


Outlook

March
2024

  @CabCoALP

 www.CabarrusCounty.us/ALP



Senior Health and Wellness EXPO

Senior Health and Wellness Expo

Anchors aweigh for a day full of activities, resources and fun at the Senior Health and Wellness Expo! Set sail with this year's 'Cruise into Wellness' theme and explore a world of well-being, vitality and camaraderie. Join us Wednesday, March 20 from 10:30 a.m. – 2:00 p.m. at the Cabarrus Arena & Events Center for the 23rd annual event. The expo will offer free health screenings, informative displays and exhibits, door prizes, educational session, refreshments and more. For more information, email gpbrindell@cabarruscounty.us or call 704-920-3476.

March Dances

Senior Center – Concord
\$8 at the door

7 p.m.

(Doors open at 6:30 p.m.)

Friday, March 1

Delmonicos

Friday, March 8

Second Time Around

Friday, March 15

Delmonicos

Friday, March 22

Catfish Band

Cabarrus County Senior Centers

A Division of Active Living & Parks

Concord

331 Corban Avenue SE, Concord
704-920-3484

Monday – Thursday: 8 a.m. – 8 p.m.

Friday: 8 a.m. – 5 p.m.

Mt. Pleasant

8615 Park Drive, Mt. Pleasant
704-920-3487

Monday – Friday: 8 a.m. – 5 p.m.

Active Living & Parks 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.



CABARRUS COUNTY
Active Living & Parks

MARCH FEATURED EVENTS

Ladies Lunch Bunch

Tuesday, March 5, 11:30 a.m.

Bubba's, Harrisburg

Enjoy lunch with friends. Meal cost. RSVP by Friday, March 1.

Computer Workshop: Internet Basics

Tuesday, March 5, 1:30 p.m.

Senior Center – Concord

Register by Friday, March 1.

Easter Egg Wreath

Tuesday, March 5, 2:30 p.m.

Senior Center – Mt. Pleasant

Hop into Spring and create a festive wreath. Register by Friday, March 1.

Karaoke Night with DJ Tim Troutman

Tuesday, March 12, 6 – 8 p.m.

Senior Center – Concord

Come sing your heart out! \$4 per person.

St. Patrick's Day Bingo

Friday, March 15, 10:30 a.m.

Senior Center – Mt. Pleasant

Come try your luck! Register by Friday, March 8.

BINGO

Friday, March 15, 1 p.m.

Senior Center – Concord

Sponsored by Cabarrus County Council on Aging.

Cabarrus Senior Games

March 26 – May 23

For the athlete and artist in you! Register at www.torch.ncseniorgames.org or stop by Concord Senior Center to register in person. \$23 per person. Register by March 20.


Register at www.cabarruscounty.us/register. All events and programs are FREE unless otherwise noted.

Cabarrus County Senior Centers will be closed Friday, March 29.

Outlook

April
2024

  @CabCoALP

 www.CabarrusCounty.us/ALP



2024 Cabarrus Senior Games

Come out and watch the county's older adults participate in the 2024 Senior Games and SilverArts. The games run from March 26 – May 23 at various locations across the county. The event offers competition in a wide variety of sports, events, and the arts. To participate visit www.torch.ncseniorgames.org or stop by

Concord Senior Center to register in person. For more information on Cabarrus Senior Games, call 704-920-3484 or contact Ian Sweeney at ijsweeney@cabarruscounty.us.

April Dances
Senior Center – Concord
\$8 at the door
7 p.m.
(Doors open at 6:30 p.m.)

Friday, April 5
Delmonicos

Friday, April 12
Second Time Around

Friday, April 19
Delmonicos

Friday, April 26
DJ Dean

APRIL FEATURED EVENTS

SilverArts Showcase
Monday – Friday, April 3 – 23,
8 a.m. – 8 p.m.

Senior Center – Concord

Come see an amazing display of artwork by the local Cabarrus Senior Games artists. Heritage, Literary, and Visual Arts entries will be on display.

Ladies Lunch Bunch
Tuesday, April 2, 11:30 a.m.

Garaofola's Restaurant, Concord

Enjoy lunch with friends. Meal cost. RSVP by Friday, March 29.

**Computer Workshop:
Using Email**

Tuesday, April 2, 1:30 p.m.

Senior Center – Concord

Register by Friday, March 29.

*Register at www.cabarruscounty.us/register.
All events and programs are FREE unless
otherwise noted.*

**Karaoke Night
with DJ Tim Troutman**
Tuesday, April 9, 6 – 8 p.m.

929 Concord Pkwy S, Concord

Come sing your heart out! \$4 per person.

Pressed Flower Bookmark
Thursday, April 18, 2:30 p.m.

Senior Center – Mount Pleasant

Even bookworms enjoy flowers. Register by Friday, April 12.

BINGO
Friday, April 19 1 p.m.

Senior Center – Concord

Sponsored by Cabarrus County Council on Aging.

**Festival of Flowers &
Fashion Show**

Thursday, April 25, 10:30 a.m.

Senior Center – Mount Pleasant

Wear your favorite floral outfit and join in on the fun! Register by Friday, April 19.

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 (with reservation):
8 a.m. – 5 p.m.

Monday and Wednesday (walk-in):
5 – 8 p.m.

Tuesday and Thursday (walk-in):
6:30 – 8 p.m.

Senior Center – Concord (outdoor)

Monday – Sunday: 8 a.m. – 8 p.m.

Monday – Sunday (Nov. – Feb.):
8 a.m. – 5 p.m.

Senior Center Mt. Pleasant

Monday – Friday: 9 a.m. – 5 p.m.

Must not conflict with 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.