ADULT NEWSLETTER



JULY 2024

The Fessenden Center

46830 Highway 12 • P.O. Box 859 Buxton, N.C. 27920 252-475-5650 DareNC.gov/Fessenden



STAFF:

Leisure Activities Supervisor: Susan Gray

Leisure Activities Specialist: Ian Folb

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46830 N.C. Highway 12 Buxton, N.C. 27920

DareNC.gov/Fessenden

REGISTRATION INFORMATION:

All adult activities and trips require pre-registration. Please register in the Fessenden Center lobby or by calling Annelise Wilcox at 252-475-5764.



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JULY IS NATIONAL PARKS AND RECREATION MONTH!

Celebrating in the Fessenden Center Lobby July 16-18, 2024, from 9 a.m. to 12 p.m.

The theme of this year's celebration is "Where You Belong." Here at the Fessenden Center, we are honored to serve the youth and the adult population of Hatteras Island. Our youth population enjoys year-round athletic programming, dance classes, summer camps and much more!

Our adult programming offers fitness classes for all levels, as well as monthly activities like luncheons, art classes and excursions. We also have pickleball scheduled throughout the week for all levels of play. We appreciate you all and invite you to stop by our lobby July 16-18, 2024, from 9 a.m. to 12 p.m. for refreshments and giveaways to celebrate Parks and Recreation Month. It's "Where You Belong!"



PAINT BY NUMBER JULY FLOWERS

Friday, July 19, 2024 at 10 a.m. at the Fessenden Center Annex

Calling all artists! This relaxing painting class requires absolutely no artistic ability. Everyone will receive their own kit that includes a canvas, brushes and paints. The cost for this class is \$10 per person, with a maximum of 12 participants. Pre-registration is required.

WATER AEROBICS / WATER YOGA

Tuesday & Thursday mornings at the Vacasa Pool in Avon

Summer is here, and it's time for some water fitness! Join us every Tuesday and Thursday in July and August for classes at the Vacasa Realty Pool. Water Aerobics will be held at 8 a.m., followed by

Water Yoga at 9 a.m. Please note that there is no pool heat. The cost for the entire session is \$20 per person. These classes do not qualify for the age 55-plus free fitness classes. Please register online at <u>www.DareNC.gov/Register</u> or in person at the Fessenden Center.

FIRST FRIDAY COFFEE HOUR

Friday, July 5, 2024 at 10 a.m. at the Fessenden Center Kitchen

Come on by the Fessenden Center kitchen on the first Friday of each month for some coffee, snacks and fellowship! We will chit chat, talk about upcoming events, and hear what fun things you

would like us to schedule! Bring a friend, meet some new friends, and stop by to say hello!





Stay tuned to the Fessenden Center's Facebook page for all of our latest updates and interactive opportunities! <u>www.Facebook.com/FessendenCenterHatterasIsland</u>







FESSENDEN BOOK CLUB

Monday, July 22, 2024 at 1:30 p.m. at the Fessenden Center Kitchen

The July book selection is "The Education of Little Tree" by Forrest Carter. "'The Education of Little Tree' follows a young boy as he follows his grandpa, learning and loving as he goes."



Buxton Village Books is offering a 20 percent discount if you mention the Fessenden Book Club.

ADULT LUNCHEON

Wednesday, July 17, 2024 at 11 a.m. at Diamond Shoals Restaurant in Buxton

The July luncheon will be held at Diamond Shoals Restaurant in Buxton. The cost is \$15 cash, plus tip. The meal includes your drink, entrée and dessert. <u>Please note the time of this luncheon is 11 a.m.</u> Pre-registration is required.







The Fessenden Center will be closed on Thursday, July 4, 2024 in observance of Independence Day. We wish you all a safe holiday!