September 2018

Five Points Center For Active Adults

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day **CLOSED**	4 9:30-10:15 BP Screenings 10:00-12:00 iPhone/iPad Basics I 10:15-11:15 Health Talks 1:00-3:00 Painting: Collaging Birds &	5 1:30-4:30 SHIIP	6 10:00-12:00 iPhone 2 Basic Set Up & Use 1:30-4:30 SHIIP 3:00-4:30 Amazon Alexa Basics I	7 9:00– 2:15 Pickleball Workshops 10:00-12:00 1st Friday Club
10 10:45-11:45 Sign Language 1:30-3:30 Poetry 2:00-5:00 Intro to Tarot & Astrology 2:00-5:00 Drawing: Fundamentals of Perspective 3:30-5:30 Readers' Theatre 6:00-8:30 Essential Oils: Self Healing	11 10:00-12:00 iPhone/iPad Basics 2 1:00-2:00 Estate Planning 1:00-3:00 Painting: Collaging Birds & Fantasy Houses 2:00– 5:00 Watercolor Through History 2:15-3:15 Planning for Medicaid	12 10:00-12:00 Young at Heart Club 2:00-4:00 Writing Your Spiritual Biography II	13 10:00-12:00 iPad Basics 3 10:30-12:00 French I 3:00-4:30 Amazon Alexa Basics I	14
17 10:00-12:00 Acrylic Painting w/Anna Podaris 10:45-11:45 Sign Language 1:30-3:30 Poetry 2:00-3:45 Grief Counseling & Caregiver Support 2:00-5:00 Intro to Tarot & Astrology 2:00-5:00 Drawing: Fundamentals of Perspective 3:30-5:00 Questions Across the Spectrum 6:00-8:30 Essential Oils: Self Healing	18 10:00-12:00 iCloud Basics for iPhone 1:00-2:00 Nutrition: Carbs 1:00-3:00 Medicare101 2:00– 5:00 Watercolor Through History	19 2:00-4:00 Writing Your Spiritual Biography II 2:30-5:00 Diabetes Self-Management	20 10:00-12:00 Intro to SIRI 10:30-12:00 French I 1:00-2:00 Nutrition: Carbs 1:30-4:30 SHIIP 2:00-4:30 Chronic Pain Self-Management 3:00-4:30 Apple Laptop Basics I	21
24 10:00-12:00 Acrylic Painting w/ Anna Podaris 10:45-11:45 Sign Language 1:30-3:30 Poetry 2:00-5:00 Intro to Tarot & Astrology 2:00-5:00 Drawing: Fundamentals of Perspective 2:00-3:45 Grief Counseling & Caregiver Support 3:30-5:30 Readers' Theatre 6:00-7:00 Spanish Level I 6:00-8:30 Essential Oils: Self Healing 6:30-7:30 Truth About Reverse Mortgages	25 9:30-12:30 Flu Shot 10:00-11:30 Computer Basics I 1:00-2:00 Nutrition: Fats 1:00-3:00 Lunch & Learn 2:00– 5:00 Watercolor Through History 3:00-4:00 Wealth Management Strategies for Women	26 10:00-12:00 Young at Heart Club 1:30-4:30 SHIIP 2:00-4:00 Writing Your Spiritual Biography II 2:30-5:00 Diabetes Self-Management	27 10:00-11:30 Google Applications Overview 10:30-12:00 French 1 1:00-2:00 Nutrition: Fats 2:00-4:30 Chronic Pain Self-Management 3:00-4:30 Apple Laptop Basics I 6:00-7:00 Spanish Level I	28

September 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 $	9:00-6:00	Triangle Portrait Artists $	9:15– 10:00	Workout w/ Weights$	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	Total Body Conditioning	10:00-11:30	Craft Group	10:15-11:00	Seniors in Motion $
9:30-10:15	Cardio Sculpt $	9:15-10:00	Bootcamp $	9:30-12:00	Ceramics	10:00-12:00	Bridge	10:30-11:30	Pilates $
10:00-11:30	Craft Group	10:00-11:30	Craft Group	10:00-11:30	Craft Group	10:15-1100	Cardio Sculpt $	1:00-1:45	Zumba $
10:30-11:30	Beg. Tai Chi $	10:15-11:00	Cardio Sculpt $	10:15-11:00	Cardio Sculpt $	11:15-12:00	Balance & Strength $	12:30-3:00	Bridge
10:30-1:30	Acrylic Painting $	10:15-11:00	Balance & Strength $	10:15-11:15	Pilates $	11:30-12:45	Chair Yoga $	12:30-3:30	Mah Jongg Open Play
10:30-11:15	60 Sec to Good Health $	11:00-11:45	Dance Xross Fitness $	11:15– 12:00	Pilates $ 2nd class	12:00-12:45	Men's Strength & Cond.	2:00- 3:30	Line Dance Open Studio
11:30-12:30	Inter. Tai Chi $	11:30-12:45	Chair Yoga $	11:15– 12:00	Cardio Sculpt $	12:00-1:00	Pilates $	3:00- 5:45	Pickleball Open Play
12:15-1:00	Seniorcise $	12:00-12:45	Zumba $	12:00-12:45	Gentle Stretch $	1:00-1:45	Total Body Cond. $		
1:00-2:00	Beg. Line Dance	1:00-1:45	Total Body Conditioning $	12:30-3:00	Acrylic Painting $	1:00-1:45	Silver Cardio $		
1:00-4:00	Bridge & Games	2:00-2:45	Men's Strength & Cond. $	1:00-2:00	Beg. Line Dance	1:30-3:30	Table Tennis		
1:30-2:15	Drumming For Fitness $	3:00-4:00	Vinyasa Yoga $	2:00-4:00	Bluegrass Jam	1:30-4:30	SHIIP Appointments		
2:00-3:00	Inter. Line Dance	3:00-5:45	Pickleball Open Play	1:15– 2:00	Bootcamp $	2:00-4:00	Mah Jongg		
2:00-3:00	Gentle Yoga $	3:15– 4:00	Boxing for Fitness $	1:30-4:30	SHIIP Appointments	2:00-4:00	Cribbage		
3:15-4:15	Gentle Yoga $			2:00-3:00	Inter. Line Dance	5:45-6:30	Total Body Toning $		
5:30-6:30	Pilates $			2:15-3:00	Balance & Posture $	6:15-7:15	Vinyasa Yoga $		
6:45–7:30	Total Body Conditioning $			3:15-4:15	Gentle Yoga $	6:45-7:30	Core, Balance, Stretch		
						7:30-8:15	Group Mindfulness Practice		

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