

Signing up for Trips

Payments can be made at the Cleveland Park Office Monday-Friday from 9am-4pm. You can also register and pay online at www.spartanburgparks.org. Or, checks can be mailed to: Cleveland Park, 141 N Cleveland Park Dr, Spartanburg, SC 29303. Only checks and credit cards accepted. A drivers license number is required on all checks.

When mailing a registration, please write a separate check for each event and include the name, mailing address, email address, and phone number for each person you are signing up. Registrations are processed in the order in which they are received. **Mailing a payment does not guarantee a reservation.**

All trips leave from the former Clarion Hotel (located behind the Community Services Building) off of Fairforest Rd.

Questions & RSVPs???
Contact the 50+ Wellness Office at:
(864) 804-5813

or

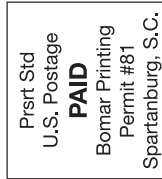
bates.mckinney@spartanburgparks.org

Find us on Facebook:
50+ Spartanburg County Parks Department



9039 Fairforest Rd.
Spartanburg, SC 29301

864.804.5813



JANUARY - MARCH 2017



50+ Trips

**Registration for
January, February, and March
trips begins December 22nd**

Harrah's Cherokee Casino Resort
Cherokee, NC
Friday, January 6th at 7:30am
\$10 (lunch not included)

Try your luck at the casino, which includes thousands of ways to win big! You must bring a government issued photo ID to enter the casino, as well as, have a valid email address to register for a Total Rewards Card to receive incentives. Two forms of ID are required for a jackpot.

Billy Graham Library & Lunch at La'Wans
Charlotte, NC
Wednesday, January 18th at 8:30am
\$5 (lunch is Dutch treat)

The Library is organized around the themes of "The Man," "The Message," "The Ministry," and "The Mission." You will learn about "America's Pastor" and his crusade through multimedia presentations, exhibits, and by visiting his childhood home. We will eat a late lunch (1:30) at La'Wans. There you will enjoy a good old fashion—ALL YOU CAN EAT—southern buffet with "home-style cooking with real soul!"

**Ringling Bros. and Barnum & Bailey
Presents Circus XTREME!**
Greenville, SC
Friday, February 3rd at 8:30am
\$15 (lunch not included)

Be astonished by UN-XPECTED circus spectacles you've never seen before. Get ready for an X-HILARATING adventure with X-TRAORDINARY circus artists and magnificent X-OTIC animals! It's time to awaken the spirit of children of all ages. We will eat lunch at Steak 'n Shake following the performance (Dutch treat).

NASCAR Hall of Fame
Charlotte, NC
Tuesday, February 21st at 8:30am
\$40 (lunch included)

On your mark! Get set! Go! The NASCAR Hall of Fame has been located in Charlotte since 2010 and showcases artifacts, engaging exhibits, and a captivating theater. Enjoy the history, race your friends in simulators, try out for the pit crew, and much more. You will receive a lunch voucher for the café as well as some nice souvenirs.

50+ Trips

Southern Spring Home & Garden Show
Charlotte, NC
Friday, March 3rd at 8:30am
\$15 (lunch not included)

The Southern Spring Home & Garden Show celebrates 57 years of ushering in spring. Experience gardens filled with flowers, chic designer rooms, and exhibits focusing on the best in landscaping, building, remodeling and decorating...all located under one roof. This year's theme is *America the Beautiful*.

Asheville Outlets
Asheville, NC
Thursday, March 23rd at 8:30am
\$5 (lunch not included)

Asheville Outlets, formerly Biltmore Square Mall, features over 70 name brand outlet stores and additional stores that are indigenous to the Asheville area.

50+ Programs

Spartanburg Council on Aging

The Spartanburg Council on Aging (SCOA) is a focal point for aging resources. Services available include: information and assistance; weekday home meal delivery; senior center programs in Woodruff, Pacolet, Cowpens, Boiling Springs, Lyman, and Spartanburg that include congregate dining; transportation assistance; healthy aging and injury prevention; and services provided through the Appalachian Council of Governments and the Lt. Governor's Office on Aging. Please call the SCOA office at (864) 804-5813 for more information or to schedule an assessment.

Seniors Take Charge

Educate yourself about current issues for seniors. 10am-11:30am in the Lower Level of the Cleveland Park Event Center. Refreshments will be served. This is a FREE event.

January 10th ...Stay Active and Independent for Life (SAIL)

February 14th ...Black History Month Celebration

March 14th ...Women's History Month Celebration

THE FFF Club (Food, Fun, & Friends)

Join your fellow 50+ participants for a terrific meal and fellowship. Meals are Dutch treat unless otherwise noted. Please RSVP by the date indicated.

January 26th ... Nacho Taco at 11:30 am...RSVP by January 24th

February 6th ... HenHouse Brunch at 11:00am...RSVP by February 3rd

March 8th ... Monsoon Noodle House at 11:30am...RSVP by March 6th

50+ Programs

Bowling

The Bowling group meets every Thursday from 10am-12pm at Star Lanes. All skill levels welcome! Price is the cost of bowling.

Silver Sneakers

Silver Sneakers is a low-impact fitness class designed for seniors. The class is free for Humana clients. The cost is \$24 per month for those not covered by Humana. The class meets at 11:15am Monday, Wednesday, and Friday at Inman First Baptist Church Gymnasium.

Senior Softball

A group of Spartanburg seniors play pick-up softball games every Thursday at 10am at the Tyger River Park Stadium. There are some occasional home and away games scheduled with nearby communities. Players of all skill levels are encouraged to join the group. Please contact Chuck Papale at (864) 884-2019 or cpapale@charter.net for more information.

Pickleball

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong.

There are many agencies and locations that are now offering Pickleball.

Indoor playing times are: Inman First Baptist Church on Mondays and Wednesdays at 6:30pm and Saturdays at 9am, Inman Recreation Center (located in the Inman Elementary gym) on Tuesdays at 7:15pm, Middle Tyger YMCA on Wednesday mornings from 9am-11am, and C.C. Woodson Community Center on Wednesdays at 5:30pm..

You can also use the free outdoor courts that are now marked at Duncan Park, Va-Du-Mar McMillan Park, Gordon Henry Park in Cowpens, and at the T.W. Edwards Center in Pacolet.

Stay tuned for more Pickleball locations & times coming soon.

Community Centers & Parks

Don't forget to visit the many 50+ programs going on at our Community Centers located in Chesnee, Cowpens, Pacolet, and Woodruff. The centers are open Monday-Friday with programs to fit everyone. Activity calendars are available online. Many of our parks have also been updated with fitness trails, outdoor fitness equipment, disc golf courses, and much more. Visit www.spartanburgparks.org to find a park or program that meets your needs.

You don't want to miss "Cooking Up Wellness" on **February 3rd at 10am** at the Chesnee Community Center. Spartanburg Regional will join us for food, fellowship, and fun as they lead us in a session on Whole Grains at Breakfast. There will be a demonstration on making the Amaranth breakfast bowl. The giveaway will involve heart healthy home cooking. Call (864) 461-0302 to register. This is a free event.