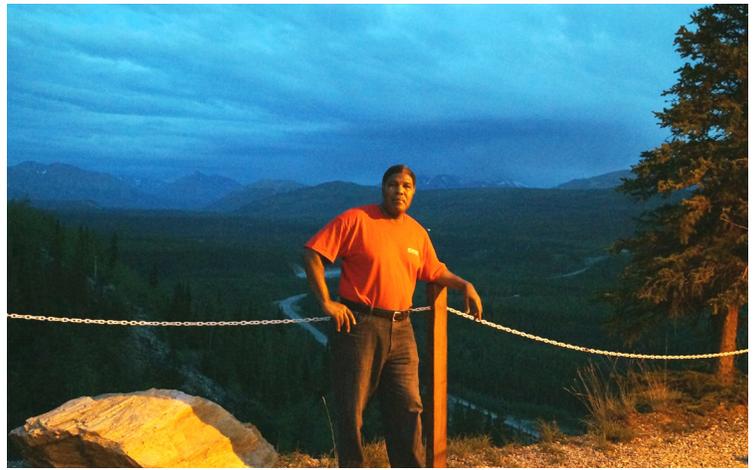


Adult Programs

September — December 2015



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov



Anne Gordon Center for Active Adults
1901 Spring Forest Road
Raleigh, NC 27615

Five Points Center for Active Adults
2000 Noble Road
Raleigh, NC 27608

Website: parks.raleighnc.gov
Keyword Search: Active Adults

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Five Points Center for Active Adults

2000 Noble Road, Raleigh, NC 27608

Phone: 919-996-4730

Fax: 919-508-5134

Email: FivePointsCenter@raleighnc.gov



Anne Gordon Center for Active Adults

1901 Spring Forest Road, Raleigh, NC 27615

Phone: 919-996-4720

Fax: 919-431-8090

Email: AnneGordonCenter@raleighnc.gov



Hours of Operation: Monday - Friday, 9:00 AM - 6:00 PM

The Active Adult Centers will be closed on Sept 7 (Labor Day), Nov 11 (Veterans' Day), Nov 26-27 (Thanksgiving), and Dec 24-25 (Christmas).

How to Register

Mail-In

Send registration form and payment to either Active Adult Center.

Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours. **Trip registrations must be mailed or taken to Anne Gordon Center for Active Adults or Five Points Center for Active Adults.*

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 your registration and payment online.

Trip registrations are not accepted online.

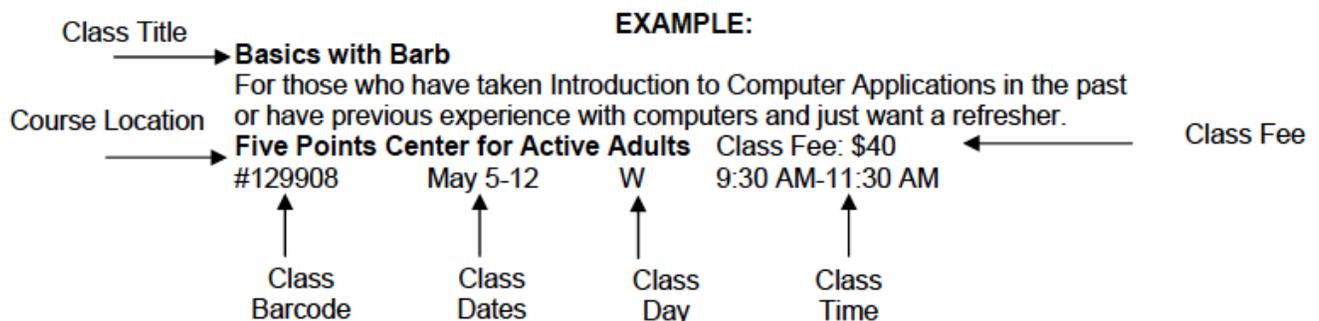
Don't Wait - Register Early!

Did you know that programs, classes, and trips that have not met the minimum number of registrants 2 weeks prior to the start date will be cancelled?

Registering early allows program staff time to plan accordingly and eliminates the cancellation of programs.



How to Read Course Listing



ART

Acrylic Painting

This class is for those who want to be introduced to acrylic painting and those who want to continue to expand their painting experience. Students will be given a materials list to purchase on their own.

Five Points Center for Active Adults Course Fee: \$35
 #176957 Sep 2-Dec 30 W 12:30 PM-3:00 PM
 #176958 Sep 14-Dec 28 M 10:30 AM-1:30 PM

Drawing: Basic Drawing

Learn the basic principles drawing in this supportive, encouraging class. For absolute beginners and those who missed a good foundation, there will be an orientation during the first 30-minutes of each class. All materials are supplied.

Five Points Center for Active Adults Course Fee: \$25
 #180306 Sep 8-Oct 13 Tu 2:00 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 to purchase necessary materials on their own. Instructor: Ann Long.

Five Points Center for Active Adults Course Fee: \$0
 #176959 Sep 2-Dec 30 W 9:30 AM-12:00 PM

Joyful Chorus

Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for various clubs, organizations, groups and events.

Five Points Center for Active Adults Course Fee: \$0
 #176960 Sep 14-Jan 4 M 12:00 PM-1:00 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
 #176579 Nov 5-Dec 17 Th 2:00 PM-4:00 PM
 #176576 Sep 8-Oct 27 Tu 2:00 PM-4:00 PM
 #176577 Sep 10-Oct 29 Th 2:00 PM-4:00 PM
 #176578 Nov 3-Dec 22 Tu 2:00 PM-4:00 PM
 #180727 Sep 14-Oct 26 M 10:00 AM - 12:00 PM
 #180728 Nov 2-Dec 21 M 10:00 AM - 12:00 PM

Quilting - Advanced Beginner/Intermediate

In this class you will work on a quilt called ‘carpenter’s square’, which looks difficult but is amazingly easy. Time permitting, we will work on a second quilt, ‘sandpiper birds’. This class is geared towards individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Sewing machine required. For more information, call 919-996-4720.

Anne Gordon Center for Active Adults Course Fee:\$10
 #176614 Sep 14-Nov 16 M 1:00 PM-4:00 PM

Quilting: Basic Quilting

This is a class for those individuals who wish to learn how to quilt. You will learn how to handle the various quilting tools, learn quilting terminology and complete a basic quilt. You must bring your own sewing machine, please talk to center staff if you do not have one. A supply list will be provided upon registration.

Five Points Center for Active Adults Course Fee \$10
 #180359 Sep 17-Nov 19 Th 1:00 PM-4:00 PM

Remembrance Craft: Necktie Angels

Turn that special someone’s necktie into a beautiful angel ornament to use at Christmas. There is no fee for this workshop, but registration is required. Participants must bring a necktie (not a bowtie). If you do not have the necktie of someone you lost, you can still participate by bringing one of your own. Sponsors: Heartland Hospice and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
 #177419 Dec 2 W 1:30 PM-3:00 PM

Remembrance Craft: T-Shirt Scarves

Items of clothing belonging to a deceased loved one can help us feel close to the person we have lost. Bring new life to a special T-shirt, so that you can wear it fashionably and remember your loved one at the same time. There is no fee for this workshop, but registration is appreciated to assist us in planning. Participants must bring at least one T-shirt with them. If you do not have a T-shirt of someone you lost, you may still participate by bringing one of your own. Sponsors: Heartland Hospice and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
 #177420 Sep 15 Tu 10:00 AM-11:15 AM

ART – CONTINUED

Watercolor: Introduction to Watercolor Pencil

If you love drawing and are really interested in making the leap to watercolor, learning how to work with watercolor pencils is a perfect transition experience. Students will learn how watercolor pencils work and then move on through exercise based on master painting, leading us to a piece unique to each of us. This is a fun way to understand how watercolor works on the most basic level and to learn a bit of art history and techniques along the way.

