

Drop-in

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

Concord

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	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
Creative Hands	First, Third, & Fifth Wednesday	12 noon – 3:00 p.m.	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
Concord Opry Jam	Wednesday	6:30 – 8:00 p.m.	ALC Concord	FREE
Euchre	Thursday	10:00 a.m. – 12:00 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 <i>sponsored by Cabarrus County Council on Aging</i>	Third Friday	1:00 p.m.	ALC Concord	FREE

* Classes and activities will not take place on Monday, May 26.

Mt. Pleasant

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	1:00 p.m.	ALC Mt. Pleasant	FREE
Greeting Card Making Club	2nd Saturday	10:00 a.m. – 12:00 noon	ALC Mt. Pleasant	FREE
Table Tennis	Saturday	1:00 p.m.	ALC Mt. Pleasant	FREE

Afton

Class	Day(s)	Time	Location	Cost
Men’s Billiards	Monday*	9:30 a.m. – 12:30 p.m.	ALC Afton	FREE
Game Room	Monday – Thursday*	9:30 a.m. – 7:45 p.m.	ALC Afton	FREE
Mah Jong	Monday*	10:30 a.m. – 1:30 p.m.	ALC Afton	FREE
Shuffleboard	Monday – Wednesday*	11:00 a.m. - 4:00 p.m.	ALC Afton	FREE
Ladies’ Billiards	Monday*	1:00 p.m. – 4:00 p.m.	ALC Afton	FREE
Nature Walk with Tori	Tuesday	9:30 a.m. – 11:00 a.m.	ALC Afton	FREE
Men’s Badminton	Tuesday	9:30 a.m. – 12:30 p.m.	ALC Afton	FREE
Cards & Company	Tuesday	1:00 – 5:00 p.m.	ALC Afton	FREE
Variety Games	Wednesday	1:00 – 5:00 p.m.	ALC Afton	FREE
Ladies’ Badminton	Thursday	9:30 a.m. – 12:30 p.m.	ALC Afton	FREE
Bocce	Thursday – Saturday	1:00 – 5:00 p.m.	ALC Afton	FREE
Game Room	Friday	10:30 a.m. – 5:30 p.m.	ALC Afton	FREE
Fiber Arts	Friday	1:00 – 3:00 p.m.	ALC Afton	FREE
Chess Club	Friday	1:00 – 3:00 p.m.	ALC Afton	FREE
Badminton	Friday & Saturday	10:30 a.m. – 3:00 p.m.	ALC Afton	FREE

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Active Living Center, Afton

6095 Glen Afton Boulevard, Concord, 704-920-3484

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

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 and Afton

Monday – Thursday

9:00 a.m. – 8:00 p.m.

Friday and Saturday

10:00 a.m. – 6:00 p.m.

CALC Fitness Center requires reservations daily 8:00 a.m. – 5:00 p.m. Walk-ins are available MWF 5:00 – 8:00 p.m. and TTh 6:30 – 8:00 p.m.

Fitness Center orientations are required prior to using any Fitness Center. Dates and times are site specific. Please call for more information.

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



SESSION 4

May 12 – June 21, 2025



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:
April 28 – May 10

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

Classes and activities will not take place on Monday, May 26.

 www.CabarrusCounty.us/alp

  @CabCoALP

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	\$20
Tai Chi 73 Forms	11:15 a.m.	ALC Concord	Madeline	\$20
Strength & Conditioning	12:30 p.m.	ALC Concord	Shelley	\$20
Seated Strength & Flexibility	1:45 p.m.	ALC Concord	Hampton	\$16
More Flexibility, Better Balance	2:50 p.m.	ALC Concord	Hampton	\$16
Fit in 45	4:00 p.m.	ALC Concord	Angela	\$20
Carolina Shag (All Levels)	5:00 p.m.	ALC Concord	Pat	\$20
Zumba Fit	5:30 p.m.	ALC Concord	Michelle	\$20
Strength & Conditioning	9:30 a.m.	ALC Mt. Pleasant	Shelley	\$20

