



# Adult PROGRAM MAY-AUGUST 2016



**Anne Gordon Center for Active Adults**  
1901 Spring Forest Road  
Raleigh NC 27615  
Phone: (919) 996-4720  
Email: annegordoncenter@raleighnc.gov

**Five Points Center for Active Adults**  
2000 Noble Road  
Raleigh NC 27608  
Phone: (919) 996-4730  
Email: fivepointscenter@raleighnc.gov

**Walnut Terrace Neighborhood Center**  
1256 McCauley Street, Suite 103  
Raleigh, NC 27601  
Phone: (919) 996-6160  
Email: walnutterracecenter@raleighnc.gov

## HOURS OF OPERATION

Monday - Friday, 9:00am - 6:00pm

## THE CENTERS WILL BE CLOSED ON

May 30 (Memorial Day) and July 4 (Independence Day)

## 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, Five Points Center for Active Adults or Walnut Terrace Neighborhood Center.*

### Online with Reclink

Visit [Reclink.raleighnc.gov](http://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.**

## ALL ACTIVE ADULT 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 25L 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 [raleighnc.gov/transit/](http://raleighnc.gov/transit/)

# HOW TO READ COURSE LISTINGS

Course Title →	<b>BASICS WITH BARB</b>			
	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.			
Course Location + Fee →	<b>Five Points Center for Active Adults</b>	Course Fee: \$40		
	#129908	May 5-12	W	9:30 AM-11:30AM
	↑	↑	↑	↑
	Course Barcode	Course Dates	Course Day	Course Time

# STAFF DIRECTORY

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[parks.raleighnc.gov](http://parks.raleighnc.gov)  
Keyword Search: Active Adults

# ART PROGRAMS

## 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.

<b>Five Points Center for Active Adults</b>		Course Fee: \$45
#186468	May 4-Aug 31 W	12:30 PM-3:00 PM
#186469	May 2-Aug 29 M	10:30 AM-1:30 PM

## DRAWING FOR FUN

Make your mark and lose your creative inhibitions. Go wild on paper. No muss, no fuss, no stress, no tests. Bring whatever paper you have and anything that will make a mark. Or just bring yourself...we'll have paper and pencils galore. Each week we'll have fun exercises to explore the world of drawing. No experience necessary, only curiosity and a willingness to try! Materials supplied for first class and a recommended materials sheet will be provided then. Instructor: Suzanne McDermott.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$25
#188781	May 17-Jun 28 Tu	9:15 AM-12:15 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$25
#188782	May 17-Jun 28 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.

<b>Five Points Center for Active Adults</b>		Course Fee: \$0
#186583	May 4-Aug 31 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.

<b>Five Points Center for Active Adults</b>		Course Fee: \$0
#187817	May 2-Aug 25 M-Th	10:00 AM-11:30 AM

## JOYFUL CHORUS

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

<b>Five Points Center for Active Adults</b>		Course Fee: \$0
#186591	May 2-Aug 22 M	12:00 PM-1:00 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.

## KNITTING AND CROCHETING

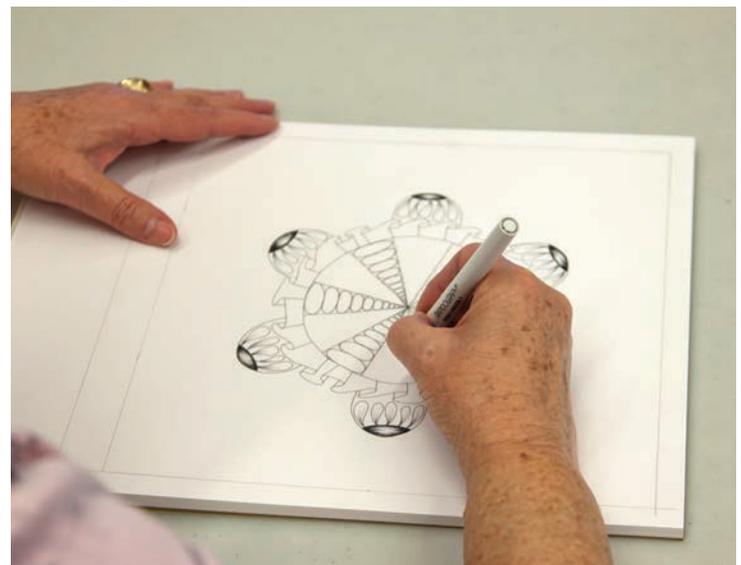
This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$10
#187162	May 3-Jun 21 Tu	2:00 PM-4:00 PM
#187163	Jul 5-Aug 23 Tu	2:00 PM-4:00 PM
#187164	May 5-Jun 23 Th	2:00 PM-4:00 PM
#187165	Jul 7-Aug 25 Th	2:00 PM-4:00 PM

## WATERCOLOR: WATERCOLOR FOR FUN

This portable medium is a beautiful way to learn about light, color relationships and basic elements of painting. In this tried and true, step-by-step class, you'll work on a small scale, absorbing an amazing amount of information in a series of fun, progressive exercises. Suzanne's teaching method is engaging and encouraging. This class is designed for absolute beginners and for experienced artists who want to learn about watercolor in a refreshingly different way. Instructor: Suzanne McDermott.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$25
#188812	Jul 12-Aug 16 Tu	9:15 AM-12:15 PM
<b>Five Points Center for Active Adults</b>		Course Fee: \$25
#188819	Jul 12-Aug 16 Tu	2:00 PM-5:00 PM



# COMPUTER PROGRAMS

## 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. Exercises are included to improve skills in these areas and to create and save short documents. Students will be introduced to the basics of Internet usage: creating an email 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.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$25
#188831 Jun 15-Jul 6 W	9:30 AM-11:30 AM
<b>Five Points Center for Active Adults</b>	Course Fee: \$30
#188830 May 10-31 Tu	2:00 PM-4:30 PM

## COMPUTER FUNDAMENTALS WITH WINDOWS 10

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 and functions. You will learn how to enter/edit text and save and retrieve data files. For more course information, call Raleigh SeniorTechEd at 919-954-3688.

