



ADULT PROGRAM

FALL | 2016



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

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: walnutterrace@raleighnc.gov

Website: parks.raleighnc.gov

Keyword Search: Active Adults

HOURS OF OPERATION

Monday - Friday, 9:00am - 6:00pm
The centers will be closed on September 5 (Labor Day), November 11 (Veterans Day),
November 24-25 (Thanksgiving) and December 26 (Christmas).

HOW TO REGISTER

Mail-In

Send registration form and payment to any of the three centers.

Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

**Trip registrations must be mailed or taken to Anne Gordon Center for Active Adults, Five Points Center for Active Adults or Walnut Terrace 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 on line.

Trip registrations are not accepted online.

All centers are easily accessible via public transportation:

- Anne Gordon Center for Active Adults: Use GoRaleigh Route 1 and transfer at Triangle Town Center to the 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 <https://www.raleighnc.gov/transit/>

HOW TO READ COURSE LISTINGS

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

STAFF DIRECTORY

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Katie White

Walnut Terrace Neighborhood Center Director
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Katelyn.white@raleighnc.gov

ART PROGRAMS

ACRYLIC PAINTING

This class is for those who want an introduction to acrylic painting or want to expand their painting experience. Students will receive a list of materials to purchase on their own.

Five Points Center for Active Adults	Course Fee: \$50
#191792 Sep 7-Dec 28 W	12:30 PM-3:00 PM
#191793 Sep 12-Dec 26 M	10:30 AM-1:30 PM

DRAWING FOR FUN

Make your mark, lose your creative inhibitions and learn the basics of drawing. 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.

Instructor: Suzanne McDermott

Anne Gordon Center for Active Adults	Course Fee: \$25
#194021 Sep 6-Oct 11 Tu	9:15 AM-12:15 PM
Five Points Center for Active Adults	Course Fee: \$25
#194022 Sep 6-Oct 11 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
#191955 Sep 7-Dec 28 W	9:30 AM-12:00 PM

CRAFT GROUP

Join your fellow crafters for this craft program. Bring your own unfinished items to work on, or assist with projects for donation to local hospitals and charitable organizations.

Five Points Center for Active Adults	Course Fee: \$0
#192029 Sep 1-Dec 29 Th, M-Th	10:00 AM-11:30 AM

EXPRESS YOURSELF ART

Whether or not you are an artsy person, come and have fun expressing yourself to create a fabulous work of art! Bring projects you are working on and learn how to do a variety of different art projects from the other students.

Walnut Terrace Neighborhood Center	Course Fee: \$0
#193412 Sep 7-Dec 21 W	2:00 PM-4:00 PM

JOYFUL CHORUS

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

Five Points Center for Active Adults	Course Fee: \$0
#192058 Sep 12-Jan 2 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
#192741 Sep 6-Oct 25 Tu	2:00 PM-4:00 PM
#192742 Nov 1-Dec 20 Tu	2:00 PM-4:00 PM
#192743 Sep 8-Oct 27 Th	2:00 PM-4:00 PM
#192744 Nov 3-Dec 22 Th	2:00 PM-4:00 PM

REMEMBRANCE CRAFT: STAR ORNAMENT

Holidays are a time to remember and celebrate the people in our lives, both past and present. This workshop will teach participants to make a simple memorial ornament-a star made from a special piece of cloth that you bring with you. The cloth could be a piece cut from a loved one's clothing, or it might simply be a piece of cloth that reminds you of him/her. This craft is a simple sewing activity, so bring cloth and your eye glasses! All other materials, including a snack lunch, will be provided. Presented by Heartland Hospice.

Anne Gordon Center for Active Adults	Course Fee: \$0
#195819 Dec 8 Th	11:00 AM-1:00 PM

WATERCOLOR FOR FUN

Learn about color and how watercolor works. Explore how you can play together with pigment, water and paper to make some lovely images. No experience necessary, only curiosity and a willingness to try! All materials supplied for first class along with a recommended materials sheet. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults	Course Fee: \$25
#194008 Oct 18-Nov 22 Tu	9:15 AM-12:15 PM
Five Points Center for Active Adults	Course Fee: \$25
#194009 Oct 18-Nov 22 Tu	2:00 PM-5:00 PM

WATERCOLOR: FUNDAMENTAL TECHNIQUES

This class covers the fundamental techniques of watercolors for beginners and offers an opportunity for intermediate/advanced students to grow their skills. Instructor: Don Edwards.

Five Points Center for Active Adults	Course Fee: \$20
#192608 Oct 6-27 Th	9:15 AM-12:15 PM

COMPUTER PROGRAMS

Computer classes are taught by Raleigh SeniorTech Ed. For more information on class content, please call (919)954-3688 to leave a message for the Raleigh SeniorTech Ed instructors. This voicemail is checked frequently and you will receive a return phone call. For information on class registration, please contact the center at which the class is taught.

COMPUTER & EMAIL BASICS FOR BEGINNERS

Prerequisite: Little to no computer skills. Applies to Windows 10. This course is for beginners or new users who are starting to get familiar with a computer, mouse and keyboard. Class exercises improve skills in these areas and teach participants to create and save short documents. Students will also be introduced to the basics of Internet usage, creating an email ID, sending and receiving messages and uploading and downloading attachments and photos.

Anne Gordon Center for Active Adults	Course Fee: \$30
#194105 Sep 14-Oct 19 W	9:30 AM-11:30 AM
Five Points Center for Active Adults	Course Fee: \$30
#194106 Sep 27-Nov 1 Tu	2:00 PM-4:30 PM

COMPUTER FUNDAMENTALS - BEYOND THE BASICS

Prerequisite: 'Computer & Email Basics' or equivalent computer knowledge. Applies to: 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 to save and retrieve data files.

Five Points Center for Active Adults	Course Fee: \$20
#194107 Sep 12-Oct 3 M	1:30 PM-3:30 PM
#194108 Oct 10-31 M	1:30 PM-3:30 PM
#194109 Nov 7-Dec 5 M	1:30 PM-3:30 PM

EDGE-ING THE INTERNET

Prerequisite: Beginning Computers & Email or equivalent. This course teaches proper and safe ways to browse the Internet using Microsoft Edge, the Windows 10 browser. The course also covers file downloading, browser customization, favorites and security concepts. Applies to: Windows 10. For more information, call Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults	Course Fee: \$20
#194112 Nov 8-Dec 6 Tu	9:30 AM-11:30 AM

Please be sure to read course pre-requisites in the course description to be sure that you are registering for the appropriate level class.

EXCEL: LEVEL 1

This class starts with basic definitions, continues with calculation examples and discusses formatting and colors. Student level: Experienced PC user. Applies to MS Office, Windows 7, 8 and 10.

Anne Gordon Center for Active Adults	Course Fee: \$10
#194117 Oct 7 F	9:30 AM-11:30 AM
Five Points Center for Active Adults	Course Fee: \$10
#194118 Sep 23 F	9:30 AM-11:30 AM

EXCEL: LEVEL 2

This class is for experienced PC users who are familiar with Excel. The class builds on the lessons in the Introduction class, adding more functions and how to find them. Sorting data, drawing a graph, header/footer creation and page-break previews are also discussed. Applies to: Windows 7, 8 and 10.

Five Points Center for Active Adults	Course Fee: \$10
#194124 Dec 16 F	9:30 AM-11:30 AM

GENEALOGY FUN USING ANCESTRY.COM

This class is for computer users who are experienced with web browsing and are beginning or casual users of Ancestry.com. The class will teach you how to build and add members to your family tree on Ancestry.com using its tree storage and research capabilities. Users may already have an Ancestry account or the instructor will advise how to get a trial subscription before the class start date. Students may bring personal laptops or use classroom PC.

