

# Active Adult Program

## May-Aug Classes



5/16/25

Please register for all programs. Classes that have not met the minimum registration may be cancelled. Contact us directly about registering for programs which have already started. RPRCR administration has added a \$1 fee to classes that cost \$15 or more. If you are not a resident of the City of Raleigh you will have a \$15 non-resident fee added to classes that cost \$15 or more. For more information please visit our Raleigh Parks website [Raleighnc.gov](http://Raleighnc.gov) and search for "Active Adult Program".

**How to Register:** Online via ReLink at [relink.raleighnc.gov](http://relink.raleighnc.gov) or in-person at any Raleigh Parks facility.

Anne Gordon Center for Active Adults	1901 Spring Forest Road	919-996-4720	on GoRaleigh Route 25L
Five Points Center for Active Adults	2000 Noble Road	919-996-4730	on GoRaleigh Route 2
Walnut Terrace Center	1256 McCauley Street	919-996-6160	on GoRaleigh Route 21

### Art

#### Abstract/Whimsical Acrylic Painting

Unleash your creativity in our painting class! Whether you're a beginner or an experienced painter, this class is designed for you. Dive into a world of vibrant colors and innovative techniques as you create your own masterpiece on an 18x24 inch canvas using acrylics. All supplies are provided, so all you need to bring is your enthusiasm! Instructor Gail

#### Walnut Terrace Center

Jul 15 Tu & F 2:30-3:45PM Fee: \$5

#### Art Room Open Studio

Open Studio Hours are available to any participant who has completed an art course through Active Adults. This program aims to create a fun and collaborative environment for pursuing your creative interests. Feel free to unleash your creativity during open studio time! This is an opportunity for you to pursue your personal interests without the constraints of a course instructor. Please bring your own materials. It's an excellent opportunity to meet new people and explore various types of art. Don't be afraid to get messy! Just make sure you clean up. Make the most of any course you take with us.

#### Five Points Center

May 1-Aug 28 Tu & Th 2:00-4:00PM Fee: \$0

#### Basic Watercolor Techniques

Unlock your inner artist and find your own style. Paper and paints are provided as we explore simple yet effective and popular techniques of water coloring.

#### Walnut Terrace Center

May 9 F 2:30-3:45PM Fee: \$7

Aug 12 Tu 2:30-3:45PM Fee: \$7

### Crafts

Bring your own projects to work on or work on projects for donation to local charities. Students share skills with each other in this social environment. Instructor: Sarah Ellen Sanders

#### Five Points Center

May 1-Aug 28 M-Th 9:30AM-12:00PM Fee: \$0

### Drum It Up

Join this class to experience first-hand excitement of live drumming. If you are a total beginner, or have a musical background, this is the class for you. All hand drums will be provided or bring your own. We will use a Djembe African hand drum to work on independence, coordination, basic rhythm patterns, ensemble performance and solo improvisation. Each class will focus on four elements of drumming: Hand exercises, beat patterns with drum tones, ensemble participation and a goal to complete an extended group composition. As a bonus for at home practice, a play along video will be provided! If you want to drum, let's get started! Class limited to 10 participants. Level I Intro/Beginner: No prior musical experience is required. Level II Intermediate: Requires completion of at least one Level I Beginner class or instructor approval for previous drumming experience. This class continues the excitement and techniques of the beginner level and will focus on intermediate/advanced development of hand drumming and the use of sticks. Level III Advanced: Requires completion of Level II Intermediate: Continues with advanced rhythms, beats, utilization of bass drum patterns, improvisation and more. Look for a Beginner Level in the fall.

Instructor: Robert Jackson

#### Five Points Center

Beginner Level I

Aug 6-Sep 24 W 9:15-10:15AM Fee: \$60

Inter/Advan Level II&III

Mar 6-Sep 24 W 10:30-11:30AM Fee: \$60

#### Anne Gordon Center

Advanced Level III

Aug 8-Sep 26 F 9:15-10:15AM Fee: \$60

### Knitting and Crocheting

If you like to knit and crochet, please come and share your skills and projects with other like-minded patrons. This is an informal social time; there is no instructor.

#### Anne Gordon Center

May 1-Aug 28 Th 2:00-4:00PM Fee: \$0



### **Open Studio: Quilling & Creative Time**

Bring your creativity and materials to our welcoming Open Studio! Whether you're new to quilling or an experienced crafter, this session is open to all skill levels. Janet will be available to offer guidance and answer any questions as you work on your projects. You'll have access to our studio tools, and a selection of supplies will be available for purchase at \$3.00. Quilling is a beautiful art form that uses rolled, shaped, and glued strips of paper to create intricate decorative designs—come explore it at your own pace!

#### **Walnut Terrace Center**

May 28 W 1:00-3:00PM Fee: \$0

### **Open Studio with Gail**

Do you enjoy painting or always wanted to give it a try? Would a little guidance and a lot of open space encourage you to explore this practice which so many find therapeutic? Look no further! Gail will be on hand and more than happy to answer art questions or help you get over the painter block you may be experiencing. Bring your supplies; we have space for storage. We have some supplies you can purchase for \$3.00 to get you started. Paint brushes and easels are available for you to use. Let's inspire one another and stop making excuses. There is a wall in your home hoping for some fresh artwork! And like most adventures, it is more fun to create with others. This program meets on the 1st & 2nd Tuesday of each month.

#### **Walnut Terrace Center**

May 6-Aug 12 Tu 2:30-4:00PM Fee: \$0

### **Paint Pour: Beginners**

Learn a fun way to create art at any skill level! Acrylic paint pouring is a fun art that doesn't matter if you're a beginner or have done this before. This art is about letting go, not controlling the paint. In fact, the more imperfect this art is, the better. Pick your colors and make a 8X10 canvas masterpiece. Supplies are provided

#### **Walnut Terrace Center**

Jun 17 Tu 2:30-3:45PM Fee: \$5

### **Quilling**

Discover the art of quilling in this engaging class! Learn how to craft basic quilling shapes as Janet demonstrates essential tools and techniques to help you create stunning designs. Connect with fellow crafters on the 2nd Wednesday of each month to share ideas, explore new methods, and make lasting friendships. All supplies are included, so just bring your creativity! Led by instructor Janet.

#### **Walnut Terrace Center**

Butterfly (scrolls and boarders)

May 14 W 1:00-3:00PM Fee: \$0

Flower (shapes and boarders)

Jun 11 W 1:00-3:00PM Fee: \$0

Dragonfly (combing)

Jul 9 W 1:00-3:00PM Fee: \$0

Owl (shapes and boarders)

Aug 13 W 1:00-3:00PM Fee: \$0

### **Raleigh Miniatures Guild**

This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. See club officers at meeting for information on additional fees and dues.

#### **Anne Gordon Center**

May 1-Aug 21 Th 10:00AM-12:00PM Fee: \$4

### **Readers Theatre**

A wide variety of short and medium length skits are taken from different sources and come alive not only through the words of the authors, the actors' faces and bodies, but also through their tone, pitch, and emotion. Memorization of scripts is not necessary. Costuming and props are minimal. This is not a class with an instructor who teaches acting, nor is it a class for the shy. Participants gather to learn acting and entertain each other by filling a variety of roles (acting experience is not required). This group is a prerequisite for the Readers Theater Performing Ensemble. Commitment to attendance and participation is stressed.

#### **Five Points Center**

May 5-Aug 25 M 3:00-4:45PM Fee: \$0

### **Computer/Technology**

For questions about computer/technology classes please contact Tommy Hodges at 919-996-2458.

### **Android Phone Basics 1**

Get comfortable using your Android Phone! Learn to create contacts, text, make phone calls, take & share photos, connect to Wi-Fi and how to use Google Maps. Please bring your Android Phone, Android Account info (typically your GMAIL account info. Screenshots shown in class may not match your phone exactly due to the different manufacturers that sell Android phones.

#### **Five Points Center**

May 13-May 20 Tu 2:00-3:30PM Fee: \$12

### **Android Phone Basics 2**

Prerequisite: Android Phone Basics 1. Learn about Google Assistant and how you can say or type commands to get help by having Google Assistant tell you how the traffic is, Finding the News, Playing Relaxing Music, Directions, the Weather, and more. Learn about Google Lens which helps you find product prices in stores



with only a barcode! Plus learn about the Google Play Store and how to download and install useful apps on your smartphone. Learn how to use your quick settings, calendar settings, Clock, Alarm, and Memos. Please bring your Android Phone because none will be provided. Please know your Android Account Information (typically your GMAIL account).

**Anne Gordon Center**

Jun 4-Jun 11 W 10:00-11:30AM Fee: \$12

Aug 11-Aug 18 M 10:00-11:30AM Fee: \$12

**App Based Taxi and Food/Grocery Delivery Services like UBER**

Learn how to get car rides on demand with budget friendly options using apps on your smart phone! It is an easy way to give you freedom to get around at - go anywhere you want to go - when you want to do it! Plus learn how to get food delivered from your favorite restaurants and grocery stores to your home. All through the convenience of your smartphone and the Internet! If you can't go out or don't feel like driving no problem, have it delivered or get a ride! We will show you how you can do it safely and easily. Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have knowledge of your smartphone and your phone's App Store.

