ceramics	10:00-12:00 Bridge	12:30-3:30 Mah Jong Open Play
10:30-11:30 Beg. Tai Chi $	10:00-11:30 Craft Group	10:00-11:30 Craft Group	10:15-1100 Cardio Sculpt $	1:00-1:45 Zumba $
10:30-11:15 60 Sec to Good Health $	10:15-11:00 Cardio Sculpt $	10:30-11:00 Cardio Sculpt $	10:30-11:15 Seniorcise $	2:00- 3:30 Line Dance Open Studio
11:00-12:00 Harmony Chorus	10:15-11:00 Balance & Strength $	10:30-11:30 Pilates $	11:15-12:00 Balance & Strength $	3:00- 5:45 Pickleball Open Play
11:30-12:30 Inter. Tai Chi $	10:30-11:15 Seniorcise $	11:15– 12:00 Cardio Sculpt $	11:30-12:45 Chair Yoga $	
12:00-1:00 Joyful Chorus	11:00-11:45 Dance Xross Fitness $	12:00-12:45 Gentle Stretch $	12:00-12:45 Men's Strength & Cond. $	
12:15-1:00 Seniorcise $	11:30-12:45 Chair Yoga $	12:00—1:00 Tap Dance $	12:00-1:00 Pilates $	
1:00-2:00 Beg. Line Dance	12:00-12:45 Zumba $	1:00-2:00 Beg. Line Dance	1:00-1:45 Total Body Conditioning $	
1:00-4:00 Bridge & Games	1:00-1:45 Total Body Conditioning $	1:00-5:00 Bluegrass Jam	1:00-1:45 Silver Cardio $	
1:30-2:15 Drumming For Fitness $	2:00-2:45 Men's Strength & Conditioning $	1:15-2:00 Bootcamp $	1:30-3:30 Table Tennis	
2:00-3:00 Inter. Line Dance	3:00-4:00 Vinyasa Yoga $	1:30-4:30 SHIIP Appointments	1:30-4:30 SHIIP Appointments	
2:00-3:00 Gentle Yoga $	3:00-5:45 Pickleball Open Play	2:00-3:00 Inter. Line Dance	2:00-4:00 Mah Jong Beginner/Open Play	
3:15-4:15 Gentle Yoga $	3:00—3:45 Boxing for Fitness $	2:15-3:00 Balance & Posture $	2:00-4:00 Cribbage	
5:30-6:30 Pilates $		3:15-4:15 Gentle Yoga $	5:45-6:30 Total Body Toning $	
6:45–7:30 Total Body Cond. $		4:30-5:15 Tai Chi Open Studio	6:15-7:15 Vinyasa Yoga $	
			6:45-7:30 Core, Balance, Stretch $	
			7:30-8:15 Group Mindfulness Practice	

*****Classes are subject to change or cancellation.***

Please confirm with staff at time of registration or by calling 919-996-4730**