Anne Gordon Center for Active Adults	Course Fee: \$20
#194128 Nov 4-Dec 9 F	9:30 AM-11:30 AM

GOOGLE CAN DO THAT?

Prerequisite: Computer Fundamentals or equivalent. In this workshop, you will learn about and use several free Google applications. This includes Google Maps, Earth, Drive, Books, YouTube, Calendar and others. Applies to: Windows 7, 8, & 10.

Five Points Center for Active Adults	Course Fee: \$15
#194131 Nov 15-24 Tu, Th	2:00 PM-4:30 PM

GOOGLE CHROME

Prerequisite: Computer Fundamentals or equivalent. This class will teach students to install and use the Internet browser Google Chrome. Please bring your personal laptop to the workshop. If you have a desktop system at home, you will install Google Chrome on one of our SeniorTechEd laptops to get hands-on experience in the workshop. Applies to: Windows 10.

Five Points Center for Active Adults	Course Fee: \$15
#194132 Sep 27-28 Tu-W	9:30 AM-11:30 AM
#195931 Sep 29-30 Th-F	9:30 AM-11:30 AM

GOOGLE PHOTOS

This class for experienced PC users encompasses basic photo editing and sharing photos using Google's new Google Photos app that can be used on most devices. Applies to: Windows 10.

Five Points Center for Active Adults Course Fee: \$15
#194155 Oct 6-13 Th 9:30 AM-11:30 AM

IPAD/IPHONE: GOING FURTHER WITH APPS STUDENT LEVEL

Intermediate User, Applies to Apple IOS devices. This course will cover how to sync with a Mac or PC, transfer contact, create contact groups, calendars, Facetime, and the App Store. Ebook readers and how to borrow electronic books from the library will also be covered. Bring your iPad, iPhone, or iTouch.

Five Points Center for Active Adults Course Fee: \$10
#196177 Sep 14 W 1:30 PM-3:30 PM
#196178 Nov 2 W 1:30 PM-3:30 PM

IPAD/IPHONE: 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.

Five Points Center for Active Adults Course Fee: \$10
#196174 Sep 14 W 1:30 PM-3:30 PM
#196175 Nov 2 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.

Five Points Center for Active Adults Course Fee: \$10
#196172 Nov 9 W 9:30 AM-11:30 AM
#196173 Dec 7 W 9:30 AM-11:30AM

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: \$10
#196180 Sep 30 F 9:30 AM-11:30AM
#196181 Dec 16 F 9:30 AM-11:30 AM

IPHONE/IPAD: ENHANCE WITH NEW CONTENT

Prerequisite: Intermediate IOS user. Learn how to search and download great content from the App Store, iTunes Store, and iBooks store. Bring your iPad/iPhone, as well as your Apple ID and password.

Five Points Center for Active Adults Course Fee: \$10
#196182 Sep 16 F 9:30 AM-11:30 AM
#196183 Dec 14 W 9:30 AM-11:30 AM

IPHONE/IPAD: GETTING TO KNOW SIRI

Student Level; Intermediate device user. Applies to Apple IOS devices. Siri is an Apple iPhone and iPad personal assistant app. Siri uses natural language to answer questions, make recommendations, and send requests to services.

Five Points Center for Active Adults Course Fee: \$10
#196179 Dec 9 F 9:30 AM-11:30 AM

MICROSOFT WORD: INTRODUCTION

This class for experienced PC users gives an overview of creating a document with MS Word, including keying, font selection, numbered lists, spellcheck, page layout, using built-in styles and adding a table of contents. Applies to: Windows 7, 8 and 10.

Five Points Center for Active Adults Course Fee: \$10
#194216 Dec 9 F 9:30 AM-11:30 AM

PASSWORD MANAGEMENT

Prerequisite: Computer Fundamentals or equivalent. This seminar will help students understand the importance of good password management and introduce an application to manage passwords in a secure manner. Applies to: Windows 10.

Five Points Center for Active Adults Course Fee: \$10
#194217 Oct 4 Tu 9:30 AM-11:30 AM
#195932 Oct 5 W 9:30 AM-11:30 AM

PC WORKSHOP

This workshop is for anyone who wants to practice class exercises or has questions about using the computer.

Five Points Center for Active Adults Course Fee: \$0
Sep 12-Dec 26 M 9:30 AM-11:30 AM

POWERPOINT: INTRODUCTION

This class for experienced PC users applies to MS Office and Windows 7, 8 and 10. Learn to create presentations and flyers with PowerPoint. This class starts with basic definitions and continues with creating various page types. Learn to how to make effective presentations with page-to-page transitions and other tips.

Five Points Center for Active Adults Course Fee: \$10
#194221 Sep 9 F 9:30 AM-11:30 AM

SKYPE: INTRODUCTION

Pre-Requisite: Computer Fundamentals or equivalent. Applies to: Windows 10. Learn the basics of how to use Skype to communicate with family and friends. Skype is a free program that allows you to communicate by voice and video with other users around the world. Anyone with Internet access can create a Skype account.

Five Points Center for Active Adults Course Fee: \$10
#194223 Oct 7 F 9:30am to 12:00pm

WHERE'S MY STUFF?

Prerequisite: Computer Fundamentals or equivalent. This course offers ways to manage data storage and files and covers folder creation and organization. Applies to: Windows 10.

Five Points Center for Active Adults Course Fee: \$20
#194291 Oct 5-26 W 1:30 PM-3:30 PM

COMPUTER PROGRAMS

WINDOWS 10 OVERVIEW

This seminar will discuss the basics of the Windows 10 operating system and help you get started using this software. Students need to be experienced PC users.

Five Points Center for Active Adults			Course Fee: \$10
#194294	Sep 16	F	9:30 AM-11:30 AM
#194295	Oct 21	F	9:30 AM-11:30 AM
#194296	Dec 2	F	9:30 AM-11:30 AM

WINDOWS 10: WHAT'S NEW?

This class offers an introduction to Windows 10 for experienced PC users. It provides an overview of new features, such as the new Start menu, taskbar, customization and the revised File Explorer. Students are encouraged to bring their own Windows 10 laptops.

Anne Gordon Center for Active Adults			Course Fee: \$20
#194284	Nov 2-30	W	1:30 PM-3:30 PM
Five Points Center for Active Adults			Course Fee: \$20
#194287	Oct 18-27	Tu, Th	9:30 AM-11:30 AM
#194289	Dec 6-15	Tu, Th	1:30 PM-3:30 PM

WINDOWS BACKUP

Learn the importance of backing up your computer onto various storage devices. Several methods of backing up data will be discussed. Student level: completion of Beginning Computers II or equivalent. Applies to: Windows 7, 8 and 10.

Five Points Center for Active Adults			Course Fee: \$10
#194297	Oct 14	F	9:30 AM-11:30 AM

WINDOWS PHOTO GALLERY

Windows Photo Gallery can be used to organize, edit, create and share your photos. The workshop will cover transferring photos from your camera to your computer and basic editing. Student level: completion of Beginning Computers and Email or equivalent. Applies to: Windows 7, 8 and 10.

Anne Gordon Center for Active Adults			Course Fee: \$15
#194300	Oct 12-19	W	1:30 PM-3:30 PM
Five Points Center for Active Adults			Course Fee: \$15
#194304	Sep 13-22	Tu, Th	9:30 AM-11:30 AM



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

EDUCATIONAL CLASSES

FALL IMMUNIZATION CLINIC

Protect yourself for 2017. Walgreens pharmacists will provide high dose flu shots. Preregistration two weeks in advance is requested. Bring your health insurance card and photo ID. Shingles and pneumonia shots are also available with at least three weeks' advance notice and registration at the center. Sponsored by Resources for Seniors.

