



South Iredell Senior Center
 202 N Church Street | Mooresville | NC | 28115
 704-873-5171 | www.iredellcoa.org/sisc
 Catherine Mandras, Senior Center Manager
 Jennifer Baraclough, Executive Director



April 2026

Mission Statement

The mission of South Iredell Senior Center is to help seniors continue to grow, promoting physical, emotional and economic well-being for successful aging.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Back Pain & Pelvic floor Brunch & Learn-April 8th at 11:15 sponsored by Phoenix Physical Therapy. Please join us for this presentation about the correlation between pelvic floor and back pain. Who does it affect? What do I need to know? What can I do to improve my pain? Men, you also have a pelvic floor so don't be afraid to join us! Please RSVP by April 6th.</p> <p>Line Dancing, Beginner 2-Every Thursday at 1 pm, instructed by Linda Barclay. This brand-new class is perfect for those who know the basic steps and want to expand their footwork in a beginner-friendly environment. This class is free and everyone is welcome!</p>	<p>Golden Beats Cardio Drumming Demonstration-April 7th at 1 pm Instructed by Drums Alive certified instructor Kim. This is a specialized cardio drumming program designed especially for older adults! This class is suitable for those with limited mobility. It combines rhythmic drumming movements to upbeat music and is designed to help with reaction, mobility and more! Please RSVP by April 6th.</p> <p>Ageless Beauty (makeup tutorial)-April 6th at 1 pm with aesthetician Victoria. Victoria will review how to choose colors, affordable options and application tips for a flawless look. Please see flyer and suggested materials. RSVP by April 2nd.</p>	<p>1 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Tai Chi Beginner \$8 11:15-12 *Intro to Italian (new 8-week session) 11:15-12 *Chess Club(all levels-beginners welcome)11:30-12:30 Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4</p>	<p>2 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:30 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Bible Study 10-11:15 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$ 10:15-11 Pinochle/Canasta 11:30-3:30 Canasta and Other Games 11-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginner 2! 1-2:30 Crochet, Knitting & Chat 1-3</p>	<p>3 CLOSED GOOD FRIDAY</p> 
<p>6 One Mile Workout 9-9:25 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Strength & Balance Class 10:15-11 (in person and on Facebook Live) Moderate Intensity Water Exercise \$ 10:15-11 Scrabble 11-3 Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Women's Billiards 1-3 *Ageless Beauty (makeup tutorial) 1-2:30 With Aesthetician Victoria Sequence 1:30-5</p>	<p>7 Walk Away the Pounds 8:30 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Tai Chi Intermediate \$8 10-11 Moderate Intensity Water Exercise \$ 10:15-11 Bingo 10:30-12 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 Tai Chi Advanced \$8 11:15-12 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 *Golden Beats Cardio Drumming Demo 1-1:45</p>	<p>8 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 *Intro to Italian Language 11:15- 12 *Pelvic Floor & Back Pain Brunch & Learn 11:15-12 Tai Chi Beginner \$8 11:15-12 *Chess 11:30-12:30 Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4 Caregiver Support Group V 2-4</p>	<p>9 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:30 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Bible Study 10-11:15 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$ 10:15-11 Pinochle/Canasta 11:30-3:30 Canasta 11-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginner 2! 1-2:30 Crochet, Knitting & Chat 1-3</p>	<p>10 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Tap Dancing 10-11 Women's Coffee & Chat 10-11 Rummi Kub 10-12 *Hummingbird on Canvas Painting \$32.00 10-12 Water Exercise Boot Camp \$ 10:15-11 Extra Tap Practice 11-11:30 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4</p>
<p>13 One Mile Workout 9-9:25 Quilters' Guild Meeting & Workshop # 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Instructor Led Strength & Balance Class 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Instructor Led Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Women's Billiards 1-3 Sequence 1:30-5</p>	<p>14 Walk Away the Pounds 8:30 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Tai Chi Intermediate \$8 10-11 Moderate Intensity Water Exercise \$ 10:15-11 Bingo 10:30-12 Writing Senior Memories 10:30-12:15 Tai Chi Advanced \$8 11:15-12 Intermediate Tai Chi \$8 11:15-12:15 Bunco Group 1 12:15-3 *Monthly Lunch Bunch /Fusion Bowl \$ 12:15-2 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 Tap Dance Rehearsal 1-1:45</p>	<p>15 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 *Dementia & Safety (Partners Mental Health) 10-11 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Tai Chi Beginner \$8 11:15-12 *Intro to Italian Language 11:15-12 *Chess 11:30-12:30 Cribbage 12-1 Mexican Train 12:30-5 *Artificial Intelligence (hosted by AARP) 1-2 Open Line Dancing 1-2:30 Wizard 1-4 Bowling at Victory Lanes \$10 3-5</p>	<p>16 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:30 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Bible Study 10-11:30 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Pinochle/Canasta 11-3:30 Canasta 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginner 2! 1-2:30 Crochet, Knitting & Chat 1-3</p>	<p>17 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Woman 2 Woman 9:30-10:55 Women's Coffee & Chat 10-11 Tap Dancing 10-11 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Extra Tap Practice 11-11:30 Grief Support 11-12 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4</p>

