

50+ Programs

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: Woodruff Leisure Center on Mondays at 10:30 a.m., Inman First Baptist Church on Mondays and Thursdays at 6:30 p.m. and Saturdays at 9:00 a.m., Inman Recreation Center (located in the Inman Elementary gym) on Tuesdays at 7:15 p.m., and C.C. Woodson Community Center on Wednesdays at 5:30 p.m.



9039 Fairforest Rd.
Spartanburg, SC 29301

Signing up for Trips

Payments can be made in person at the Cleveland Park office or at the Community Centers. You can also register and pay online at www.spartanburgparks.org. We will no longer be accepting registration by mail.

ALL TRIPS LEAVE FROM CLEVELAND PARK UNLESS OTHERWISE SPECIFIED. PARK IN THE MAIN UPPER PARKING LOT.

For questions or to RSVP contact the 50+ Wellness Office at
(864) 804-5813

or

sgarrison@spartanburgcounty.org

Find us on Facebook:
50+ Spartanburg County Parks Department

50+ Programs

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.

Game Club

If you enjoy playing cards and parlor games and want to socialize with other great people, please join us Mondays from 9:30 a.m. -1:00 p.m. for fun. The meeting location will be at the Mary Black Private Dining Room (next to the hospital cafeteria).

Please visit www.spartanburgparks.org for a complete list of all of our community centers and parks.

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SPARTANBURG
COUNTY PARKS DEPARTMENT

9039 Fairforest Rd.
Spartanburg, SC 29301

864.804.5813

VOLUNTEERING 50+ WELLNESS PROGRAMS TRIPS



SPARTANBURG
COUNTY PARKS DEPARTMENT

October-December 2019

SAVE YOUR SPOT! Online and in person registration for October, November, and December trips begins September 27th at 9:00 a.m.

50+ Trips

***Carolina Panthers Football Game**
Charlotte, NC

Sunday, October 6th at 10:30 a.m.
\$100 (meal NOT included)

Join us as the Jacksonville Jaguars take on the Carolina Panthers at the Bank of America Stadium. Wear comfortable shoes and be prepared for some walking. Food will be available for purchase at the stadium.

***Important: This trip is leaving from the Community Services Building at 9039 Fairforest Rd. DO NOT PARK AT THE HOTEL!**

Sierra Nevada Brewery
Mills River, NC

Wednesday, October 16th at 11:00 a.m.
\$10 (lunch NOT included in price)

We will begin with lunch at the Taproom and then enjoy a tour of the brewery. You can also relax on the back porch, play some yard games, or walk through the garden.

Overmountain Vineyards
Tryon, NC

Friday, November 8th at 11:00 a.m.
\$50 (meal NOT included in price)

50+ Trips

We will start with lunch at Sidestreet Pizza before going to the vineyard for an elevated tasting which includes time with winemakers, a private wine tasting and tour of the vineyards and winery. Journey through growing, harvesting and the art of wine making while tasting current wine vintages and unreleased wines from the barrel.

IKEA
Charlotte, NC

Tuesday, November 12th at 8:30 a.m.
\$10 (lunch NOT included in price)

Décor, accessories, and organization...Oh my! Food will be available for purchase at IKEA.

Southern Christmas Show
Charlotte, NC

Wednesday, November 20th at 9:00 a.m.
\$40 (lunch NOT included in price)

What do you get when you combine charming shops, festive music, smiling faces, crafts galore, yummy food, holiday decor, local wines, Santa, over 400 holiday merchants with gifts for all ages, and enough fun to last all year? The annual Southern Christmas Show! It's all under one roof and waiting to welcome you. This year's theme is Woodland Christmas. We will be taking a charter bus, so there will be plenty of space to bring all of your new purchases home.

50+ Trips

James Island County Park: Holiday Festival of Lights Overnight

Charleston, SC

**Wednesday, December 11th-Thursday,
December 12th at 10:00 a.m.**

Price varies by room choice (single \$185, double \$120, triple \$100, or quad \$75; all prices are per person). There are 2 beds in each room. Spartanburg Parks is not responsible for finding roommates. Cost includes: charter bus, hotel, Thursday breakfast, and entry into park. Registration deadline is November 8th.

More than two million enchanting lights adorn James Island County Park. Come experience the three-mile driving tour, the magnificent sculpture made from over 50 tons of sand, an up-close look at the lights on the holiday train, mouth-watering treats from Santa's Sweet Shoppe, handmade gingerbread houses, giant greeting cards created by local students, and a Victorian carousel. Get creative and create your own light display at the Lakeside Lights activity center or take a leisurely stroll through the Enchanted Forest. We will eat supper at California Dreaming before going to see the Holiday Lights on Wednesday. We will stop at Columbiana Centre to shop on our way back to Spartanburg on Thursday.

Black Nativity

Greensboro, NC

**Tuesday, December 17th at 9:30 a.m.
\$85 (lunch IS included in price)**

Come with us to The Barn Dinner Theatre to experience Langston Hughes' heart-felt musical. This is the most entertaining way to relive the birth of Jesus Christ through the beat of the drum, the feet of high-energy dancers, and the souls of passionate storytellers. Enjoy The Nativity in a new light through great gospel music. We will be taking a charter bus for your riding pleasure.

