

Sun.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat.
	1  CENTER CLOSED	2 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 1 PM Senior Walking Club @ Rankin 8:30 AM - 10 AM Zumba Gold: \$2 / 10:30 AM - 11:15 AM Instructional Pickleball 11:45 AM - 2 PM Table Top Tuesday 1 PM - 4 PM Hatha Yoga: \$5 / 5 PM - 6 PM	3 Billiards 8 AM - 4:30 PM Take Off Pounds Sensibly (TOPS) 8 AM - 11 AM Senior Picnic at Rankin 12 PM - 3:30 PM Card Group 12 PM - 3 PM Line Dance-High Beginner \$2 1 PM - 2 PM Chair Volleyball 3 PM - 5 PM	4 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 1 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Senior Free Play- Badminton, Cornhole, & Table Tennis 1 PM - 4 PM	5 Cardio Line Dance: \$2 / 10 AM - 11 AM Chair Yoga: \$2 11:30 AM - 12:30 PM	6
7	8 Billiards 8 AM - 4:30 PM Chair Volleyball 10 AM - 12 PM Card Group 1 PM - 4 PM Badminton 1 PM - 3:30 PM High Beginners Pickleball 4 PM - 6 PM	9 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 1 PM Senior Walking Club @ Rankin 8:30 AM - 10 AM Zumba Gold: \$2 / 10:30 AM - 11:15 AM Instructional Pickleball 11:45 AM - 2 PM Table Top Tuesday 1 PM - 4 PM Hatha Yoga: \$5 / 5 PM - 6 PM	10 Billiards 8 AM - 4:30 PM Take Off Pounds Sensibly (TOPS) 8 AM - 11 AM Card Group 12 PM - 4 PM BINGO 2 PM - 4 PM	11 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 1 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Senior Free Play- Badminton, Cornhole, & Table Tennis 1 PM - 4 PM	12 Cardio Line Dance: \$2 / 10 AM - 11 AM Chair Yoga: \$2 11:30 AM - 12:30 PM	13
14	15 Billiards 8 AM - 4:30 PM Chair Volleyball 10 AM - 12 PM Card Group 1 PM - 4 PM Badminton 1 PM - 3:30 PM High Beginners Pickleball 4 PM - 6 PM	16 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 1 PM Senior Walking Club @ Rankin 8:30 AM - 10 AM Zumba Gold: \$2 / 10:30 AM - 11:15 AM Instructional Pickleball 11:45 AM - 2 PM Table Top Tuesday 1 PM - 4 PM Hatha Yoga: \$5 / 5 PM - 6 PM	17 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 12 PM - 3 PM Chair Volleyball 3 PM - 5 PM	18 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 1 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Senior Free Play- Badminton, Cornhole, & Table Tennis 1 PM - 4 PM *Billiard Tournament 1 PM	19 Cardio Line Dance: \$2 / 10 AM - 11 AM Chair Yoga: \$2 11:30 AM - 12:30 PM	20
21	22 Billiards 8 AM - 4:30 PM Chair Volleyball 10 AM - 12 PM Card Group 1 PM - 4 PM Badminton 1 PM - 3:30 PM High Beginners Pickleball 4 PM - 6 PM	23 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 1 PM Senior Walking Club @ Rankin 8:30 AM - 10:00 AM Zumba Gold: \$2 / 10:30 AM - 11:15 AM Instructional Pickleball 11:45 AM - 2 PM Table Top Tuesday 1 PM - 4 PM Hatha Yoga: \$5 / 5 PM - 6 PM	24 Billiards 8 AM - 4:30 PM Take Off Pounds Sensibly (TOPS) 8 AM - 11 AM Gaston Healthcare Resource Group 11 AM - 12:30 PM Card Group 12 PM - 3 PM Line Dance-High Beginner \$2 / 1 PM - 2 PM Chair Volleyball 3 PM - 5 PM	25 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 1 PM Zumba Gold: \$2 10:30 AM - 11:15 AM Senior Free Play- Badminton, Cornhole, & Table Tennis 1 PM - 4 PM	26 Cardio Line Dance: \$2 / 10 AM - 11 AM Chair Yoga: \$2 11:30 AM - 12:30 PM Special Populations Dance: \$3 7pm - 9pm	27
28	29 Billiards 8 AM - 4:30 PM Chair Volleyball 10 AM - 12 PM Card Group 1 PM - 4 PM Badminton 1 PM - 3:30 PM High Beginners Pickleball 4 PM - 6 PM	30 Billiards 8 AM - 4:30 PM Ceramics 8 AM - 1 PM Senior Walking Club @ Rankin 8:30 AM - 10 AM Zumba Gold: \$2 / 10:30 AM - 11:15 AM Instructional Pickleball 11:45 AM - 2 PM Table Top Tuesday 1 PM - 4 PM Hatha Yoga: \$5 / 5 PM - 6 PM	Adult Recreation Center- Classes, Activities & Special Events (Ages 50+) Hours of Operation: Monday – Thursday: 8 AM – 5 PM & Friday: 8 AM - 12 PM Address: 519 W. Franklin Blvd., Gastonia, NC 28052 For more information, please call (704) 866-6848.			

September 2025

