

Seniors



ATHLETICS

4-on-4 Senior Basketball

Participants compete in intense half court games in a controlled timed environment. Trash will be talked and bragging rights will be earned. For more information, contact Ivan.Cohen@MecklenburgCountyNC.gov or 704.432.4335

Ages 55+ - \$1 Daily \$31 Annually

Marion Diehl Recreation Center

#20354 Ongoing W 3:00pm to 5:00pm

Basketball: Senior Women's League

Join this women's league, specifically for those 55 and better, in advance of the Charlotte Mecklenburg Senior Games. Coaches and volunteers are needed. For more information, contact Betty Davis at 704.588.1264 or Jean Grayson at 704.545.7880.

Ages 55+ - \$31 annually

Tom Sykes Recreation Center

#20694 Ongoing M 6:00pm to 7:00pm

CULTURAL ARTS

Arts: Oil Painting

This program is a self paced oil painting social activity for all levels. New painters are always welcome. Participants will need to bring their own supplies. For more information, contact 704.567.1941.

Ages 55+ • **FREE** •

Albemarle Road Recreation Center

#20323 Ongoing Th 10:00am to 11:00am

Senior African Drumming and Dancing

Join wise, youthful and energetic seniors with interest in cultural arts and health. For more information, contact Edith Delaine at 704.393.7866

Ages 55+ • **FREE** •

West Charlotte Recreation Center

#21207 Ongoing F 10:00am to 12:00pm

Sewing and Knitting Classes

Do you want to learn to sew and knit? Participants will learn skills necessary to design a garment and knit patterns at their readiness level with the help of an instructor. For more information, contact

W.Penn@MecklenburgCountyNC.gov or 704.432.6775.

Ages 18+ • **FREE** •

Wallace Pruitt Recreation Center

#20999 Ongoing Tu 11:00am to 1:00pm

FITNESS AND WELLNESS

A.B.L.E. All Bodies Like Exercise

Self paced chair exercise class for low impact exercise, stretching and conditioning. For more information, contact 704.567.1941.

Ages 55+ • **FREE** •

Albemarle Road Recreation Center

#20419 Ongoing T-F 10:00am to 11:00am

Aerobics: N'Chair Aerobics

Take your seat for N'Chair Aerobics taught by none other than Uncle John. For more information, call 704.334.4848.

Ages 55+ • **FREE** •

Register One of Three Ways

Registration is required for most programs whether or not there is a fee. Select one option:

CLICK on Eparks at www.parkandrec.com and use the course code number.

CALL 311 (704.336.7600) or the number listed.

COME to the location where the program is offered.

Recreation & Nature Center addresses and phone numbers listed on pgs 4, 5, 21 & 22.

Phone and web registration requires payment with Visa or MasterCard only.

Senior Programs and Activities

Wallace Pruitt Recreation Center

#19907 Ongoing M 12:30 to 1:30
 #19907 Ongoing W,Th 10:30am to 11:30am

Badminton: Open Play

Badminton is a great way to stay active and keep your competitive spirit alive. Your serve! For more information contact the Marion Diehl Recreation Center at 704.432.0237.

Ages 55+ - \$31 annually

Marion Diehl Recreation Center

#20362 Ongoing W 5:00pm to 7:00pm
 #20355 Ongoing S 12:00pm to 2:00pm

Feeling Fine After 59

This program encourages seniors to become more active and develop better health habits through education and exercise. Participants also benefit from the onsite senior fitness consultant provided in partnership with the Mecklenburg County Senior Center. For more information, contact

Justin.Jackson@MecklenburgCountyNC.Gov or at 704.393.7333.

Ages 60+ -FREE

Bette Rae Thomas Recreation Center

#21170 Ongoing M-F 9:00am to 2:00pm

Light & Lively

Designed to maintain cardiovascular fitness, improve strength, flexibility, balance, coordination, and activities of daily life. For information call 704.548.8234

Ages 55+ - \$3

Mallard Creek Recreation Center

#21366 Ongoing M,W,F 9:30am to 10:15am

Senior Basketball

Enjoy Senior Basketball while socializing. For more information contact,

Alfred.Carter@MecklenburgCountyNC.gov or 704.399.4492.

Ages 55+ • **FREE** •

Tuckaseegee Recreation Center

#20042 Ongoing M,W 2:00pm to 5:00pm

Senior Walking Club

Engage in low-impact exercise and chart your progress to better physical and mental health.