**Anne Gordon Center**

Jun 16 M 10:00AM-12:00PM Fee: \$6

May 5 M 10:00AM-12:00PM Fee: \$6

**Five Points Center**

Jul 3 Th 10:00AM-12:00PM Fee: \$6

**Computer Basics 1**

Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants to use the Microsoft store to get free and paid applications for their computer. Plus learn to install and uninstall applications. Understand how to charge, sleep, shutdown, turn on your computer and connect to Wi-Fi. Learn how to go online and search the Internet.

**Anne Gordon Center**

Jun 18-Jun 25 W 2:00-3:30PM Fee: \$12

**Five Points Center**

May 13-May 20 Tu 10:00-11:30AM Fee: \$12

**Computer Basics 2**

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and

keyboard. Learn the basics of Windows 10 as well as how to use some of the different features and functions. See how to save and find files inside folders that you create using an application (Microsoft Word). Learn how to surf the web, save favorites, and shop safely. Feel confident in understanding how to clear your web browser history as well as passwords your web browser may remember even when you don't want it to. And learn how to download images from the web and find them once you've done so.

**Anne Gordon Center**

Aug 13-Aug 20 W 10:00-11:30AM Fee: \$12

**Five Points Center**

Jun 3-Jun 10 Tu 2:00-3:30PM Fee: \$12

**Computer Basics 3**

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. This class goes into detail on how to save and delete files, create folders, and backup your computer. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive. Learn how to create a disk image, a boot disk, and utilize File History to make backups on your computer. Learn how to see how much space items are using on your computer. Plus learn how to create zip files, cut, copy, and rename files.

**Five Points Center**

Jun 17-Jun 24 Tu 10:00-11:30AM Fee: \$12

**Computer Basics 4**

In this course we concentrate solely on the Windows 10 Operating System Settings. Have more control over your computer by learning more about your system. Prerequisite: It is recommended that you have taken Computer Basics 1 and 2 or have good navigational skills within the Windows 10 Operating System. \*A computer will be provided\* Learn about Windows Troubleshoot, Quick Actions in the Action Center, sharing files with people nearby, Night Light, Snip & Sketch, Control when Windows Updates, make your display, cursor, pointer, and text larger, Clipboard History, collaborate / share files with others, and an overview of using OneDrive. Understand how to take control and customize using Settings.

**Five Points Center**

Aug 12-Aug 19 Tu 10:00-11:30AM Fee: \$12

**Cutting the Cord: What does it mean and how does it work?**

'Cutting the Cord' is a phrase that you hear a lot. Often it is associated with steps to lower your television or cable bill. But what does it actually mean and how would you even begin? In this class we will look at how television entertainment is



evolving onto different types of platforms: cable, satellite, antenna, and online. Learn the steps some people are taking to 'cutting the cord'. But at the end of the day are you really cutting the cord or simply paying for television on a different platform? Is it worth your time to try it? You be the judge.

#### **Anne Gordon Center**

Jun 23-Jun 30 M 10:00-11:30AM Fee: \$12

#### **Five Points Center**

Aug 12-Aug 19 Tu 2:00-3:30PM Fee: \$12

#### **Excel Basics 1**

In Excel Basics 1 you will learn how to use a budget template to create and maintain a monthly budget. This project is a simple project that will allow you to learn some of the basics of using Excel while building a budget. Learn how to create charts and have a good understanding of cells, tables, rows, and basic formulas. Prerequisite: Computer Basics 1, 2, and 3 or a strong understanding of how to use the Windows 10 Operating System.

#### **Anne Gordon Center**

Jun 9 M 10:00AM-12:00PM Fee: \$6

#### **Five Points Center**

Jul 1 Tu 2:00-4:00PM Fee: \$6

Aug 28 Th 10:00-11:30AM Fee: \$6

#### **Gimp Photo Editing Basics 1**

Are you serious about photo editing, but don't want to pay for expensive software? Learn to use GIMP, a photo editing program that can help make your images look unique. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and more. GIMP is like the professional photo editor Adobe Photoshop. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.

#### **Five Points Center**

Jun 5-Jun 12 Th 10:00-11:30AM Fee: \$12

#### **Gimp Photo Editing Basics 2**

If you are excited about editing photos with software that has the features of those professional programs, then you should check out GIMP. Back by popular demand here is part 2 of our Gimp Photo Editing series. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use like Adobe Photoshop! For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Basics 1', 'Gimp Basics 1' or equivalent computer

knowledge.

#### **Five Points Center**

Aug 14-Aug 21 Th 10:00-11:30AM Fee: \$12

#### **GMAIL Basics 1**

In this class we will show you how to create and use an email account using Google's GMAIL function. Nowadays, you need an email address for almost everything. Learn to use this convenient method of communication. Prerequisite: Computer Basics 1 and 2 or equivalent skills.

#### **Anne Gordon Center**

Jun 2 M 10:00AM-12:00PM Fee: \$6

Aug 27 W 10:00AM-12:00PM Fee: \$6

#### **Five Points Center**

May 6 Tu 2:00-4:00PM Fee: \$6

#### **Google Applications Overview**

Did you know if you have a Google or GMAIL account you have access to many free applications? Everything from word processing to spreadsheets to presentation software is at your fingertips for FREE and you probably didn't even know you had access to it. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Google Docs, Calendar, and others. For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Skills 1' or equivalent.

#### **Anne Gordon Center**

May 14-May 21 W 10:00-11:30AM Fee: \$12

#### **Google Chrome Intro**

You should consider having more than one web browser on your computer for security purposes. A web browser is an application on your computer that allows you to view websites. Learn about the Google Chrome web browser and how it protects you from security issues like phishing and dangerous sites. Chrome provides quick answers in your address bar, one-click translation, and personalized articles. Plus learn how to install other software applications called extensions into Chrome. Prerequisite: 'Computer Basics 1' or equivalent.

#### **Anne Gordon Center**

Aug 25 M 10:00AM-12:00PM Fee: \$6

#### **Google Photos Intro**

Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. You may bring your own smart phone, iPad or tablet - but it is not required. Bring your Google account Username and Password to class. If you do not have an account, we will provide you with the information to create one on your own. If you do not wish to create an account, then you may observe.

#### **Anne Gordon Center**



May 14-May 21 W 2:00-4:00PM Fee: \$12

### **How Useful Can a Smart Speaker Really Be for You and Your Home?**

Alexa is a virtual assistant developed by Amazon that allows you to interact with in your home using a smart speaker called Echo. The Echo Smart Speaker can check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more by saying commands. Learn about its exciting two-way intercom feature allowing you to talk to a family member inside your home, even if you are outside or miles away! Learn the basic setup.

#### **Anne Gordon Center**

May 7 W 10:00AM-12:00PM Fee: \$6

#### **Five Points Center**

Jun 10 Tu 10:00AM-12:00PM Fee: \$6

### **iCloud Basics for iPad/iPhone**

The iCloud is a virtual hard drive service allows users to securely store photos, videos, documents, apps, music and so much more online! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. If you own an Apple product, then you have iCloud. Learn to use this feature to its fullest! Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your Apple device PLUS your Apple ID and password.

#### **Anne Gordon Center**

May 19 M 10:00AM-12:00PM Fee: \$6

Aug 27 W 2:00-4:00PM Fee: \$6

#### **Five Points Center**

Jun 26 Th 10:00AM-12:00PM Fee: \$6

### **iPad Basics 1**

You just got your iPad, now what do you do with it because it certainly didn't come with a manual? Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wifi, use the QR Code reader, Airdrop, open and close Applications, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPad. Must bring: Your own iPad PLUS your Apple ID & Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

#### **Five Points Center**

May 1-May 8 Th 10:00-11:30AM Fee: \$12

### **iPad Basics 2**

Learn to view existing email accounts using Mail app, Search and Download Apps from Apple Store, Search locations, how to look at suggested searches, directions to home and work, Managing Apps, Customize Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, How to Access All Connected Devices under a single Apple ID, Personal Info, and more! Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPad or iTouch PLUS your Apple ID and Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

#### **Anne Gordon Center**

Jun 18-Jun 25 W 10:00-11:30AM Fee: \$12

### **iPad Basics 3**

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how you can control which applications can track you across other applications. Allow your iPhone to save your passwords and learn from Apple when your accounts are compromised. Don't want to be disturbed? We will show you how to create a custom Focus so that your iPad doesn't disturb you. Don't have a scanner at home? Learn how you can scan documents with your iPad. Learn ways to control how you interact with Siri. Plus many more tips and tricks. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

#### **Anne Gordon Center**

Aug 13-Aug 20 W 2:00-3:30PM Fee: \$12

### **iPhone Basics 1**

You just got your iPhone, now what do you do with it because it certainly didn't come with a manual? Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wifi, use the QR Code reader, Airdrop, open and close Applications, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPhone. Must bring: Your own iPhone PLUS your Apple ID & Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

#### **Five Points Center**

May 15-May 22 Th 10:00-11:30AM Fee: \$12

### **iPhone Basics 2**

Learn to view existing email accounts using Mail app, Search and Download Apps from Apple Store, Search locations, how to look at suggested searches, directions to home and work, Managing



Apps, Customizing Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, How to Access All Connected Devices under a single Apple ID, Personal Info, and more! Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPhone PLUS your Apple ID and Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center**

Jun 4-Jun 11 W 2:00-3:30PM Fee: \$12

**iPhone Basics 3**

What is left to learn about your iPhone? What about your privacy? Learn how you can control which applications can track you across other applications. Learn how to see which apps are using your location and when they are doing it. And is your phone working slower than usual? You may not need a new phone. See our tips. Plus, learn how to use Siri, your very own personal assistant to open applications, construct text messages, conduct searches, add reminders, schedule appointments on your calendar and more by using your voice!

