

# Legend



## MINECRAFT MODDING QUEST

### Minecraft Modding Quest Virtual Ages 8-11

Minecraft Modding Quest 1: We start from the very basics of coding concepts in this fun-filled class. Students solve puzzles by coding an agent in the Minecraft game to move, take actions, and react to the environment. We will cover core coding concepts including sequence, conditional, loop, and more.

Minecraft Modding Quest 2: Students start to spend more time building open-ended projects in part 2, which allows them to expand their imaginations and be creative even more easily. We also advance to teach intermediate coding concepts such as variables, event, and function.

Minecraft Modding Quest 3: Build your own battle game that fights off zombies and see who is better at the rock, paper, scissors game you build in Minecraft! This is the last of the series of coding classes based on Minecraft Education Edition. We will practice and learn more about how to use variables and functions to make our code a lot more efficient and reusable by building two fun games.

Day & Time: Mondays: 5:30 - 6:25 pm

Session: Jan. 22-Apr. 8

Fee: Resident - \$197, Non-Resident - \$247

Class # 15812

## AIKIDO FOR KIDS

### Aikido For Kids Ages 6-12

Aikido is a modern, non-violent Japanese traditional martial art developed by Morihei Ueshiba. Unlike Karate and Tae Kwon Do, Aikido focuses not on punching or kicking opponents, but rather on using their own energy against them and to gain control of them or to redirect and throw them away from you. "Dogi" or Aikido "Gi" is the basic costume worn by all Aikido students, which is a requirement and may be purchased online or from the instructor. All testing requirements are based on the traditional requirements from Aikikai Foundation Hombu Dojo in Japan, as a minimum. Typical class on Aikido for Children teaches students to gradually understand the physical principles of Aikido and to develop the child's ability on the following areas: Self-discipline, Self-confidence, Self-control, Self-awareness, and Self Defense.

Day & Time: Saturday; 2:00pm - 3:30pm

Session 1: Jan. 6 - Jan. 27

Session 2: Feb. 3 - Feb. 24

Session 3: Mar. 2 - Mar. 23

Session 4: Apr. 6 - Apr. 27

Location: Jimmy Johnson Room

Instructor: Sensei Moe

Fee: Resident - \$30, Non-Resident - \$38

Class # 15942

## YOUTH PICKLEBALL

### Youth Pickleball Clinic Ages 8-12

The Beginner's class will introduce Pickleball and provide a good foundation for learning the game for both players with some experience and players who are just getting started. The class will include the rules and fundamentals of the game, skill development and open game play for the students. Skills to be taught include: Serving/Returning, Groundstrokes, Volleys and Dinks as well as when to use each stroke.

Day & Time: Tuesdays; 3:30pm - 4:30pm

Session 1: Jan. 9 - Feb. 6

Session 2: Feb. 13 - Mar. 12

Session 3: Mar. 19 - Apr. 16

Fee: Resident - \$85, Non-Resident - \$107

Location: Community Center Gym

Instructor: Newton, Don

Class # 15872

## HOME SCHOOL DANCE FITNESS

### Home School Dance Fitness Ages 7-12

A fun paced class for all who like to move and express themselves to music! We will learn how to move our bodies creatively with various styles of dance. Wear comfortable athletic clothes as we learn lots of new fun skills!

Day & Time: Thursdays, 1:00pm-2:00pm

Session 1: Jan. 11 - Feb. 1

Session 2: Feb. 22 - Mar. 14

Session 3: Apr. 4 - Apr. 25

Location: Activity Room

Instructor: Parsons, Trinity

Fee: Resident- \$48, Non-Resident- \$60

Class # 15804

## CONSCIOUS WARRIOR

### Conscious Warrior Martial Arts **Ages 4+**

Karate is the best form of self-defense and flexibility-related art a child can learn. The instructor has 30 years knowledge in martial arts and teaches, the classic styles of Goju-Ryu and Shotokan styles. Classes are continuous with no start or ending sessions. Students are eligible to be invited to test after 16 classes. Beginner students have the chance to earn their white belt after 6 classes. There are no uniform requirements, other than gym/loose fitting clothes. Saturday classes are intended for teens and adults (Ages 13 & Older) and all advanced belt students. Thursday classes (Ages 4 & Older) will focus on basic principles, foundations of kata, self defense, shadow and flag sparring, with sparring and martial arts tools in the advanced time slot only

Day & Time: Advanced Class - Thursday evenings 6-7:30, Beginners Class - 6-6:30  
Everyone - Saturday 11:30am-1:00pm

Session 1 (Thurs. Only): Jan. 11-Jan. 25 (\$45/NR \$57)

Session 2 (Thurs. Only): Feb. 1-Feb. 29 (\$75/NR \$94)

Session 3 (Thurs. Only): Mar. 7-Mar. 28 (\$60/NR \$75)

Session 4 (Thurs. Only): Apr. 4-Apr. 25 (\$60/NR \$75)

Session 1 (Thurs. & Sat.): Jan. 11-Jan. 27 (\$90/NR \$113)

Session 2 (Thurs. & Sat.): Feb. 1-Feb. 29 (\$135/NR \$169)

Session 3 (Thurs. & Sat.): Mar. 2-Mar. 28 (\$120/NR \$150)

Session 4 (Thurs. & Sat.): Apr. 4-Apr.27 (\$120/NR \$150)

Class # 15824

## DYNAMIC MARTIAL ARTS

### Dynamic Martial Arts **Ages 8-14**

The martial arts are a great way to exercise and build self confidence. Our instructors have experience in Tae Kwon Do and Jui Jitsu and blend these arts together in a fun and challenging experience. Dynamic is Christian based, and exists to equip students in physical, mental, and spiritual conditioning. Students earn belts at a belt test at the end of the semester. Uniform consists of a belt and t-shirt (Both provided by instructor). Each class consists of physical exercise, small group Bible study, lead by the Dynamic leadership team, fun games, and instruction in martial arts/ self defense. Special classes are dedicated to grappling and/or sparring throughout the semester.

Day & Time: Saturdays, 9:30am - 10:30am

Session: Jan. 13 - Apr. 20 (No class Mar. 30)

Location: Jimmy Johnson Room

Instructor: McLean, Brenner

Fee: Resident - \$80 Non-Resident - \$100

Class # 15640

## NINJUTSU

### Ninpodo Gendai Ninjutsu- Martial Arts Program

#### Ages 11+

Ninpodo is based on the martial skills practiced by the legendary warriors from Japan called Shinobi. The instruction provided includes hand to hand combat, martial arts tools, tactical and physical training. The hand to hand techniques include, but are not limited to: strikes, kicks, throws, joint locks, chokes, pressure points and others. The martial arts tools training covers over 15 different tools, including: sword (katana), staffs (Bo, Jo, Hanbo), nunchakus and knife (tanto). Professor Quiñones (Hanshi) is a martial artist with 30 years of experience; certified in the US by the World Nindo Ryu Federation and in Japan by the Genbukan World Ninpo Bugei Federation. There is a ranking test at the end of every four sessions. Martial arts gear and examination fee not included.

Days & Times: Mondays, 7:00pm - 8:30pm & Saturdays, 9:00am - 10:30am (Wednesday possible make-up day)

Session 1: Jan. 6 - Feb. 10 (No class Jan. 15)

Session 2: Mar. 4 - Mar 25

Session 3: Apr. 1 - Apr. 29

Location: Hilltop Needmore Town Park & Preserve

Instructor: Quinones, Juan

Fee: Resident - \$40 Non-Resident - \$50

Class #15554

## TAE KWON DO

### Tae Kwon Do

#### Ages 10+

This class is designed to teach traditional Chung Do Kwan Tae Kwon Do, which is the same style of Tae Kwon Do that was taught to the Republic of Korea's armed forces. This art, as the name implies, involves using the hands and feet for self-defense. In addition to good exercise and self-defense, students learn courtesy, integrity, perseverance, and self-control. This class is open to adults. Uniforms may be purchased from the instructor and there are opportunities for promotional testing (promotional tests are optional).

Days & Times: Tuesdays, 5:30pm - 7:30pm

Session 1: Jan. 9 - Jan. 23

Session 2: Jan. 30 - Feb. 13

Session 3: Feb. 20 - Mar. 5

Session 4: Mar. 12 - Mar. 26

Session 5: Apr. 2 - Apr. 16

Location: Activity Room

Instructor: McLean, Sean

Fee: Resident - \$30 Non-Resident - \$38

Class #15467

## SPY CAMP

### Spy Camp

**Ages 6-12**

Welcome Spies! You have a mission! But first you need the training! Agents receive training in breaking codes, surveillance techniques and undercover maneuvers. We train our agents in safety techniques... which might be necessary if a mission requires a quick getaway! Please pack 2 snacks, lunch, and your water bottle.

Day & Time: Wednesday, Jan. 24; 9am-4pm

Location: Falcon Park Hut

Fee: Resident - \$55, Non-Resident - \$69

Instructor: Witter, Maggie

Class #: 15849

## HARRY POTTER CAMP

### Harry Potter Camp

**Ages 6-12**

Welcome to the Wizarding world! Learn about the spells, potions, flying and magical creatures in the wizarding world. They will wear the infamous sorting hat to select their House: Gryffindor, Hufflepuff, Ravenclaw and Slytherin. Play Quidditch, make wands and Hogwarts class lessons and crafts!

Day & Time: Tuesday, Feb. 20; 9am-4pm

Location: Falcon Park Hut

Fee: Resident - \$55, Non-Resident - \$69

Instructor: Witter, Maggie

Class #: 15848

## LET'S GET CREATIVE CAMP

### Let's Get Creative Camp

**Ages 6-12**

Calling all future engineers and artists! Let's create fun projects out of recycled material or learn how to create and play your own games. Use your imagination and join us for a fun-filled day! Please pack 2 snacks, lunch, and your water bottle.

Day & Time: Monday, March 11; 9am-4pm

Location: Jimmy Johnson Room

Fee: Resident - \$55, Non-Resident - \$69

Instructor: Witter, Maggie

Class #: 15851

## STAR WARS CAMP

### Star Wars Camp

**Ages 6-12**

Begin your Jedi training all while playing games, making crafts, and entering your own galactic battles (no real lasers). May the force be with you! Please pack 2 snacks, lunch, and your water bottle.

Day & Time: Monday, April 29; 9am-4pm

Location: Jimmy Johnson Room

Fee: Resident - \$55, Non-Resident - \$69

Instructor: Witter, Maggie

Class #: 15850

## VALENTINES HAND BOUQUET

### Valentines Hand Bouquet

**Ages 3-8**

Come enjoy a fun morning making hand bouquets for mom and dad or a special person. Please be sure to wear old clothes because the little ones will have paint on their hands. Must pre-register.

