

SeniorConnect

SEPTEMBER 2026–FEBRUARY 2027

Special Events

Programs

Groups

Resources



FALL & WINTER



WAKE FOREST
**Center for
Active Aging**

WELCOME

to the first edition of SeniorConnect!

We're glad you're here! SeniorConnect is your go to guide for staying engaged, informed, and connected with everything coming up at the Wake Forest Center for Active Aging. Inside, you'll find an overview of upcoming programs, special events, ongoing activities, and helpful resources designed to support active, healthy, and meaningful aging.

STAFF DIRECTORY

If you ever need assistance or have any questions, please reach out!

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The Wake Forest Center for Active Aging is a vibrant community center designed for adults ages 55 and older. Our programs, events, and services promote wellness, lifelong learning, and meaningful connections.

ADDRESS

235 E. Holding Ave.
Wake Forest, NC 27587

HOURS

Open Monday – Friday
8:00 am – 5:00 pm
Closed on Town of
Wake Forest holidays.

CONTACT & INFO

919.554.4111

Online: wakeforestnc.gov *search* "Center for Active Aging"

Facebook: *follow* **Wake Forest Center For Active Aging**



MEMBERSHIP INFORMATION

HOW TO BECOME A MEMBER

Both Wake Forest residents and non-residents must have a Recreation Card (RecCard) to access amenities offered at the Wake Forest Center for Active Aging.

Non-Wake Forest residents are required to pay a \$25 annual fee for their WFCOA RecCards, while Wake Forest residents receive theirs for free. RecCards are valid for one year from date of purchase and must be renewed yearly.

The decision to charge non-Wake Forest residents for their RecCards is modeled after the policy adopted by the Wake Forest Parks, Recreation & Cultural Resources (PRCR) Department. This approach offers an appropriate benefit to Wake Forest taxpayers whose tax dollars help pay for the WFCOA building, maintenance, and operations without imposing an unfair burden on people who enjoy the WFCOA but happen to live outside Wake Forest.

For both residents and non-residents, there is a \$5 replacement fee for lost or stolen cards.

To obtain a RecCard you must first create an online profile on RecDesk.

WFCOA ACCESSIBILITY

- One-level building
- Convenient parking
- Wheelchair access
- Spacious restrooms
- Special transportation drop-off

MEMBERSHIP ELIGIBILITY

Individuals aged 55 and older are eligible for membership. Participants must be able to function independently; otherwise, a caregiver must be present at all times. Caregivers are not required to have a membership.



BENEFITS OF MEMBERSHIP

Members have access to a variety of social, educational, and wellness programs and opportunities at the Center. These include both free and fee-based programs. Offerings may include drop-in activities, wellness programs, informational sessions, and technology assistance. Members are also welcome to utilize common spaces to socialize and connect with others.



REGISTRATION INFORMATION

HOW TO REGISTER ON RECDESK

Registration for programs can be completed at the WFCOA from 8 am – 5 pm or online at wakeforestnc.recdesk.com. Online registration closes 48 hours prior to the start date of the program.

Program registration for Fall/Winter (Sept.–Feb.) will begin August 1 for residents and August 4 for non-residents. Program registration for Spring/Summer (Mar.–Aug.) will begin February 1 for residents and February 4 for non-residents.



FEES: RESIDENT & NON-RESIDENT

Residents receive a 25% discount on classes with fees.



MEMBERSHIP WAIVER TO PARTICIPATE

Members are required to complete a waiver acknowledging the risks associated with program participation and agreeing to assume responsibility for their own safety. The waiver also includes a release of liability for the Town of Wake Forest and outlines expectations for respectful behavior in accordance with the Code of Conduct. Members must follow all guidelines while on site, as inappropriate behavior may result in removal from the program or further action if necessary.

FEE REFUND POLICY

Class fees are 100% refundable when the class is canceled by the WFCOA. If you choose to withdraw from a class that has not been canceled, you must submit a written refund request at least 10 business days before the scheduled start date to receive a refund. Refund requests submitted fewer than 10 business days before the start date are not eligible for a refund.

Exceptions for verified medical or hardship situations require written documentation and must be submitted before the class concludes. Requests should be made as soon as the medical or hardship situation arises. Refunds will not be issued after the class has ended. Registrations are non-transferable.



HOW TO USE THIS PROGRAM GUIDE

Drumming with Cara

Cardio drumming is a form of exercise that utilizes rhythmic drumming movements to improve health and wellness. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music and is designed to improve physical, cognitive, social and emotional health for people of all ages and all stages.

INSTRUCTOR: Cara Losurdo

Title of Program
You can search this on RecDesk.

Intensity Identifier
 Beginner/Introductory
 Intermediate/Developing
 Advanced/High Engagement
A full explanation can be found below.

Program Description
About the program/class

Class Instructor

Day | Time | Dates
Each line is a separate class. Each class must be registered for separately on RecDesk.

Program Fees
The first column is the non-resident price, and the second column is the resident discount price (RD).

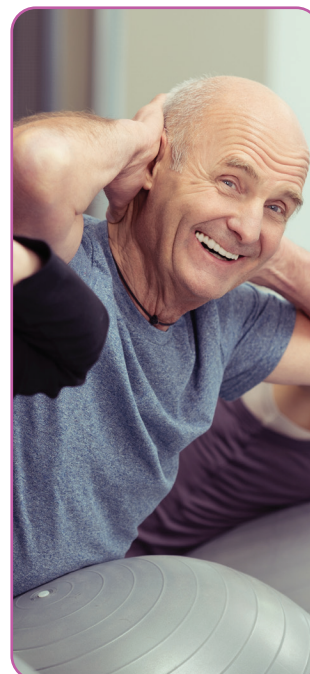
Tu	10:00-10:45 am	Sep 1-29	\$15	\$12 RD
Tu	10:00-10:45 am	Oct 6-27	\$15	\$12 RD
Tu	10:00-10:45 am	Nov 3-17	\$12	\$9 RD
Tu	10:00-10:45 am	Dec 1-15	\$12	\$9 RD
Tu	10:00-10:45 am	Jan 5-26	\$15	\$12 RD
Tu	10:00-10:45 am	Feb 2-23	\$12	\$9 RD

INTENSITY IDENTIFIER

 **Beginner/Introductory:** Great for those trying something new or building confidence. Programs at this level are slower paced with guided instruction and are designed for members with little to no experience. *Examples may include classes like Intro to Tap or Beginning Knitting.*

 **Intermediate/Developing:** Ideal for members who have some experience and are ready to build on their skills. Programs may involve a moderate pace, increased coordination, or more detailed instruction. *Examples may include classes like Pottery Open Studio or Next Level Tai Chi.*

 **Advanced/High Engagement:** Best for members with more experience who are comfortable with a faster pace or more complex instruction. Programs at this level may require greater independence and skill. *Examples may include classes like Advanced Drumming or HIIT-style fitness classes.*





SPECIAL EVENTS

Special Events provide opportunities for older adults to connect, celebrate, and build meaningful relationships while enjoying fun, engaging, and one-of-a-kind programs!

Moving Stories

Join Wake Forest's professional dance company, D'Vorah Dance Arts (DDA), in the first-ever Moving Stories workshop! DDA invites you to share meaningful life moments in a welcoming, creative space where stories are celebrated, and connections are made. In partnership with the Wake Forest Center for Active Aging, D'Vorah Dance Arts will offer this two-month workshop series, in which participants will reflect, write, move, and create alongside professional dancers and choreographers.

Through gentle guided writing and movement activities, participants will explore memories of change, resilience, and transformation. No dance experience is needed, and all physical abilities are welcome. Each person's story, whether humorous, heartfelt, simple, or profound, will help inspire original movement and a collaborative performance. Please note: This event will be held at the Wake Forest Community House. **INSTRUCTOR:** D'Vorah Dance Arts

Tu	10:00-11:30 am	Sep 8-Oct 27*	\$50	\$40 RD
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* The series will conclude with a Free community performance on November 7, 2026 at the Wake Forest Community House.

Sound Bath (Floor)

Join us for an inward meditative journey while you're enveloped in ambient sound. The harmonic notes at varying frequencies and vibrations wash over your body calming your nervous system and restoring emotional balance. This journey will take place laying on the floor with a mat, pillow, and blanket.

INSTRUCTOR: Marnie Blum, Awakening

Th	5:00-6:00 pm	Sep 3	\$13	\$10 RD
Th	5:00-6:00 pm	Oct 22	\$13	\$10 RD



Sound Bath (Chair)

Join us for an inward meditative journey while you're enveloped in ambient sound. The harmonic notes at varying frequencies and vibrations wash over your body calming your nervous system and restoring emotional balance. This journey will take place while seated in a chair. **INSTRUCTOR:** Marnie Blum, Everawakening

Th	5:00-6:00 pm	Sep 3	\$13	\$10 RD
Th	5:00-6:00 pm	Oct 22	\$13	\$10 RD

Confidence in Motion: Safety & Wellness Expo

Celebrate Falls Prevention Month with a fun and educational event including speakers, Free fitness classes, and more! If you're looking to improve balance, learn fall prevention tips, or connect with local professionals, this event will offer something for everyone to encourage movement and confidence!

M	10:00 am-2:00 pm	Sep 21	Free
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Veterans Recognition Ceremony

In partnership with 22 Saves Hockey, join us as we honor and celebrate the service and sacrifice of those who have served in the United States Armed Forces.

Tu	11:00 am-1:00 pm	Nov 10	Free
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Jingle & Mingle: A Holiday Party

Celebrate the season with friends, laughter, and holiday cheer at our Holiday Party! Enjoy light snacks and refreshments, games, music, and special holiday activities in a warm and welcoming atmosphere. Join us as we make merry memories together and celebrate the joy of the season!



F	11:00 am-1:00 pm	Dec 18	Free
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Noon Years Eve Party

Ring in the New Year (a little early) with us! Join us for music, light refreshments, and fun as we count down to noon and celebrate the start of 2027!

Th	11:00 am-12:30 pm	Dec 31	Free
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Cozy Cocoa Poetry Hour

Warm up with a hot cocoa bar and enjoy some poetry! Relax, listen, and share your favorite poems or poems you've written in a welcoming and comfortable setting.

Th	11:00 am-12:00 pm	Jan 21	Free
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Go Red for Heart Health Jazz & Fashion Show

Join us for a fun, lively event promoting heart health awareness! Enjoy live jazz music, heart health vendors, and strut down our red carpet in your red outfit!

F	11:00 am-1:00 pm	Feb 12	Free
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Golden Wishes

This seasonal adopt-a-senior program is a wonderful opportunity to provide meaningful holiday support to older adults experiencing financial or social hardship. In partnership with Meals on Wheels, you can help fulfill holiday wish lists for home bound seniors this holiday season! For more information or to adopt a senior, please contact Zoe Taylor at 919.435.9645 or ztaylor@wakeforestnc.gov





ART PROGRAMS

Want to explore your creative side or hone your artistic skills? Check out the wide variety of art programs we have to offer for all different skill levels!

OPEN STUDIOS & CREATIVE GROUPS

Open Pottery Studio

Pottery Open Studio is designed for members who would like additional independent studio time to practice and refine their pottery skills in a relaxed, self-guided environment. Members may work on personal projects, continue techniques learned in class, and utilize the studio space for creative exploration. Members must currently be enrolled in or have previously completed Pottery 101, Pottery 101.5, and/or Pottery Wheel classes to participate in Open Studio.

M	8:00 am-5:00 pm	Ongoing	Free
Tu	1:00-4:30 pm	Ongoing	Free
F	8:00 am-5:00 pm	Ongoing	Free



ABOUT THE POTTERY STUDIO

Did you know the WFCOA has a fully operating kiln and art studio? This area allows a variety of art classes and it is one of our member's favorite workspaces. Sign up for a pottery class and experience it for yourself!

