

Programs and Activities

Adult Luncheon
October 12, Noon
Diamond Shoals
Restaurant in
Buxton

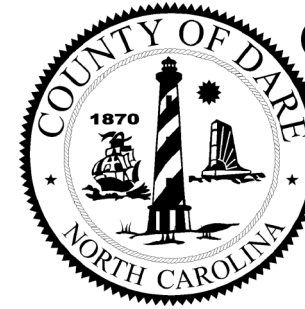


NEW PICKLE
BALL TIME:
1:00 PM
EVERY
WEDNESDAY

Happenings.....

- Oct. 3 POUND Gold 10:00 am
- Oct. 4 Pickle Ball 1:00 pm
- Oct. 10 POUND Gold 10:00 am
- Oct. 11 Game Day– Rummikub 12:30 pm
Pickle Ball 1:00 pm
- Oct. 12 Adult luncheon– Diamond Shoals
Noon
- Oct. 16 Adult trip– Tanger Outlets–
departs 9:00 am
Ladies fitness clothing swap
6-8 pm
- Oct. 17 POUND Gold 10:00 am
- Oct. 18 Pickle Ball 1:00 pm
- Oct. 19 DIY Workshop-Pumpkin
painting 10:00 am
- Oct. 24 POUND Gold 10:00 am
- Oct. 25 Game Day-Rummikub 12:30 pm
Pickle Ball 1:00 pm
- Oct. 26 Balanced Bites Workshop–
Hummus 10:30 am
- Oct. 27 Men’s Breakfast departs 8:30 am
- Oct. 30 Pumpkin Workout
(M-H) intensity Fess Soccer field 6:30 pm-bring a
pumpkin as a weighted workout pal
- Oct. 31 POUND Gold 10:00 am
(come in costume)

***All excursions and events listed above may
require pre-registration.***



COUNTY OF DARE

The Fessenden Center

WWW.DARENC.COM

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Staff

Division
Coordinator:
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Specialist:
April Bodiford

Fitness Coordinator:
Paxton Daniels

Administrative Specialist:
Susan Gray

Maintenance:
Whealton Austin
Richard Scarborough

OCTOBER PUMPKIN PAINTING WORKSHOP

Join us October 19, at 10 am for a Do It Yourself pumpkin painting workshop. Bring your own pumpkin, the paint will be supplied. Cost is \$5 per person. This is an adult workshop. Sign up in the Fessenden lobby, maximum for the class will be 20.



NEW POUND GOLD FITNESS CLASS!



POUND
ROCKOUT, WORKOUT.

Join us every Tuesday at 10 am in October for a new 5 week fitness class! Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweatdripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! POUND Gold will be a lighter intensity class that could be done from a chair if you wish. This is a 45 minute class.