Date: Wednesday, Feb. 14

Time: 10:00am - 10:45am

Location: Kitchen at the Community Center

Fee: Residents -\$5 Per child, Non-Residents - \$7 per child

Instructor: Parks and Recreation Staff

Class #: 15858

## EASTER EGG SUNCATCHER

### Easter Egg Suncatcher

**Ages 3-8**

Join us for the afternoon making an Easter egg suncatcher. It will be a fun and quick craft for little ones to hang in the window. Please pre-register.

Date: Monday, March 25

Time: 2:00pm - 2:45pm

Location: Kitchen

Fee: Residents -\$5 Per child, Non-Residents - \$7 per child

Instructor: Parks and Recreation Staff

Class #: 15859

## MOBILE CODING

### Mobile Coding for Apps and Games (Units 1-3)

**Ages 9-14**

Mobile Coding for Apps and Games 1: In this course, students will learn the basics of the mobile programming environment and how to code their very own apps. They will explore how to employ text, device sensors, and even the camera to build projects and games that involve image recognition, word games, and riddles!

Mobile Coding for Apps and Games 2: This unit will build on mobile and computational concepts from the first unit. Students will learn how to build more complex and fun game applications, as well as networking and multi-user apps!

Mobile Coding for Apps and Games 3: In this level, we will build 2 fun games, including a multiplayer game, as well as a cool app for you to store our favorite items. The advanced mobile coding concepts we are learning include cloud variables, storing image data, arrays, and more.

Day & Time: Tuesdays: 7:00 - 7:55 pm

Session: Feb. 6-Apr. 23

Fee: Resident - \$197, Non-Resident - \$247

Class # 15813

## DADDY DAUGHTER

### Daddy Daughter Sneaker Ball **Ages 4-10**

You are cordially invited to a special night of dancing, music and fun! Bring your special sweetheart and make memories with us! Treat your little sweetheart(s) to a magical evening at the Fuquay Varina Community Center. Fees include a commemorative 5 X 7 photo and light refreshments (Sneakers or socks only on the gym floor). Must Pre-Register!

Date: Friday - Feb. 2

Time: 6:00pm - 8:30pm

Location: Fuquay-Varina Community Center

Fee:

Resident - \$15 per person

Non-Resident - \$19 per person

Class #15686

## MOTHER & SON DATE KNIGHT

### Mother & Son Date Knight **Ages 5-18**

You are invited to a special night of fun medieval themed games and activities! In honor of all mothers, grandmothers, godmothers, and guardians, we are hosting this event to give that special time for sons to spend with their loved ones. The medieval theme will be so fun and come dressed the part if you would like! Fees include a commemorative 5x7 photo, pizza & light refreshments. Participants must wear sneakers for activities in the gym. Must pre-register for the event. Participants must wear socks in the gym.

Date: Friday, May 10

Time: 6:00pm-8:30pm

Location: Community Center Gym

Fee: Resident: \$10-per person, Non-Resident: \$13-per person

Class # 15956

## STORYBOOK CHEF JR.

### Storybook Chef Jr. **Ages 4-7**

Calling all Lil' Chefs! Grab your aprons and join us while we mix, chop, grate and stir to create yummy healthy recipes inspired by our favorite children's book. So let's grab our favorite books and some healthy food alternatives and nurture both our minds and bodies. Please advise of any dietary restrictions at least one week prior to class and on the day of class.

Day & Time: Wednesday, 2:00pm - 2:45pm

Session 1: Jan. 24 - Up - Peanut/Nut Butter Granola Pinwheels

Session 2: Feb. 21 - The little mouse, the red ripe strawberry - Strawberry Lime Smoothies

Session 3: Mar. 20 - Pizza & Taco: Best Party Ever! - Garlic Toast Pizzas

Session 4: Apr. 24 - The Rainbow Snail - Eating the Rainbow w/Marshmallow Dip

Location: Community Center Kitchen

Instructor: Lynsay Stappenbeck

Fee: Residents - \$5, Non-Residents - \$7

Class #15651

## CHEF JR.

### Chef Jr. **Ages 8-12**

Join us this semester testing our culinary skills with savory dishes inspired from around the world. Each class will immerse our chefs in a world of culinary creativity and discovery. In addition to developing cooking skills, we will incorporate elements including:

Kitchen safety

Presentation,

Proper food handling

Cooking & baking techniques

Food preparation

And so much more!

Please advise of any dietary restrictions at least one week prior to the class and on the day of class.

Day & Time: Wednesday, 2:50pm - 3:50pm

Session 1: Jan. 24 - Up - Cheeseburger Cups, Loaded Baked Potato Dip and Waffle cut fries

Session 2: Feb. 21 - Fresh Strawberry Breakfast Tacos and Mango Peach Smoothies

Session 3: Mar. 20 - Waffle Iron Pizza and Brownie Batter Dip and Sliced Apples

Session 4: Apr. 24 - Fruity Chicken Salad Pitas and Key Lime Balls

Instructor: Stappenbeck, Lynsay

Fee: Residents - \$5, Non-Residents - \$7

Class #15656

## LITTLE WONDERS

### Little Wonders Play & Learn **Ages 3-6**

Engage the brain and delight the senses with your little ones in these weekly classes filled with fun sensory tactile play and crafts. Each class we will engage in a variety of activities based on the theme of each session. Parent or guardian presence is required (no extra fee for parent/guardians)

Days & Time: Tuesdays; 10:00am to 11:00am

Session 1: Jan 2 – Jan. 23 “The Wonder of Me”

Session 2: Feb. 6 – Feb. 27 “All We Need is Love”

Session 3: Mar. 5 – Mar. 26 “Sensational Springtime”

Session 4: Apr 2 – Apr. 23 “Marvelous Mother Earth”

Fee: Resident - \$48, Non-Resident - \$60

Location: Activity Room

Instructor: Park, Ashley

Class # 15932

Days & Time: Thursdays; 10:00am to 11:00am

Session 1: Jan. 4 – Jan. 25 “The Wonder of Me”

Session 2: Feb. 8 – Feb. 29 “All We Need is Love”

Session 3: Mar. 7 – Mar. 28 “Sensational Springtime”

Session 4: Apr. 4 – Apr. 25 “Marvelous Mother Earth”

Fee: Resident - \$48, Non-Resident - \$60

Location: Activity Room

Instructor: Park, Ashley

Class # 15937

## SCRATCH NINJA

### Scratch Ninja Virtual Classes Parts 3 & 4 Ages 7-10

Computer - Mac, Windows PC, Chromebook  
Students need to have taken Scratch Ninja 2 or have at least 20 hours of Scratch coding experiences and are familiar with all coding blocks in Scratch.

Scratch Ninja 3: Part 3 of this Scratch coding course covers the most advanced programming concepts that Scratch has to offer such as list/array, defining your own blocks (functions), and complex interactions between different game elements via messaging and cloning. We continue the cadence of the one fun project per session, even though projects become more complex. Class time focuses on learning new coding concepts as well as how to construct steps to build more complex projects. In order to complete each project, students will typically need to spend about an hour after each session to finish all the details. Scratch Ninja 4: This is the most advanced Scratch coding class Part for kids. The focus is on making connections across all of their previous learning, while layering in additional challenges in coding, problem solving, and creativity. We will be building a variety of fun arcade-game inspired projects where students can add their own twists based on their personal interests. Students are expected to complete the project after each class, so we can focus class time on the most challenging part of the game building. We are sure you will be amazed at what your child can do with Scratch coding! Part 4 classes are 75 min per session.

Day & Time: Wednesdays, 6:30pm-6:40pm

Session: Mar. 27- May 15

Fee: Resident - \$172, Non-Resident - \$215

Class # 15823

## FV KIDS CHESS CLUB

### FV Kids Chess Club Ages 5-18

All skill levels welcome! Join our Chess Club to practice, learn and sharpen your chess skills in a cozy family friendly environment. No experience necessary. Feel free to bring your own chess board if you have one! Participants must pre-register!

Day: Mondays

Session 1: Jan. 8 - Jan. 29 (No class Jan. 15)

Session 2: Feb. 5 - Feb. 26

Session 3: Mar. 4 - Mar. 25

Session 4: Apr. 1 - Apr. 29

Time: 11:00am - 12:00pm

Location: Falcon Park Hut

Instructor: Bell, Domini

Fee: Free

Class # 15510

## MINI MAKERS CRAFT STUDIO

### Mini Makers Craft Studio Ages 6-12

Calling all crafty kids! Join our mini maker sessions to boost your creative brain power and engage in fantastic fun with a new themed project each week.

Day & Time: Monday, 1:00pm-2:00pm

Session 1: Jan 8 – Jan. 29 (No Class Jan 15) (Resident - \$36, Non-Resident - \$45 )

Session 2: Feb. 5 – Feb. 26

Session 3: Mar. 4 – Mar. 25

Session 4: Apr 1 – Apr. 22

Fee: Resident - \$48, Non-Resident - \$60

Location: Activity Room

Instructor: Park, Ashley

Class # 15966

Days & Time: Wednesdays; 1:00pm - 2:00pm

Session 1: Jan. 10 – Jan. 31

Session 2: Feb. 7 – Feb. 28

Session 3: Mar. 6 – Mar. 27

Session 4: Apr. 3 – Apr. 24

Fee: Resident - \$48 Non-Resident - \$60

Location: Activity Room

Instructor: Ashley Park

Class # 15971

## LITTLE ARTIST FAMILY CRAFT

### Little Artist Family Craft Ages 4+

Tired of baby shark? Looking to expand your children's musical wheelhouse? Join us for creative crafty expression and music appreciation as we explore the brilliance of some of the greatest musicians in history.

January- Queen, February-Ray Charles, March- The Who, & April- Bob Dylan.

Class # 15957

Instructor: Park, Ashley

Location: Large Conference Room

Day & Time: Thursday; 6:00pm-7:00pm

Session 1: Jan. 18

Session 2: Feb. 15

Session 3: Mar. 14

Session 4: Apr. 18

Fee: Resident - \$9, Non-Resident - \$12

Day & Time: Saturday; 9:30am-10:30am

Session 1: Jan. 20

Session 2: Feb. 17

Session 3: Mar. 16

Session 4: Apr. 20

Fee: Resident - \$9, Non-Resident - \$12

## BIG NC TENNIS

### Big NC Tennis

At Big NC Tennis Our philosophy for Youth Programs is designed around fast paced, fun and repetitive drills.

The thinking is straightforward, kids who like playing tennis like hitting tennis balls, less waiting in lines and more fun!

With a 4-1 coach to student ratio our focus is on fundamental technique, hand eye coordination, beginner rally's and serves.

### 3 Level Program

Each player will be given a wrist band to denote level 1, 2 or 3. These levels tell our coaches whether they should be working on basic hand eye coordination (level 1), improving technique and fundamentals (level 2) or are close to match player (level 3).

