BRAND NEW!
Evening classes and free fitness room access at Five Points – see inside for details!
HOURS OF OPERATION
Monday - Friday, 9:00am - 6:00pm
* Five Points Center is open until 9:00 PM on Mondays and Thursdays.
The centers will be closed on May 28 and July 4.

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.

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 you registration and payment online.

One day Trips are available for online registration. Multi-day trips 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 2SL 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/
20TH CENTURY PAINTING
What happened to painting in the late 19th century? How and why did painting change so radically in the 20th century? In this overview, we use drawing and watercolor to explore some of the major players, groups, and movements in Europe and the U.S. after impressionism. Each lesson will have a slide-lecture, followed by a demo, then in-class and at-home drawing and watercolor assignments. We'll focus on a couple of paintings each week, using pencil, pen, marker and watercolor media. Materials are provided for first class with a list of recommended supplies and supplemental guides. Instructor: Suzanne McDermott.
Anne Gordon Center for Active Adults
Course Fee: $20
#219707 May 1-22 Tu 9:15 AM-12:15 PM
Five Points Center for Active Adults
Course Fee: $20
#219708 May 1-22 Tu 2:00 PM-5:00 PM

ACRYLIC PAINTING
This acrylic painting class offers students the opportunity to work at their own pace under the direction of the instructor. It is appropriate for students of all levels. Students will receive a list of materials to purchase on their own. Instructor: John Duzs.
Five Points Center for Active Adults
Course Fee: $75
#220316 May 7-Aug 27 M 10:30 AM-1:30 PM
#220317 May 2-Aug 29 W 12:30 PM-3:00 PM

BLUEGRASS JAM
Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen!
Five Points Center for Active Adults
Course Fee: $0
#220948 May 2-Aug 29 W 1:00 PM-5:00 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
#220994 May 2-Aug 29 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
#220999 May 1-Aug 30 M-Th 10:00 AM-11:30 AM

DRAWING: DRAWING FOR BEGINNERS
Make your mark. Lose your creative inhibitions and learn to appreciate your expression. No stress, no tests. Each week we’ll have exercises designed to help you progressively explore the world of drawing. No experience necessary (only curiosity and a willingness to try). All materials will be provided for first class with a recommended materials sheet for the rest of the session. Instructor: Suzanne McDermott
Anne Gordon Center for Active Adults
Course Fee: $35
#222211 Jun 5-Jul 10 Tu 9:15 AM-12:15 PM
Five Points Center for Active Adults
Course Fee: $35
#22217 Jun 4-Jul 9 M 6:00 PM-8:30 PM
#22212 Jun 5-Jul 10 Tu 2:00 PM-5:00 PM

DRAWING: THE FUNDAMENTALS OF PERSPECTIVE
This class will introduce one point, two point and aerial perspective to students who would like to create a sense of depth in their work. The subject matter will include geometric forms from still life studies, architectural structures and the theme of landscape. The materials used will include pencil, charcoal and wash with pen and ink. Students need not have prior experience in drawing as this course will help both beginning and advanced students who have an interest in improving their drawing skills. Emphasis will be on including a defined light source and the overall design of the page. Students will learn to shade the drawing to create volume and form in the final work. Instructor: Nancy Carty
Five Points Center for Active Adults
Course Fee: $45
#223926 Jul 16-Aug 20 M 2:00 PM-5:00 PM

JOYFUL CHORUS
Age: 18yrs. and up. 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
Joyfuls Chorus
#224033 May 7-Aug 27 M 12:15 PM-1:15 PM
Harmony Group
#224034 May 7-Aug 27 M 11:15 AM-12:15 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
#222309 May 8-Jun 26 Tu 2:00 PM-4:00 PM
#222310 Jul 10-Aug 28 Tu 2:00 PM-4:00 PM
#222311 May 10-Jun 28 Th 2:00 PM-4:00 PM
#222312 Jul 12-Aug 30 Th 2:00 PM-4:00 PM

ART PROGRAMS
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. For more information, please call 919-996-4720. Instructor: Martha Killian.

Anne Gordon Center for Active Adults
Course Fee: $15
#222316 May 7-Jul 16 M 1:00 PM-4:00 PM

READERS THEATRE
Readers Theatre is much like radio: The script is read (no memorizing) and the story comes alive through the words of the author and the tone, pitch and emotion of the actors' voices. Minimal props and costumes may be used to enhance the story but are not required. Scripts include formal published plays and readings from noted authors. No previous acting experience is required. Plays may be performed before an audience of family and friends. Meets 2nd and 4th Monday of the month.

Five Points Center for Active Adults
Course Fee: $0
#221217 May 14-Aug 27 2nd/4th M 3:30 PM-5:30 PM

TRIANGLE PORTRAIT ARTISTS
If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. This class is self-lead, there is no formal instructor. For oil painters use Gamsol solvent-free gel or liquid. No odorless or mineral spirits allowed in this group. A $5 cash model fee will be collected each class meeting. Note: See club officers at meeting for information on additional fees and dues.

Five Points Center for Active Adults
Course Fee: $13
#224192 June 5-Aug 28 T 9:00 AM-12:00 PM

WATERCOLOR: WATERCOLOR FOR BEGINNERS
Learn about color and how watercolor works. Progressive lessons provide practical understanding of pigment, water and paper while completing painting exercises. No experience necessary (only curiosity and a willingness to try). All materials will be provided for first class along with a recommended materials sheet for the rest of the session. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults
Course Fee: $35
#222213 Jul 17-Aug 21 Tu 9:15 AM-12:15 PM
#222214 Jul 17-Aug 21 Tu 2:00 PM-5:00 PM
#222218 Jul 16-Aug 20 M 6:00 PM-8:30 PM
COMPUTER CLASSES

COMPUTER BASICS 1
Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: 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 a GMAIL email account, sending and receiving messages, uploading and downloading attachments/photos. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults  
#223609  
Aug 16-23  
Th  
10:00 AM-11:30 AM

Five Points Center for Active Adults  
#224062  
Jul 11-18  
W  
10:00 AM-11:30 AM

COMPUTER BASICS 2
Prerequisite: ‘Computer Basics 1’ or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. 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 of functions. You will learn how to enter/edit text in Microsoft Word and to save retrieved data files. This class is intended for those who have some knowledge of using a computer, but may not be familiar with the Windows 10 operating system. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults  
#223610  
Jul 24-31  
Tu  
10:00 AM-11:30 AM

GOOGLE APPLICATIONS OVERVIEW
Prerequisite: ‘Computer Skills 1’ or equivalent. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Calendar, and others. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults  
#224050  
Jun 19-26  
Tu  
10:00 AM-11:30 AM

GOOGLE PHOTOS INTRO
Prerequisite: ‘Computer Basics 1’ or equivalent. Class will learn basic photo editing and photo sharing using the Google Photos app. This app can be used on most devices. Class will be using computers that have the Windows 10 operating system. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults  
#223694  
Aug 2-9  
Th  
10:00 AM-11:30 AM

Five Points Center for Active Adults  
#223693  
Jul 3-10  
Tu  
10:00 AM-11:30 AM

IPAD/IPHONE BASICS 1
Introduction to the basics of owning an iPhone and an iPad. Must bring: Your own iPhone/iPad PLUS your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults  
#223612  
Jun 18  
M  
3:30 PM-5:30 PM

Anne Gordon Center for Active Adults  
#223669  
Jun 25  
M  
3:30 PM-5:30 PM

Anne Gordon Center for Active Adults  
#223673  
Jun 28  
Th  
10:00 AM-12:00 PM

IPAD BASICS 2
Prerequisite: ‘iPad/iPhone Basics 1’ or if you are an Intermediate user. Bring your iPad or iTouch PLUS your Apple ID and Password. This course will cover how to sync your iPad or iTouch device with an Apple or Windows computer. Learn about Facetime, how to transfer contacts, manage calendars, and to search and download apps from Apple App Store. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults  
#223697  
Jul 9  
M  
2:00 PM-4:00 PM

Please be sure to read course prerequisite in the course description to be sure that you are registering for the appropriate level class.
COMPUTER CLASSES

IPHONE 2: BASIC SETUP AND USE
Prerequisite: Must bring: Bring your own iPhone as well as your Apple ID and Password. You will learn basic set up, making simple phone calls, and advanced features such as iHealth, Notification, Cellular Data usage and the DO NOT DISTURB feature. Check out the popular apps such as Safari, Mail, Calendar, Maps, Weather and Contacts that truly make the iPhone a ‘Smartphone’. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults  Course Fee: $5
#223690  Jul 2  M  10:00 AM- 12:00 PM
#224064  Aug 14  Tu  10:00 AM- 12:00 PM

ICLOUD BASICS FOR IPAD/IPHONE
Prerequisite: ‘iPad/iPhone Basics 1’ or Intermediate user. Bring your iPad PLUS your Apple ID and password. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set up an account and use the iCloud. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults  Course Fee: $5
#223691  Jul 26  Th  9:30 AM-11:30 AM
#224061  Jul 23  M  10:00 AM-12:00 PM

Please be sure to read course prerequisite in the course description to be certain that you are registering for the appropriate level class.

