

July 2021

Senior In-Person Programs


Senior Virtual Programs in Yellow

(Ages 55+)



Mecklenburg County Park and Recreation

Virtual and In-Person Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please click on the program you are interested in attending. That will direct you to our Registration site.</p>	<p>To request a modification based on the Americans with Disabilities Act (ADA), please contact staff at 980-314-1192 or email TRInfo@MeckNC.gov</p>		<p>1</p> <p>10am: Low Impact Maintenance Class</p> <p>10am: Crochet Club</p> <p>10am: Low Impact Maintenance Class</p> <p>11am: Crochet Club</p> <p>11am: Fit After 55</p> <p>11am: Fit After 55</p> <p>11am: Line Dancing</p> <p>12:15pm: Cards & Coloring</p> <p>1pm: Social Time</p> <p>1:30pm: Core Strengthening</p> <p>2pm: Watercolor Basics</p>	<p>2</p> <p>9am: Circle Group 1</p> <p>9am: Walking Club</p> <p>9am: Wii Bowling</p> <p>10am: Senior Safety</p> <p>10am: Balance and Stretch</p> <p>10am: Garden Club</p> <p>10am: Crochet Club</p> <p>10:30am: Table Tennis</p> <p>11am: Crochet Club</p> <p>2pm: Circle Group 2</p> <p>2:30pm: High Intensity</p> <p>1pm: Self Care for Seniors</p> <p>3pm: Number Bingo</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
<p><u>9am: Circle Group 1</u></p> <p><u>9am: Circle Group 1</u></p> <p><u>9am: Walking Club</u></p> <p><u>9am: Coffee & Color</u></p> <p><u>10:30am: Boost Your Brain</u></p> <p><u>10:30am: Table Tennis</u></p> <p><u>11:30am: Yoga</u></p> <p><u>1pm: Corn Hole</u></p> <p><u>1pm: Time to Tell Your Story</u></p> <p><u>2pm: Circle Group 2</u></p> <p><u>2pm: Money Smart</u></p> <p><u>3pm: Walk and Roll- Build to Walk</u></p> <p><u>3pm: High Intensity</u></p>	<p><u>9am: Exploring Mindfulness</u></p> <p><u>10am: Low Impact Maintenance Class</u></p> <p><u>10am: Low Impact Maintenance Class</u></p> <p><u>10:30am: Let's Get Crafty</u></p> <p><u>11am: Fit After 55</u></p> <p><u>11am: Crochet Club</u></p> <p><u>11am: Fit After 55</u></p> <p><u>11:30am Journey to Journaling</u></p> <p><u>1pm: Bingo</u></p> <p><u>1:30pm: Core Strengthening</u></p> <p><u>2pm: Line Dancing</u></p> <p><u>2pm: Open Art Studio</u></p> <p><u>2:30pm: Virtual Line Dancing</u></p> <p><u>3pm: Yard Games</u></p>	<p><u>9am: Circle Group 1</u></p> <p><u>9am: Circle Group 1</u></p> <p><u>9am: Walking Club</u></p> <p><u>9am: Coffee & Color</u></p> <p><u>10am: Senior Safety</u></p> <p><u>10:30am: Table Tennis</u></p> <p><u>12:15pm: Sassy Stitchers</u></p> <p><u>1pm: Wellness Wednesday</u></p> <p><u>2pm: The History Place</u></p> <p><u>2pm: Circle Group 2</u></p>	<p><u>9am: Exploring Mindfulness</u></p> <p><u>10am: Low Impact Maintenance Class</u></p> <p><u>10am: Low Impact Maintenance Class</u></p> <p><u>10am: Crochet Club</u></p> <p><u>11am: Fit After 55</u></p> <p><u>11am: Fit After 55</u></p> <p><u>11am: Line Dancing</u></p> <p><u>11am: Crochet Club</u></p> <p><u>12:15pm: Cards & Coloring</u></p> <p><u>1pm: Social Time</u></p> <p><u>1:30pm: Core Strengthening</u></p> <p><u>2pm: Watercolor Basics</u></p>	<p><u>9am: Circle Group 1</u></p> <p><u>9am: Circle Group 1</u></p> <p><u>9am: Walking Club</u></p> <p><u>9am: Wii Bowling</u></p> <p><u>9am: Coffee & Color</u></p> <p><u>9:30am: Community Outreach</u></p> <p><u>10am: Senior Safety</u></p> <p><u>10am: Garden Club</u></p> <p><u>10am: Senior Safety</u></p> <p><u>10am: Crochet Club</u></p> <p><u>10:30am: Table Tennis</u></p> <p><u>11am: Crochet Club</u></p> <p><u>10am: Balance and Stretch</u></p> <p><u>1pm: Self Care for Seniors</u></p> <p><u>2pm: Circle Group 2</u></p> <p><u>2:30pm: High Intensity</u></p> <p><u>3pm: Number Bingo</u></p>
				

