



### South Iredell Senior Center

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Catherine Mandras, Senior Center Manager  
Jennifer Baraclough, Executive Director




# 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><b>Move &amp; Groove Spring Dance-May 15<sup>th</sup> at 5:30 pm with DJ Energizer!</b> What better way to maintain your well-being than by spending the evening dancing and socializing with old and new friends! DJ Energizer returns to spin all our favorite music. Refreshments will be provided. Cost is \$1.00. Please RSVP by May 12<sup>th</sup>. Everyone is welcome!</p> <p><b>Introduction to Mah Jong-Fridays at 1 pm.</b> This 6-week instructor led class that will teach the basics. Cost is \$30.00 for the session. Space is extremely limited and pre-registration is required. Cash payments are due at time of registration.</p>	<p><b>Spill the Tea! Ladies Social &amp; Apron Fashion Show-May 6<sup>th</sup> at 1 pm. Sponsored in part by Hearts4Home.</b> Our annual afternoon tea party returns with music from the Pine Lake Prep high school chorus and a fashion show highlighting vintage aprons from around the world plus games and prizes! Wear your BEST tea party attire and join us for an afternoon of tea and sweets. Tickets are \$2.00 and proceeds support the ICOA's Meals on Wheels Program. RSVP by May 4<sup>th</sup>.</p> <p><b>Chess Club-Every Wednesday at 11:30.</b> All skill levels are welcome, and we are happy to teach beginners! RSVP is appreciated but not required.</p>	<p><b>May is Older Americans Month! This year's theme is "Champion Your Health".</b> Throughout the month SISC's programming will highlight prevention, wellness and fitness as foundations of healthy aging.</p> <p><b>Emergency Preparedness-May 27<sup>th</sup> at 11:30 am hosted by the Iredell County Health Department.</b> This 90-minute interactive workshop will help folks be ready before emergencies happen. Topics include Local emergency risks, health and medical safety tips, community and emergency resources and guidance to build your own emergency kit. RSVP by May 20<sup>th</sup>.</p>	<p><b>Corn Hole Tournament- May 27<sup>th</sup> at 2 pm, Sponsored by Hearts4 Home.</b> Please join us for a fun-filled, friendly, low impact competition! No talent or skill is required! We will have plenty of seating, music and refreshments for cheering on our friends. RSVP by May 22<sup>nd</sup>.</p> <p><b>Golden Beats Cardio Drumming-Every Tuesday at 1 pm, instructed by Kim.</b> This specialized cardio drumming class is designed for older adults and is suitable for those with limited mobility. It combines rhythmic drumming movements to upbeat music. This class is free and no RSVP is required.</p>	<p><b>1</b></p> <p>One Mile Workout 9-9:25 Two Mile Workout 9:25-10 <b>Woman 2 Woman 9:30-10:55</b> Women's Coffee &amp; Chat 10-11 Beginning Tap Dance 10-11:00 Continuing Tap Dance 11-12 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 <b>Grief Support 11-12</b> Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 <b>*Introduction to Mah Jong \$ 1-3:30</b> Euchre 1-4</p>
<p><b>4</b></p> <p>One Mile Workout 9-9:25 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 <b>Beginners Crochet 9-11</b> Knit &amp; Crochet Group 10-12 Pinochle 10-2 Instructor Led Strength &amp; Balance Class 10:15-10:55 Moderate Intensity Water Exercise \$ 10:15-11 Scrabble 11-3 Instructor Led Strength &amp; Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 <b>*Beyond the Darkness of Depression \$1.00 12-1</b> <b>Lunch &amp; Learn Sponsored by Zen Psychiatric</b> Women's Billiards 1-3 Sequence 1:30-5</p>	<p><b>5</b></p> <p>Walk Away the Pounds 8:30 Sit &amp; Fit Chair Exercise 9 &amp; 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Tai Chi Intermediate \$8 10-11 Bingo 10:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 <b>Golden Beats Cardio Drumming 1-1:45</b></p>	<p><b>6</b></p> <p>Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 <b>Chess 11:30-12:30</b> *Intro to Italian Language 11:15-12 <b>No Tai Chi today</b> Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 <b>*Spill the Tea-Social &amp; Apron Fashion Show 1-3</b> <b>Tickets are \$2.00 each</b> Wizard 1-4</p>	<p><b>7</b></p> <p>Walk Away the Pounds 8:30-9:00 Sit &amp; 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 Moderate Intensity Water Aerobics \$ 10:15-11 Pinochle 11-3:30 Canasta and Other Games 11-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginner 2 12:30-2:30 Knit &amp; Crochet Group 1-3</p>	<p><b>8</b></p> <p>One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Beginning Tap Dance 10-11:00 Continuing Tap Dance 11-12 Women's Coffee &amp; Chat 10-11 Rummi Kub 10-12 <b>*Mirror Magic Craft (with Fran) 11-12</b> Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 <b>*Introduction to Mah Jong \$ 1-3:30</b> Euchre 1-4</p>
<p><b>11</b></p> <p>One Mile Workout 9-9:25 Quilters' Guild Meeting &amp; Workshop # 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 <b>Beginners Crochet 9-11</b> Knit &amp; Crochet Group 10-12 Pinochle 10-2 Instructor Led Strength &amp; Balance Class 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Instructor Led Strength &amp; Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Serendipity Players 12-2 Women's Billiards 1-3 Sequence 1:30-5</p>	<p><b>12</b></p> <p>Walk Away the Pounds 8:30 Sit &amp; Fit Chair Exercise 9 &amp; 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 Bunco Group 1 12-3 <b>*Monthly Lunch Bunch \$ 12:15-2</b> <b>Del Sur</b> Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 <b>Golden Beats Cardio Drumming 1-1:45</b></p>	<p><b>13</b></p> <p>Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 <b>Stroke Assessment/Awareness (hall) 10-12</b> <b>Sponsored by Iredell Health System</b> 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 <b>Chess 11:30-12:30</b> Beginner Tai Chi \$8 11:15-12 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><b>14</b></p> <p>Walk Away the Pounds 8:30-9:00 Sit &amp; 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 11-3:30 Canasta and Other Games 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginner 2 12:30-2:30 Knit &amp; Crochet Group 1-3</p>	<p><b>15</b></p> <p>One Mile Workout 9-9:25 Two Mile Workout 9:25-10 <b>Woman 2 Woman 9:30-10:55</b> Women's Coffee &amp; Chat 10-11 <b>NO TAP TODAY</b> Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 <b>Grief Support 11-12</b> Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 <b>*Introduction to Mah Jong \$ 1-3:30</b> Euchre 1-4 <b>*Move &amp; Groove Spring Dance \$ 5:30-8</b> <b>With DJ Energizer</b></p>