<b>Five Points Center for Active Adults</b>	Course Fee: \$25
#188872 Jun 6-27 M	1:30 PM-3:30 PM
#188873 Jul 11-Aug 1 M	1:30 PM-3:30 PM

## EXCEL: INTRODUCTION

If you would like to calculate a budget and track your utility bills, etc., but have been putting it off, then learning Excel is for you. This class starts at the beginning of Excel with basic definitions, continues with calculation examples and discusses formatting and colors. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: Experienced PC user. The class applies to MS Office, Windows 7, Windows 8.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$10
#188851 May 20 F	9:30 AM-11:30 AM
<b>Five Points Center for Active Adults</b>	Course Fee: \$10
#188852 Jul 15 F	9:30 AM-11:30 AM

## GOOGLE CAN DO THAT?

In this two-session workshop, you will learn about and use free Google applications, including Google Maps, Earth, Drive, Books, YouTube, Calendar and others. This seminar is offered by Raleigh SeniorTechEd. For more information, call 919-954-3688. Prerequisite: Intro to Computer Applications or basic computer skills.

<b>Five Points Center for Active Adults</b>	Course Fee: \$15
#188885 Aug 16-23 Tu	2:00 PM-4:30 PM

## GOOGLE CHROME

This workshop is designed to help you install and learn to use the Internet access tool, or browser, from Google called Google Chrome, or Chrome for short. Please bring your Windows 7 or Windows 8 laptop to the workshop both class days. If you have a desktop system at home, you will install Google Chrome on one of our SeniorTechEd laptops for hands-on experience in the workshop. Then you will have the skill to install Google Chrome on your home desktop. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: Completed Beginning Computers II or equivalent. Applies to: Windows 7, Windows

<b>Five Points Center for Active Adults</b>	Course Fee: \$15
#188874 Jun 7-8 Tu-W	9:30 AM-11:30 AM
#188875 Jul 26-27 Tu-W	9:30 AM-11:30 AM
#188877 Aug 9-10 Tu-W	9:30 AM-11:30 AM

## IPAD: GOING FURTHER WITH YOUR IPAD

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.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#188855 May 25 W	9:30 AM-11:30 AM
#188856 Jun 22 W	9:30 AM-11:30 AM
#188861 Aug 3 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. We have iPads for you to use, or you can bring your own.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#188839 Jun 8 W	9:30 AM-11:30 AM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#188838 May 11 W	9:30 AM-11:30 AM
#188840 Jul 27 W	1:30 PM-3:30 PM

## 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.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#188883 Aug 10 W	9:30 AM-11:30 AM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#188882 Jun 29 W	9:30 AM-11:30 AM

# COMPUTER PROGRAMS

## IPHONE INTRODUCTION

This course illustrates the capabilities and underlying concepts of the Apple iPhone. You will learn how to set up these devices and receive a brief overview of the many applications (apps) available. Safari, Mail, Calendar and Contact applications will be discussed. Bring your iPhone.

**Five Points Center for Active Adults** Course Fee: \$0  
#188866 May 31 Tu 9:30 AM-11:30 AM

## PASSWORD MANAGEMENT

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

**Anne Gordon Center for Active Adults** Course Fee: \$10  
#188868 Jun 3 F 9:30 AM-11:30 AM

**Five Points Center for Active Adults** Course Fee: \$10  
#188869 Jul 1 F 9:30 AM-12:00 PM  
#188870 Aug 30 Tu 9:30 AM-12:00 PM

## PC WORKSHOP

This workshop is for anyone currently enrolled in a class offered by SeniorTechEd, those who want to practice class exercises or those who have questions about using the computer. For more information, call Raleigh SeniorTechEd, 919-954-3688.

**Five Points Center for Active Adults** Course Fee: \$0  
M 9:30 AM-11:30 AM

## SKYPE: AN INTRODUCTION

Learn the basics of how to use Skype to communicate with family and friends. This is a free program that allows you to communicate by voice and video with other users around the world. Anyone who has Internet access can create a Skype account and communicate with anyone else in the world who has a Skype account. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: completion of Introduction to Computer Applications or equivalent. Applies to: Windows 7, Windows 8.

**Anne Gordon Center for Active Adults** Course Fee: \$10  
#188880 Jun 24 F 9:30 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$10  
#188881 Aug 12 F 9:30 AM-12:00 PM

## UNDERSTANDING SOCIAL MEDIA

This seminar will teach various social media outlets, including Facebook, Instagram, Twitter, and Pinterest, as well as privacy and security settings. Class is offered by Raleigh SeniorTechEd. For more course information, please call 919-954-3688.

**Anne Gordon Center for Active Adults** Course Fee: \$20  
#190529 Jul 13-27 W 10:00 AM-12:00 PM

#190530 Jul 13-27 W 1:30 PM-3:30 PM

**Five Points Center for Active Adults** Course Fee: \$20

#190527 Jun 14-28 Tu 10:00 AM-12:00 PM

#190528 Jun 14-28 Tu 1:30 PM-3:30 PM

## WHERE'S MY STUFF?

This course will offer ways to increase your ability to manage data storage and files on your personal computer. You will learn to create folders and organize your data so that it will be easy to retrieve. You will use Windows Explorer to create and manage your file structure. The course is taught by Raleigh SeniorTechEd. For questions about the course, call 919-954-3688. Student level: completion of Beginning Computer 1 or equivalent. This course applies to Windows 7 and Windows 8.

**Five Points Center for Active Adults** Course Fee: \$25  
#188884 Jul 6-27 W 1:30 PM-3:30 PM

## WINDOWS 10 OVERVIEW

This seminar will discuss the basics of the Windows 10 operating system and help you get started using this new software. Students need to be experienced PC users. For more course info, contact Raleigh SeniorTechEd at 919-954-3688.

**Anne Gordon Center for Active Adults** Course Fee: \$10  
#188846 Jun 17 F 9:30 AM-12:00 PM

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

#188845 May 13 F 9:30 AM-12:00 PM

#188847 Jul 22 F 9:30 AM-12:00 PM

## WINDOWS BACKUP

In this seminar, you will learn the importance of backing up your computer onto various storage devices. It is important to learn how and why you back up your data. You will learn how you can automate your regular computer backups to run at specified times. You will learn several ways to back up your data so you do not lose important documents. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: completion of Beginning Computers II or equivalent. Applies to: Windows 7, Windows 8.