**Five Points Center**

Jun 17-Jun 24 Tu 2:00-3:30PM Fee: \$12

**Learn how to Register for City of Raleigh Programs and Courses Online**

Want to learn how register for City of Raleigh programs and courses? Stop standing in long lines to register! Take this free course and start registering online using a computer. Learn how to create a RECLINK account and register for City of Raleigh programs and classes online using a web browser on a computer or other connected devices like smart phones and tablets. It is highly recommended that you have basic working knowledge of using a computer before registering for this free course. \*Computers will be provided for you to use during the class. You may bring your own laptop computer or tablet if you prefer.

**Anne Gordon Center**

May 12 M 10:00AM-12:00PM Fee: \$0

Jul 2 W 10:00AM-12:00PM Fee: \$0

**Microsoft Word Basics 1**

Microsoft Word is a powerful program that you can use to create many different documents, brochures, etc. You can create your own document from scratch or select a template that Microsoft has already created. In this class you will learn how to: change the font, font size, create a bulleted list, set line spacing, insert tables, insert pictures, insert clip art, utilize text boxes, add WordArt, adjust the margins, utilize the built-in

dictionary/thesaurus and more! This is a fantastic beginner class for Microsoft Word. Prerequisite: You must have taken Computer Basics 1 & 2 or have a working knowledge of the Windows 10 Operating System.

**Anne Gordon Center**

Jul 2 W 2:00-4:00PM Fee: \$6

**Five Points Center**

May 6 Tu 10:00AM-12:00PM Fee: \$6

Aug 26 Tu 2:00-4:00PM Fee: \$6

**TechRefresh**

TechRefresh is an exciting new program that allows students who have previously completed a Digital Inclusion Adult Technology class to return and ask questions about the material that was previously covered or requires further explanation. Only those who have completed a course related to the refresh topic during a predetermined grace period are eligible to participate in this free program. Your TechRefresh time with an instructor is scheduled in advance and we require you to show up 15 minutes early for set up.

**Anne Gordon Center**

May 7 W 2:00-4:00PM Fee: \$0

**Five Points Center**

Jul 1 Tu 10:00AM-12:00PM Fee: \$0

Aug 26 Tu 10:00AM-12:00PM Fee: \$0

**Tips on Purchasing a Computer**

You're finally ready to purchase a computer, but aren't sure what to buy. Let us help you understand the differences between a laptop, desktop, and tablet and all the tech that can be found in each. We will also discuss what you should be looking for when you make your decision.

**Five Points Center**

Jun 3 Tu 10:00AM-12:00PM Fee: \$6

**Educational**

**Alzheimer's Education Series**

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations. Sponsored by Alzheimer's Association.

**Five Points Center**

Empowered Caregiver: Supporting Independence

May 15 Th 1:00-2:30PM Fee: \$0

Understanding Alzheimer's and Dementia

Jun 18 Th 1:00-2:30PM Fee: \$0

Healthy Living for your Brain and Body

Jul 17 Th 1:00-2:30PM Fee: \$0

Empowered Caregiver: Communicating Effectively



Aug 21 Th 1:00-2:30PM Fee: \$0

### **Blood Pressure and Weight Screenings**

Take advantage of this monthly FREE blood pressure clinic offered by Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors. Sponsored by Resources for Seniors.

#### **Five Points Center**

Offered by Dr. Casey Baldwin

May 6-Aug 5 Tu 9:30-10:15AM Fee: \$0

### **Boost Your Brain**

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. We will review habits and how to achieve maximum benefit for the brain and body by starting NOW! It's never too late or too early to incorporate healthy habits. Presented by Lynne Moore, RN/CMC, and Jeanne Kline, ThriveMore at Home.

#### **Anne Gordon Center**

May 27 Tu 10:00AM-12:00PM Fee: \$0

#### **Five Points Center**

Jun 11 W 2:00-3:00PM Fee: \$0

### **Caregiver Support Group**

Are you the primary caregiver for an adult loved one, family member, or friend? Are you looking for support and ways to enhance your caregiving? Join others in a supportive environment to manage the challenges of caregiving. It's always helpful to know you are not alone. This group meets monthly on 2nd Mondays. For more information, please contact the Regional Service Coordinator, Resources for Seniors, at 919-996-4738. Sponsored by Heartland Hospice and Resources for Seniors Inc.

#### **Five Points Center**

May 12-Aug 11 M 1:30-2:30PM Fee: \$0

### **CCRC: What are They?**

This type of retirement living option is often misunderstood. Learn the facts about continuing care and life care options in our area. What is a continuing care or life care community? What do these communities have to offer? Can I afford to move to a CCRC or life care community?

#### **Anne Gordon Center**

Aug 12 Tu 10:00-11:30AM Fee: \$0

#### **Five Points Center**

Aug 5 Tu 10:00-11:30AM Fee: \$0

### **Explore/Navigate New Horizons**

Let's explore new and old ways to navigate future horizons in our ever-changing world. Bring your knowledge and stories

to share. What are you doing now and/or what would you like to do? Come, engage, share, and listen. Facilitated by Janet.

#### **Walnut Terrace Center**

Challenges and tips for healthy outdoor plants (Thru extreme heat, drought, rain...)

Jun 25 W 1:00-3:00PM Fee: \$0

Preparing for the fall

Aug 27 W 1:00-3:00PM Fee: \$0

### **Finance: Medicare 101**

The Seniors Health Insurance Information Program (SHIIP) is a division of the NC Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare Part D prescription drug plans, Medicare fraud and abuse. This seminar will provide a quick explanation of Medicare and its programs. Presented by the Seniors Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

#### **Anne Gordon Center**

May 20 Tu 10:00-11:30AM Fee: \$0

#### **Five Points Center**

Jul 22 Tu 1:00-2:30PM Fee: \$0

### **Finance: Why You Should Have a Trust**

Trusts are not just for rich people! Should I have a trust? Who will be my Trustee? Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

#### **Anne Gordon Center**

Jun 24 Tu 10:00-11:00AM Fee: \$0

#### **Five Points Center**

Jun 17 Tu 2:00-3:30PM Fee: \$0

### **Five Wishes**

Liberty Hospice can help you with advance directive planning through the Five Wishes Program. Five Wishes is a living will that covers personal, spiritual, medical and legal wishes all in one document. It allows your family or caregiver to know exactly what you want so they don't have to guess. Presented by Liberty Hospice.

#### **Anne Gordon Center**

Jun 17 Tu 10:30AM-12:00PM Fee: \$0

#### **Five Points Center**

May 14 W 1:00-2:30PM Fee: \$0

### **Health Talks with Dr. Baldwin**

Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors, will be on-site monthly to discuss important health topics for older adults. Topics include chronic illnesses and strategies for healthy living. Sponsored by Resources for Seniors.



### **Five Points Center**

May 6-Aug 5 Tu 10:15-11:15AM Fee: \$0

### **Home Modifications for Aging**

Join us as we explore ways to enhance safety and comfort in your home. From simple modifications to implementing technology to structural changes, we'll discuss how to transform your home into a safe and enjoyable space that allows you to thrive at any stage of life. Presented by Pinnacle Group Construction.

### **Anne Gordon Center**

Jul 22 Tu 10:00-11:30AM Fee: \$0

### **Five Points Center**

May 8 Th 2:00-3:30PM Fee: \$0

### **How do I get rid of all this stuff?**

Liquidating personal household items is not as easy and straightforward as it may sound. Finding out what will sell and for how much requires research and experience and that's only the beginning. Get your estate liquidation questions answered at our upcoming free seminar featuring industry experts who know the secrets to liquidating your excess stuff! Presented by Freda Hamlett, Milestone Moves.

### **Anne Gordon Center**

Jul 8 Tu 10:00-11:30AM Fee: \$0

### **Five Points Center**

Jul 1 Tu 10:00-11:30AM Fee: \$0

### **How to Pay for Assisted Living**

Moving to an assisted living community is sometimes desirable and sometimes necessary. The question most people have is how they will pay for it. Join us for a discussion related to financing options associated with assisted living costs such as: ã,ã Medicaid and Medicare, Veteran Aid and Attendance, Long Term Care Insurance. Presented by Freda Hamlett, Milestone Moves.

