

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, & Fifth 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
Social Cards	Tuesday	12:30 p.m.	ALC Mt. Pleasant	FREE
Bingo	Second Tuesday	1:00 p.m.	ALC Mt. Pleasant	FREE
Table Tennis	Tuesday	5:00 p.m.	ALC Mt. Pleasant	FREE
Yarn Creations Club	Wednesday	12:30 – 3:00 p.m.	ALC Mt. Pleasant	FREE
Puzzles	Wednesday	1:30 p.m.	ALC Mt. Pleasant	FREE
Euchre	Thursday	11:30 a.m.	ALC Mt. Pleasant	FREE
Chess	First & Third Thursday	1 p.m.	ALC Mt. Pleasant	FREE
Greeting Card Making Club	2nd Saturday	10 a.m. – 12 noon	ALC Mt. Pleasant	FREE
Table Tennis	Saturday	1:00 p.m.	ALC Mt. Pleasant	FREE



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
 @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.

**Early Registration:
January 27 – February 8**

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.

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	\$24
Strength & Conditioning	9:30 a.m.	ALC Mt. Pleasant	TBD	\$24
Yoga for Strong Bones	10:00 a.m.	ALC Concord	Janice Brewington	\$24
Tai Chi 73 Forms	11:15 a.m.	ALC Concord	Madeline Fillman	\$24
Strength & Conditioning	12:30 p.m.	ALC Concord	TBD	\$24
Seated Strength & Flexibility	1:45 p.m.	ALC Concord	Hampton Thrower	\$24
Country 2-Step	2:15 p.m.	ALC Mt. Pleasant	Pat Abbott	\$24
More Flexibility, Better Balance	2:50 p.m.	ALC Concord	Hampton Thrower	\$24
Social Ballroom	3:15 p.m.	ALC Mt. Pleasant	Pat Abbott	\$24
Fit in 45	4:00 p.m.	ALC Concord	Angela Williams-Hendrix	\$24
Carolina Shag (All Levels)	5:00 p.m.	ALC Concord	Pat Abbott	\$24
Zumba Fit	5:30 p.m.	ALC Concord	Michelle Briggs	\$24

Tuesday

Class	Time	Location	Instructor	Cost
Beginner's Hula	9:15 a.m.	ALC Concord	Joanne Walton	\$24
Line Dance II*	9:30 a.m.	ALC Concord	Peanut Lambert	\$24
Advanced Group Training ¹	10:00 a.m.	ALC Concord	TBD	\$30
Hula	10:25 a.m.	ALC Concord	Joanne Walton	\$24
Line Dance I*	10:45 a.m.	ALC Concord	Peanut Lambert	\$24
Group Personal Training ¹	11:00 a.m.	ALC Concord	TBD	\$30
Tai Chi for Wellness	11:00 a.m.	ALC Mt. Pleasant	Mike Arnold	\$24
Group Personal Training ¹	12:00 noon	ALC Concord	TBD	\$30
Line Dance I*	2:00 p.m.	ALC Mt. Pleasant	Peanut Lambert	\$24
Yoga for Strong Bones	3:00 p.m.	ALC Concord	Janice Brewington	\$24
Advanced Group Training ¹	5:30 p.m.	ALC Concord	TBD	\$30

¹ 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 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	\$24
Chair Tai Chi	10:35 a.m.	ALC Concord	Ronnie Tucker	FREE
Beginner's Line Dance	11:15 a.m.	ALC Concord	Peanut Lambert	\$24
Chair Yoga	11:30 a.m.	ALC Concord	Janice Brewington	\$12
Seated Strength & Flexibility	12:30 p.m.	ALC Mt. Pleasant	Hampton Thrower	\$24
Strength & Conditioning	12:30 p.m.	ALC Concord	TBD	\$24
More Flexibility, Better Balance	1:30 p.m.	ALC Mt. Pleasant	Hampton Thrower	\$24
Beginner's Line Dance	5:00 p.m.	ALC Concord	Peanut Lambert	\$24

Thursday

Class	Time	Location	Instructor	Cost
Advanced Group Training ¹	10:00 a.m.	ALC Concord	TBD	\$30
Line Dance I*	10:45 a.m.	ALC Concord	Peanut Lambert	\$24
Group Personal Training ¹	11:00 a.m.	ALC Concord	TBD	\$30
Tai Chi for Arthritis	11:00 a.m.	ALC Concord	Ronnie Tucker	\$24
Silver Strength	12 noon	ALC Concord	Pat Abbott	\$24
Tai Chi Basics	1:00 p.m.	ALC Mt. Pleasant	Ronnie Tucker	\$24
Shag	1:15 p.m.	ALC Concord	Pat Abbott	\$24
Social Ballroom	2:15 p.m.	ALC Concord	Pat Abbott	\$24
Fit in 45	4:00 p.m.	ALC Concord	Angela Williams-Hendrix	\$24
Group Personal Training ¹	5:30 p.m.	ALC Concord	TBD	\$30
Line Dance II*	6:00 p.m.	ALC Concord	Peanut Lambert	\$24
Pilates Mat II	6:00 p.m.	ALC Concord	Dawn Rennick	\$24
Zumba Fit	6:00 p.m.	ALC Mt. Pleasant	Michelle Briggs	\$24

¹ 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	\$24
Chair Line Dance	11:30 a.m.	ALC Concord	Peanut Lambert	\$24
Strength & Conditioning	12:30 p.m.	ALC Concord	TBD	\$24
CoreSculpt by Dawn (Mat Pilates)	2:00 p.m.	ALC Concord	Dawn Rennick	\$24

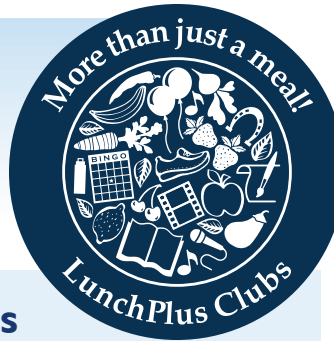
** Indoor / Outdoor weather permitting

Saturday

Class	Time	Location	Instructor	Cost
Beginner's Hula	10:00 a.m.	ALC Mt. Pleasant	Joanne Walton	\$24

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

Harrisburg

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

Kannapolis

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

Midland

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

Mt. Pleasant

8615 Park Dr.
704-920-3496

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	\$24
S.E.A.T. (Supported Exercise for Ageless Training)*	Monday	9:30 a.m.	Kannapolis	Rebecca Hoover	\$24
Total Body Strength and Cardio	Wednesday	9:30 a.m.	Midland	Ken Boyte	\$24
Beginners Line Dance	Friday	9:00 a.m.	Midland	Peanut Lambert	\$24