**Five Points Center for Active Adults** Course Fee: \$10  
#188886 Aug 17 W 9:30 AM-11:30 AM

# EDUCATIONAL PROGRAMS

## FINANCE: ESTATE PLANNING

What does 'estate planning' really mean? Do you have to have a will? What is a trust? Who will care for you if you need help? Tom McCuiston's presentation will answer these questions and more! After attending you will have a better understanding of this important topic.

**Five Points Center for Active Adults** Course Fee: \$0  
#188709 Aug 4 Th 1:00 PM-2:00 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  
#189010 Jun 16 Th 10:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#189011 Jul 26 Tu 1:00 PM-3:00 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  
#190046 May 5 Th 1:00 PM-2:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#190047 May 12 Th 10:00 AM-11:00 AM

## FINANCE: 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. Tom McCuiston will address trust questions including: When is a trust necessary? When is it not? What is a living trust? What is a testamentary trust? Do you need either? Does a trust help you avoid creditors? Presented by Resources for Seniors.

**Five Points Center for Active Adults** Course Fee: \$0  
#190039 Jun 9 Th 1:00 PM-2:00 PM

## HEALTH SCREENING: BLOOD PRESSURE

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  
#190052 May 3-Aug 15 1stTu, 3rdM 9:30 AM-10:15 AM

## HEALTH TOPIC: BETTER SLEEP

You might be surprised to know that lack of sleep can be correlated to almost every illness you can think of, yet research shows that 65% of Americans lose sleep due to stress, and almost nine million adults use prescription drugs to sleep. At this workshop you will: Learn the nature of sleep deprivation, how it impedes your health, and how much sleep is enough; understand the dangers of prescription sleep aids and leave with a plan to get a good night of rest.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#190050 May 9 M 12:00 PM-1:15 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#190051 May 24 Tu 10:00 AM-11:15 AM

## HEALTH TOPIC: DIABETES SELF-MANAGEMENT

This Stanford University evidence-based course promoted by the North Carolina Division of Aging and Adult Services and the Division of Public Health gives you tips, helpful suggestions, and concrete strategies in managing your diabetes in order to maintain your health and active lifestyle.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#190054 May 5-Jun 9 Th 10:00 AM-12:30 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#190055 May 10-Jun 14 Tu 1:00 PM-2:15 PM

## HEALTH TOPIC: NOGGIN JOGGIN'

Brain training that targets memory, attention and focus may lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games aim 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. Sponsored by Resources for Seniors and Homewatch Caregivers.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#190056 May 2-Aug 15 M 1:30 PM-2:30 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#190057 May 9-Aug 8 2ndM 10:00 AM-11:00 AM

## 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.

**Five Points Center for Active Adults** Course Fee: \$0  
#190058 May 27-Aug 26 F 1:00 PM-2:30 PM

# EDUCATIONAL PROGRAMS

## HEALTH TOPICS: 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. Cosponsor: Resources for Seniors.

**Five Points Center for Active Adults** Course Fee: \$0  
#190053 May 3-Aug 2 1stTu 10:15 AM-11:15 AM

## LEGAL TOPIC: BASICS OF ESTATE PLANNING

Tom McCuiston will explain what estate planning really means, including wills and trusts. You will gain a better understanding of this important information. Co-sponsored by Resources for Seniors.

**Five Points Center for Active Adults** Course Fee: \$0  
#190059 Aug 4 Th 1:00 PM-2:00 PM

## LEGAL: UNDERSTANDING BENEFICIARY DESIGNATIONS

There are many ways to pass on an inheritance other than a will or trust. Find out about inheritance-related issues when it comes to insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death' (POD).

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#190044 Jun 23 Th 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#190045 Jun 21 Tu 1:00 PM-2:00 PM

## LEGAL: 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  
#190042 Jul 21 Th 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#190043 Jul 19 Tu 1:00 PM-2:00 PM

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The Adult Program is pleased to announce that Walnut Terrace Neighborhood Center is now open! Walnut Terrace Neighborhood Center is located at 1256 McCauley St in southeast Raleigh and will be offering various art, education, fitness, and social programs. For information on programs offered at Walnut Terrace, call (919) 996-6160 or email [walnutterracecenter@raleighnc.gov](mailto:walnutterracecenter@raleighnc.gov).

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## ORGANIZATION: WHEN COLLECTING BECOMES CLUTTER

Bring 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. Why do we acquire things in our lives? Is collecting a healthy practice? 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  
#190048 Jul 14 Th 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#190049 Jul 12 Tu 11:00 AM-12:00 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. Pre-registration is required.

**Five Points Center for Active Adults** Course Fee: \$0  
#190083 May 2-Aug 15 M 3:30 PM-5:00 PM

## SHIIP COUNSELING APPOINTMENTS

These one-on-one appointments will help you understand your options with the Seniors' Health Insurance Information Program (SHIIP). Our trained SHIIP volunteer will help you identify Medicare health or drug 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  
1st and 3rdM 1:00 PM-4:00 PM By Appointment Only

2nd and 4thM 9:30 AM-4:00 PM By Appointment Only

**Five Points Center for Active Adults** Course Fee: \$0  
W-Th 1:00 PM-4:00 PM By Appointment Only

## WRITING FOR REFLECTION, REMEMBRANCE AND RENEWAL

This writing class, sponsored by Heartland Hospice Bereavement Services, is for anyone who has experienced love, joy, pain, loss, laughter, tears or any other emotion that makes us human! Restorative writing is a unique tool that has the potential for powerful and dramatic outcomes, even for those who do not normally consider themselves 'writers.' This program was developed with the help of local author Carol Henderson ([www.carolhenderson.com](http://www.carolhenderson.com)). Join us for an opportunity to explore our deepest feelings in a safe environment.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#189009 Aug 4-25 Th 11:00 AM-12:00 PM

# FITNESS PROGRAMS

## 60 SECONDS TO GOOD HEALTH

Eat lunch later - exercise now! 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.

