

### Drop-in

Drop-in classes are fun and convenient ways to get the most out of the Cabarrus County Senior Centers. Registration is NOT required.

Class	Day(s)	Time	Location	Cost
Game Room*	Monday – Thursday	8:30 a.m. – 7:45 p.m.	ALC Concord	FREE
Computer Lab*	Monday – Thursday	8:30 a.m. – 7:30 p.m.	ALC Concord	FREE
Cabarrus Quilters Guild	First Tuesday	9:00 a.m. – 12 noon	ALC Concord	FREE
Cabarrus Quilters Guild	Third Tuesday	9:00 a.m. – 3 p.m.	ALC Concord	FREE
Variety Games	Tuesday	1:00 – 4:00 p.m.	ALC Concord	FREE
Men's Billiards	Wednesday	8:00 a.m. – 12 noon	ALC Concord	FREE
Ladies' Billiards	Wednesday	12:30 – 3:30 p.m.	ALC Concord	FREE
Photography Club	First & Third Wednesday	1:00 – 3:00 p.m.	ALC Concord	FREE
Creative Hands	First & Third Wednesday	1:00 – 4:00 p.m.	ALC Concord	FREE
Concord Opry Jam	Wednesday	6:30 – 8:00 p.m.	ALC Concord	FREE
Euchre	Thursday	10:00 a.m. – 12 noon	ALC Concord	FREE
Mexican Train Dominoes	Thursday	1:00 – 3:00 p.m.	ALC Concord	FREE
Table Tennis	Thursday	5:30 – 7:45 p.m.	ALC Concord	FREE
Computer Lab	Friday	8:30 a.m. – 4:30 p.m.	ALC Concord	FREE
Game Room	Friday	8:30 a.m. – 4:45 p.m.	ALC Concord	FREE
Variety Games	Friday	1:00 – 4:00 p.m.	ALC Concord	FREE
Bingo sponsored by Cabarrus County Council on Aging	Third Friday	1:00 p.m.	ALC Concord	FREE

Class	Day(s)	Time	Location	Cost
Variety Games*	Monday – Friday	9:00 a.m. – 5:00 p.m.	ALC Mt. Pleasant	FREE
Social Cards	Tuesday	12:30 p.m.	ALC Mt. Pleasant	FREE
Bingo	Second Tuesday	1:00 p.m.	ALC Mt. Pleasant	FREE
Table Tennis	Tuesdays	5:00 p.m.	ALC Mt. Pleasant	FREE
Yarn Creations Club	Wednesdays	12:30 – 3:00 p.m.	ALC Mt. Pleasant	FREE
Euchre	Thursdays	11:30 a.m.	ALC Mt. Pleasant	FREE
Table Tennis	Saturdays	1:00 p.m.	ALC Mt. Pleasant	FREE

Classes and activities will not take place on Monday, January 20.



**Active Living Center, Concord**  
331 Corban Avenue SE, Concord, 704-920-3484

**Active Living Center, Mt. Pleasant**  
1111 N. Washington Street, Mt. Pleasant, 704-920-3484

**Camp T.N. Spencer Park**  
3155 Foxford Drive, Concord, 704-795-4492

**Frank Liske Park**  
4001 Stough Road, Concord, 704-920-2701

**Rob Wallace Park**  
12900 Bethel School Road, Midland, 704-920-2727

**Vietnam Veterans Park**  
760 Orphanage Road, Concord, 704-782-5603

[www.CabarrusCounty.us/alp](http://www.CabarrusCounty.us/alp)  
@CabCoALP

### Mission Statement

Our mission is to enrich the quality of life for persons of all ages and abilities by providing high quality recreation, education and social opportunities in harmony with natural resource preservation.

### Active Living Center Hours

Hours at time of publication (subject to change).

Concord	
Monday – Thursday	8:00 a.m. – 8:00 p.m.
Friday	8:00 a.m. – 5:00 p.m.

Mt. Pleasant	
Monday – Thursday	9:00 a.m. – 8:00 p.m.
Friday and Saturday	10:00 a.m. – 6:00 p.m.

### Fitness Center Hours

Hours at time of publication (subject to change). Use requires successful completion of free orientation (held twice monthly, times vary, reservation required).

ALC Concord (indoor)	
Monday – Friday	8:00 a.m. – 5:00 p.m. (with reservation)
Monday and Wednesday	5:00 – 8:00 p.m. (walk-in)
Tuesday and Thursday	6:30 – 8:00 p.m. (walk-in)

ALC Concord (outdoor)	
Monday – Sunday (November – February)	8:00 a.m. – 5:00 p.m.
Monday – Sunday (March – October)	8:00 a.m. – 8:00 p.m.

ALC Mt. Pleasant	
Monday – Friday	9:00 a.m. – 8:00 p.m.
Saturday	10:00 a.m. – 6:00 p.m.