<p>20</p> <p>One Mile Workout 9-9:25 Charity Quilters Workshop 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Advisory Council (members only) 9:30-11:00 Crochet Club 10-12 Pinochle 10-2 Moderate Intensity Water Exercise \$ 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Instructor Led Strength & Balance Class 11:15-12:00 ONE CLASS ONLY *National Healthcare Decision Day Lunch & Learn 1-2 Sponsored by Hospice & Palliative Care/Iredell County Women's Billiards 1-3 Sequence 1:30-5</p>	<p>21</p> <p>Walk Away the Pounds 8:30 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Tai Chi Intermediate \$8 10-11 Moderate Intensity Water Exercise \$ 10:15-11 Bingo 10:30-12 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 No Advanced Tai Chi this week Bunco Group 2 12:15-2 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 Tap Dance Rehearsal 1-1:45</p>	<p>22</p> <p>Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 No Tai Chi Beginner this week *Intro to Italian Language 11:15-12 *Chess 11:30-12:30 Cribbage 12-1 *Downsizing Planning Lunch & Learn 12:30-2 Sponsored by Arden of Huntersville Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4 Caregiver Support Group V 2-4</p>	<p>23</p> <p>Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:30 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Bible Study 10-11:30 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Pinochle/Canasta 11-3:30 Canasta 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginner 2! 1-2:30 Crochet, Knitting & Chat 1-3</p>	<p>24</p> <p>One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women's Coffee & Chat 10-11 Tap Dancing 10-11 *Flower Shower Spring Craft 10-11 With Jennifer Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Extra Tap Practice 11-11:30 Cardio Drumming 1-1:45 Euchre 1-4</p>
<p>27</p> <p>One Mile Workout 9-9:25 Charity Quilters Workshop # 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Moderate Intensity Water Exercise \$ 10:15-11 Mayor's Senior Round Table 10:30-11:30 Scrabble 11-3 Instructor Led Strength & Balance Class (one class only) 11:30-12:15 Moderate Intensity Water Exercise \$ 11:15-12 Volunteer Opportunity 1-2:30 Braiding mats for unhoused Women's Billiards 1-3 Sequence 1:30-5</p>	<p>28</p> <p>Walk Away the Pounds 8:30 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Tai Chi Intermediate \$8 10-11 Moderate Intensity Water Exercise \$ 10:15-11 Bingo 10:30-12 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 No Advanced Tai Chi This week Iredell County Mobil Library onsite 11:30-12:30 Shanghai Rummy 12:30-4:30 Men's Cards 1-3:30 Tap Dance Rehearsal 1-1:45 Book Discussion 1:30-3 AARP 2-4</p>	<p>29</p> <p>Three Mile Workout 9-10 Woodcarvers 9-12 *Pinochle Tournament 9-2 Low Intensity Water Exercise \$ 9:15-10 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 No Tai Chi Beginner this week *2026 ICOA Trip Presentation 11:15-12 Presented by Brianna Smoot Moderate Intensity Water Exercise \$ 11:15-12 *Intro to Italian Language 11:15-12 *Chess 11:30-12:30 Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4</p>	<p>30</p> <p>Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:30 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Bible Study 10-11:30 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Pinochle/Canasta 11-3:30 Canasta 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginner 2! 1-2:30 Crochet, Knitting & Chat 1-3</p>	<p>What Is Artificial Intelligence (AI)-April 15th at 1 pm, hosted by AARP North Carolina. Curious about AI? Want to know more about Chat GPT? This presentation will introduce some of the basic ideas around artificial intelligence. We will talk about how AI is being used today, what its current limitations are, and how it will shape the future! RSVP by April 10th.</p> <p>National Healthcare Decision Day Lunch & Learn-April 20th at 1 pm, sponsored by Hospice & Palliative Care of Iredell County. This nationwide initiative encourages people to plan by completing advanced directives, including a healthcare power of attorney and living will. Please join us for this important conversation. RSVP by April 15th.</p>