<b>Five Points Center for Active Adults</b>			Course Fee: \$8
#186470	May 2-30	M	11:45 AM-12:45 PM
#186471	Jun 6-27	M	11:45 AM-12:45 PM
#186472	Jul 11-25	M	11:45 AM-12:45 PM
#186473	Aug 1-29	M	11:45 AM-12:45 PM

## ACTIVE ADULT AEROBIC FIT

Aerobic Fit is an Active Adult intermediate level class designed to be fun, challenging and calorie-burning! It is perfect for participants who want an energizing activity and do not need the assistance of a chair. This class includes continuous low-impact aerobic choreography, smooth transitions, and sequenced movement repetitions. This class may include the use of mats, weights, resistance bands and small medicine balls. Instructor: Dana Kincaid.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$8
#187849	May 3-31	Tu	10:15 AM-11:00 AM
#187850	Jun 7-28	Tu	10:15 AM-11:00 AM
#187851	Jul 5-26	Tu	10:15 AM-11:00 AM
#187852	Aug 2-30	Tu	10:15 AM-11:00 AM
#187853	May 5-26	Th	10:15 AM-11:00 AM
#187854	Jun 2-30	Th	10:15 AM-11:00 AM
#187855	Jul 7-28	Th	10:15 AM-11:00 AM
#187856	Aug 4-25	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](http://www.agelessgrace.com) for more information. Instructor: Missy Atkinson.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$8
#186474	May 10-31	Tu	2:00 PM-2:45 PM
#186475	Jun 7-28	Tu	2:00 PM-2:45 PM
#186476	Jul 5-26	Tu	2:00 PM-2:45 PM
#186477	Aug 2-30	Tu	2:00 PM-2:45 PM

<b>Five Points Center for Active Adults</b>			Course Fee: \$8
#186478	May 4-25	W	2:00 PM-2:45 PM
#186479	Jun 1-29	W	2:00 PM-2:45 PM
#186480	Jul 6-27	W	2:00 PM-2:45 PM
#186481	Aug 3-31	W	2:00 PM-2:45 PM

## BALANCE AND STRENGTH FOUNDATIONS

A series of balance and strength exercises will be used to help improve balance and core strength. Exercises may be done both sitting in a chair and standing with support. Instructor: Sandy Stanton.

<b>Five Points Center for Active Adults</b>			Course Fee: \$8
#190505	May 5-26	Th	11:15 AM-12:00 PM
#190507	Jun 2-30	Th	11:15 AM-12:00 PM
#190506	Jul 7-25	Th	11:15 AM-12:00 PM
#190508	Aug 4-25	Th	11:15 AM-12:00 PM

## BENEFITNESS

Age: 50yrs. and up. 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 pre-registration for this course; the first 30 people to sign in may participate. Instructor: Bill Unger.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
	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.

<b>Five Points Center for Active Adults</b>			Course Fee: \$8
#186509	May 2-30	M	4:30 PM-5:30 PM
#186510	Jun 6-27	M	4:30 PM-5:30 PM
#186511	Jul 11-25	M	4:30 PM-5:30 PM
#186512	Aug 1-29	M	4:30 PM-5:30 PM
#186513	May 4-25	W	4:30 PM-5:30 PM
#186514	Jun 1-29	W	4:30 PM-5:30 PM
#186515	Jul 6-27	W	4:30 PM-5:30 PM
#186516	Aug 3-31	W	4:30 PM-5:30 PM

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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!

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# FITNESS PROGRAMS

## 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.

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

Instructor: Jane Stenhouse

#186554	May 2-30	M	10:15 AM-11:15 AM
#186555	Jun 6-27	M	10:15 AM-11:15 AM
#186556	Jul 11-25	M	10:15 AM-11:15 AM
#186557	Aug 1-29	M	10:15 AM-11:15 AM
#186558	May 3-31	Tu	10:15 AM-11:15 AM
#186559	Jun 7-28	Tu	10:15 AM-11:15 AM
#186560	Jul 5-26	Tu	10:15 AM-11:15 AM
#186561	Aug 2-30	Tu	10:15 AM-11:15 AM
#186562	May 4-25	W	10:15 AM-11:15 AM
#186563	Jun 1-29	W	10:15 AM-11:15 AM
#186564	Jul 6-27	W	10:15 AM-11:15 AM
#186565	Aug 3-31	W	10:15 AM-11:15 AM

Instructor: Sandy Stanton

#186566	May 5-26	Th	10:15 AM-11:15 AM
#186567	Jun 2-30	Th	10:15 AM-11:15 AM
#186568	Jul 7-28	Th	10:15 AM-11:15 AM
#186569	Aug 4-25	Th	10:15 AM-11:15 AM

## CORE, BALANCE, AND STRETCH

Participants will be strengthen the abs and lower back, while practicing balance and improving stability. Equipment used include: stability balls, mats, foam roller. Instructor: Sandy Stanton.

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

#190466	May 5-26	Th	9:15 AM-10:00 AM
#190467	Jun 2-30	Th	9:15 AM-10:00 AM
#190468	Jul 7-28	Th	9:15 AM-10:00 AM
#190469	Aug 4-25	Th	9:15 AM-10:00 AM

## 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.-11:15 a.m. and 2 p.m.-2:45 p.m. on Monday, Wednesday and Friday.

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

#186588	May 2-Sep 2	M-F	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

#186589	May 3-Aug 25	Tu/Th	9:00 AM-9:30 AM
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## FOAM ROLLING

This class offers an introduction to using a foam roller to relax muscles and target trigger points. The class builds core strength and will end with a stretch and relaxation period. Hydration is encouraged before and after the class. Instructor: Sandy Stanton.

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

#190425	May 3-31	Tu	1:00 PM-1:45 PM
#190426	Jun 7-28	Tu	1:00 PM-1:45 PM
#190427	Jul 5-26	Tu	1:00 PM-1:45 PM
#190428	Aug 2-30	Tu	1:00 PM-1:45 PM
#190429	May 4-25	W	12:45 PM-1:30 PM
#190430	Jun 1-29	W	12:45 PM-1:30 PM
#190446	Jul 6-27	W	12:45 PM-1:30 PM
#190447	Aug 3-31	W	12:45 PM-1:30 PM

## GROUP FITNESS

This course provides instruction on fitness equipment in the Five Points Center for Active Adult's fitness room. 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: \$25

Instructor: Bill Unger

#190537	May 3-31	Tu	10:30 AM-11:15 AM
#190538	Jun 7-28	Tu	10:30 AM-11:15 AM
#190539	Jul 5-26	Tu	10:30 AM-11:15 AM
#190540	Aug 2-30	Tu	10:30 AM-11:15 AM
#190541	May 5-26	Th	10:30 AM-11:15 AM
#190542	Jun 2-30	Th	10:30 AM-11:15 AM
#190543	Jul 7-28	Th	10:30 AM-11:15 AM
#190544	Aug 4-25	Th	10:30 AM-11:15 AM