INTRODUCING SIRI - YOUR PERSONAL ASSISTANT FOR IPAD/IPHONE
Prerequisite: ‘iPad/iPhone Basics 1’ or intermediate user. Bring your iPhone or iPad PLUS your Apple ID and password. Wished you had a personal assistant to remind you to do something at a certain time or when you arrive at a certain place? Now you can! Get to know Siri, your personal assistant on your Apple device. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults  Course Fee: $5
#223691  Jul 26  Th  9:30 AM-11:30 AM
Five Points Center for Active Adults  Course Fee: $5
#223692  Jul 17  Tu  10:00 AM-12:00 PM
ESSENTIAL OILS: SELF-HEALING
We begin with an overview of what essential oils are, where they come from and why they are here to help us. This class explores different natural, traditional and energetic healing modalities and how essential oils enhance those modalities and our general well-being. We’ll learn about what oils are good for our medicine cabinets, kitchens, and first-aid kits. Just coming to each class will help you heal a little bit and feel a whole lot better. It’s a fun class! Materials fee is $45.

Five Points Center for Active Adults Course Fee: $35
#222216 Apr 23-May 14 M 6:00 PM-8:30 PM

FINANCE: CAN I GET GOVERNMENT ASSISTANCE FOR LONG-TERM CARE?
The cost of Long Term Care is staggering, from in-home care, Assisted Living, Memory Care to Skilled Nursing Care, monthly costs often exceed $10,000 per month. In this presentation, we review the various programs and outline the requirements for a family to qualify. We will primarily review Veteran’s Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel

Anne Gordon Center for Active Adults Course Fee: $0
#222568 Jun 28 Th 3:00 PM-4:00 PM
#222570 Aug 30 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: $0
#222575 Jul 10 Tu 1:00 PM-2:00 PM

FINANCE: IMPORTANT LEGAL DOCUMENTS EVERYONE SHOULD HAVE
Why do I need legal documents in the first place? Learn what Core Documents make up the foundation of a good estate plan (you need more than a will!!) Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults Course Fee: $0
#222578 May 10 Th 2:00 PM-3:00 PM
#222582 Jul 12 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: $0
#222583 May 15 Tu 2:00 PM-3:00 PM
#222586 Jun 25 M 6:00 PM-7:00 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
#222610 Jul 26 Th 1:00 PM-3:00 PM

Five Points Center for Active Adults Course Fee: $0
#222611 Jun 12 Tu 1:00 PM-3:00 PM
#222612 Aug 2 Th 6:00 PM-8:00 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
#222652 Jul 19 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: $0
#222653 May 17 Th 6:00 PM-7:00 PM

FINANCE: THE TRUTH ABOUT REVERSE MORTGAGES
Learn about the New Reverse Mortgage with examples from real life scenarios. What is a Reverse Mortgage, also known as a Home Equity Conversion Mortgage or HECM? What are the Myths about a Reverse Mortgage? What are the Qualifications for a Reverse Mortgage? Why Choose a Reverse Mortgage? What are the Available Options of a Reverse Mortgage? Sponsored by Yakin Bank Mortgage and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: $0
#222588 Jun 7 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: $0
#222589 May 10 Th 6:00 PM-7:00 PM
#222590 Jul 19 Th 1:00 PM-2:00 PM
EDUCATIONAL CLASSES

FINANCE: THE TRUTH ABOUT TRUSTS
Have you gotten a postcard recently from an attorney telling you not to be a ‘burden’ on your children, to avoid ‘burdening’ them, you must use a trust? Are you afraid of the ‘hassle’ and ‘delay’ of probate? Do you wonder if your neighbor having a trust means you should have one too? This presentation by Tom McCuiston of the McCuiston Law Firm takes the mystery out of living trusts and explains when a trust is necessary and when it is not.

Five Points Center for Active Adults
Course Fee: $0
#222564 May 8 Tu 1:00 PM-2:00 PM

FINANCE: TYPES OF TRUSTS VERSES A STANDARD WILL
One comment made so often..... 'I don't need a trust, I'm not rich'. There are different trusts for different purposes, from a basic revocable living trust, to Special Needs or Supplemental Needs Trusts, charitable trusts, right down to a Pet Trust for your beloved animals. Our question during these talks: 'is your will sufficient to accomplish your estate planning goals'? Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults
Course Fee: $0
#222595 Jul 26 Th 3:00 PM-4:00 PM
Five Points Center for Active Adults
Course Fee: $0
#222596 Jul 24 Tu 2:00 PM-3:00 PM

FINANCE: UNDERSTANDING BENEFICIARY DESIGNATIONS
Not understanding beneficiary designations can ruin an estate plan. There are many ways to pass on an inheritance other than a will or trust. Find out the problems that occur every day on insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death (POD) designations. Presented by Huston Law, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults
Course Fee: $0
#222541 Jun 21 Th 2:00 PM-3:00 PM
#222549 Aug 16 Th 2:00 PM-3:00 PM
Five Points Center for Active Adults
Course Fee: $0
#222542 May 31 Th 2:00 PM-3:00 PM
#222550 Aug 23 Th 2:00 PM-3:00 PM

FINANCE: 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
#222551 May 24 Th 3:00 PM-4:00 PM
Five Points Center for Active Adults
Course Fee: $0
#222553 Jun 5 Tu 3:00 PM-4:00 PM
#222554 Aug 13 M 6:00 PM-7:00 PM

FIVE WISHES
Having the conversation with family and friends about our advanced directives and living will can be challenging. Five Wishes is a program that provides the opportunity to express your personal, emotional, and spiritual needs. It lets you choose the person you want to make your health care decisions for you in the event you are not able. It helps you decide how you wish to be treated if you get seriously ill. Five Wishes is designed to help you plan for the future.

Anne Gordon Center for Active Adults
Course Fee: $0
#222601 Jun 14 Th 1:00 PM-2:00 PM
Five Points Center for Active Adults
Course Fee: $0
#222606 Jun 11 M 6:00 PM-7:00 PM
**FRENCH: LEVEL 1**

Why not take a little time to learn some French? Come join us for beginner and/or reinforcement of basic French language. Your teacher, Kyle, has taught in Raleigh for several years and lived in France for over a decade. Learning just a little bit of French will: help you better enjoy your next visit to France, do good things for your brain as you exercise it learning something new, and make you proud of yourself as you speak a beautiful language! This class will go step-by-step and at your pace, just join us to see how much fun it can be to learn French!

Five Points Center for Active Adults  
Course Fee: $60

#224202  
Jun 14-Aug 2  
Th 10:30 AM-12:00 PM

**HEALTH TALKS WITH DR. BALDWIN**

If you have Medicare or private insurance, you have a home healthcare benefit. Nursing care and therapy may be available to you in your home after a hospital stay or an illness at no charge to you. Learn about this important benefit you or a love one may be entitled to that may keep you from going to a nursing facility for care. This program is offered by Resources for Seniors and is co-sponsored by Gentiva Home Health.

Five Points Center for Active Adults  
Course Fee: $0

#222643  
May 1  
Tu 10:15 AM-11:15 AM
#222644  
Jul 3  
Tu 10:15 AM-11:15 AM
#222647  
Jun 5  
Tu 10:15 AM-11:15 AM
#222649  
Aug 7  
Tu 10:15 AM-11:15 AM

**HEALTH TOPIC: BLOOD PRESSURE SCREENING**

Take advantage of these FREE blood pressure screenings offered by Dr. Casey Baldwin with Resources for Seniors; or the registered nurse from Perpetual Home Care. This will take place the first Tuesday and the third Monday of the month.

Five Points Center for Active Adults  
Course Fee: $0

#222674  
May 1-Aug 20  
1st Tu/3rd M  9:30 AM-10:15 AM

**HEALTH TOPIC: BUILDING YOUR LIFE PLAN**

This seminar will be based on content in the books 'How to Say It to Seniors' by David Solie and 'How to Keep Mom (and yourself) out of a Nursing Home' by Dr. David Fisher of Doctors Making Housecalls. Frequently we think of retirement in terms of how much money we need to retire. Life is so much more than being about money. We will discuss the importance of building a life plan covering all aspects of your life spanning your physical, social, faith, medical and financial goals. A key question to you in building this plan is what you would like your legacy to be? How would you like to be remembered by family and friends? Come learn how to build your life plan with your legacy in mind! Sponsored by Aware Senior Care.