Ages 55+ • **FREE** •

Bette Rae Thomas Recreation Center

#21251 Ongoing M,Tu,F 10:00am to 11:00am

Southview Recreation Center

#20672 Ongoing M,Tu,F 10:00am to 11:00am

Marion Diehl Recreation Center

#20356 Ongoing M,W 9:00am to 10:00am

West Charlotte Recreation Center

#21192 Ongoing M,W,F 12:00pm to 1:00pm

Senior: Dance (Rhythm & Groves)

Got a passion for line and cultural dancing? Come out and move your feet and dance to the beat.

Ages 55+ • **FREE** •

West Charlotte Recreation Center

#21199 Ongoing F 11:00am to 11:30am

Healthy Competition Who's Ready For A Little?



Join the **Charlotte Mecklenburg Senior Games** today!

You don't have to be an athlete to get involved.

The Senior Games have been promoting health and wellness for persons 55 and better since 1983.

Call 704-332-4020
 or visit www.cmseniorgames.org

Our athletic and artistic competitions are held between
 April 18, 2011 and June 4, 2011.
Registrations are due by March 28, 2011.

Important Dates

February 26th: Kickoff Breakfast 10am Summit Place

***You must RSVP between Feb. 1st & 18th for the first 100 at 704-332-4020.**

April 20th: Visual, Heritage & Literary Arts Drop Off 1:00-3:00pm
 Tyvola Sr. Center

May 5th: Silver Arts Showcase 6:30pm-Levine Sr. Center

May 11th: Visual, Heritage & literary Arts Awards Reception 2:00pm
 Tyvola Sr. Center

May 14th: Big Saturday 8:00 am A.G. Middle School

May 21st: Little Saturday 8:00 am Nevin Park

June 11th: Breakfast of Champions 9:00 am—Atria/Merrywood

***You must RSVP between May 23rd & June 6th for the first 100 at 704-332-4020.**

Senior Programs and Activities

Senior: Fitness (Fitness After 55)

Join participants in improving overall health and wellness with chair exercise.

Ages 55+ • **FREE** •

West Charlotte Recreation Center

#21202 Ongoing W 11:00am to 11:30am

Senior: Fun and Fitness Day

Games and activities will be set up throughout the facility for seniors to learn new games, get fit and have fun with their neighbors. Seniors will play ping pong, cards, board games, badminton.

Ages 55+ • **FREE** •

West Charlotte Recreation Center

#21198 May 6-27 F 11:30am to 2:00pm

Yoga

Participation in this class will help to increase strength, flexibility and balance while relieving soreness, stiffness and reducing stress. All skill levels welcome. For more information, contact

Ann.Mason@MecklenburgCountyNC.gov or 704.540.2426

Ages 55+ • **FREE** •

Elon Recreation Center

#20783 Ongoing Tu 10:00am to 11:30am

SOCIAL ACTIVITIES

Coffee and Cards

Members of the Active Adults Club will participate in various card games, from bridge to pinochle. Focus is on fellowship and socialization. For more information, contact Carla.Hoover@MecklenburgCountyNC.gov or 704.540.2426

Ages 55+ • **FREE** •

Elon Recreation Center

#20759 Ongoing Tu,W,F 1:00pm to 4:00pm

Golden Age Club

Come join in the fun with our senior meetings, parties and special events. For more information, contact Terence.McMurray@MecklenburgCountyNC.gov or 704.336.3053

Ages 55+ • **FREE** •

Wallace Pruitt Recreation Center

#21005 Ongoing W 12:00pm to 1:00pm

Golden Hearts Club

Meeting with seasonal celebrations and the opportunity to socialize. For information contact Caroline.Carver@MecklenburgCountyNC.gov or 704-548-8234

Ages 55+ - \$5

Mallard Creek Recreation Center

#22015 Mar 17 Th 10:30am to 12:30pm

#22016 Apr 21 Th 10:30am to 12:30pm

#22017 May 11 W 10:30am to 12:30pm

Lunch Bunch

Enjoy socializing and making new friends while tasting new cuisines. For information contact

Caroline.Carver@MecklenburgCountyNC.gov or 704.548.8234

Ages 55+ - \$5

Mallard Creek Recreation Center

#22018 Mar 9 W 11:00am to 2:30pm

#22019 Mar 10 Th 11:00am to 2:30pm

#22020 May 19 Th 1:00am to 2:30pm

Metrolina Duplicate Bridge Club

Join your peers, play or learn to play bridge with other experienced adult and senior players.