Please wear your wrist bands to clinics!

### Big NC Scheduling

We want to be flexible to accommodate your needs! So, if you sign up with our programs and choose the 1- or 2-day you are not committed to a specific day! For ex. if you normally come on Saturday but want to schedule other plans that weekend, go ahead! Make up on the following Monday or Wednesday.

In other words, we want you to get all the classes you signed up for!

For the 3 days per week program we highly subsidize the cost. We give our programs a 3 total rainout threshold, any days missed over 3 days will be made up.

### Ages 4-7

This class is fun and fast. With hand toss drills and games, our goal is to build hand eye coordination and basic tennis form. For this age group the number one priority is that our kids enjoy the sport and look forward to tennis each week!

Days:

Monday, 4:45pm - 5:30pm

Wednesday, 4:45pm - 5:30pm

Saturday, 11:15am - 12:00pm

### Ages 8-12

At ages 8-12 we start with fast paced drills mixed in with footwork and contact point drills for our first level, at level 2 and 3 we start implementing short court rally's and serves to help them begin to play their first matches!

Days:

Monday: 5:30pm - 6:30pm

Wednesday, 5:30pm - 6:30pm

Saturday, 12:00pm - 1:00pm

## BIG NC TENNIS

### Big NC Tennis Continued

#### Ages 4-7

Session 1: Jan. 17 - Mar. 4

Session 2: Mar. 11 - Apr. 29

Location: Action Park Tennis Courts

One Day: Resident - \$80, Non-Resident - \$100

Two Day: Resident - \$120, Non-Resident - \$150

All Three Days: Resident - \$150, Non-Resident - \$188

Days and Times: Mondays and Wednesdays 4:45pm - 5:30pm, Saturdays 11:15am-12:00pm

Instructor: Big NC Tennis

Class # 15601

#### Ages 8-12

Session 1: Jan. 17 - Mar. 4

Session 2: Mar. 11 - Apr. 29

Location: Action Park Tennis Courts

One Day: Resident - \$80, Non-Resident - \$100

Two Day: Resident - \$120, Non-Resident - \$150

All Three Days: Resident - \$150, Non-Resident - \$188

Days & Times: Mondays and Wednesdays 5:30pm - 6:30pm, Saturdays 12:00pm - 1:00pm

Instructor: Big NC Tennis

Class # 15608

## SCRATCH JUNIOR

### Scratch Junior Virtual Classes Ages 5-7

Computer - Mac, Windows PC, iPad, Android Tablet  
Prerequisites - Ideally, use an iPad or Android Tablet to attend the class. You also need a computer. Please join Zoom from your computer. If you want to use a computer, please make sure your kid is comfortable with typing on keyboard and using mouse on a computer. Chromebook does not support Scratch Junior. In this fun Scratch Junior class, we will create a series of animations and games while learning about core coding concepts. For example, your child will learn loops, messaging, how to capture events in a game to take action, and a lot more. We will go from simple projects with different characters working independently, to connecting characters with complex actions. Your child will also get to apply their artistic skills to create their own sprites, tell stories, and share their math and science knowledge.

Day & Time: Thursdays; 4:00pm-4:45pm

Session: Feb. 22-Mar. 28

Fee: Residents - \$105, Non-Residents - \$127

Day & Time: Saturdays; 12:30pm-1:15pm

Session Jan. 13-Feb. 17

Fee: Residents - \$105, Non-Residents - \$127

Class # 15814

## SCRATCH NINJA

### Scratch Ninja Virtual Classes Parts 1 & 2

#### Ages 7-10

Computer - Mac, Windows PC, Chromebook  
Students need a computer to this class. Mac/Windows/Chromebooks are all fine. iPad can not be used because it lacks key features. Scratch Ninja 1: We start from the very basics, so no prior coding experience is needed. Students will

learn core coding concepts such as sequence, loop, and conditional. We will also use a wide range of Scratch specific capabilities including motion, sensing, control, and more. Your child will have a lot of fun as we build a new project in every session ranging from animation, games, to storytelling.

Scratch Ninja 2: In Part 2 of our Scratch course program, your student will be challenged to be creative and solve tough (but fun!) problems while learning how to create a cool interactive game with a ball, conquering a wizard tag game, building animations with moving and talking characters (also called Sprites) based on their interests, and even navigating and customizing a jungle adventure!

Day & Time: Saturdays; 12:30pm - 1:25 pm

Session : Jan. 20 – Mar. 9

Day & Time: Wednesdays; 5:30 - 6:25 pm

Session: Jan. 31 - Mar. 20

Fee: Resident - \$138, Non-Resident - \$173

Class # 15818

## YOUTH TENNIS

### Youth Tennis

#### Ages 6-12

This program is for entry level players looking to advance their skills and learn the game of tennis. Players will learn basic fundamentals in a positive learning environment. Skill development will be built using USTA Net Generation's drills and games. 6 week session with 2 day rain make ups.

Day & Time: Saturday, 9:00am - 10:00am

Session 1: Feb. 17 - Mar. 23

Location: Action Park Tennis Courts

Instructor: Rigney, Jessica

Fee: Resident - \$75 Non-Resident - \$94

Class # 15564

## TINY TOT GYMNASTICS

### Tiny Tot Gymnastics

#### Ages 2-3

This class will teach basic structured tumble, balance, and coordination skills. We will be using mats, balance beam, bars, and themed obstacle courses to introduce fundamentals of gymnastics. Students should wear comfortable but fitted clothing for this class.

Location: Jimmy Johnson Room

Fee: Resident - \$48, Non-Resident - \$60

Class # 15777

Sessions with Trinity:

Day & Time: Thursdays, 11:15am - 12:00pm

Session 1: Jan. 11 - Feb. 1

Session 2: Feb. 22 - Mar. 14

Session 3: Apr. 4 - Apr. 25

Sessions with Maggie:

Day & Time: Thursdays, 1:45pm - 2:30pm

Session 1: Jan. 25 - Feb. 15

Session 2: Mar. 14 - Apr. 11 (No Class Mar. 28)

Session 3: May 9 - May 30

## INTRO TO BASIC GYMNASTICS

### Intro to Basic Gymnastics

#### Ages 4-8

A great time for bonding as your student develops coordination and gross motor skills with the use of tumble mats, bars, and themed obstacle courses. Your student will leave class with new tumbling and balance skills. Student should wear loose comfortable clothing and be barefoot.

Location: Jimmy Johnson Room

Fee: Resident - \$48, Non-Resident - \$60

Class # 157884

Sessions with Trinity:

Day & Time: Thursdays, 10:30am - 11:00am

Session 1: Jan. 11 - Feb. 1

Session 2: Feb. 22 - Mar. 14

Session 3: Apr. 4 - Apr. 25

Sessions with Maggie:

Day & Time: Thursdays, 1:00pm - 1:30pm

Session 1: Jan. 25 - Feb. 15

Session 2: Mar. 14 - Apr. 11 (No Class Mar. 28)

Session 3: May 9 - May 30

## WINTER WILDLIFE HIKE

### Winter Wildlife Hike

**Ages 5+**

Even with snow and ice, nature and wildlife are still active. While animals are foraging for food in the cold, we may be able to spot a few or at least their tracks in the snow. We will hike along the trails of Carroll Howard Johnson in search of birds and mammals alike. We will attempt to identify tracks and match them to the animal that left them behind. Not only that, we will discuss different food chains and food webs, how human interaction can be beneficial and detrimental, and learn to respect nature and each other. We welcome all families starting at the age of 5 and up! Registration is required for this program. The recommendation for participants is to wear clothes and shoes that you do not mind getting dirty or wet.

Date: Saturday, Jan. 27

Time: 10:00am - 11:30am

Location: Carroll Howard Johnson Environmental Education Park

Instructor: Vestal, Daniel

Fee: Free

Class # 15671

## FLOWER POWER HIKE

### Flower Power Hike

**Ages 5+**

As the snow begins to melt, rain showers become more frequent. Spring is just around the corner. Plants and wildlife alike may begin to stir and awaken. Even though we may see some wildlife such as amphibians, birds, and mammals? we will focus on the flowers and trees. We will hike along the trails of Carroll Howard Johnson in search of budding plants. We will use different methods to identify plants by blooms, buds, and even tree bark. We welcome all families starting at the age of 5 and up! Registration is required for this program. The recommendation for participants is to wear clothes and shoes that you do not mind getting dirty or wet.

Date: Saturday, March 23

Time: 10:00am - 11:30am

Location: Carroll Howard Johnson Environmental Education Park

Instructor: Vestal, Daniel

Fee: Free

Class # 15711

## HEADS UP!

### Heads Up! Star Gazing (Astronomy & Stars) Ages 3+

Where to look for the most stars? What is the difference between astrology and astronomy? We will meet at Hilltop Needmore Town Park & Preserve's Clubhouse. For those that have telescopes, we encourage you to bring them! We welcome all families starting at the age of 3 and up! Registration is required for this program. The recommendation for participants is to wear clothes, shoes, and blankets to help keep them warm. Coffee and hot cocoa will be available for all those who need a little pick-me-up!

Date: Saturday, February 17

Time: 6:00pm-7:30pm

Location: Hilltop Needmore Town Park & Preserve Clubhouse

Instructor: Daniel Vestal

Fee: Free

Class # 16250

## THE GREAT PUDDLE STOMP

### The Great Puddle Stomp

**Ages 5+**

As the snow and ice melt, animals begin to wake up from their winter hibernation. They begin to stir and search for food, water, and a suitable mate. We will journey to the creek. We will explore and learn about different wildlife from aquatic and terrestrial points of view. Through our exploration, we will identify and share our findings. We will discuss different food chains and food webs, how human interaction can be beneficial and detrimental, and learn to respect nature and each other. We welcome all families starting at the age of 5 and up! Registration is required for this program. Recommendation for participants, wear clothes and shoes that you do not mind getting dirty or wet.

Day: Saturday, Apr 27

Time: 10:00am - 11:30am

Location: Carroll Howard Johnson Environmental Education Park

Instructor: Vestal, Daniel

Fee: Free

Class #: 15722

## SUMMER CAMP REGISTRATION

**RESIDENT REGISTRATION BEGINS MARCH 25 AT 8:00 AM**

**NON-RESIDENT REGISTRATION BEGINS APRIL 1 AT 8:00 AM**



## TEEN COUNCIL

### Teen Council **Ages 13-18**

The Teen Council helps the Parks & Recreation Department increase community service and recreation opportunities for teens. Teen Council participates in all special events, organizes events for teens, promotes the department, recruits new members, and serves as exemplary citizens. For more information, please call (919) 753-1032.

