

Drop-in

Drop-in classes are fun and convenient ways to get the most out 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
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	5:30 – 7:30 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
Yarn Creations Club	Wednesdays	12:30 – 3 p.m.	Senior Center Mt. Pleasant	FREE

Class	Day(s)	Time	Location	Instructor	Cost
Yoga in the Barn	Thursdays	11:00 a.m.	Frank Liske Barn	Sheryl Campbell	\$24





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

  @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.



SESSION 2

February 12 – March 22, 2024



Cabarrus County Active Living & Parks
Session Guide

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	February 16 and March 15	1:00 p.m.	Senior Center Concord	—	FREE
Senior Health and Wellness Expo	Wednesday	March 20	10:30 a.m. – 2:00 p.m.	Cabarrus Arena & Events Center	—	FREE

Cabarrus Senior Games & SilverArts

Registration Deadline: March 18, 2024

For more information, call 704-920-3488 or email ijsweeney@cabarruscounty.us

Sign me up!

To register or for more information on classes, call 704-920-3484 or visit www.CabarrusCounty.us/register.

Early Registration:
January 29 – February 9, 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.

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	9:45 a.m.	Concord	Jim Curtin	\$24
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	4:00 p.m.	Concord	Pat Abbott	FREE
Carolina Shag (all levels)	5:00 p.m.	Concord	Pat Abbott	FREE
Zumba Fit	5:30 p.m.	Concord	Michelle Briggs	\$16

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 ¹	10:00 a.m.	Concord	Shelley Austin	\$30
Hula	10:25 a.m.	Concord	Joanne Walton	\$30
Line Dance I*	10:45 a.m.	Concord	Peanut Lambert	\$24
Group Personal Training ¹	11:00 a.m.	Concord	Shelley Austin	\$30
Jazz	11:40 a.m.	Concord	Malli Plowman	\$24
Shi Ba Shi Qigong	12:45 p.m.	Concord	Maridy Roper	\$12
Tai Chi for Arthritis Level I	1:30 p.m.	Concord	Maridy Roper	\$24
Line Dance	2:00 p.m.	Mt. Pleasant	Peanut Lambert	\$24
Yoga for Strong Bones	3:00 p.m.	Concord	Janice Brewington	\$24
Advanced Group Training ¹	5:30 p.m.	Concord	Shelley Austin	\$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.	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
Tai Chi for Arthritis Level 2	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	\$24
Advanced Group Training ¹	10:00 a.m.	Concord	Shelley Austin	\$30
Line Dance I*	10:45 a.m.	Concord	Peanut Lambert	\$24
Group Personal Training ¹	11:00 a.m.	Concord	Shelley Austin	\$30
Silver Strength	12 noon	Concord	Pat Abbott	\$24
Shag	1:15 p.m.	Concord	Pat Abbott	\$24
Country Two Step	2:15 p.m.	Concord	Pat Abbott	\$24
Social Ballroom	3:15 p.m.	Concord	Pat Abbott	\$24
Fit in 45	4:00 p.m.	Concord	Angela Williams-Hendrix	\$24
Group Personal Training ¹	5:30 p.m.	Concord	Shelley Austin	\$30
Line Dance II*	6:00 p.m.	Concord	Peanut Lambert	\$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.	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	Midland United Love Baptist 11487 Flowes Store Rd. 704-785-5689
Harrisburg Harrisburg United Methodist 4560 Highway 49 South 704-794-3947	Mt. Pleasant Senior Center 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	\$24
Total Body Strength and Cardio	Wednesday	9:30 a.m.	Midland	Ken Boyte	\$24
Tai Chi	Thursday	10:15 a.m.	Midland	Ronnie Tucker	\$24
Beginners Line Dance	Friday	9:00 a.m.	Midland	Peanut Lambert	\$24