Fitness Center availability can change due to classes held in the facilities.



# Cabarrus County Active Living & Parks Session Guide

### Special Programs

These activities fall outside the routine session schedules, so pay close attention to dates and times.

Class	Day(s)	Date(s)	Time	Location	Instructor	Cost
A Matter of Balance <i>Open until filled</i>	Ongoing	4-week workshop meeting 2x per week	2 hours	ALC Concord	Centralina Area Agency on Aging	FREE
Living Healthy with Diabetes <i>Open until filled</i>	Ongoing	6-week workshop meeting 1x per week	2.5 hours	ALC Concord	Centralina Area Agency on Aging	FREE
Living Healthy with Chronic Pain <i>Open until filled</i>	Ongoing	6-week workshop meeting 1x per week	2.5 hours	ALC Concord	Centralina Area Agency on Aging	FREE
Living Healthy with Chronic Disease <i>Open until filled</i>	Ongoing	6-week workshop meeting 1x per week	2.5 hours	ALC Concord	Centralina Area Agency on Aging	FREE

## Sign me up!

To register or for more information on classes, call 704-920-3484 or visit [www.CabarrusCounty.us/register](http://www.CabarrusCounty.us/register).

**Early Registration:**  
**December 23 – January 3**

*Program fees subject to change at the start of each calendar year.*

**Not sure which class or level is right for you? You can observe classes one time at no charge. See staff for details.**

**Classes and activities will not take place on Monday, January 20.**

**Daily Classes**

Ongoing classes take place once a week. Registration required; covers the cost of the entire session.

**Monday**

Class	Time	Location	Instructor	Cost
Tai Chi Yang Forms	9:30 a.m.	ALC Concord	Jim Curtin	\$16
Strength & Conditioning	9:30 a.m.	ALC Mt. Pleasant	Shelley Austin	\$16
Yoga for Strong Bones	10:00 a.m.	ALC Concord	Janice Brewington	\$16
Tai Chi 73 Forms	11:15 a.m.	ALC Concord	Madeline Fillman	\$16
Strength & Conditioning	12:30 p.m.	ALC Concord	Shelley Austin	\$16
Seated Strength & Flexibility	1:45 p.m.	ALC Concord	Hampton Thrower	\$16
Country 2-Step	2:15 p.m.	ALC Mt. Pleasant	Pat Abbott	\$16
More Flexibility, Better Balance	2:50 p.m.	ALC Concord	Hampton Thrower	\$16
Social Ballroom	3:15 p.m.	ALC Mt. Pleasant	Pat Abbott	\$16
Fit in 45	4:00 p.m.	ALC Concord	Angela Williams-Hendrix	\$16
Carolina Shag (All Levels)	5:00 p.m.	ALC Concord	Pat Abbott	\$16
Zumba Fit	5:30 p.m.	ALC Concord	Michelle Briggs	\$16

Classes and activities will not take place on January 20.

**Tuesday**

Class	Time	Location	Instructor	Cost
Beginner's Hula	9:15 a.m.	ALC Concord	Joanne Walton	\$20
Line Dance II*	9:30 a.m.	ALC Concord	Peanut Lambert	\$20
Advanced Group Training <sup>1</sup>	10:00 a.m.	ALC Concord	Shelley Austin	\$25
Hula	10:25 a.m.	ALC Concord	Joanne Walton	\$20
Line Dance I*	10:45 a.m.	ALC Concord	Peanut Lambert	\$20
Group Personal Training <sup>1</sup>	11:00 a.m.	ALC Concord	Shelley Austin	\$25
Tai Chi for Wellness	11:00 a.m.	ALC Mt. Pleasant	Mike Arnold	\$20
Group Personal Training <sup>1</sup>	12:00 noon	ALC Concord	Shelley Austin	\$25
Line Dance I*	2:00 p.m.	ALC Mt. Pleasant	Peanut Lambert	\$20
Yoga for Strong Bones	3:00 p.m.	ALC Concord	Janice Brewington	\$20
Advanced Group Training <sup>1</sup>	5:30 p.m.	ALC Concord	Shelley Austin	\$25

<sup>1</sup> Fitness Center availability can change due to classes held in the facilities.

\* Line Dance I and II are in a different format from Thursday classes.

**INCLEMENT WEATHER POLICY** For all programs and/or events scheduled by the Active Living and Parks Department, the decision will be made by management. Management reserves the right to change facility operating hours and/or cancel programs, classes and events for public safety. Unless declared closed by management, on inclement weather days the Cabarrus County Senior Centers will operate during normal County business office hours and will be open for participants that choose to attend.

Check the County website [www.cabarruscounty.us](http://www.cabarruscounty.us) or social media pages or tune to local radio and television stations for cancellation/closing updates.

