

# August 2026 – Senior Activity Center

| SUN | MONDAY                                                                                                                                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                                            | FRIDAY                                                                                                                      | SAT |
|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----|
| 2   | 3                                                                                                                                                                                                                                                                                                                              | 4                                                                                                                                                                                                                                                                             | 5                                                                                                                                                                 | 6                                                                                                                                                                                                                                                                                                                                   | 7                                                                                                                           | 8   |
|     | <b>Ceramics</b> 9 AM - 1 PM<br><b>Advanced Oil Painting with Cam</b> 9 AM – 12 PM<br><b>Chair Volleyball</b> 10 AM – 12 PM<br><b>Hand, Foot, &amp; Elbow</b> 12 PM - 4 PM<br><b>Beginner Oil Painting with Cam</b> 1 PM – 3 PM <i>(Sign up required)</i><br><b>Instructional Mahjong</b> 1 PM – 4 PM <i>(Sign up required)</i> | <b>Instructional Ceramics</b> 9 AM - 1 PM<br><b>Table Top Tuesday</b> 10 AM - 4 PM<br><b>Hatha Yoga</b> 3:30 PM - 5 PM / \$5                                                                                                                                                  | <b>Ceramics</b> 9 AM - 1 PM<br><b>Line Dance-High Beginner</b> 1 PM - 2 PM / \$2<br><b>Card Group</b> 12 PM - 4 PM<br><b>Hand, Foot, &amp; Elbow</b> 12 PM - 4 PM | <b>Instructional Ceramics</b> 9 AM - 1 PM<br><b>Mahjong Free Play</b> 1 PM – 4 PM<br><b>Cornhole/Table Tennis</b> 1 PM – 5 PM<br><b>Chair Volleyball</b> 5 PM – 7:30 PM                                                                                                                                                             | <b>Ceramics</b> 9 AM – 1PM<br><b>Cardio Line Dance</b> 9:30 AM – 11 AM / \$5<br><b>Chair Yoga</b> 11:30 AM - 12:45 PM / \$2 |     |
| 9   | 10                                                                                                                                                                                                                                                                                                                             | 11                                                                                                                                                                                                                                                                            | 12                                                                                                                                                                | 13                                                                                                                                                                                                                                                                                                                                  | 14                                                                                                                          | 15  |
|     | <b>Ceramics</b> 9 AM - 1 PM<br><b>Advanced Oil Painting w/ Cam</b> 9 AM – 12 PM<br><b>Chair Volleyball</b> 10 AM – 12 PM<br><b>Hand, Foot, &amp; Elbow</b> 12 PM - 4 PM                                                                                                                                                        | <b>Instructional Ceramics</b> 9 AM - 1 PM<br><b>Table Top Tuesday</b> 10 AM - 4 PM<br><b>Instructional Spades</b> 2 PM<br><b>Hatha Yoga</b> 3:30 PM - 5 PM / \$5                                                                                                              | <b>Ceramics</b> 9 AM - 1 PM<br><b>Line Dance-High Beginner</b> 1 PM - 2 PM / \$2<br><b>Hand, Foot, &amp; Elbow</b> 12 PM - 4 PM                                   | <b>Instructional Ceramics</b> 9 AM - 1 PM<br><b>Bingo with Melinda</b> 10 AM – 12 PM <i>(Sign up required)</i><br><b>Mahjong Free Play</b> 1 PM – 4 PM<br><b>Cornhole/Table Tennis</b> 1 PM – 5 PM<br><b>Chair Volleyball</b> 5 PM – 7:30 PM                                                                                        | <b>Ceramics</b> 9 AM – 1PM<br><b>Cardio Line Dance</b> 9:30 AM – 11 AM / \$5<br><b>Chair Yoga</b> 11:30 AM - 12:45 PM / \$2 |     |
| 16  | 17                                                                                                                                                                                                                                                                                                                             | 18                                                                                                                                                                                                                                                                            | 19                                                                                                                                                                | 20                                                                                                                                                                                                                                                                                                                                  | 21                                                                                                                          | 22  |
|     | <b>Ceramics</b> 9 AM - 1 PM<br><b>Advanced Oil Painting w/ Cam</b> 9 AM – 12 PM<br><b>Chair Volleyball</b> 10 AM – 12 PM<br><b>Hand, Foot, &amp; Elbow</b> 12 PM - 4 PM<br><b>Beginner Oil Painting w/ Cam</b> 1 PM – 3 PM <i>(Sign up required)</i><br><b>Instructional Mahjong</b> 1 PM – 4 PM <i>(Sign up required)</i>     | <b>Instructional Ceramics</b> 9 AM - 1 PM<br><b>Table Top Tuesday</b> 10 AM - 4 PM<br><b>Billiards Tournament</b> 1 PM <i>(Sign up required)</i><br><b>Hatha Yoga</b> 3:30 PM - 5 PM / \$5                                                                                    | <b>Ceramics</b> 9 AM - 1 PM<br><b>Line Dance-High Beginner</b> 1 PM - 2 PM / \$2<br><b>Hand, Foot, &amp; Elbow</b> 12 PM - 4 PM                                   | <b>Instructional Ceramics</b> 9 AM - 1 PM<br><b>Easy Meal Prep with Amanda</b> 11:30 AM – 12:30 PM <i>(Sign up required)</i><br><b>Mahjong Free Play</b> 1 PM – 4 PM<br><b>Cornhole/Table Tennis</b> 1 PM – 5 PM<br><b>Paint N’ Sip with Kristi</b> 5 PM – 8 PM <i>(Sign up required)</i><br><b>Chair Volleyball</b> 5 PM – 7:30 PM | <b>Ceramics</b> 9 AM – 1PM<br><b>Cardio Line Dance</b> 9:30 AM – 11 AM / \$5<br><b>Chair Yoga</b> 11:30 AM - 12:45 PM / \$2 |     |
| 23  | 24                                                                                                                                                                                                                                                                                                                             | 25                                                                                                                                                                                                                                                                            | 26                                                                                                                                                                | 27                                                                                                                                                                                                                                                                                                                                  | 28                                                                                                                          | 29  |
|     | <b>Ceramics</b> 9 AM - 1 PM<br><b>Advanced Oil Painting w/ Cam</b> 9 AM – 12 PM<br><b>Chair Volleyball</b> 10 AM – 12 PM                                                                                                                                                                                                       | <b>Instructional Ceramics</b> 9 AM - 1 PM<br><b>Table Top Tuesday</b> 10 AM - 4 PM<br><b>Let’s Make a Mosaic Stepping Stone</b> 1 PM – 4 PM <i>(Sign up required)</i><br><b>Instructional Bid Whist</b> 2 PM<br><b>Hatha Yoga</b> 3:30 PM - 5 PM / \$5                        | <b>Ceramics</b> 9 AM - 1 PM<br><b>Line Dance-High Beginner</b> 1 PM - 2 PM / \$2<br><b>Hand, Foot, &amp; Elbow</b> 12 PM - 4 PM                                   | <b>Instructional Ceramics</b> 9 AM - 1 PM<br><b>Medicare Educational Seminar by Oak Street Health</b> 10 AM – 11 AM<br><b>Mahjong Free Play</b> 1 PM – 4 PM<br><b>Cornhole/Table Tennis</b> 1 PM – 5 PM<br><b>Chair Volleyball</b> 5 PM – 7:30 PM                                                                                   | <b>Ceramics</b> 9 AM – 1PM<br><b>Cardio Line Dance</b> 9:30 AM – 11 AM / \$5<br><b>Chair Yoga</b> 11:30 AM - 12:45 PM / \$2 |     |
| 30  | 31                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                               |                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                     |                                                                                                                             |     |
|     | <b>Ceramics</b> 9 AM - 1 PM<br><b>Advanced Oil Painting w/ Cam</b> 9 AM – 12 PM<br><b>Chair Volleyball</b> 10 AM – 12 PM<br><b>Hand, Foot, &amp; Elbow</b> 12 PM - 4 PM                                                                                                                                                        | <b>ACTIVITY ROOMS</b><br>- Billiards Room    - Book & Puzzle Lounge<br>- Card Room        - Ceramic Room<br>- Game Room        - Media Lounge<br>- Wellness Room    - Art Room<br><i>All Activity Rooms Available During Operating Hours Unless Programming is Scheduled.</i> |                                                                                                                                                                   | <br><b>HOURS OF OPERATION:</b><br><b>Monday: 9 AM – 5 PM</b><br><b>Tuesday: 9 AM – 5 PM</b><br><b>Wednesday: 9 AM – 5 PM</b><br><b>Thursday: 9 AM – 8 PM</b><br><b>Friday: 9 AM – 5 PM</b>                                                     |                                                                                                                             |     |