Resources for April 2026

<p>South Iredell Senior Center is MASK OPTIONAL</p> <p>* = RSVP to 704-662-3337 or at the front desk</p> <p># = Quilters Guild Members Only</p> <p>Water Exercise: Runs month to month and you must sign up in advance to attend.</p> <p>V-Also offered virtually, see a member of staff.</p> <p>Tuesday Bingo: Please bring two prizes of dollar store value and \$1.00 for supplies.</p> <p>SISC offers a scholarship for those who need assistance paying for a class. See a member of staff.</p>	<p>Durable Medical Equipment (DME) Closet – SISC provides free rental of DME items like wheelchairs, shower benches, walkers, etc. We also take donations of gently used DME.</p> <p>Resource and Information Office- SISC provides a space for individuals to look through provided information about housing, repairs, Social Security, security and many more topics. The office also has a computer and printer that you can use for research purposes.</p> <p>Drop-In Activities- Arts, Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, Computer Lab, etc.</p>	<p>Senior Insurance Counseling (SHIIP) by appt. If you need assistance with your Medicare and supplemental insurances, make an appointment by calling 704-662-3337. Tell them you want your appointment at SISC.</p> <p>Long Term Care Counseling by appt. To set an appointment call Centralina Area Agency on Aging Ombudsman Program at 1-800-508-5777. Request your appointment at SISC.</p> <p>Legal Assistance / Justice Hub: The Justice Hub is a 24/7 online legal aid portal where one can apply for legal aid services, instantly see if they qualify, and follow the status of their submitted application with ease. Check it out at legalaidnc.com. You can also call the Senior Law Project Helpline at 1-877-579-7562.</p>	<p>AFA Memory Screenings- Memory screenings are an important part of a good health and wellness routine for people of all ages. Now, it's even easier to get one! Our staff is AFA trained to provide confidential memory screenings. Screenings take just a few minutes, consist of a series of questions, and are conducted one-on-one with a screener at the senior center. To make an appointment see the front desk.</p> <p>Dementia & Safety, Presented by Partners Mental Health, April 15th at 10 am. This presentation reviews dementia safety concerns to look for and tips to improve safety. This event is open to the public & CEU credits are offered. RSVP by April 13th.</p> <p>2026 Trip Presentation-April 29th at 11:15. Interested in travelling this year, but don't want the hassle of planning? Join us to learn about ICOA's upcoming trips! RSVP by April 27th.</p>	<p>Monthly Lunch Bunch-April 14th at 12:15 pm-Why just see your friends at the senior center when you can join them for lunch too! We will meet at Fusion Bowl Asian Bistro, 126 Mooresville Commons Way, Mooresville.</p> <p>Downsizing Planning Lunch & learn-April 22nd at 12:30, sponsored by Arden at Huntersville. Ready for a fresh start? Please join us for this downsizing event that will cover how to choose the right home, where to start with rightsizing your life and how to plan for success! RSVP by April 17th.</p> <p>Iredell County Senior Games Registration is open until April 8th. Athletic events include bowling, golf, pickleball, alongside Silver Arts categories that include singing, dancing, poetry, sculpture and music. We encourage all residents aged 50 or better to get involved. Please stop by the senior center for more information!</p>
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