Five Points Center for Active Adults  
Course Fee: $0

#223902  
Aug 20  
M  7:00 PM-8:00 PM
#223922  
May 21  
M  7:00 PM-8:00 PM

**HEALTH TOPIC: HIP AND KNEE ARTHRITIS, WHAT YOU NEED TO KNOW**

Dr. David Rion from the Bone and Joint Surgery Clinic whose specialty is orthopedic surgery and concentration in total joint arthroplasty, will talk about current treatment options for people suffering from hip and knee arthritis pain ranging from steroid and visco supplementation to total hip and knee replacement. He will also focus on current guidelines for a variety of treatment for the hip and knee to relieve pain and restore range of motion.

Anne Gordon Center for Active Adults  
Course Fee: $0

#224055  
May 3  
Th 1:00 PM-2:00 PM
#224056  
May 14  
M  6:00 PM-7:00 PM

**HEALTH TOPIC: MY SHOULDER HURTS, WHAT DOES THIS MEAN?**

Dr. Hardy Singh, Board Certified Orthopaedic surgeon and a Fellow of the American Board of Orthopedic Surgery, from the Bone and Joint Surgery Clinic will talk about current treatment options for people suffering from shoulder pain and arthritis ranging from steroid and visco supplementation to total shoulder replacement. He will also focus on current guidelines for treatments.

Anne Gordon Center for Active Adults  
Course Fee: $0

#224054  
May 17  
Th 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. Group meets on the last Friday of each month.

Five Points Center for Active Adults  
Course Fee: $0

#222623  
5/25, 6/29, 7/27, 8/24  
F 1:30 PM-3:00 PM

**HEALTH TOPIC: THINK WELL AND STRESS LESS AT HOME**

This seminar will provide helpful education and recommendations on the importance of exercising your brain and things you can do to reduce stress. At the later stages of life living at home, especially if it’s by yourself, can be very challenging. Things you could do earlier in life become more difficult. You may now need assistance in your home which causes stress and withdrawing from being social. It’s a documented fact that stimulating the brain can help enhance life and reduce the chances of dementia and Alzheimer’s disease. Reducing stress has a major positive impact on your health and enjoying life. This seminar will discuss signs and indicators of dementia and stress and provide simple tips and techniques that can be applied in everyday life to reduce stress and exercise the brain.

Anne Gordon Center for Active Adults  
Course Fee: $0

#223907  
Aug 23  
Th 1:00 PM-2:00 PM
#223911  
Jun 4  
M  6:00 PM-7:00 PM
#223912  
Jul 17  
Tu 3:00 PM-4:00 PM
LEGAL: DETER AND DETECT, AVOIDING IDENTITY THEFT
Brian Reitter, NC Consumer Council Public Affairs, Director will educate us on how to recognize the warning signs of Identity Theft, things we should know to protect ourselves and what to do if we think or know we have been targeted.
Five Points Center for Active Adults
Course Fee: $0
#222671 Jun 19 Tu 10:30 AM-11:30 AM

MUSIC THERAPY FOR PARKINSON’S DISEASE
Music Therapy for Parkinson’s Disease, or MT4PD, is a community-based music therapy group that meets weekly for 45-minute sessions. Funded through a grant from the National Parkinson Foundation, these free sessions will consist of exercises designed by a board-certified music therapist focused on stabilizing or improving speech and language deficits that arise from the progression of Parkinson’s disease. MT4PD offers a fun and inviting way for individuals with Parkinson’s disease and their caregivers to connect with other members of the Parkinson’s community while addressing their individual rehabilitation needs. Prior musical experience not required.
For more information, please contact Allison Hingley at 919-443-9448 or allison@atlanticmusictheary.com.
Five Points Center for Active Adults
Course Fee: $0
#222627 Apr 12-Jun 14 Th 4:15 PM-5:15 PM

NOGGIN JOGGIN’
People who regularly partake in the stimulating activities showed healthier densities of ‘white matter’–the parts of the brain that transmit information–than those who didn’t. In other words: If you don’t use it, you lose it. Brain training that targets memory, attention and focus can lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin’ brain games work 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. Presented by Homewatch Care Givers. This is held the first and third Monday of each month.
Anne Gordon Center for Active Adults
Course Fee: $0
#222985 May 7-Aug 20 M 1:30 PM-2:30 PM

PREVENTING EMAIL SCAMS AND MALWARE
Brian Reitter, NC Consumer Council Public Affairs Director will educate us on the dangers and potential consequences of the most frequent and popular email scams and malware. He will focus on how to identify and protect ourselves and our contacts from becoming prey to computer scams.
Anne Gordon Center for Active Adults
Course Fee: $0
#222673 May 17 Th 3:00 PM-4:00 PM

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. Class meets on the first and third Monday of each month.
Five Points Center for Active Adults
#221214 May 7-Aug 20 1st & 3rd M 3:30 PM-5:00 PM

RESOURCES FOR SENIORS: WHO ARE WE AND HOW WE CAN 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
#222614 Jun 28 Th 1:00 PM-1:30 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 and 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
#222617 May 7-Aug 27 M 1:00 PM-4:00 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.
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: Raquel Robinson

Five Points Center for Active Adults | Course Fee: $8
#220312 May 7-21 | M | 10:30 AM-11:15 AM
#220313 Jun 4-25 | M | 10:30 AM-11:15 AM
#220314 Jul 2-30 | M | 10:30 AM-11:15 AM
#220315 Aug 6-27 | M | 10:30 AM-11:15 AM

AEROBIC FIT 🏏
This Active Adult intermediate level class is 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 aerobics choreography, smooth transitions and sequenced movement repetitions. The class may include mats, weights, resistance bands and small medicine balls.

Anne Gordon Center for Active Adults | Course Fee: $8
#222317 May 1-29 | Tu | 10:15 AM-11:00 AM
#222318 Jun 5-26 | Tu | 10:15 AM-11:00 AM
#222319 Jul 3-31 | Tu | 10:15 AM-11:00 AM
#222320 Aug 7-28 | Tu | 10:15 AM-11:00 AM
#222321 May 3-31 | Th | 10:15 AM-11:00 AM
#222322 Jun 7-28 | Th | 10:15 AM-11:00 AM
#222323 Jul 5-26 | Th | 10:15 AM-11:00 AM
#222324 Aug 2-30 | 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
#220318 May 1-29 | Tu | 10:15 AM-11:00 AM
#220319 Jun 5-26 | Tu | 10:15 AM-11:00 AM
#220320 Jul 3-31 | Tu | 10:15 AM-11:00 AM
#220321 Aug 7-28 | Tu | 10:15 AM-11:00 AM

Five Points Center for Active Adults | Course Fee: $8
#220322 May 7-21 | M | 9:30 AM-10:15 AM
#220323 Jun 4-25 | M | 9:30 AM-10:15 AM
#220324 Jul 2-30 | M | 9:30 AM-10:15 AM
#220325 Aug 6-27 | M | 9:30 AM-10:15 AM

continued on next column...
FITNESS
CLASSES

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 preregistration for this class; the first 30 people to sign the roster may participate each day. Instructor: Bill Unger.

Five Points Center for Active Adults
Course Fee: $0
#220947 May 1-Aug 30 Tu, Th 9:30 AM-10:00 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: Sue Payne.

Five Points Center for Active Adults
Course Fee: $8
#220949 May 1-29 Tu 9:15 AM-10:00 AM
#220950 Jun 5-26 Tu 9:15 AM-10:00 AM
#220951 Jul 3-31 Tu 9:15 AM-10:00 AM
#220952 Aug 7-Sep 4 Tu 9:15 AM-10:00 AM
#220953 May 2-30 W 1:15 PM-2:00 PM
#220954 Jun 6-27 W 1:15 PM-2:00 PM
#220955 Jul 11-25 W 1:15 PM-2:00 PM
#220956 Aug 1-29 W 1:15 PM-2:00 PM
#224203 May 3-31 Th 10:15 AM-11:00 AM
#224204 Jun 7-28 Th 10:15 AM-11:00 AM
#224205 Jul 5-26 Th 10:15 AM-11:00 AM
#224206 Aug 2-30 Th 10:15 AM-11:00 AM

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.