Open Studio - Painting

Let your creativity flow during Open Studio - Painting, a relaxed and welcoming space for independent project work and artistic exploration. Members are encouraged to work at their own pace on personal art projects while enjoying a collaborative studio environment alongside fellow artists and creators. This is a non-instructional, drop-in studio session intended for self-guided work time. Members must bring their own materials, tools, and supplies, as materials will not be provided.

Th	1:00-4:30 pm	Ongoing	Free
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Open Studio - Cross Stitch & Embroidery

Enjoy a relaxed and social environment with fellow cross stitch enthusiasts during this open drop-in group. Participants are welcome to bring their own cross stitch projects to work on, share ideas, exchange tips, and connect with others who enjoy stitching and creative hobbies. This is a self-guided, non-instructional group intended for independent project work and social engagement.

M	1:00-3:00 pm	Ongoing	Free
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Quilt Stitch 'N Gab

Join fellow quilting enthusiasts for Quilt Stitch 'N Gab, a relaxed and social gathering where participants can work on their quilting projects while enjoying conversation and creativity. Bring your current project, share ideas, and connect with others who enjoy quilting.

W	1:00-4:00 pm	Ongoing	Free
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Open Studio - Scrapbooking

Bring your scrapbook projects and craft alongside fellow enthusiasts in this relaxed, self-guided open studio environment. Members may work on scrapbooks, photo albums, memory books, journaling projects, and other paper crafts while socializing and sharing ideas with others. This is not an instructor-led class, but a space to create, collaborate, and enjoy crafting in a welcoming group setting. Members should bring their own supplies and projects.

M	10:00 am-12:00 pm	Ongoing	Free
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FIBER ARTS & NEEDLECRAFT

Beginner Crochet

Perfect for beginners or those looking to refresh their crochet skills, this class will cover the foundational stitches including single, half double, and double crochet. Participants will also learn increasing, decreasing, and how to follow basic crochet patterns. Please bring one skein of light-colored yarn (no black or very dark yarn) and an H or I crochet hook.

INSTRUCTOR: Mimi O'Donnell

Tu	1:00-3:00 pm	Oct 6-27	\$13	\$10 RD
Tu	1:00-3:00 pm	Jan 5-26	\$13	\$10 RD

Intermediate Crochet

Intermediate crocheters will expand their skills by learning a variety of decorative crochet patterns and techniques, including wave, lace, and V stitches. Participants will continue building confidence with pattern reading, stitch combinations, and more detailed project work. Previous beginning crochet classes or equivalent crochet experience is required.



INSTRUCTOR: Mimi O'Donnell

Tu	1:00-3:00 pm	Sep 8-29	\$13	\$10 RD
Tu	1:00-3:00 pm	Nov 3-24	\$13	\$10 RD
Tu	1:00-3:00 pm	Feb 2-23	\$13	\$10 RD

Going Around in Crochet Circles

Perfect for crocheters looking to expand their skills, this class focuses on crocheting in the round to create a variety of fun and functional projects such as hats, cup holders, nests, blankets, and more. Participants will begin with basic circular crochet techniques and learn how to properly increase and expand their work while gaining confidence with shaping and pattern development. Bring any yarn and crochet hook of your choice.

INSTRUCTOR: Margo Zwald

Tu	1:00-3:00 pm	Dec 8-15	\$10	\$8 RD
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Intermediate Knitting I

Build on your foundational knitting skills while learning how to create more detailed stitch patterns and personalized projects. This intermediate-level class will introduce techniques such as basketweave, ribbed, diagonal, and diamond stitches while helping participants gain confidence with texture, pattern work, and project construction. Bring your favorite yarn and knitting needles; worsted weight (#4) yarn is preferred.

M	1:00-3:00 pm	Oct 5-19	\$13	\$10 RD
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Cross Stitching Bookmarks

Learn the basics of cross stitching while making your own bookmark! In this class you will learn the basic stitch as well as how to read a pattern, then we will have time to work on our projects together. We will have several patterns to choose from and lots of colors to work with so that you can make your project unique to you! This class is suitable for beginners and experienced cross stitchers alike!

INSTRUCTOR: Jocelyn Steslicke

M	2:00-4:30 pm	Sep 28	\$7	\$5 RD
M	2:00-4:30 pm	Nov 16	\$7	\$5 RD
M	2:00-4:30 pm	Jan 25	\$7	\$5 RD

Chunky Knit Scarves

In search of something that will keep you warm while keeping you stylish? Look no further! All you need are your hands and one ball of chunky knit yarn and you will leave with a cozy creation to get you through the cold weather! No knitting experience needed.

INSTRUCTOR: Jocelyn Steslicke

M	2:00-4:00 pm	Oct 26	\$19	\$15 RD
M	2:00-4:00 pm	Dec 14	\$19	\$15 RD
M	2:00-4:00 pm	Feb 15	\$19	\$15 RD

POTTERY & CLAY ARTS

Pottery Projects: Pumpkins and Gourds

In this 3-week class, students will learn how to construct hollow forms in clay to make their own fall decorations. Open to all skill levels. Day 1: Making, Day 2: Glazing, Day 3: Make-Ups or Pick-up.

INSTRUCTOR: Laura Casas-Montgomery

Th	10:00 am-12:00 pm	Sep 8-22	\$44	\$35 RD
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DRAWING, PAINTING & MIXED MEDIA

Media Explorations 1

There are so many wonderful classes out there for beginning artists, but sometimes it can feel a little daunting to sign up for a whole course dedicated to just one medium. This class will allow artists to dip their feet into graphite pencil, colored pencils, chalk pastels, and watercolor; with each class meeting focusing on a new medium. This class is intended to let people explore what may or may not interest them, and give artists more confidence when it comes to trying new things.

INSTRUCTOR: Jocelyn Steslicke

Tu	2:00- 4:00 pm	Sep 1-22	\$38	\$30 RD
W	2:00-4:00 pm	Jan 6-27	\$38	\$30 RD



Media Explorations 2

There are so many wonderful classes out there for beginning artists, but sometimes it can feel a little daunting to sign up for a whole course dedicated to just one medium. This class will allow artists to dip their feet into pen/ink, printmaking, acrylic, and collage; with each class meeting focusing on a new medium. This class is intended to let people explore what may or may not interest them, and give artists more confidence when it comes to trying new things. **INSTRUCTOR:** Jocelyn Steslicke

Tu	2:00-4:00 pm	Nov 3-24	\$38	\$30 RD
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Pastels with Jocelyn

Join us in this class to learn about chalk pastels through studying the changing nature around us! We will learn different techniques such as drawing skills to capture different leaf or flower shapes, shading skills to capture the lights and darks, and on blending skills to capture the beautiful colors! This class is suitable for complete beginners as well as more experienced students. **INSTRUCTOR:** Jocelyn Steslicke

W	2:00-4:00 pm	Oct 7-28	\$38	\$30 RD
W	2:00-4:00 pm	Feb 3-24	\$38	\$30 RD

Colored Pencils with Jocelyn

Join us in this class to learn about chalk pastels through studying the changing nature around us! We will learn different techniques such as drawing skills to capture different leaf or flower shapes, shading skills to capture the lights and darks, and on blending skills to capture the beautiful colors! This class is suitable for complete beginners as well as more experienced students. **INSTRUCTOR:** Jocelyn Steslicke

Tu	2:00-4:00 pm	Dec 1-22	\$38	\$30 RD
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Basic Bookbinding: One-Day Journal

In this one-day class, students will learn how to make and bind their own simple journals. Create a unique journal for all of your musings with a customized cover, size and page length - bring some paper or items from home to personalize (optional). **INSTRUCTOR:** Laura Casas-Montgomery

Th	10:00 am-12:00 pm	Sep 10-24	\$38	\$30 RD
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EDUCATION PROGRAMS

Education Programs are designed to keep minds active, curious, and engaged. In this section, you'll find a variety of classes, presentations, and learning opportunities.

Healthy Living Series with Vaya Health

A wellness focused program designed to support healthy aging and overall well being. Each session will feature valuable information and practical tips on a variety of topics to help you live a healthier, more active life. Come learn, connect, and take steps to better health in a welcoming and supportive environment! **INSTRUCTOR:** Vaya Health



An Overview of Mental Health

Tu	10:30-11:30am	Oct 21	Free
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Anxiety: Managing Nervous Energy

Tu	11:00 am-12:00 pm	Oct 27	Free
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Brain Health in Aging

Tu	11:00 am-12:00 pm	Nov 3	Free
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Hoarding Disorders: Hidden Secrets

Tu	11:00 am-12:00 pm	Nov 24	Free
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Navigating Depression

Tu	11:00 am-12:00 pm	Dec 1	Free
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Self Care: Learning to Live Well, Work Well

Tu	11:00 am-12:00 pm	Dec 22	Free
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Unseen Losses: Aging Grief, and Change

Tu	11:00 am-12:00 pm	Jan 5	Free
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Aging with I/DD and TBI

Tu	11:00 am-12:00 pm	Jan 26	Free
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The Downsizers Club

Downsizing should leave you overjoyed...Not Overwhelmed! Our Certified Senior Housing Professionals and Downsizing Coaches provide guidance and best practices for simplifying the relocation process. Members add equal value as they share stories, wisdom, experience, and resources learned along the way. **INSTRUCTOR:** Karena Stipp

W	10:00-11:30 am	Sep 16	Free
W	10:00-11:30 am	Oct 14	Free
W	10:00-11:30 am	Nov 18	Free
W	10:00-11:30 am	Dec 16	Free

OLLI Classes

The Wake Forest Center for Active Aging has partnered with Osher Lifelong Learning Institute at NC State University to offer engaging virtual learning opportunities! OLLI classes cover a wide variety of topics and are offered right here at WFCAA. Please see the front desk or visit RecDesk about future class topics, times, and to register.





COMPUTER LAB

The computer room at the WFCOA has multiple computer and desk areas ready for you to use when needed. Classes are held in here throughout the week and cater to all technological needs.

Introduction to Computers

Introduction to Computers is a computer instructional class for the inexperienced or novice user. It is a five-day class that meets for 3.0 hours each day, for users who have a computer or are thinking of getting one. We begin with the basics and expanding to the Internet while capturing the functions and features of Microsoft Windows 11 along the way. Hands-on instruction is a way of learning and the pace is geared toward a comfortable learning experience.