<b>18</b> One Mile Workout 9-9:25 Charity Quilters Workshop # 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 <b>Advisory Council (members only) 9:30-11</b> <b>Beginners Crochet 9-11</b> Knit & Crochet Group 10-12 Pinochle 10-2 Moderate Intensity Water Exercise \$ 10:15-11 <b>Instructor Led Strength &amp; Balance Class 11:15-12</b> <b>ONE CLASS ONLY</b> Moderate Intensity Water Exercise \$ 11:15-12 <b>*AARP Safe Driving Course 12-4</b> Women's Billiards 1-3 Sequence 1:30-5	<b>19</b> 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 Bunco Group 2 11:30-2 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 <b>Golden Beats Cardio Drumming 1-1:45</b>	<b>20</b> Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 <b>*Aging in an Ageist Society 10-11</b> <b>Presented by Partners Health Management</b> Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Beginner Tai Chi \$8.00 11:15-12 <b>Chess 11:30-12:30</b> Cribbage 12-1 Open Line Dancing 1-2:30 Wizard 1-4 <b>Bowling @ Victory Lanes \$10.00 3-5</b>	<b>21</b> 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 Sponsored by Give Yoga NC Pinochle 11-3:30 Canasta and Other Games 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginner 2 12:30-2:30 Knit & Crochet Group 1-3	<b>22</b> One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women's Coffee & Chat 10-11 Beginning Tap Dance 10-11:00 Continuing Tap Dance 11-12 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 <b>*Introduction to Mah Jong \$ 1-3:30</b> Euchre 1-4
<b>25 SISC CLOSED FOR MEMORIAL DAY</b>  	<b>26</b> 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 <b>Iredell County Mobil Library onsite 11:30-12:30</b> Shanghai Rummy 12:30-4:30 Men's Cards 1-3:30 Book Discussion 1:30-3 <b>Golden Beats Cardio Drumming 1-1:45</b> <b>AARP (members only) 2-4</b>	<b>27</b> Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 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 <b>*Emergency Preparedness 11:30-1</b> <b>Hosted by Iredell County Health Department</b> <b>Beginner Tai Chi 11:15-12</b> Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4 Caregiver Support Group V 2-4 <b>*Cornhole Tournament 2-3:30</b> <b>Sponsored by Hearts4Home</b>	<b>28</b> 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 Sponsored by Give Yoga NC Pinochle 11-3:30 Canasta and Other Games 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginner 2 12:30-2:30 Knit & Crochet Group 1-3	<b>29</b> One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women's Coffee & Chat 10-11 Beginning Tap Dance 10-11:00 Continuing Tap Dance 11-12 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 <b>*Introduction to Mah Jong \$ 1-3:30</b> Euchre 1-4

