



Iredell Senior Center
 A Program of the Iredell Council on Aging
 344 East Front Street | Statesville | NC | 28677
 704-873-5171 | www.iredellcoa.org/isc
 Lynn Bustle, Senior Center Coordinator
 Jennifer Barraclough, Executive Director





May 2026




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
<p>Older Americans Month - This month focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence. This year's theme is "Champion Your Health".</p>	 <p>CHAMPION YOUR HEALTH: MAY 2026</p>	<p>Aging in an Ageist Society - Society can often unconsciously discriminate against older adults. It can be shown in stereotypes, societal roles, and even treatment in the healthcare system. Join Partners Health Management not only to see how ageism looks, but also how we can make a difference to combat aging stereotypes. RSVP by May 7th.</p>		<p>1</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm Bible Study with Dr. Don - Room 206 9 - 10am Beach Ball Volleyball - Ballroom 10:30 - 11:45am *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm</p>
<p>4</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm Five Crowns - Room 213 9:30am - 12pm Chair Exercise - Ballroom 10:30 - 11:30am Knitting - Room 211 11am - 2pm Beginners Canasta - Room 209 1 - 4pm Birthday Bingo - Ballroom 1:30 - 3pm *Caregiver Support Group - Room 206 3 - 4pm Hosted by Jackie Negley, COA</p>	<p>5</p> <p>Women's Billiards - Upstairs 9am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am *\$Lunch Bunch 11:30am (East Coast Wings) RSVP by May 4th Drop in Billiards - Upstairs 12 - 4:30pm Hand and Foot - Room 211 1 - 4pm Learn to Crochet & Knit - Lounge 1 - 4 pm</p>	<p>6</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm Shuffleboard - Ballroom 9 - 10am Play Beginners Mah Jongg - Room 209 10am - 12pm Corn Hole - Ballroom 10:15 - 11:15am *Watercolor \$ - Room 206 1 - 3pm Hand and Foot - Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3pm</p>	<p>7</p> <p>Balance and Strength - Ballroom 9 - 10am Men's Billiards - Upstairs 9am - 12pm Learn Rummikub - Room 211 9:30am - 12pm Chair Exercise - Ballroom 10:30 - 11:15am *VIP Support Group - Room 213 11:00 am Hosted by Division of Services for the Blind Mah Jongg - Room 209 11am - 4pm *Learn to Play Ladies' Billiards - Upstairs 1:30 - 3:00pm (with Bill Knauf) Drop in Billiards - Upstairs 3:00 - 4:30pm Euchre - Room 211 1 - 3pm Line Dance Beginners - Ballroom V 1 - 3pm</p>	<p>8</p> <p>AFA Memory Screening By Appt Drop in Billiards - Upstairs 8:30am - 4:30pm Bible Study with Dr. Don - Room 206 9:30 - 10:30am Beach Ball Volleyball - Ballroom 10:30 - 11:45am *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm Mother's Day Pickup - Ballroom 8:30am - 4:30pm (Must be present and while supplies last)</p>
<p>11</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm Five Crowns - Room 213 9:30am - 12pm *Aging in an Ageist Society - Room 211 12 - 1 pm Presented by Partners Health Management (light snacks provided) Chair Exercise - Ballroom 10:30 - 11:30am Knitting - Room 211 11am - 2pm Beginners Canasta - Room 209 1 - 4pm Bingo - Ballroom 1:30 - 3pm *Healthy Living - Room 211 2 - 3pm with Connie Darnell</p>	<p>12</p> <p>Advisory Meeting - Ballroom 9:00 am Women's Billiards - Upstairs 9am - 12pm Stroke Risk Assessment - Room 209 10am - 12pm Presented by Iredell Health System Sit & Stitch - Room 206 10am - 2pm Cardio Drumming V - Ballroom 10:15 - 11:15am Mobile Library Visit 11:30am - 12:30pm Iredell County Public Library Drop in Billiards - Upstairs 12 - 4:30pm Hand and Foot - Room 211 1 - 4pm Learn to Crochet & Knit - Lounge 1 - 4pm *Name that Tune - Ballroom 2 - 3pm Patriotic and Classic American Songs RSVP by May 11th</p>	<p>13</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm Shuffleboard - Ballroom 9 - 10am Play Beginners Mah Jongg - Room 211 10am - 12pm Corn Hole - Ballroom 10:15 - 11:15am *Watercolor \$ - Room 206 1 - 3pm Hand and Foot - Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3pm</p>	<p>14</p> <p>*Caregiver Support Group - Room 206 9 - 10am Hosted by Jackie Negley/COA Balance and Strength - Ballroom 