Five Points Center for Active Adults		Course Fee: \$0	
#194530	Oct 10	M	9:30 AM-11:30 AM
#194531	Oct 24	M	9:30 AM-11:30 AM

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 information.

Five Points Center for Active Adults		Course Fee: \$0	
#193255	Nov 29	Tu	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	
#193256	Sep 22	Th	1:00 PM-3:00 PM

Five Points Center for Active Adults		Course Fee: \$0	
#193257	Dec 13	Tu	10:00 AM-12:00 PM

FINANCE: OUTLOOK AND OPPORTUNITY

Wondering about investing in today's financial market? Come and learn about the economy and our outlook; inflation and interest rates; the opportunities and risk of international investing and the pros and cons of investing in today's domestic stock market. Presented by Edward Jones Financial Group.

Five Points Center for Active Adults		Course Fee: \$0	
#193259	Sep 26	M	2:00 PM-3:00 PM

FINANCE: POWERFUL STRATEGIES FOR STRONG WOMEN

Nearly 45% of women ages 65-74 are single due to divorce, being widowed or never marrying. At age 75, that figure climbs to 75%! Regardless of your current situation and age, you need strategies. You will learn how to gain control of your financial situation, protect the people and things you love the most and make informed financial decisions. Presented by Jessica Lee of Ameriprise Financial Group.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#193360	Nov 3	Th	11:00 AM-12:00 PM

Five Points Center for Active Adults		Course Fee: \$0	
#193361	Sep 13	Tu	1:00 PM-2:00 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	
#193367	Oct 27	Th	11:00 AM-12:00 PM

Five Points Center for Active Adults		Course Fee: \$0	
#193368	Sep 22	Th	11:00 AM-12:00 PM

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: What is a living trust? What is a testamentary trust? Do you need either? Presented by McCuiston Law Office and Resources for Seniors.

Five Points Center for Active Adults		Course Fee: \$0	
#193362	Oct 11	Tu	1:00 PM-2:00 PM

FINANCE: WOMEN AND INVESTING

Women today face unique financial pressures, whether they are raising a family, caring for parents or saving toward their own long-term goals. In this seminar, we will review these challenges and offer tips specifically geared toward women to help them plan accordingly.

Five Points Center for Active Adults		Course Fee: \$0	
#193369	Nov 8	Tu	11:00 AM-12:00 PM

HEALTH TOPIC: BLOOD PRESSURE SCREENING

Take advantage of these FREE blood pressure screening offered by Dr. Casey Baldwin with Resources for Seniors; or a registered nurse from Raleigh Rehabilitation.

Five Points Center for Active Adults		Course Fee: \$0	
#193387	Sep 6-Dec 19	Tu, M	9:30 AM-10:15 AM

EDUCATIONAL CLASSES

HEALTH TOPIC: HEALTHY AND DELICIOUS SMOOTHIES

Learn how to make delicious smoothies and their many benefits. Smoothies are made from fruits, leafy green vegetables and dairy or nondairy products. Smoothies provide: Protein, vitamins, minerals and fiber; and they are easy to make and portable too! Come get inspired with Abbotswood at Stonehenge Wellness Staff and establish healthy eating habits today!

Anne Gordon Center for Active Adults	Course Fee: \$0
#193394 Oct 13 Th	2:00 PM-3:00 PM
Five Points Center for Active Adults	Course Fee: \$0
#193396 Oct 6 Th	2:30 PM-3:30 PM

HEALTH TOPIC: HEARING SCREENING

Has it become more difficult to hear in a crowded setting? Are you noticing you are missing parts of people's sentences? Does your favorite television show need to be louder? Come for a free 10-minute hearing screening with Kim Banks, licensed hearing instrument specialist with Hearing Lab Technologies.

Anne Gordon Center for Active Adults	Course Fee: \$0
#193393 Oct 27 Th	1:00 PM-2:00 PM

HEALTH TOPIC: HEARING THE WHOLE CONVERSATION

Do you or do you know someone who struggles to hear on the telephone? Learn about Clear Caption and how persons with hearing loss can receive a free phone which displays the whole conversation in text, offers hands-free calls and digital amplification boosts voice up to 50 decibels. Clear caption is a free program for seniors or hearing impaired persons. If you know someone who could benefit from this program please invite them to hear this presentation.

Anne Gordon Center for Active Adults	Course Fee: \$0
#193388 Sep 29 Th	11:00 AM-12:00 PM
Five Points Center for Active Adults	Course Fee: \$0
#193389 Sep 27 Tu	2:00 PM-3:00 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 Caregiving.

Anne Gordon Center for Active Adults	Course Fee: \$0
#193397 Sep 19-Dec 19 M	1:30 PM-2:30 PM
Five Points Center for Active Adults	Course Fee: \$0
#193398 Sep 12-Dec 12 M	10:00 AM-11:00 AM
Walnut Terrace Neighborhood Center	Course Fee: \$0
#193410 Sep 6 Tu	1:00 PM-2:00 PM

HEALTH TOPIC: PARKINSON'S DISEASE DIALOGUE

Are you living actively in the early stages of Parkinson's disease? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of Parkinson's disease related healthcare by exchanging information, choosing topics for discussion and sharing the collective wisdom.

Five Points Center for Active Adults	Course Fee: \$0
#193399 Sep 30-Dec 16 F	1:00 PM-2:30 PM

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
#193390 Sep 6-Dec 6 Tu	10:15 AM-11:15 AM

HEALTH TOPIC: REFLEXOLOGY

Reflexology is a method for activating the healing powers of the body to reduce stress, improve circulation and revitalize energy. Join us for an introduction to reflexology that will surely lighten your steps. Please bring a towel to class. Presented by Mary Ann Flournoy, licensed massage therapist and instructor.

Anne Gordon Center for Active Adults	Course Fee: \$0
#193391 Oct 17-Nov 7 M	11:45 AM-12:45 PM

LEGAL: PREPARING YOUR ESTATE

Explore the benefits of estate planning including: What you should consider when creating your will; how you can reduce taxes on your estate and how insurance can protect your family? The program will include Raleigh attorney, Leslee Sharp.

Anne Gordon Center for Active Adults	Course Fee: \$0
#193260 Oct 10 M	1:30 PM-2:30 PM

LEGAL: PROTECT YOURSELF FROM IDENTITY THEFT

In North Carolina, it's estimated that about 400,000 people are victimized annually. Raleigh ranks in the top 150 metropolitan areas for ID theft complaints in 2015. Learn about ways to protect yourself including: Protecting your Social Security number, passwords, finances, mail, and online information; safely disposing of documents and old electronics; and how to get a free security freeze. Presented by the NC Department of Insurance.

Anne Gordon Center for Active Adults	Course Fee: \$0
#193262 Sep 29 Th	1:00 PM-2:00 PM
Five Points Center for Active Adults	Course Fee: \$0
#193263 Sep 20 Tu	10:00 AM-11:00 AM

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
#193363 Oct 6 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#193364 Oct 4 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
#193365 Nov 10 Th 10:00 AM-11:00 AM

Five Points Center for Active Adults Course Fee: \$0
#193366 Nov 15 Tu 1:00 PM-2:00 PM

QUESTIONS ACROSS THE SPECTRUM DISCUSSION GROUP

Participants will view videos from TED.com, upworthy.com and similar websites on a variety of topics, including nature, leisure, aging, compassion, intervention and science. A back-and-forth exchange of views will deepen understanding of questions and issues raised by living in a complex world. Preregistration is required.