Meetings: 2nd Monday of each month

Time: 6:00pm - 6:30pm

Location: Community Center Kitchen

Fee: Free

Contact: Leslie Poole; lpoole@fuquay-varina.org

## TEEN COUNCIL ACTIVITIES

### Bowling with Teen Council **Ages 13-18**

Join us at Buffalo Lanes South to bowl and celebrate the new year! This is the perfect chance to meet new people and start the new year on the right foot. This program is free but you must pre-register.

Fee: Free – must pre-register

Date: Monday, Jan. 8

Time: 6:00pm

Location: Meet at Buffalo Lanes South (6701

Fayetteville Rd)

Class # 15864

### Valentines Cards and Candy

Join Teen Council while we create Valentines cards for the seniors in our community. The cards will be dropped off at a local elder care center before Valentine's Day.

Date: Monday, Feb 12

Time: 6:00pm

Location: Kitchen

### St Patrick's Day Party

March celebrates St. Patrick's Day so what better way to celebrate than with Teen Council. Join us for a game of corn hole and enjoy some green food and lemonade!

Date: Mar. 11

Time: 6:00pm

Location: Community Center

### Teen Dodgeball

Join Teen Council for a friendly game of dodgeball! Invite your friends – please pre-register.

Date: Monday, Apr. 8

Time: 6:00pm

Location: W.O. Council Gym

Class #15863

## BASIC TUMBLING

### Basic Tumbling

Great class for active kids. We will work on basic tumble skills. Forward rolls, backward rolls, cartwheels, animal moves, kick ups and more. All in an obstacles course format.

Location: Jimmy Johnson Room

Instructor: Witter, Maggie

Fee: Resident - \$48, Non-Resident - \$60

### Ages 5-7

Day & Time: Thursdays, 4:15pm-4:45pm

Session 1: Jan. 25 - Feb. 15

Session 2: Mar. 14 - Apr. 11

Session 3: May 9 - May 30

Class # 15791

### Ages 8-11

Day & Time: Thursdays, 5:00pm-5:30pm

Session 1: Jan. 25 - Feb. 15

Session 2: Mar. 14 - Apr. 11

Session 3: May 9 - May 30

Class #: 15795

## TEEN TENNIS

### Teen Tennis

### **Ages 12-18**

In Teen Tennis we will work on better ball placement and control. Class focuses on serves and competitive drills. Singles and doubles play is also developed.

Day & Time: Saturdays, 10:00am - 11:00am

Session: Feb. 17 - Mar. 23

Location: Action Park Tennis Courts

Instructor: Rigney, Jessica

Fee: Resident - \$75, Non-Resident - \$94

Class #15565

## TEEN CHEF

### Teen Chefs

### **Ages 13-18**

Each class will immerse our chefs in a world of culinary creativity and discovering. In addition to developing cooking skills, we will incorporate elements including: Kitchen safety, Presentation, Proper food handling, Cooking & baking techniques, Food preparation, and so much more! *Please advise of any dietary restrictions at least one week prior to the class and on the day of class.*

Day & Time: Wednesday, 4:00pm - 5:15pm

Session 1: Jan. 24 - Up - Cheesy Roast Beef Pinwheels, Scalloped Potatoes & Chocolate Banana Bundles

Session 2: Feb. 21 - Copycat Chick fil A Nuggets, Waffle Fries and dipping sauce

Session 3: Mar. 20 - Spicy Rigatoni with Tomato Avocado Salad and Salted Caramel Cookie Cups

Session 4: Apr. 24 - Rotisserie Chicken Paninis, Homemade Tomato Soup and Chocolatey S'mores Bars

Location: Community Center Kitchen

Instructor: Stappenbeck, Lysay

Fee: Resident - \$5, Non-Resident - \$7

Class # 15661

## TEEN PICKLEBALL

### Teen Pickleball Clinic **Ages 6-12**

The Beginner's class will introduce Pickleball and provide a good foundation for learning the game for both players with some experience and players who are just getting started. The class will include the rules and fundamentals of the game, skill development and open game play for the students. Skills to be taught include: Serving/Returning, Groundstrokes, Volleys and Dinks as well as when to use each stroke. This clinic will also include game strategy, developing consistency and an introduction to the "Drop Shot".

Day & Time: Tuesdays; 2:30pm - 3:30pm

Session 1: Jan. 9 – Feb. 6

Session 2: Feb. 13 – Mar. 12

Session 3: Mar. 19 – Apr. 16

Fee: Resident - \$85, Non-Resident - \$107

Location: Community Center Gym

Class # 15876

## TEEN BOARD GAME & CARD GAME MEET UP

### Teen Board Game & Card Game Meet Up **Ages 13-18**

Teens, if you want to meet new friends, have fun, and beat the winter blues, here's your chance! Join us for board games; put on your Sherlock Holmes hat to solve a "who-done-it" mystery; or play a hand of Monopoly Deal or whatever game you have in mind. You can use our games or bring your own.

Day & Time: Tuesdays; 1:30pm-3:00pm

Session 1: Jan. 2-Jan. 30

Session 2: Feb. 6-Feb. 27

Session 3: Mar. 5-Mar. 26

Session 4: Apr. 2-Apr.30

Location: Large Conference Room

Fee: Free – must pre-register

Class # 15908

## DODGEBALL TOURNAMENT

### Teen Dodgeball Tournament **Ages 13-17**

Do you remember the five "D's" of Dodgeball? Dodge, duck, dip, dive, and dodge. Because if you can dodge a wrench, you can dodge a ball!

Join us on your day off school for a teens only dodgeball tournament! This 2-hour program will consist of different styles of dodgeball where prizes will be given out after each game. We will finish off this tournament with a drawing for a grand prize and pizza!

Date: Monday, Feb. 19

Time: 2:30pm - 4:30pm

Location: Community Center Gym

Fee: Free

## BIG NC TENNIS

### Big NC Tennis **Ages 13-18**

At Big NC Tennis, our philosophy for Youth Programs is designed around fast paced, fun and repetitive drills. The thinking is straightforward, kids who like playing tennis like hitting tennis balls, less lines and more fun! With a 4-1 coach to student ratio our focus is on fundamental technique, hand eye coordination, beginner rally's and serves. Each player will be given a wrist band to denote level 1, 2 or 3. These levels tell our coaches whether they should be working on basic hand eye coordination (level 1), improving technique and fundamentals (level 2), or are close to match player (level 3). Please wear your wrist bands to clinics! In this class we will work quickly towards rally-based play getting students match ready so that they can play recreationally or High School. Students will break down into groups and work on short court hitting, serving and other components needed to prepare them for a tennis match. A culture based on respect, hard work and honesty is taught and strictly enforced.

Session 1: Jan. 17 - Mar. 4

Session 2: Mar. 11 - Apr. 29

Location: Action Park Tennis Courts

\*One Day: Resident - \$80, Non-Resident - \$100

\*Two Day: Resident - \$120, Non-Resident - \$150

\*All Three Days: Resident - \$150, Non-Resident - \$188

Days and Times: Mondays and Wednesdays 6:30 - 7:30,

Saturdays 1:00 pm - 2:00 pm

Instructor: Big NC Tennis

Class # 15072

\*Reference Page 13 for more information\*

## ADULT SPORTS LEAGUE

### Adult Sports

Team Registration: Feb. 19 – Mar. 9 @ 5:00 PM

Cost: Resident - \$40 Non-Residents - \$55

Late fee of \$10/residents and \$15/non-residents applies after 5pm on Mar. 9

### Adult Softball

#### Ages 18 & Up (Must turn 18 by Apr. 8, 2024)

Leagues are open to individuals of all playing levels. Team and individual registration is available. All individual registrants will be wait-listed and assigned to teams that need players. Teams play a minimum 10 game regular season followed by and end of season single elimination tournament. Teams must have a minimum of 12 players and can carry a maximum of 25 players. Teams that do not meet minimum roster requirements prior to the captains meeting, will have to take free agents or be dropped from the league.

Games Begin: Apr. 8

Captains Meeting: Mar. 19, 6:30 PM at Fuquay-Varina Community Center (820 S Main St)

Game Days

Men's League – Tuesday/Thursday

Coed League – Monday/Wednesday

Women's League – Friday

### Adult Coed Soccer

#### Ages 18 & Up (Must turn 18 by Apr. 8, 2024)

The league is open to individuals of all playing levels. League play will be 11v11 format with a minimum of 3 females on the field at all times. Team and individual registration is available. Teams play a minimum 8 game regular season followed by and end of season single elimination tournament. Games are played on Monday and Wednesday nights. Teams must have a minimum of 15 players and can carry a maximum of 25 players. Teams that do not meet minimum roster requirements prior to the captains meeting, will have to take free agents or be dropped from the league.

Games Begin: Apr. 10

Captains Meeting: Mar. 20, 6:30 PM at Fuquay-Varina Community Center (820 S Main St)

## AIKIDO FOR TEENS & ADULTS

### Aikido for Teens & Adults Ages 13+

Aikido is a modern, non-violent Japanese traditional martial art developed by Morihei Ueshiba. Unlike Karate and Tae Kwon Do, Aikido focuses not on punching or kicking opponents, but rather on using their own energy against them and to gain control of them or to redirect and throw them away from you. "Dogi" or Aikido "Gi" is the basic costume worn by all Aikido students, which is a requirement and may be purchased online or from the instructor. All testing requirements are based on the traditional requirements from Aikikai Foundation Hombu Dojo in Japan, as a minimum.

Days & Time: Monday & Thursday; 7:00pm-8:30pm

Session 1: Jan.8-Jan.29 (No Class Jan.15)

Session 2: Feb. 1-Feb. 29

Session 3: Mar. 4-Mar. 28

Session 4: Apr. 1-Apr. 29

Location: Large Conference Room

Instructor: Sensei Moe

Fee: \$50 (\$63)

Class # 16066

## BIRD WALK

### Bird Walk at HNTPP

**Ages 18+**

Come on a Wake Audubon bird walk at Hilltop Needmore Town Park & Preserve the fourth Saturday of each month. Registration is required. We will meet at the lower end of the old Club House parking lot. Look for a "Bird Walk Here" sign. We will start promptly at 8:30am regardless of the weather and should finish by 10:30am. Dress for the weather and be prepared to walk on the wet grass fairways. There is some elevation change but we will not be moving quickly as we stop frequently for birds. No birding experience is necessary. Bring your binoculars and a bird guide if you have one. The walk is not recommended for children under 6 and please leave your pets at home.