Abbotts Creek Community Center
Course Fee: $8
Instructor: Raquel Robinson
#223828 May 1-29 Tu 9:30 AM-10:00 AM
#223829 Jun 5-26 Tu 9:30 AM-10:00 AM
#223830 Jul 3-31 Tu 9:30 AM-10:00 AM
#223831 Aug 7-28 Tu 9:30 AM-10:00 AM
#223832 May 3-31 Th 9:30 AM-10:00 AM

Five Points Center for Active Adults
Course Fee: $8
Instructor: Raquel Robinson
#220966 May 7-21 M 9:30 AM-10:15 AM
#220967 Jun 4-25 M 9:30 AM-10:15 AM
#220968 Jul 2-30 M 9:30 AM-10:15 AM
#220969 Aug 6-27 M 9:30 AM-10:15 AM
Instructor: Linda Thomas
#220970 May 1-29 Tu 10:15 AM-11:00 AM
#220971 Jun 5-26 Tu 10:15 AM-11:00 AM
#220972 Jul 3-31 Tu 10:15 AM-11:00 AM
#220973 Aug 7-28 Tu 10:15 AM-11:00 AM
Instructor: Sue Payne
#220974 May 2-30 W 10:15 AM-11:00 AM
#220975 Jun 6-27 W 10:15 AM-11:00 AM
#220976 Jul 11-25 W 10:15 AM-11:00 AM
#220977 Aug 1-29 W 10:15 AM-11:00 AM
#220978 May 2-30 W 11:15 AM-12:00 PM
#220979 Jun 6-27 W 11:15 AM-12:00 PM
#220980 Jul 11-25 W 11:15 AM-12:00 PM
#220981 Aug 1-29 W 11:15 AM-12:00 PM

BOXING FOR FITNESS
This cardio-intensive class involves actual boxing work along with core and abdominal floor work. This class is great for overall muscle toning and fat burning. Please bring boxing gloves and mat.
Instructor: Sue Payne

Five Points Center for Active Adults
Course Fee: $8
#220957 May 1-29 Tu 3:15 PM-4:00 PM
#220958 Jun 5-26 Tu 3:15 PM-4:00 PM
#220959 Jul 3-31 Tu 3:15 PM-4:00 PM
#220960 Aug 7-28 Tu 3:15 PM-4:00 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.

Abbotts Creek Community Center
Course Fee: $8
Instructor: Raquel Robinson
#223828 May 1-29 Tu 9:30 AM-10:00 AM
#223829 Jun 5-26 Tu 9:30 AM-10:00 AM
#223830 Jul 3-31 Tu 9:30 AM-10:00 AM
#223831 Aug 7-28 Tu 9:30 AM-10:00 AM
#223832 May 3-31 Th 9:30 AM-10:00 AM

Five Points Center for Active Adults
Course Fee: $8
Instructor: Raquel Robinson
#220966 May 7-21 M 9:30 AM-10:15 AM
#220967 Jun 4-25 M 9:30 AM-10:15 AM
#220968 Jul 2-30 M 9:30 AM-10:15 AM
#220969 Aug 6-27 M 9:30 AM-10:15 AM
Instructor: Linda Thomas
#220970 May 1-29 Tu 10:15 AM-11:00 AM
#220971 Jun 5-26 Tu 10:15 AM-11:00 AM
#220972 Jul 3-31 Tu 10:15 AM-11:00 AM
#220973 Aug 7-28 Tu 10:15 AM-11:00 AM
Instructor: Sue Payne
#220974 May 2-30 W 10:15 AM-11:00 AM
#220975 Jun 6-27 W 10:15 AM-11:00 AM
#220976 Jul 11-25 W 10:15 AM-11:00 AM
#220977 Aug 1-29 W 10:15 AM-11:00 AM
#220978 May 2-30 W 11:15 AM-12:00 PM
#220979 Jun 6-27 W 11:15 AM-12:00 PM
#220980 Jul 11-25 W 11:15 AM-12:00 PM
#220981 Aug 1-29 W 11:15 AM-12:00 PM

SYMBOL KEY FOR FITNESS CLASSES
- seated class
- medium impact or difficulty level
- higher impact or difficulty level
- low impact or difficulty level
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.

Five Points Center for Active Adults
Instructor: Sue Payne
Course Fee: $8
#220995 May 3-31 Th 9:15 AM-10:00 AM
#220996 Jun 7-28 Th 9:15 AM-10:00 AM
#220997 Jul 5-26 Th 9:15 AM-10:00 AM
#220998 Aug 2-30 Th 9:15 AM-10:00 AM

DANCE XROSS FITNESS
This is an intermediate to advanced level fitness class for our active adults centers. This fun, high-energy class is geared toward active older adults and combines dance fitness, with kickboxing moves, strength training and soul line dancing. Instructor: Linda Thomas
Anne Gordon Center for Active Adults
Course Fee: $8
#221092 May 7-21 M 11:45 AM-12:45 PM
#221093 Jun 4-25 M 11:45 AM-12:45 PM
#221094 Jul 2-30 M 11:45 AM-12:45 PM
#221095 Aug 6-27 M 11:45 AM-12:45 PM

Five Points Center for Active Adults
Course Fee: $8
#221096 May 1-29 Tu 11:00 AM-11:45 AM
#221097 Jun 5-26 Tu 11:00 AM-11:45 AM
#221098 Jul 3-31 Tu 11:00 AM-11:45 AM
#221099 Aug 7-28 Tu 11:00 AM-11:45 AM

DRUMMING FOR FITNESS
Improve your physical and mental fitness, burn fat, and release stress all while having fun. We combine traditional no- to low-impact aerobic movements with the powerful beat and rhythm of drums. You will use foam drumsticks (provided) on chairs. This class can be adjusted for individuals seeking a higher-impact aerobic activity. The drumming moves benefit those with Parkinson’s Disease and other neurological disorders. Instructor: Bettie Ittenbach
Five Points Center for Active Adults
Course Fee: $8
#221100 May 7-21 M 1:30 PM-2:15 PM
#221101 Jun 4-25 M 1:30 PM-2:15 PM
#221102 Jul 2-30 M 1:30 PM-2:15 PM
#221103 Aug 6-27 M 1:30 PM-2:15 PM

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.

Five Points Center for Active Adults
Course Fee: $0
#221104 May 1-Aug 31 M, Th 9:00 AM-9:00 PM
Tu, W, 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. Please schedule an appointment.

Five Points Center for Active Adults
Course Fee: $0
#221173 May 1-Aug 30 Tu, Th 9:00 AM-9:30 AM

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 full-body workout will focus on 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 you feel your workout. Instructor: Raquel Robinson
Abbotts Creek Community Center
Course Fee: $8
#223836 May 2-30 W 9:30 AM-10:15 AM
#223837 Jun 6-27 W 9:30 AM-10:15 AM
#223838 Jul 11-25 W 9:30 AM-10:15 AM
#223839 Aug 1-29 W 9:30 AM-10:15 AM
FITNESS CLASSES

**GENTLE STRETCH**

In this 45-minute chair class, participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor: Sue Payne.

- **Five Points Center for Active Adults**
  - Course Fee: $8
  - #221105 May 2-30 W 12:00 PM-12:45 PM
  - #221106 Jun 6-27 W 12:00 PM-12:45 PM
  - #221107 Jul 11-25 W 12:00 PM-12:45 PM
  - #221108 Aug 1-29 W 12:00 PM-12:45 PM

**LINE DANCE FOR ACTIVE ADULTS**

Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

- **Anne Gordon Center for Active Adults**
  - Course Fee: $0
  - Instructor: Cathy Dix
  - Introductory Level (Little to no experience)
    - #221110 May 4-25 F 2:15 PM-3:15 PM
    - #221111 Jun 1-29 F 2:15 PM-3:15 PM
    - #221112 Jul 6-27 F 2:15 PM-3:15 PM
    - #221113 Aug 3-31 F 2:15 PM-3:15 PM
  - Beginner Level (Some experience- need to know steps)
    - #221114 May 4-25 F 1:00 PM-2:00 PM
    - #221115 Jun 1-29 F 1:00 PM-2:00 PM
    - #221116 Jul 6-27 F 1:00 PM-2:00 PM
    - #221117 Aug 3-31 F 1:00 PM-2:00 PM
  - **Five Points Center for Active Adults**
    - Course Fee: $0
    - Instructor: Mitzi Kelly
    - Adv Beginner/Improver Level (Good experience)
      - #221118 May 2-30 M, W 1:00 PM-2:00 PM
      - #221119 Jun 4-27 M, W 1:00 PM-2:00 PM
      - #221120 Jul 2-30 M, W 1:00 PM-2:00 PM
      - #221121 Aug 1-29 M, W 1:00 PM-2:00 PM
    - Intermediate Level (Highly experienced)
      - #221122 May 2-30 M, W 2:00 PM-3:00 PM
      - #221123 Jun 4-27 M, W 2:00 PM-3:00 PM
      - #221124 Jul 2-30 M, W 2:00 PM-3:00 PM
      - #221125 Aug 1-29 W, M 2:00 PM-3:00 PM

**LINE DANCE OPEN STUDIO**

Join us for this fun and informal line dance open studio time. There is not an instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends!

- **Anne Gordon Center for Active Adults**
  - Course Fee: $0
  - #224772 Mar 29-Apr 19 Th 11:15AM-12:15 PM

**LEARN TO LINE DANCE**

This learn to line dance class is for you! We’ll meet for 4 weeks, 1 hour each week and we will practice all basic line dance steps. We will go slow so that everyone will learn and you will be able to do basic beginner dances at the end of each class. We will learn about finding the beat of the music, counting the beats and dancing to the tempo of the music. We’ll be dancing to all kinds of music from oldies to new pop and country western. The focus is on having fun learning how to dance!