Instructor: Jane Stenhouse

#190551	May 4-25	W	2:15 PM-3:00 PM
#190552	Jun 6-27	W	2:15 PM-3:00 PM
#190553	Jul 6-29	W	2:15 PM-3:00 PM
#190554	Aug 3-31	W	2:15 PM-3:00 PM
#190555	May 5-26	Th	2:25 PM-3:00 PM
#190556	Jun 2-30	Th	2:25 PM-3:00 PM
#190557	Jul 7-28	Th	2:25 PM-3:00 PM
#190558	Aug 4-25	Th	2:25 PM-3:00 PM

# FITNESS PROGRAMS

## LINE DANCE FOR ACTIVE ADULTS

Enjoy a fun workout while learning line dance steps. There is a class for every experience level! Instructor: Mitzi Kelley.

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

#186593	May 6-27	F	2:15 PM-3:15 PM
#186594	Jun 3-24	F	2:15 PM-3:15 PM
#186595	Jul 1-29	F	2:15 PM-3:15 PM
#186596	Aug 5-26	F	2:15 PM-3:15 PM

Beginner/Improver Level

#186597	May 6-27	F	1:00 PM-2:00 PM
#186598	Jun 3-24	F	1:00 PM-2:00 PM
#186599	Jul 8-Aug 5	F	1:00 PM-2:00 PM
#186600	Aug 5-26	F	1:00 PM-2:00 PM

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

Beginner/Improver Level

#186601	May 2-30	M, W	1:00 PM-2:00 PM
#186602	Jun 1-29	M, W	1:00 PM-2:00 PM
#186603	Jul 1-29	M, W	1:00 PM-2:00 PM
#186604	Aug 1-31	M, W	1:00 PM-2:00 PM

Intermediate Level

#186605	May 2-30	M, W	2:00 PM-3:00 PM
#186606	Jun 1-29	M, W	2:00 PM-3:00 PM
#186607	Jul 1-29	M, W	2:00 PM-3:00 PM
#186608	Aug 1-31	M, W	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  
#186614 May 6-Aug 26 F 1:30 PM-3:00 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. To register, please contact the front desk.

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

## 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. Instructor: Shay Harper

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

#186631	May 2-30	M	9:15 AM-10:00 AM
#186632	Jun 6-27	M	9:15 AM-10:00 AM
#186633	Jul 11-25	M	9:15 AM-10:00 AM
#186634	Aug 1-29	M	9:15 AM-10:00 AM
#190567	May 3-31	Tu	1:00 PM-1:45 PM
#190568	Jun 7-28	Tu	1:00 PM-1:45 PM
#190569	Jul 5-26	Tu	1:00 PM-1:45 PM
#190570	Aug 2-30	Tu	1:00 PM-1:45 PM
#186635	May 5-26	Th	12:00 PM-12:45 PM
#186636	Jun 2-30	Th	12:00 PM-12:45 PM
#186637	Jul 7-28	Th	12:00 PM-12:45 PM
#186638	Aug 4-Sep 1	Th	12:00 PM-12:45 PM

## QI GONG

Learn the 24 simple movements of qi gong (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. Instructor: Kathy Bundy.

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

Qi Gong

#187172	May 6-27	F	10:30 AM-11:15 AM
#187173	Jun 3-24	F	10:30 AM-11:15 AM
#187174	Jul 1-29	F	10:30 AM-11:15 AM
#187175	Aug 5-26	F	10:30 AM-11:15 AM
#187176	May 3-31	Tu	10:30 AM-11:15 AM
#187177	Jun 7-28	Tu	10:30 AM-11:15 AM
#187178	Jul 5-26	Tu	10:30 AM-11:15 AM
#187179	Aug 2-30	Tu	10:30 AM-11:15 AM

Qi Gong for Joint Health

#187188	May 6-27	F	11:30 AM-12:15 PM
#187189	Jun 3-24	F	11:30 AM-12:15 PM
#187190	Jul 1-29	F	11:30 AM-12:15 PM
#187191	Aug 5-26	F	11:30 AM-12:15 PM

**Five Points Center for Active Adults**

Course Fee: \$8

Qi Gong

#190571	May 6-27	F	9:15 AM-10:00 AM
#190572	Jun 3-24	F	9:15 AM-10:00 AM
#190573	Jul 1-29	F	9:15 AM-10:00 AM
#190574	Aug 5-26	F	9:15 AM-10:00 AM

# FITNESS PROGRAMS

## 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: Dana Kincaid

#186671	May 3-24	Tu	9:15 AM-10:00 AM
#186672	Jun 7-28	Tu	9:15 AM-10:00 AM
#186673	Jul 5-26	Tu	9:15 AM-10:00 AM
#186674	Aug 2-30	Tu	9:15 AM-10:00 AM
#186675	May 5-26	Th	9:15 AM-10:00 AM
#186676	Jun 2-30	Th	9:15 AM-10:00 AM
#186677	Jul 7-28	Th	9:15 AM-10:00 AM
#186678	Aug 4-25	Th	9:15 AM-10:00 AM

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

Instructor: Dana Kincaid

#186667	May 2-30	M	1:30 PM-2:15 PM
#186668	Jun 6-27	M	1:30 PM-2:15 PM
#186669	Jul 11-25	M	1:30 PM-2:15 PM
#186670	Aug 1-29	M	1:30 PM-2:15 PM

**Greystone Community Center** Course Fee: \$8

Instructor: Lauren Llewellyn

#186659	May 2-23	M	10:00 AM-10:45 AM
#186660	Jun 6-Jul 27	M	10:00 AM-10:45 AM
#186661	Jul 11-25	M	10:00 AM-10:45 AM
#186662	Aug 1-29	M	10:00 AM-10:45 AM
#186663	May 6-27	F	10:00 AM-10:45 AM
#186664	Jun 3-24	F	10:00 AM-10:45 AM
#186665	Jul 1-29	F	10:00 AM-10:45 AM
#186666	Aug 5-Sep 2	F	10:00 AM-10:45 AM

