

November 2021

Senior In-Person Programs

Senior Virtual Programs in Yellow




(Ages 55+)








Mecklenburg County Park and Recreation

Senior Nutrition - Let's Do Lunch- Monday-Friday [Click Here to Learn More!](#)

For complete list of Senior Programs [Click Here!](#)

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Virtual Programs @ Tyvola Senior Center</p> <p><u>9am</u> <u>David B. Waymer</u> <u>Virtual Line Dancing</u></p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>10am</u> <u>David B. Waymer</u> <u>Mah Jong</u></p> <p><u>11:30am</u> <u>David B. Waymer</u> <u>Fitness Bands</u></p>	<p><u>11:30pm</u> <u>David B. Waymer</u> <u>Chair Aerobics</u></p> 	<p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>9:30am</u> <u>Tyvola</u> <u>Beginners Bench Step</u></p> <p><u>10:30am</u> <u>Bette Rae Thomas</u> <u>Urban Garden Club</u></p> <p><u>1pm</u> <u>David B. Waymer</u> <u>Chess/Checkers</u></p> 	<p><u>9:30am</u> <u>David B. Waymer</u> <u>Mixed HIIT</u></p> <p><u>11am</u> <u>David B. Waymer</u> <u>Line Dancing</u></p> <p><u>1pm</u> <u>Tyvola Gently</u> <u>Yoga</u></p> <p><u>2:15pm Tyvola</u> <u>Chair Yoga</u></p>	<p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>9am</u> <u>David B. Waymer</u> <u>Wii Bowling</u></p> <p><u>10am</u> <u>David B. Waymer</u> <u>Balance and Stretch</u></p> <p><u>3pm</u> <u>Tyvola</u> <u>Welcome To Mike's Bingo</u></p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">8</p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>10am</u> <u>David B. Waymer</u> <u>Mah Jong</u></p> <p><u>11:30am</u> <u>David B. Waymer</u> <u>Fitness Bands</u></p> 	<p style="text-align: right;">9</p> <p><u>11:30pm</u> <u>David B. Waymer</u> <u>Chair Aerobics</u></p>	<p style="text-align: right;">10</p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>9:30am</u> <u>Tyvola Veteran's</u> <u>Breakfast</u></p> <p><u>9:30am</u> <u>Tyvola</u> <u>Beginners Bench Step</u></p> <p><u>10:30am</u> <u>Quest</u> <u>Seasonal Nature</u> <u>Crafting</u></p> <p><u>1pm</u> <u>David B. Waymer</u> <u>Chess/Checkers</u></p>	<p style="text-align: right;">11</p> <p><u>9:30am</u> <u>David B. Waymer</u> <u>Mixed HIIT</u></p> <p><u>1pm</u> <u>Tyvola Gently</u> <u>Yoga</u></p> <p><u>2:15pm Tyvola</u> <u>Chair Yoga</u></p> 	<p style="text-align: right;">12</p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>9am</u> <u>David B. Waymer</u> <u>Wii Bowling</u></p> <p><u>10am</u> <u>David B. Waymer</u> <u>Balance and Stretch</u></p>
<p style="text-align: right;">15</p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>10am</u> <u>David B. Waymer</u> <u>Mah Jong</u></p> <p><u>10:30am</u> <u>Berewick</u> <u>Senior Social</u></p> <p><u>11:30am</u> <u>David B. Waymer</u> <u>Fitness Bands</u></p> 	<p style="text-align: right;">16</p> <p><u>11:30</u> <u>David B. Waymer</u> <u>Chair Aerobics</u></p>	<p style="text-align: right;">17</p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>9:30am</u> <u>Tyvola</u> <u>Beginners Bench Step</u></p> <p><u>1pm</u> <u>David B. Waymer</u> <u>Chess/Checkers</u></p> <p><u>10:30am</u> <u>Bette Rae Thomas</u> <u>Urban Gardening Club</u></p> 	<p style="text-align: right;">18</p> <p><u>9:30am</u> <u>David B. Waymer</u> <u>Mixed HIIT</u></p> <p><u>11am</u> <u>David B. Waymer</u> <u>Line Dancing</u></p> <p><u>1pm</u> <u>Tyvola Gently</u> <u>Yoga</u></p> <p><u>2:15pm Tyvola</u> <u>Chair Yoga</u></p>	<p style="text-align: right;">19</p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>9am</u> <u>David B. Waymer</u> <u>Wii Bowling</u></p> <p><u>10am</u> <u>David B. Waymer</u> <u>Balance and Stretch</u></p> <p><u>6pm</u> <u>Tyvola</u> <u>5th Annual</u> <u>Thanksgiving</u> <u>Celebration</u></p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">22</p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>10am</u> <u>David B. Waymer</u> <u>Mah Jong</u></p> <p><u>11:30am</u> <u>David B. Waymer</u> <u>Fitness Bands</u></p>	<p style="text-align: right;">23</p> <p><u>11:30pm</u> <u>David B. Waymer</u> <u>Chair Aerobics</u></p>	<p style="text-align: right;">24</p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>9:30am</u> <u>Tyvola</u> <u>Beginners Bench Step</u></p> <p><u>1pm</u> <u>David B. Waymer</u> <u>Chess/Checkers</u></p>	<p style="text-align: right;">25</p> <div data-bbox="1003 128 1299 453" data-label="Image"> </div> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>9am</u> <u>David B. Waymer</u> <u>Wii Bowling</u></p> <p><u>10am</u> <u>David B. Waymer</u> <u>Balance and Stretch</u></p>	<p style="text-align: right;">26</p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>9am</u> <u>David B. Waymer</u> <u>Wii Bowling</u></p> <p><u>10am</u> <u>David B. Waymer</u> <u>Balance and Stretch</u></p>
<p style="text-align: right;">29</p> <p><u>9am</u> <u>Bette Rae Thomas</u> <u>Let's Go for a Walk</u></p> <p><u>10am</u> <u>David B. Waymer</u> <u>Mah Jong</u></p> <p><u>11:30am</u> <u>David B. Waymer</u> <u>Fitness Bands</u></p>	<p style="text-align: right;">30</p> <p><u>11:30pm</u> <u>David B. Waymer</u> <u>Chair Aerobics</u></p>	<p>To request a modification based on the Americans with Disabilities Act (ADA), please contact staff at 980-314-1192 or email <u>TRInfo@MeckNC.gov</u>.</p>	<p>Please click on the program you are interested in attending. That will direct you to our <u>Registration site</u>.</p>	