9 - 10am Men's Billiards - Upstairs 9am - 12pm Learn Rummikub - Room 211 9:30am - 12pm Chair Exercise - Ballroom 10:30 - 11:30am Mah Jongg - Room 209 11am - 4pm Drop in Billiards - Upstairs 12 - 4:30pm Euchre - Room 211 1 - 3pm Line Dance Beginners - Ballroom V 1 - 3pm *Seniors Who Serve - Room 206 2 - 3pm Presented by Dudley's Home Care (light snacks provided) RSVP by May 12th</p>	<p>15</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm Bible Study with Dr. Don - Room 206 9:00 - 10:00am Beach Ball Volleyball - Ballroom 10:30 - 11:45am ARS vs. ISC Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <p>*Legal Services w/Beth Setzer By Appt</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm</p> <p>Five Crowns - Room 213 9:30am - 12pm</p> <p>Chair Exercise - Ballroom 10:30 - 11:30am</p> <p>*Presentation - Ballroom 11:45am - 1pm (to be announced)</p> <p>Knitting - Room 211 11am - 2pm</p> <p>Beginners Canasta - Room 209 1 - 4pm</p> <p>Bingo - Ballroom 1:30 - 3pm</p>	<p>19</p> <p>Women's Billiards - Upstairs 9am - 12pm</p> <p>Cardio Drumming V - Ballroom 10:15 - 11:15am</p> <p>*AARP Driver's Safety Course \$ - Room 206 12 - 4pm (Instructor Donna Miller)</p> <p>Drop in Billiards - Upstairs 12 - 4:30pm</p> <p>*OAM "Picnic Palooza" 1 - 3pm RSVP by May 12th</p> <p>Hand and Foot - Room 211 1 - 4pm</p> <p>Learn to Crochet & Knit - Lounge 1 - 4pm</p>	<p>20</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm</p> <p>Shuffleboard - Ballroom 9 - 10am</p> <p>Play Beginners Mah Jongg - Room 209 10am - 12pm</p> <p>Corn Hole - Ballroom 10:15 - 11:15am</p> <p>*Watercolor \$ - Room 206 1 - 3pm</p> <p>Hand and Foot - Ballroom 1 - 4pm</p> <p>Pinochle - Room 211 1 - 4pm</p> <p>Bridge - Room 209 1 - 4:30pm</p> <p>Bunco - Ballroom 1:30 - 3pm</p>	<p>21</p> <p>Balance and Strength - Ballroom 9 - 10am</p> <p>Men's Billiards - Upstairs 9am - 12pm</p> <p>Learn Rummikub - Room 211 9:30am - 12pm</p> <p>Chair Exercise - Ballroom 10:30 - 11:30am</p> <p>Mah Jongg - Room 209 11am - 4pm</p> <p>*Learn to Play Ladies' Billiards - Upstairs 1:30 - 3:00pm (with Bill Knauf)</p> <p>Drop in Billiards - Upstairs 3:00 - 4:30pm</p> <p>Euchre - Room 211 1 - 3pm</p> <p>Line Dance Beginners - Ballroom V 1 - 3pm</p>	<p>22</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm</p> <p>Bible Study with Dr. Don - Room 206 9:30 - 10:30am</p> <p>Beach Ball Volleyball - Ballroom 10:30 - 11:45am</p> <p>Line Dance Advanced Beginners - Ballroom 1 - 3pm</p> <p>Bowling at Pla Mor Lanes \$ 1 - 3pm</p>
<p>25</p> 	<p>26</p> <p>Women's Billiards - Upstairs 9am - 12pm</p> <p>Cardio Drumming V - Ballroom 10:15 - 11:15am</p> <p>Drop in Billiards - Upstairs 12 - 4:30pm</p> <p>*Movie - Ballroom 1 - 3pm "Driving Miss Daisy" (RSVP by May 22nd)</p> <p>Hand and Foot - Room 211 1 - 4pm</p> <p>Learn to Crochet & Knit - Lounge 1 - 4pm</p>	<p>27</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm</p> <p>Shuffleboard - Ballroom 9 - 10am</p> <p>Play Beginners Mah Jongg - Room 209 10am - 12pm</p> <p>Corn Hole - Ballroom 10:15 - 11:15am</p> <p>*Watercolor \$ - Room 206 1 - 3pm</p> <p>Hand and Foot - Ballroom 1 - 4pm</p> <p>Pinochle - Room 211 1 - 4pm</p> <p>Bridge - Room 209 1 - 4:30pm</p> <p>Bunco - Ballroom 1:30 - 3pm</p>	<p>28</p> <p>Balance and Strength - Ballroom 9 - 10am</p> <p>Men's Billiards - Upstairs 9am - 12pm</p> <p>Learn Rummikub - Room 211 9:30am - 12pm</p> <p>Chair Exercise - Ballroom 10:30 - 11:30am</p> <p>Mah Jongg - Room 209 11am - 4pm</p> <p>Drop in Billiards - Upstairs 12 - 4:30pm</p> <p>Euchre - Room 211 1 - 3pm</p> <p>Line Dance Beginners - Ballroom V 1 - 3pm</p> <p>*Craft \$ "Gnome Sweet Gnome" - Room 206 2 - 4pm RSVP by May 18th</p>	<p>29</p> <p>Drop in Billiards - Upstairs 8:30am - 4:30pm</p> <p>Bible Study with Dr. Don - Room 206 9:30 - 10:30am</p> <p>Beach Ball Volleyball - Ballroom 10:30 - 11:45am</p> <p>*Qi Gong \$ - Room 206 12:30 - 1:30pm</p> <p>Line Dance Advanced Beginners - Ballroom 1 - 3pm</p> <p>Bowling at Pla Mor Lanes \$ 1 - 3pm</p> <p>*Lunch and Learn - Room 209 11am - 1pm Care for the Caregiver: Champion Your Health (Hosted by Jackie Negley) RSVP by May 27th</p>

