

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

Class	Day(s)	Time	Location	Cost
Variety Games*	Monday – Friday	9 a.m. – 5:00 p.m.	Senior Center Mt. Pleasant	FREE
Social Cards	Tuesday	12:30 p.m.	Senior Center Mt. Pleasant	FREE
Bingo	Second Tuesday	1 p.m.	Senior Center Mt. Pleasant	FREE
Yarn Creations Club	Wednesdays	12:30 – 3 p.m.	Senior Center Mt. Pleasant	FREE

\* Classes and activities will not take place on July 4.



## CABARRUS COUNTY Active Living & Parks

**Cabarrus County Senior Center, Concord**  
331 Corban Avenue SE, Concord, 704-920-3484

**Cabarrus County Senior Center, Mt. Pleasant**  
8615 Park Drive, Mt. Pleasant, 704-920-3487

**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)

[f](#) [i](#) @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.

### Senior Center Hours

Hours at time of publication (subject to change).

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

Senior Center Mt. Pleasant	
Monday – Friday	8:00 a.m. – 5:00 p.m.

### Fitness Center Hours

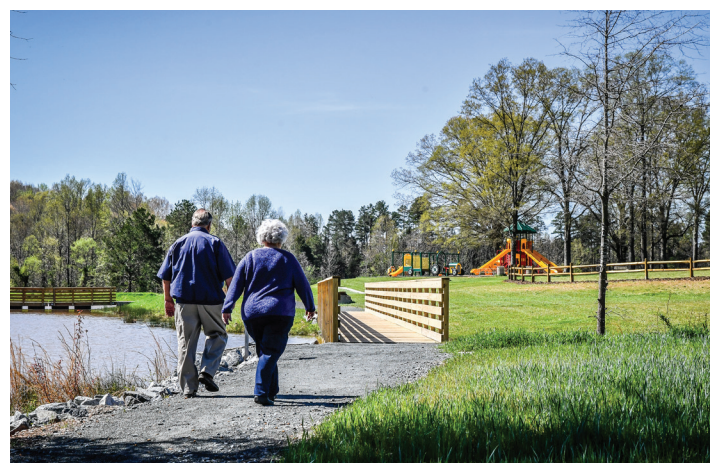
Hours at time of publication (subject to change). Use requires successful completion of free orientation (held twice monthly, times vary, reservation required).

Senior Center 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)

Senior Center 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.

Senior Center Mt. Pleasant	
Monday – Friday	8:00 a.m. – 5:00 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	Senior Center 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	Senior Center 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	Senior Center 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	Senior Center Concord	Centralina Area Agency on Aging	FREE
Bingo sponsored by Cabarrus County Council on Aging	Third Friday	July 19	1:00 p.m.	Senior Center Concord	—	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:  
June 17 – 28, 2024**

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 Thursday, July 4.**

## Daily Classes

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

### Monday

Class	Time	Location	Instructor	Cost
Walk With Ease	9:00 a.m.	Concord	Self-Led	FREE
Tai Chi Yang Forms	9:45 a.m.	Concord	Jim Curtin	\$20
Tai Chi Basics	9:45 a.m.	Mt. Pleasant	Ronnie Tucker	\$24
Yoga for Strong Bones	10:00 a.m.	Concord	Janice Brewington	\$24
Tai Chi 73 Forms	11:15 a.m.	Concord	Madeline Fillman	\$24
Strength & Conditioning	12:30 p.m.	Concord	Shelley Austin	\$24
Watercolor Class	1:00 p.m.	Concord	Marie Acquaviva	\$60
Seated Strength & Flexibility	1:45 p.m.	Concord	Hampton Thrower	\$24
More Flexibility, Better Balance	2:50 p.m.	Concord	Hampton Thrower	\$24
Fit in 45	4:00 p.m.	Concord	Angela Williams-Hendrix	\$24
Social Ballroom (All Levels)	4:00 p.m.	Concord	Pat Abbott	FREE
Carolina Shag (All Levels)	5:00 p.m.	Concord	Pat Abbott	\$24
Zumba Fit	5:30 p.m.	Concord	Michelle Briggs	\$24