### **Anne Gordon Center**

Jun 10 Tu 10:00-11:30AM Fee: \$0

### **Five Points Center**

Jun 3 Tu 10:00-11:30AM Fee: \$0

### **Legal: Important Documents Everyone Should Have**

Learn what core documents make up the foundation of a good estate plan - you need more than a will! Presented by Huston Law Firm, LLC and Carolina Estate Counsel.

### **Anne Gordon Center**

Aug 19 Tu 10:00-11:30AM Fee: \$0

### **Five Points Center**

Aug 13 W 2:00-3:30PM Fee: \$0

### **Parkinson's Disease Dialogue Group**

Are you in the early stages of Parkinson's Disease (PD)? Please join us for an inviting open discussion of Parkinson's Disease and sharing of experiences. The early goal is to equip us to be "prosumers" of PD related healthcare, by exchanging information, choosing topics for discussion and by sharing the collective wisdom. Each month there is a different presenter and discussion on a variety of topics relating to the health and wellbeing of persons living with Parkinson's disease and their care partners, as well as providing support for each other. This group meets monthly. For information, please contact the Regional Service Coordinator, Resources for Seniors, at 919-996-4738.

### **Five Points Center**

May 1-Aug 7 Th 1:30-3:00PM Fee: \$0

### **Questions Across the Spectrum Discussion**

This group gathers to discuss contemporary issues drawn from over 4,000+ TED.COM talks. A TED talk, 5 to 15 minutes in length, is viewed on the big screen in class. A back-and-forth exchange of views about the topic with discussion leaders deepens our understanding of living in a complex world. You may come to listen or to join the discussion. Topics are announced weekly via email. Group meets on the 2nd and 4th Tuesday of each month.

### **Five Points Center**

May 13-Aug 26 Tu 3:00-4:30PM Fee: \$0

### **Resources for Seniors: Who Are We and What We Do**

Resources for Seniors Regional Service Coordinator will provide an overview of the agency and the many resources they provide to the aging population including programs that assist with locating housing, transportation, in-home care, weatherization, home improvements and Medicare assistance. Presented by Resources for Seniors.

### **Anne Gordon Center**

Aug 26 Tu 10:00-11:00AM Fee: \$0

### **Five Points Center**

Jul 15 Tu 1:00-2:00PM Fee: \$0

### **SHIIP Counseling**

The Seniors Health Insurance Information Program (SHIIP) is a division of the NC Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans and Medicare Part D prescription drug plans. Information provided on Medicare fraud and abuse and Medicare Savings Programs. Assistance with Extra Help applications also provided. Free. Call the center to schedule a 1:1 appointment with a SHIIP counselor.

**Anne Gordon Center**

May 5-Aug 28 M & Th 1:00-4:00PM Fee: \$0

**Five Points Center**

May 5-Aug 18 M-Th 1:00-5:00PM Fee: \$0

**Write Your Story**

Capture the essence of your life experiences by transforming them into meaningful stories to cherish and share with future generations. In this supportive and encouraging class, we will create a safe space to reflect, explore, and craft vivid word pictures that bring your memories to life. Each session features a trigger theme provided by Janet to inspire your storytelling journey.

**Walnut Terrace Center**

Graduation

May 8 Th 1:00-3:00PM Fee: \$0

I Walked Out the Door and...

Jun 12 Th 1:00-3:00PM Fee: \$0

Last Minute Comeback:

Jul 10 Th 1:00-3:00PM Fee: \$0

My grandparent...

Aug 14 Th 1:00-3:00PM Fee: \$0

**Fitness**

**Adult Tap Dance**

Learn (or re-learn) classic tap patterns for a good physical and mental workout. Tap dance does not require a partner or a group so you can practice any time. Students should bring tap or hard bottomed shoes for class and have some tap/dance experience.

**Five Points Center**

Instructor: Bev Norwood

May 7-May 28 W 12:30-1:30PM Fee: \$12

Jun 4-Jun 25 W 12:30-1:30PM Fee: \$12

Jul 2-Jul 30 W 12:30-1:30PM Fee: \$16

Aug 6-Aug 27 W 12:30-1:30PM Fee: \$12

**AIM Fitness**

The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through stretching, low impact aerobics, intervals and the use of hand weights and resistance bands. Regular are beginner level with chair support. . Classes differ by instructor.

**Anne Gordon Center**

Instructor: Sue Payne

May 6-May 27 Tu 9:15-10:00AM Fee: \$12

Jun 3-Jun 24 Tu 9:15-10:00AM Fee: \$12

Jul 1-Jul 29 Tu 9:15-10:00AM Fee: \$15

Aug 5-Aug 26 Tu 9:15-10:00AM Fee: \$12

Instructor: Bonny Rakowski

May 1-May 29 Th 9:15-10:00AM Fee: \$15

Jun 5-Jun 26 Th 9:15-10:00AM Fee: \$9

Jul 3-Jul 31 Th 9:15-10:00AM Fee: \$15

Aug 7-Aug 28 Th 9:15-10:00AM Fee: \$12

**Five Points Center**

Instructor: Bonny Rakowski

May 7-May 28 W 10:30-11:15AM Fee: \$12

Jun 4-Jun 25 W 10:30-11:15AM Fee: \$12

Jul 2-Jul 30 W 10:30-11:15AM Fee: \$16

Aug 6-Aug 27 W 10:30-11:15AM Fee: \$12

**Laurel Hills Community Center**

May 2-May 30 F 10:30-11:30AM Fee: \$16

Jun 6-Jun 27 F 10:30-11:30AM Fee: \$12

Jul 11-Jul 25 F 10:30-11:30AM Fee: \$9

**Bootcamp**

Challenge yourself with 45 minutes of strength and endurance training! Bootcamp classes are a great way to add variety, style, and intensity to your workout. This is an intermediate level class.

**Five Points Center**

Instructor: Sue Payne

May 1-May 29 Th 9:15-10:00AM Fee: \$16

Jun 5-Jun 26 Th 9:15-10:00AM Fee: \$9

Jul 3-Jul 31 Th 9:15-10:00AM Fee: \$16

Aug 7-Aug 28 Th 9:15-10:00AM Fee: \$12

**Butts and Guts**

This class will tone your abs and glutes with targeted sculpting movements. The workout incorporates Pilates, Yoga and athletic movements to help your balance and flexibility, with focus on the abs, glutes, legs, and lower back. The goal is to build strength in your core, quads and hamstrings.

**Five Points Center**

Instructor: Meg Berg

May 5-May 19 M 9:15-10:00AM Fee: \$9

Jun 2-Jun 30 M 9:15-10:00AM Fee: \$16

Jul 7-Jul 28 M 9:15-10:00AM Fee: \$12

Aug 4-Aug 25 M 9:15-10:00AM Fee: \$12

Instructor: Meg Berg

May 7-May 28 W 9:15-10:00AM Fee: \$12

Jun 4-Jun 25 W 9:15-10:00AM Fee: \$12

Jul 2-Jul 30 W 9:15-10:00AM Fee: \$16

Aug 6-Aug 27 W 9:15-10:00AM Fee: \$12

**Cardio Dance and Tone**



This class combines upbeat music and low-impact aerobic dance moves, with balance and strength exercises. You will be moving to the beat, toning muscles with light hand weights, and challenging your flexibility and balance with core work. Get a healthy heart and sculpted muscles all in one class.

Instructor: Meg Berg

**Anne Gordon Center**

May 6-May 27	Tu	10:15-11:00AM	Fee: \$12
Jun 3-Jun 24	Tu	10:15-11:00AM	Fee: \$12
Jul 1-Jul 29	Tu	10:15-11:00AM	Fee: \$15
Aug 5-Aug 26	Tu	10:15-11:00AM	Fee: \$12

**Cardio Sculpt**

Cardio Sculpt 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. Get a healthy heart and sculpted muscles all in one class.

**Five Points Center**

Instructor: Meg Berg

May 2-May 30	F	10:15-11:00AM	Fee: \$16
Jun 6-Jun 27	F	10:15-11:00AM	Fee: \$12
Jul 11-Jul 25	F	10:15-11:00AM	Fee: \$9
Aug 1-Aug 29	F	10:15-11:00AM	Fee: \$16

Instructor: Sue Payne

May 1-May 29	Th	2:30-3:15PM	Fee: \$16
Jun 5-Jun 26	Th	2:30-3:15PM	Fee: \$9
Jul 3-Jul 31	Th	2:30-3:15PM	Fee: \$16
Aug 7-Aug 28	Th	2:30-3:15PM	Fee: \$12

Instructor: Sue Payne

May 6-May 27	Tu	2:15-3:00PM	Fee: \$12
Jun 3-Jun 24	Tu	2:15-3:00PM	Fee: \$12
Jul 1-Jul 29	Tu	2:15-3:00PM	Fee: \$16
Aug 5-Aug 26	Tu	2:15-3:00PM	Fee: \$12

**Cardio Sculpt: Chair**

This seated class will help you burn fat and build muscles. The class is a combination of seated cardio and sculpting muscles. Get a healthy heart and sculpted muscles all in one class.