INSTRUCTOR: Jerry Glenn

M-F	1:00-4:00 pm	Sep 14-18	Free
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Internet Shopping

This Lecture Presentation Series topic titled 'Internet Shopping' is all about learning various techniques to access shopping web sites in a safe and secure manner. The focus will be on the value of Internet Shopping and understand the various payment methods available. **INSTRUCTOR:** Jerry Glenn

W	1:00-4:00 pm	Sep 23	Free
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Mozilla Firefox Browser

Mozilla Firefox Browser is a computer instructional class for the inexperienced or novice user. It is a two-day class (4-hours) for users who have a computer or are thinking of getting one. We begin with a discussion on browsers in general and their purpose. Hands-on instruction is a way of learning and the pace is geared toward a comfortable learning experience. Students should have prior knowledge and skills using the keyboard, mouse, and feel comfortable around a computer. **INSTRUCTOR:** Jerry Glenn

Tu-W	9:00-11:00 am	Sep 29-30	Free
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Internet Searching

This Lecture Presentation Series topic titled 'Internet Searching' is all about learning various techniques to locate the information you seek on the World Wide Web. Many different and unique Internet Search

Engines are discussed and several are actually used to create accurate search results. The student will learn how to qualify those search results using various types of search engines that range from common ones to the uniquely specialized ones. To select this lecture the student needs prior knowledge of the Internet. This will help the student to better understand the topic if they took the Understanding the Internet class first. **INSTRUCTOR:** Jerry Glenn



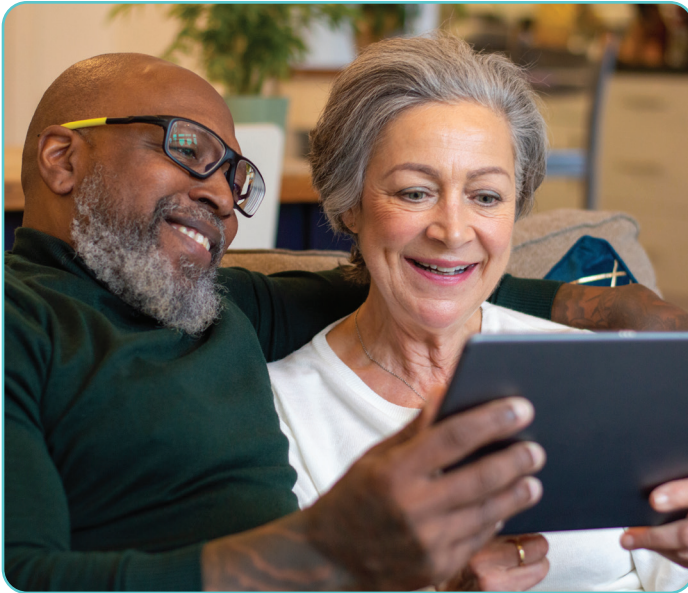
F	9:00-12:00 pm	Oct 9	Free
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Computer Security

This Lecture Presentation Series topic titled 'Computer Security' will discuss topics centered on creating a safe environment while using the computer. In addition to various viruses and malicious software we will discuss how to protect your identity while on the Internet and finding ways to remove your personal information. **INSTRUCTOR:** Jerry Glenn

Tu-F	1:00-3:00 pm	Oct 13-16	Free
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Computer Class 101

Each day of this class will explore a different area and expand the student's computer knowledge. We start off by learning about basic computers and their makeup and seeing how the Microsoft Windows 11 Operating System interacts with the computer components. The class will guide you through the information needed to learn about the Internet, World Wide Web, and various Browsers to access a vast array of knowledge. Understanding the basics of Electronic Mail or Email will assist each student with information to select a personal Email account or help to understand their existing accounts. Many internal processes will be covered to show the students how to perform personalization and windows customization. **INSTRUCTOR:** Jerry Glenn

M-F	1:00-4:00 pm	Oct 26-30	Free
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Computer Class 201

Computer Class 201 will explore a different area and expand the student's computer knowledge. We start off by learning the Microsoft Windows file structure which will become the foundation for all stored or temporary files. The student will learn to use the basic editors that come with all versions of the Windows Operating System. The class will then use the Microsoft Browser to access the World Wide Web and use their skills to configure Internet Explorer to perform securely. Midway through the class we will cover external ports, printing, and understanding the various formats used for Compact Disc and Digital Video Disc. Then to maintain efficient operation of any computer the student learns simple maintenance routines that can be applied to their personal computers. The class ends with discussing evolving computer technology and hands-on lab exercises to reinforce what they learned. When a student enrolls and completes the "Computer 101 Basic Class" they are fully qualified to enroll in this class. In addition, students who already have their own laptops and are at least familiar with Windows 11 Operating System, then they also can enroll in this class.

INSTRUCTOR: Jerry Glenn

Tu-W	1:00-3:00 pm	Nov 4-10	Free
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Computer Class 301

Take your computer skills to the next level in Computer Class 301, designed for students who already have a working knowledge of basic computer functions. Students will build and strengthen their skills using Microsoft Office Suite applications, including Word, Excel, and PowerPoint. Topics include performing basic functions within each application, understanding how the programs interact with one another. When a student enrolls and completes the "Computer 101 Basic Class" and the "Computer 201 Beginner Class" they are fully qualified to enroll in this class. **INSTRUCTOR:** Jerry Glenn



M-F	1:00-4:00 pm	Nov 16-20	Free
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Digital Photo Management

Getting Started with Digital Photo Management is a computer instructional class for the knowledgeable user. Protecting your master photographs while stored on the computer will allow you to Free up the space on the cameras or smartphones for future photo use. We will discuss multiple management techniques while making your photos available to be shared with family and friends. While the terminology is important to understand, so is the folder/file structure to be able to locate and view the needed digital photograph. **INSTRUCTOR:** Jerry Glenn

Tu-F

1:00-3:00 pm

Dec 8-11

Free



Fraud and Identity Theft

Fraud and Identity Theft will discuss topics of both fraud and scams against you and ways to protect yourself against identity theft. Today's technology only enables criminals to commit these crimes and we need better ways to avoid the hacking. Participants will learn about smartphone and internet safety, common scams and spam tactics, digital threats, and ways to recognize and protect themselves from fraud and identity theft. **INSTRUCTOR:** Jerry Glenn

M-F

1:00-4:00 pm

Dec 14-18

Free

 Beginner/Introductory  Intermediate/Developing  Adv./High Engagement

Being in nature is good for you.

Joyner Park, Wake Forest



Education Programs | 15





FITNESS PROGRAMS

Our Fitness Programs are designed to support strength, balance, flexibility, and overall well being in a welcoming and encouraging environment with a variety of movement-based classes.



CARDIO & DANCE

Zumba Gold with Maria

Zumba Gold Class is a modified version of Zumba moves at a lower intensity designed for active older adults, beginners, or people with physical limitations. It combines Latin and international rhythms and dance, simplifying the choreography, creating an easy-to-follow workout experience. This effective fitness system emphasizes range of motion, balance, and coordination. Get ready to have some fun! **INSTRUCTOR:** Maria Bolanz

F	10:00-10:50 am	Sep 4-25	\$15	\$12 RD
F	10:00-10:50 am	Oct 2-30	\$19	\$15 RD
F	10:00-10:50 am	Nov 6-20	\$12	\$9 RD
F	10:00-10:50 am	Dec 4-18	\$12	\$9 RD
F	10:00-10:50 am	Jan 8-29	\$15	\$12 RD
F	10:00-10:50 am	Feb 5-26	\$15	\$12 RD

Interval Aerobics with Cara

Increase strength and coordination while improving balance and flexibility. This class includes an aerobic warmup, cardio fitness, strength training, core workouts, and stretching. Participants can expect a well-rounded workout designed to support overall health and functional movement. **INSTRUCTOR:** Cara Losurdo

W	9:00-9:45 am	Sep 2-30*	\$15	\$12 RD
M	9:00-9:45 am	Oct 5 -26	\$15	\$12 RD
W	9:00-9:45 am	Oct 7-28	\$15	\$12 RD
M	9:00-9:45 am	Nov 2-16	\$12	\$9 RD
W	9:00-9:45 am	Nov 4-18*	\$8	\$6 RD
M	9:00-9:45 am	Nov 30-Dec 14	\$12	\$9 RD
W	9:00-9:45 am	Dec 2-16	\$12	\$9 RD
M	9:00-9:45 am	Jan 4-25*	\$12	\$9 RD
W	9:00-9:45 am	Jan 6-27	\$15	\$12 RD
M	9:00-9:45 am	Feb 1-22*	\$12	\$9 RD
W	9:00-9:45 am	Feb 3-24*	\$12	\$9 RD

*no class Sep 16, Nov 11, Jan 18, Feb 8, Feb 10



Dance Fitness and Toning with Cara

Aerobic Toning will be a cardio and music based class focusing on building strength and increasing endurance. Light weights will be used. This class includes a warm-up, cardio and strength training, and a cool-down with stretching to provide a well-rounded workout. **INSTRUCTOR:** Cara Losurdo

M	10:00-10:45 am	Oct 5 -26	\$15	\$12 RD
M	10:00-10:45 am	Nov 2-16	\$12	\$9 RD
M	10:00-10:45 am	Nov 30-Dec 14	\$12	\$9 RD
M	10:00-10:45 am	Jan 4-25*	\$12	\$9 RD
M	10:00-10:45 am	Feb 1-22*	\$12	\$9 RD

*no class Jan 18, Feb 8

HIIT with Cara

High Intensity Interval Training (HIIT) alternates short bursts of high intensity interval exercises with a low intensity, recovery or rest period. This high intensity class is proven to burn more calories than traditional fitness programs and improve cardiovascular endurance, strength and fitness. It is recommended members with diabetes, hypertension, or general cardiac issues should consult with their health care provider before registering. **INSTRUCTOR:** Cara Losurdo



Th	9:00-9:45 am	Sep 3-Oct 1*	\$15	\$12 RD
Tu	9:00-9:45 am	Oct 6-27	\$15	\$12 RD
Th	9:00-9:45 am	Oct 8-29	\$15	\$12 RD
Tu	9:00-9:45 am	Nov 3-17	\$12	\$9 RD
Th	9:00-9:45 am	Nov 5-19	\$12	\$9 RD
Tu	9:00-9:45 am	Dec 1-15	\$12	\$9 RD
Th	9:00-9:45 am	Dec 3-17	\$12	\$9 RD
Tu	9:00-9:45 am	Jan 5-26	\$15	\$12 RD
Th	9:00-9:45 am	Jan 7-28	\$15	\$12 RD
Tu	9:00-9:45 am	Feb 2-23*	\$12	\$9 RD
Th	9:00-9:45 am	Feb 4-25*	\$12	\$9 RD

*no class Sep 17, Feb 9th, Feb 11th

Drumming with Cara

Cardio drumming is a form of exercise that utilizes rhythmic drumming movements to improve health and wellness. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music and is designed to improve physical, cognitive, social and emotional health for people of all ages and all stages.

INSTRUCTOR: Cara Losurdo

Tu	10:00-10:45 am	Sep 1-29*	\$15	\$12 RD
Tu	10:00-10:45 am	Oct 6-27	\$15	\$12 RD
Tu	10:00-10:45 am	Nov 3-17	\$12	\$9 RD
Tu	10:00-10:45 am	Dec 1-15	\$12	\$9 RD
Tu	10:00-10:45 am	Jan 5-26	\$15	\$12 RD
Tu	10:00-10:45 am	Feb 2-23*	\$12	\$9 RD

*no class Sep 15, Feb 9

Low Impact Aerobics with Cara

This class will be a low impact class focusing on cardio, strength, flexibility, balance and coordination. We will be using hand weights, resistance bands and small balls. Chairs will be available. This class is appropriate for beginners and those looking for lower intensity exercise. Modifications will be offered for each exercise to accommodate all levels of abilities.

INSTRUCTOR: Cara Losurdo

Tu	11:00-11:45 am	Sep 1-29*	\$15	\$12 RD
W	10:00-10:45 am	Sep 2-30*	\$15	\$12 RD
Tu	11:00-11:45 am	Oct 6-27	\$15	\$12 RD
W	10:00-10:45 am	Oct 7-28	\$15	\$12 RD
Tu	11:00-11:45 am	Nov 3-17	\$12	\$9 RD
W	10:00-10:45 am	Nov 4-18*	\$8	\$6 RD
Tu	11:00-11:45 am	Dec 1-15	\$12	\$9 RD
W	10:00-10:45 am	Dec 2-16	\$12	\$9 RD
Tu	11:00-11:45 am	Jan 5-26	\$15	\$12 RD
W	10:00-10:45 am	Jan 6-13	\$15	\$12 RD
Tu	11:00-11:45 am	Feb 2-23	\$12	\$9 RD
W	10:00-10:45 am	Feb 3-24	\$12	\$9 RD

*no class Sep 15, Sep 16, Nov 11



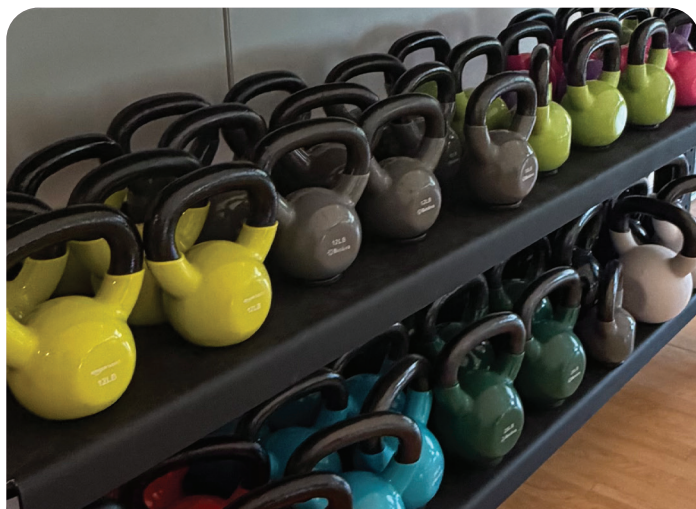
Advanced Drumming with Cara

Cardio drumming is a form of exercise that utilizes rhythmic drumming movements to improve health and wellness. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music and is designed to improve physical, cognitive, social and emotional health for people of all ages and all stages. There is a prerequisite for this class. You need to have taken at least one session of Drumming.

