

September 2026 – Senior Activity Center

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	Classes, Activities & Special Events (Ages 50+) ADDRESS: 107 S. Broad St., Gastonia, NC 28052 HOURS OF OPERATION: Monday – Friday: 9 AM – 5 PM Thursday: 9 AM – 8 PM	1 Instructional Ceramics 9 AM - 1 PM Tabletop Tuesday 12 PM - 4 PM Hatha Yoga 3:30 PM - 5 PM / \$5	2 Line Dance- Beginner 1 PM - 2 PM / \$3 Card Group 12 PM - 4 PM Hand, Foot, & Elbow 12 PM - 4 PM	3 Instructional Ceramics 9 AM - 1 PM Mahjong Free Play 1 PM – 4 PM Cornhole/Table Tennis 1 PM – 5 PM Chair Volleyball 5 PM – 7:30 PM	4 Cardio Line Dance 9:30 AM – 11 AM / \$5 **Sign up required @ Bodyworks-linedance.com Chair Yoga 11:30 AM – 12:45 PM / \$2 CANCELLED	5
6	7	8	9	10	11	12
	City Holiday – Center Closed 	Instructional Ceramics 9 AM - 1 PM Arts and Craft Club 10 AM – 4 PM Tabletop Tuesday 12 PM - 4 PM Hatha Yoga 3:30 PM - 5 PM / \$5 CANCELLED	Line Dance- Beginner 1 PM - 2 PM / \$3 Hand, Foot, & Elbow 12 PM - 4 PM	Instructional Ceramics 9 AM - 1 PM Chair Volleyball with “The Center” 10:30 AM – 11:30 AM Mahjong Free Play 1 PM – 4 PM Cornhole/Table Tennis 1 PM – 5 PM Chair Volleyball 5 PM – 7:30 PM	Cardio Line Dance 9:30 AM – 11 AM / \$5 **Sign up required @ Bodyworks-linedance.com Chair Yoga 11:30 AM - 12:45 PM / \$2	
13	14	15	16	17	18	19
	Advanced Oil Painting w/ Cam 9 AM – 12 PM / \$20 Chair Volleyball 10 AM – 12 PM Beginner Oil Painting w/ Cam 1 PM – 3 PM / \$15 <i>(Sign up required)</i> Hand, Foot, & Elbow 12 PM - 4 PM	Instructional Ceramics 9 AM - 1 PM Tabletop Tuesday 12 PM - 4 PM Try Something New Tuesday with Ashlyn – Darts 1 PM – 3 PM Hatha Yoga 3:30 PM - 5 PM / \$5 CANCELLED	Line Dance- Beginner 1 PM - 2 PM / \$3 Hand, Foot, & Elbow 12 PM - 4 PM	Instructional Ceramics 9 AM - 1 PM Services for the Blind – Educational Seminar with Audra 10 AM – 11 AM <i>(Sign up required)</i> Mahjong Free Play 1 PM – 4 PM Cornhole/Table Tennis 1 PM – 5 PM Chair Volleyball 5 PM – 7:30 PM	Cardio Line Dance 9:30 AM – 11 AM / \$5 **Sign up required @ Bodyworks-linedance.com Chair Yoga 11:30 AM - 12:45 PM / \$2	
20	21	22	23	24	25	26
	Advanced Oil Painting w/ Cam 9 AM – 12 PM / \$20 Chair Volleyball 10 AM – 12 PM Hand, Foot, & Elbow 12 PM - 4 PM Beginner Oil Painting w/ Cam 1 PM – 3 PM / \$15 <i>(Sign up required)</i> Instructional Mahjong 1 PM – 4 PM <i>(Sign up required)</i>	Instructional Ceramics 9 AM - 1 PM Arts & Crafts Club 10 AM – 4 PM Tabletop Tuesday 12 PM - 4 PM First Day of Fall Social 2 PM – 4 PM <i>(Sign up required)</i> Hatha Yoga 3:30 PM - 5 PM / \$5 	Line Dance- Beginner 1 PM - 2 PM / \$3 Hand, Foot, & Elbow 12 PM - 4 PM	Instructional Ceramics 9 AM - 1 PM Learn about Medicare Insurance Options with Steve 10 AM – 11 AM <i>(Sign up required)</i> Mahjong Free Play 1 PM – 4 PM Cornhole/Table Tennis 1 PM – 5 PM Chair Volleyball 5 PM – 7:30 PM	Cardio Line Dance 9:30 AM – 11 AM / \$5 **Sign up required @ Bodyworks-linedance.com Chair Yoga 11:30 AM - 12:45 PM / \$2	
27	28	29	30			
	Advanced Oil Painting w/ Cam 9 AM – 12 PM / \$20 Chair Volleyball 10 AM – 12 PM Hand, Foot, & Elbow 12 PM - 4 PM	Instructional Ceramics 9 AM - 1 PM Table Top Tuesday 12 PM - 4 PM Hatha Yoga 3:30 PM - 5 PM / \$5	Line Dance-High Beginner 1 PM - 2 PM / \$3 Hand, Foot, & Elbow 12 PM - 4 PM	ACTIVITY ROOMS: -Billiards Room - Media Lounge - Art Room -Wellness Room - Card Room - Ceramic Room - Game Room -Book & Puzzle Lounge **All activity rooms available during normal operating hours unless organized programming is schedule3d** For more information, please call (704) 866-6848		

September 2026 – Offsite

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2	3	4	5
		Instructional Pickleball 12 PM - 2 PM High Beginners Pickleball 2 PM - 5 PM	SENIOR PICNIC 12 PM – 3:30 PM			
6	7	8	9	10	11	12
		Instructional Pickleball 12 PM - 2 PM High Beginners Pickleball 2 PM - 5 PM	BINGO! 2 PM – 4 PM			
13	14	15	16	17	18	19
		Instructional Pickleball 12 PM - 2 PM High Beginners Pickleball 2 PM - 5 PM				
20	21	22	23	24	25	26
		Instructional Pickleball 12 PM - 2 PM High Beginners Pickleball 2 PM - 5 PM				
27	28	29	30			
		Offsite Location Addresses: Bradley Recreation Center: 1200 Modena St., Gastonia, NC 28052 Rankin Lake Clubhouse: 1750 Rankin Lake Rd, Gastonia, NC 28052				