



## Iredell Senior Center

344 East Front Street | Statesville | NC | 28677  
704-873-8568 | [www.iredellcoa.org](http://www.iredellcoa.org)  
Jennifer Barraclough, Director

# January 2022

## Mission Statement

The Iredell Senior Center, in recognizing the need and ability for the continued growth of older adults is dedicated to promoting the physical, emotional, and economic well-being of older adults.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Tax-Aide Training -Rooms 208, 209,213 8am-12:30pm Drop in Billiards -upstairs 8:30am - 4:30pm Chair Exercise - Ballroom 10:30-11:30am Scrabble - Room 211 1-4:30pm Yoga - Room 209 2-3:30pm Line Dance Advanced Beginners - Ballroom 1-3pm	<b>4</b> Women's Billiards –Upstairs 9am-12pm Drop in Billiards – Upstairs 12-4:30pm Board Games- Room 211 1-3pm	<b>5</b> Tax-Aide Training -Rooms 208, 209,213 8am-12:30pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am-12pm Shuffleboard - Ballroom 9-10am Corn Hole –Ballroom 10-11am Bridge –Room 211 1-4:30pm	<b>6</b> Men's Billiards -Upstairs 9am-12pm Chair Exercise - Ballroom 10:30- 11:30am 5 Crowns- Room 206 11am-3pm Drop in Billiards -Upstairs 12-4:30pm Line Dance Beginners -Ballroom 1-3pm Yoga - 209 2-3:30pm	<b>7</b> Drop in Billiards -Upstairs 8:30am - 4:30pm Charitable Crafts Projects-Room 209 12-2pm Mah Jongg –Room 206 1-4:30 pm Bridge –Room 211 1-4:30pm 1 <sup>st</sup> Friday Bingo- Ballroom 1:30-3:30pm
<b>10</b> Tax-Aide Training -Rooms 208, 209,213 8am-12:30pm Drop in Billiards -upstairs 8:30am - 4:30pm Chair Exercise - Ballroom 10:30-11:30am Scrabble - Room 211 1-4:30pm Yoga - Room 209 2-3:30pm Line Dance Advanced Beginners - Ballroom 1-3pm	<b>11</b> Women's Billiards –Upstairs 9am-12pm Caregiver Support Group – Room 206 10am-11am Drop in Billiards – Upstairs 12-4:30pm Board Games- Room 211 1-3pm	<b>12</b> Tax-Aide Training -Rooms 208, 209,213 8am-12:30pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am-12pm Shuffleboard - Ballroom 9-10am Corn Hole –Ballroom 10-11am Bridge –Room 211 1-4:30pm	<b>13</b> Men's Billiards -Upstairs 9am-12pm Chair Exercise - Ballroom 10:30- 11:30am 5 Crowns- Room 206 11am-3pm Drop in Billiards -Upstairs 12-4:30pm Line Dance Beginners -Ballroom 1-3pm Yoga - 209 2-3:30pm	<b>14</b> Drop in Billiards -Upstairs 8:30am - 4:30pm Charitable Crafts Projects-Room 209 12-2pm Mah Jongg – Room 206 1-4:30 pm Bridge –Room 211 1-4:30pm \$1 Bingo -Ballroom 1:30-3:30pm
	<b>18</b> Women's Billiards –Upstairs 9am-12pm Drop in Billiards – Upstairs 12-4:30pm Video Led Tai Chi -Ballroom 10-11am Board Games- Room 211 1-3pm	<b>19</b> Tax-Aide Training -Rooms 208, 209,213 8am-12:30pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am-12pm Shuffleboard - Ballroom 9-10am <b>Advisory Council Mtg. – Room 211</b> 10-11am Corn Hole –Ballroom 10-11am Bridge –Room 211 1-4:30pm	<b>20</b> Men's Billiards -Upstairs 9am-12pm Chair Exercise - Ballroom 10:30- 11:30am 5 Crowns- Room 206 11am-3pm Drop in Billiards -Upstairs 12-4:30pm Line Dance Beginners -Ballroom 1-3pm Yoga - 209 2-3:30pm	<b>21</b> Drop in Billiards -Upstairs 8:30am - 4:30pm Charitable Crafts Projects-Room 209 12-2pm Mah Jongg – Room 206 1-4:30 pm Bridge –Room 211 1-4:30pm Birthday Bingo 1:30-3:30pm
<b>24</b> Tax-Aide Training -Rooms 208, 209,213 8am-12:30pm Drop in Billiards -upstairs 8:30am - 4:30pm Chair Exercise - Ballroom 10:30-11:30am Scrabble - Room 211 1-4:30pm Yoga - Room 209 2-3:30pm Line Dance Advanced Beginners - Ballroom 1-3pm	<b>25</b> Women's Billiards –Upstairs 9am-12pm Drop in Billiards – Upstairs 12-4:30pm Video Led Tai Chi -Ballroom 10-11am <b>Community Connections Lunch and Learn</b> 12-1pm <b>Ballroom- RSVP</b> Board Games- Room 211 1-3pm	<b>26</b> Tax-Aide Training -Rooms 208, 209,213 8am-12:30pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am-12pm Shuffleboard - Ballroom 9-10am Corn Hole –Ballroom 10-11am Watercolor -Room 206 1-3pm Bridge –Room 211 1-4:30pm	<b>27</b> Men's Billiards -Upstairs 9am-12pm Chair Exercise - Ballroom 10:30- 11:30am 5 Crowns- Room 206 11am-3pm Drop in Billiards -Upstairs 12-4:30pm Line Dance Beginners -Ballroom 1-3pm Yoga - 209 2-3:30pm	<b>28</b> Drop in Billiards -Upstairs 8:30am - 4:30pm Charitable Crafts Projects-Room 209 12-2pm Mah Jongg – Room 206 1-4:30 pm Bridge –Room 211 1-4:30pm \$1 Bingo -Ballroom 1:30-3:30pm
<b>31</b> Tax-Aide Training -Rooms 208, 209,213 8am-12:30pm Drop in Billiards -upstairs 8:30am - 4:30pm Chair Exercise - Ballroom 10:30-11:30am Scrabble - Room 211 1-4:30pm Yoga - Room 209 2-3:30pm Line Dance Advanced Beginners - Ballroom 1-3pm <b>Legal Assistance</b> By Appt	<b>Mask are required to enter Iredell Senior Center, and to participate in activities. Face shields can be worn during exercise activities, or if you have a medical condition that prevents you from wearing a mask.</b>			