INSTRUCTOR: Cara Losurdo

Th	10:00-10:45 am	Sep 3-Oct 1*	\$15	\$12 RD
Th	10:00-10:45 am	Oct 8-29	\$15	\$12 RD
Th	10:00-10:45 am	Nov 5-19	\$12	\$9 RD
Th	10:00-10:45 am	Dec 3-17	\$12	\$9 RD
Th	10:00-10:45 am	Jan 7-28	\$15	\$12 RD
Th	10:00-10:45 am	Feb 4-25*	\$12	\$9 RD

*no class Sep 17, Feb 11th



ABOUT THE GYM

Our center has two fully functioning gyms. With access to kettlebells, dumbbells, yoga mats and more, you're sure to get the exercise you're looking for. Equipment is meant solely for fitness programs in these gym spaces, however you can use our freestanding exercise equipment down the hall from the gyms at your leisure.

Dance Fusion with Linda

Dance Fusion is a cardio "party" with music from many genres. Let's go back in time, twist & shout the hour away. Dance Fusion increases cardio and improves mental health in a fun-filled, non judgment zone. Singing is always welcomed & encouraged.

INSTRUCTOR: Linda Thomas

Tu	12:00-12:50 pm	Sep 8-Oct 13t	\$23	\$18 RD
Tu	12:00-12:50 pm	Nov 3-Dec 1	\$19	\$15 RD
Tu	12:00-12:50 pm	Jan 5-26	\$15	\$12 RD
Tu	12:00-12:50 pm	Feb 2-23	\$15	\$12 RD

Zumba Gold with Linda



Zumba Gold is a modified, mid-impact version of Zumba designed for active older adults, beginners, or people with physical limitations.

Zumba Gold simplifies the choreography, focusing on balance, coordination, and range of motion without intense jumps or jogging, creating an easy-to-follow and empowering workout experience. "Ditch the workout, join the party!" **INSTRUCTOR:** Linda Thomas

W	12:00-12:50 pm	Sep 9-Oct 7	\$19	\$15 RD
W	12:00-12:50 pm	Nov 4-Dec 2	\$15	\$12 RD
W	12:00-12:50 pm	Jan 6-27	\$15	\$12 RD
W	12:00-12:50 pm	Feb 3-24	\$15	\$12 RD

Soul Line Dance with Linda

Get your body moving and mind working to this FUN cardiovascular workout! Learn upbeat, uplifting choreographed moves performed in a line or row to current Pop, Hip-Hop, R&B, Latin, Disco and all the Oldies too. Think "Electric Slide", "Cupid Shuffle", "Cha Cha Slide" and so many more. Get Ready to be the LIFE of THE PARTY! **INSTRUCTOR:** Linda Thomas

W	1:00-1:50 pm	Sep 9-Oct 7	\$19	\$15 RD
W	1:00-1:50 pm	Nov 4-Dec 2	\$15	\$12 RD
W	1:00-1:50 pm	Jan 6-27	\$15	\$12 RD
W	1:00-1:50 pm	Feb 3-24	\$15	\$12 RD





Boogie Down in the Chair with Linda

Get your GROOVE ON and workout! Boogie Down in the Chair uses a variety of exercises (dances) performed while seated or using a chair for support. Designed to be low-impact & high FUN! Great for beginners and those with mobility issues or chronic pain. (Singing & laughing is encouraged!!)

INSTRUCTOR: Linda Thomas

Th	11:00-11:50 am	Sep 10-Oct 8	\$19	\$15 RD
Th	11:00-11:50 am	Nov 5-Dec 3	\$15	\$12 RD
Th	11:00-11:50 am	Jan 7-28	\$15	\$12 RD
Th	11:00-11:50 am	Feb 4-25	\$15	\$12 RD

Dance Cross Fit with Linda

Dance Cross Fit combines the energy of dance with the benefits of strength and conditioning for a fun, full-body workout. This high-energy class blends dance movements, strength training, and kickboxing exercises set to an upbeat mix of Rock 'n' Roll, R&B, and more. Participants will improve strength, coordination, and endurance in an engaging and motivating environment. **INSTRUCTOR:** Linda Thomas

Th	12:00-12:50 pm	Sep 10-Oct 8	\$19	\$15 RD
Th	12:00-12:50 pm	Nov 5-Dec 3	\$15	\$12 RD
Th	12:00-12:50 pm	Jan 7-28	\$15	\$12 RD
Th	12:00-12:50 pm	Feb 4-25	\$15	\$12 RD

STRENGTH AND CONDITIONING

Get Fit with Marlene

This class is a fun, upbeat workout designed to get you moving, get your heart rate up, and improve muscle strength, balance and endurance. You will enjoy a full, overall body workout. This class moves at a fast pace to keep you moving.

INSTRUCTOR: Marlene Silva

M	9:00-9:50 am	Oct 5-26	\$20	\$16 RD
Tu	1:00-1:50 pm	Oct 6-27	\$20	\$16 RD
Th	10:00-10:50 am	Oct 8-29	\$20	\$16 RD
M	9:00-9:50 am	Nov 2-Dec 14	\$30	\$24 RD
Tu	1:00-1:50 pm	Nov 3-Dec 15	\$30	\$24 RD
Th	10:00-10:50 am	Nov 5-Dec 17	\$30	\$24 RD
M/F	9:00-9:50 am	Jan 4-25*	\$20	\$16 RD
Tu	1:00-1:50 pm	Jan 5-26	\$20	\$16 RD
Th	10:00-10:50 am	Jan 7-28	\$20	\$16 RD
M	9:00-9:50 am	Feb 1-22	\$20	\$16 RD
Tu	1:00-1:50 pm	Feb 2-23	\$20	\$16 RD
Th	10:00-10:50 am	Feb 4-25	\$20	\$16 RD
Tu	1:00-1:50 pm	Sep 1-29	\$25	\$20 RD
Th	10:00-10:50 am	Sep 3-Oct 1	\$25	\$20 RD

*class held Jan 4, Jan 11, Jan 22 (Fri), Jan 25

Stay Strong with Marlene



This is a super class for a total body workout. The first half of the class focuses on lower body toning and leg strength by using ankle weights. You will see a difference in leg shape and strength quickly. We then switch focus to upper body strength. If you are looking for all-over muscle strengthening and toning, this is the class for you. **INSTRUCTOR:** Marlene Silva

W	8:00-8:50 am	Sep 2-30	\$25	\$20 RD
W	8:00-8:50 am	Oct 7-28	\$20	\$16 RD
W	8:00-8:50 am	Nov 4-Dec 16	\$25	\$20 RD
W	8:00-8:50 am	Jan 6-27	\$20	\$16 RD
W	8:00-8:50 am	Feb 3-24	\$20	\$16 RD

Beginner/Introductory Intermediate/Developing Adv./High Engagement

Fitness Programs: Dance & Strength | 19



Circuit 1 with Marlene

Circuit training is a great way to try something new while improving overall fitness. Participants rotate through a series of focused exercise stations, working different muscle groups to build strength and endurance. This class provides a full-body workout in a structured, engaging format.

INSTRUCTOR: Marlene Silva

Th	9:00-9:50 am	Sep 3-Oct 1	\$19	\$15 RD
Th	9:00-9:50 am	Oct 8-29	\$15	\$12 RD
Th	9:00-9:50 am	Nov 5-Dec 17	\$23	\$18 RD
Th	9:00-9:50 am	Jan 7-28	\$15	\$12 RD
Th	9:00-9:50 am	Feb 4-25	\$15	\$12 RD

Circuit 2 with Marlene

Start your week strong with this 8:00 a.m. circuit class. This fast-paced, high-energy workout rotates through a series of exercise stations to provide a full-body workout that improves cardiovascular fitness, muscle strength, and endurance. Participants will also have the opportunity to connect with others while keeping their routine engaging and fun.

INSTRUCTOR: Marlene Silva

M	8:00-8:50 am	Oct 5-26	\$20	\$16 RD
M	8:00-8:50 am	Nov 2-Dec 14	\$30	\$24 RD
M	8:00-8:50 am	Jan 4-25*	\$15	\$12 RD
M	8:00-8:50 am	Feb 1-22	\$20	\$16 RD

*no class Jan 18



Tone & Sculpt with Linda

Tone & Sculpt focuses on building strength, improving muscle tone, and increasing range of motion through a variety of exercises. Light weights, resistance bands, and ankle weights may be used during class, though the use of weights is always optional. All ability levels are welcome.

INSTRUCTOR: Linda Thomas

Tu	11:00-11:50 am	Sep 8-Oct 13	\$23	\$18 RD
Tu	11:00-11:50 am	Nov 3-Dec 1	\$19	\$15 RD
Tu	11:00-11:50 am	Jan 5-26	\$15	\$12 RD
Tu	11:00-11:50 am	Feb 2-23	\$15	\$12 RD



YOGA AND FLEXIBILITY

Restorative Yoga with Alice

This calming class invites you to slow down, rest, and gently stretch your body in a safe and supported way. Using props like blankets and bolsters, we settle into comfortable, floor-based poses held for several minutes to ease tension, encourage flexibility, and soothe the nervous system. Each pose is followed by moments of quiet and guided awareness. The practice ends with a longer guided meditation to help you fully unwind and feel restored from the inside out. Participants must be able to get down to and up from the floor. Low intensity, fully supported. No prior experience needed.

INSTRUCTOR: Alice Grasset

F	1:00-2:20 pm	Sep 18-Oct 30	\$44	\$35 RD
F	1:00-2:20 pm	Nov 6-Dec 18	\$38	\$30 RD
F	1:00-2:20 pm	Jan 8-Feb 19	\$44	\$35 RD





Yoga for Self-Care with Alice

This class is designed to help you reconnect with yourself and care for both body and mind. Through gentle movements, breathwork, and mindfulness, you'll nourish your body, calm your nervous system, and build resilience. The practice supports balance, mobility, and strength while offering deep relaxation and stress relief. We begin seated on a chair, move into standing exercises to enhance strength and stability, and finish with a choice to relax either lying down or seated—whatever feels best for you. Inspired by therapeutic yoga and neuroscience-based techniques, this class supports overall well-being, helping you feel grounded and at ease.

Suitable for all levels. Moderate intensity.

INSTRUCTOR: Alice Grasset

F	12:00-12:50 pm	Sep 18-Oct 30	\$44	\$35 RD
F	12:00-12:50 pm	Nov 6-Dec 18	\$38	\$30 RD
F	12:00-12:50 pm	Jan 8-Feb 19	\$44	\$35 RD

Yoga for Strength & Flexibility with Alice

This energizing class is designed to help you maintain strength, flexibility, and ease of movement. Through mindful sequences on the mat, we build muscular support, joint stability, and body awareness. The practice integrates breath and movement, offering a balance of gentle effort and calm presence. It ends with a period of guided relaxation to leave you feeling both grounded and uplifted. Participants must be able to get down to and up from the floor. Moderate intensity. Suitable for all levels..

