



SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	 <p>OCTOBER 2024</p> <p>Adult Recreation Center - Classes, Activities & Special Events (Ages 50+)</p>	<p>1 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 12 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Instructional Pickleball for Beginners 11:45 AM - 2 PM Table Top Tuesday 1 PM - 4 PM Hatha Yoga: \$5 / 5 PM - 6 PM</p>	<p>2 Billiards 8 AM - 4:30 PM Take Off Pounds Sensibly (TOPS) 8 AM - 11 AM Senior Picnic at Rankin Lake Clubhouse 12 PM - 3:30 PM Line Dance - High Beginner \$2 / 1 PM - 2 PM Card Group 1 PM - 4 PM Chair Volleyball 4 PM - 6 PM</p>	<p>3 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 12 PM Watercolor Group 9 AM - 12 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Table Tennis, Cornhole & Badminton 1 PM - 4 PM</p>	<p>4 Cardio Line Dance: \$2 / 10 AM - 11 AM Chair Yoga: \$2 11:30 AM - 12:30 PM First Friday Dance \$5 7 PM - 10 PM / "The Good Time Band"</p>	5
6	<p>7 Billiards 8 AM - 4:30 PM Oil Painting 9 AM - 12 PM Chair Volleyball 10 AM - 12 PM Card Group 1 PM - 4 PM Badminton 1 PM - 3 PM Beginners Pickleball 4 PM - 6 PM</p>	<p>8 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 12 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Instructional Pickleball for Beginners 11:45 AM - 2 PM Table Top Tuesday 1 PM - 4 PM Hatha Yoga: \$5 / 5 PM - 6 PM</p>	<p>9 Billiards 8 AM - 4:30 PM Take Off Pounds Sensibly (TOPS) 8 AM - 11 AM Card Group 1 PM - 4 PM FREE produce for Seniors 1:30 PM- *Sponsored by Devoted Health* BINGO 2 PM - 4 PM</p>	<p>10 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 12 PM Watercolor Group 9 AM - 12 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Table Tennis, Cornhole & Badminton 1 PM - 4 PM Special Olympics Cornhole 5:30 PM - 6:30 PM</p>	<p>11 Cardio Line Dance: \$2 / 10 AM - 11 AM Chair Yoga: \$2 11:30 AM - 12:30 PM</p>	12
13	<p>14 Billiards 8 AM - 4:30 PM Oil Painting 9 AM - 12 PM Chair Volleyball 10 AM - 12 PM Card Group 1 PM - 4 PM Badminton 1 PM - 3 PM Beginners Pickleball 4 PM - 6 PM</p>	<p>15 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 12 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Instruction Pickleball for Beginners 11:45 AM - 2 PM Table Top Tuesday 1 PM - 4 PM Hatha Yoga: \$5 / 5 PM - 6 PM</p>	<p>16 Billiards 8 AM - 4:30 PM Take Off Pounds Sensibly (TOPS) 8 AM - 11 AM Line Dance - High Beginner \$2 / 1 PM - 2 PM Card Group 1 PM - 4 PM Chair Volleyball 4 PM - 6 PM</p>	<p>17 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 12 PM Watercolor Group 9 AM - 12 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Table Tennis, Cornhole & Badminton 1 PM - 4 PM Special Olympics Cornhole 5:30 PM - 6:30 PM</p>	<p>18 Cardio Line Dance: \$2 / 10 AM - 11 AM Chair Yoga: \$2 11:30 AM - 12:30 PM</p>	19
20	<p>21 Billiards 8 AM - 4:30 PM Oil Painting 9 AM - 12 PM Chair Volleyball 10 AM - 12 PM Card Group 1 PM - 4 PM Badminton 1 PM - 3 PM Beginners Pickleball 4 PM - 6 PM</p>	<p>22 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 12 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Instructional Pickleball for Beginners 11:45 AM - 2 PM Table Top Tuesday 1 PM - 4 PM Hatha Yoga: \$5 / 5 PM - 6 PM</p>	<p>23 Billiards 8 AM - 4:30 PM Take Off Pounds Sensibly (TOPS) 8 AM - 11 AM GHRG 11 AM - 12:30 PM Card Group 1 PM - 4 PM Line Dance - High Beginner \$2 / 1 PM - 2 PM Chair Volleyball 4 PM - 6 PM</p>	<p>24 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 12 PM Watercolor Group 9 AM - 12 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Table Tennis, Cornhole & Badminton 1 PM - 4 PM</p>	<p>25 Cardio Line Dance: \$2 / 10 AM - 11 AM Chair Yoga: \$2 11:30 AM - 12:30 PM Special Populations Dance: \$3 7 PM - 9 PM</p>	26
🎃 PUMPKIN DECORATING CONTEST - VOTING WEEK - VOTE FOR YOUR FAVORITE PUMPKIN! 🎃						
27	<p>28 Billiards 8 AM - 4:30 PM Oil Painting 9 AM - 12 PM Chair Volleyball 10 AM - 12 PM Card Group 1 PM - 4 PM Badminton 1 PM - 3 PM Beginners Pickleball 4 PM - 6 PM</p>	<p>29 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 12 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Instructional Pickleball for Beginners 11:45 AM - 2 PM Table Top Tuesday 1 PM - 4 PM Hatha Yoga: \$5 / 5 PM - 6 PM</p>	<p>30 Billiards 8 AM - 4:30 PM Take Off Pounds Sensibly (TOPS) 8 AM - 11 AM Card Group 1 PM - 4 PM Line Dance - High Beginner \$2 / 1 PM - 2 PM Chair Volleyball 4 PM - 6 PM</p>	<p>31 HAPPY HALLOWEEN!!! Billiards 8 AM - 4:30 PM Ceramics 8 AM - 12 PM Watercolor Group 9 AM - 12 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Table Tennis, Cornhole & Badminton 1 PM - 4 PM Special Olympics Cornhole 5:30 PM - 6:30 PM</p>	<p>Hours: Mon. - Thurs. 8 AM - 5 PM & Fri. 8 AM - 12 PM Address: 519 W. Franklin Blvd., Gastonia, NC 28052</p>  <p>For more information, please call (704) 866-6848.</p>	