**Five Points Center**

Instructor: Sue Payne

May 1-May 29	Th	12:30-1:15PM	Fee: \$16
Jun 5-Jun 26	Th	12:30-1:15PM	Fee: \$9
Jul 3-Jul 31	Th	12:30-1:15PM	Fee: \$16
Aug 7-Aug 28	Th	12:30-1:15PM	Fee: \$12

Instructor: Sue Payne

May 6-May 27	Tu	1:15-2:00PM	Fee: \$12
Jun 3-Jun 24	Tu	1:15-2:00PM	Fee: \$12
Jul 1-Jul 29	Tu	1:15-2:00PM	Fee: \$16
Aug 5-Aug 26	Tu	1:15-2:00PM	Fee: \$12

**Core Balance Fitness**

Group exercise class combining stretching, core work, and balance exercises. This class can help improve flexibility, stability, and core strength. It will help to reduce muscle tension and prevent falls. Not for beginners. Bring your own mat.

Instructor: Sue Payne

**Five Points Center**

May 7-May 28	W	12:15-1:00PM	Fee: \$12
Jun 4-Jun 25	W	12:15-1:00PM	Fee: \$12
Jul 2-Jul 30	W	12:15-1:00PM	Fee: \$16
Aug 6-Aug 27	W	12:15-1:00PM	Fee: \$12

**Dance Fit**

This fun, high-energy class combines fitness, dance, line dance and kickboxing moves with strength training for a great workout! Instructor: Linda Thomas

**Anne Gordon Center**

May 5-May 19	M	11:45AM-12:30PM	Fee: \$9
Jun 2-Jun 30	M	11:45AM-12:30PM	Fee: \$15
Jul 7-Jul 28	M	11:45AM-12:30PM	Fee: \$12
Aug 4-Aug 25	M	11:45AM-12:30PM	Fee: \$12

**Falls Prevention**

Reduce your risk of falling through exercises that will improve balance, stability, and core strength. Sessions may use a variety of standing, seated, and floor balance activities to achieve this goal.

**Five Points Center**

Instructor: Sue Payne

May 1-May 29	Th	11:45AM-12:30PM	Fee: \$16
Jun 5-Jun 26	Th	11:45AM-12:30PM	Fee: \$9
Jul 3-Jul 31	Th	11:45AM-12:30PM	Fee: \$16
Aug 7-Aug 28	Th	11:45AM-12:30PM	Fee: \$12

Instructor: Sue Payne

May 5-May 19	M	2:00-2:45PM	Fee: \$9
Jun 2-Jun 30	M	2:00-2:45PM	Fee: \$16
Jul 7-Jul 28	M	2:00-2:45PM	Fee: \$12
Aug 4-Aug 25	M	2:00-2:45PM	Fee: \$12

**Flexibility and Balance**

Strengthen your balance, stability, and core strength with these classes. Sessions may use weights, bands and weighted balls along with cardio and balance activities to achieve these goals. Classes vary by instructor, difficulty/impact level, and option to use a chair for support.

**Anne Gordon Center**

Instructor: Bonny Rakowski

May 6-May 27	Tu	1:15-2:00PM	Fee: \$12
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Jun 3-Jun 24 Tu 1:15-2:00PM Fee: \$12  
 Jul 1-Jul 29 Tu 1:15-2:00PM Fee: \$15  
 Aug 5-Aug 26 Tu 1:15-2:00PM Fee: \$12  
 Instructor: Bonny Rakowski  
 May 1-May 29 Th 10:15-11:00AM Fee: \$15  
 Jun 5-Jun 26 Th 10:15-11:00AM Fee: \$9  
 Jul 3-Jul 31 Th 10:15-11:00AM Fee: \$15  
 Aug 7-Aug 28 Th 10:15-11:00AM Fee: \$12

**Five Points Center**

Instructor: Bonny Rakowski  
 May 6-May 27 Tu 10:15-11:00AM Fee: \$12  
 Jun 3-Jun 24 Tu 10:15-11:00AM Fee: \$12  
 Jul 1-Jul 29 Tu 10:15-11:00AM Fee: \$16  
 Aug 5-Aug 26 Tu 10:15-11:00AM Fee: \$12

**Laurel Hills Community Center**

May 2-May 30 F 11:45AM-12:45PM Fee: \$16  
 Jun 6-Jun 27 F 11:45AM-12:45PM Fee: \$12  
 Jul 11-Jul 25 F 11:45AM-12:45PM Fee: \$9  
 Aug 1-Aug 29 F 11:45AM-12:45PM Fee: \$16

**Gentle Stretch**

Participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses.

**Five Points Center**

Instructor: Sue Payne  
 May 1-May 29 Th 1:30-2:15PM Fee: \$16  
 Jun 5-Jun 26 Th 1:30-2:15PM Fee: \$9  
 Jul 3-Jul 31 Th 1:30-2:15PM Fee: \$16  
 Aug 7-Aug 28 Th 1:30-2:15PM Fee: \$12

**Line Dance for Active Adults**

Enjoy a fun workout while line dancing to all kinds of music including country, pop, oldies and more! Knowledge of line dance steps and prior experience is required. Those without experience need to find an 'Introductory' or 'Learn To' class. Beginner level will start with basic line dances and progress to advanced beginner routines. Improver level is for line dancers with good experience. Build on your knowledge and experience with more challenging line dances. Intermediate is for highly experienced dancers.

**Anne Gordon Center**

Beginner (some experience)  
 Instructor: Jackie Wheeler  
 May 6-May 27 Tu 2:15-3:15PM Fee: \$12  
 Jun 3-Jun 24 Tu 2:15-3:15PM Fee: \$12  
 Jul 8-Jul 29 Tu 2:15-3:15PM Fee: \$12  
 Aug 5-Aug 26 Tu 2:15-3:15PM Fee: \$12

**Improver (good experience)**

Instructor: Jackie Wheeler  
 May 6-May 27 Tu 3:30-4:30PM Fee: \$12  
 Jun 3-Jun 24 Tu 3:30-4:30PM Fee: \$12  
 Jul 8-Jul 29 Tu 3:30-4:30PM Fee: \$12  
 Aug 5-Aug 26 Tu 3:30-4:30PM Fee: \$12

**Five Points Center**

Improver Level  
 May 5-May 19 M 1:00-2:00PM Fee: \$0  
 Jun 2-Jun 30 M 1:00-2:00PM Fee: \$0  
 Jul 7-Jul 28 M 1:00-2:00PM Fee: \$0  
 Aug 4-Aug 25 M 1:00-2:00PM Fee: \$0  
 Intermediate Level  
 May 5-May 19 M 2:15-3:15PM Fee: \$0  
 Jun 2-Jun 30 M 2:15-3:15PM Fee: \$0  
 Jul 7-Jul 28 M 2:15-3:15PM Fee: \$0  
 Aug 4-Aug 25 M 2:15-3:15PM Fee: \$0  
 Beginner Level  
 May 7-May 28 W 2:15-3:15PM Fee: \$0  
 Jun 4-Jun 25 W 2:15-3:15PM Fee: \$0  
 Jul 2-Jul 30 W 2:15-3:15PM Fee: \$0  
 Aug 6-Aug 27 W 2:15-3:15PM Fee: \$0

**Line Dance Open Studio**

Join us for this fun and informal line dance open studio time. There is no instructor. Dancers should have some line dancing experience and know the basic steps.

**Five Points Center**

May 7-Aug 27 W 1:30-2:15PM Fee: \$0

**Line Dance: Introduction for New Dancers**

This class is for new dancers who have no previous dance experience. Learn the names and how to perform the various dance steps needed for participation in continuing Line Dance classes.

**Anne Gordon Center**

Instructor: Jackie Wheeler  
 Jul 1 Tu 2:15-3:15PM Fee: \$0

**Five Points Center**

Instructor: Jane Fenn  
 May 2-Aug 29 F 10:30-11:30AM Fee: \$0

**Millbrook Exchange Community Center**

Instructor: Jane Fenn  
 May 6-May 27 Tu 1:00-2:00PM Fee: \$0

**Nia**

Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the



mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. Please bring a yoga mat.

Instructor: Janice Horner

**Anne Gordon Center**

May 6-May 27	Tu	12:15-1:00PM	Fee: \$12
Jun 3-Jun 24	Tu	12:15-1:00PM	Fee: \$12
Jul 1-Jul 29	Tu	12:15-1:00PM	Fee: \$15
Aug 5-Aug 26	Tu	12:15-1:00PM	Fee: \$12

**Open Circle Mindfulness Meditation**

Experienced meditators and those without any experience at all are welcome. The group will utilize instruction (including readings from various meditative traditions), guided meditations, and the direct experiences of those in the group as opportunities to learn from one another.

In this ongoing, open, weekly meditation & discussion group, the stillness, spaciousness, and deep kindness always available to us are cultivated and then used as a base of operation for inquiring into and examining the nature of our thoughts and emotions, the experience of self, and our relationship with the world around us.