INSTRUCTOR: Alice Grasset

F	11:00-11:50 am	Sep 18-Oct 30	\$44	\$35 RD
F	11:00-11:50 am	Nov 6-Dec 18	\$38	\$30 RD
F	11:00-11:50 am	Jan 8-Feb 19	\$44	\$35 RD

Yoga Stretch with Marty

Yoga Stretch with Marty is a basic, mat-based yoga class focused on flexibility, balance, and relaxation. Participants will move through gentle stretches and poses with an emphasis on breathwork and proper movement, ending with a brief relaxation or meditation. Participants must be able to move from floor to standing without assistance.

INSTRUCTOR: Marty Gooch

M	2:00-2:55 pm	Sep 4-Oct 26	\$38	\$30 RD
F	10:00-10:50 am	Sep 18-Oct 30	\$38	\$30 RD
M	2:00-2:55 pm	Nov 2-Dec 14	\$44	\$35 RD
F	10:00-10:50 am	Nov 6-Dec 18	\$38	\$30 RD
M	2:00-2:55 pm	Jan 4-Feb 22	\$44	\$35 RD
F	10:00-10:50 am	Jan 8-Feb 26	\$40	\$50 RD

Chair Yoga with Marty

Chair Yoga with Marty is a gentle, chair-based class focused on flexibility, movement, and relaxation. Participants will use a chair for support while practicing breathwork, light stretching, and simple movements. This class is ideal for those

who prefer to avoid getting up and down from the floor. **INSTRUCTOR:** Marty Gooch



M	3:00-3:50 pm	Sep 14-Oct 26	\$38	\$30 RD
F	9:00-9:50 am	Sep 18-Oct 30	\$38	\$30 RD
M	3:00-3:50 pm	Nov 2-Dec 14	\$44	\$35 RD
F	9:00-9:50 am	Nov 6-Dec 18	\$38	\$30 RD
M	9:00-9:50 am	Jan 4-Feb 22	\$44	\$35 RD
F	9:00-9:50 am	Jan 8-Feb 26	\$50	\$40 RD





Gentle Mat Yoga with Vivien

A Gentle Hatha Yoga Practice on the Mat. Focus will be on intentional movement, proper alignment of the body, improving joint health, releasing stress, and finding a relaxed, centered peace of mind. Strengthen the back, neck and shoulders, hips and knees. Improve your health and well-being, gently stretch the body with classic and traditional yoga movements. Learn deep breathing techniques to support the cardiovascular system & calm the mind. Beginners welcome! **INSTRUCTOR:** Vivien Green

W	11:00-11:50 am	Sep 2-23	\$25	\$20 RD
Th	2:00-2:50 pm	Sep 3-24	\$25	\$20 RD
F	11:00-11:50 am	Sep 4-18	\$19	\$15 RD
W	11:00-11:50 am	Oct 7-21	\$19	\$15 RD
Th	2:00-2:50 pm	Oct 8-22	\$19	\$15 RD
F	11:00-11:50 am	Oct 9-23	\$19	\$15 RD
W	11:00-11:50 am	Nov 4-25*	\$19	\$15 RD
Th	2:00-2:50 pm	Nov 5-19	\$19	\$15 RD
F	11:00-11:50 am	Nov 6-20	\$19	\$15 RD
W	11:00-11:50 am	Dec 2-23	\$25	\$20 RD
Th	2:00-2:50 pm	Dec 3-17	\$19	\$15 RD
F	11:00-11:50 am	Dec 4-18	\$25	\$20 RD
W	11:00-11:50 am	Jan 6-20	\$19	\$15 RD
Th	2:00-2:50 pm	Jan 7-21	\$19	\$15 RD
F	11:00-11:50 am	Jan 8-22	\$19	\$15 RD
W	11:00-11:50 am	Feb 3-24	\$25	\$20 RD
Th	2:00-2:50 pm	Feb 4-25	\$25	\$20 RD
F	11:00-11:50 am	Feb 5-26	\$25	\$20 RD

*no class Nov 11

Yoga Flow with Vivien

This class offers a more in-depth Gentle Hatha Yoga Practice. For those who wish to deepen their yoga practice beyond the basic foundation poses. Emphasis will be on seamlessly linking movement with the breath, to create a continuous fluid and rhythmic practice. Breath synchronized movement with intention, guided by either inhale or exhale and linked to essential yoga poses for health and well-being; and classic Asanas with deeper movement options for those who would like. Modifications using blocks and straps for better alignment will also be offered. This class will help you build strength, flexibility, increased mobility and cardiovascular health while calming the mind. Namaste!

INSTRUCTOR: Vivien Green

Tu	2:00-2:50 pm	Sep 8-22	\$19	\$15 RD
Tu	2:00-2:50 pm	Oct 6-20	\$19	\$15 RD
Tu	2:00-2:50 pm	Nov 3-17	\$19	\$15 RD
Tu	2:00-2:50 pm	Dec 1-15	\$19	\$15 RD
Tu	2:00-2:50 pm	Jan 5-19	\$19	\$15 RD
Tu	2:00-2:50 pm	Feb 2-16	\$19	\$15 RD



ABOUT THE GYM SPACE

With a wide variety of fitness programs in mind, our fitness studios are designed to serve in several different capacities. Fitness Room A has a soft, padded floor, perfect for lifting weights or taking balance classes, while Fitness Room B has a hardwood floor that is great for dancing.





Chair Yoga with Vivien

Chair Yoga is a gentle practice that adapts traditional yoga to using a chair for support, allowing participants to practice yoga while seated or standing. It can be more accessible for people with limited mobility, balance issues or those who find mat-based yoga challenging. This practice includes stretching, movement, breathing exercises and meditation to build strength, improve flexibility, enhance well-being and reduce stress and anxiety. It is ideal for beginners, those with chronic health conditions, and great for people of all ages and fitness levels.

INSTRUCTOR: Vivien Green

W	1:00-1:50 pm	Sep 2-23	\$25	\$20 RD
F	1:00-1:50 pm	Sep 4-25	\$25	\$20 RD
W	1:00-1:50 pm	Oct 7-21	\$19	\$15 RD
F	1:00-1:50 pm	Oct 9-23	\$19	\$15 RD
W	1:00-1:50 pm	Nov 4-25*	\$19	\$15 RD
F	1:00-1:50 pm	Nov 6-20	\$19	\$15 RD
W	1:00-1:50 pm	Dec 2-23	\$25	\$20 RD
F	1:00-1:50 pm	Dec 4-18	\$19	\$15 RD
W	1:00-1:50 pm	Jan 6-20	\$19	\$15 RD
F	1:00-1:50 pm	Jan 8-22	\$19	\$15 RD
W	1:00-1:50 pm	Feb 3-24	\$25	\$20 RD
F	1:00-1:50 pm	Feb 5-26	\$25	\$20 RD

*no class Nov 11

Beginner/Introductory Intermediate/Developing Adv./High Engagement

BALANCE & MOBILITY

Strength & Balance with Vivien

GET FIT & HAVE FUN doing a light intensity workout! Resistance training for the upper body, in the chair, using hand weights (optional) and repetitions along with a standing, weight bearing routine for the lower body, we will work all the major muscle groups: arms, shoulders, chest, abdominals, quadriceps, calves, hamstrings and more that can also improve your balance. Get your body “moving to the beat” of classic tunes from R&B, Disco, Pop and Soul!

INSTRUCTOR: Vivien Green

Tu	1:00-1:50 pm	Sep 1-22	\$25	\$20 RD
Th	1:00-1:50 pm	Sep 3-24	\$25	\$20 RD
Tu	1:00-1:50 pm	Oct 6-20	\$19	\$15 RD
Th	1:00-1:50 pm	Oct 8-22	\$19	\$15 RD
Tu	1:00-1:50 pm	Nov 3-24	\$25	\$20 RD
Th	1:00-1:50 pm	Nov 5-19	\$19	\$15 RD
Tu	1:00-1:50 pm	Dec 1-22	\$25	\$20 RD
Th	1:00-1:50 pm	Dec 3-17	\$19	\$15 RD
Tu	1:00-1:50 pm	Jan 5-19	\$19	\$15 RD
Th	1:00-1:50 pm	Jan 7-21	\$19	\$15 RD
Tu	1:00-1:50 pm	Feb 2-23	\$25	\$20 RD
Th	1:00-1:50 pm	Feb 4-25	\$25	\$20 RD



Fitness Programs: Yoga & Balance | 23





Prevent & Prosper: Fall Prevention with Kristina

Did you know that fourteen million, or 1 in 4 Americans age 65+, falls each year? Yet falls are NOT a NORMAL part of the aging process. Join Kristina Wolfe, a Credentialed Balance and Falls Professional and physical therapist for nearly 30 years, in a fall prevention circuit class designed with exercises backed by research to help prevent first and future falls. Classes will include warm up, progressive strengthening, progressive balance, and education on topics to help you prevent falls. Kristina is certified in the Otago Exercise Program which has been proven to reduce the risk for falls in older adults by 35-40%. This class will be based on exercises in this program and more. **INSTRUCTOR:** Kristina Wolfe

F	12:00-12:50 pm	Sep 4-25	\$25	\$20 RD
Tu	12:00-12:50 pm	Sep 8-29	\$25	\$20 RD
F	12:00-12:50 pm	Oct 2-30	\$32	\$25 RD
Tu	12:00-12:50 pm	Oct 6-27	\$25	\$20 RD
Tu	12:00-12:50 pm	Nov 3 - 24	\$25	\$20 RD
F	12:00-12:50 pm	Nov 6-20	\$19	\$15 RD
Tu	12:00-12:50 pm	Dec 1-22	\$25	\$20 RD
Tu	12:00-12:50 pm	Jan 5-26	\$25	\$20 RD
F	12:00-12:50 pm	Jan 8-29	\$25	\$20 RD
Tu	12:00-12:50 pm	Feb 2-23	\$25	\$20 RD
F	12:00-12:50 pm	Feb 5-26	\$19	\$15 RD

*no class Feb 12

Balance & Beyond

Are you worried about your balance? If so, this class is for you. Improve your balance and overall strength while getting a full body workout. Class includes dual-task exercises that will work both your brain and body to give you confidence in everyday life. The class combines chair & standing exercises. Modifications can be made. **INSTRUCTOR:** Marlene Silva

Tu	2:00-2:50 pm	Sep 1-29	\$19	\$15 RD
W	9:00-9:50 am	Sep 2-30	\$19	\$15 RD
Tu	2:00-2:50 pm	Oct 6-27	\$15	\$12 RD
W	9:00-9:50 am	Oct 7-28	\$15	\$12 RD
Tu	2:00-2:50 pm	Nov 3-Dec 15	\$23	\$18 RD
W	9:00-9:50 am	Nov 4-Dec 16	\$19	\$15 RD
Tu	2:00-2:50 pm	Jan 5-26	\$15	\$12 RD
W	9:00-9:50 am	Jan 6-27	\$15	\$12 RD
Tu	2:00-2:50 pm	Feb 2-23	\$15	\$12 RD
W	9:00-9:50 am	Feb 3-24	\$15	\$12 RD



Pole Walking Outdoors

Ever wonder why people in other countries typically use hiking poles when they walk? Are they only used for walking on uneven ground? Do you have to be unsteady to need to use them? Activator Poles(TM) are designed to amplify the exercise or walk you are doing by activating more muscles. Using your upper body as you advance the poles in addition to using your legs as you walk increases the number of calories you burn and the number of muscles you are strengthening. Activator Poles(TM) are used by fully able bodied people and those with movement disorders, instability, and/or pain. **INSTRUCTOR:** Kristina Wolfe



Tu	1:00-1:45 pm	Sep 8-29	\$20	\$16 RD
Tu	1:00-1:45 pm	Oct 6-27	\$20	\$16 RD
Tu	1:00-1:45 pm	Nov 3- Nov 24	\$20	\$16 RD

Pole Exercises in Sitting

This class is a great place to start if you have never tried Activator Poles, or if you have difficulty performing activity safely in standing. Activator Poles are exercise tools that allow more muscles to be “activated” during physical activity. You might think of them as walking poles but Kristina will instruct you on how to benefit from the specialty core grip on the Activator poles so that you can burn more calories and build more strength even when you’re sitting down. Each class will incorporate a warm up and stretching section. The intensity level for this class is low to moderate. **INSTRUCTOR:** Kristina Wolfe

Tu	2:00-2:50 pm	Dec 1-22*	\$19	\$15 RD
Tu	2:00-2:50 pm	Jan 5-26*	\$19	\$15 RD
Tu	2:00-2:50 pm	Feb 2-23*	\$19	\$15 RD

*no class Dec 8, Jan 12, Feb 9

Pole Exercises in Standing

Activator Poles(TM) by Urban Poling Inc. are designed to amplify the walk or exercise you are doing by activating more muscles and burning more calories. In fact, research shows that when utilized to their full potential, up to 90% of the muscles in our bodies are activated using their core grip handle. More Muscles with Activator Poles is a moderate-intensity workout set to fast-paced music in order to elevate your heart rate and get you breathing a little faster. The physical activity involved focuses on functional and core strength, balance, flexibility, and endurance. Walking will be performed intermittently during class and water breaks will be provided. Each class will have a warm up and stretching section.