Day & Time: Saturdays, 8:30am - 10:30am

Session 1: Jan. 27

Session 2: Feb. 24

Session 3: Mar. 23

Session 4: Apr. 27

Location: Hilltop Needmore Town Park & Preserve

Instructor: Zoller, Larry

Fee: Free, but must pre-register

Class # 15799

## PING PONG

### Ping Pong

**Ages 18+**

Day: Mondays

Time: 2:00pm - 4:00pm

Location: Jimmy Johnson Room

Fee: Free

## BIG NC ADULT TENNIS

### Big NC Adult Tennis

**Ages 18+**

Join us at Action Park to learn tennis or improve your tennis game, adults of all levels welcome and will divide onto courts by skill level. We want to be flexible to accommodate your needs! So, if you sign up with our programs and choose the 1- or 2-day you are not committed to a specific day! For ex. if you normally come on Saturday but want to schedule other plans that weekend, go ahead! Make up on the following Monday or Wednesday.

\*Reference Page 13 for more info\*

Session 1: Jan. 17 - Mar. 4

Session 2: Mar. 11 - Apr. 29

Location: Action Park Tennis Courts

One Day: Resident - \$80, Non-Resident - \$100

Two Day: Resident - \$120, Non-Resident - \$150

All Three Days: Resident - \$150, Non-Resident - \$188

Days and Times: Mondays and Wednesdays; 7:30 pm - 8:30 pm, Saturdays 5:00 pm - 6:00 pm

Instructor: Big NC Tennis

Class # 15573

## YOGA FLOW

### Yoga Flow

**Ages 15+**

This is a vinyasa or flow style class that will incorporate yoga sequences focusing on moving with the breath while enhancing flexibility, strength and balance and increasing body awareness. It is appropriate for those new to yoga as well as continuing students. Please bring a yoga mat.

Day & Time: Tuesday, 6:40pm - 7:40pm

Session 1: Jan. 2 - Jan. 30 (R- \$40, NR-\$50)

Session 2: Feb. 6 - Feb. 27 (R-\$32, NR-\$40)

Session 3: Mar. 5 - Mar. 26 (R-\$32, NR-\$40)

Session 4: Apr.2 - Apr. 30 (R-\$32, NR-\$40)

Location: Jimmy Johnson Room

Instructor: Ayres, Beth

Drop-in rate: Resident - \$10, Non-Resident - \$13

Class #15559

## A HEALTHIER YOU IN 2024

### A Healthier You in 2024

**Ages 18+**

Learn how to lose weight, control blood sugar, manage your blood pressure, and feel great in the New Year by adding more vegetables and fruit to your diet. This program will include the latest information on how to use food to lose weight, control medical issues, and decrease dependency on medications. Also, a cooking demonstrations and a meal will be provided during each class.

Day: Wednesdays

Session 1: Jan. 10 - Jan. 24 (10:30am - 12:00am)

Session 2: Jan. 10 - Jan. 24 (6:00pm - 7:30pm)

Location: Large Conference Room

Instructor: Kowal, Adair, RN, Health and Wellness Coach

Fee: Resident - \$45, Non-Resident - \$57

Class #15749

## IMPROVE YOUR HEALTH WITH INTERMITTENT FASTING

### Improve Your Health with Intermittent Fasting

**Ages 18+**

Intermittent Fasting is a proven eating method for better health, weight loss, and an increased energy level. There will be a presentation explaining Intermittent Fasting, weekly eating tips, a 14-day meal plan, and an instructional guide along with a weekly call from the health coach to answer individual questions. One week there will be a cooking demonstration where the attendees will be able to sample the food.

Day: Wednesdays

Session 1: Feb. 21 - Mar. 6 (10:00am - 11:00am)

Session 2: Feb. 21 - Mar. 6 (6:00pm - 7:00pm)

Location: Large Conference Room

Instructor: Kowal, Adair, RN, Health and Wellness Coach

Fee: Resident - \$59, Non-Resident - \$74

Class #15746

## MINDFUL YOGA

### Mindful Yoga

**Ages 18+**

A gentle, restorative approach to yoga with a gentle, restorative approach to yoga with an introduction to the stress relieving benefits of mindfulness meditation. This mindful yoga practice will guide your body through a safe recovery from injury, chronic pain and increase flexibility. Yoga breathing and mindful relaxation will help you let go of stress and enjoy the peace of being in the present moment. Guided relaxation will help you listen to your own body and give it what it needs to find peace and healing from within. Healthy sleep is crucial to healing and the benefits of this class can help relieve chronic insomnia. Mindful relaxation can help create space for the body to open for a therapeutic, restorative rest. This class is open to all levels. Please bring a yoga mat and a blanket.

Day & Times: Monday, 9:30am - 10:30am

Session 1: Jan. 8 - Jan. 29 (\$30, NR: \$38) (No class on Jan. 15)

Session 2: Feb. 5 - Feb. 26 (\$40, NR: \$50)

Session 3: Mar. 4 - Mar. 25 (\$40, NR: \$50)

Session 4: Apr. 1 - Apr. 29 (\$50, NR: \$63)

Location: Large Conference Room

Instructor: Maddox, Jennifer

Drop-in fee: Resident - \$10 Non-Resident - \$13

Class #15641

### Mindful Yoga with Sound Healing

**Ages 18+**

All of the healing benefits on yoga combined with singing crystal bowls to help balance the mind and body.

Day & Times: Thursday, 9:30am - 10:30am

Session 1: Jan. 4 - Jan. 25 (R-\$40, NR-\$50)

Session 2: Feb.1 - Feb. 29 (R-\$50, NR-\$63)

Session 3: Mar.7 - Mar. 28 (R-\$40, NR-\$50)

Session 4: Apr. 4 - Apr. 25 (R-\$40, NR-\$50)

Location: Large Conference Room

Instructor: Maddox, Jennifer

Drop-In Fee: Resident - \$10 Non-Resident - \$13

Class #15646

## BIG NC PICKLEBALL

### Big NC Pickleball

**Ages 18+**

Come learn pickleball, the fastest growing sport in the country!

This class will go over basic strategy, rules, technique with lots of play time for participants.

Session 1: Jan. 16 - Mar. 5

Session 2: Mar. 12 - Apr. 30

Location: Action Park Tennis Courts

One Day: Resident - \$80, Non-Resident - \$100

Two Day: Resident - \$120, Non-Resident - \$150

All Three Days: Resident - \$150, Non-Resident - \$188

Days and Times: Tuesday / Thursday 7:30pm - 8:30pm Saturday 4:30pm - 5:30pm

Instructor: Big NC Tennis

Class # 15573

## LADIES TENNIS

### Ladies Tennis

**Ages 18+**

This class is perfect for beginners and/or intermediate players looking to improve their skills. It's a great way for players to network with other players of the same level. You get 5 classes of instruction with Coach Jessica, including drills and fun match play.

A note from Coach, "I wanted to create a fun clinic that allows women to meet up and get active. I have taught Youth classes here in town since 2016 and have heard from mother's they would like a class to understand the sport more and feel more confident to join their children on the courts. So let's try something new in a fun non competitive environment."

Day: Fridays  
Times: 10:30am - 11:30am  
Session: Feb. 9 - Mar. 8  
Class #15566

Day: Fridays  
Times: 6:30pm - 7:30pm  
Session: Feb. 9 - Mar. 8  
Class #15567

Location: Action Park Tennis Courts  
Instructor: Rigney, Jessica  
Fee: Residents - \$64, Non-Residents - \$80

## MOMMYHERO

### Mommyhero Lifestyle's Mom's Night Out Ages 18+

Mom's Night Out aims to foster the well-being of moms and promote healthy families and communities. With our slogan "Healthy moms. Healthy families. Healthy communities.", we strive to create an inclusive environment for mothers. Our goal is to create a space where moms can prioritize self-care, build connections, and access resources that contribute to their overall health and happiness. Through our program we aim to empower mothers, strengthen families, and enrich the very fabric of our community. Come and join us! We have a seat just for you!

Day & Time: Thursdays; 6:00pm - 7:30pm  
Session 1: Jan. 12  
Session 2: Feb.9  
Session 3: Mar. 8  
Session 4: Apr. 12  
Location: Kitchen at the Community Center  
Instructor: White, Christa  
Fee: Free  
Class # 15615

## GENTLE YOGA

### Gentle Yoga

**Ages 18+**

This gentle yoga class is presented at a slower pace with a focus on breathing, increasing flexibility, strength and balance. This class is open to all levels. Please bring a yoga mat and a blanket.

Day & Time: Tuesday, 9:30am - 10:30am  
Session 1: Jan. 2 - Jan. 30 (\$50) (NR: \$60)  
Session 2: Feb. 6 - Feb. 27 (\$40) (NR: \$50)  
Session 3: Mar. 5 - Mar. 26 (\$40) (NR: \$50)  
Session 4: Apr. 2 - Apr. 30 (\$50) (NR: \$60)  
Drop-in rate: Resident - \$12, Non-Resident - \$15  
Location: Large Conference Room  
Instructor: Popielarcheck, Jaci  
Class #15523

## BIG NC HITTING

### Big NC Hitting Session

**Ages 16+**

This is a class specifically for match play, we will run doubles or singles depending on class size and utilize all courts. Players should be able to serve, rally, keep score, and understand etiquette and tennis rules. We will do our best to divide courts based on skill level and ability, coaches will play in when needed. Our Tuesday and Thursday class will be open to all levels, our Saturday class is going to be geared towards 3.5 +  
\*Reference Page 13 for more info\*

Session 1: Jan. 18 - Mar. 4  
Session 2: Mar. 11 - Apr. 27  
Location: Action Park Tennis Courts  
One Day: Resident - \$80, Non-Resident - \$100  
Two Day: Resident - \$120, Non-Resident - \$150  
Saturday ONLY: Resident - \$80, Non-Resident - \$100  
Days and Times: Tuesday / Thursday 6:00pm - 8:00pm  
Saturday 5:30pm - 7:30 pm  
Instructor: Big NC Tennis  
Class # 15580

## FUQUAY YARN

### Fuquay Yarn

**Ages 18+**

Join us on Thursday to crochet & knit! We can teach basics or help with ongoing projects.  
Day & Time: Thursday, 12:00pm - 3:00pm  
Location: Kitchen at Fuquay-Varina Community Center  
Fee: Free  
Class # 15509

## BEGINNER LINE DANCE

### Beginner Line Dance **Ages 18+**

Looking to learn line dancing? Then this class is for you! It is designed for those new to line dancing and those looking to review. In this class you will learn the basic line dance terminology and steps. Dances taught are on a Ultra Beginner to a Beginner level.

This form of dance requires no partner.

Days & Times: Tuesdays, 4:30pm - 5:30pm

Session 1: Jan. 9 - Feb. 13

Session 2: Mar. 5 - Apr. 9

Location: Jimmy Johnson Room

Instructor: VonCannon, Teresa

Fee: Resident - \$18, Non-Resident - \$23

Class # 15528

## LINE DANCE PARTY

### Line Dance Party **Ages 18+**

Join us for a boot scootin', foot stompin good time!

Enjoy 2 hours of line dancing to your favorite songs from yesterday & today. Dances will accommodate all levels. Light refreshments will be served.