Five Points Center for Active Adults Course Fee: \$25
 #180307 Oct 20-Nov 24 Tu 2:00 PM-5:00 PM



Computer Classes

Beginning Computers and Email

This course is for beginners or new users who are just starting to get familiar with a computer, mouse and keyboard. Skills taught include: create and save documents, basics of Internet usage, creating an e-mail ID, sending and receiving messages, and uploading and downloading attachments and photos. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: New PC User. Applies to: Windows 7, Windows 8.

Five Points Center for Active Adults Course Fee: \$30
 #179009 Sep 22-Oct 27 Tu 2:00 PM-4:30 PM

Excel: Introduction

This class starts at the very beginning of Excel with basic definitions, calculations, and formatting. Learn how to manage your budget with this program! For more information, please call Raleigh SeniorTechEd at 919-954-3688. Student level: Experienced PC user. The class applies to MS Office, Windows 7, Windows 8.

Anne Gordon Center for Active Adults Course Fee: \$10
 #179021 Nov 13 F 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$10
 #179022 Oct 30 F 9:30 AM-11:30 AM

Exploring the Internet

This course teaches proper and safe ways to use the internet and email, including basic browsing, file downloading, bookmarking, favorites, security concepts, saving attachments, sending emails with attachments, and filing emails in folders. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

Anne Gordon Center for Active Adults Course Fee: \$30
 #179023 Nov 10-Dec 15 Tu 9:30 AM-11:30 AM

Exploring Windows 8

Learn to use Windows 8 to perform computer activities. Students must provide their own Windows 8 computer. Student level: Experienced PC user. For more information, please contact Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults Course Fee: \$20
 #178991 Sep 17-Oct 8 Th 1:30 PM-3:30 PM
 #179003 Oct 22-Nov 12 Th 1:30 PM-3:30 PM

Google Can Do That?

Learn to use free Google applications, including Maps, Earth, Drive, Books, YouTube, Calendar and more. This seminar is offered by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Prerequisite: Intro to Computer Applications or basic computer skills.

Five Points Center for Active Adults Course Fee: \$15
 #179026 Nov 17-18 Tu-W 1:30 PM-4:00 PM

Google Chrome

Learn to install and use the Internet browser, Google Chrome. Please bring your Windows 7 or Windows 8 laptop to class, if you have one. Those who do not have a lap top may use a SeniorTechEd laptop during class. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: Completed Beginning Computers II or equivalent. Applies to: Windows 7, Windows 8.

Five Points Center for Active Adults Course Fee: \$15
 #179018 Oct 6-13 Tu 9:30 AM-11:30 AM
 #179019 Dec 8-15 Tu 9:30 AM-11:30 AM

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.

Adult Leisure Programs

September — December 2015

This course will show you how to sync with your Mac or PC, transfer contacts and create contact groups and calendars. You will also learn how to use Facetime, the App Store and eBook readers and how to borrow eBooks for free from Wake County libraries. Bring your iPad and your questions from the first course.

Anne Gordon Center for Active Adults

Course Fee: \$0

#176569 Nov 4 W 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$0

#176568 Sep 23 W 9:30 AM-11:30 AM

iPad: Introduction

Are you thinking of getting an iPad or do you have one but are not sure how to use it? This course will teach you how to set up your iPad, provide a brief overview of the many available applications, or apps, and show you how to get the most out of the tablet.

Anne Gordon Center for Active Adults Course Fee: \$0

#176571 Sep 16 W 9:30 AM-11:30 AM

#176723 Oct 28 W 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$0

#176570 Dec 2 W 9:30 AM-11:30 AM

iPad: Introduction to iCloud

The iCloud service allows users to securely store personal computer files on Apple's iCloud servers and access them from multiple devices. It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Consider it a highly capable personal Internet hard drive! This class will show you how to set up an account and make the best use of the service. Bring your own iPad, iPhone or iPad Touch.

Anne Gordon Center for Active Adults Course Fee: \$0

#176573 Sep 30 W 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$0

#176572 Dec 9 W 9:30 AM-11:30 AM

iPhone: Getting to Know Your iPhone

This course will teach you how to get the most out of your Apple iPhone, including basic set up and making phone calls. It also will cover advanced features, such as the 'do not disturb' and personal hotspot functions. Bring your iPhone and learn how to get the most out of your smartphone.

Anne Gordon Center for Active Adults Course Fee: \$0

#176575 Nov 18 W 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$0

#176574 Oct 7 W 9:30 AM-11:30 AM

Password Management

This seminar, presented by Raleigh SeniorTechEd, will help the student understand the importance of good password management and introduce an application to manage passwords in a secure manner. For questions, please call 919-954-3688. Student level: completion of Beginning Computers II or equivalent computer knowledge.

Anne Gordon Center for Active Adults Course Fee: \$10

#178985 Sep 8 Tu 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$10

#178988 Nov 10 Tu 9:30 AM-12:00 PM

Skype for Beginners

This is a free program that allows you to communicate via voice and video with users around the world. Learn to create an account and how to use this program to communicate with friends and family. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: Completed Introduction to Computer Applications or equivalent. Applies to: Windows 7, Windows 8.

Anne Gordon Center for Active Adults Course Fee: \$10

#178998 Sep 18 F 9:30 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$10

#178999 Nov 13 F 9:30 AM-12:00 PM

The Pros and Cons of New Technology

This workshop will cover some of the new or evolving technologies that are designed to enhance your life, including iPhones, iPads, Tablets, cellphone health monitors (Fitbits, Polar Loops), home health monitoring systems, medication reminders, security systems, mobile chairs/scooters, robotic vacuums, and other devices for security and safety. Sponsored by Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0

#179442 Oct 2 F 10:00 AM-11:00 AM

Where's My Stuff?

You will learn to create folders and organize your data so that it will be easy to retrieve, using Windows Explorer. This course is taught by Raleigh SeniorTechEd. For questions about the course, call 919-954-3688. Student level: Completed Beginning Computer 1 or equivalent.

Five Points Center for Active Adults Course Fee: \$25

#179020 Oct 21-Nov 18 W 1:30 PM-3:30 PM

COMPUTER CLASSES – CONTINUED

WINDOWS 8 Overview

This seminar will discuss the basics of the new Windows 8 Operating System and help you get started using this new software. This seminar is brought to you by Raleigh SeniorTechEd Please call 919-954-3688 for more information/ Platform: Windows 8

Anne Gordon Center for Active Adults Course Fee: \$10

#179010 Sep 25 F 9:30 AM-12:00 PM

#179012 Nov 25 W 9:30 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$10

#179013 Oct 16 F 9:30 AM-11:30 AM

Windows Back-Up

Learn the importance of backing up your computer onto storage devices to protect your data. Automation and back up methods will be discussed. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: Beginning Computers II or equivalent. Applies to: Windows 7, Windows 8.

Five Points Center for Active Adults Course Fee: \$10

#179029 Dec 7 M 1:30 PM-3:30 PM

Windows Photo Gallery

provided by Raleigh SeniorTechEd, will cover transferring photos from your camera to your computer and some basic editing. For information, call 919-954-3688. Student level: Completed Beginning Computers and Email or equivalent. Applies to: Windows 7, Windows 8.

Five Points Center for Active Adults Course Fee: \$15

#178989 Sep 14-21 M 1:30 PM-3:30 PM

#178990 Nov 12-19 Th 9:30 AM-11:30 AM

Educational

Are You Feeling Blue?

Learn about the warning signs of depression; coping skills; and available resources and support. Free depression consultations will be provided. Sponsors: Holly Hill and Resources for Seniors

Anne Gordon Center for Active Adults Course Fee: \$0

#177431 Dec 4 F 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0

#177432 Sep 18 F 11:00 AM-12:00 PM

Basics of Estate Planning

Tom McCuiston from McCuiston Law Offices, PLLC addresses documents needed in estate planning such as powers of attorney, trusts, wills and living wills and certain consequences of having and not having these documents. Topics include: tax consequences of not having a will; property transfer consequences of not having a will; creating trusts and why they are helpful; responsibilities of a designated power of attorney; and living wills and the peace of mind they provide. Sponsored by resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0

#177404 Sep 15 Tu 1:00 PM-2:00 PM

Conversational Spanish

This course will give an emphasis of conversational Spanish. You will apply and practice elements from a beginners and Intermediate level.