INSTRUCTOR: Kristina Wolfe

Tu	3:00-3:50 pm	Sep 8-29	\$25	\$20 RD
Tu	3:00-3:50 pm	Oct 6-27	\$25	\$20 RD
Tu	3:00-3:50 pm	Nov 3-24	\$25	\$20 RD
Tu	3:00-3:50 pm	Dec 1-22	\$25	\$20 RD
Tu	3:00-3:50 pm	Jan 5-26	\$25	\$20 RD
Tu	3:00-3:50 pm	Feb 2-23	\$25	\$20 RD



Beginner/Introductory Intermediate/Developing Adv./High Engagement

Fitness Programs: Balance & Mobility | 25



TAI CHI AND MIND BODY MOVEMENT

Qigong with “G”

This class requires no prior experience, Qigong (pronounced chee gong) involves gentle, flowing movements combined with focused breathing and mindful intention to cultivate overall well-being. It’s a practice rooted in traditional Chinese medicine, promoting physical and mental health by regulating the mind, breath, and body’s posture. Qigong is an ancient Chinese practice that promotes effortless movement that is achieved through slow movements, deep breathing, and a calm, meditative state of focused intention. Qigong is like Tai Chi but it’s NOT. Qigong is a bit simpler because there is no standard routine to learn. Come and learn the Art of Slow Moving Mediation. **INSTRUCTOR:** Glenn “G” Gargano

Tu	9:00-9:50 am	Sep 1-Nov 17	\$69	\$55 RD
Tu	10:00-10:50 am	Sep 1-Nov 17	\$69	\$55 RD
M	12:00-12:50 pm	Sep 14-Nov 30	\$63	\$50 RD
Tu	9:00-9:50 am	Dec 1-Feb 16	\$69	\$55 RD
Tu	10:00-10:50 am	Dec 1-Feb 16	\$69	\$55 RD
M	12:00-12:50 pm	Dec 7-Feb 22	\$56	\$45 RD

Tai Chi with “G” Explore the Journey

Exploring the Journey class members, will continue their practice of the 108 forms of Tai Chi, Yang Style, (Modified). This session will assist the participant to deeper into their practice of Section I-III. This is an upper level class that provides direction, practice and aids in self discovery and exploration of Wu wei (effortless action) known as the natural flow of each form. All participants must have completed Tai Chi with “G”, Beyond Beginner to enroll in this class. **INSTRUCTOR:** Glenn “G” Gargano



M/W	10:00-10:50 am	Sep 2-Nov 30	\$125	\$100 RD
M/W	10:00-10:50 am	Dec 2-Feb 17	\$119	\$95 RD



Tai Chi with “G” Introduction to Tai Chi

Tai Chi with “G”: Introduction to Tai Chi. Learn the 1st - 24th movements, (Forms) of the most popular and widely practiced style of Tai chi in the world today. This class is for new participants; no prior experience is needed. Taught in a relaxed and enjoyable setting. No stress, No worries! Start your Fall off learning Tai Chi, Yang style, (Modified). This style of Tai chi is a series of sequenced, slow movements and graceful exercises that combine guided motion, meditation, and rhythmic breathing to improve well-being. Preliminary research suggests that Tai chi may reduce stress, lower blood pressure, and help older adults by improving posture, balance, muscle tone, flexibility, and strength.

INSTRUCTOR: Glenn “G” Gargano

M	11:00-11:50 am	Sep 14-Nov 30	\$63	\$50 RD
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Tai Chi with “G” Beyond Beginner

This class will allow participants to grow further in their Tai Chi practice and assist them in the exploration of Section I-III of the 108 forms of the Tai Chi, Yang Style, (Modified) set. Tai Chi with “G”: Beyond Beginner: This class is designed for those participants who wish to move beyond the basics of Yang style Tai chi. All participants must have completed the Introduction to Tai Chi with “G” class to enroll.

INSTRUCTOR: Glenn “G” Gargano

W	11:00-11:50 am	Sep 2-Nov 18	\$63	\$50 RD
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Tai Chi with “G” Beyond the Basics

This class will allow participants to grow further in their Tai Chi practice and assist them in the exploration of Section I-III of the 108 forms of the Tai Chi, Yang Style, (Modified) set. This class is designed for those participants who wish to move beyond the basics of Yang style Tai chi. All participants must have completed the Introduction to Tai Chi with “G” class to enroll. **INSTRUCTOR:** Glenn “G” Gargano

M/W	11:00-11:50 am	Dec 2-Feb 17	\$119	\$95 RD
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Beginner Tai Chi with a PT

Practicing tai chi has many researched health benefits including improved balance, better situational awareness, lower stress, and improved overall health. It also has been proven to reduce the risk for falls when practiced regularly. Join Kristina for a beginner Tai Chi class! With an emphasis on posture, balance, and improving the mind-body connection, Kristina Wolfe provides instruction in Sun style tai chi through the lens of a physical therapist and fall prevention specialist. Improve your balance and learn grounding posture, breath work, weight transference, and dual tasking through the meditative practice of tai chi. Using Dr. Paul Lam’s Tai Chi for Arthritis and Fall Prevention as the foundation for this class, you will learn how to move more gracefully without putting extra strain on your joints. Requirements to participate safely include low risk for falls, the ability to stand for approximately 45 minutes independently, and well fitting shoes and loose comfortable clothing. Weekly attendance is recommended. Due to the progressive nature of this class, we do not accept new students after the second lesson. **INSTRUCTOR:** Kristina Wolfe



M	5:30-6:15 pm	Sep 14-Oct 26	\$44	\$35 RD
Tu	4:00-4:50 pm	Sep 8-Oct 27	\$50	\$40 RD
Tu	4:00-4:50 pm	Jan 5-Feb 23	\$50	\$40 RD

Next Level Tai Chi with a PT

This class is designed for those participants who wish to move beyond the basics and complete the Sun Style Tai Chi set by Dr. Paul Lam known as Tai Chi for Arthritis and Fall Prevention and Tai Chi 2. All participants must have completed the Beginner Tai Chi class in order to register for this class. Research suggests that Tai chi may positively impact your health including stress reduction, lower risk for falls, and improved blood pressure. With an emphasis on posture, balance, and improving the mind-body connection, Kristina Wolfe provides instruction in Sun style tai chi through the lens of a physical therapist and fall prevention specialist. Improve your balance and learn grounding posture, breath work, weight transference, and dual tasking through the meditative practice of tai chi. Recent practice and understanding of Sun style tai chi, specifically the forms in Dr. Paul Lam’s arthritis and fall prevention set is required. Requirements to participate safely include low risk for falls, the ability to stand for approximately 45 minutes independently, and well fitting shoes and loose comfortable clothing. Weekly attendance is recommended. Due to the progressive nature of this class, we do not accept new students after the second lesson. **INSTRUCTOR:** Kristina Wolfe

M	6:25-7:10 pm	Sep 14-Oct 26	\$44	\$35 RD
M	5:30-6:15 pm	Nov 2-Dec 21	\$50	\$40 RD
Tu	4:00-4:50 pm	Nov 3-Dec 22	\$50	\$40 RD

BENEFITS OF TAI CHI

Tai Chi is a gentle, low impact form of movement that supports balance, flexibility, and overall well being. Its slow, flowing motions make it ideal for older adults of all fitness levels, especially those looking for a calm and mindful way to stay active. Regular practice can help improve coordination, reduce stress, increase muscle strength, and enhance mobility. Many participants also find that Tai Chi boosts mental focus and promotes a sense of relaxation and stability.





Practice Tai Chi with a PT

Group practice of Tai Chi is a great way to improve your skills and enjoy community with others who perform Tai Chi. With an emphasis on posture, balance, and improving the mind-body connection, Kristina provides instruction in Sun style tai chi based on the style of Dr. Paul Lam. She provides her unique twist on it as she teaches through the lens of a physical therapist and fall prevention specialist. During this class we will practice the Sun style forms you learned in my Beginner's Tai Chi, Next Level Tai chi or Tai Chi 73 class. We will continue working to improve our ability to perform the movements with the slowness and balance Tai Chi requires. If you haven't learned the movements in Tai Chi 2 or the first 2 sections of the 73 by Dr. Paul Lam, we will be practicing these as well so come prepared to learn as well as practice what you already know. Intensity level is low however, recent practice and understanding of Sun style tai chi, specifically the forms in Dr. Paul Lam's arthritis and fall prevention set is required. **INSTRUCTOR:** Kristina Wolfe

M	6:25-7:10 pm	Nov 2-30	\$32	\$25 RD
M	6:25-7:10 pm	Dec 7-Dec 21	\$19	\$15 RD
F	2:00-2:50 pm	Sep 4-18	\$19	\$15 RD
F	2:00-2:50 pm	Oct 9-30	\$25	\$20 RD
F	2:00-2:50 pm	Nov 6-20*	\$13	\$10 RD
F	2:00-2:50 pm	Jan 8-22*	\$13	\$10 RD
F	2:00-2:50 pm	Feb 5-19*	\$13	\$10 RD

*no class Nov 13, Jan 15, Feb 12

The 73 Part 1: Tai Chi with a PT

Practicing tai chi has many researched health benefits including improved balance, better situational awareness, lower stress, and improved overall health. It also has been proven to reduce the risk for falls when practiced regularly. With an emphasis on posture, balance, and improving the mind-body connection, Kristina Wolfe provides instruction in Sun style tai chi through the lens of a physical therapist and fall prevention specialist. Improve your balance and learn grounding posture, breath work, weight transference, and dual tasking through the meditative practice of tai chi. Recent practice and understanding of Sun style tai chi, specifically the forms in Dr. Paul Lam's Tai Chi For Arthritis and Fall Prevention OR previous practice in the 73 is required. This is an advanced set and challenges balance more so than Tai Chi For Arthritis and Fall Prevention. . Requirements to participate safely include low risk for falls, the ability to stand for approximately 45 minutes independently, and well fitting shoes and loose comfortable clothing. Weekly attendance is recommended. Due to the progressive nature of this class, we do not accept new students after the second lesson.