# August 2026 – Offsite

| SUN | MONDAY | TUESDAY                                                                                                                                                                              | WEDNESDAY                                      | THURSDAY | FRIDAY                                                                                                                                        | SAT |
|-----|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 2   | 3      | 4                                                                                                                                                                                    | 5                                              | 6        | 7                                                                                                                                             | 8   |
|     |        | <b>Instructional Pickleball</b><br><b>12 PM - 2 PM</b><br><b>High Beginners Pickleball</b><br><b>2 PM - 5 PM</b>                                                                     | <b>SENIOR PICNIC</b><br><b>12 PM – 3:30 PM</b> |          | <b>Senior Dance</b><br><b>"Crimson Rose"</b><br><b>7 PM – 10 PM</b><br><b>\$5 Entry</b>                                                       |     |
| 9   | 10     | 11                                                                                                                                                                                   | 12                                             | 13       | 14                                                                                                                                            | 15  |
|     |        | <b>Instructional Pickleball</b><br><b>12 PM - 2 PM</b><br><b>High Beginners Pickleball</b><br><b>2 PM - 5 PM</b>                                                                     | <b>BINGO!</b><br><b>2 PM – 4 PM</b>            |          |                                                                                                                                               |     |
| 16  | 17     | 18                                                                                                                                                                                   | 19                                             | 20       | 21                                                                                                                                            | 22  |
|     |        | <b>Instructional Pickleball</b><br><b>12 PM - 2 PM</b><br><b>High Beginners Pickleball</b><br><b>2 PM - 5 PM</b>                                                                     |                                                |          | <b>Breakfast Club 9AM</b><br><b>*Sign Up by August 14th*</b><br><b>Cracker Barrel</b><br><i>1821 Remount Rd,</i><br><i>Gastonia, NC 28054</i> |     |
| 23  | 24     | 25                                                                                                                                                                                   | 26                                             | 27       | 28                                                                                                                                            | 29  |
|     |        | <b>Instructional Pickleball</b><br><b>12 PM - 2 PM</b><br><b>High Beginners Pickleball</b><br><b>2 PM - 5 PM</b>                                                                     |                                                |          |                                                                                                                                               |     |
| 30  | 31     | <b>Offsite Location Addresses:</b><br><b>Bradley Recreation Center: 1200 Modena St., Gastonia, NC 28052</b><br><b>Rankin Lake Clubhouse: 1750 Rankin Lake Rd, Gastonia, NC 28052</b> |                                                |          |                                                                                                                                               |     |