- **Anne Gordon Center for Active Adults**
  - Course Fee: $0
  - #224772 Mar 29-Apr 19 Th 11:15AM-12:15 PM

**MEDITATION: GROUP MEDITATION PRACTICE**

Group Meditation Practice will start with some of the latest information about the benefits of mindfulness, with participation from those present. Then the group will focus on the breath and getting quiet. After a stretch break, a time of sitting will start with some guiding thoughts. This is not an instructor-led class; Jaye Martin will guide the session.

- **Five Points Center for Active Adults**
  - Course Fee: $0
  - #223914 May 3-Aug 31 Th 7:30 PM-8:15 PM

**MEN’S STRENGTH AND CONDITIONING**

This class incorporates strength and cardio segments using dumbbells, medicine balls, resistance bands, and other equipment for a total body workout designed for the male body. Instructor: Sue Payne.

- **Five Points Center for Active Adults**
  - Course Fee: $8
  - #221129 May 1-29 Tu 2:00 PM-2:45 PM
  - #221130 Jun 5-26 Tu 2:00 PM-2:45 PM
  - #221131 Jul 3-31 Tu 2:00 PM-2:45 PM
  - #221132 Aug 7-28 Tu 2:00 PM-2:45 PM
  - #221133 May 3-31 Th 12:00 PM-12:45 PM
  - #221134 Jun 7-28 Th 12:00 PM-12:45 PM
  - #221135 Jul 5-26 Th 12:00 PM-12:45 PM
  - #221136 Aug 2-30 Th 12:00 PM-12:45 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: $40/1-hr session
Instructor: Sue Payne
#221144 May 1-Aug 31  M-F  9:30 AM-5:30 PM
#221145 May 1-Aug 31  M-F  9:30 AM-5:30 PM

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. Please bring your own mat.

Five Points Center for Active Adults  Course Fee: $8
Instructor: Marty Lamb
#221147 May 7-21  M  9:15 AM-10:00 AM
#221148 Jun 4-25  M  9:15 AM-10:00 AM
#221149 Jul 2-30  M  9:15 AM-10:00 AM
#221150 Aug 6-27  M  9:15 AM-10:00 AM
Instructor: Linda Lisko
#221151 May 7-21  M  5:30 PM-6:30 PM
#221152 Jun 4-25  M  5:30 PM-6:30 PM
#221153 Jul 2-30  M  5:30 PM-6:30 PM
#221154 Aug 6-27  M  5:30 PM-6:30 PM
Instructor: Danielle Jones
#221155 May 1-29  Tu  1:15 PM-2:15 PM
#221156 Jun 5-26  Tu  1:15 PM-2:15 PM
#221157 Jul 3-31  Tu  1:15 PM-2:15 PM
#221158 Aug 7-28  Tu  1:15 PM-2:15 PM
Instructor: Linda Lisko
#221159 May 2-30  W  10:30 AM-11:30 AM
#221160 Jun 6-27  W  10:30 AM-11:30 AM
#221161 Jul 11-25  W  10:30 AM-11:30 AM
#221162 Aug 1-29  W  10:30 AM-11:30 AM
Instructor: Marty Lamb
#221163 May 3-31  Th  12:00 PM-1:00 PM
#221164 Jun 7-28  Th  12:00 PM-1:00 PM
#221165 Jul 5-26  Th  12:00 PM-1:00 PM
#221166 Aug 2-30  Th  12:00 PM-1:00 PM
#221167 May 4-25  F  10:30 AM-11:30 AM
#221168 Jun 1-29  F  10:30 AM-11:30 AM
#221169 Jul 6-27  F  10:30 AM-11:30 AM
#221170 Aug 3-31  F  10:30 AM-11:30 AM

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.
Qi Gong for Joint Health
Anne Gordon Center for Active Adults  Course Fee: $8
#221193 May 4-25  F  11:30 AM-12:15 PM
#221191 Jul 3-31  F  11:30 AM-12:15 PM
#221199 Aug 7-28  F  11:30 AM-12:15 PM

Five Points Center for Active Adults  Course Fee: $8
#221205 Aug 3-31  F  9:15 AM-10:00 AM

Walnut Terrace Neighborhood Center  Course Fee: $0
Qi Gong for Joint Health
#225088 May 7-21  M  11:30 AM-12:15 PM
#225089 Jun 4-25  M  11:30 AM-12:15 PM
#220591 Aug 6-27  M  11:30 AM-12:15 PM

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: Journonya Harris
#221232 Aug 7-28  Tu  9:15 AM-10:00 AM

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**FIVE POINTS CENTER FOR ACTIVE ADULTS**

Instructor: Valerie Salinas

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**GREYSTONE COMMUNITY CENTER**

Instructor: Lauren Llewellyn

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<td>Jul 6-27</td>
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<td>10:00 AM-10:45 AM</td>
<td>Greystone Community Center</td>
</tr>
<tr>
<td>#221255</td>
<td>Aug 3-31</td>
<td>F</td>
<td>10:00 AM-10:45 AM</td>
<td>Greystone Community Center</td>
</tr>
</tbody>
</table>

**LAKE LYNN COMMUNITY CENTER**

Instructor: Lauren Llewellyn

<table>
<thead>
<tr>
<th>Course #</th>
<th>Date Range</th>
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<tr>
<td>#221256</td>
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<td>Tu</td>
<td>9:00 AM-9:45 AM</td>
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<tr>
<td>#221257</td>
<td>Jun 5-26</td>
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<tr>
<td>#221258</td>
<td>Jul 3-31</td>
<td>Tu</td>
<td>9:00 AM-9:45 AM</td>
<td>Lake Lynn Community Center</td>
</tr>
<tr>
<td>#221259</td>
<td>Aug 7-28</td>
<td>Tu</td>
<td>9:00 AM-9:45 AM</td>
<td>Lake Lynn Community Center</td>
</tr>
<tr>
<td>#221260</td>
<td>May 3-31</td>
<td>Th</td>
<td>9:00 AM-9:45 AM</td>
<td>Lake Lynn Community Center</td>
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<tr>
<td>#221261</td>
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<td>Th</td>
<td>9:00 AM-9:45 AM</td>
<td>Lake Lynn Community Center</td>
</tr>
<tr>
<td>#221262</td>
<td>Jul 5-26</td>
<td>Th</td>
<td>9:00 AM-9:45 AM</td>
<td>Lake Lynn Community Center</td>
</tr>
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<td>#221263</td>
<td>Aug 2-30</td>
<td>Th</td>
<td>9:00 AM-9:45 AM</td>
<td>Lake Lynn Community Center</td>
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**POWELL DRIVE PARK**

Instructor: Bill Unger

<table>
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<th>Location</th>
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<tr>
<td>#221264</td>
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<td>1:00 PM-1:45 PM</td>
<td>Powell Drive Park</td>
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<tr>
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<td>Jun 5-26</td>
<td>Tu</td>
<td>1:00 PM-1:45 PM</td>
<td>Powell Drive Park</td>
</tr>
<tr>
<td>#221266</td>
<td>Jul 3-31</td>
<td>Tu</td>
<td>1:00 PM-1:45 PM</td>
<td>Powell Drive Park</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Course #</th>
<th>Date Range</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<td>Tu</td>
<td>1:00 PM-1:45 PM</td>
<td>Five Points Center for Active Adults</td>
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<td>Th</td>
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<td>Th</td>
<td>1:00 PM-1:45 PM</td>
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<td>Jul 5-26</td>
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<td>1:00 PM-1:45 PM</td>
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<td>#221271</td>
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<td>Th</td>
<td>1:00 PM-1:45 PM</td>
<td>Five Points Center for Active Adults</td>
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</table>

**LAUREL HILLS COMMUNITY CENTER**

Instructor: Angie Mitchell

<table>
<thead>
<tr>
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<th>Time</th>
<th>Location</th>
</tr>
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<td>Tu</td>
<td>1:00 PM-1:45 PM</td>
<td>Laurel Hills Community Center</td>
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<tr>
<td>#222484</td>
<td>May 2-30</td>
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<td>10:15 AM-11:15 AM</td>
<td>Anne Gordon Center for Active Adults</td>
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<tr>
<td>#222485</td>
<td>May 6-27</td>
<td>W</td>
<td>10:15 AM-11:15 AM</td>
<td>Anne Gordon Center for Active Adults</td>
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<tr>
<td>#222486</td>
<td>Jul 11-25</td>
<td>W</td>
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<td>Anne Gordon Center for Active Adults</td>
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<td>F</td>
<td>10:15 AM-11:15 AM</td>
<td>Anne Gordon Center for Active Adults</td>
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<td>F</td>
<td>10:15 AM-11:15 AM</td>
<td>Anne Gordon Center for Active Adults</td>
</tr>
</tbody>
</table>

**SHIBASHI**

(Beginner level is available at the Green Road Community Center)

Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how you can cultivate energy that results in improved health. As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief. Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life! Instructor: Angie Mitchell