INSTRUCTOR: Kristina Wolfe

Tu	2:00-2:50 pm	Jan 5-Mar 16*	\$50	\$40 RD
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*no class Jan 12, Feb 9, Mar 9



The 73 Part 2: Tai Chi with a PT

Practicing Tai Chi has many researched health benefits including improved balance, better situational awareness, lower stress, and improved overall health. It also has been proven to reduce the risk for falls when practiced regularly. With an emphasis on posture, balance, and improving the mind-body connection, Kristina Wolfe provides instruction in Sun style tai chi through the lens of a physical therapist and fall prevention specialist. Improve your balance and learn grounding posture, breath work, weight transference, and dual tasking through the meditative practice of tai chi. Weekly attendance is recommended. Intensity level is low however, recent practice and understanding of Sun style tai chi, specifically the forms in Dr. Paul Lam's arthritis and fall prevention set is required. **INSTRUCTOR:** Kristina Wolfe

Tu	2:00-2:50 pm	Sep 15-Dec 22*	\$75	\$60 RD
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*no class Oct 13, Nov 10, Dec 8

DANCE INSTRUCTION

Two Left Feet Line Dance - Level 1

This class is for those new to line dance and those needing a refresher. You will learn fun & easy to-follow dances to many different types of music. Expect to start at the beginning, learn the basics, and then gradually progress to next-level routines. Each class will review the dances from the previous week and introduce new ones. No dance experience is necessary. Moderate intensity level. Elevates the heart rate and demands a noticeable yet manageable effort. Quickens breathing but typically allows conversation. May spark a light-to-moderate sweat within 10-15 minutes. Typically 45-60 minutes of movement (e.g., standing, walking, dancing, reaching, etc.) calling for moderate flexibility, muscle strength, and endurance. **INSTRUCTOR:** Cindy Hadden

Tu	3:00-3:50 pm	Sep 15-Oct 20	\$30	\$24 RD
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Beginner/Introductory Intermediate/Developing Adv./High Engagement

Line Dance - Level 2: Next Steps

Line Dance - Level 2 encourages participants to develop a good understanding of line dance fundamentals. A step up from Level 1 (Two Left Feet), this class continues to emphasize the basics but moves at a faster pace than Level 1 and with slightly less repetition. Many participants start at this level. Dances may include popular dances performed in social venues (Electric Slide, Cupid Shuffle, etc.), contra line dances (two lines of dancers face each other), and circle dances. In these classes, you will move your body, train your brain, and have fun! Moderate intensity level. Elevates the heart rate and demands a noticeable yet manageable effort. Quickens breathing but typically allows conversation. May spark a light-to-moderate sweat within 10-15 minutes. Typically 45-60 minutes of movement (e.g., standing, walking, dancing, reaching, etc.) calling for moderate flexibility, muscle strength, and endurance. Line Dance - Level 1 or equivalent experience required.

INSTRUCTOR: Cindy Hadden

Th	12:00-12:50 pm	Sep 3-Oct 22	\$35	\$28 RD
Th	12:00-12:50 pm	Nov 5- Dec 17*	\$30	\$24 RD
Th	12:00-12:50 pm	Jan 7-Feb 18	\$35	\$28 RD

*No class Nov 26



Fitness: Tai Chi & Dance Instruction | 29





Tap Dance - Level 1: Absolute Beginner

Tap 1 introduces participants to the noisy exuberance of tap dance while emphasizing good technique. No tap dance experience necessary. If you are just getting started or need a refresher, this is the class for you. Absolute beginners welcome. Tap dance promotes artistic expression, physical fitness (cardiovascular health, strength, and balance), and mental acuity. It is music, dance, rhythm, fitness, and fun! Moderate intensity level. Elevates the heart rate and demands a noticeable yet manageable effort. Quickens breathing but typically allows conversation. May spark a light-to-moderate sweat within 10-15 minutes. Typically 45 - 60 minutes of movement (e.g., standing, walking, dancing, reaching, etc.) calling for moderate flexibility, muscle strength, and endurance. Consider tap shoes with low, wide heels. These can be lace-up, pull-on, or strap styles. **INSTRUCTOR:** Cindy Hadden

Th	1:00-1:50 pm	Sep 3-Oct 22*	\$35	\$28 RD
Th	1:00-1:50 pm	Jan 7-Feb 18	\$35	\$28 RD

*No class Sep 10

Advanced Line Dance - Level 3

This class builds on a solid understanding of line dance basics by introducing next-level routines. It is for more experienced dancers who have mastered line dance basics. Dances may include tags and restarts, some turns, and, infrequently, syncopation. The class will move at a faster pace with 6-8 dances per class. These classes are a wee bit of challenge and a whole lot of fun! Moderate intensity level. Elevates the heart rate and demands a noticeable yet manageable effort. Quickens breathing but typically allows conversation. May spark a light-to-moderate sweat within 10-15 minutes. Typically 45-60 minutes of movement (e.g., standing, walking, dancing, reaching, etc.) calling for moderate flexibility, muscle strength, and endurance. Line Dance - Level 2 or equivalent experience required.

INSTRUCTOR: Cindy Hadden

Th	11:00-11:50 am	Sep 3-Oct 22	\$44	\$35 RD
Th	11:00-11:50 am	Nov 5- Dec 17*	\$38	\$30 RD
Th	11:00-11:50 am	Jan 7-Feb 18	\$44	\$35 RD

*No class Nov 26

Tap Dance - Level 2: Beyond the Basics



Tap 2: Beyond the Basics continues to develop each participant's understanding of tap through well-known combinations that build on foundational skills. These combinations follow a clear format that positions students to transition confidently to the next level of dance. A Tap 2 class series features a takeaway dance routine so students can continue to practice the combinations after the series is complete. Tap 2 is a great fit if you're enjoying tap and want to feel more comfortable and confident with common steps. Tap 1 or equivalent experience required. Consider tap shoes with low, wide heels. These can be lace-up, pull-on, or strap styles. **INSTRUCTOR:** Cindy Hadden

Th	1:00-1:50 pm	Nov 5-Dec 17*	\$30	\$24 RD
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*No class Nov 26





GAMES & ACTIVITIES

Our Games & Activities section is all about fun, friendship, and staying engaged. We offer a variety of social programs, ranging from classic card and board games to music and crafts.

GAMES

Mexican Train Dominoes

Mexican Train is an extremely popular domino game that's easy to learn and fun to play. Each player is dealt an equal amount of dominoes and the goal to try to get rid of as many dominoes as possible and have the lowest score based on the dominoes remaining.

F	9:15 am-12:30 pm	Ongoing	Free
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Open Ping-Pong

Join us for a fun and friendly session of open ping pong play! Whether you're a seasoned player or just picking up a paddle for the first time, this is a great opportunity to stay active, sharpen your reflexes, and enjoy light-hearted competition with friends. All skill levels are welcome, and equipment is provided. Come for the exercise, stay for the laughter, and enjoy a lively way to connect with others in the community.

F	1:00-3:00 pm	Ongoing	Free
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Wednesday Bingo

Join us for a fun and Free Bingo! This relaxed, social gathering is perfect for meeting new friends, enjoying familiar faces, and sharing plenty of laughs. Whether you're a longtime bingo fan or trying it for the first time. We provide everything you need, along with chances to win small prizes and enjoy a lively afternoon in a welcoming community space. Come for the game, stay for the camaraderie! First come first serve, members only.

W	12:00-1:30 pm	Ongoing	Free
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Backgammon/Chess Open Play

Join us for an enjoyable session of open play featuring two classic strategy games: chess and backgammon. Whether you're an experienced player or just curious to learn, this relaxed gathering offers a great opportunity to challenge your mind, sharpen your skills, and enjoy friendly conversation. All skill levels are welcome, and equipment is provided. Drop in, take a seat, and enjoy a thoughtful, social afternoon with fellow community members.

Th	9:30 am-12:00 pm	Ongoing	Free
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Euchre

Trick-taking card game played with a deck of 24, 28, or 32 standard playing cards. A game is normally played with four players, two on each team. Beginners and experienced players welcomed!



Th	12:30-2:30 pm	Ongoing	Free
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 Beginner/Introductory  Intermediate/Developing  Adv./High Engagement

Games & Activities: Games | 31





Mahjong

American Mahjong - Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is played by four players per table. Tables begin with 4 players with rotation in substitutes.

Th	1:00-4:00 pm	Ongoing	Free
Tu	11:00 am-3:00 pm	Ongoing	Free

Pinochle

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.

Th	1:00-4:00 pm	Ongoing	Free
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Samba (Card Game)

Join us for a casual game of Samba in a relaxed, social setting! This drop-in program is designed for participants who are familiar with the game and would like to play at their own pace. There is no instructor present, so participants are encouraged to come ready to play, connect with others, and enjoy a friendly game environment.

Tu	1:00-3:00 pm	Ongoing	Free
Th	1:00-3:00 pm	Ongoing	Free

Sunny Samba Card Club

If you have ever enjoyed Canasta or Hand and Foot, you could easily learn the slow-paced game of Samba. Preferably, it is played with teams of 2 or 3 (4-6 players per table). Anyone is welcome to participate-new or experienced!

Th	1:00-3:00 pm	Ongoing	Free
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Crokinole

Crokinole, commonly referred to as "the most fun game you never heard of." Crokinole is a disk-flicking dexterity board game, possibly of Canadian origin, similar to the games of pitchnut and carrom, with elements of shuffleboard and curling reduced to table-top size. Players take turns shooting discs across the circular playing surface, trying to land their discs in the higher-scoring regions of the board, particularly the recessed center hole of 20 points, while also attempting to knock opposing discs off the board, and into the "ditch."



2 nd & 4 th M	3:00-5:00 pm	Ongoing	Free
3 rd W	2:00-4:00 pm	Ongoing	Free

Board Games Friday

Do you remember playing Trivial Pursuit, Cribbage, Mexican Train Dominoes, Scrabble? Brush up on your skills and kick off the weekend with fun and friendship at Board Games Friday! Join us for a relaxed afternoon filled with classic and contemporary board games, great conversation, and plenty of laughs. If you enjoy strategy, luck, or lighthearted play, there's a spot at the table for you. All skill levels are welcome, and games are provided, or you can bring your own! Drop in, pull up a chair, and enjoy a warm, social start to your Friday with fellow community members.

F	1:00-4:00 pm	Ongoing	Free
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ACTIVITIES

Woodcarving

Build confidence in working with tools and creating projects. One on one instruction with any project. Bring your own projects and furnish your own tools. Tools needed are bench knife, V tool, #9 gouge.

Th	1:00-3:00 pm	Ongoing	Free
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Acoustic Jam

Traditional, Folk, Bluegrass, Country, Rock and Pop music welcome. Open to all ages and skill level. All musical instruments are welcome (guitar, ukulele, voice, banjo, violin, mandolin etc.) Bring your own instruments, sing along or just listen!

2 nd Th	2:00-4:00 pm	Ongoing	Free
4 th Th	2:00-4:00 pm	Ongoing	Free

Dulcimer Jam

Let's have some fun, join us for a relaxed dulcimer jam! All players are welcome—beginners to experienced. Bring your dulcimer and enjoy making music together in a friendly, supportive setting.

F	10:00-11:00 am	Ongoing	Free
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 Beginner/Introductory  Intermediate/Developing  Adv./High Engagement

Being active is good for you.





GROUPS & CLUBS

Whether you're interested in books, crafts, discussion groups, or hobby-based meetups, there's a place for everyone with many opportunities to connect with others who share your interests.



Golden Hookers Knitting Group

Ok...Ok...We didn't pick their name. The Golden Hookers Group meets every Monday from 9 am-Noon. Bring along your knitting project and knit socially with others. Share your skills, have a chat with new friends, learn new stitches and enjoy your Golden Years. Absolute beginners are always welcome and there is always someone who can teach you the basics.

M	9:00 am-12:00 pm	Ongoing	Free
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Knit & Crochet Group

Join fellow knitting and crochet enthusiasts for a social gathering where participants work on projects, share ideas, and enjoy needlework together.

Tu	9:00 am-12:00 pm	Ongoing	Free
Th	9:00 am-12:00 pm	Ongoing	Free

Simply Quilts

Quilting has been practiced since the 13th century. If you have a love for quilting or working on a project and need friends to help and support, Simply Quilts is for you. This is a drop in, self instruction activity. Wednesdays from 9am-Noon.