Anne Gordon Center for Active Adults Course Fee: \$30

#176558 Sep 16-Oct 21 W 1:00 PM-2:30 PM

Everyday Artistry: Stories of NC Quilts and Their Makers

See examples and hear the stories behind some of the N.C. Museum of History's quilt collection. Made by North Carolinians, these works testify to the experiences of everyday people from 1850 to 1950. These quilts reflect broad themes in North Carolina's history and reveal how quilts are a valuable primary source for learning about our shared past.

Anne Gordon Center for Active Adults Course Fee: \$0

#177617 Oct 21 W 2:30 PM-3:30 PM

Five Points Center for Active Adults Course Fee: \$0

#177618 Nov 6 F 10:00 AM-11:00 AM

Fun Fashion Accessories for Fall and Winter

Learn how to enhance your fall and winter outfits with simple, fun and fashionable accessories. See a demonstration of different ways to tie scarves and add simple accessories to your wardrobe. Learn how mixing fabrics, textures, and patterns can help you create new fall and winter outfits. Sponsored by Talbots and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0

#179831 Sep 29 Tu 10:00 AM-11:00 AM

Long Term Care: How It Works and Who Pays

You've worked hard all your life to save for a comfortable retirement so that you can live life to the fullest while maintaining your independence. But realizing your goals requires proper planning; including taking into account how the need for long-term care could impact your financial security and quality of life. Learn how at this Seminar, sponsored by Resources for Seniors and Edward Jones Financial.

Five Points Center for Active Adults Course Fee: \$0
 #177414 Sep 24 Th 10:30 AM-11:30 AM

Organization: When Collecting Becomes Clutter

Bring in an example of something you collect, and we will share our stories. We will look at what we collect and how collecting can lead to clutter or hoarding. Learn about the advantages and disadvantages of collecting, clutter and hoarding. Presented by Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
 #177429 Oct 7 W 1:30 PM-2:30 PM

Five Points Center for Active Adults Course Fee: \$0
 #177430 Dec 1 Tu 2:00 PM-3:00 PM

Resources for Seniors: Who Are We and How Can We Help

Resources for Seniors will provide a detailed overview of their agency and the many resources that can be valuable to you or your loved ones.

Anne Gordon Center for Active Adults Course Fee: \$0
 #177421 Nov 12 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
 #177422 Oct 29 Th 1:00 PM-2:00 PM

SHIIP Counseling Appointments

There are 31 insurance companies licensed to sell supplemental and advantage plans to seniors in Wake County, in addition to Medicare. These one-on-one appointments will help you to understand your options with the Seniors' Health Insurance Information Program (SHIIP). Our SHIIP expert will help you identify the top two or three plans that best meet your needs. You must preregister for an appointment. Please bring your Medicare card and a list of prescriptions you are currently taking.

Anne Gordon Center for Active Adults Course Fee: \$0
 #176651 Sep 14-Dec 28 M 12:00 PM-3:00 PM

Five Points Center for Active Adults Course Fee: \$0
 #176652 Sep 2-Dec 23 W-Th 1:00 PM-4:00 PM

Traditional Chinese Medicine

Traditional Chinese medicine has evolved over thousands of years. Practitioners use herbal medicines and various mind and body practices, such as acupuncture, Medical QiGong, and Tai Chi, to treat or prevent health problems. Chinese Medicine is concerned with good energy and its free movement throughout the body and addresses well-being at three levels, the Physical, Mental and Spiritual. It is believed that blockages, stagnations or deviations of energy flow at any one or a combinations of these levels that lead to disease can begin. Discovering the root cause of our trauma or disease will lead us to a much more comfortable way of living. In the United States, people use TCM primarily as a complimentary health approach. Join us for this class as we discover the beginnings of TCM and how it can help us in the Modern Western World.

Anne Gordon Center for Active Adults Course Fee: \$8
 #180202 Sep 2-30 W 2:30 PM-3:30 PM
 #180203 Oct 7-28 W 2:30 PM-3:30 PM
 #180204 Dec 2-30 W 2:30 PM-3:30 PM

The Truth About Trusts

This presentation takes the mystery out of living trusts and explains when a trust is necessary and when it is not. Presented by Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
 #177426 Nov 10 Tu 1:00 PM-2:00 PM

Understanding 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 Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
 #177428 Nov 12 Th 11:00 AM-12:00 PM

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. Presented by Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
 #177619 Oct 27 Tu 1:30 PM-2:30 PM

Educational – CONTINUED

Virtual Tours of the World - Explore Japan

Have you always wanted to travel but time just slipped by? Come and travel to amazing places: Learn the language, explore the culture, sample the foods and tour the streets with us from the classroom. You will feel as if you really visiting these locations.

Anne Gordon Center for Active Adults Course Fee: \$6
#176665 Nov 18 W 2:00 PM -4:00 PM

Where's My Stuff?

You will learn to create folders and organize your data so that it will be easy to retrieve, using Windows Explorer. This course is taught by Raleigh SeniorTechEd. For questions about the course, call 919-954-3688. Student level: Completed Beginning Computer 1 or equivalent.

Five Points Center for Active Adults Course Fee: \$25
#179020 Oct 21-Nov 18 W 1:30 PM-3:30 PM

Educational - Health and Wellness

Blood Pressure Screening

Take advantage of these free blood pressure screenings offered by Dr. Casey Baldwin with Resources for Seniors and Kindred Transitional Healthcare.

Five Points Center for Active Adults Course Fee: \$0
#177433 Sep 1-Dec 21 1st Tu, 3rd M 9:30 AM-10:15 AM

Blood Sugar Screening

Dr. Casey Baldwin will offer FREE Blood Sugar Screenings. Sponsored by Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#179661 Nov 17 Tu 10:00 AM-11:00 AM

Breathe Easy

October is Healthy Lung Month. Learn about the most common lung diseases such as asthma, chronic bronchitis and COPD. What environmental factors impact your breathing? The class will include information on what you can do to improve your breathing.

Five Points Center for Active Adults Course Fee: \$0
#177621 Oct 16 F 10:00 AM-11:00 AM

Conversation and Coffee

This monthly series of educational meetings is designed to inform, educate and answer questions related to healthy living and well-being. Join us for coffee and conversation. Sponsors: Sunrise Senior Living and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#177407 Sep 15-Dec 16 3rd Tu 10:15 AM-11:15 AM

Diabetes Education Empowerment Program (DEEP)

This workshop builds a foundation of diabetes management skills through a series of teaching modules that cover diabetes risk factors, complications of diabetes, diagnosis and self-monitoring, nutrition, exercise, medications, stress management, and working with a diabetes care team. Hands-on activities, discussions and goal-setting will help participants who have diabetes or are at risk for diabetes, to improve their health.

Anne Gordon Center for Active Adults Course Fee: \$0
#177435 Sep 28-Nov 2 M 2:00 PM-4:00 PM

Five Points Center for Active Adults Course Fee: \$0
#177436 Sep 30-Nov 4 W 1:00 PM-2:00 PM

EnJOY the Holidays

The holiday season can be a time for sharing oneself through the gifts of time and events. Sharing your time with family and friends can reduce clutter and unsolicited items. Join Liz and Noa from Trending Transitions in sharing ways to reduce stress and keep joy in the holidays. Sponsored by Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#177535 Nov 4 W 1:00 PM-2:30 PM

Falls Prevention and Hearing

This program will provide valuable information on the linkage between poor hearing and falls. We will talk about what to do to maintain your hearing and balance.

Anne Gordon Center for Active Adults Course Fee: \$20
#177493 Dec 3 Th 1:30 PM-2:30 PM

Five Points Center for Active Adults Course Fee: \$20
#177494 Dec 10 Th 1:00 PM-2:00 PM

Health Screening: Blood Oxygen Screening

A pulse oximeter is the most common device used to determine your blood oxygen level. A pulse oximeter uses light to measure the oxygen saturation level, the percentage of hemoglobin in your red blood cells carrying oxygen. This screening is provided free by a nurse from Raleigh Rehabilitation. Sponsored by Resources for Seniors.