<table>
<thead>
<tr>
<th>Course #</th>
<th>Date Range</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
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<tbody>
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<td>Tu</td>
<td>11:30 AM-12:30 PM</td>
<td>Anne Gordon Center for Active Adults</td>
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<tr>
<td>#222484</td>
<td>Jun 5-26</td>
<td>Tu</td>
<td>11:30 AM-12:30 PM</td>
<td>Anne Gordon Center for Active Adults</td>
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<tr>
<td>#222485</td>
<td>Jul 10-31</td>
<td>Tu</td>
<td>11:30 AM-12:30 PM</td>
<td>Anne Gordon Center for Active Adults</td>
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<tr>
<td>#222486</td>
<td>Aug 7-28</td>
<td>Tu</td>
<td>11:30 AM-12:30 PM</td>
<td>Anne Gordon Center for Active Adults</td>
</tr>
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</table>

continued on next column...
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
#221373  May 3-31 Th  1:00 PM-1:45 PM
#221374  Jun 7-28 Th  1:00 PM-1:45 PM
#221375  Jul 5-26 Th  1:00 PM-1:45 PM
#221376  Aug 2-30 Th  1:00 PM-1:45 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
#221378  May 7-21 M  10:30 AM-11:30 AM
#221379  Jun 4-25 M  10:30 AM-11:30 AM
#221380  Jul 2-30 M  10:30 AM-11:30 AM
#221381  Aug 6-27 M  10:30 AM-11:30 AM
Intermediate Level
#221382  May 7-21 M  11:30 AM-12:30 PM
#221383  Jun 4-25 M  11:30 AM-12:30 PM
#221384  Jul 2-30 M  11:30 AM-12:30 PM
#221385  Aug 6-27 M  11:30 AM-12:30 PM

TAI CHI FOR ACTIVE ADULTS
Tai chi is a low-impact, slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Tai chi is an ancient form of movement that promotes health and improves coordination, balance and mental focus. Beginner Sun Style: No experience required. The focus is on balance and learning the gentle movements, with the support of a chair if needed. There are 21 movements in this set. Intermediate Sun Style: This is a continuation of the beginner class including 10 new movements. This class will increase your endurance and your mental acuity. Learn to step with more agility and direction to increase your balance and coordination. Advanced Sun Style Part 1: Prerequisite Intermediate Sun Style. This class will teach the first half of the Sun 73 Long Form movements. Movements include kicks and standing on one leg, which will increase your balance and coordination as well as your lower body and core strength. Advanced Sun Style Part 2: A continuation of the Part One class, here you will complete the Long Form with spiraling and crouching movements. The sequence begins with gentle movements and progresses to more challenging, flowing forms. It is a great overall workout for the body and mind. Advanced Various Styles: Some previous experience is required. This class will explore styles including the most popular Yang 24 forms and Chen style movements.

continued on next column...
FITNESS CLASSES

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.

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

Instructor: Linda Lisko

#221401 May 7-21 M 6:45 PM-7:30 PM
#221402 Jun 4-25 M 6:45 PM-7:30 PM
#221403 Jul 2-30 M 6:45 PM-7:30 PM
#221404 Aug 6-27 M 6:45 PM-7:30 PM
#221393 May 2-30 W 9:15 AM-10:00 AM
#221394 Jun 6-27 W 9:15 AM-10:00 AM
#221395 Jul 11-25 W 9:15 AM-10:00 AM
#221396 Aug 1-29 W 9:15 AM-10:00 AM

Instructor: Sue Payne

#221389 May 1-29 Tu 1:00 PM-1:45 PM
#221390 Jun 5-26 Tu 1:00 PM-1:45 PM
#221391 Jul 3-31 Tu 1:00 PM-1:45 PM
#221392 Aug 7-28 Tu 1:00 PM-1:45 PM
#221397 May 3-31 Th 1:00 PM-1:45 PM
#221398 Jun 7-28 Th 1:00 PM-1:45 PM
#221399 Jul 5-26 Th 1:00 PM-1:45 PM
#221400 Aug 2-30 Th 1:00 PM-1:45 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

#221417 May 3-31 Th 5:45 PM-6:30 PM
#221418 Jun 7-28 Th 5:45 PM-6:30 PM
#221419 Jul 5-26 Th 5:45 PM-6:30 PM
#221420 Aug 2-30 Th 5:45 PM-6:30 PM

WORKOUT WITH WEIGHTS
This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights. Instructor Sue Payne

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

#224194 May 2-30 W 9:15 AM-10:00 AM
#224195 June 6-27 W 9:15 AM-10:00 AM
#224196 July 4-25 W 9:15 AM-10:00 AM
#224197 Aug 1-29 W 9:15 AM-10:00 AM

YOGA CHAIR
This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breadth 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

Instructor: Mary Flournoy

#221429 May 7-21 M 9:15 AM-10:15 AM
#221430 Jun 4-25 M 9:15 AM-10:15 AM
#221431 Jul 2-30 M 9:15 AM-10:15 AM
#221432 Aug 6-27 M 9:15 AM-10:15 AM
#221437 May 3-31 Th 10:30 AM-11:15 AM
#221438 Jun 7-28 Th 10:30 AM-11:15 AM
#221439 Jul 5-26 Th 10:30 AM-11:15 AM
#221440 Aug 2-30 Th 10:30 AM-11:15 AM
#221441 May 1-29 Tu 11:30 AM-12:45 PM
#221442 Jun 5-26 Tu 11:30 AM-12:45 PM
#221443 Jul 3-31 Tu 11:30 AM-12:45 PM
#221444 Aug 2-30 Tu 11:30 AM-12:45 PM

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

Instructor: Rose Parli

#221421 May 1-29 Tu 11:30 AM-12:45 PM
#221422 Jun 5-26 Tu 11:30 AM-12:45 PM
#221423 Jul 3-31 Tu 11:30 AM-12:45 PM
#221424 Aug 7-28 Tu 11:30 AM-12:45 PM
#221425 May 3-31 Th 11:30 AM-12:45 PM
#221426 Jun 7-28 Th 11:30 AM-12:45 PM
#221427 Jul 5-26 Th 11:30 AM-12:45 PM
#221428 Aug 2-30 Th 11:30 AM-12:45 PM

**Walnut Terrace Neighborhood Center**  
**Course Fee:** $0

Instructor: Kathryn Clarke

#221433 May 2-30 W 9:00 AM-9:45 AM
#221434 Jun 6-27 W 9:00 AM-9:45 AM
#221435 Jul 4-18 W 9:00 AM-9:45 AM
#221436 Aug 1-29 W 9:00 AM-9:45 AM

**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!**
**YOGA VINYASA 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.

**Five Points Center for Active Adults**

Instructor: Kathryn Clarke

#221219 May 1-29 Tu 3:00 PM-4:00 PM
#221220 Jun 5-26 Tu 3:00 PM-4:00 PM
#221221 Jul 3-31 Tu 3:00 PM-4:00 PM
#221222 Aug 7-28 Tu 3:00 PM-4:00 PM

**YOGA GENTLE FLOOR**

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**

Instructor: Mary Flournoy

#221309 May 7-21 M 10:30 AM-11:30 AM
#221310 Jun 4-25 M 10:30 AM-11:30 AM
#221311 Jul 2-30 M 10:30 AM-11:30 AM
#221312 Aug 6-27 M 10:30 AM-11:30 AM
#221314 May 2-30 W 3:30 PM-4:30 PM
#221315 Jun 6-27 W 3:30 PM-4:30 PM
#221316 Jul 11-25 W 3:30 PM-4:30 PM
#221317 Aug 1-29 W 3:30 PM-4:30 PM
#221318 May 3-31 Th 9:15 AM-10:15 AM
#221319 Jun 7-28 Th 9:15 AM-10:15 AM
#221320 Jul 5-26 Th 9:15 AM-10:15 AM
#221325 Aug 2-30 Th 9:15 AM-10:15 AM

**Instructor: Alda Biddell**

#221322 May 1-29 Tu 12:15 PM-1:15 PM
#221323 Jun 5-26 Tu 12:15 PM-1:15 PM
#221324 Jul 3-31 Tu 12:15 PM-1:15 PM
#221321 Aug 7-28 Tu 12:15 PM-1:15 PM

**Five Points Center for Active Adults**

Instructor: Kathryn Clarke

#221330 May 7-21 M 3:15 PM-4:15 PM
#221331 Jun 4-25 M 3:15 PM-4:15 PM
#221332 Jul 2-30 M 3:15 PM-4:15 PM
#221333 Aug 6-27 M 3:15 PM-4:15 PM