Five Points Center for Active Adults Course Fee: \$0
#192176 Sep 19-Dec 9 M, F 3:30 PM-5:00 PM

REIKI: AN INTRODUCTION

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by 'laying on hands' and is based on the idea that an unseen 'life force energy' flows through us. In this lecture based class you will learn the history Reiki and the techniques used to activate the natural healing processes in your body to help restore physical and emotional well-being. Instructor: Eniko Iriniyi

Anne Gordon Center For Active Adults Course Fee: \$16
#196611 Sep 6- Oct 25 Tu 12:30PM-1:30PM

RESOURCES FOR SENIORS:

WHO ARE WE AND HOW CAN WE HELP

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

Anne Gordon Center for Active Adults Course Fee: \$0
#193337 Dec 1 Th 11:00 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$0
#193338 Dec 1 Th 2:00 PM-3:00 PM

RESTORATIVE WRITING AGE: ALL AGES

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. Join us for an opportunity to explore our deepest feelings in a safe environment. Through writing, we will gently probe, reflect, remember, and reconsider. We will honor our loved ones, reimagine our lives now, and discover inner resources we had no idea were within us. Lunch will be provided. Pre-registration is required. Presented by Heartland Hospice and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#193339 Nov 11 F 9:30 AM-11:00 AM
#193340 Dec 2 F 9:30 AM-11:00 AM

SENIOR SCAMS AND FRAUD

The BBB Senior Scams program is an interactive presentation with up-to-date information on the latest scams targeting the senior population. With information on what these scams are, where they originate and how to protect yourself, seniors will be able to walk out of the presentation with confidence that they will not be taken advantage of. At the end of the presentation, seniors can expect a goodie bag of information on scams and some fun items as well!

Anne Gordon Center for Active Adults Course Fee: \$0
#193486 Oct 24 M 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#193487 Oct 25 Tu 10:00 AM-11:00 AM

SHIIP COUNSELING APPOINTMENTS

These one-on-one appointments with the Seniors' Health Insurance Information Program (SHIIP) will help you understand your Medicare options. The trained SHIIP volunteer will help you identify Medicare health 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
#193343 Sep 12-Dec 19 M 1:00 PM-4:00 PM

Five Points Center for Active Adults Course Fee: \$0
#193344 Sep 7-Dec 29 W-Th 1:00 PM-4:00 PM

THE ROULETTE OF LIVING OPTIONS AND CARE

Your living and care options in the future should not depend on chance. There are many possibilities to "aging in place." Learn about the different levels and choices in living options for retirement, the different types of care and who pays. Sponsored by Resources for Seniors and Home Watch Caregiving.

Anne Gordon Center for Active Adults
#196373 Oct 20 Th 2:00 PM-3:00 PM

Five Points Center for Active Adults
#196374 Oct 18 Tu 2:00 PM-3:00 PM

FITNESS CLASSES

60 SECONDS TO GOOD HEALTH

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

Five Points Center for Active Adults			Course Fee: \$8
#191788	Sep 12-26	M	11:45 AM-12:45 PM
#191789	Oct 10-31	M	11:45 AM-12:45 PM
#191790	Nov 7-28	M	11:45 AM-12:45 PM
#191791	Dec 5-26	M	11:45 AM-12:45 PM

AEROBIC FIT

Aerobic Fit is an intermediate level class designed to be fun, challenging, and calorie burning! It is perfect for participants who want an energizing activity and who do not need the assistance of a chair. This class includes continuous low-impact 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

Anne Gordon Center for Active Adults			Course Fee: \$8
#192745	Sep 6-27	Tu	10:15 AM-11:00 AM
#192746	Oct 4-25	Tu	10:15 AM-11:00 AM
#192747	Nov 1-29	Tu	10:15 AM-11:00 AM
#192748	Dec 6-27	Tu	10:15 AM-11:00 AM
#192749	Sep 1-29	Th	10:15 AM-11:00 AM
#192750	Oct 6-27	Th	10:15 AM-11:00 AM
#192751	Nov 3-17	Th	10:15 AM-11:00 AM
#192752	Dec 1-29	Th	10:15 AM-11:00 AM

AGELESS GRACE

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information. Instructor: Missy Atkinson

Anne Gordon Center for Active Adults			Course Fee: \$8
#191794	Sep 6-27	Tu	2:00 PM-2:45 PM
#191795	Nov 1-29	Tu	2:00 PM-2:45 PM
#191796	Oct 4-25	Tu	2:00 PM-2:45 PM
#191797	Dec 6-27	Tu	2:00 PM-2:45 PM

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Five Points Center for Active Adults

#191798	Sep 7-28	W	2:00 PM-2:45 PM	Course Fee: \$8
#191799	Oct 5-26	W	2:00 PM-2:45 PM	
#191800	Nov 2-30	W	2:00 PM-2:45 PM	
#191801	Dec 7-28	W	2:00 PM-2:45 PM	

Walnut Terrace Neighborhood Center

			Course Fee: \$0
#193327	Sep 6-27	Tu	12:00 PM-12:45 PM
#193328	Oct 4-25	Tu	12:00 PM-12:45 PM
#193329	Nov 1-29	Tu	12:00 PM-12:45 PM
#193330	Dec 6-27	Tu	12:00 PM-12:45 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

Five Points Center for Active Adults			Course Fee: \$8
#191802	Sep 1-29	Th	11:15 AM-12:00 PM
#191803	Oct 6-27	Th	11:15 AM-12:00 PM
#191804	Nov 3-29	Th	11:15 AM-12:00 PM
#191805	Dec 1-29	Th	11:15 AM-12:00 PM
#195824	Sep 6-27	Tu	10:30 AM-11:15 AM
#195825	Oct 4-25	Tu	10:30 AM-11:15 AM
#195826	Nov 1-29	Tu	10:30 AM-11:15 AM
#195827	Dec 6-27	Tu	10:30 AM-11:15 AM

BALANCE STRENGTHENING

This class is designed to strengthen your over-all balance! Good balance decreases our risk of falls, and helps us with our daily activities. We will use core strengthening movements to improve our balance and you will have the choice to participate standing or sitting in a chair. This class is designed to improve posture, improve core strength, and increase your ability to do every day activities. This class is a strengthening class, and will not have any impact or high cardio movements. Light weights can be used during class as an added strengthening option. This class is for all abilities, and no previous fitness experience is required. Instructor: Dana Kincaid

Anne Gordon Center for Active Adults			Course Fee: \$8
#192753	Sep 6-27	Tu	11:15 AM-12:00 PM
#192754	Oct 4-25	Tu	11:15 AM-12:00 PM
#192755	Nov 1-29	Tu	11:15 AM-12:00 PM
#192756	Dec 6-27	Tu	11:15 AM-12:00 PM
#195970	Sep 1-29	Th	11:15 AM-12:00 PM
#195971	Oct 6-27	Th	11:15 AM-12:00 PM
#195972	Nov 3-17	Th	11:15 AM-12:00 PM
#195973	Dec 1-29	Th	11:15 AM-12:00 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! There is no pre-registration for this course; the first 30 people sign in may participate. Instructor: Bill Unger

Five Points Center for Active Adults		Course Fee: \$8
Sep 1-29	Tu, Th	9:30 AM-10:00 AM
Oct 4-27	Tu, Th	9:30 AM-10:15 AM
Nov 1-29	Tu, Th	9:30 AM-10:15 AM
Dec 1-29	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	
#191810	Sep 12-26	M	4:30 PM-5:30 PM
#191811	Oct 3-31	M	4:30 PM-5:30 PM
#191812	Nov 7-28	M	4:30 PM-5:30 PM
#191813	Dec 5-26	M	4:30 PM-5:30 PM
#191814	Sep 7-28	W	4:30 PM-5:30 PM
#191815	Oct 5-26	W	4:30 PM-5:30 PM
#191816	Nov 2-30	W	4:30 PM-5:30 PM
#191817	Dec 7-28	W	4:30 PM-5:30 PM

CARDIO SCULPT

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome.