Adult Leisure Programs

September — December 2015

Five Points Center for Active Adults Course Fee: \$0
#177620 Oct 16 F 11:00 AM-11:30 AM

Health Talks with Dr. Baldwin

Dr. Casey Baldwin, RFS senior care pharmacist, will be on site each month to discuss an important health topic for older adults. Co-sponsor: Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#177495 Sep 1-Dec 1 Tu 10:15 AM-11:30 AM

Healthy Heart Beat

September is National Atrial Fibrillation Month. Learn about your heart, its related conditions and disease management. Free blood pressure screenings follow the class. Sponsored by Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#177622 Sep 22 Tu 10:00 AM-11:00 AM

Hearing Matters

This program will provide valuable information on hearing your best your whole life long. We will talk about hearing losses linked to dementia, falls, depression and other health issues.

Anne Gordon Center for Active Adults Course Fee: \$0
#177501 Oct 22 Th 1:30 PM-2:30 PM

Five Points Center for Active Adults Course Fee: \$0
#177502 Oct 13 Tu 10:00 AM-11:00 AM

Listen to Your Legs

Peripheral Arterial Disease (PAD) affects as many as 12 million Americans and 1 in 3 diabetic patients over the age of 50. A simple test can help determine if you the risk of narrow or clogged blood vessels. PAD usually affects your legs - don't receive enough blood flow to keep up with demand. PAD may result in leg discomfort, poor healing, and risk for stroke or heart disease. Triangle Vascular Associates is providing a free ABI painless test to help assess your vascular health status. Register for a FREE 10-minute screening.

Five Points Center for Active Adults Course Fee: \$0
#179825 Nov 13 F 10:00 AM-2:00 PM

Lunch and Learn for Adults

This monthly series of educational meetings, with lunch provided, is designed to inform, educate and answer questions related to healthy living and well-being. Preregistration is required for lunch. Sponsors: Resources for Seniors and Sunrise Assisted Living.

Anne Gordon Center for Active Adults Course Fee: \$0
#177536 Sep 16-Oct 7 3rd W 1:30 PM-2:30 PM

Medicare 101

The Seniors' Health Insurance Information Program (SHIIP) is a division of the North Carolina 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.

Five Points Center for Active Adult Course Fee: \$0
#177416 Nov 3 Tu 10:00 AM-12:00 PM

Noggin Joggin'

People who regularly partake in stimulating activities show healthier densities of white matter, or the parts of the brain that transmit information, than those who do not. In other words, if you don't use it, you lose it. Brain fitness workouts may help your mind process information more quickly and efficiently and improve your ability to perform multiple tasks at the same time. Brain training that targets memory, attention and focus may lead to better recollection, faster reaction time and an overall sharper mind. Brain games may help stave off dementia, strengthen critical thinking skills and promote brain health. Sponsored by Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#177503 Sep 21-Oct 12 3rd M 1:30 PM-2:30 PM

Five Points Center for Active Adults Course Fee: \$0
#177504 Sep 14-Dec 14 2nd M 10:00 AM-11:00 AM

Nutrition Supplements and You

The supplement industry is booming. Join us to learn more about supplements, including what to buy, what to avoid, possible drug-nutrient interactions. Sponsored by NORC and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#177533 Oct 9 F 10:00 AM-11:15 AM

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.

Five Points Center for Active Adults Course Fee: \$0
#177534 Sep 25-Dec 18 F 1:00 PM-2:30 PM

Adult Leisure Programs

September — December 2015

EDUCATIONAL - HEALTH AND WELLNESS – CONTINUED

Path to Peace

In addition to general support, this group covers topics such as understanding the grief process, making life adjustments and carrying on without your loved one. There is no fee, but registration is required in advance, and participants are asked to commit to the entire four-week class in order to foster trusting relationships within the group. Sponsors: Heartland Hospice and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#177418 Oct 1-22 Th 10:00 AM-11:15 AM

Sugar Clues

November is American Diabetes Month. Learn about ways to eat healthy and reduce your blood glucose levels. There are hidden ingredients in prepackaged foods that raise your blood sugar level. Learn how to identify the hidden sugars and how to choose healthy alternatives.

Five Points Center for Active Adults Course Fee: \$0
#177623 Nov 10 Tu 10:00 AM-11:15 AM

Fitness

60 Seconds to Good Health

This class features interval training to improve muscle strength and take your fitness to a higher level. All it takes is 60 seconds! Instructor: Jane Stenhouse

Five Points Center for Active Adults Course Fee: \$8
#176007 Sep 14-28 M 11:45 AM-12:45 PM
#176008 Oct 5-26 M 11:45 AM-12:45 PM
#176009 Nov 2-30 M 11:45 AM-12:45 PM
#176010 Dec 7-28 M 11:45 AM-12:45 PM

Ageless Grace

Learn 21 simple tools for lifelong comfort and ease! Each of the 21 tools focuses 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.

Anne Gordon Center for Active Adults Course Fee: \$8
#176545 Sep 1-29 Tu 2:00 PM-2:45 PM
#176546 Oct 6-27 Tu 2:00 PM-2:45 PM
#176547 Nov 3-24 Tu 2:00 PM-2:45 PM
#176548 Dec 1-29 Tu 2:00 PM-2:45 PM

Five Points Center for Active Adults Course Fee: \$8
#176549 Sep 2-30 W 2:00 PM-2:45 PM
#176550 Oct 7-28 W 2:00 PM-2:45 PM
#176551 Nov 4-25 W 2:00 PM-2:45 PM
#176552 Dec 2-30 W 2:00 PM-2:45 PM

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! Instructor: Bill Unger

Five Points Center for Active Adults Course Fee: \$0
#176764 Sep 1-29 Tu, Th 9:30 AM-10:15 AM
#176765 Oct 1-29 Th, Tu 9:30 AM-10:15 AM
#176766 Nov 3-24 Tu, Th 9:30 AM-10:15 AM
#176767 Dec 1-31 Tu, Th 9:30 AM-10:15 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: Jane Stenhouse

Five Points Center for Active Adults Course Fee: \$8
#176768 Sep 2-30 W 4:30 PM-5:30 PM
#176769 Oct 7-28 W 5:00 PM-5:45 PM
#176770 Nov 4-25 W 5:00 PM-5:45 PM
#176771 Dec 2-30 W 5:00 PM-5:45 PM

Cardio Sculpt

Cardio Sculpt is a combination class that helps burn fat and builds lean 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. Instructor: Jane Stenhouse

Five Points Center for Active Adults Course Fee: \$8
#176772 Sep 14-28 M 10:15 AM-11:15 AM
#176773 Oct 5-26 M 10:15 AM-11:15 AM
#176774 Nov 2-30 M 10:15 AM-11:15 AM
#176775 Dec 7-28 M 10:15 AM-11:15 AM
#176776 Sep 1-29 Tu 10:15 AM-11:15 AM
#176777 Oct 6-27 Tu 10:15 AM-11:15 AM
#176778 Nov 3-24 Tu 10:15 AM-11:15 AM
#176779 Dec 1-29 Tu 10:15 AM-11:15 AM
#176780 Sep 2-30 W 10:15 AM-11:15 AM
#176781 Oct 7-28 W 10:15 AM-11:15 AM
#176782 Nov 4-25 W 10:15 AM-11:15 AM

Adult Leisure Programs

#176783	Dec 2-23	W	10:15 AM-11:15 AM
#176784	Sep 3-24	Th	10:15 AM-11:15 AM
#176785	Oct 1-29	Th	10:15 AM-11:15 AM
#176786	Nov 5-19	Th	10:15 AM-11:15 AM
#176787	Dec 3-31	Th	10:15 AM-11:15 AM

Drumming Circle

Drumming is a healthy activity for all ages. It helps to reduce blood pressure, boost the immune system and release emotional stress, and it is all-around good for you. People with cancer, chronic pain, migraines and stroke practice drumming as therapy. During this session, a facilitator guides you through the basics and helps the group listen, play and experience the joy of getting in the groove! No experience is necessary! All instruments are provided. Instructor: Pat Vernon

Anne Gordon Center for Active Adults Course Fee: \$20

#176560	Sep 3-Oct 8	Th	1:00 PM-2:00 PM
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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. The fitness room is open during normal operating hours but will be closed for Group Fitness Training classes 10:15 a.m.-11 a.m. and 2 p.m.-2:45 p.m. on Monday, Wednesday and Friday.