# ISC Notes for January 2022

**Due to COVID-19 please do not bring any food into the senior center. This includes snacks at Bingo, coffee pots for each class, cakes, or snacks for your group etc.**

**Some activities have been put on hold due to COVID-19. Please speak to a member of our staff to inquire about other activities.**

## **Senior Insurance Counseling (SHIIP) by appt.**

If you need assistance with your Medicare and supplemental insurances, make an appointment by calling 704-873-8568.

**Long Term Care Counseling by appt.** To set an appointment call Centralina Area Agency on Aging Ombudsman Program at 1-800-508-5777. Let them know you want the appointment at ISC.

## **Legal Assistance by appt.**

To set an appointment with Legal Aid of North Carolina call the Senior Law Project Helpline at 1-877-579-7562. Let them know that you are a senior from region F.

**Tax-Aide-** We will begin taking appointments for taxes on January 5, 2022.

**Facebook-** Follow our Facebook page to see our many virtual program opportunities during the month.

## **Durable Medical Equipment (DME) Closet -**

ISC provides free rental of DME items like wheelchairs, shower benches, walkers, etc. We also take donations of gently used DME. Call to see what we currently have.

## **Resource and Information Office-**

ISC provides a space for individuals to look through provided information about housing, repairs, Social Security, home security, life alert systems and many more topics. The office also has a computer and printer that you can use for research purposes.

## **Drop-In Activities-**

Arts, Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, Table Tennis, Computer Lab, etc.

**Caregiver Support Group -** Are you or a loved one providing care to someone who has a Chronic Illness? Then a support group is exactly what you need. This Caregiver Support Group will be both educational and a time to share experiences with others who understand the journey you are on. Many Caregivers feel alone, but this group will help to know that you are not alone!

**Legal Services-** Free simple legal services provided by a local attorney. Assistance is available for the following: Healthcare Power of Attorney, Living Will and Legal Advice. Call to make an appointment.

**1<sup>st</sup> Friday Bingo-** Prizes will be provided. (No snacks allowed at this time)

**\$1 Bingo -** Bring a \$1 to play (No snacks allowed at this time)

**Birthday Bingo-** Prizes will be provided by Nancy Crane with Cigna.



**Bridge -** If you are new to Bridge, please call the senior center to have your name placed in the rotation.

**Chair Exercise-** Stretching, Aerobics, Strength Training, and Balance. Improve flexibility, muscle and bone strength, circulation, heart health, and stability. Developed by Anne Pringle Burnell (video led program)

## **Line Dance Beginners -**

It's high time you kicked up those heels and let the fun take over your weekly exercise program. Yes, a workout can be fun! You'll enjoy a variety of music surrounded by friends as you exercise to the beat. This class welcomes beginners. If you can count to four, you can do it. The best part is there's no fee. You won't believe how good you'll look, how much better you'll feel, and the fun you'll have. This class is taught by Kathy Strantz

**5 Crowns-** New players welcomed; the group would love to teach you how to play this fun card game.

## **Line Dance Advanced Beginners-**

This class is for the more experienced dancer. Come and join us to learn fun, low-impact dances. The class is taught by Ethel Mercer and Linda Barclay.

**Acrylic Art-** Bring your own paint, canvas, brushes etc. and art teacher Annette Ratledge will help you turn it all into a work of art.

**Watercolor Art-** Cost is \$36 for 6 weeks of classes. Instructor led and you must sign up in advance. Supply list can be obtained when you sign up.

**Community Connections Lunch and Learn-** Come here from Davis Regional Medical Center CEO, Clyde Wood as he discusses their journey through COVID-19. Please RSVP by January 21st, a boxed lunch will be provided.

**Board Games-** Bring your friends and come play your favorite board games at the senior center. We have games here or bring your own from home. Come enjoy a little friendly competition.