Date: Tuesday, Apr. 23

Time: 3:15pm - 5:15pm

Location: Jimmy Johnson Room

Instructor: VonCannon, Teresa

Fee: Resident - \$5, Non-Resident - \$7

Class # 15534

## LUNCH AND LEARN

## WELLNESS PRESENTATIONS

### Lunch & Learn Wellness Presentations **Ages 18+**

A monthly wellness presentation covering the latest information on health issues.

January - Diabetes Control and Management

February - Hypertension and Cholesterol

March - Arthritis, Joint, and Mobility Issues

April - Mental Health, Dementia, Alzheimer's

A tasty and healthy lunch will be served at the end of each class.

Day & Time: Tuesdays, 11:00am - 12:30pm

Session 1: Jan. 9

Session 2: Feb. 6

Session 3: Mar. 5

Session 4: Apr. 9

Instructor: Kowal, Adair

Location: Jimmy Johnson Room

Fee: Resident - \$15, Non-Resident - \$34

Class # 15732

## PILATES WITH MARIA

### Pilates with Maria **Ages 18+**

Pilates is a series of exercises promoting flexibility and strength of all major muscle groups in the body and helps promote balance and mobility. Pilates is perfect for beginners, or even someone coming back into fitness after a lengthy time off. No experience necessary, beginners are welcome. The instructor is experienced in working with all different skill levels will guide you through the proper movements. Bring a yoga mat and water.

Day and Time: Tuesdays, 10:00 am – 11:00 am

Session 1: Mar 12 - 26

Session 2: Apr 9 - 23

Location: The Clubhouse at Hilltop Needmore Town Park & Preserve (4621 Shady Greens Dr)

Instructor: Tozzi, Maria

Cost: \$27 Residents, \$34 Non-Residents

Class # 15919

## LOW-INTERMEDIATE LINE DANCE

### Low - Intermediate Line Dance **Ages 18+**

Participants must have completed at least 2 sessions of the Beginner class and have the instructors approval before taking this class. This class is designed for the dancer who has prior experience and is confident in their line dance ability. Must know the terminology associated with line dancing. Dances taught range from Beginner 1 to Low Intermediate.

Days & Times: Tuesdays, 3:15pm - 4:15pm

Session 1: Jan. 9 - Feb. 13

Session 2: Mar. 5 - Apr. 9

Location: Jimmy Johnson Room

Instructor: VonCannon, Teresa

Fee: Resident - \$18, Non-Resident - \$23

Class # 15531

## ZUMBA WITH ERIN

### Zumba With Erin **Ages 16+**

"Ditch the workout - Join the Party!" Do you want to Zumba?

Join the millions of people that have decided that having fun and working out are not mutually exclusive. The three requirements in class are breathing, smiling, and having fun! Class is prorated so students may enroll at any time (if space is available) and pay for the remainder of the session.

Day & Time: Mondays, 6:30pm - 7:30pm

Session 1: Jan. 8 - Feb. 19 (No Class Jan. 15)

Session 2: Mar. 11 - Apr. 15

Location: Jimmy Johnson Room

Instructor: Ramsey, Erin

Fee: Resident - \$36, Non-Resident - \$45

Class #15515

## ACRYLIC PAINTING

### Acrylic Painting on Canvas **Ages 55+**

Students will learn some basic drawing skills, perspective, color theory and the techniques of using tube acrylic paints on canvas. This course is for all levels of artist from beginner to pro. Students will work at their own pace and take as many sessions as needed to complete their paintings. Bring your imagination. Wear old clothing: the paint will fly. The class is not just to learn in a casual atmosphere but to have fun and enjoy the learning experience. Please only sign up for either the morning session or the afternoon session – not both. To keep classes small, students will have class every other week -- Group A or Group B

Location: Craft Room

Instructor: Donnelly, Sally

Max: 12 Artists per morning sessions – 12 Artist per afternoon sessions

Fee: Residents - \$20 Non-Residents - \$25

#### Morning

Day & Time: Thursdays, 10:00am - 12:00pm

Session 1A: Jan 4 & 18, Feb 1, 15 & 29, Mar 14 & 28, Apr 11 & 25

Session 1B: Jan 11 & 25, Feb 8 & 22, Mar 7 & 21, Apr 4 & 18

#### Afternoon

Day & Time: Thursday, 1:00pm – 3:00pm

Session 1A: Jan 4 & 18, Feb 1, 15 & 29, Mar 14 & 28, Apr 11 & 25

Session 1B: Jan 11 & 25, Feb 8 & 22, Mar 7 & 21, Apr 4 & 18

Location: Craft Room

Instructor: Donnelly, Sally

Fee: Residents - \$20, Non-Residents - \$25

Class # 15568

## CRAFTS, COOKIES & COFFEE

### Crafts, Cookies & Coffee **Ages 50+**

We work on a crafty new project each session. Join us for a casual morning of creativity, conversation, and lots of laughs. Material, cookies, and coffee will be provided.

Day & Time: Fridays, 10:00am - 11:30am

Session 1: Jan. 26

Session 2: Feb. 23

Session 3: Mar. 22

Session 4: Apr. 19

Location: Kitchen

Class # 15633

## ACTIVE ADULT SOCIAL CLUB

### Active Adult Social Club **Ages 55+**

The club has three goals

- 1) Connect socially and make new friends.
- 2) Help plan and guide leisure and recreation programming for active adults in Fuquay-Varina.
- 3) Identify and participate in volunteer opportunities in the community with an emphasis on enhancing the lives of senior citizens.

Coffee and light refreshments will be provided.

Participants are welcome to bring their own lunch.

Register in advance. Contact (919) 552-9140 for more information.

Days: 1st and 3rd Wednesday of each month. Times: 11:30 am - 1:00 pm

Session 1: Jan. 3 & 17

Session 2: Feb. 7 & 21

Session 3: Mar. 6 & 20

Session 4: Apr. 3 & 17

Facilitator: Jerry O'Connell

Location: Falcon Park Hut (105 Falcon Dr)

Fee: Free

Class #: 15475

## SOCIAL AND CRAFTY WOMEN

### Social & Crafty Women **Ages 55+**

Are you new to the area or a long-time resident? Come join us at the Community Center for some cross-stitching, crocheting, knitting, beading, painting, and other favorite crafts. Most importantly, we like to socialize and meet other ladies from the area! We look forward to making crafts and friends with you!

Days: Wednesdays, Jan. 3 - Apr. 24

Time: 9:30am - 12:00pm

Location: Social Hall

Fee: Free

Ages: 55 & Up

Class # 15500

## FUNCTIONAL FITNESS

### Functional Fitness

**Ages 55+**

Learn how to complete movements safely and effectively. You will focus on maintaining and building strength while completing everyday activities. This program is one of a two-part series designed to help older adults increase their mobility, prevent falls, and help participants better manage the Activities of Daily Life (ADL) to stay safe and independent. Movements can be modified to match an individual's own abilities. Chairs will be available.

Day & Time: Mondays, 2:00pm – 2:45pm

Session 1: Jan. 22 - Feb. 12

Session 2: Mar. 4 - Mar. 25

Session 3: Apr. 1 - Apr. 22

Location: Falcon Park Hut (105 Falcon Drive)

Instructor:

Fee: Free, participants must register in advance.

Class # 15539

## FRIDAY FUN TRIVIA

### Friday Fun Trivia

**Ages 55+**

Start the weekend off right. Spend the afternoon socializing and having fun with friends and testing your knowledge on a variety of subjects from past and present. We play four rounds with participants competing as a group. This program is meant to be fun and informal. Participants are encouraged to bring a snack for sharing. Coffee will be provided. Participants must pre-register.

Times: 1:00pm - 2:30 pm

Session 1: Jan. 19

Session 2: Feb. 16

Session 3: Mar. 15

Session 4: Apr. 19

Location: Jimmy Johnson Room

Fee: Free

Class #: 15621

## PICKLEBALL OPEN GYM

### Pickleball Open Gym

**Ages 18+**

Pickleball is a combination of tennis, badminton, and ping pong. It may be a silly name, but it's a serious sport! It's fast paced and easy to learn, great exercise and lots of fun! It is America's fastest growing sport. Please wear tennis shoes.

Days: Mondays, Wednesdays, & Fridays

Times: 9:00am - 11:45am

Location: Gymnasium

Fee: Residents -\$10, Non-Residents -\$15 - Monthly

Drop in: Residents -\$2, Non-Residents -\$4 - Daily

## MEET UP AT THE MILL

### Meet Up at The Mill

**Ages 55+**

Shake off the winter blues by joining your friends at The Mill (146 S Main Street). We meet at the seating area on the second floor. Pizza will be provided for free. Participants will be responsible for paying for their own beverages. The Mill has a variety of coffee, tea, wine, or craft beer. Participants must register in advance. Call 919-552-9140 for more information.

Date: Friday, Feb. 2

Times: 1:00pm - 3:00pm

Location: The Mill (146 S. Main Street)

Fee: Free

Class #: 15639

## MEET UP LUNCH AT ANNA'S

### Meet Up Lunch at Anna's

**Ages 55+**

Come out for a delicious lunch at Anna's Pizzeria (138 S. Main Street). Enjoy an afternoon of great company, conversation, and good eats. Participants are responsible for paying for their own meal. Participants must register in advance. Call 919-552-9140 for more details.

Date: Friday, Mar. 1

Times: 12:30pm - 2:30pm

Location: Anna's Pizzeria (138 S. Main Street)

Fee: Free

Class #: 15638

## ST. PATTYS DAY MEET UP

### St. Patty's Day Meet Up

**Ages 55+**

Join us for a Pre-St. Patrick's Day celebration at the Cleveland Draft House! Meet and make new friends. All are welcome! We will meet at 1:00 pm in the banquet room at the Cleveland Draft House - 1420 E Broad Street. Participants are responsible for paying for their own food and beverages. Participants must register for this program.

Date: Friday, Mar. 15

Times: 1:00pm - 3:00pm

Location: Cleveland Draft House (1420 E Broad Street)

Fee: Free

Class #: 15632



## TECHNICAL HELP DESK

### Technical Help Desk

**Ages 55+**

Do you need help with a specific problem on your smartphone, tablet or laptop computer? Bring your device with you to one of these Technology Help Desk sessions, and Computer Scientist John Harter may be able to help you.

Day & Time: Fridays, 10:00am - 12:00pm

Session 1: Jan. 19

Session 2: Feb. 16

Session 3: Mar. 15

Session 4: Apr. 19

Location: Craft Room

Instructor: Harter, John

Fee: Free, please register in advance.