Monday

Tuesday

Wednesday

Thursday

Friday

12

13

14

15

16

[9am: Circle Group 1](#)

[9am: Circle Group 1](#)

[9am: Walking Club](#)

[9am: Coffee & Color](#)

[10:30am: Boost Your Brain](#)

[10:30am: Table Tennis](#)

[11:30am: Yoga](#)

[1pm: Corn Hole](#)

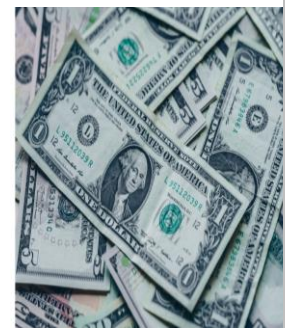
[1pm: Time to Tell Your Story](#)

[2pm: Money Smart](#)

[2pm: Circle Group 2](#)

[2:30pm: High Intensity](#)

[3pm: Walk and Roll- Build to walk](#)



[9am: Exploring Mindfulness](#)

[10am: Low Impact Maintenance Class](#)

[10am: Low Impact Maintenance Class](#)

[10:30am: Door Décor](#)

[11am: Fit After 55](#)

[11am: Fit After 55](#)

[11:30am: Journey to Journaling](#)

[1pm: Bingo](#)

[1:30pm: Core Strengthening](#)

[2pm: Line Dancing](#)

[2pm: Open Art Studio](#)

[2:30pm: Virtual Line Dancing](#)

[3pm: Yard Games](#)

[9am: Circle Group 1](#)

[9am: Circle Group 1](#)

[9am: Walking Club](#)

[9am: Coffee & Color](#)

[10am: Senior Safety](#)

[10:30am: Table Tennis](#)

[12pm: Canvas Creation- Havasu Falls](#)

[2pm: The History Place](#)

[2pm: Circle Group 2](#)



[9am: Exploring Mindfulness](#)

[10am: Low Impact Maintenance Class](#)

[10am: Low Impact Maintenance Class](#)

[10am: Crochet Club](#)

[11am: Fit After 55](#)

[11am: Fit After 55](#)

[11am: Line Dancing](#)

[11am: Crochet Club](#)

[12:15pm: Cards & Coloring](#)

[1pm: Social Time](#)

[1:30pm: Core Strengthening](#)

[2pm: Watercolor Basics](#)

[9am: Circle Group 1](#)

[9am: Circle Group 1](#)

[9am: Walking Club](#)

[9am: Wii Bowling](#)

[10am: Senior Safety](#)

[10am: Garden Club](#)

[10am: Balance and Stretch](#)

[10am: Crochet Club](#)

[10:30am: Table Tennis](#)

[11am: Crochet Club](#)

[1pm: Self Care for Seniors](#)

[2pm: Circle Group 2](#)

[2:30pm: High Intensity](#)

[3pm: Number Bingo](#)

Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
<p><u>9am: Circle Group 1</u></p> <p><u>9am: Circle Group 1</u></p> <p><u>9am: Walking Club</u></p> <p><u>9am: Coffee & Color</u></p> <p><u>10:30am: Boost Your Brain</u></p> <p><u>10:30am: Table Tennis</u></p> <p><u>11:30am: Yoga</u></p> <p><u>1pm: Corn Hole</u></p> <p><u>1pm: Time to Tell Your Story</u></p> <p><u>2pm: Money Smart</u></p> <p><u>2pm: Circle Group 2</u></p> <p><u>2:30pm: High Intensity</u></p> <p><u>3pm: Walk and Roll- Build to walk</u></p>	<p><u>9am: Exploring Mindfulness</u></p> <p><u>10am: Low Impact Maintenance Class</u></p> <p><u>10am: Low Impact Maintenance Class</u></p> <p><u>10:30am: Let's Get Crafty</u></p> <p><u>11am: Fit After 55</u></p> <p><u>11am: Fit After 55</u></p> <p><u>11:30am: Journey to Journaling</u></p> <p><u>1pm: Bingo</u></p> <p><u>1:30pm: Core Strengthening</u></p> <p><u>2pm: Line Dancing</u></p> <p><u>2pm: Open Art Studio</u></p> <p><u>2:30pm: Virtual Line Dancing</u></p> <p><u>3pm: Yard Games</u></p>	<p><u>9am: Circle Group 1</u></p> <p><u>9am: Circle Group 1</u></p> <p><u>9am: Walking Club</u></p> <p><u>9am: Coffee & Color</u></p> <p><u>10am: Senior Safety</u></p> <p><u>10:30am: Table Tennis</u></p> <p><u>1pm: Summer Pastels</u></p> <p><u>1pm: Wellness Wednesday</u></p> <p><u>2pm: The History Place</u></p> <p><u>2pm: Circle Group 2</u></p> 	<p><u>9am: Exploring Mindfulness</u></p> <p><u>10am: Low Impact Maintenance Class</u></p> <p><u>10am: Low Impact Maintenance Class</u></p> <p><u>10am: Crochet Club</u></p> <p><u>11am: Fit After 55</u></p> <p><u>11am: Fit After 55</u></p> <p><u>11am: Line Dancing</u></p> <p><u>11am: Crochet Club</u></p> <p><u>12:15pm: Cards & Coloring</u></p> <p><u>1pm: Social Time</u></p> <p><u>1:30pm: Core Strengthening</u></p> <p><u>2pm: Watercolor Basics</u></p>	<p><u>9am: Circle Group 1</u></p> <p><u>9am: Circle Group 1</u></p> <p><u>9am: Walking Club</u></p> <p><u>9am: Wii Bowling</u></p> <p><u>9:30am: Community Outreach</u></p> <p><u>10am: Senior Safety</u></p> <p><u>10am: Balance and Stretch</u></p> <p><u>10am: Garden Club</u></p> <p><u>10am: Crochet Club</u></p> <p><u>10:30am: Table Tennis</u></p> <p><u>11am: Crochet Club</u></p> <p><u>1pm: Self Care for Seniors</u></p> <p><u>2pm: Circle Group 2</u></p> <p><u>2:30pm: High Intensity</u></p> <p><u>3pm: Number Bingo</u></p>
				

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
<u>9am: Circle Group 1</u> <u>9am: Circle Group 1</u> <u>9am: Walking Club</u> <u>9am: Coffee & Color</u> <u>10:30am: Boost Your Brain</u> <u>10:30am: Table Tennis</u> <u>11:30am: Yoga</u> <u>1pm: Corn Hole</u> <u>1pm: Time to Tell Your Story</u> <u>2pm: Money Smart</u> <u>2pm: Circle Group 2</u> <u>2:30pm: High Intensity</u> <u>3pm: Walk and Roll- Build to walk</u>	<u>9am: Exploring Mindfulness</u> <u>10am: Low Impact Maintenance Class</u> <u>10am: Low Impact Maintenance Class</u> <u>10:30am: Canvas Art</u> <u>11am: Fit After 55</u> <u>11am: Fit After 55</u> <u>11:30am: Journey to Journaling</u> <u>1pm: Bingo</u> <u>1:30pm: Core Strengthening</u> <u>2pm: Line Dancing</u> <u>2pm: Open Art Studio</u> <u>2:30pm: Virtual Line Dancing</u> <u>3pm: Yard Games</u>	<u>9am: Circle Group 1</u> <u>9am: Circle Group 1</u> <u>9am: Walking Club</u> <u>9am: Coffee & Color</u> <u>10am: Senior Safety</u> <u>10:30am: Table Tennis</u> <u>12pm: Canvas Creation- African Elephant Sunrise</u> <u>2pm: The History Place</u> <u>2pm: Circle Group 2</u> 	<u>9am: Exploring Mindfulness</u> <u>10am: Low Impact Maintenance Class</u> <u>10am: Low Impact Maintenance Class</u> <u>10am: Crochet Club</u> <u>11am: Fit After 55</u> <u>11am: Fit After 55</u> <u>11am: Line Dancing</u> <u>11am: Crochet Club</u> <u>12:15pm: Cards & Coloring</u> <u>1pm: Social Time</u> <u>1:30pm: Core Strengthening</u> <u>2pm: Watercolor Basics</u>	<u>9am: Circle Group 1</u> <u>9am: Circle Group 1</u> <u>9am: Walking Club</u> <u>9am: Wii Bowling</u> <u>10am: Senior Safety</u> <u>10am: Balance and Stretch</u> <u>10am: Garden Club</u> <u>10am: Crochet Club</u> <u>10:30am: Table Tennis</u> <u>11am: Crochet Club</u> <u>1pm: Self Care for Seniors</u> <u>2pm: Circle Group 2</u> <u>2:30pm: High Intensity</u> <u>3pm: Number Bingo</u>