### Resources for May 2026

<p><b>South Iredell Senior Center is MASK OPTIONAL</b></p> <p>* = RSVP to 704-662-3337 or at the front desk</p> <p># = Quilters Guild Members Only</p> <p><b>Water Exercise:</b> 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><b>Tuesday Bingo:</b> 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><b>Durable Medical Equipment (DME) Closet –</b> SISC provides free rental of DME items like wheelchairs, shower benches, walkers, etc. We also take donations of gently used DME.</p> <p><b>Resource and Information Office-</b> 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><b>Drop-In Activities-</b> Arts, Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, etc.</p>	<p><b>Senior Insurance Counseling (SHIP) by appt.</b> 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><b>Long Term Care Counseling by appt.</b> To set an appointment call Centralina Area Agency on Aging Ombudsman Program at 1-800-508-5777. Request your appointment at SISC.</p> <p><b>Legal Assistance / Justice Hub:</b> 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 <a href="http://www.legalaidnc.org">www.legalaidnc.org</a>. You can also call the Senior Law Project Helpline at 1-877-579-7562.</p>	<p><b>Beyond the Darkness of Depression-May 4<sup>th</sup> at 12 pm-</b> <b>sponsored by Zen Psychiatric.</b> Dr. Frasca will cover symptoms of major depressive disorder, depressive cognitive disorder and antidepressant treatment options. Please RSVP by May 3<sup>rd</sup>.</p> <p><b>Aging in an Ageist Society, May 20<sup>th</sup> at 10 am</b> <b>presented by Partner's Health Management.</b> There are often negative stereotypes and discrimination based on age. You will learn strategies to create a more age-inclusive community. This event is open to the public &amp; CEU credits are offered. RSVP by May 18<sup>th</sup>.</p> <p><b>Beginner Crochet Class-Every Monday in May from 9-11 am,</b> instructed by Judy H. This is a class designed for beginners looking to learn the basics of crochet. Please bring a size H crochet hook and a skein of light-colored yarn.</p>	<p><b>Monthly Lunch Bunch-May 12<sup>th</sup> at 12:15 pm-</b>Why just see your friends at the senior center when you can join them for lunch too! We will meet at Del Sur Fresh Mex &amp; Cantina. 129 Gateway Blvd, Mooresville.</p> <p><b>Mirror Magic Craft with Fran-May 8<sup>th</sup> at 11 am.</b> We will personalize mirrors with bling, jewels and embellishments to reflect your magic! RSVP by May 4<sup>th</sup> Space is limited. A \$3.00 donation is appreciated.</p> <p><b>Grief Support Group-1<sup>st</sup> &amp; 3<sup>rd</sup> Friday of each month at 11 am.</b> Adults age 50+ are invited to connect with others experiencing the challenges of grief. Drop-ins are welcome.</p>
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