Class #15495

## HOMEMEDS MEDICATION MANAGEMENT

### Homemeds Medication Management

**Ages 55+**

Are your medications putting you at risk of a fall or different problem? Do your medications interact with your food or supplements? Do you want to better understand how your medications work together? Come get a better understanding of how a Homemeds assessment may benefit you. Our speaker, Casey Baldwin, is a licensed pharmacist who specializes in aging and chronic health conditions. She works in the community with seniors, caregivers and professionals to improve health outcomes for older adults.

Date: Thursday, Mar. 28

Time: 11:00am - 12:30pm

Location: Hilltop Needmore Clubhouse

Instructor: Baldwin, Casey

Fee: **Free, must register in advance.**

Class #15543

## MUSIC MAKERS

### Music Makers

**Ages 55+**

Whether you are learning the guitar or an accomplished oboe player, let's make music together and meet new friends. This program is open to anyone with an interest in music. Bring your musical instrument, singing voice, or simply observe. This is a freestyle program that encourages creativity.

Time: 11:00am - 12:30pm

Session 1: Jan. 24

Session 2: Feb. 7

Session 3: Mar. 27

Session 4: Apr. 24

Location: The Clubhouse at Hilltop Needmore Town Park and Preserve (4621 Shady Greens Dr.)

Fee: Free - please register in advance

Class #: 15638

## RESOURCES FOR SENIORS

### Who We Are & What We Do

**Ages 55+**

Resources for Seniors has a full range of services and programs to support aging adults, adults with disabilities, and caregivers. From home care support to daytime programs, you have many options to fit your needs. Resources for Seniors, Inc. was founded in 1973. Their mission is to provide home and community-based services so that disabled and senior adults can maximize their independence for as long as possible while remaining in their homes. We are committed to excellence in service and care for individuals and their families. Our speaker, Mae Freeman, is the Program Director of Information Services. She oversees the Speaker's Bureau, Information/Referral, Options Counseling/Case Assistance, Transportation, and the agency's outreach services.

Date: Thursday, Jan. 18

Time: 11:00am - 12:30pm

Location: The Clubhouse at Hilltop Needmore Town Park and Preserve (4621 Shady Greens Dr.)

Instructor: Freeman, Mae

Fee: Free, must register in advance

Class #: 15638

## SOCIAL CONNECTIONS

### Social Connections

**Ages 55+**

Whether you are new to the area or a long-time resident, join us for casual conversation and fun. This group is open to all active adults (age 55 and up). Singles and couples are welcome. Meet new friends and make new connections. Start the weekend right. Perhaps, make weekend plans with your new connections to enjoy activities together such as hobbies, coffee, walking, or dinner. Coffee will be provided. Participants are encouraged to bring a favorite snack to share.

Day: Fridays

Session 1: Jan. 12 & Jan. 26

Session 2: Feb. 9 & Feb. 23

Session 3: Mar. 8 & Mar. 22

Session 4: Apr. 12 & Apr. 26

Time: 1:30 pm - 3:30 pm

Location: Jimmy Johnson Room

Fee: Free - please register in advance

Class #: 15545

## BE STRONG, BE FLEXIBLE

### Be Strong, Be Flexible

**Ages 55+**

Join us for a fun, interactive, and social way to build the strength and flexibility you need to enjoy optimal health as you age. Be Strong, Be Flexible is an exercise program that incorporates the latest research to help older adults develop the strength and flexibility that will enable them to live independently longer. In the weekly classes, a trained instructor will lead you through warmup, stretching, strength exercises, cool-down, stretching, and deep breathing. Be Strong, Be Flexible exercises are safe and effective to improve strength and flexibility. Wear comfortable clothes and closed-toe walking shoes. You will not want to miss this!

Day and Time: Thursdays, 10:30am – 11:30am

Session 1: Jan 25 – Feb 8

Session 2: March 7 – Mar 21

Session 3 Apr 4 – Apr 25

Instructor: Orr, Dana

Location: The Clubhouse at Hilltop Needmore Town Park and Preserve (4621 Shady Greens Dr.)

Fee: Free - must register in advance

Class #15866

## CHILDHOOD JOURNAL

### Create an Illustrated Journal of Your Childhood Ages 55+

Everyone has a story to tell. Why not share yours in a fun creative way? Using a series of questions designed to stimulate your childhood memories, participants will create an illustrated journal using photographs, ephemera, drawings, writing and/or saved items. Each work will be a unique personal treasure to keep or to share. No art skills required. Supplies will be provided.

Day and Time: Mondays, 1:00pm – 2:00pm

Meeting Dates: Feb 12, Feb 19, Feb 26, and Mar 4

Instructor - Oberle, Dee

Location: Community Center Kitchen

Fee: **Free - must register in advance**

Class #15870

## FLEX AND STRETCH

### Flex and Stretch

**Ages 55+**

Increase your flexibility, improve posture, and find your balance with functional fitness. This program is one of a two-part series designed to help older adults increase their mobility, prevent falls, and help participants better manage the Activities of Daily Life (ADL) to stay safe and independent. Movements can be modified to match an individual's own abilities. Chairs will be available.

Day & Time: Mondays, 1:00pm – 1:45pm

Session 1: Jan. 22 - Feb. 12

Session 2: Mar. 4 - Mar. 25

Session 3: Apr. 1 - Apr. 22

Location: Falcon Park Hut (105 Falcon Drive)

Instructor:

Fee: Free, participants must register in advance.

Class # 15535

## BASICS OF DRAWING

### Learn the Basics of Drawing

**Ages 55+**

This course is designed to teach those with little or no previous training and those with little confidence in their drawing abilities. Learn to draw everything from fundamental shapes such as cubes and spheres to animals and common objects. This class is perfect for beginners who want to acquire skills in the basics of drawing.

Day and Time: Tuesdays, 2:00pm – 3:00pm

Meeting Dates: Jan 23, Jan 30, Feb 6, and Feb 13

Instructor – Banister, Janet

Location: Craft Room

Fee: Free - must register in advance

Class #15871

## DIY WITH THE QUAY

### DIY With The Quay

**Ages 55+**

Each month we will design a different project that highlights your design skills and enhances your home or garden. Please be sure to register and wear older clothing.

Days & Times: Mondays, 11:00am - 12:30 pm

Session 1: Jan. 8

Session 2: Feb. 12

Session 3: Mar. 11

Session 4: Apr. 8

Location: Community Center Kitchen

Fee: Free - must register in advance

Class # 15853

## CHAIR YOGA

### Chair Yoga

**Ages**

**55+**

This class is designed to meet students where they are. Chair yoga allows you to perform yoga poses while seated or using a chair for balance. You can enjoy the many benefits of yoga without having to get up or down from the floor. Chair yoga offers the same benefits as traditional yoga, like increased strength, flexibility, balance, range of motion and can boost mental well-being. This class is accessible for every body, no previous yoga experience is necessary.

Time & Day: Fridays, 9:30am - 10:30am

Session 1: Jan. 5 - Jan. 26

Session 2: Feb. 2 - Feb. 23

Session 3: Mar. 1 - Mar. 22

Session 4: Apr. 5 - Apr. 26

Fee: Resident - \$40, Non-Resident - \$50

Drop-In Rate: Resident - \$12, Non-Resident - \$15

Location: Jimmy Johnson Room

Instructor: Popielarcheck, Jaci

Class # 15518

## CAROL'S FRESH KITCHEN

### **Carol's Fresh Kitchen** **Ages 55+**

Carol's Fresh Kitchen is back! Join us for fun, simple, Fresh & Hearty Cooking. Cooking doesn't have to be hard or a chore. It can be easy and enjoyable. In this Series we will be cooking and creating a collection of recipes and tips that will make the everyday menu better for you, easier, and a lot more fun. We will be using ingredients you can find just about anywhere. At the end of each session, you will take home a collection of recipes and tips.

Day & Time: Tuesdays, 1:00pm - 2:00pm

Session 1: Jan. 9

Session 2: Feb. 6

Session 3: Mar. 5

Session 4: Apr. 2

Location: Community Center Kitchen

Instructor: Karp, Carol

Fee: \$10 Residents, \$13 Non-Residents

Class #15914

## BOOK CLUB

### **Book Club** **Ages 55+**

Make new friends and participate in lively discussions! The Book Club meets every fourth Tuesday of the month. Registration is required.

Day & Time: 4th Tuesdays, 1:30 pm 3:00 pm

Meeting Dates: Jan 23, Feb 27, Mar 26, and Apr 23

Location: Community Center Front Lobby

Fee: Free. Participants must register in advance and acquire their own book.

Class # 15913

## EMPOWERING THE IMMUNE SYSTEM

### **Empowering The Immune System, Nature's Way** **Ages 55+**

Just like a military defense, you wouldn't want to send your immune system into battle without providing it with the proper tools to win the war. This one-hour class will provide you with easy, applicable ways in which you can make your immune system a force to be reckoned with, naturally.

Day/Time: Thursday, January 25, 2:00 pm

Location: The Clubhouse at Hilltop Needmore Town Park and Preserve (4621 Shady Greens Dr.)

Instructor: Deborah English, Real Life Fitness

Fee: Free - must register in advance

Class # 15860

## THE BLUE ZONES

### **The Blue Zones - Living Your Best Life in Retirement** **Ages 55+**

The Blue Zones are named for regions of the world where there is little to no chronic disease, and people live long, high-quality lives, many well into their 80's, 90's, and beyond. The body is an amazing creation, and if you provide it with what it needs to do its job, it will say thank you by keeping you healthy and providing you the energy required to live your best life. Come learn what it takes to live the Blue Zone Lifestyle!

Day/Time: Thursday, April 4, 2:00 pm

Location: The Clubhouse at Hilltop Needmore Town Park and Preserve (4621 Shady Greens Dr.)

Instructor: English, Deborah, Real Life Fitness

Fee: Free - must register in advance

Class # 15861

## PIZZA AT THE PARK

### **Pizza at the Park** **Ages 55+**

Meet and make new friends while enjoying some delicious pizza. We will have team trivia, too! Come join the fun.

This informal social will be held at the Clubhouse at Hilltop Needmore Town Park & Preserve (4621 Shady Greens Dr.).

All participants must register in advance.

Day/Time: Friday, April 5, 12:00 pm

Location: The Clubhouse at Hilltop Needmore Town Park and Preserve (4621 Shady Greens Dr.)

Fee: **Free - must register in advance**

Class # 15862

## CYBERSECURITY AWARENESS

### **Cybersecurity Awareness for Seniors** **Ages 55+**

This class is designed to help older adults become more cyber-aware. The goal is to increase your cyber awareness at a personal level. We will look at some basics, discuss potential threats, and how to respond when your information has been compromised. This is a basic class for beginners and anyone who uses a computer and uses the Internet.