ISC Notes for May 2026

V- class offered virtually on our Facebook page. Follow us at Iredell Senior Center! See staff for additional questions.
***- need to sign up for the event**
\$- donation or charge

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

Senior Insurance Counseling (SHIP) by appt. If you need assistance with your Medicare and supplemental insurance. Call for an appointment. 704-873-5171

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.

Drop-In Activities- Billiards, Puzzle Library, Games, Corn Hole, Exercise Equipment, Lounge, Massage Chair, Game Room, Media Center, Quilting, Crocheting, Computer Lab, etc.

Legal Services with Beth Setzer - Free simple legal services provided by a local attorney. Assistance is available for the following: Healthcare Power of Attorney, Living Will and Legal Advice. Must be a resident of Iredell County. Call to make an appointment.

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.

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.

AFA Memory Screenings- Memory screenings are an important part of a good health and wellness routine. Our staff is AFA trained to provide confidential memory screenings. To make an appointment, see the front desk.

Beginner's Canasta - Join this group if you want to learn this fun card game or brush up on your skills.

Bingo - Bring a prize (valued at \$1.50 or less) and snacks to enjoy while playing with your friends. Each player must contribute one prize. If you prefer, you can donate \$1.50 and the center will provide a prize for you.

Birthday Bingo- Join us as we celebrate everyone with birthdays this month! Enjoy bingo and snacks with friends. Please bring a prize (valued at \$1.50 or less) to participate. If you prefer, you can donate \$1.50 and the center will provide a prize for you.

Bowling at Pla Mor- Come bowl at Pla Mor Lanes in Statesville. The cost is \$9 for two games and shoes. We will be meeting at the lanes.

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

Cardio Drumming- Join our drumming class for fun exercise! Drumming will help you release stress, aggression, and anxiety.

Euchre - Come out on Thursdays to play this game with your friends!

Line Dance Beginners - This class welcomes beginners. If you can count to four, you can do it. 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.

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 Linda Barclay.

Beginners Hand & Foot - Learn to play Hand and Foot which is a rummy card game related to Canasta. In Hand and Foot, players are dealt two sets of cards: the hand, which is played with first, and the foot, which is then played after.

Beginners Mah Jongg - the perfect group to join if you are new to Mah Jongg, especially if you've recently completed the learning basics class!

OAM "Picnic Palooza" - On May 19th, celebrate Older Americans Month with a picnic full of food, fun, and friendship as we Champion Your Health.

Craft - Get ready for "Gnome Sweet Gnome!" Join us on May 28th to create your own adorable gnome, complete with a charming flower pot hat. It's a fun, hands-on craft you won't want to miss! \$5 donation covers your craft supplies.

Monthly Lunch Bunch- Why just see your friends at the senior center when you can join them for lunch too! You will be responsible for your own transportation and meal. This month's Lunch Bunch will be at **East Coast Wings (1875 E. Broad Street) RSVP by May 4th.**

Rummikub - This is a new game being introduced to ISC.

Watercolor Art Class - Cost is \$8.00 per class and it is a 6-week program. Judy Carpenter will be your instructor. A supply list can be obtained when you sign up.

AARP Driver's Safety Course - This classroom course will help refresh your driving skills and knowledge of the rules of the road. You can learn techniques for handling left turns, and right-of-way and roundabouts. This is a fee-based course of \$20 for AARP members and \$25 for non-members. Registration can be done online at aarp.org/drive or by calling the Iredell Senior Center.

Due to the Ladies' Billiards classes on May 7th and 21st, the Drop-In Billiards will be held from 3:00 - 4:30 PM on those dates.