**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**

Instructor: Maria Bolanz

#221174 May 1-29 Tu 9:15 AM-10:00 AM
#221175 Jun 5-26 Tu 9:15 AM-10:00 AM
#221176 Jul 3-31 Tu 9:15 AM-10:00 AM
#221178 Aug 7-28 Tu 9:15 AM-10:00 AM
#221180 May 3-31 Th 1:00 PM-1:45 PM
#221182 Jun 7-28 Th 1:00 PM-1:45 PM
#221184 Jul 5-26 Th 1:00 PM-1:45 PM
#221186 Aug 2-30 Th 1:00 PM-1:45 PM

**Instructor: LeAnn Swanson**

#221188 May 1-29 Tu 12:00 PM-1:00 AM
#221190 Jun 5-26 Tu 12:00 PM-12:45 PM
#221192 Jul 3-31 Tu 12:00 PM-12:45 PM
#221194 Aug 7-28 Tu 12:00 PM-12:45 PM

**Five Points Center for Active Adults**

Instructor: Linda Thomas

#221188 May 1-29 Tu 12:00 PM-1:00 PM
#221190 Jun 5-26 Tu 12:00 PM-12:45 PM
#221192 Jul 3-31 Tu 12:00 PM-12:45 PM
#221194 Aug 7-28 Tu 12:00 PM-12:45 PM

**Instructor: Maria Bolanz**

#221196 May 4-25 F 9:15 AM-10:00 AM
#221198 Jun 1-29 F 9:15 AM-10:00 AM
#221200 Jul 6-27 F 9:15 AM-10:00 AM
#221202 Aug 3-31 F 9:15 AM-10:00 AM

**ZUMBA GOLD® CHAIR**

Seated classes are offered for people who have limited mobility, are recovering from injuries, are getting back to exercising again or have any other reason for not feeling ready to participate in a standing class. Come exercise to the beat of fun dance music. Benefits include improved posture, muscle strength, endurance, balance, flexibility, range of motion, mental awareness and ability to accomplish day-to-day activities. Instructor: Maria Bolanz.

**Anne Gordon Center for Active Adults**

Course Fee: $8

#222631 May 1-29 Tu 1:00 PM-1:45 PM
#222632 Jun 5-26 Tu 1:00 PM-1:45 PM
#222633 Jul 3-31 Tu 1:00 PM-1:45 PM
#222634 Aug 7-28 Tu 1:00 PM-1:45 PM

continued on next column...
SOCIAL CLASSES

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
#222639 May 4-Aug 31 F 9:30 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
#220343 May 2-Aug 29 W 9:30 AM-12:30 PM
#220344 May 3-Aug 30 Th 10:00 AM-12:00 PM
#220345 May 4-Aug 24 F 12:30 PM-3:00 PM

CARDS AND MAHJONG OPEN PLAY
Want to play bridge, canasta, poker, mahjong 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
#222640 May 1-Aug 28 Tu 12:30 PM-4:00 PM
#222641 May 2-Aug 29 W 1:00 PM-3:00 PM
#222642 May 4-Aug 31 F 12:30 PM-4:00 PM

CRIBBAGE OPEN PLAY
Join other cribbage players for an open play opportunity. Those who do not know the game will be taught how to play this card game for two or more players.
Five Points Center for Active Adults Course Fee: $0
#221000 May 3-Aug 23 Th 2:00 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
#221109 May 7-Aug 27 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
#221141 May 3-Aug 30 Th 2:00 PM-4:00 PM
#221143 May 4-Aug 31 F 12:30 PM-3:30 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
#222648 May 7-Aug 27 M 9:00 AM-12:00 PM

WEDNESDAY MOVIES AT THE ANNE GORDON CENTER
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. Items from 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 Course Fee: $0
#222650 May 2-Aug 29 W 1:30 PM-4:00 PM

READ AND GO DISCUSSIONS
Join us the group discussions for our Read and Go Program. We will read a book written by a NC author or a book based in NC, have a discussion and then go on an trip based on the book. You can find the year’s Read and Go book list on our website at www.raleighnc.gov Keyword Search: Adult Programs or by calling us at 919-996-4720
Anne Gordon Center for Active Adults $0
Lies and Other Acts of Love
#219159 May 7 M 1:00 PM-3:00 PM
Sweet Southern Hearts
#219160 June 25 M 1:00 PM-3:00 PM
Murder in Mayberry: True Crime in ....
#219173 Aug 27 M 1:00 PM-3:00 PM
Cold Heart
#219174 Sep 24 M 1:00 PM-3:00 PM
What the Dog Knows
#219175 Oct 22 M 1:00 PM-3:00 PM

READ AND WATCH DISCUSSION
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 Programs or call us at 919-996-4720
Anne Gordon Center for Active Adults $0
The Devil in the White City by Erik Larson (true story)
#2191462 May 14 M 1:00 PM-3:30 PM
The Mountain Between Us by Charles Martain
#219163 Oct 29 M 1:00 PM-3:30 PM
SPORTS PROGRAMS

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
#221146 May 1-Aug 31 Tu, F 3:00 PM-5:45 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 players offer free workshops to players of all levels, from beginners with new or minimal knowledge of the game and rules to intermediate players who have developed consistency in their serves and returns with the ability to direct the ball.
Five Points Center for Active Adults
Course Fee: $0
#221171 May 11-Aug 31 F 9:00 AM-2:15 PM

TABLE TENNIS FREE PLAY
Learn to play table tennis. All ability levels are welcome.
Five Points Center for Active Adults
Course Fee: $0
#221377 May 3-Aug 30 Th 1:30 PM-3:30 PM
## GOLDEN YEARS CLUBS

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 leader for more information.