Day & Time: Mondays, 1:00 pm to 2:00 pm

Session 1: March 18 & 25

Instructor: Neeriemer, Diana

Location: Community Center Craft Room

Fee: Free - must register in advance

Class # 16028

## ACTIVE ADULT FUN GOLFERS

### Active Adult Fun Golfers **Ages 55+**

Do you enjoy playing golf and meeting new people? Join us for a friendly and social day of golf at Keith Hills Golf Club. Open to all Active Adults (55 and over). Players must have their own golf clubs. **Participants must register at least one week in advance.** Call (919) 552-9140 for more information.

Days & Times: Thursdays, Tee times begin around 9:30 am. *Actual times will be confirmed one week prior to the day of play.*

Session 1: Feb. 1

Session 2: Feb. 29

Session 3: Mar. 21

Session 4: Apr. 18

Location: Keith Hills Golf Club (216 Country Club Dr., Lillington, NC)

Fees: \$35 includes cart. Participants will pay fees at the Keith Hills Pro-shop on the day of play, prior to the round.

Class #: 15481

Additional information: Participants must register at least one week in advance. Fees are not due until the day of play. For more information, contact Jerry O'Connell at 919-552-9140.

## BINGO & POTLUCK LUNCH AT THE PARK

### Bingo & Potluck Lunch at the Park **Ages 55+**

Enjoy a potluck lunch and an afternoon of Bingo at the Town's newest Recreation facility - The Clubhouse at Hilltop Needmore Town Park. Participants must register in advance. Register at the Community Center or online at [fvparcs.org](http://fvparcs.org).

Day & Time: Tuesdays, 12:00pm - 2:30pm

Session 1: Feb. 6

Session 2: Mar. 19

Session 3: Apr. 16

Location: The Clubhouse at Hilltop Needmore Town Park and Preserve (4621 Shady Greens Dr.)

Fee: \$1 per card (Cards are used for all games)

Class # 15491

## CARD PLAYING GET TOGETHER

### Card Playing Get Together **Ages 50+**

We will be playing various card games such as pitch, rook, euchre, hearts, rummy, canasta open to other suggestions. Open to all ages, men and women, beginners and experienced players are welcome.

Day & Time: Fridays, 12:00pm - 3:00pm

Session: Jan. 5 - Apr. 26 (No Class March 29)

Location: Activity Room

Fee: Free, participants must register in advance.

Class # 15507

## SOCIAL SECURITY & MEDICARE

### Social Security & Medicare Supplement Info Session **Ages 50+**

Join us for an educational seminar about Social Security and Medicare Supplements. Our speaker, Bryan Clayton, is a Claims Technical Expert with the Social Security Administration. He will provide a broad overview of both topics and conclude with a question-and-answer session.

Date & Time: Wednesday, March 13

Time: 11:00am

Location: The Clubhouse at Hilltop Needmore (4621 Shady Greens Dr)

Fee: Free, participants must register in advance.

Class # 15620

## TAI CHI

### Fit Flow Fun: Tai Chi for Falls Prevention & Arthritis **Ages 50**

Be fit, get in the flow, and have FUN with Tai Chi! Tai Chi is endorsed by the Arthritis Foundation, Aging Council, CDC, Health Human Services, Department of Defense, and the list goes on and on. Proven benefits include better balance, reduced pain and fatigue, flexibility, mobility, lowered blood pressure, improved cerebral functioning, relaxation, and more!

Day & Time: Mondays, 1:00pm - 2:00pm

Session 1: Jan. 22 (R-\$10, NR-\$13)

Session 2: Feb. 5 (R-\$10, NR-\$13)

Session 3: Mar. 11 - Apr. 15 (R-\$60, NR-\$75)

Location: The Clubhouse at Hilltop Needmore Town Park and Preserve (4621 Shady Greens Dr.)

Instructor: Earth Monkey Energies

Class # 15550

## BINGO

### BINGO

**Ages 55+**

Join us every 2nd and 4th Tuesdays of the month for Bingo. Cash prizes awarded!

Days: 2nd and 4th Tuesdays

Time: 1:00pm - 2:30pm

Location: Jimmy Johnson Room

Pre-registration is NOT required

Fee: \$1 per card. Cards are used for all games

Class # 15508

## GAMES

### Hand & Foot (Non-Scoring)

Play Hand & Foot and other card games at the Community Center. Free coffee!

Day & Time: Tuesdays, 10:00am - 12:00pm

Location: Kitchen

Fee: Free

Class #15502

### Hand & Foot (Scoring)

Play Hand & Foot and other card games at the Community Center. Free coffee!

Day & Time: Wednesdays & Saturdays, 12:00pm

-4:00pm

Location: Social Hall

Fee: Free

Class # 15503

### Bridge

Learn and play bridge at the Community Center.

Dates: Mondays & Thursdays (Will not meet Jan. 15)

Time: 12:00pm - 4:00pm

Location: Social Hall

Fee: Free

Class # 15504

### Mahjong

Learn and play mahjong at the Community Center.

Free coffee!

Days: Fridays (Will not meet March 29)

Time: 12:00pm - 4:00pm

Location: Social Hall

Fee: Free

Class # 15505

### Euchre

Euchre or eucra is a trick-taking card game most commonly played with four people in two partnerships with a deck of 24, 28, or sometimes 32, standard playing cards. Beginners and experienced players are welcome.

Day: Wednesdays

Time: 10:30am - 12:30pm

Location: Craft Room

Fee: Free

Class # 15506

## MEN'S COFFEE TIME

### Men's Coffee Time

**Ages 55+**

This group continues to grow – come join the fun! We meet every Tuesday morning for coffee and camaraderie in a casual and welcoming environment. Talk about your favorite team, hobby, or restaurant. Find out what is going on around town and within the Parks, Recreation & Cultural Resources Department (PRCRD).

PRCRD staff may be on hand to answer questions and join the conversation. The goal of this informal program is to build friendships and stay connected to the local community.

Day and Time: Tuesdays, 9:00am - 10:30am

Location: Social Hall

Instructor: Jerry O'Connell

Fee: Free - must register in advance

Class # 15473

## OPEN GYM WALKING

### Open Gym Walking

**Ages 55+**

Come for an early morning walk. Walking promotes physical, psychological, and emotional well-being, and is an effective activity that supports healthy aging. We meet and walk inside the Community Center's Gymnasium.

Days: Monday, Wednesday, & Friday

Time: 8:00am - 8:55am

Session: Jan. 2 - Apr. 30 (Will not meet Jan. 15 or Mar. 29)

Location: Community Center Gymnasium

Fee: Free

Class # 15501

## WALK & COFFEE SOCIAL

### Walk & Coffee Social

**Ages 55+**

We take a 2-mile walk using a combination of the Blue and Red (flat section) trails at Hilltop Needmore Town Park and Preserve (4621 Shady Greens Dr.). Walkers are encouraged to walk at a comfortable pace. After our walk, enjoy coffee and light refreshments inside the Clubhouse. We meet in the Clubhouse at 9:00 am; walking begins at 9:15 am. Don't feel like walking? You are still invited to join us for coffee and socializing. Participants must register in advance. Call (919) 552-9140 for more information.

Day & Time: Mondays, 9:00am - 11:00am

Session 1: Jan. 10 & Jan. 24

Session 2 Feb. 7

Session 3: Mar. 13 & Mar. 27

Session 4: Apr. 10 & Apr. 24

Location: Hilltop Needmore Town Park & Preserve

Fee: Free

Class # 15486

## DAY TRIPS

**Trip fees include transportation and admission costs. Participants are expected to bring money for lunch. Buses are not handicapped accessible. Please be prompt for scheduled departure. Meeting location is at the front of the Community Center.**

**RESIDENTS REGISTRATION OPEN 8:00AM  
DEC. 4. NON-RESIDENT REGISTRATION  
BEGINS DEC. 11 AT 8:00 AM**

**Ages 55+  
Class # 15898**

### **Greensboro Science Museum - Greensboro, NC**

The Greensboro Science Center is home to an aquarium, museum and zoo - all in one attraction! Come eye-to-eye with animals from all around the world. Hands-on interactions abound in the farmyard, where you can pet goats and sheep, and watch NC crops, such as cotton, grow from seed to harvest. Inside the museum, walk among dinosaurs in Prehistoric Passages, experience extreme weather, have fun in SciPlay Bay and sit back to watch an awe-inspiring show in our OmniSphere Theater. On site dining is available at the Meerkat Café. Participants are responsible for purchasing their own meals.

Date: Thursday, January 11

Time: Depart Community Center at 8:30 am (Estimated return time – 4:30 pm)

Fee: Resident - \$25 | Non-Resident \$31

### **North Carolina Museum of History - Raleigh, NC**

Join us for a self-guided tour of the North Carolina Museum of History to celebrate the Old North State's past, present, and future. Learn about some of the notable firsts such as the first attempted English settlement of the New World, the first state university in the United States, and the first in flight. Explore the history of famous figures that called North Carolina home through the years such as Blackbeard, Dolly Madison, Daniel Boone, Charlotte Hawkins Brown, Billy Graham, and Michael Jordan. For our sport's fans, the museum is co-located with the North Carolina Sports Hall of Fame. Also, the Premier Cakes Diner, serving classic diner food, is now open inside the museum. Participants are responsible for purchasing their own meals.

Date: Thursday, February 22

Time: Depart Community Center at 10:00 am (Estimated return time – 4:00 pm)

Fee: Resident - \$15 | Non-Resident \$19

## DAY TRIPS

### **Sylvan Heights Bird Park – Scotland Neck, NC**

Sylvan Heights Bird Park seeks to advance conservation of waterfowl and wetlands, to act as a local educational resource for avian biology and wetlands ecology, and to serve as an international center for avicultural training and research. Sylvan Heights is home to breeding populations of some of the world's rarest waterfowl. In some cases, fewer than 250 individuals of these species remain in the wild, and the collaborative captive breeding programs taking place here may be their last barrier against extinction. The park's trails are approximately one mile in total, with plenty of benches and other places to rest along the way. There is an on-site café that serves a variety of sandwiches, hot dogs, ice cream, and fun foods! Participants are responsible for purchasing their own meals.

Date: Thursday, March 21

Time: Depart Community Center at 8:45 am (Estimated return time – 4:30 pm)

Fee: Resident - \$20 | Non-Resident \$25

### **Duplin Winery: Wine Tasting & Tour – Rose Hill, NC**

Duplin Winery is the oldest and largest winery in the south. Enjoy a tour and wine tasting of the largest wine making facility on the east coast. The wine tasting also includes a gourmet cheese dip, homemade gourmet crackers, and a glass of wine after the tasting has been completed. We will have lunch at the Bistro at Duplin Winery. The Bistro has a wide variety of menu items, including gourmet soups and salads, specialty sandwiches, and daily specials. Participants are responsible for purchasing their own meals.

Date: Thursday, April 11

Time: Depart Community Center at 9:15 am (Estimated return time – 3:30 pm)

Fee: Resident - \$30 | Non-Resident \$38