### Tuesday

Class	Time	Location	Instructor	Cost
Beginners Hula	9:15 a.m.	Concord	Joanne Walton	\$24
Line Dance II*	9:30 a.m.	Concord	Peanut Lambert	\$24
Advanced Group Training <sup>1</sup>	10:00 a.m.	Concord	Shelley Austin	\$30
Hula	10:25 a.m.	Concord	Joanne Walton	\$24
Line Dance I*	10:45 a.m.	Concord	Peanut Lambert	\$24
Group Personal Training <sup>1</sup>	11:00 a.m.	Concord	Shelley Austin	\$30
Line Dance	2:00 p.m.	Mt. Pleasant	Peanut Lambert	\$24
Yoga for Strong Bones	3:00 p.m.	Concord	Janice Brewington	\$24
Group Personal Training <sup>1</sup>	5:30 p.m.	Concord	Shelley Austin	\$30

<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
Walk With Ease	9:00 a.m.	Concord	Self-Led	FREE
Tai Chi Basics	9:30 a.m.	Concord	Ronnie Tucker	\$24
Chair Tai Chi	10:35 a.m.	Concord	Ronnie Tucker	FREE
Beginners Line Dance	11:15 a.m.	Concord	Peanut Lambert	\$24
Chair Yoga	11:30 a.m.	Concord	Janice Brewington	\$12
Strength & Conditioning	12:30 p.m.	Concord	Shelley Austin	\$24
Seated Strength & Flexibility	12:30 p.m.	Mt. Pleasant	Hampton Thrower	\$24
Qi Gong & Tai Chi for Arthritis	2:00 p.m.	Concord	Maridy Roper	\$24
Beginners Line Dance	5:00 p.m.	Concord	Peanut Lambert	\$24

### Thursday

Class	Time	Location	Instructor	Cost
Tai Chi for Wellness	10:00 a.m.	Concord	Mike Arnold	\$20
Advanced Group Training <sup>1</sup>	10:00 a.m.	Concord	Shelley Austin	\$25
Line Dance I*	10:45 a.m.	Concord	Peanut Lambert	\$20
Group Personal Training <sup>1</sup>	11:00 a.m.	Concord	Shelley Austin	\$25
Deep Stretch Yoga	11:15 a.m.	Concord	Sheryl Campbell	\$20
Silver Strength	12 noon	Concord	Pat Abbott	\$20
Shag	1:15 p.m.	Concord	Pat Abbott	\$20
Country Two Step	2:15 p.m.	Concord	Pat Abbott	\$20
Social Ballroom	3:15 p.m.	Concord	Pat Abbott	\$20
Fit in 45	4:00 p.m.	Concord	Angela Williams-Hendrix	\$20
Group Personal Training <sup>1</sup>	5:30 p.m.	Concord	Shelley Austin	\$25
Line Dance II*	6:00 p.m.	Concord	Peanut Lambert	\$20
Zumba Fit in the Park	6:00 p.m.	Frank Liske Park Barn	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.

Classes will not take place on July 4.

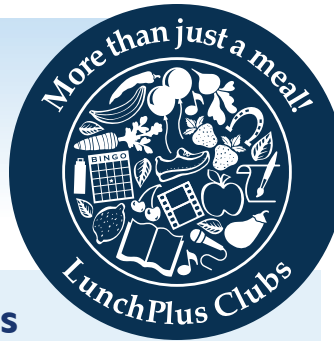
### Friday

Class	Time	Location	Instructor	Cost
Yoga Basics**	10:00 a.m.	Concord	Janice Brewington	\$24
Chair Line Dance	11:30 a.m.	Concord	Peanut Lambert	\$24
Strength & Conditioning	12:30 p.m.	Concord	Shelley Austin	\$24

\*\* Indoor / Outdoor weather permitting

## 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

Senior Center 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
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