Five Points Center for Active Adults		Course Fee: \$8	
Instructor: Jane Stenhouse			
#191935	Sep 12-26	M	10:15 AM-11:00 AM
#191936	Oct 3-31	M	10:15 AM-11:00 AM
#191937	Nov 7-21	M	10:15 AM-11:00 AM
#191938	Dec 5-26	M	10:15 AM-11:00 AM
#191939	Sep 6-27	Tu	10:15 AM-11:00 AM
#191940	Oct 4-25	Tu	10:15 AM-11:00 AM
#191941	Nov 1-29	Tu	10:15 AM-11:00 AM
#191942	Dec 6-27	Tu	10:15 AM-11:00 AM
#191943	Sep 7-28	W	10:15 AM-11:00 AM
#191944	Oct 5-26	W	10:15 AM-11:00 AM
#191945	Nov 2-30	W	10:15 AM-11:00 AM
#191946	Dec 7-28	W	10:15 AM-11:00 AM
Instructor: Sandy Stanton			
#191947	Sep 1-29	Th	10:15 AM-11:00 AM
#191948	Oct 6-27	Th	10:15 AM-11:00 AM
#191949	Nov 3-24	Th	10:15 AM-11:00 AM
#191950	Dec 1-29	Th	10:15 AM-11:15 AM

CORE, BALANCE, AND STRETCH

Age: All Ages. Participants will strengthen the abs and lower back while practicing balance and improving stability. Equipment will include stability balls, mats and foam rollers. Instructor: Sandy Stanton.

Five Points Center for Active Adults		Course Fee: \$8	
#191956	Sep 1-29	Th	9:15 AM-10:00 AM
#191957	Oct 6-27	Th	9:15 AM-10:00 AM
#191958	Nov 3-17	Th	9:15 AM-10:00 AM
#191959	Dec 1-29	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 from 2 PM-2:45 PM on Wednesdays.

Five Points Center for Active Adults		Course Fee: \$0	
#192030	Sep 1-Dec 30	Th-F, M-Th	9:00 AM-6:00 PM

FIVE POINTS FITNESS ROOM ORIENTATION

Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage.

Five Points Center for Active Adults		Course Fee: \$0	
#192031	Sep 1-Dec 27	Th, Tu	9:00 AM-9:30 AM

GROUP FITNESS ROOM TRAINING

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

Five Points Center for Active Adults		Course Fee: \$25	
#192045	Sep 7-28	W	2:15 PM-3:00 PM
#192046	Oct 5-26	W	2:15 PM-3:00 PM
#192047	Nov 2-30	W	2:15 PM-3:00 PM
#192048	Dec 7-28	W	2:15 PM-3:00 PM
#192053	Sep 1-29	Th	2:15 PM-3:00 PM
#192054	Oct 6-Nov 3	Th	2:15 PM-3:00 PM
#192055	Nov 3-Dec 1	Th	2:15 PM-3:00 PM
#192056	Dec 1-29	Th	2:15 PM-3:00 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 canceled. Register early in order to avoid course cancellation!

FITNESS CLASSES

HEALING MEDITATION

This class is being offered to help begin, progress, and advance healing through meditation. Based in Traditional Chinese Medicine and other ancient systems of healing, the program is designed to bring the entire body together to use positive energy flow to impact healing. Ultimately what drives Qi (chee) or life-force energy through the body, begins with thought and imagination and goes to intention. We will teach you what you must know about the body, how to breathe, and connect through the wonders of the meditations, to begin to enact healing and well-being.

Instructor: Eniko Irinyi

Anne Gordon Center for Active Adults			Course Fee: \$8
#196607	Sep 6-27	Tu	11:30AM-12:30PM
#196608	Oct 4-25	Tu	11:30AM-12:30PM
#196609	Nov 1-29	Tu	11:30AM-12:30PM
#196610	Dec 6-27	Tu	11:30AM-12:30PM

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

#192059	Sep 2-30	F	2:15 PM-3:15 PM
#192060	Oct 7-28	F	2:15 PM-3:15 PM
#192061	Nov 4-18	F	2:15 PM-3:15 PM
#192062	Dec 2-30	F	2:15 PM-3:15 PM

Beginner/Improver Level

#192063	Sep 2-30	F	1:00 PM-2:00 PM
#192064	Oct 7-28	F	1:00 PM-2:00 PM
#192065	Nov 4-18	F	1:00 PM-2:00 PM
#192066	Dec 2-30	F	1:00 PM-2:00 PM

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

Beginner/Improver Level

#192067	Sep 7-28	W, M	1:00 PM-2:00 PM
#192068	Oct 3-31	M, W	1:00 PM-2:00 PM
#192069	Nov 2-30	W, M	1:00 PM-2:00 PM
#192070	Dec 5-28	M, W	1:00 PM-2:00 PM

Intermediate Level

#192071	Sep 7-28	W, M	2:00 PM-3:00 PM
#192072	Oct 3-31	M, W	2:00 PM-3:00 PM
#192073	Nov 2-30	W, M	2:00 PM-3:00 PM
#192074	Dec 5-28	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
 #192075 Sep 2-Dec 30 F 1:30 PM-3:00 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. Instructor: Shay Harper

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

#192083	Sep 12-26	M	9:15 AM-10:00 AM
#192084	Oct 3-31	M	9:15 AM-10:00 AM
#192085	Nov 7-28	M	9:15 AM-10:00 AM
#192086	Dec 5-26	M	9:15 AM-10:00 AM
#192087	Sep 6-27	Tu	1:00 PM-1:45 PM
#192088	Oct 4-25	Tu	1:00 PM-1:45 PM
#192089	Nov 1-29	Tu	1:00 PM-1:45 PM
#192090	Dec 6-27	Tu	1:00 PM-1:45 PM
#192091	Sep 1-29	Th	12:00 PM-12:45 PM
#192092	Oct 6-27	Th	12:00 PM-12:45 PM
#192093	Nov 3-17	Th	12:00 PM-12:45 PM
#192094	Dec 1-29	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. Qi Gong for Joint Health is conducted both sitting and standing. We will practice guided visualization, simple motion, and balance exercises to improve strength and fluidity of movement to promote bone and joint health. The class is a beginner level class. Instructor: Kathy Bundy

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

Qi Gong

#192095	Sep 6-27	Tu	10:30 AM-11:15 AM
#192096	Oct 4-25	Tu	10:30 AM-11:15 AM
#192097	Nov 1-29	Tu	10:30 AM-11:15 AM
#192098	Dec 6-27	Tu	10:30 AM-11:15 AM
#192099	Sep 2-30	F	10:30 AM-11:15 AM