**Five Points Center**

Instructor: Betsy Arizu

May 1-May 29	Th	1:00-2:30PM	Fee: \$0
Jun 5-Jun 26	Th	1:00-2:30PM	Fee: \$0
Jul 3-Jul 31	Th	1:00-2:30PM	Fee: \$0
Aug 7-Aug 28	Th	1:00-2:30PM	Fee: \$0

**Parkinson's Go Warriors**

Welcome to Parkinson's Go Warriors! This class format addresses the needs of those battling Parkinson's by focusing on fitness, voice projection, and balance. We start the class with a brief warm-up using casual stretching and arms and body movement. We incorporate "air boxing" and memory fitness by counting out loud forward and backward. Balance techniques are used with the optional chair to hold on to while exercising. We finish with a cooldown and provide an opportunity for support once the workout is over. Caregivers are allowed in free with the student.

**Five Points Center**

May 7-May 28	W	9:30-10:15AM	Fee: \$0
Jun 4-Jun 25	W	9:30-10:15AM	Fee: \$0
Jul 2-Jul 30	W	9:30-10:15AM	Fee: \$0
Aug 6-Aug 27	W	9:30-10:15AM	Fee: \$0

**Pilates for Active Adults**

Pilates takes a holistic approach to fitness and well-being. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles;

improve flexibility and balance; and stabilize and strengthen your core. Modifications are shown for those with back, knee and neck issues.

**Five Points Center**

Instructor: Meg Berg

May 2-May 30	F	9:15-10:00AM	Fee: \$16
Jun 6-Jun 27	F	9:15-10:00AM	Fee: \$12
Jul 11-Jul 25	F	9:15-10:00AM	Fee: \$9
Aug 1-Aug 29	F	9:15-10:00AM	Fee: \$16
May 1-May 29	Th	11:20AM-12:05PM	Fee: \$16
Jun 5-Jun 26	Th	11:20AM-12:05PM	Fee: \$12
Jul 3-Jul 31	Th	11:20AM-12:05PM	Fee: \$16
Aug 7-Aug 28	Th	11:20AM-12:05PM	Fee: \$12

**Qi Gong**

Learn the 24 simple movements of qigong (chee-gong) designed to promote energetic and internal organ health. Practitioners think that the movements create good energy flow in the body and contribute to overall health. Beginners welcome; accommodations for all levels. Class will vary by instructor.

**Anne Gordon Center**

Instructor: Jess Taylor

May 6-May 27	Tu	11:15AM-12:00PM	Fee: \$12
Jun 3-Jun 24	Tu	11:15AM-12:00PM	Fee: \$12
Jul 1-Jul 29	Tu	11:15AM-12:00PM	Fee: \$15
Aug 5-Aug 26	Tu	11:15AM-12:00PM	Fee: \$12

Instructor: Jess Taylor

May 2-May 30	F	10:45-11:30AM	Fee: \$15
Jun 6-Jun 27	F	10:45-11:30AM	Fee: \$12
Jul 11-Jul 25	F	10:45-11:30AM	Fee: \$9
Aug 1-Aug 29	F	10:45-11:30AM	Fee: \$15

**Shibashi for Active Adults**

Shibashi is a gentle, free-flowing Qigong routine that consists of 18 easy-to-remember movements emphasizing proper posture and deep breathing. The practice includes visualization and standing meditation. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress reduction. Seated modifications will be available upon request. Instructor: Rita Shaloiko

**Anne Gordon Center**

May 1-May 29	Th	2:00-2:45PM	Fee: \$15
Jun 5-Jun 26	Th	2:00-2:45PM	Fee: \$9
Jul 3-Jul 31	Th	2:00-2:45PM	Fee: \$15
Aug 7-Aug 28	Th	2:00-2:45PM	Fee: \$12

**Soul Line Dancing**

Dancing to R&B/Soul, Pop, and Jazz music, this class will provide you a heart-healthy benefit of an aerobic exercise while you engage in a social activity.



**Five Points Center**

Instructor - Gail Burden

May 7-May 28	W	2:00-3:00PM	Fee: \$12
Jun 4-Jun 25	W	2:00-3:00PM	Fee: \$12
Jul 2-Jul 30	W	2:00-3:00PM	Fee: \$16
Aug 6-Aug 27	W	2:00-3:00PM	Fee: \$12

**Sound Meditation**

This is currently offered as a free class on a month by month basis. Combining Sound and Meditation allows you to focus attention and put the mind and body in state of harmony which can improve health. The tradition that we will use has been handed down for centuries and starts with a hum. This stimulates the inner ear and resets our fight or flight response in the brain, which is crucial to good internal and external communication. Combining meditation and sound is a fun and easy way to build balance and harmony in your life.

**Anne Gordon Center**

Instructor: Mari Howerton

May 2-May 30	F	11:45AM-12:30PM	Fee: \$0
Jun 6-Jun 27	F	11:45AM-12:30PM	Fee: \$0
Jul 11-Jul 25	F	11:45AM-12:30PM	Fee: \$0
Aug 1-Aug 29	F	11:45AM-12:30PM	Fee: \$0

**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**

Instructor: Adrienne McKenzie

May 5-May 19	M	10:30-11:30AM	Fee: \$13
Jun 2-Jun 30	M	10:30-11:30AM	Fee: \$16
Jul 7-Jul 28	M	10:30-11:30AM	Fee: \$12
Aug 4-Aug 25	M	10:30-11:30AM	Fee: \$12

**Tai Chi for Active Adults**

Tai Chi is an ancient practice that uses low-impact, slow movements to promote health and improve coordination, balance, and mental focus. Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the sequence of the movements. Chair modifications are available upon request. This is an 8-week class. Intermediate Sun Style: Pre-requisite is Beginner Sun Style class. This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. This is an 8-week class. Advanced Sun Style: Pre-requisite is beginner and intermediate classes. This class teaches the Sun 73 Long Form which includes movements

learned in Beginner and Intermediate classes. The longer sequence builds endurance and previous improvements made in strength, balance and memory. This is a 16-week class. Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong. Instructor: Rita Shaloiko

**Anne Gordon Center**

Advanced Sun Style

May 5-May 19	M	1:00-1:45PM	Fee: \$9
Jun 2-Jun 30	M	1:00-1:45PM	Fee: \$15
Jul 7-Jul 28	M	1:00-1:45PM	Fee: \$12
Aug 4-Aug 25	M	1:00-1:45PM	Fee: \$12

Beginner Sun Style

May 5-May 19	M	2:00-2:45PM	Fee: \$9
Jun 2-Jun 30	M	2:00-2:45PM	Fee: \$15
Jul 7-Jul 28	M	2:00-2:45PM	Fee: \$12
Aug 4-Aug 25	M	2:00-2:45PM	Fee: \$12

Intermediate Sun Style

May 5-May 19	M	3:00-3:45PM	Fee: \$9
Jun 2-Jun 30	M	3:00-3:45PM	Fee: \$15
Jul 7-Jul 28	M	3:00-3:45PM	Fee: \$12
Aug 4-Aug 25	M	3:00-3:45PM	Fee: \$12

Various Styles

May 1-May 29	Th	1:00-1:45PM	Fee: \$15
Jun 5-Jun 26	Th	1:00-1:45PM	Fee: \$9
Jul 3-Jul 31	Th	1:00-1:45PM	Fee: \$15
Aug 7-Aug 28	Th	1:00-1:45PM	Fee: \$12

**Walk and Talk Meet Up**

Walking offers many benefits- lower blood pressure, stronger bones and muscles, increased calories burned, and elevated mood. Walks are typically 45 minutes to an hour at a medium pace. Walks start at different locations decided upon by a group vote. The location is shared via email once decided upon. Please pre-register so that we know you are coming! Start times may be adjusted to account for temperature.

**Five Points Center**

May 6-Aug 26	Tu	9:00-10:00AM	Fee: \$0
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**Greystone Recreation Center**

May 1-May 29	Th	10:30-11:30AM	Fee: \$0
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**Walnut Creek Wetland Park**

May 7-Aug 27	W	10:30-11:30AM	Fee: \$0
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**Workout With Weights**

This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights.

**Five Points Center**

Instructor: Sue Payne

May 5-May 19	M	11:30AM-12:15PM	Fee: \$9
Jun 2-Jun 30	M	11:30AM-12:15PM	Fee: \$16



Jul 7-Jul 28	M	11:30AM-12:15PM Fee: \$12
Aug 4-Aug 25	M	11:30AM-12:15PM Fee: \$12
Instructor: Sue Payne		
May 2-May 30	F	1:00-1:45PM Fee: \$16
Jun 6-Jun 27	F	1:00-1:45PM Fee: \$12
Jul 11-Jul 25	F	1:00-1:45PM Fee: \$9
Aug 1-Aug 29	F	1:00-1:45PM Fee: \$16

### Yoga Chair

This 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. Students should provide their own yoga mat.