Five Points Center for Active Adults Course Fee: \$0

#176798	Sep 1-Dec 31	Tu-F, M	9:00 AM-6:00 PM
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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.

Five Points Center for Active Adults Course Fee: \$0

#176791	Sep 1-Dec 31	Tu-Th	9:00 AM-9:30 AM
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Group Fitness

This course provides instruction on fitness equipment in the fitness room of the Five Points Center for Active Adults. Small class sizes allow for more one-on-one assistance from our group fitness instructors. All ability and experience levels are welcome.

Five Points Center for Active Adults Course Fee: \$5

#176799	Sep 1-Dec 30	Tu-Th, M	10:30 AM 11:15AM
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September — December 2015

Healing Meditation

Based in Traditional Chinese Medicine and other ancient systems of healing, this program is designed to bring the entire body together to effect changes in energy flow to impact healing. Ultimately what drives Qi (Chee), or Life-Force Energy, through the body begins with imagination and goes to intention. Learn about the body, how to breathe, connect, and then through the wonders of the meditations, begin to enact healing and well-being. Instructor Michael Hronas

Anne Gordon Center for Active Adults Course Fee: \$8

#176564	Sep 2-30	W	1:30 PM-2:30 PM
#176565	Oct 7-28	W	1:30 PM-2:30 PM
#176566	Nov 4-18	W	1:30 PM-2:30 PM
#176567	Dec 2-30	W	1:30 PM-2:30 PM

Line Dance- Beginner/Improver

This class is designed for those who have some line dance experience and are ready to learn additional dance steps. Instructor: Mitzi Kelley.

Five Points Center for Active Adults Course Fee: \$0

#176588	Sep 2-30	W, M	1:00 PM-2:00 PM
#176589	Oct 5-28	M, W	1:00 PM-2:00 PM
#176590	Nov 2-30	M, W	1:00 PM-2:00 PM
#176591	Dec 2-30	W, M	1:00 PM-2:00 PM

Line Dance- Intermediate Level

This class is for the experienced dancer who would like the challenge of learning more difficult, advanced dances. Instructor: Mitzi Kelley.

Five Points Center for Active Adults Course Fee: \$0

#176842	Sep 2-30	W, M	2:00 PM-3:00 PM
#176843	Oct 5-28	M, W	2:00 PM-3:00 PM
#176844	Nov 2-30	M, W	2:00 PM-3:00 PM
#176845	Dec 2-30	W, M	2:00 PM-3:00 PM

Line Dance Open Studio

Join us for this fun and informal line dance program. No previous line dancing experience is required. Enjoy dancing to some old favorites while making new friends!

Five Points Center for Active Adults Course Fee: \$0

#176804	Sep 4-Dec 18	F	1:30 PM-3:00 PM
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FITNESS – CONTINUED

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. Instructor: Jane Stenhouse

Five Points Center for Active Adults Course Fee: \$12.50
 #176875 Sep 1-Dec 31 Tu-F, M 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.

Five Points Center for Active Adults Course Fee: \$8
 Instructor: Kathy Cassidy

#176876	Sep 14-28	M	9:15 AM-10:00 AM
#176877	Oct 5-26	M	9:15 AM-10:00 AM
#176878	Nov 2-30	M	9:15 AM-10:00 AM
#176879	Dec 7-28	M	9:15 AM-10:00 AM

Instructor: Jane Stenhouse

#176880	Sep 3-24	Th	12:00 PM-12:45 PM
#176881	Oct 1-29	Th	12:00 PM-12:45 PM
#176882	Nov 5-19	Th	12:00 PM-12:45 PM
#176883	Dec 3-31	Th	12:00 PM-12:45 PM

Are you ready to pick up the pace of your walks but not quite sure how to do it? Join this high energy group as we walk, trot and jog our way through the beautiful Five Points area. Warm-up and cool-down exercises included. This is an intermediate level class. Instructor: Jane Stenhouse

Five Points Center for Active Adults Course Fee: \$0
 #176886 Sep 14-28 M 1:00 PM-2:00 PM
 #176887 Oct 5-26 M 1:00 PM-2:00 PM
 #176888 Nov 2-30 M 1:00 PM-2:00 PM
 #176889 Dec 7-28 M 1:00 PM-2:00 PM

Qi Gong: Therapeutic Qi Gong

Learn the 24 simple movements of qi gong (chee-gong) designed to promote energetic and visceral (internal organ) health. Practitioners think that the movements create good energy flow in the body and may reverse many diseases. This is a beginner level class. Instructor: Michael Hronas.

Five Points Center for Active Adults Course Fee: \$8
 #176606 Sep 4-25 F 9:15 AM-10:00 AM
 #176607 Oct 2-30 F 9:15 AM-10:00 AM
 #176608 Nov 6-20 F 9:15 AM-10:00 AM
 #176609 Dec 4-18 F 9:15 AM-10:00 AM

Seniorcise

This class offers low-impact exercises to strengthen muscles and improve 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: Dana Kincaid

#176643	Sep 1-29	Tu	9:15 AM-10:00 AM
#176644	Oct 6-27	Tu	9:15 AM-10:00 AM
#176645	Nov 3-24	Tu	9:15 AM-10:00 AM
#176646	Dec 1-29	Tu	9:15 AM-10:00 AM
#176647	Sep 3-24	Th	9:15 AM-10:00 AM
#176648	Oct 1-29	Th	9:15 AM-10:00 AM
#176649	Nov 5-19	Th	9:15 AM-10:00 AM
#176650	Dec 3-31	Th	9:15 AM-10:00 AM

Five Points Center for Active Adults Course Fee: \$8
 Instructor: Dana Kincaid

#176639	Sep 14-28	M	1:30 PM-2:15 PM
#176640	Oct 5-26	M	1:30 PM-2:15 PM
#176641	Nov 2-30	M	1:30 PM-2:15 PM
#176642	Dec 7-28	M	1:30 PM-2:15 PM

Don't forget to register for your classes!

Fitness classes that have not met the minimum number of participants by the 25th of the month prior to the start date will be cancelled. Register early in order to avoid course cancellation!

Adult Leisure Programs

September — December 2015

Greystone Community Center

Course Fee: \$8

Instructor: Lauren Llewellyn

#176623	Sep 14-28	M	10:00 AM-10:45 AM
#176624	Oct 5-26	M	10:00 AM-10:45 AM
#176625	Nov 2-30	M	10:00 AM-10:45 AM
#176626	Dec 7-28	M	10:00 AM-10:45 AM
#176627	Sep 4-25	F	10:00 AM-10:45 AM
#176628	Oct 2-30	F	10:00 AM-10:45 AM
#176629	Nov 6-20	F	10:00 AM-10:45 AM
#176630	Dec 4-18	F	10:00 AM-10:45 AM

Lake Lynn Community Center

Course Fee: \$8

Instructor: Lauren Llewellyn

#176615	Sep 1-29	Tu	9:00 AM-9:45 AM
#176616	Oct 6-27	Tu	9:00 AM-9:45 AM
#176617	Nov 3-24	Tu	9:00 AM-9:45 AM
#176618	Dec 1-29	Tu	9:00 AM-9:45 AM
#176619	Sep 3-24	Th	9:00 AM-9:45 AM
#176620	Oct 1-29	Th	9:00 AM-9:45 AM
#176621	Nov 5-19	Th	9:00 AM-9:45 AM
#176622	Dec 3-31	Th	9:00 AM-9:45 AM