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#192100	Oct 7-28	F	10:30 AM-11:15 AM
#192101	Nov 4-18	F	10:30 AM-11:15 AM
#192102	Dec 2-30	F	10:30 AM-11:15 AM
<i>Qi Gong for Joint Health</i>			
#192103	Sep 2-30	F	11:30 AM-12:15 PM
#192104	Oct 7-28	F	11:30 AM-12:15 PM
#192105	Nov 4-18	F	11:30 AM-12:15 PM
#192106	Dec 2-30	F	11:30 AM-12:15 PM
Five Points Center for Active Adults			Course Fee: \$8
<i>Qi Gong</i>			
#192107	Sep 2-30	F	9:15 AM-10:00 AM
#192108	Oct 7-28	F	9:15 AM-10:00 AM
#192109	Nov 4-18	F	9:15 AM-10:00 AM
#192110	Dec 2-30	F	9:15 AM-10:00 AM

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

#192177	Sep 6-27	Tu	9:15 AM-10:00 AM
#192178	Oct 4-25	Tu	9:15 AM-10:00 AM
#192179	Nov 1-29	Tu	9:15 AM-10:00 AM
#192180	Dec 6-27	Tu	9:15 AM-10:00 AM
#192181	Sep 1-29	Th	9:15 AM-10:00 AM
#192182	Oct 6-27	Th	9:15 AM-10:00 AM
#192183	Nov 3-17	Th	9:15 AM-10:00 AM
#192184	Dec 1-29	Th	9:15 AM-10:00 AM

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

Instructor: Dana Kincaid

#192185	Sep 12-26	M	1:30 PM-2:15 PM
#192186	Oct 3-31	M	1:30 PM-2:15 PM
#192187	Nov 7-28	M	1:30 PM-2:15 PM
#192188	Dec 5-26	M	1:30 PM-2:15 PM
#192189	Sep 6-27	Tu	10:15 AM-11:00 AM

Instructor: Bill Unger

#192190	Oct 4-25	Tu	10:15 AM-11:00 AM
#192191	Nov 1-29	Tu	10:15 AM-11:00 AM
#192192	Dec 6-27	Tu	10:15 AM-11:00 AM
#192193	Sep 1-29	Th	10:15 AM-11:00 AM
#192194	Oct 6-27	Th	10:15 AM-11:00 AM
#192195	Nov 3-17	Th	10:15 AM-11:00 AM
#192196	Dec 1-29	Th	10:15 AM-11:00 AM

Greystone Community Center Course Fee: \$8

#192197	Sep 12-26	M	10:00 AM-10:45 AM
#192198	Oct 3-31	M	10:00 AM-10:45 AM
#192199	Nov 7-28	M	10:00 AM-10:45 AM
#192200	Dec 5-26	M	10:00 AM-10:45 AM

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#192201	Sep 2-30	F	10:00 AM-10:45 AM
#192202	Oct 7-28	F	10:00 AM-10:45 AM
#192203	Nov 4-18	F	10:00 AM-10:45 AM
#192204	Dec 2-30	F	10:00 AM-10:45 AM

Lake Lynn Community Center Course Fee: \$8

#192205	Sep 6-27	Tu	9:00 AM-9:45 AM
#192206	Oct 4-25	Tu	9:00 AM-9:45 AM
#192207	Nov 1-29	Tu	9:00 AM-9:45 AM
#192208	Dec 6-27	Tu	9:00 AM-9:45 AM
#192209	Sep 1-29	Th	9:00 AM-9:45 AM
#192210	Oct 6-27	Th	9:00 AM-9:45 AM
#192211	Nov 3-17	Th	9:00 AM-9:45 AM
#192212	Dec 1-29	Th	9:00 AM-9:45 AM

Powell Drive Park Course Fee: \$8

#192213	Sep 6-27	Tu	1:00 PM-1:45 PM
#192214	Oct 4-25	Tu	1:00 PM-1:45 PM
#192215	Nov 1-29	Tu	1:00 PM-1:45 PM
#192216	Dec 6-27	Tu	1:00 PM-1:45 PM
#192217	Sep 1-29	Th	1:00 PM-1:45 PM
#192218	Oct 6-27	Th	1:00 PM-1:45 PM
#192219	Nov 3-17	Th	1:00 PM-1:45 PM
#192220	Dec 1-29	Th	1:00 PM-1:45 PM

Tarboro Road Community Center Course Fee: \$0

#192221	Sep 5-28	M, W	10:00 AM-10:45 AM
#192222	Oct 5-31	W, M	10:00 AM-10:45 AM
#192223	Nov 2-30	W, M	10:00 AM-10:45 AM
#192224	Dec 5-28	M, W	10:00 AM-10:45 AM



FITNESS CLASSES

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

#194884	Sep 7-28	W	10:15 AM-11:15 AM
#194891	Oct 5-26	W	10:15 AM-11:15 AM
#194886	Nov 2-30	W	10:15 AM-11:15 AM
#194889	Dec 7-28	W	10:15 AM-11:15 AM
#194885	Sep 9-30	F	10:15 AM-11:15 AM
#194890	Oct 7-28	F	10:15 AM-11:15 AM
#194887	Nov 4-25	F	10:15 AM-11:15 AM
#194888	Dec 1-29	F	10:10 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

#192609	Sep 1-29	Th	1:00 PM-2:00 PM
#192610	Oct 6-27	Th	1:00 PM-2:00 PM
#192611	Nov 3-17	Th	1:00 PM-2:00 PM
#192612	Dec 1-29	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

#192614	Sep 12-26	M	10:00 AM-11:00 AM
#192615	Oct 3-31	M	10:00 AM-11:00 AM
#192616	Nov 7-28	M	10:00 AM-11:00 AM
#192617	Dec 5-26	M	10:00 AM-11:00 AM

Intermediate Level

#192618	Sep 12-26	M	11:00 AM-12:00 PM
#192619	Oct 3-31	M	11:00 AM-12:00 PM
#192620	Nov 7-28	M	11:00 AM-12:00 PM
#192621	Dec 5-26	M	11:00 AM-12:00 PM
#195864	Sep 1-29	Th	2:00 PM-3:00 PM
#195865	Oct 6-27	Th	2:00 PM-3:00 PM
#195866	Nov 3-17	Th	2:00 PM-3:00 PM
#195867	Dec 1-29	Th	2:00 PM-3:00 PM

T'AI CHI FOR ACTIVE ADULTS

T'ai chi is a low impact slow-motion exercise consisting easy to learn movements that can be adapted for any fitness level. This 21 form Sun Style Tai Chi promotes better health, and improves coordination, balance, and mental focus. This gentle exercise is also proven to reduce the risk of falls and the effects of many chronic conditions. Intermediate classes will increase your endurance, mental acuity, and help advance powerful Qi energy. Advanced classes, some experience required, include the most popular Yang 24 form as well as some Chen style movements. Learn more depth of movement and further increase your strength, balance, coordination and mental focus. Instructor: Rita Shaloiko

Anne Gordon Center for Active Adults

Course Fee: \$8

Beginner

#192757	Sep 1-29	Th	1:30 PM-2:15 PM
#192758	Oct 6-27	Th	1:30 PM-2:15 PM
#192759	Nov 3-17	Th	1:30 PM-2:15 PM
#192760	Dec 1-29	Th	1:30 PM-2:15 PM
#192761	Sep 12-26	M	1:00 PM-1:45 PM
#192762	Oct 3-31	M	1:00 PM-1:45 PM
#192763	Nov 7-28	M	1:00 PM-1:45 PM
#192764	Dec 5-19	M	1:00 PM-1:45 PM