<table>
<thead>
<tr>
<th>Club Name</th>
<th>Location</th>
<th>Days/Time</th>
<th>Contact Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asbury Joy Club</td>
<td>Asbury UMC</td>
<td>3rd Thursday, 11am</td>
<td>Velma</td>
<td>(919) 847-0775</td>
</tr>
<tr>
<td>Brier Creek Senior Club</td>
<td>Brier Creek Comm. Center</td>
<td>Tuesdays, 10am</td>
<td>Trina</td>
<td>(984) 242-5884</td>
</tr>
<tr>
<td>Caraleigh Club</td>
<td>Caraleigh Comm. Clubhouse</td>
<td>Tuesdays, 10am</td>
<td>Mary Lou</td>
<td>(919) 846-0492</td>
</tr>
<tr>
<td>Carolina Pines Club</td>
<td>Carolina Pines Comm. Center</td>
<td>2nd Wednesday, 10am</td>
<td>Tonya</td>
<td>(919) 831-6435</td>
</tr>
<tr>
<td>Chavis Circle of Friends</td>
<td>John Chavis Community Cen.</td>
<td>4th Wednesday, 11am</td>
<td>Denise</td>
<td>(919) 831-6989</td>
</tr>
<tr>
<td>Fellowship Club</td>
<td>West Raleigh Presbyterian Ch</td>
<td>2nd/4th Tuesday, 10am</td>
<td>Melvin</td>
<td>(919) 851-3006</td>
</tr>
<tr>
<td>Fifty-Five Plus Club</td>
<td>Anne Gordon Center</td>
<td>Wednesdays, 10am</td>
<td>Jane</td>
<td>(919) 872-3006</td>
</tr>
<tr>
<td>First Cosmopolitan Club</td>
<td>First Cosmopolitan Baptist Ch</td>
<td>3rd Wednesday, 1pm</td>
<td>Gene</td>
<td>(919) 266-1222</td>
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<tr>
<td>G.E.M.S.</td>
<td>Watts Chapel</td>
<td>Wednesday after the 1st/3rd Sunday, 10:30am</td>
<td>Gaynelle</td>
<td>(919) 851-0869</td>
</tr>
<tr>
<td>Go-Getters Club</td>
<td>Top Greene Center</td>
<td>2nd/4th Thursday, 10am</td>
<td>Lauren</td>
<td>(919) 612-5164</td>
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<tr>
<td>Golden Eagles Club</td>
<td>Top Greene Center</td>
<td>2nd Wednesday, 11am</td>
<td>Carletta</td>
<td>(919) 996-2730</td>
</tr>
<tr>
<td>Golden Jewels</td>
<td>St. Paul AME Church</td>
<td>Wednesdays, 10am</td>
<td>Vallarie</td>
<td>(919) 789-3366</td>
</tr>
<tr>
<td>Grand Age Club</td>
<td>Hayes Barton United Methodist Ch</td>
<td>Thursdays, 11:15am</td>
<td>Margie</td>
<td>(919) 467-0572</td>
</tr>
<tr>
<td>Hedingham Hi-Milers</td>
<td>Willow Oak Clubhouse</td>
<td>2nd Tuesday, 10:00am</td>
<td>Lianne</td>
<td>(919) 880-7409</td>
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<tr>
<td>Keenagers Club</td>
<td>White Memorial Presbyterian Ch</td>
<td>Thursdays, 10:30am</td>
<td>Judy</td>
<td>(919) 834-3424</td>
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<tr>
<td>Lake Lynn Seniors</td>
<td>Lake Lynn Comm. Center</td>
<td>Tuesdays, 10am</td>
<td>Kathy</td>
<td>(919) 349-8905</td>
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<tr>
<td>Lions Park Club</td>
<td>Lions Park Comm. Center</td>
<td>1st Wednesday, 10am</td>
<td>Christie</td>
<td>(919) 831-6995</td>
</tr>
<tr>
<td>NRUMC—Joy Club</td>
<td>North Raleigh UMC</td>
<td>1st, 2nd, 3rd, 5th Wed, 11am</td>
<td>Cletha</td>
<td>(919) 847-5988</td>
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<tr>
<td>Parkview Manor</td>
<td>Parkview Manor Apartments</td>
<td>2nd Tuesday, 2:00pm</td>
<td>Juanita</td>
<td>(919) 821-7728</td>
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<tr>
<td>Pullen Park Club</td>
<td>Pullen Park Comm. Center</td>
<td>Wednesdays, 10am</td>
<td>Jane</td>
<td>(919) 785-1345</td>
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<tr>
<td>Quail Hollow Club</td>
<td>Eastgate Center</td>
<td>Wednesdays, 9:45am</td>
<td>Susan</td>
<td>(919) 870-0557</td>
</tr>
<tr>
<td>Roberts Park SR Club</td>
<td>Roberts Park Comm. Cntr</td>
<td>Tuesdays, 11am</td>
<td>Sherri</td>
<td>(919) 831-6830</td>
</tr>
<tr>
<td>Snappy Seniors</td>
<td>Marsh Creek Comm. Center</td>
<td>1st and 3rd Monday, 10am</td>
<td>Dorothy</td>
<td>(704) 928-6613</td>
</tr>
<tr>
<td>St. Francis of Assisi 55+Club</td>
<td>St. Francis of Assisi Ch</td>
<td>2nd/4th Wednesday, 12noon</td>
<td>Kathy</td>
<td>(919) 848-1557</td>
</tr>
<tr>
<td>Happy Hearts</td>
<td>St. Joseph’s Catholic Church</td>
<td>1st Tuesday, 12pm</td>
<td>Connie</td>
<td>(919) 418-3743</td>
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<tr>
<td>Smiling Age Club</td>
<td>Biltmore Hills Comm. Center</td>
<td>Tuesdays, 10am</td>
<td>Kenny</td>
<td>(919) 831-6895</td>
</tr>
<tr>
<td>The Trailblazers</td>
<td>Mt. Pleasant Baptist Church</td>
<td>2nd Tuesday 10:30 am</td>
<td>Lizzie</td>
<td>(919) 847-0831</td>
</tr>
<tr>
<td>Thirty-Niners Club</td>
<td>First Baptist Church</td>
<td>Thursdays, 10:30am</td>
<td>Mary Alice</td>
<td>(919) 832-4485</td>
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<tr>
<td>Touch of Love</td>
<td>St. Matthew Baptist Church</td>
<td>Wed after the 2nd/4th Sun, 10:30am</td>
<td>Dee</td>
<td>(919) 630-0320</td>
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<tr>
<td>Trinity JOY Club</td>
<td>Trinity UMC</td>
<td>3rd Tuesday, 11am</td>
<td>Betty</td>
<td>(919) 850-9191</td>
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<tr>
<td>Wakefield Villagers Club</td>
<td>Villages of Wakefield</td>
<td>2nd/4th Tuesday, 9am</td>
<td>Margaret</td>
<td>(919) 556-9541</td>
</tr>
<tr>
<td>Worthdale Walkers Club</td>
<td>Worthdale Comm. Center</td>
<td>Thursdays, 11am</td>
<td>Carletta</td>
<td>(919) 996-2730</td>
</tr>
<tr>
<td>Young at Heart Club</td>
<td>Five Points Adult Center</td>
<td>2nd/4th Wednesday, 10am</td>
<td>Brenda</td>
<td>(919) 834-8170</td>
</tr>
<tr>
<td>1’s Friday</td>
<td>Five Points Adult Center</td>
<td>1st Friday, 10am</td>
<td>Barbara</td>
<td>(919) 287-6803</td>
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</tbody>
</table>

*This information is not to be used for solicitation purposes.*
ADULT PROGRAM TRIPS

The Adult Program offers 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 Program” or by calling one of the Active Adult Centers. To receive informational fliers on all trips, compete the form found in the Adult Program Trip Brochure.

DAY TRIPS

May - Jordan Lake, NC: Eco Boat Tour
Sit back and relax as you drink in the sights of nature as you glide across the waters of Lake Jordan. Enjoy the talk about the lake, the birds, the dam and its spillway.

June - Kernersville, NC: Korner’s Folly
Built in 1880 and once billed as “The Strangest Home in the World,” but it is not really a home in the conventional sense. Artist, decorator, interior designer Jule Gilmer Korner conceived of this structure as an entertaining space, bachelor quarters and showroom for the wares of his decorating and house furnishing company. The home was built with 8 different sizes of bricks, no two windows or door ways are the same.

August - Salisbury, NC: Fading D Farm
Discover the uniqueness of raising water buffalo, learn about cheese making and how this small family owned farm began.

September - Cameron, NC: Aloha Safari Zoo
Lee Crutchfield is on a mission to rescue animals in need. The zoo is home to over 400 rescued animals that were previously injured, abandoned, abused, neglected, or were unable to be cared for by their previous owners giving them a forever home. The animals include bears, kangaroos, monkeys, giraffes, donkeys and much more.

October - Charlotte, NC; Chinese Lantern Festival
Make no mistake these are not hand-held, candle-lit lamps. Chinese lanterns are made by masters of the craft in Zigong, China. Zigong is China’s center of lantern heritage. The lanterns are made out of silk and paper, evolving into the wondrous shapes and sizes. More than 800 handmade lanterns will fill more than 12 acres. In addition, marvel at kung fu shows, savor Asian food and browse the marketplace that features authentic Chinese folk art and crafts handmade onsite.

MULTI-DAY TRIPS

Colorado Rockies, Historic Rails and Western National Parks
Colorado National Parks are sights to behold, from mountains to sand dunes, the colorful state has so much to offer. Journey from the massive peaks and rugged canyons to the huge dunes. Highlights include 5 National Park visits: Rocky Mountain, Mesa Verde, Arches, Canyonlands and the Great Sand Dunes, 3 Train Experiences: Durango & Silverton Railroad, Pikes Peak Cog Railway and the Royal Gorge Train.

New York City for the Winter Holiday
Getting into the holiday spirits is not hard to do in New York City. Winter holidays are filled with white lights & the Rockefeller Center Christmas Tree, the amazing 5th Avenue window displays, shopping, museums and Broadway shows. Shop at the Union Square Holiday Market or 34th Street Macy’s Department store. Tour the city with a guided tour, visit the city highlights: Central Park, Battery Park, World Trade Center and the Empire State Building. The trip would not be complete without enjoying a Broadway Show.

Whitewater Rafting and Hiking - Bryson City, NC
Enjoy this amazing experience with a fully guided paddle and light hikes. North Carolina’s shimmering Nantahala River offers river rafting through family-friendly rapids that are mild but exciting. The Nantahala features eight miles of practice on easy Class II rapids before splashing through the exciting Class III whitewater of Nantahala Falls. Bryson City is a small town tucked in the southern side of the Great Smoky Mountains. Spend your leisure time exploring a town that is filled with both old and new. Want to enjoy the mountain views but not sure about the rafting or hiking? Not a problem—this trip will have options for the activities.
S.O.A.R

The Social Outdoor Active Recreation (SOAR) program offers adventurous trips geared for adults 50+ but is open to all adults. The Adult Program has partnered with the PRCR Adventure Program to offer some amazing active trips. There are no special skills required to participate just an adventurous and open mind. No Xers here, just a group of individuals looking participate in outdoor activities with others and/or to check items off their bucket list.

Indoor Skydiving - No heights required
Experience the freedom that skydivers have for decades without a plane or parachute. Indoor skydiving involves a vertical chamber (imagine a massive silo with windows) that has the most powerful fans you’ve ever seen, blowing lots of air into the tunnel from below. All you have to do is lean into the airflow and take flight! You will receive hands on classroom step-by-step instructions by an experienced skydiver before even stepping into the wind tunnel.

Canoeing and Trails - Forest Ridge/Falls Lake
Head out to the smooth waters of Falls Lake at the newest City of Raleigh park, Forest Ridge. Begin the day learning basic fundamentals of canoeing with the experienced Adventure Program staff before heading off on a guided paddling trip around the lake. Learn the history of Forest Ridge and experience all the new amenities, including light walks through the park discovering the amazing nature in your own back yard.

Don’t miss out on Trip Fliers/registration forms. Sign up for MyRaleigh Subscription on the parks.raleighnc.gov website Keyword Search Adult Program. Click on the link located on the right hand side of the page.

Resources for Seniors Information and Referral Specialist 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 Lunch site. Please call for a reservation.