50+ Trips

Rose Parade New Year's Trip

Southern California

**6 days/5 nights leaving
December 30, 2019**

**\$3050/person (Double Occupancy)
\$3725/person (Single Occupancy)**

Highlights include: New Year's Eve dinner party, Tournament of Roses Parade, Lawry's in Beverly Hills, showcase of floats, Richard Nixon Library & Museum, Hollywood & Beverly Hills tour, Rodeo Drive, Grauman's Chinese Theatre, Hollywood Walk of Fame, Mission San Juan Capistrano, Newport Beach, Laguna Beach, San Diego City Tour, San Diego harbor cruise. Price includes round trip airfare (from Charlotte), 5 nights' accommodations, sightseeing and admission per itinerary, 9 meals, hotel transfers, professional tour director (24/7), motor coach transportation, and baggage handling! We are partnering with Premier Travel. Payments can be made by: mail at Premier World Discovery | Attn: Reservations | 2615 - 190th Street, Suite 200 | Redondo Beach, CA 90278; online at www.Premierworlddiscovery.com using code 134832; or by phone at (877) 953-8687. Please email Debby Garcia with questions about payments: dgarcia@premierworlddiscovery.com

San Antonio Getaway

Southern Texas

**5 days/4 nights leaving March 29, 2020
\$2075/person (Double Occupancy)
\$2625/person (Single Occupancy)**

Highlights include: San Antonio city tour, The Alamo, Riverwalk Cruise, San Jose Mission, IMAX theatre, LBJ Ranch, Hill County, Fredericksburg, and Riverwalk Dinner. Price includes round trip airfare (from Charlotte), 5 nights' accommodations, sightseeing and admission per itinerary, 6 meals, hotel transfers, professional tour director (24/7), motor coach transportation, and baggage handling! We are partnering with Premier Travel. Payments can be made by: mail at Premier World Discovery | Attn: Reservations | 2615 - 190th Street, Suite 200 | Redondo Beach, CA 90278; online at www.Premierworlddiscovery.com using code 135651; or by phone at (877) 953-8687. Please email Debby Garcia with questions about payments: dgarcia@premierworlddiscovery.com

50+ Programs

Spartanburg Area Senior Sports Classic

"Competition never gets old!" Spartanburg will host our local Senior Games, October 1st-3rd. Spartanburg County, City of Spartanburg, Spartanburg Convention and Visitors Bureau, and others have partnered to bring you 3 days of multi-sports competition for athletes aged 50 and above. Registration is only \$20 (includes a water bottle and water) and ends September 23rd.

Moon Dance

Cleveland Park, Upper Level

**Thursday, November 14th
from 6:00-9:00 p.m.**

\$15/person or \$25/couple

It's a marvelous night for a moon dance! Join us for fun, food, music, and dancing as we celebrate the 50th anniversary of man landing on the moon. No dance partner, no problem! We will have special guests to dance with you for an evening that will be out of this world. Register by Friday, November 1st.

Coping With The Holidays

Cleveland Park, Lower Level

Monday, November 4th at 10:00 a.m.

This will be a supportive environment to chat about the Bah Humbug bits of the upcoming holidays and talk about some ways to cope with grief and the Holiday Blues. The presenters will be Beth Cutshall, LMSW and Amy Knight, LISW-CP of Spartanburg Regional Hospice.

Lake Cooley Men's Group

The group meets on Thursdays at 7:00 a.m. at Lake Cooley Outdoor Education Center. If you have questions, please contact Chris Spencer at (864) 398-6708.

Fifty Upstate

This program, previously known as Spartanburg Council on Aging, is a focal point for aging resources. Services available include: information; weekday home meal delivery; senior center programs with a meal; transportation assistance; healthy aging and injury prevention; and services provided through the Appalachian Council of Governments (ACOG). Please call the ACOG office at (864) 242-9733 to schedule an assessment.

50+ Programs

Seniors Take Charge

We are going back to school for 2019! Join us each month as we rediscover our favorite subjects and classes. 10:00 a.m. - 11:30 a.m. in the Lower Level of the Cleveland Park Event Center. Refreshments will be served. This is a FREE event.

October 8thMechanics
November 12th... Are You Smarter than a 5th Grader?
December 10th.....Holiday Hullabaloo

THE FFF Club (Food, Fun, & Friends)

Join your fellow 50+ participants for a terrific meal and fellowship. Meals are Dutch treat unless otherwise noted.

October 22nd Lunch at El Conquistador
at 11:30 a.m.

352 E Blackstock Rd, Spartanburg, SC 29301

November 25th..... Friendsgiving at Cleveland Park
at 11:30 a.m.

We're providing the drinks and meat. If your last name begins with A through H, please bring a side dish. If your last name begins with I through P, please bring a salad of any kind. If your last name begins with Q through Z, please bring a dessert. Please call (864) 804-5813 to RSVP by November 18th.

December 5th..... Breakfast at
Downtown Deli and Donuts at 8:30 a.m.
147 E Main St, Spartanburg, SC 29307

Bowling

The Bowling group meets every Thursday from 10:00 a.m. - 12:00 p.m. 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 11:15 a.m. 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 10:00 a.m. 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 Robby Anders at (864) 804-5557 or randers@spartanburgcounty.org for more information.