Powell Drive Park

Course Fee: \$8

Instructor: Bill Unger

#176631	Sep 1-29	Tu	1:00 PM-1:45 PM
#176632	Oct 6-27	Tu	1:00 PM-1:45 PM
#176633	Nov 3-24	Tu	1:00 PM-1:45 PM
#176634	Dec 1-29	Tu	1:00 PM-1:45 PM
#176635	Sep 3-24	Th	1:00 PM-1:45 PM
#176636	Oct 1-29	Th	1:00 PM-1:45 PM
#176637	Nov 5-19	Th	1:00 PM-1:45 PM
#176638	Dec 3-31	Th	1:00 PM-1:45 PM

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

Laurel Hills Community Center

Course Fee: \$8

#179832	Sep 2-30	W	10:15 AM-11:15 AM
#179833	Oct 7-28	W	10:15 AM-11:15 AM
#179834	Nov 4-25	W	10:15 AM-11:15 AM
#179835	Dec 2-30	W	10:15 AM-11:15 AM
#179836	Sep 4-Oct 2	F	10:15 AM-11:15 AM
#179837	Oct 2-30	F	10:15 AM-11:15 AM
#179838	Nov 6-20	F	10:15 AM-11:15 AM
#179839	Dec 4-18	F	10:15 AM-11:15 AM

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

#176911	Sep 3-24	Th	1:00 PM-2:00 PM
#176912	Oct 1-29	Th	1:00 PM-2:00 PM
#176913	Nov 5-19	Th	1:00 PM-2:00 PM
#176914	Dec 3-31	Th	1:00 PM-2:00 PM

Strength and Conditioning

Are you trying to get in shape and stay in shape? These full-body workouts help you move better, get stronger and build lean muscle while boosting your metabolism. We will use plyometrics, medicine balls, speed ropes, agility balls, resistance bands, sandbags, ab rollers and, most important, your own body weight. If you want intensity, this is the class for you. This class is designed to increase physical strength through weight-bearing and resistance exercise. We will finish with core training and stretching for a complete workout. Not only will you improve your cardiovascular health, but you'll also burn tons of calories and have fun at the

Five Points Center for Active Adults

Course Fee: \$8

#176015	Sep 1-29	Tu	3:30 PM-4:30 PM
#176016	Oct 6-27	Tu	3:30 PM-4:30 PM
#176017	Nov 3-24	Tu	3:30 PM-4:30 PM
#176018	Dec 1-29	Tu	3:30 PM-4:30 PM

Tai Chi Chih - Beginner Level

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

#176915	Sep 14-28	M	10:00 AM-11:00 AM
#176916	Oct 5-26	M	10:00 AM-11:00 AM
#176917	Nov 2-30	M	10:00 AM-11:00 AM
#176918	Dec 7-28	M	10:00 AM-11:00 AM

Are you interested in teaching a class or have a skill that you are interested in sharing with others? The Adult Program is always interested in new program ideas or classes. We would love to talk to you and hear your ideas!

FITNESS – CONTINUED

Tai Chi Chih- Intermediate Level

This class is for those who have taken the beginner level course and are familiar with the moves and poses of tai chi chih. Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students will 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

#176920	Sep 14-28	M	11:00 AM-12:15 PM
#176921	Oct 5-26	M	11:00 AM-12:15 PM
#176922	Nov 2-30	M	11:00 AM-12:15 PM
#176923	Dec 7-28	M	11:00 AM-12:15 PM

T'ai Chi for Active Adults - Advanced Beginners

T'ai chi is a low/no-impact slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Focus is on breathing naturally and paying attention to your movements and your bodily sensations. Practitioners believe that it enhances the immune system, lowers blood pressure, reduces chronic pain and more! Instructor: Michael Hronas.

Anne Gordon Center for Active Adults Course Fee: \$8

#176653	Sep 1-29	Tu	11:30 AM-12:15 PM
#176654	Oct 6-27	Tu	11:30 AM-12:15 PM
#176655	Nov 3-24	Tu	11:30 AM-12:15 PM
#176656	Dec 1-29	Tu	11:30 AM-12:15 PM

T'ai Chi for Active Adults - Beginner

T'ai chi is a low/no impact slow motion exercise consisting of a series of motions. This exercise can be adapted for all ability and fitness levels. Practitioners believe that it enhances the immune system, lowers blood pressure, reduces chronic pain and much more.

Instructor: Michael Hronas.

Anne Gordon Center for Active Adults Course Fee: \$8

#176657	Sep 14-28	M	1:00 PM-1:45 PM
#176658	Oct 5-26	M	1:00 PM-1:45 PM
#176659	Nov 2-30	M	1:00 PM-1:45 PM
#176660	Dec 7-28	M	1:00 PM-1:45 PM

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. Instructor: Jane Stenhouse.

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

#176924	Sep 1-29	Tu	1:00 PM-2:00 PM
#176925	Oct 6-27	Tu	1:00 PM-2:00 PM
#176926	Nov 3-24	Tu	1:00 PM-2:00 PM
#176927	Dec 1-29	Tu	1:00 PM-2:00 PM
#176928	Sep 3-24	Th	1:00 PM-2:00 PM
#176929	Oct 1-29	Th	1:00 PM-2:00 PM
#176930	Nov 5-19	Th	1:00 PM-2:00 PM
#176931	Dec 3-31	Th	1:00 PM-2:00 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: Kathy Cassidy.

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

#176941	Sep 2-30	W	11:30 AM-12:30 PM
#176942	Oct 7-28	W	11:30 AM-12:30 PM
#176943	Nov 4-25	W	11:30 AM-12:30 PM
#176944	Dec 2-30	W	11:30 AM-12:30 PM
#176945	Sep 4-25	F	11:30 AM-12:30 PM
#176946	Oct 2-30	F	11:30 AM-12:30 PM
#176947	Nov 6-20	F	11:30 AM-12:30 PM
#176948	Dec 4-18	F	11:30 AM-12:30 PM

Wednesday Walk and Wellness

Enjoy a walk in the Five Points area near the Active Adult Center. Social walkers and speed walkers are invited to join this fun group. Proper warm-up and cool-down techniques are included. Instructor: Jane Stenhouse.

Five Points Center for Active Adults Course Fee: \$0

#176949	Sep 2-Dec 30	W	1:00 PM-2:00 PM
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Yoga - Chair Yoga

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair.

Anne Gordon Center for Active Adults Course Fee: \$8

Instructor: Mary Flournoy

#176686	Sep 3-24	Th	10:30 AM-11:30 AM
#176687	Oct 1-29	Th	10:30 AM-11:30 AM
#176688	Nov 5-19	Th	10:30 AM-11:30 AM
#176689	Dec 3-31	Th	10:30 AM-11:30 AM
#179788	Sep 7-28	M	9:15 AM-10:00 AM
#179789	Oct 5-26	M	9:15 AM-10:00 AM
#179790	Nov 2-30	M	9:15 AM-10:00 AM
#179791	Dec 7-28	M	9:15 AM-10:00 AM

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

Instructor: Mary Flournoy

#176666	Sep 1-29	Tu	2:30 PM-3:30 PM
#176667	Oct 6-27	Tu	2:30 PM-3:30 PM
#176668	Nov 3-24	Tu	2:30 PM-3:30 PM
#176669	Dec 1-29	Tu	2:30 PM-3:30 PM

Instructor: Rose Parli

#176670	Sep 1-29	Tu	11:30 AM-12:45 PM
#176671	Oct 6-27	Tu	11:30 AM-12:45 PM
#176672	Nov 3-24	Tu	11:30 AM-12:45 PM
#176673	Dec 1-29	Tu	11:30 AM-12:30 PM

Instructor: Elka Harabin

#176674	Sep 3-24	Th	2:30 PM-3:30 PM
#176675	Oct 1-22	Th	2:30 PM-3:30 PM
#176676	Nov 5-19	Th	2:30 PM-3:30 PM
#176677	Dec 3-31	Th	2:30 PM-3:30 PM

Instructor: Rose Parli

#176678	Sep 3-24	Th	11:30 AM-12:45 PM
#176679	Oct 1-22	Th	11:30 AM-12:45 PM
#176680	Nov 5-19	Th	11:30 AM-12:45 PM
#176681	Dec 3-31	Th	11:30 AM-12:45 PM

Laurel Hills Community Center Course Fee: \$8

Instructor: Bettie Ittenbach

#176682	Sep 2-30	W	11:30 AM-12:15 PM
#176683	Oct 7-28	W	11:30 AM-12:15 PM
#176684	Nov 4-25	W	11:30 AM-12:15 PM
#176685	Dec 2-30	W	11:30 AM-12:15 PM

Yoga-Gentle Yoga for Beginners

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, leaning against the wall, or using a floor mat. Each class also incorporates yoga breathing exercises to help improve lung capacity and focus and a period of deep relaxation or meditation. This is a beginner level.