#### Anne Gordon Center

Instructor: Mary Flournoy

May 5-May 19	M	9:15-10:00AM Fee: \$9
Jun 2-Jun 30	M	9:15-10:00AM Fee: \$15
Jul 7-Jul 28	M	9:15-10:00AM Fee: \$12
Aug 4-Aug 25	M	9:15-10:00AM Fee: \$12

Instructor: Mary Flournoy

May 7-May 28	W	2:30-3:15PM Fee: \$12
Jun 4-Jun 25	W	2:30-3:15PM Fee: \$12
Jul 2-Jul 30	W	2:30-3:15PM Fee: \$15
Aug 6-Aug 27	W	2:30-3:15PM Fee: \$12

#### Five Points Center

Instructor: Marty Lamb

May 6-May 27	Tu	10:30-11:30AM Fee: \$12
Jun 3-Jun 24	Tu	10:30-11:30AM Fee: \$12
Jul 1-Jul 29	Tu	10:30-11:30AM Fee: \$16
Aug 5-Aug 26	Tu	10:30-11:30AM Fee: \$12

### Yoga Flow

This Yoga practice incorporates yoga postures and gentle powerful movements coordinating breath with the poses. This class will provide the opportunity to improve posture, balance and flexibility. The sequences will flow using stability, balance and alignment. The class will conclude with guided relaxation.

#### Five Points Center

Instructor: Lawrence Bivins

May 2-May 30	F	11:15AM-12:15PM Fee: \$16
Jun 6-Jun 27	F	11:15AM-12:15PM Fee: \$12
Aug 1-Aug 29	F	11:15AM-12:15PM Fee: \$16

#### Laurel Hills Community Center

Instructor: Lawrence Bivins

May 1-May 29	Th	6:00-7:00PM Fee: \$16
Jun 5-Jun 26	Th	6:00-7:00PM Fee: \$9
Jul 3-Jul 31	Th	6:00-7:00PM Fee: \$16
Aug 7-Aug 28	Th	6:00-7:00PM Fee: \$12

### Yoga Gentle Floor

Build strength and flexibility while enhancing body awareness. In this alignment-focused class you'll learn how to work from a stable base to feel more grounded both physically and mentally, while also improving range of motion, posture, and balance. Poses include standing poses, poses seated on the floor, and poses laying down. Props and modifications are available to meet you where you are. No yoga experience necessary.

#### Anne Gordon Center

Instructor: Mary Flournoy

May 5-May 19	M	10:15-11:15AM Fee: \$9
Jun 2-Jun 30	M	10:15-11:15AM Fee: \$15
Jul 7-Jul 28	M	10:15-11:15AM Fee: \$12
Aug 4-Aug 25	M	10:15-11:15AM Fee: \$12

Instructor: Mary Flournoy

May 7-May 28	W	3:30-4:30PM Fee: \$12
Jun 4-Jun 25	W	3:30-4:30PM Fee: \$12
Jul 2-Jul 30	W	3:30-4:30PM Fee: \$15
Aug 6-Aug 27	W	3:30-4:30PM Fee: \$12

Instructor: Alda Biddell

May 1-May 29	Th	11:15AM-12:15PM Fee: \$15
Jun 5-Jun 26	Th	11:15AM-12:15PM Fee: \$9
Jul 3-Jul 31	Th	11:15AM-12:15PM Fee: \$15
Aug 7-Aug 28	Th	11:15AM-12:15PM Fee: \$12

#### Five Points Center

Instructor: Alixe Steinmetz

May 1-May 29	Th	10:10-11:10AM Fee: \$16
Jun 5-Jun 26	Th	10:10-11:10AM Fee: \$12
Jul 3-Jul 31	Th	10:10-11:10AM Fee: \$16
Aug 7-Aug 28	Th	10:10-11:10AM Fee: \$12

Instructor: Alixe Steinmetz

May 7-May 28	W	10:30-11:30AM Fee: \$12
Jun 4-Jun 25	W	10:30-11:30AM Fee: \$12
Jul 2-Jul 30	W	10:30-11:30AM Fee: \$16
Aug 6-Aug 27	W	10:30-11:30AM Fee: \$12

### ZUMBA Gold®

Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music and combines cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be provided for all fitness levels.

#### Anne Gordon Center

Instructor: Deborah Payne

May 2-May 30	F	9:15-10:00AM Fee: \$15
Jun 6-Jun 27	F	9:15-10:00AM Fee: \$12
Jul 11-Jul 25	F	9:15-10:00AM Fee: \$9



Aug 1-Aug 29 F 9:15-10:00AM Fee: \$15  
**Five Points Center**  
Instructor: Deborah Payne  
May 5-May 19 M 11:45AM-12:30PM Fee: \$9  
Jun 2-Jun 23 M 11:45AM-12:30PM Fee: \$12  
Jul 7-Jul 21 M 11:45AM-12:30PM Fee: \$9  
Aug 4-Aug 18 M 11:45AM-12:30PM Fee: \$9

## Social

### Bingo

We play a variety of games like straight, four corners, postage stamp and clear all. Registration required and costs \$1 per day which covers provided supplies plus bring \$1 cash per 3 cards which becomes prize money. Space is limited. Registration is on a month-by-month basis and starts at 9am online or in-person on the 3rd Wednesday for the following month. Please arrive at 10:15 for a 10:30 start.

#### Anne Gordon Center

May 2-May 30 F 10:30AM-12:30PM Fee: \$1  
Jun 6-Jun 27 F 10:30AM-12:30PM Fee: \$1  
Jul 11-Jul 25 F 10:30AM-12:30PM Fee: \$1  
Aug 1-Aug 29 F 10:30AM-12:30PM Fee: \$1

#### Five Points Center

May 2-May 30 F 10:30AM-12:30PM Fee: \$1  
Jun 6-Jun 27 F 10:30AM-12:30PM Fee: \$1  
Jul 11-Jul 25 F 10:30AM-12:30PM Fee: \$1  
Aug 1-Aug 29 F 10:30AM-12:30PM Fee: \$1

### Card Making to Lift Spirits

Give back to the community while having fun and making new friends! Join us to create beautiful greeting cards using cardstock, stickers, and cut-outs—no experience needed. All supplies are provided, and the finished cards will be donated to Meals on Wheels. Enjoy a rewarding experience of creativity and fellowship led by instructor Janet.

#### Walnut Terrace Center

Memorial Day/Father's Day/Freedom  
May 15 Th 1:00-3:00PM Fee: \$0  
Summer Fun/Birthday  
Jul 17 Th 1:00-3:00PM Fee: \$0

### Cornhole for Active Adults

Open play indoor cornhole for Active Adults. Come out to learn how to play, have fun, try something new, better your skills, and/or practice for Senior Games competition. Our programs

are geared toward adults age 55+. Sign in upon arrival. Free.

#### Anne Gordon Center

May 2-Aug 29 F 2:00-4:00PM Fee: \$0  
**Five Points Center**  
May 7-Aug 27 W 2:00-4:00PM Fee: \$0

### Crokinole

Crokinole is a disk-flicking board game, with elements of shuffleboard reduced to table-top size. Players take turns shooting discs across the circular playing surface, trying to land their discs in scoring position, while also attempting to knock opponents off the board, and into the ditch. Fun, social and easy to learn game, that is challenging to master. Registration not required, please sign-in upon arrival.

#### Anne Gordon Center

May 2-Aug 29 F 2:00-4:30PM Fee: \$0

### Explore/Navigate New Horizons

Let's explore new and old ways to navigate future horizons in our ever-changing world. Bring your knowledge and stories to share. What are you doing now and/or what would you like to do? Come, engage, share, and listen. Facilitated by Janet.

#### Walnut Terrace Center

Challenges and tips for healthy outdoor plants (Thru extreme heat, drought, rain...)

Jun 25 W 1:00-3:00PM Fee: \$0

Preparing for the fall

Aug 27 W 1:00-3:00PM Fee: \$0

### Golden Years Clubs

There are more than 28 clubs affiliated with the Active Adult Program. These clubs meet at area community centers, churches, and senior housing facilities, and offer a range of activities such as bridge, speakers, trips, community service projects, and more. Clubs are comprised of persons aged 50 or older. You can find a list of our clubs on our website or from any of our Active Adult Centers.

### Mah Jong Open Play

Mah Jong Special Interest Group is a collaboration between OLLI and the Five Points Center for Active Adults and is open to both OLLI members and non-members. Mah Jong is a tile game that can be traced back to the end of the 19th Century. It is a game of skill but can be very exciting and fun to play. All levels of play are welcome. For newcomers the first part of the session will be used to cover the basic principles of play. Some game tile sets and supplies are available, but you are asked to provide your own playing game card which changes every April.

#### Five Points Center



May 7-Aug 27 W 2:00-4:45PM Fee: \$0

### **Mah Jong: Open Play**

Join your fellow game players for Mah Jong. This is an open play time for all skill levels, no registration required, sign in upon arrival. Call 919-996-6160 to confirm play groups day of.

### **Walnut Terrace Center**

May 5-Aug 25 M 12:00-4:45PM Fee: \$0

### **Movies at Anne Gordon Center**

Join us for a movie that just recently left the theaters. Drinks are available from the machine or bring your own, and there is a microwave available for your use. Registration is required and is available on a month-by-month basis. Register online, in-person or call 919-996-4720 to reserve your seat. Seating is limited.