Intermediate

#192769	Sep 1-29	Th	2:30 PM-3:15 PM
#192770	Oct 6-27	Th	2:30 PM-3:15 PM
#192771	Nov 3-17	Th	2:30 PM-3:15 PM
#192772	Dec 1-29	Th	2:30 PM-3:15 PM
#192773	Sep 12-26	M	2:00 PM-2:45 PM
#192774	Oct 3-31	M	2:00 PM-2:45 PM
#192775	Nov 7-28	M	2:00 PM-2:45 PM
#192776	Dec 5-19	M	2:00 PM-2:45 PM

Advanced

#192765	Sep 12-26	M	3:00 PM-3:45 PM
#192766	Oct 3-31	M	3:00 PM-3:45 PM
#192767	Nov 7-28	M	3:00 PM-3:45 PM
#192768	Dec 5-Jan 2	M	3:00 PM-3:45 PM



TOTAL BODY CONDITIONING

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
#192622	Sep 6-27	Tu	1:00 PM-2:00 PM
#192623	Oct 4-25	Tu	1:00 PM-2:00 PM
#192624	Nov 1-29	Tu	1:00 PM-2:00 PM
#192625	Dec 6-27	Tu	1:00 PM-2:00 PM
#192626	Sep 1-29	Th	1:00 PM-2:00 PM
#192627	Oct 6-27	Th	1:00 PM-2:00 PM
#192628	Nov 3-17	Th	1:00 PM-2:00 PM
#192629	Dec 1-29	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

Five Points Center for Active Adults			Course Fee: \$8
#192630	Sep 7-28	W	11:30 AM-12:30 PM
#192631	Oct 5-26	W	11:30 AM-12:30 PM
#192632	Nov 2-30	W	11:30 AM-12:30 PM
#192633	Dec 7-28	W	11:30 AM-12:30 PM
#192634	Sep 2-30	F	11:30 AM-12:30 PM
#192635	Oct 7-28	F	11:30 AM-12:30 PM
#192636	Nov 4-25	F	11:30 AM-12:30 PM
#192637	Dec 2-30	F	11:30 AM-12:30 PM

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			
#192654	Sep 12-26	M	9:15 AM-10:15 AM
#192655	Oct 3-24	M	9:15 AM-10:15 AM
#192656	Nov 7-28	M	9:15 AM-10:15 AM
#192657	Dec 5-19	M	9:15 AM-10:15 AM
#192650	Sep 1-29	Th	10:30 AM-11:30 AM
#192651	Oct 6-27	Th	10:30 AM-11:30 AM
#192652	Nov 3-17	Th	10:30 AM-11:30 AM
#192653	Dec 1-29	Th	10:30 AM-11:30 AM

Five Points Center for Active Adults			Course Fee: \$8
Instructor: Rose Parli			
#192638	Sep 6-27	Tu	11:30 AM-12:45 PM
#192639	Oct 4-25	Tu	11:30 AM-12:45 PM
#192640	Nov 1-29	Tu	11:30 AM-12:45 PM
#192641	Dec 6-27	Tu	11:30 AM-12:30 PM
#192646	Sep 1-29	Th	11:30 AM-12:45 PM

continued...

#192647	Oct 6-27	Th	11:30 AM-12:45 PM
#192648	Nov 3-17	Th	11:30 AM-12:45 PM
#192649	Dec 1-29	Th	11:30 AM-12:45 PM

Walnut Terrace Neighborhood Center Course Fee: \$0

Instructor: Dana Kincaid			
#192662	Sep 7-28	W	9:00 AM-9:45 AM
#192663	Oct 5-26	W	9:00 AM-9:45 AM
#192664	Nov 2-30	W	9:00 AM-9:45 AM
#192665	Dec 7-28	W	9:00 AM-9:45 AM

YOGA- LUNCH HOUR

The 40-minute lunchtime gentle yoga class is designed to give you stress relief and encourage beneficial movement, but it is gentle enough to allow you to go right back to work or errands without a shower. Instructor: Dana Kincaid

Walnut Terrace Neighborhood Center Course Fee: \$0

#193100	Sep 2-30	F, W	12:30 PM-1:10 PM
#193101	Oct 5-28	W, F	12:30 PM-1:10 PM
#193102	Nov 2-30	W, F	12:30 PM-1:10 PM
#193103	Dec 2-30	F, W	12:30 PM-1:10 PM

YOGA: VINYASA YOGA FLOW

Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class will open with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Instructor: Elka Harabin

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

#192667	Sep 6-27	Tu	3:00 PM-4:00 PM
#192668	Oct 4-25	Tu	3:00 PM-4:00 PM
#192669	Nov 8-29	Tu	3:00 PM-4:00 PM
#192670	Dec 6-27	Tu	3:00 PM-4:00 PM



FITNESS CLASSES

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 incorporates yoga breathing exercises to help improve lung capacity and focus and a period of deep relaxation or meditation. This is a beginner level class.

Anne Gordon Center for Active Adults			Course Fee: \$8
#191468	Sep 12-26	M	10:30 AM-11:30 AM
#191469	Oct 3-31	M	10:30 AM-11:30 AM
#191470	Nov 7-28	M	10:30 AM-11:30 AM
#191471	Dec 5-19	M	10:30 AM-11:30 AM
#191472	Sep 7-28	W	3:30 PM-4:30 PM
#191473	Dec 7-28	W	3:30 PM-4:30 PM
#191485	Oct 5-26	W	3:30 PM-4:30 PM
#191486	Nov 2-30	W	3:30 PM-4:30 PM
#191474	Sep 1-29	Th	9:15 AM-10:15 AM
#191475	Oct 6-27	Th	9:15 AM-10:15 AM
#191476	Nov 3-17	Th	9:15 AM-10:15 AM
#191487	Dec 1-29	Th	9:15 AM-10:15 AM

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

Instructor: Elka Harabin

#191477	Sep 12-26	M	3:15 PM-4:15 PM
#191478	Oct 3-31	M	3:15 PM-4:15 PM
#191479	Nov 7-28	M	3:15 PM-4:15 PM
#191480	Dec 5-26	M	3:15 PM-4:15 PM
#191481	Sep 7-28	W	3:15 PM-4:15 PM
#191482	Oct 5-26	W	3:15 PM-4:15 PM
#191483	Nov 2-30	W	3:15 PM-4:15 PM
#191484	Dec 7-28	W	3:15 PM-4:15 PM

Tarboro Road Community Center Course Fee: \$0

Instructor: Dana Kincaid

#191488	Sep 2-30	W, F	11:00 AM-11:45 AM
#191489	Oct 5-28	W, F	11:00 AM-11:45 AM
#191490	Nov 2-30	W, F	11:00 AM-11:45 AM
#191491	Dec 2-28	W, F	11:00 AM-11:45 AM

YOGA: VINYASA YOGA FLOW

Age: All Ages Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class will open with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Instructor: Elka Harabin

Five Points Center for Active Adults			Course Fee: \$8
#192667	Sep 6-27	Tu	3:00 PM-4:00 PM
#192668	Oct 4-25	Tu	3:00 PM-4:00 PM
#192669	Nov 8-29	Tu	3:00 PM-4:00 PM
#192670	Dec 6-27	Tu	3:00 PM-4:00 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

Instructor: Maria Bolanz

#192680	Sep 6-27	Tu	9:15 AM-10:00 AM
#192681	Oct 4-25	Tu	9:15 AM-10:00 AM
#192682	Nov 1-29	Tu	9:15 AM-10:00 AM
#192683	Dec 6-27	Tu	9:15 AM-10:00 AM
#192684	Sep 1-29	Th	1:00 PM-1:45 PM
#192685	Oct 6-27	Th	1:00 PM-1:45 PM
#192686	Nov 3-17	Th	1:00 PM-1:45 PM
#192687	Dec 1-29	Th	1:00 PM-1:45 PM

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

Instructor: Sandy Stanton

#192676	Sep 6-27	Tu	12:00 PM-12:45 PM
#192677	Oct 4-25	Tu	12:00 PM-12:45 PM
#192678	Nov 1-29	Tu	12:00 PM-12:45 PM
#192679	Dec 6-27	Tu	12:00 PM-12:45 PM
#192672	Sep 2-30	F	12:30 PM-1:15 PM
#192673	Oct 7-28	F	12:30 PM-1:15 PM
#192674	Nov 4-25	F	12:30 PM-1:15 PM
#192675	Dec 2-30	F	12:30 PM-1:15 PM



SOCIAL CLASSES

BOARD GAMES & BUDDIES

Bring your buddies and come on by to enjoy a morning full of games. We will have a variety of different board games or you can bring your favorite!