**Lake Lynn Community Center** Course Fee: \$8

Instructor: Lauren Llewellyn

#186643	May 3-31	Tu	9:00 AM-9:45 AM
#186644	Jun 7-28	Tu	9:00 AM-9:45 AM
#186645	Jul 5-26	Tu	9:00 AM-9:45 AM
#186646	Aug 2-30	Tu	9:00 AM-9:45 AM
#186647	May 5-26	Th	9:00 AM-9:45 AM
#186648	Jun 2-30	Th	9:00 AM-9:45 AM
#186649	Jul 7-28	Th	9:00 AM-9:45 AM
#186650	Aug 4-25	Th	9:00 AM-9:45 AM

**Powell Drive Park** Course Fee: \$8

Instructor: Bill Unger

#186651	May 3-31	Tu	1:00 PM-1:45 PM
#186652	Jun 7-28	Tu	1:00 PM-1:45 PM
#186653	Jul 5-26	Tu	1:00 PM-1:45 PM
#186654	Aug 2-30	Tu	1:00 PM-1:45 PM
#186655	May 5-26	Th	1:00 PM-1:45 PM
#186656	Jun 2-30	Th	1:00 PM-1:45 PM
#186657	Jul 7-28	Th	1:00 PM-1:45 PM
#186658	Aug 4-25	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.

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

#187826	Jun 1-29	W	10:15 AM-11:15 AM
#187825	Jul 6-27	W	10:15 AM-11:15 AM
#187820	Aug 3-31	W	10:15 AM-11:15 AM
#187822	Jun 3-24	F	10:15 AM-11:15 AM
#187823	Jul 1-29	F	10:15 AM-11:15 AM
#187824	Aug 5-26	F	10:15 AM-11:15 AM

**Laurel Hills Community Center** Course Fee: \$8

#187819	May 4-25	W	10:15 AM-11:15 AM
#187821	May 6-27	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

#187827	May 5-26	Th	1:00 PM-2:00 PM
#187828	Jun 2-30	Th	1:00 PM-2:00 PM
#187829	Jul 7-28	Th	1:00 PM-2:00 PM
#187830	Aug 4-25	Th	1:00 PM-2:00 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

#187832	May 2-23	M	10:00 AM-11:00 AM
#187833	Jun 6-27	M	10:00 AM-11:00 AM
#187834	Jul 11-25	M	10:00 AM-11:00 AM
#187835	Aug 1-29	M	10:00 AM-11:00 AM

Intermediate Level

#187836	May 2-23	M	11:00 AM-12:00 PM
#187837	Jun 6-27	M	11:00 AM-12:00 PM
#187838	Jul 11-25	M	11:00 AM-12:00 PM
#187839	Aug 1-29	M	11:00 AM-12:00 PM

# FITNESS PROGRAMS

## T'AI CHI FOR ACTIVE ADULTS BEGINNERS

T'ai 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, improves coordination, balance and mental focus. This evidence-based form of gentle exercise is proven to reduce the risk of falls, focusing on body alignment and slow, smooth movements. The 21 forms Sun Style includes powerful Qigong and easy to learn movements that can help reduce effects of many chronic conditions including arthritis, pain, low bone density, sleep disorders and stress and anxiety. Instructor: Rita Shaloiko.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$8
#187202	May 5-26	Th	1:30 PM-2:15 PM
#187203	Jun 2-30	Th	1:30 PM-2:15 PM
#187204	Jul 7-28	Th	1:30 PM-2:15 PM
#187205	Aug 4-25	Th	1:30 PM-2:15 PM
#187206	May 2-23	M	1:00 PM-1:45 PM
#187207	Jun 6-27	M	1:00 PM-1:45 PM
#187208	Jul 11-25	M	1:00 PM-1:45 PM
#187209	Aug 1-29	M	1:00 PM-1:45 PM

## T'AI CHI FOR ACTIVE ADULTS INTERMEDIATE

A continuation of the Beginner Tai Chi basic 24 forms class. This class will increase your endurance, your mental acuity, and help advance powerful Qi energy. Learning to step with more agility and direction will increase your balance and coordination. Exercising the mind and body together also increases self-confidence and mindfulness; and creates better balance physically and mentally. Learning the breathing techniques will also help to reduce stress. Instructor: Rita Shaloiko.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$8
#190787	May 5-26	Th	2:30 PM-3:15 PM
#190789	Jun 2-30	Th	2:30 PM-3:15 PM
#190790	Jul 7-28	Th	2:30 PM-3:15 PM
#190791	Aug 4-25	Th	2:30 PM-3:15 PM

## T'AI CHI YANG 24 FORM

The Simplified Yang style 24 Forms is the most practiced style of Tai Chi worldwide. It is expressed with wider and deeper stance and more expansive arm movements. More similar to the martial arts from which it evolved, this style is practiced to increase strength and aerobic fitness while focusing on the mind body connection. These simplified forms have been adapted for our more mature joints. Instructor: Rita Shaloiko

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$8
#189986	May 2-23	M	2:00 PM-2:45 PM
#189987	Jun 6-27	M	2:00 PM-2:45 PM
#189988	Jul 11-25	M	2:00 PM-2:45 PM
#189989	Aug 1-29	M	2:00 PM-2:45 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.

<b>Five Points Center for Active Adults</b>			Course Fee: \$8
#187857	May 3-23	Tu	1:00 PM-2:00 PM
#187858	Jun 7-28	Tu	1:00 PM-2:00 PM
#187859	Jul 5-26	Tu	1:00 PM-2:00 PM
#187860	Aug 2-30	Tu	1:00 PM-2:00 PM
#187861	May 5-26	Th	1:00 PM-2:00 PM
#187862	Jun 2-30	Th	1:00 PM-2:00 PM
#187863	Jul 7-28	Th	1:00 PM-2:00 PM
#187864	Aug 4-25	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: Sandy Stanton.