### **Anne Gordon Center**

May 1-Aug 28 Th 1:00-3:30PM Fee: \$0

May 2--Aug 29 F 10:30AM-12:45PM Fee: \$0

### **Open Play Cards and Games**

Want to play bridge, canasta, poker, mahjong or more with your friends? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served and space is limited.

### **Anne Gordon Center**

Jun 4-Aug 27 W 9:30AM-1:30PM Fee: \$0

May 6-Aug 26 Tu 1:00-4:30PM Fee: \$0

May 2-Aug 29 F 1:00-4:30PM Fee: \$0

### **Pinochle**

Enjoy an afternoon of fun and socialization. Pinochle is a card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks. If you do not know how to play, the group will teach you.

### **Walnut Terrace Center**

Jun 27-Aug 29 F 12:00-4:45PM Fee: \$0

### **Raleigh Death Cafe**

The staff at Five Points Center for Active Adults are delighted to help facilitate an opportunity for the community to talk about death and dying in a welcoming atmosphere using the death cafe model. At the death cafe, people gather to eat cake, drink tea and discuss death. The Death Cafe is a monthly group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session.

### **Five Points Center**

Jun 10 Tu 1:00-3:00PM Fee: \$0

### **Read and Go**

Join our unique book club with a twist! We focus on books written by North Carolina authors or set in North Carolina. After a lively book discussion, we take it a step further with a trip inspired by the book. Sometimes, the author gets involved—joining our discussion, helping with trip planning, or even participating in the adventure! This program has grown so popular that authors now reach out to feature their books. Discover more about this exciting program and upcoming trips by visiting our website at [RaleighNC.gov](http://RaleighNC.gov) and searching for "Adult."

### **Anne Gordon Center**

**Becoming Lunsford Lane** by Craig Friend

Jul 28 M 1:00-3:30PM Fee: \$0

**Murder in the Market** by Jeane Joyner

Aug 25 M 1:00-3:30PM Fee: \$0

### **Read and Watch**

If you're looking for an adventure filled with intrigue, love, or sorrow—all without leaving your chair—this program is perfect for you! Join us as we explore books that have been adapted into movies. We'll start with a thought-provoking book discussion and then watch the movie together. All the featured books are available at your local library.

### **Anne Gordon Center**

**Boys In the Boat: Nine Americans &...** by Daniel James Brown

Jun 23 M 1:00-3:30PM Fee: \$0

### **Table Tennis Open Play**

Join other Table Tennis players for an afternoon of friendly competition. All levels are welcome.

### **Five Points Center**

May 2-Aug 29 F 2:00-4:00PM Fee: \$0

*\*Wake County Senior Games Tournament May 9*

### **Trivia Group at Anne Gordon Center**

Test your knowledge and memory in a fun social setting. We will provide trivia game cards to get the group started, but feel free to bring in your own supplies to challenge your friends. Registration is required and space is limited.

### **Anne Gordon Center**

May 1--Aug 28 Th 12:30-1:55PM Fee: \$0

### **Western Movie Society**

The Western Film Society keeps B-Western Movies Alive for Future Generations to Enjoy. The group, which is open to any



adult, meets on the 3rd Tuesday of each month to watch and discuss Western Movies.

**Five Points Center**

May 20-Aug 19 Tu 1:30-4:30PM Fee: \$0

**Trips**

**Active Adult Yearly Trip Registration**

Individuals must be registered for the current Yearly Trip Registration in order to register for any of the Trips or Trip information meetings. Visit one of our Active Adult Centers to register or register online. By registering you will be on the email list and receive the trip information fliers as soon as they are advertised for registration. The flier will include trip details, itinerary, dates, cost and walking expectancy.

**Day Trips**

A list of all of the trips can be found on the Active Adult Trip website at [raleighnc.gov](http://raleighnc.gov) search "trip". For trip questions contact Carmen Rayfield at 919-996-4734 or [carmen.rayfield@raleighnc.gov](mailto:carmen.rayfield@raleighnc.gov).

**May - NC Government**

Explore the rich history of North Carolina's government by visiting remarkable landmarks in Raleigh. The North Carolina State Capitol, serving as the seat of state government since its opening in June 1840, offers a glimpse into the state's political past. The Executive Mansion, completed in 1891, has been home to successive Governors and First Families, remaining in continuous use throughout the 20th century. The North Carolina General Assembly building stands out as it is exclusively dedicated to the legislative branch of state government.

**Anne Gordon Center**

May 8 Th 8:45AM-4:00PM  
Fee: \$20/Residents \$35/Non-Residents

**June - Sylvan Heights Bird Park**

Enjoy an unforgettable up-close experience with over 2,000 waterfowl, parrots, toucans, flamingos, and other exotic birds from around the world. This 28-acre facility features spacious, walk-through aviaries, tranquil gardens, and lush natural areas. Lunch on-your-own at the Duck Landing Cafe or pack a lunch.

**Anne Gordon Center**

Jun 10 Tu 8:00AM-4:00PM  
Fee: \$42/Residents \$57/Non-Residents

**Day Hike**

Join us as we team up with the Raleigh Parks Outdoor Recreation Program for a day of hiking. We begin with a scenic adventure as we explore Medoc Mountain State Park in Halifax County, NC. This unique park sits on a 325-foot remnant of an ancient mountain range that once towered over the land 350 million years ago. While it's not your typical mountain getaway, the park offers plenty of ways to enjoy the great outdoors. After our lunch break, we'll continue to the De Hart Botanical Gardens near Louisburg, NC, once part of the historic Myrtle Timberlake Plantation. The land traces its colonial roots back to a grant from Charles II of England. This hike is along a stream, and a peaceful lake.

**Anne Gordon Center**

May 30 F 8:45AM - 3:30PM  
Cost: \$21/Residents, \$36/Non-residents

**Finding America in a Minor League Ballpark**

Take an unforgettable trip to Durham, North Carolina, as we step into the world of baseball through the lens of Finding America in a Minor League Ballpark: A Season Hosting for the Durham Bulls by Harris Cooper. This compelling book dives into the rich history of minor league baseball, the iconic Durham Bulls, and the vibrant city they call home.

As part of this trip, you'll enjoy a behind-the-scenes tour of the legendary Durham Bulls Stadium. Walk the halls, stand in the locker room, and experience the spaces once occupied by MLB stars.

**Anne Gordon Center**

Jun 4 W 8:45AM-4:30PM  
Fee: \$24/Resident \$39/Non-Resident

**June - Indoor Skydiving**

Dreamed of skydiving but prefer to keep your feet (somewhat) on the ground? Indoor skydiving offers an exhilarating, risk-free way to experience the sensation of freefall! Grab your friends for this trip. Step into a powerful vertical wind tunnel, where highspeed air currents lift you effortlessly, allowing you to float, twist, and glide like a pro —perfect for thrill-seekers of all ages! Your experience begins with a short training session. There, you'll learn the fundamentals of body flight and how to stay stable in the wind tunnel. Once you're prepped, it's time to gear up and get ready to take off!

**Anne Gordon Center**

Jun 27 F 8:00AM-3:30PM  
Fee: \$119/Residents \$134/Non-Residents  
Want to come to observe and not fly?  
Fee: \$25/Residents \$40/Non-Residents

### **August – In Your Back Yard**

Discover the dynamic essence of North Carolina in Raleigh, where history, culture, and innovation converge. Experience a captivating mix of adventures, from delving into the behind-the-scenes workings that drive the city to uncovering the hidden gems that define Raleigh's unique charm.

#### **Information TBA**

### **Multi-Day Trips**

For trip questions contact Carmen Rayfield at 919-996-4734 or [carmen.rayfield@raleighnc.gov](mailto:carmen.rayfield@raleighnc.gov). A list of all of the trips can be found on the Active Adult Trip website at [raleighnc.gov](http://raleighnc.gov) search “trip”

### **Alaska Land and Sea – July 31-Aug 11, 2025**

Grab your passport and travel to breathtaking Alaska by land and sea. Enjoy 2 nights in Fairbanks, 1 night in Denali, 1 night in Anchorage and 7 Nights Alaska Cruise aboard the Norwegian Jewel. Trip highlights include Riverboat Discovery Sternwheeler cruise, Fairbanks City Tour, Alaska Railroad to Denali, Denali National Park tour, Alaska Wildlife Conservation Center, Anchorage City Tour, Hubbard Glacier, Icy Strait Point, Juneau, Skagway, Ketchikan and the Inside Passage.

### **Athens & Greek Islands – October 7-15, 2025**

Grab your friends and join us for an unforgettable adventure to Athens, Mykonos, and Santorini! This 9-day journey will immerse you in the rich history, stunning beauty, and vibrant culture of Greece. In Athens, explore iconic landmarks like the Acropolis, Parthenon, Acropolis Museum, Ancient Olympic Stadium, Plaka, and Syntagma Square. Then, discover the charm of Mykonos, including a guided tour of the historic island of Delos. Finally, experience the breathtaking beauty of Santorini with a visit to a local winery for a tasting, a stroll through the enchanting Oia Village, and panoramic views that will leave you in awe.

## **Resources and Partners**

### **Meals On Wheels**

919-996-4739

[www.wakemow.org](http://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.