Anne Gordon Center for Active Adults Course Fee: \$8

Instructor: Mary Flournoy

#176698	Sep 14-28	M	10:30 AM-11:30 AM
#176699	Oct 5-26	M	10:30 AM-11:30 AM
#176700	Nov 2-30	M	10:30 AM-11:30 AM
#176701	Dec 7-28	M	10:30 AM-11:30 AM

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

Instructor: Elka Harabin

#176690	Sep 14-28	M	3:15 PM-4:15 PM
#176691	Oct 5-26	M	3:15 PM-4:15 PM
#176692	Nov 9-30	M	3:15 PM-4:15 PM
#176693	Dec 7-28	M	3:15 PM-4:15 PM
#176694	Sep 2-30	W	3:15 PM-4:15 PM
#176695	Oct 7-28	W	3:15 PM-4:15 PM
#176696	Nov 4-25	W	3:15 PM-4:15 PM
#176697	Dec 2-30	W	3:15 PM-4:15 PM



FITNESS – CONTINUED

Zumba - Gold

Golden Zumba® is known for zesty Latin and international music, easy-to-follow moves and the invigorating party-like atmosphere of the class! This is a dance-fitness class that feels friendly, and most of all, fun!

Beginner/Advanced Beginner

Anne Gordon Center for Active Adults Course Fee: \$8

Instructor: Maria Bolanz

#176714	Sep 1-29	Tu	9:15 AM-10:00 AM
#176715	Oct 6-27	Tu	9:15 AM-10:00 AM
#176716	Nov 3-24	Tu	9:15 AM-10:00 AM
#176717	Dec 1-29	Tu	9:15 AM-10:00 AM
#176718	Sep 3-24	Th	1:00 PM-1:45 PM
#176719	Oct 1-29	Th	1:00 PM-1:45 PM
#176720	Nov 5-19	Th	1:00 PM-1:45 PM
#176721	Dec 3-31	Th	1:00 PM-1:45 PM

Intermediate

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

Instructor: Kathy Cassidy

#176706	Sep 4-25	F	12:30 PM-1:15 PM
#176707	Oct 2-30	F	12:30 PM-1:15 PM
#176708	Nov 6-20	F	12:30 PM-1:15 PM
#176709	Dec 4-18	F	12:30 PM-1:15 PM
#176710	Sep 1-29	Tu	12:00 PM-12:45 PM
#176711	Oct 6-27	Tu	12:00 PM-12:45 PM
#176712	Nov 3-24	Tu	12:00 PM-12:45 PM
#176713	Dec 1-29	Tu	12:00 PM-12:45 PM

Social

Bingo

This is not your typical bingo. We play a variety of games each day, including straight bingo, 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cents per card.

Anne Gordon Center for Active Adults Course Fee: \$0

#176553	Sep 4-Dec 18	F	10:00 AM-12:00 PM
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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

#176961	Sep 3-Dec 31	Th	10:00 AM-12:00 PM
#176962	Sep 4-Dec 18	F	12:30 PM-3:00 PM
#176963	Sep 2-Dec 30	W	9:30 AM-12:30 PM

Cards and Maj Jongg Open Play

Want to play bridge, canasta, poker, mah jongg 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

#176556	Sep 4-Dec 18	F	1:00 PM-4:00 PM
#176557	Sep 1-Dec 29	Tu	1:00 PM-3:00 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

#176964	Sep 14-Dec 28	M	1:00 PM-4:00 PM
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Mah Jongg Beginners

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

#176966	Sep 3-24	Th	2:00 PM-4:00 PM
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Greystone Community Center Course Fee: \$0

#176965	Sep 14-28	M	2:00 PM-4:00 PM
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Mah Jongg Intermediate

These intermediate workshops are for those who have been through the mah jongg beginners workshop or have played the game in the past and need a refresher course.

Five Points Center for Active Adults Course Fee: \$0

#176968	Sep 17-Oct 1	Th	2:00 PM-4:00 PM
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Greystone Community Center Course Fee: \$0

#176967	Sep 14-28	M	2:00 PM-4:00 PM
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Sports

Pickleball

Pickleball is a wonderful fitness and social activity that combines 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

#176969	Sep 2-Dec 30	W	12:30 PM-3:00 PM
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Table Tennis Free Play

Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults Course Fee: \$0

#176971	Sep 14-Dec 28	M	1:00 PM-3:00 PM
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Account and Program Registration Form

Main Contact

Remember you can also register online with RecLink at parks.raleighnc.gov

Raleigh Resident **Non-resident** Add \$15 to course. Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15.

Last Name _____ First Name _____ DOB ____ / ____ / ____ Male Female

Mailing Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____ *Email _____

Emergency Contact _____ Phone _____

Pictures or video may be taken of participant for use in program publicity. Please check, if you **do not** approve

Registration Receipt: (for mail-in) I would like my receipt (please check one) **emailed (valid email address required)** **printed/mailed**

* By providing my email address I agree to receive email communication from Raleigh Parks, Recreation and Cultural Resources .

The City of Raleigh Parks, Recreation and Cultural Resources Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate participation in our programs. **To ensure that reasonable accommodations are in place, program registration or accommodation request should be received at least two weeks prior to the start date of the program.** For more information please contact Inclusion Services 919.996.2147

Participant #1 Information

Participant #1 Name _____ DOB ____ / ____ / ____ Male Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

We are fully committed to complying with the American's with Disabilities Act (ADA). See above paragraph.

Please list any disability or accommodation request: _____

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Information

Participant #2 Name _____ DOB ____ / ____ / ____ Male Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

We are fully committed to complying with the American's with Disabilities Act (ADA). See above paragraph.

Please list any disability or accommodation request: _____

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Account Information

Create a New Account **Update my Account** **Please send me My Family PIN and Client Barcode**

Registration Information

Payment is required at the time of registration. Please use this form for registration, and mail to the facility where the program is held.

Non-City of Raleigh Resident Fee (\$15/course) \$ _____

I would like to make a donation to support a child's participation in Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ _____

I would like to make a donation to support tree planting in Raleigh through the Neighborhoods Program (specify amount) \$ _____

TOTAL AMOUNT DUE \$ _____



Account and Program Registration Form

Payment Information

Check # _____ (checks payable to City of Raleigh) **Money Order**

Credit Card: **Visa** **Mastercard** **American Express** Expiration Date _____ Amount \$ _____

Print name as it appears on card _____ Billing Address _____

Card # _____ Signature _____ Date _____

Refund Policy

- 100% refund/credit/transfer if the Department cancels the program or the facility rental.
- Refund requests received in writing at least 14 or more days in advance of the program/rental/team placement date are entitled to:
 - A. 100% credit or transfer of fees to another program at the time of the withdrawal;
 - B. 85% refund based on the total cost of the program or rental;
 - C. 85% credit/transfer/refund of eligible rental fees
- Refund/credit/transfer requests received less than 14 days in advance of the program/rental/team placement date will not be granted.
- Refunds for medical circumstances requested prior to the program/rental/team placement date will be granted at 100%, pending verification.
- Outdoor facility usage cancelled due to inclement weather may be rescheduled pending space availability.
- A transfer must be requested at the time of withdrawal.
- A credit may be used by any family member on the same registration account.
- Non-attendance/non-participation in a program does not entitle the patron to a refund.

