



BAZEMORE BUZZ

FEBRUARY 2026

Active Adult Center Closings:
Monday, February 16th



Early Bird Registration: February 23rd– 28th

Regular Registration: March 1st– March 21st

Bazemore Active Adult Center

500 W Jefferson St

Monroe, NC 28112

Telephone: 704-282-4657

Hours of Operation:

Mon - Thurs 8am-5pm, Fri 8am-12pm

Activity Hours Vary

For more information regarding classes and events, please call 704-282-4657 or visit our Senior Services page at monroenc.org



2026 UNITED SENIOR GAMES

The focus of Senior Games is to encourage Union County residents ages 50 and better to stay active, healthy and involved in their community. Registrants can choose from over 20 different events to participate in. These events are held at different locations around Union County.

EARLY BIRD REGISTRATION:

February 23rd-28th

COST: \$15

REGULAR REGISTRATION:

March 1-March 21st

COST: \$17

Registration packets will be available at the Active Adult Center beginning Friday, February 20th.

For questions or assistance, please call 704-282-4657.

SAVOR THE SHORE

Join us for a coastal getaway and enjoy some of the best highlights of the beloved South Carolina coastline!

Included in the price:

- 1 night at Beach Cove Resort (lazy river and oceanfront)
 - Free time to enjoy the sand and surf
- Dinner at The Original Benjamin's Calabash Seafood restaurant
 - An evening at the renowned Carolina Opry
 - Breakfast Buffet
 - Shopping at Barefoot Landing
 - Lunch cruise on the Barefoot Queen
 - Motorcoach transportation

COST: \$255 Double Occupancy



LOTTERY TRIP

REGISTRATION PERIOD: Friday, February 20th– Friday, March 6th

Any interested participants should complete a quick entry ballot at the front desk any time during the registration period in order to add your name (and room-mate's name, if traveling with a partner) to the trip lottery. Names will be drawn and an email will be sent on Monday, March 9th. Those participants will have 5 business days to pay for the trip and complete required paperwork.

LET'S CELEBRATE

Valentine's Dance

THURSDAY, FEBRUARY 12TH

6-8PM

DJ - Dancing - Food - Fun

Entry Fee: Please bring a finger food to share

Bazemore Active Adult Center
500 W Jefferson St Monroe
704-282-4657





CALLING ALL GARDENERS!

If you are knowledgeable about gardening and are interested in volunteering at the center to help with a new project, please email seniorcenter@monroenc.org or stop by the front desk for more info!

BINGOcize®

Monday, February 2nd
2pm

Bingo with a twist! Join us as we combine this popular game with exercise and wellness education. Please bring a small prize to donate.

Sponsored by:
Union County Health & Human Services



UNION COUNTY SENIOR WELLNESS EXPO

Presented By:

NOVANT HEALTH **COUNCIL ON AGING IN UNION COUNTY**

100 Vendors
Health Screenings
Door Prizes
Refreshments
Shuttles from Parking Lot

FEB 11, 2026
9AM - NOON
UNION COUNTY AG CENTER
3230-D PRESSON RD, MONROE, NC 28112



CRAFTY CREATIONS

Thursday, February 19th
1:30pm



Learn to craft something unique and handmade by YOU! This class is free and supplies are provided. Registration required and space is limited!

VETERAN'S CLUB

Wednesday, February 4th
@ 9am

We welcome all veterans to join us on the 1st Wednesday of every month at 9am. Breakfast will be sponsored by:



For more information regarding classes and events, call 704-282-4657 or visit our Senior Services page at monroenc.org

FIT FOR LIFE

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-4:30-Cardio Room 10:00- Aerobics 12:00- Tai Chi 3:15- Drums Alive	8:00-4:30- Cardio Room 9:00- Mat Yoga 10:00- Chair Yoga* 1:00 Dancing 4Fun 4:30- Zumba Gold	8:00-4:30-Cardio Room 9:00-Range of Motion* 10:00- Aerobics 11:00- Range of Motion 12:30- Intermediate Line Dance	8:00-4:30-Cardio Room 8:30- Pilates* 9:00- Mat Yoga* 9:00- Monroe Mall Walkers 10:00- Chair Yoga* 12:00 Tai Chi 1:00 Dancing 4Fun 3:00-Zumba Gold	8:00-11:30-Cardio Room 8:15- Range of Motion 9:15- Range of Motion* 10:15- Aerobics 11:15- Drums Alive
Asterisk= class is offered in person and through ZOOM				

Beginning Tuesday, February 3rd

Tuesday's Chair Yoga class will now be offered through Zoom as well as in person!



NEW TIME AND CLASS SIZE

Mondays and Wednesdays

Set 1: 10:15-11:00am

Set 2: 11:00-11:45am

Participation is limited to 20 per set. Once maximum number is reached in Set 1, participants will be moved to Set 2.



Stay home if you feel sick.

PROTECT YOURSELF AND THOSE AROUND YOU...

Please help us stop the spread of cold and flu germs by staying home if you are sick.

STIFF TO STRONG

Spring Block: April-June
Registration Opens: March 2nd

This 12 week strength training program will be held every Tuesday and Thursday at 11am and is led by Personal Trainer, David McRae.