Walnut Terrace Neighborhood Center Course Fee: \$0
 #193335 Sep 2-Dec 16 F 10:00 AM-12:00 PM

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.

Walnut Terrace Neighborhood Center Course Fee: \$0
 #192907 Sep 12-Dec 19 M 10:00 AM-12:00 PM

Anne Gordon Center for Active Adults

Course Fee: 50 cents per card or \$1 for three cards plus bring your nickels jackpot rounds.

At the Anne Gordon Center bingo is highly organized and fast paced for the experienced bingo players. Doors open at 9:00am, please be here by 9:30am to get set-up and be ready to play.

#193931 Sep 2-Dec 30 F 9:30 AM-12:00 PM

BRIDGE FOR ACTIVE ADULTS - OPEN PLAY

Join other bridge players for this open play program. All experience levels are welcome.

Five Points Center for Active Adults Course Fee: \$0
 #191818 Sep 1-Dec 22 Th 10:00 AM-12:00 PM
 #191819 Sep 2-Dec 30 F 12:30 PM-3:00 PM
 #191820 Sep 7-Jan 4 W 9:30 AM-12:30 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
 #191952 Sep 2-Dec 30 F 12:30 PM-4:00 PM
 #191953 Sep 6-Dec 27 Tu 12:30 PM-4:00 PM
 #191954 Sep 7-Dec 28 W 1:00 PM-3:00 PM
Walnut Terrace Neighborhood Center
 #193336 Sep 1-Dec 26 M, Th 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
 #195829 Sep 12-Dec 26 M 1:00 PM-4:00 PM

MAH JONGG

Mah jongg is a tile game that can be traced back to the 1800s. A growing number of people are realizing the intellectual challenge mah jongg poses and the beauty and excitement of the game itself.

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

Beginner

#192076 Sep 1-29 Th 2:00 PM-4:00 PM

Intermediate

#192078 Oct 6-Nov 3 Th 2:00 PM-4:00 PM

Open Play

#192080 Sep 1-Dec 29 Th 2:00 PM-4:00 PM

Greystone Community Center

Course Fee: \$0

Beginner

#192077 Sep 12-26 M 2:00 PM-4:00 PM

Intermediate

#192079 Oct 10-31 M 2:00 PM-4:00 PM

Open Play

#192081 Sep 5-Dec 26 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. Card games, cornhole and other games are also possibilities. Or just pop in for a visit.

Anne Gordon Center for Active Adults Course Fee: \$0
 #192909 Sep 12-Dec 19 M 9:00 AM-12:00 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.

SOCIAL CLASSES

MULTI-AUTHOR EVENT

Do you enjoy books and have an interest in hearing the different steps an author uses to write a book? Join us as we hear from three authors who are friends from Charlotte who have for years served as each other's sounding boards and support in the world of writing and publication. This summer they all have books coming out and have decided to tour together: Marybeth Mayhew Whalen *The Things We Wish Were True*, Kim Wright Wiley *The Last Ride To Graceland* and Erika Marks, *The Last Treasure*. In this session, Erika, Kim and Marybeth will talk about the process of turning an inspiration into an actual book: Where they get their ideas, what their writing day is like, how much they plan their stories versus how much they let the ideas flow, as well as the process of revision- and what they find the most rewarding and most challenging about being a published author.

Anne Gordon Center for Active Adults Course Fee: \$0
 #196535 Sept 21 W 1:30 PM-5:00 PM

READ AND GO

Are you an avid reader? Do you like to travel? The Read and Go series combines the better of these two activities. Participants will read a select group of fiction and nonfiction books based on North Carolina locations and then travel to these sites to explore the areas the books are based upon.

Anne Gordon Center for Active Adults Book Discussions

Course Fee: \$0

#196594	Read and Go Mailing List		
#189911	B.O.Q.		
	Sept 26	M	1:00 PM-3:00 PM
#18991	Treacherous Tart		
	Nov 28	M	1:00 PM-3:00 PM

READ AND WATCH

We have selected authors who have had movies created based on their books. Read the book, have a book discussion then watch the movie that is based on the book.

Anne Gordon Center for Active Adults Course Fee: \$0
 #189916 Billy Lynn's Halftime Walk
 Nov 14 M 1:00 PM-3:00 PM

SPORTS CLASSES

PICKLEBALL

Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Five Points Center for Active
 #192082 Sep 7-Dec 28 W 12:30 PM-3:00 PM
 Sep 2-Dec 30 F 2:00 PM-5:30 PM

TABLE TENNIS FREE PLAY

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

Five Points Center for Active Adults Course Fee: \$0
 #192613 Sep 12-Dec 26 M 1:00 PM-3:00 PM



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

Asbury Joy Club

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

Brier Creek Senior Club

Brier Creek Comm. Center
Tuesdays, 10am
Marcia (919) 946-6665

Caraleigh Club

Caraleigh Comm. Clubhouse
Tuesdays, 10am
Brenda (919) 604-3949

Carolina Pines Club

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

Circle of Friends

John Chavis Community Cen.
4th Wednesday, 11am
Denise (919) 831-6989

Fellowship Club

West Raleigh Presbyterian Ch
2nd/4th Tuesday, 10am

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10am
Jane (919) 872-3006

First Cosmopolitan Club

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

G.E.M.S.

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

Go-Getters Club

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

Golden Eagles Club

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

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Vallarie (919) 789-3366

Grand Age Club

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

Hedingham Hi-Milers

Willow Oak Clubhouse
2nd Tuesday, 10:00am
Lianne (919) 212-9191

Keenagers Club

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

Lake Lynn Seniors

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

Lions Park Club

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

NRUMC—Joy Club

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

Parkview Manor

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

Platinum Plus

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

Pullen Park Club

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

Quail Hollow Club

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

Roberts Park SR Club

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

Snappy Seniors

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

St. Francis of Assisi 55+ Club

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

St. Joseph's Seniors

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

Smiling Age Club

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

The Trailblazers

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

Thirty-Niners Club

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

Touch of Love

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

Trinity JOY Club

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

Wakefield Villagers Club

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

Worthdale Walkers Club

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

Young at Heart Club

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

This information is not to be used for solicitation purposes.



Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

ADULT PROGRAM TRIPS

The Adult Program provides a variety of day and multi-day trips throughout the year. Our trips are geared towards 55 yrs. and better. However our trips are open to all adults even non Raleigh residents. 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 via email or mail once the trip details have been finalized and the individual trip flier is available.

ONE-DAY TRIPS

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

October - Holland & Rhine River Cruise: Soak up the scenery of the European countryside aboard a Viking River Cruise ship. Visit Germany, Holland, Germany, France, and Amsterdam.

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
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 congregat 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.