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Tuesday

Class	Time	Location	Instructor	Cost
Tai Chi	10:00 a.m.	ALC Afton	Jim	\$24
Chair Yoga	11:15 a.m.	ALC Afton	Jim	\$24
ZUMBA	5:45 p.m.	ALC Afton	Channel	\$12
Basic Mat Pilates	6:00 p.m.	ALC Afton	Dawn	\$24
PLYOSTRENGTH	6:15 p.m.	ALC Afton	Channel	\$12
Beginner’s Hula	9:15 a.m.	ALC Concord	Joanne	\$24
Line Dance II*	9:30 a.m.	ALC Concord	Peanut	\$24
Advanced Group Training ¹	10:00 a.m.	ALC Concord	Shelley	\$30
Hula	10:25 a.m.	ALC Concord	Joanne	\$24
Line Dance I*	10:45 a.m.	ALC Concord	Peanut	\$24
Group Personal Training ¹	11:00 a.m.	ALC Concord	Shelley	\$30
Group Personal Training ¹	12:00 noon	ALC Concord	Shelley	\$30
Advanced Group Training ¹	5:30 p.m.	ALC Concord	Shelley	\$30
Intro to Step Aerobics & Strengthening	9:15 a.m.	ALC Mt. Pleasant	Jody	\$24
Core Galore	10:15 a.m.	ALC Mt. Pleasant	Jody	\$12
Tai Chi for Wellness	11:00 a.m.	ALC Mt. Pleasant	Mike	\$24
Line Dance I*	2:00 p.m.	ALC Mt. Pleasant	Peanut	\$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 Thursday classes.

Wednesday

Class	Time	Location	Instructor	Cost
Line Dance	9:30 a.m.	ALC Afton	Peanut	\$24
Zumba Fit	6:00 p.m.	ALC Afton	Peanut	\$24

Wednesday (continued)

Class	Time	Location	Instructor	Cost
Tai Chi Basics	9:30 a.m.	ALC Concord	Ronnie	\$24
Chair Tai Chi	10:35 a.m.	ALC Concord	Ronnie	FREE
Beginner’s Line Dance	11:15 a.m.	ALC Concord	Peanut	\$24
Strength & Conditioning	12:30 p.m.	ALC Concord	Shelley	\$24
Qi Gong	2:00 p.m.	ALC Concord	Maridy	\$12
Beginner’s Line Dance	5:00 p.m.	ALC Concord	Peanut	\$24
Strength & Conditioning	9:30 a.m.	ALC Mt. Pleasant	Shelley	\$24
Seated Strength & Flexibility	12:30 p.m.	ALC Mt. Pleasant	Hampton	\$20
More Flexibility, Better Balance	1:30 p.m.	ALC Mt. Pleasant	Hampton	\$20

Thursday

Class	Time	Location	Instructor	Cost
Mat Pilates II	6:00 p.m.	ALC Afton	Dawn	\$24
Advanced Group Training ¹	10:00 a.m.	ALC Concord	Shelley	\$30
Line Dance I*	10:45 a.m.	ALC Concord	Peanut	\$24
Group Personal Training ¹	11:00 a.m.	ALC Concord	Shelley	\$30
Tai Chi for Arthritis	11:00 a.m.	ALC Concord	Maridy	\$24
Silver Strength	12 noon	ALC Concord	Pat	\$24
Shag	1:15 p.m.	ALC Concord	Pat	\$24
Social Ballroom	2:15 p.m.	ALC Concord	Pat	\$24
Fit in 45	4:00 p.m.	ALC Concord	Angela	\$24
Group Personal Training ¹	5:30 p.m.	ALC Concord	Shelley	\$30
Line Dance II*	6:00 p.m.	ALC Concord	Peanut	\$24
Tai Chi Basics	1:00 p.m.	ALC Mt. Pleasant	Ronnie	\$24
Zumba Fit	6:00 p.m.	ALC Mt. Pleasant	Michelle	\$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
RevFit	10:15 a.m.	ALC Afton	Rebecca	\$24
Xtreme Step	5:00 p.m.	ALC Afton	Channel	\$24
Chair Line Dance	11:30 a.m.	ALC Concord	Peanut	\$24
Strength & Conditioning	12:30 p.m.	ALC Concord	Shelley	\$24
CoreSculpt by Dawn (Mat Pilates)	2:00 p.m.	ALC Concord	Dawn	\$24

Saturday

Class	Time	Location	Instructor	Cost
Intro to Step Aerobics & Strengthening	10:15 a.m.	ALC Afton	Jody	\$24
Core Galore	11:15 a.m.	ALC Afton	Jody	\$24
Beginner’s Hula	10:00 a.m.	ALC Mt. Pleasant	Joanne Walton	\$24
Straps and Weights	10:00 a.m.	ALC Mt. Pleasant	Shelley	\$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.



More than just a meal!

LunchPlus Clubs

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	\$20
S.E.A.T. (Supported Exercise for Ageless Training)	Wednesday	9:30 a.m.	Kannapolis	Rebecca Hoover	\$16
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

* Classes and activities will not take place on Monday, May 26.

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.