W	9:00 am-12:00 pm	Ongoing	Free
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Shag Club

Join us for Shag, a smooth and easy partner dance. This relaxed session offers a great opportunity to practice steps, enjoy the music, and connect with others who love to dance. All skill levels are welcome.

Th	3:00 pm-4:30 pm	Ongoing	Free
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Bookworms Book Club

Meetings are held on the second Wednesday of each month from 1-2pm in the WFCOA Library. No registration needed; all WFCOA members are welcome, regardless of whether they've read the book. At each session,

we share lively discussions about that month's selected book, exchange recommendations for future reads, and enjoy connecting over our shared love of literature. Whether you're a devoted reader or just curious, our club is a great place to meet new friends and discover interesting stories together.



2 nd W	1:00-2:00 pm	Ongoing	Free
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Grief Support Group

Monthly Grief Support Group provided by Heartland Hospice. The group is open for anyone to attend.

Keith, a bereavement coordinator for Heartland is the group facilitator. He has 35 years of providing pastoral care to congregations and 3 years of experience as a grief counselor for Heartland. This support is at no cost, and you do not need to make an appointment or be a member of WFCOA to participate in the group. Everything discussed in the support group is confidential which is part of the covenant agreement for participating. We hope you will consider joining us if you are currently on your personal grief journey.



3 rd Tu	2:00-3:00 pm	Ongoing	Free
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Caregiver Support Group

This group offers support for family members who are caring for an aging loved one or someone experiencing cognitive decline. The session will provide practical tools, emotional support strategies, and guidance on navigating common challenges such as communication changes, safety concerns, daily care routines, and caregiver stress. Provided by Cornerstone Caregiving.

4 th M	5:00 pm-6:00 pm	Ongoing	Free
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Page Turners Book Club

Join us, fellow readers, for our monthly Page Turners Book Club—a welcoming space for lively conversation, fresh perspectives, and a shared love of great stories. Each month, we explore a different book chosen to spark discussion and connection. Whether you're an avid reader or simply enjoy a good book now and then, you're invited to pull up a chair, share your thoughts, and discover new favorites among friends. All are welcome, and no prior book club experience is needed!

W	1:00-3:00 pm	Sep 23	Free
W	1:00-3:00 pm	Oct 28	Free
W	1:00-3:00 pm	Nov 25	Free

Genealogy Club

The Genealogy Club consists of people who are interested in researching their family history. We share how to do family research, what tools are available, and how to get help on family “brick walls.” We have a mentoring program to help members who are new to this endeavor. “Newbies” will be paired with a club member who will work one-on-one to help the person get started on this type of research. Examples such as how to:

- Use online websites (paid or free)
- Find citizenship, birth, death, marriage records, etc.
- Find family members serving in the military.
- Date photographs.
- Trace our ancestor's move to America.
- Create family trees.
- Safely collect, organize, and store the research we find.
- Find “invisible” women, slaves, or indigenous people.

We also occasionally take field trips to area libraries or historical archives, who can provide one-on-one genealogical help.

When our meetings have presentations, we usually record them, making the videos available on YouTube for watching anytime afterward.

2 nd & 4 th W	11:30 am-1:00 pm	Ongoing	Free
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Beginner/Introductory Intermediate/Developing Adv./High Engagement

Groups & Clubs | 35





HEALTH & WELLNESS

The WFCOA offers a variety of resources to help you stay proactive about your health, build healthy habits, and access reliable information in a supportive community setting.

Multiple Sclerosis Support Group

This group provides a chance for individuals with MS and their care partners to share common experiences and concerns, provide and receive emotional support, and get information on various aspects of living well with MS.

Topics to be discussed:

- Emotional well-being
- Special issues facing African-American and Hispanic people with Multiple Sclerosis
- Hacks and assistive devices
- Diet and nutrition
- Exercise

2 nd M	4:30-5:30 pm	Ongoing	Free
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Parkinson's Group

Are you in the early stages of Parkinson's Disease (PD)? Please join us for an inviting open discussion of Parkinson's Disease, sharing of experiences and Parkinson's related education. The early goal is to equip us to be "prosumers" of PD related healthcare, by exchanging information, choosing topics for discussion and offering collective support. Each month there is a different presenter or discussion on a variety of topics relating to the health and wellbeing of persons living with Parkinson's disease and their care partners. For more information please contact Resources for Seniors, 984.232.4215.



2 nd Tu	1:00-2:30 pm	Ongoing	Free
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Cooking with Essential Oils

Learn how to safely and simply cook with essential oils to add fresh, vibrant flavor to your everyday meals. In this class, you'll discover which oils are best for cooking, how to use them correctly, and easy ways to enhance your favorite recipes. You'll also get to sample a few delicious ideas, a Free eBook with recipes, and leave inspired to try them at home! **INSTRUCTOR:** Paula Annas

Tu	10:00-11:00 am	Sep 15	\$13	\$10 RD
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Skin Care Over 50

Discover simple, natural ways to care for your skin as it changes over time. In this class, we'll talk about hydration, reducing the appearance of fine lines, and supporting healthy, glowing skin without harsh chemicals. You'll also make a nourishing facial serum to take home and enjoy. **INSTRUCTOR:** Paula Annas

Tu	10:00-11:00 am	Oct 13	\$13	\$10 RD
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Memory & Brain Support

Our minds are meant to stay active and engaged at every age. Join us to learn easy ways to support memory and focus through nutrition, daily habits, and essential oils. You'll also create your own roller to take home and use throughout your day.

INSTRUCTOR: Paula Annas

Tu	10:00-11:00 am	Nov 17	\$13	\$10 RD
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RD = Resident Discount



Balancing Blood Sugar Naturally

Small changes can make a big difference when it comes to blood sugar. We'll talk through practical tips to support your body through balanced meals, simple habits, and essential oils. You'll also make a simple essential oil roller to take home and enjoy.

INSTRUCTOR: Paula Annas

Tu	10:00-11:00 am	Jan 12	\$13	\$10 RD
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Managing Pain Naturally

Chronic pain and inflammation don't have to control your life. In this empowering class, you'll discover natural, effective strategies to feel better without harsh medications. We'll cover healthy food swaps that reduce inflammation, essential oils that soothe pain, and smart supplementation to support joint, muscle, and nerve health. Each participant will make a pain-support roller bottle to take home!

INSTRUCTOR: Paula Annas

Th	10:00-11:00 am	Feb 11	\$13	\$10 RD
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Triangle Aphasia Group

Aphasia is a communication disorder that does NOT impact intelligence or memory, rather a person's ability to use language in the forms of speech, writing, reading, and listening. Imagine knowing exactly what you want to say without being able to get it out. Triangle Aphasia Project, gives hope, determination, purpose and engagement to individuals with aphasia through group sessions, family trainings and more. In Partnership with Elevate Speech Services.

T	2:00 pm-3:00 pm	Ongoing	Free
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Life's Challenges Support Group

Life can be hard and it can change so quickly. Having someone to talk to or just listen, to share experiences and personal journeys could be the support you need. Life's challenges are difficult situations or feelings that can be emotionally draining.

They can include:

- Grief and loss: The death of a loved one or the end of a relationship
- Mental health: Anxiety, depression, and other mental health issues
- Physical health: Illness, injuries, and other physical health issues
- Financial difficulties: Poverty, money troubles, and other financial challenges
- Relationships: Family problems, romantic issues, and workplace conflicts
- Loneliness: Feeling isolated or disconnected from others
- Discrimination: Unfairness, inequality, and other forms of discrimination
- Stress: Work-related stress and other sources of stress
- Substance use: Smoking, drinking, drug use, and gambling

This group meets the third Monday of every month at 2 pm. Facilitation driven by attendees.

3 rd M	2:00-3:00 pm	Ongoing	Free
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More programs and events are offered through Wake Forest Parks, Recreation & Cultural Resources.

For a wide variety of programs throughout Wake Forest, view the latest edition of RecConnect or see all programs on RecDesk. We offer programs and events for all ages and interests!

Learn more at wakeforestnc.gov, search "Parks, Recreation & Cultural Resources."



COMMUNITY RESOURCES

Find helpful services, benefits, and programs available throughout the Wake Forest area, even beyond the walls of the Center for Active Aging.



Meals on Wheels of Wake County

The Wake Forest Center for Active Aging is a Friendship Cafe location for Meals on Wheels of Wake County. Our Friendship Cafe is a space for seniors to eat with peers and enjoy experiences together. Friendship Cafe provides much needed social connections that are proven to improve both health and wellness.

If you would like to sign up or have questions, please contact Ann Casey at 480.612.1767 or at ann@wakemow.org.

Seniors' Health Insurance Information Program (SHIIP)

The Seniors' Health Insurance Information Program is a Free, unbiased counseling service available to Medicare beneficiaries and their families. SHIIP counselors provide guidance on Medicare enrollment, prescription drug plans, Medicare advantage, and long-term care insurance.

If you would like to more information, please call the WFCAA at 919.554.4111.

Resources For The Aging Population

Staff at the Wake Forest Center for Active Aging can assist with information and services regarding transportation, financial assistance, nutrition, health, public benefits, support groups, and more.



Volunteer And Civic Engagement Opportunities

We offer a variety of volunteer opportunities for all ages at the WFCAA. A few opportunities include hospitality, programs, special events, and technology assistance.

If you are interested in volunteering with us, please visit wakeforestnc.gov and search "volunteer."



Play. Compete. Thrive!

Discover the excitement of friendly competition and healthy living through Wake County Senior Games! Adults 50 years and older are invited to participate in a wide variety of athletic, creative, and performing arts events! Connect with others from across the county and even the state!



Athletic Events May Include:

Pickleball	Cornhole	Softball Throw
Swimming	Bocce	Football Throw
Table Tennis	Chess	Road Races
Basketball	Tennis	& Much More!
Golf	Crokinole	
Walking & Track	Cycling	

Silver Arts May Include:

Pottery	Music	Knitting
Painting	Theatrical Arts	Crochet
Drawing	Essays	Quilting
Photography	Short Stories	& Much More!
Woodcarving	Poetry	
Dance	Basket Weaving	



For more information or to register, visit wcseniorgames.com

Questions? Contact the WFCOA for assistance with registration or to learn more about participating.

919.554.4111 | ztaylor@wakeforestnc.gov

Registration Information

Early Bird: February 1–15
(\$5.00 discount)

Standard: February 16–March 1

Please note: There may be an extra fee related to specific events.



- ◆ Performances
- ◆ Camps & Classes



WAKE FOREST
RENAISSANCE
CENTRE
FOR THE ARTS



405 S. Brooks St., Wake Forest
919.435.9458

wakeforestrencen.org





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wakeforestnc.gov
search "Center for Active Aging"

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SPECIAL EVENTS



ART PROGRAMS



EDUCATION PROGRAMS



FITNESS PROGRAMS



GAMES & ACTIVITIES



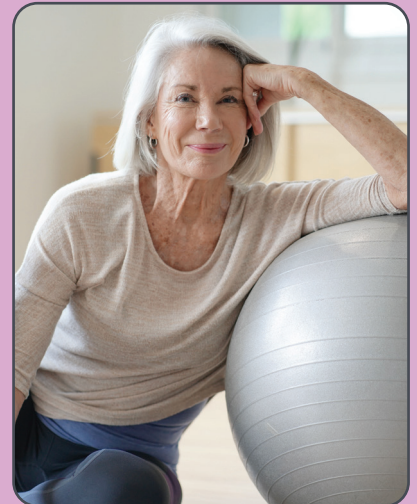
GROUPS & CLUBS



HEALTH & WELLNESS



COMMUNITY RESOURCES



"I keep coming back to the Center for the friendships,
the laughter, the conversations and there is always
something to learn!" – *Marion B.*