Class max is 15.



**Tuesdays and Thursdays
1-2pm**

This class will cover basic moves to a variety of line dances. The goal is to learn basic footwork like steps, walks, turns, improve coordination and gain confidence in a fun, supportive environment. No prior experience needed.

Additional line dance classes are offered at the following locations:

Beginner Line Dance

Tuesdays & Thursdays 12-2pm

J Ray Shute Community Center

Advanced Line Dance

Mondays 12-3pm

Dickerson Community Center

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:30-11:15 Chair Volleyball 11:15-12:00 Chair Volleyball 1:00 Mahjong AR2 2:00 Bingocize! MP	3 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:00 Out of Sight VIP AR1 10:00-11:15 OATS—WK 5 10:00 Spades AR2 10:00 Busy Fingers AR3 10:00 ADV Woodshop R 12:30 Bridge AR3 1:00 Game Time AR1/2 1:00 Cribbage AR2	4 9:00 Veteran's Breakfast R MP 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:30-11:15 Chair Volleyball 11:15-12:00 Chair Volleyball 1:00 Bunco AR2	5 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:00 TOPS MP 10:00 ADV Woodshop R 11:30 Canasta AR2 1:30 Hand & Foot AR3 2:00 Senior Singers	6 9:00 Woodcarving AR3 10:00 Woodshop Orientation R 10:00 Euchre - AR2 10:00-11:15 OATS—WK 5
9 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:15 Caregiver Support Group AR2 10:30-11:15 Chair Volleyball 11:15-12:00 Chair Volleyball 1:00 Mahjong AR2 1:00 Talking Titles AR3 2:00 Bingo MP	10 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:00-11:15 OATS—WK 6 10:00 Spades AR2 10:00 Busy Fingers AR3 10:00 ADV Woodshop R 12:30 Bridge AR3 1:00 Game Time AR1/2 1:00 Cribbage AR2	11 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:00-4:00 Quilty Pleasures AR3 10:30-11:15 Chair Volleyball 11:15-12:00 Chair Volleyball 1:00 Bunco AR2 Senior Wellness Expo at AG Center	12 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:00 TOPS MP 10:00 ADV Woodshop R 11:30 Canasta AR2 1:30 Hand & Foot AR3 2:00 Senior Singers 6:00-8:00 Valentine's Dance MP	13 9:00 Woodcarving AR3 10:00 Woodshop Orientation R 10:00 Euchre - AR2 10:00-11:15 OATS—WK 6 Registration Opens for Beach Trip *LOTTERY*
16  Senior Center Closed	17 9:00-3:00 Ceramics & Pottery Open Studio \$ 9:00 Garden Club MP 10:00-11:15 OATS- WK 7 10:00 Spades AR2 10:00 Busy Fingers AR3 10:00 ADV Woodshop R 12:30 Bridge AR3 1:00 Game Time AR1/2 1:00 Cribbage AR2	18 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:30-11:15 Chair Volleyball 11:15-12:00 Chair Volleyball 1:00 Bunco AR2 1:00-2:30 Aging Sensitivity Traning MP	19 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:00 TOPS MP 10:00 ADV Woodshop R 11:30 Canasta AR2 1:30 Hand & Foot AR1 1:30 Crafty Creations AR3 2:00 Senior Singers	20 9:00 Woodcarving AR3 10:00 Woodshop Orientation R 10:00 Euchre - AR2 10:00-11:15 OATS—WK 7
23 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:15 Caregiver Support Group AR2 10:30-11:15 Chair Volleyball 11:15-12:00 Chair Volleyball 1:00 Mahjong AR2 2:00 Bingo MP Senior Games Early Bird Registration Begins	24 9:00-11:00 Wellness Checkups 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:00-12:00 Practice Clinic Carolina Courts Open Gym Leave at 9:30 from BAAC 10:00-11:15 OATS—WK 8 10:00 Spades AR2 10:00 Busy Fingers AR3 10:00 ADV Woodshop R 12:30 Bridge AR3 1:00 Game Time AR1/2 1:00 Cribbage AR2	25 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:00-4:00 Quilty Pleasures AR3 10:30-11:15 Chair Volleyball 11:15-12:00 Chair Volleyball 11:30 Ladies Lunch Bunch R Gus Family Rest. 1:00 Bunco AR2 8:00 –5PM INTERNATIONAL CIVIL RIGHTS CENTER & MUSEUM TRIP	26 9:00-3:00 Ceramics & Pottery Open Studio \$ 10:00 TOPS MP 10:00 ADV Woodshop R 11:30 Canasta AR2 1:30 Hand & Foot AR3 1:30 The Medway Change your Protein R MP 2:00 Senior Singers	27 9:00 Woodcarving AR3 10:00 Woodshop Orientation R 10:00 Euchre - AR2 10:00-11:15 OATS—WK 8



Experience the powerful history of the Civil Rights movement and African American travel in the South with a trip to two iconic landmarks in Greensboro, NC: the Historic Magnolia House and the International Civil Rights Center & Museum.