<b>Five Points Center for Active Adults</b>			Course Fee: \$8
#188142	May 4-25	W	11:30 AM-12:30 PM
#188143	Jun 1-29	W	11:30 AM-12:30 PM
#188144	Jul 6-27	W	11:30 AM-12:30 PM
#188145	Aug 3-31	W	11:30 AM-12:30 PM
#188146	May 6-27	F	11:30 AM-12:30 PM
#188147	Jun 3-24	F	11:30 AM-12:30 PM
#188148	Jul 1-29	F	11:30 AM-12:30 PM
#188149	Aug 5-26	F	11:30 AM-12:30 PM



# FITNESS PROGRAMS

## 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

#187352	May 2-23	M	9:15 AM-10:15 AM
#187351	Jun 6-27	M	9:15 AM-10:15 AM
#187353	Jul 11-25	M	9:15 AM-10:15 AM
#187354	Aug 1-29	M	9:15 AM-10:15 AM
#187355	May 5-26	Th	10:30 AM-11:30 AM
#187356	Jun 2-30	Th	10:30 AM-11:30 AM
#187357	Jul 7-28	Th	10:30 AM-11:30 AM
#187358	Aug 4-25	Th	10:30 AM-11:30 AM
#187359	May 5-26	Th	11:30 AM-12:30 PM
#187360	Jun 2-30	Th	11:30 AM-12:30 PM
#187361	Jul 7-28	Th	11:30 AM-12:30 PM
#187362	Aug 4-25	Th	11:30 AM-12:30 PM

### Five Points Center for Active Adults

Course Fee: \$8

Instructor: Rose Parli

#187335	May 3-31	Tu	11:30 AM-12:45 PM
#187336	Jun 7-28	Tu	11:30 AM-12:45 PM
#187337	Jul 5-26	Tu	11:30 AM-12:45 PM
#187338	Aug 2-30	Tu	11:30 AM-12:30 PM
#187343	May 5-26	Th	11:30 AM-12:45 PM
#187344	Jun 2-30	Th	11:30 AM-12:45 PM
#187345	Jul 7-28	Th	11:30 AM-12:45 PM
#187346	Aug 4-25	Th	11:30 AM-12:45 PM

Instructor: Elka Harabin

#187339	May 5-26	Th	2:30 PM-4:00 PM
#187340	Jun 2-30	Th	2:30 PM-3:30 PM
#187341	Jul 7-28	Th	2:30 PM-3:30 PM
#187342	Aug 4-25	Th	2:30 PM-3:30 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, sitting in a chair, leaning against the wall for support and 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

#187375	Jun 8-29	W	3:30 PM-4:30 PM
#187376	Jul 6-27	W	3:30 PM-4:30 PM
#187377	Aug 3-31	W	3:30 PM-4:30 PM
#187382	May 4-25	W	3:30 PM-4:30 PM

#187378	May 2-23	M	10:30 AM-11:30 AM
#187379	Jun 6-27	M	10:30 AM-11:30 AM
#187380	Jul 11-25	M	10:30 AM-11:30 AM
#187381	Aug 1-29	M	10:30 AM-11:30 AM
#187383	May 5-26	Th	9:15 AM-10:15 AM
#187384	Jun 2-30	Th	9:15 AM-10:15 AM
#187385	Jul 7-28	Th	9:15 AM-10:15 AM
#187386	Aug 4-25	Th	9:15 AM-10:15 AM

### Five Points Center for Active Adults

Course Fee: \$8

Instructor: Elka Harabin

#187367	Jun 6-27	M	3:15 PM-4:15 PM
#187368	May 2-30	M	3:15 PM-4:15 PM
#187369	Jul 11-25	M	3:15 PM-4:15 PM
#187370	Aug 1-29	M	3:15 PM-4:15 PM
#187371	May 4-25	W	3:15 PM-4:15 PM
#187372	Jun 1-29	W	3:15 PM-4:15 PM
#187373	Jul 6-27	W	3:15 PM-4:15 PM
#187374	Aug 3-31	W	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

Course Fee: \$8

#187398	May 3-31	Tu	9:15 AM-10:00 AM
#187399	Jun 7-28	Tu	9:15 AM-10:00 AM
#187400	Jul 5-26	Tu	9:15 AM-10:00 AM
#187401	Aug 2-30	Tu	9:15 AM-10:00 AM
#187402	May 5-26	Th	1:00 PM-1:45 PM
#187403	Jun 2-30	Th	1:00 PM-1:45 PM
#187404	Jul 7-28	Th	1:00 PM-1:45 PM
#187405	Aug 4-25	Th	1:00 PM-1:45 PM

### Five Points Center for Active

Course Fee: \$8

Instructor: Sandy Stanton

#187390	May 6-27	F	12:30 PM-1:15 PM
#187391	Jun 3-24	F	12:30 PM-1:15 PM
#187392	Jul 1-29	F	12:30 PM-1:15 PM
#187393	Aug 5-26	F	12:30 PM-1:15 PM
#187394	May 3-31	Tu	12:00 PM-12:45 PM
#187395	Jun 7-28	Tu	12:00 PM-12:45 PM
#187396	Jul 5-Aug 2	Tu	12:00 PM-12:45 PM
#187397	Aug 2-30	Tu	12:00 PM-12:45 PM

# SOCIAL & SPORTS PROGRAMS

## 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  
 #187078 May 6-Aug 26 F 10:00 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  
 #186519 May 4-Aug 31 W 9:30 AM-12:30 PM  
 #186517 May 5-Aug 25 Th 10:00 AM-12:00 PM  
 #186518 May 6-Aug 26 F 12:30 PM-3:00 PM

## CARDS AND MAH 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  
 #187419 May 6-Aug 26 F 12:30 PM-4:00 PM  
 #187420 May 3-Aug 30 Tu 12:30 PM-4:00 PM  
 #187421 May 4-Aug 31 W 1:00 PM-3:00 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

*Beginner*  
 #186622 May 5-26 Th 2:00 PM-4:00 PM

*Intermediate*  
 #186624 Jun 2-30 Th 2:00 PM-4:00 PM

*Open Play*  
 #186626 May 5-Aug 25 Th 2:00 PM-4:00 PM

**Greystone Community Center** Course Fee: \$0

*Beginner*  
 #186623 May 2-30 M 2:00 PM-4:00 PM

*Intermediate*  
 #186625 Jun 6-27 M 2:00 PM-4:00 PM

*Open Play*  
 #186627 May 2-Aug 22 M 2:00 PM-4:00 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. Other games, like card games and cornhole, are also a possibility, or just pop in for a visit.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
 #187424 May 2-Aug 29 M 9:00 AM-12:00 PM

## 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  
 #186630 May 4-Sep 2 W, F 12:30 PM-3:00 PM

## TABLE TENNIS FREE PLAY

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

**Five Points Center for Active Adults** Course Fee: \$0  
 #187831 May 9-Aug 29 M 9:30 AM-3:00 PM



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!