Refund requests may be sent to: **Raleigh Parks, Recreation and Cultural Resources Department** Rbo.registration@raleighnc.gov

Non-Discrimination Policy

The policy of the City of Raleigh is, and shall be, to oppose any discrimination based on actual or perceived age, mental or physical disability, sex, religion, race, color, sexual orientation, gender identity or expression, familial or marital status, economic status, veteran status or national origin in any aspect of modern life. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

City of Raleigh Release and Indemnity Agreement

I understand that participating in the recreational program selected involves risk of injury or illness. These risks include, but are not limited to, inclement weather, accidents while traveling, food related illness, equipment problems or failures, contact with and actions of other participants, spectators, and volunteers, slips/trips/falls, and musculoskeletal injuries, among others. I choose for myself or for my child to participate in the selected programs despite the risks.

By signing the Program Registration form, I acknowledge all risks of injury, illness, death, and property damage, and affirm that I have assumed all responsibility of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the teachers and supervisors of the program.

In return for the opportunity to participate in this program, I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind from the City, its employees or its agents for injury, illness, or death resulting from this program. If I am registering a child for a program, I agree that I am a parent, legal guardian, or am otherwise responsible for the child whose application I am submitting and that I release, waive, and discharge any legal rights that I may assert on behalf of the child participation in the program. I also agree not to sue the City, its employees, or its agents and agree to indemnify the City for all claims, damages, losses, or expenses, including attorney's fees, if a suit is filed concerning an injury, illness, or death to me or to my child resulting from participation in the program.

Registration Date Mail-in, Walk-in, and RecLink Registration begins Tuesday, July 28, 2015

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form. Signature is required to complete the registration process.

Participant Signature _____ **Date** _____

Signature of parent/legal guardian if child is under 18 _____ **Date** _____

Golden Years Senior Club

Clubs are composed of persons age 55 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, and luncheons. Contact the club leader for specific club information.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11am
June (919) 848-1392

Best Is Yet To Be

Powell Dr. Comm. Center
1st/3rd Friday, 10am
Mary Lou (919) 846-0492

Brier Creek Senior Club

Brier Creek Comm. Center
Tuesdays, 10am
Linda (919) 420-2340

Caraleigh Club

Caraleigh Comm. Clubhouse
Tuesdays, 10am
Mary Lou (919) 846-0492

Carolina Pines Club

Carolina Pines Comm. Center
2nd Wednesday, 10:30am
Tonya (919) 831-6435

Catholic Golden Age

Our Lady of Lourdes Catholic
1st Sunday, 1:30pm
Ed (919) 217-9580

Fellowship Club

West Raleigh Presbyterian Ch
2nd/4th Tuesday, 10am
Laura (919) 851-7042

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 9:15am
Nancy (919) 264-7818

First Cosmopolitan Club

First Cosmopolitan Baptist Ch
3rd Wednesday, 1pm
Gene (919) 266-1222

Go-Getters Club

Stonehenge Apts. Clubhouse
2nd/4th Thursday, 10am
Betty (919) 846-2632

Golden Circle Club

Lions Park Comm. Center
2nd Monday, 10am
Helen (919) 250-0058

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11am
Carletta (919) 250-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Vallarie (919) 789-2266

Grand Age Club

Hayes Barton United
Methodist
Thursdays, 11:15am
Margie (919) 467-0572

Hedingham Hi-Milers

Willow Oak Clubhouse
3rd Tuesday, 10:30am
Bob (919) 981-0824

Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11am
Cletha (919) 847-5988

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:30am
Judy (919) 834-3424

Lake Lynn Seniors

Lake Lynn Comm. Center
Tuesdays, 10am
Karen (919) 841-0324

Lions Park Club

Lions Park Comm. Center
1st/3rd Wednesday, 10am
Jason (919) 831-6995

OCBC Twilighters

Oak City Baptist Church
1st/3rd Wednesday, 11:30am
James (919) 477-6737

Parkview Manor

Parkview Manor Apartments
2nd Tuesday, 2:00pm
Juanita (919) 821-7728

Platinum Plus

Sanderford Rd Center
Wednesdays, 10:30am
Ricky (919) 250-2757

Prime Timers Club

Hillyer Memorial Church
3rd Thursday, 10:30am
Dick (919) 851-3046

Pullen Park Club

Pullen Park Comm. Center
Wednesdays, 10am
Abigail (919) 831-6052

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45am
Susan (919) 870-0557

Roberts Park SR Club

Roberts Park Comm. Cntr
Wednesdays, 10:30am
Sherri (919) 831-6830

Snappy Seniors

Marsh Creek Comm. Center
1st and 3rd Monday, 10am
Dorothy (919) 231-0363

St. Francis of Assisi 55+Club

St. Francis of Assisi Parish
2nd Wed 11am, 4th Wed 12pm
Kathy (919) 848-1557

St. Joseph's Seniors

St. Joseph's Catholic Church
1st Tuesday, 12pm
Lorraine (919) 266-3889

Smiling Age Club

Biltmore Hills Comm. Center
Tuesdays, 10am
Kenny (919) 831-6895

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
2nd/4th Wed, 10:30am
Dee (919) 630-0320

The Trailblazers

Mt. Pleasant Baptist Church
10720 Falls of the Neuse Rd.
2nd Tuesday 10:30 am
Lizzie (919)847-0831

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11am
Mary (919) 845-9626

Wakefield Gardens

Gardens at Wakefield
1st Monday, 2pm
Patrick A (919) 554-2520

Wakefield Villagers Club

Villages of Wakefield
2nd/4th Tuesday, 9am
Margaret (919) 556-9541

Worthdale Walkers Club

Worthdale Comm. Center
Thursdays, 11am
Carletta (919) 250-2730

Young at Heart Club

Five Points Center
2nd/4th Wednesday, 10am
Brenda (919) 834-8170

This information is not to be used for solicitation purposes.

Adult Program Trips

Trip fliers and registration forms can be found on the website at www.raleighnc.gov keyword search Adult Programs or by calling one of the Active Adult Centers. If you are interested receiving informational fliers on all trips, just ask the staff for an Adult Program Trip Brochure. This brochure offers a request form that allows you the opportunity to receive information on all of the trips you are interested in by email or mail.

2015 One-Day Trips

September 24th

Raleigh, NC

Cost: \$33 City of Raleigh Resident, \$48 non-City of Raleigh resident

Marvel at the James B. Hunt Jr. Library technology with its unusual seating and robotic book retrieval. Learn about NC Highway Patrolmen and how they are trained and live on site, see vehicles and equipment they use, and hear the stories of those who have lost their lives while serving..

October 24, 2015

Newton, NC

Cost: \$100 City of Raleigh resident, \$115 Non-City of Raleigh Resident

Step back in time at the Hart Square Festival. For more than 30 years Dr. Robert Hart has restored the 19th century NC lifestyle, recreating an entire village, Hart Square, which includes the largest collection of original historic log buildings.

Multi-Day Trips

September 15-17, 2015

NC Outer Banks

Cost: \$450 Double Occupancy

Enjoy some relaxing time at the beach while exploring all that the area has to offer: Kitty Hawk, Jockeys' Ridge, history, shopping and much more.

December 2-6, 2015

San Antonio, TX

Cost: \$1,700.00 Double Occupancy

What a way to enjoy the holiday season- warm weather and the beautiful Riverwalk decked out in lights! This trip will include the Alamo, historical sights, shopping and the story of Texas. Trip includes: 6 meals, San Antonio City Tour excursion, San Jose Mission, Fredericksburg, and much more.

ADDITIONAL RESOURCES

Resources for Seniors

Susan McGuire

email: Raleighsc@rfsnc.org

919-996-4738

www.resourcesforseniors.com

Resources for Seniors has an Information and Referral Specialist housed at the Five Points Center for Active Adults and 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 Congregate Lunch site. The congregare lunch program serves anyone who is 60 or older and can get to the Active Adult Center. You must call first for a reservation and complete an application when you arrive.