Wednesday, February 25th

8:00am-5pm

COST: \$85

(includes lunch, entry to both museums and motor-coach transportation)

Please Note: Trips are for BAAC participants.

Last day to register: February 6th

Last day to cancel: February 13th

THE MEDWAY

"Change Your Protein"

Thursday, February 26th

1:30pm

Learn how to replace and prepare healthy proteins on the Mediterranean diet.

Registration opens January 30th. Space is limited!



PRACTICE CLINIC

Tuesday, February 24th

10-12pm



Participants will meet at BAAC at 9:30am and be transported to Carolina Courts OR you can meet us there!

Registration required by Friday, February 20th.

SENIOR SINGERS

February 5– Monroe Manor

February 12– Terra Bella

February 19– Council on Aging (leave at 1:30)

February 26– Jesse Helms

FRIENDS OF THE BAZEMORE

The Friends of the Bazemore is a 501c3 organization ran by a 12 member board dedicated to supporting the high quality of activities and programs offered at the Bazemore Active Adult Center.

The mission of Friends of the Bazemore is to promote the well-being of all persons ages 55 and older by supporting the effective use of the center. To accomplish this mission, the Board raises money through various fundraisers throughout the year to assist the center in achieving its goals.

Beginning this month, we invite you to become a Friend of the center. By becoming a Friend, you are supporting YOUR center. On the back of the newsletter you will find an application. If interested in donating, please fill out the form on the back of the newsletter and turn it in at the front desk.

All 2026 supporters will be invited to a complimentary Friends luncheon to celebrate our supporters. For questions or more info, please contact the front desk.

LUNCH BUNCH

Wednesday, February 25th

11:30am

Gus' Family Restaurant
1627 Walkup Ave Monroe

This event provides an opportunity for participants to socialize, connect and make new friends.

WOODSHOP

Birdhouse

Cost: \$7

Session 1: March 2 & 4

Session 2: March 9 & 11

Session 3: March 23 & 25

Community Resources

UNION COUNTY SENIOR NUTRITION PROGRAM

Congregate Meals are available to any Union County resident who is 60 years old or older. A healthy lunchtime meal is served Monday-Friday at 10:30am. There is no cost to participate in the program. For anyone interested in attending, **meals must be ordered at least 1 business day in advance**. To order your meal, please contact 704-292-2567. *Transportation can be provided through Union County Transportation to any of the four dining locations. *

Indian Trail United Methodist Church 113 Indian Trail Road Indian Trail, NC 28079	Mineral Springs Methodist Church 5915 Old Waxhaw-Monroe Highway Mineral Springs, NC 28108	Wingate Baptist Church 109 E Elm St Wingate, NC 28174	Bazemore Active Adult Center 500 W Jefferson St Monroe, NC 28112
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Home Delivered Meals are available to home-bound adults and are delivered by volunteers each week day. (There is a waiting list) Please contact 704-283-3712 or 704-292-2567 for more information.

COUNCIL ON AGING

1401 Skyway Dr, Monroe

704-292-1797

In Home Aides provide assistance with household chores, errands, and personal care at no cost to the client. This assistance helps individuals remain comfortably in their home.

Medicare Counseling provides unbiased Medicare assistance to help beneficiaries compare options and save money on their coverage and prescriptions.

Next Door Respite program offers a social opportunity for seniors with memory loss. Staff and volunteers provide memory-appropriate social and recreational opportunities in this 4 day program.

Safety Equipment & Incontinence Supplies are provided at no cost to seniors in need. This includes wheelchairs, walkers, shower chairs, raised toilet seats, bedside commodes, canes, etc.

TRANSPORTATION

Union County Transportation services are available to members of the general public. Whether you need a ride to a doctor's appointment, grocery store, or a ride to work, this service is available at little or no cost to any Union County resident. To make an appointment, call 704-292-2511. Option 2: Appointments, Option 3: Registration, Option 5: Call to return home, Option 1: Espanol

LEGAL AID

Legal Aid of NC provides free legal help to North Carolinians who are 60 years of age or older and need assistance with housing, consumer rights, public benefits, elder abuse and other civil (non-criminal) legal matters. Phone #: 877-579-7562, Monday-Friday 9-11am and 1-3pm



Bazemore Active Adult Center
500 W Jefferson St
Monroe, NC 28112
704-282-4657

The mission of the Bazemore Active Adult Center is to enhance the quality of life for adults 55 and older by providing access to a variety of activities and programs that promote healthy living, independence and involvement in the community.

2026 FRIENDS OF THE BAZEMORE APPLICATION

January 1– December 31, 2026

Friends of the Bazemore is a 501c3 organization.

Donations that exceed “individual” and “couple” are tax deductible.

NAME: _____

MAILING ADDRESS: _____

EMAIL ADDRESS: _____

PHONE #: _____

TYPE OF DONATION:

INDIVIDUAL—\$20 _____

COUPLE—\$35 _____

PATRON—\$100 _____

BENEFATOR—\$500 _____

ANGEL—\$1000 _____

By becoming a Friend, you are supporting YOUR center.

All 2026 supporters will be invited to a complimentary Friends lunch.

Thank you for your support!