Ages 18+ • **FREE** •

Berewick Recreation Center

#20780 Ongoing Mon 1:00pm to 3:30pm

Senior Club

Want to experience great programs and make new friends? Meetings include educational programs, local field trips, lunch and guest speakers. For more information, contact

Kobeyeh.Riley@MecklenburgCountyNC.Gov or 704.567.1941.

Ages 55+ - \$4

Albemarle Road Recreation Center

#20640 Mar 1 Tu 10:00am to 12:00pm

#20641 Apr 5 Tu 10:00am to 12:00pm

#20642 May 3 Tu 10:00am to 12:00pm

LEISURE & LEARN 2011



\$5.00 Registration

Includes:

Continental Breakfast,
Keynote Speaker, 9
Break-Out Sessions, Lunch, Door
Prizes and lots of
fun for ALL!

1st Thursday:

Mallard Creek

Recreation Center

2530 Johnston-Oehler Road

Charlotte, NC 28269

3rd Thursday:

William R. Davie Park

4635 Pineville-Matthews Road

Charlotte, NC 28277

For more information contact
P&RSeniorPrograms@Mecklenburg
CountyNC.gov Or 704.353.1237



Senior Programs and Activities

Senior: See Charlotte!

Seniors enjoy smiling faces and great places in Charlotte. Come journey with us as we See Charlotte! For more information contact

Caroline.Carver@MecklenburgCountyNC.gov or 704-548-8234.

Ages 55+ - \$5

Mallard Creek Recreation Center

#22021	Mar 24	Th	11:00am to 3:00pm
#22022	Apr 14	Th	11:00am to 3:00pm
#22023	May 26	Th	11:00am to 3:00pm

Social: Bridge

Social interaction within the senior population throughout the Charlotte area. All are welcome to come and enjoy themselves in a quiet, yet competitive atmosphere that promotes the card game known as Bridge. For more information, call 704-548-8234.

Ages 55+ • **FREE** •

Mallard Creek Recreation Center

#21388 Ongoing M,Tu,W 10:00am to 2:00pm

Youth After Fifty-Five Club

Join these mature adults for wholesome recreational, cultural, and educational experiences for 'Youth After 55 Club' participants. This club is a District VIII Member with the NCASCC.

Ages 55+ • **FREE** •

West Charlotte Recreation Center

#21077	Mar 1	Tu	10:00am to 12:00pm
#21078	Mar 22	Tu	10:00am to 12:00pm
#21079	Apr 5	Tu	10:00am to 12:00pm
#21080	Apr 19	Tu	10:00am to 12:00pm
#21081	May 3	Tu	10:00am to 12:00pm
#21082	May 17	Tu	10:00am to 12:00pm

District 8 Club Meeting

Educational program, guest speakers, and more. For more information contact

Nikole.Simmons@MecklenburgCountyNC.gov or 704.432.5231

Ages 55+ • **FREE** •

Naomi Drenan Recreation Center

#20930	Mar 3	Th	10:00am to 12:00pm
#20931	Apr 7	Th	10:00am to 12:00pm
#20932	May 5	Th	10:00am to 12:00pm

SPECIAL EVENTS

Seniors Masquerade Party

Participate in a variety of fun games and activities such as the best costume contest, dance contest, games, prizes, refreshments, entertainment and more. This event is open to Mecklenburg County Park and Recreation Seniors Club Members Only! Registration is required.

Ages 50+ • **FREE** •

Bette Rae Thomas Recreation Center

#21185 Mar 5 Sa 10:00am to 2:00pm



MeckSeniors Day Trips

Riding in Comfort, Enjoyable Tours,
Delightful Dining & So much more...
Register for these Upcoming Trips:

Tuesday, March 8th

The Art of Pottery, Seagrove, NC

Tuesday, March 22nd

NC Winery Tour: Shelton & Childress

Thursday, March 31st

Theater: Huckleberry Finn

Monday, April 4th

Shatley Springs Frescoes & Cheese Factory

Wednesday, April 20th

Governors Mansion & State Tour

Tuesday, May 3rd

Biltmore Estate Festival of Flowers

Saturday, May 21st

Theater of the American South

Tuesday, May 24th

SC Cotton Mill, Button King & Topiary

For more information contact

P&RSeniorPrograms@MecklenburgCountyNC.gov

Or 704.353.1237