# GOLDEN YEARS CLUBS

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, speakers, and luncheons. Please contact the club leader for more information.

## **Asbury Joy Club**

Asbury UMC  
3rd Thursday, 11am  
Velma (919) 847-0775

## **Go-Getters Club**

Stonehenge Apts. Clubhouse  
2nd/4th Thursday, 10am  
Lauren (919) 612-5164

## **Parkview Manor**

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

## **Thirty-Niners Club**

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

## **Brier Creek Senior Club**

Brier Creek Comm. Center  
Tuesdays, 10am  
Julie (919) 381-6400

## **Golden Eagles Club**

Top Greene Center  
2nd Wednesday, 11am  
Carletta (919) 996-2730

## **Platinum Plus**

Ralph Campbell Center  
Wednesdays, 10:30am  
Ricky (919) 250-2757

## **Touch of Love**

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

## **Caraleigh Club**

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

## **Golden Jewels**

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

## **Pullen Park Club**

Pullen Park Comm. Center  
Wednesdays, 10am  
Jane (919) 785-1245

## **The Trailblazers**

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

## **Carolina Pines Club**

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

## **Grand Age Club**

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

## **Quail Hollow Club**

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

## **Trinity JOY Club**

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

## **Catholic Golden Age**

Five Points Center for Active Adults  
1st Sunday, 1:30pm  
Cameron (919) 828-7318

## **Hedingham Hi-Milers**

Willow Oak Clubhouse  
Tuesdays, 11:00am  
Bob (919) 981-0824

## **Roberts Park SR Club**

Roberts Park Comm. Cntr  
Tuesdays, 11:00am  
Sherri (919) 831-6830

## **Wakefield Villagers Club**

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

## **Fellowship Club**

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

## **Keenagers Club**

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

## **Snappy Seniors**

Marsh Creek Comm. Center  
1st and 3rd Monday, 10am  
Dorothy (704) 928-6613

## **Worthdale Walkers Club**

Worthdale Comm. Center  
Thursdays, 11am  
Carletta (919) 996-2730

## **Fifty-Five Plus Club**

Anne Gordon Center  
Wednesdays, 9:30am  
Jane (919) 872-3006

## **Lake Lynn Seniors**

Lake Lynn Comm. Center  
Tuesdays, 10am  
Ellie (919) 365-5447

## **St. Francis of Assisi 55+ Club**

St. Francis of Assisi Parish  
2nd/4th Wednesday, 12noon  
Kathy (919) 848-1557

## **Young at Heart Club**

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

## **First Cosmopolitan Club**

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

## **Lions Park Club**

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

## **St. Joseph's Seniors**

St. Joseph's Catholic Church  
1st Tuesday, 12pm  
4th Thursday, Dinner  
Liz (919) 872-2917

## **G.E.M.S.**

Watts Chapel  
Wed after the 1st/3rd Sun, 10:30am  
Gaynelle (919) 851-0869

## **NRUMC Joy Club**

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

## **Smiling Age Club**

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



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

parks.raleighnc.gov

# ADULT PROGRAM TRIPS

Trip flyers and registration forms can be found on the website at [parks.raleighnc.gov](http://parks.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 via email or mail once the trip details have been finalized and the individual trip flier is available.

## ONE-DAY TRIPS

### APRIL 19TH – ELLERBE

Travel through time at the Rankin Museum as you experience other continents and cultures. Afterwards, enjoy lunch at Ellerbe Springs Inn and Restaurant.

### MAY 19TH – DURHAM

Bring your cameras as you will be amazed by 10 different species of Lemurs at the Duke Lemur Center. Followed by a trip to the Museum of Life & Science where you can enjoy a train ride, Insectarium, butterfly house, and more.

### JUNE – GREENSBORO

Carolina Sciqarium is Central NC’s first aquarium featuring live sharks, penguins, fishing cats, stingrays and exotic fish.

### AUGUST – ANGIER

Spend the day in the quiet country setting of Gregory Vineyards with tour, wine tasting, and delicious lunch.

### OCTOBER – WILSON/ROCKY MOUNT

Discover how the late Vollis Simpson created amazing pieces of art known as Whirligigs. Followed by Stonewall Manor tour and lunch.

## 2016 MULTI-DAY TRIPS

### APRIL 22-24 – NORFOLK, VA

Discover the Virginia International Tattoo Arts Festival which includes military bands, drill teams, bagpipers, drummers, Celtic dancers, choirs, The Parade of Nations, visit the Norfolk International Azalea Festival, tour the Norfolk Naval Station, Hermitage Museum & Gardens.

### JULY 5-11 – OREGON/WASHINGTON AREA

Travel the Oregon Coast and take in the beauty of the Pacific Ocean, Cascade Mountains, and temperate rain forests. Includes visits to Seattle, Portland, Mt. Saint Helen, Salem, Crater Lake, Oregon Sand Dunes, breathtaking waterfalls and much more.

### OCTOBER 7-17 – HOLLAND & RHINE RIVER CRUISE

Enjoy 7 nights aboard the Amadeus Silver, 2 nights in Lucerne & the Black Forest. We travel through four of Europe’s most important countries (Holland, Germany, France and Switzerland), see incomparable cities (Amsterdam, Cologne, Strasbourg, and Basle), and enjoy diverse landscapes as you step off to land. A fulltime Cruise Manager will be there every step of the way to guide you through the cities highlights.

### DECEMBER – MYRTLE BEACH, SC

Warm up with a winter holiday at the beach! Enjoy fabulous shows, great shopping and wonderful meals with friends.

## ADDITIONAL RESOURCES

### RESOURCES FOR SENIORS – SUSAN McGUIRE

[raleighsc@rfsnc.org](mailto:raleighsc@rfsnc.org) | (919) 996-4738 | [resourcesforseniors.com](http://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 | [wakemow.org](http://wakemow.org)

The Five Points Center for Active Adults is a Meals on Wheels Congregate Lunch site. The congregate 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.