**Wednesday**

Class	Time	Location	Instructor	Cost
Tai Chi Basics	9:30 a.m.	ALC Concord	Ronnie Tucker	\$20
Deep Stretch Yoga	10:00 a.m.	Frank Liske Park Barn	Sheryl Campbell	\$20
Chair Tai Chi	10:35 a.m.	ALC Concord	Ronnie Tucker	FREE
Beginner's Line Dance	11:15 a.m.	ALC Concord	Peanut Lambert	\$20
Chair Yoga	11:30 a.m.	ALC Concord	Janice Brewington	\$10
Seated Strength & Flexibility	12:30 p.m.	ALC Mt. Pleasant	Hampton Thrower	\$20
Strength & Conditioning	12:30 p.m.	ALC Concord	Shelley Austin	\$20
More Flexibility, Better Balance	1:30 p.m.	ALC Mt. Pleasant	Hampton Thrower	\$20
Qi Gong	2:00 p.m.	ALC Concord	Maridy Roper	\$10
Beginner's Line Dance	5:00 p.m.	ALC Concord	Peanut Lambert	\$20

**Thursday**

Class	Time	Location	Instructor	Cost
Advanced Group Training <sup>1</sup>	10:00 a.m.	ALC Concord	Shelley Austin	\$25
Line Dance I*	10:45 a.m.	ALC Concord	Peanut Lambert	\$20
Group Personal Training <sup>1</sup>	11:00 a.m.	ALC Concord	Shelley Austin	\$25
Tai Chi for Arthritis	11:00 a.m.	ALC Concord	Maridy Roper	\$20
Silver Strength	12 noon	ALC Concord	Pat Abbott	\$20
Tai Chi Basics	1:00 p.m.	ALC Mt. Pleasant	Ronnie Tucker	\$20
Shag	1:15 p.m.	ALC Concord	Pat Abbott	\$20
Social Ballroom	2:15 p.m.	ALC Concord	Pat Abbott	\$20
Fit in 45	4:00 p.m.	ALC Concord	Angela Williams-Hendrix	\$20
Group Personal Training <sup>1</sup>	5:30 p.m.	ALC Concord	Shelley Austin	\$25
Line Dance II*	6:00 p.m.	ALC Concord	Peanut Lambert	\$20
Zumba Fit	6:00 p.m.	ALC Mt. Pleasant	Michelle Briggs	\$20

<sup>1</sup> Fitness Center availability can change due to classes held in the facilities.

\* Line Dance I and II are in a different format from Tuesday classes.

**Friday**

Class	Time	Location	Instructor	Cost
Yoga Basics**	10:00 a.m.	ALC Concord	Janice Brewington	\$20
Chair Line Dance	11:30 a.m.	ALC Concord	Peanut Lambert	\$20
Strength & Conditioning	12:30 p.m.	ALC Concord	Shelley Austin	\$20
CoreSculpt by Dawn (Mat Pilates)	2:00 p.m.	ALC Concord	Dawn Rennick	\$20

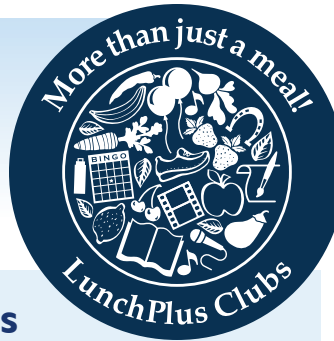
\*\* Indoor / Outdoor weather permitting

**Saturday**

Class	Time	Location	Instructor	Cost
Beginner's Hula	10:00 a.m.	ALC Mt. Pleasant	Joanne Walton	\$20

**LunchPlus Clubs**

The program provides free, nutrient-rich and balanced meals that coincide with social opportunities for older adults. Limited wellness classes are provided at this time. For more information, call 704-920-3484.



**LunchPlus Club Locations**

**Concord**  
Logan Multipurpose Center  
184 Booker Dr. Southwest  
704-785-5512

**Midland**  
United Love Baptist  
11487 Flowes Store Rd.  
704-785-5689

**Harrisburg**  
Harrisburg United Methodist  
4560 Highway 49 South  
704-794-3947

**Mt. Pleasant**  
8615 Park Dr.  
704-920-3496

**Kannapolis**  
Living Water Church of God  
162 North Little Texas Rd.  
704-785-6444

**Northwest Cabarrus**  
Bethpage Presbyterian Church  
6020 Mooresville Rd., Kannapolis  
704-794-7239

Class	Day	Time	Location	Instructor	Cost
Total Body Strength and Cardio*	Monday	9:30 a.m.	Midland	Ken Boyte	\$16
S.E.A.T. (Supported Exercise for Ageless Training)*	Monday	9:30 a.m.	Kannapolis	Rebecca Hoover	\$20
Total Body Strength and Cardio	Wednesday	9:30 a.m.	Midland	Ken Boyte	\$20
Beginners Line Dance	Friday	9:00 a.m.	Midland	Peanut Lambert	\$20

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