



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



June 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>1</p> <p>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 Moderate Intensity Water Exercise \$ 10:15-11 Scrabble 11-3 Moderate Intensity Water Exercise \$ 11:15-12 Instructor Led Strength & Balance Class 11:30-12:15 One class only Women's Billiards 1-3 *Volunteer Opportunity 1-3 Braiding Mats for the unhoused Sequence 1:30-5</p>	<p>2</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 *Introduction to Mah Jong \$ 9:30-11:30 (for registered participants only) Tai Chi Intermediate \$8 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Bingo 10:30-12 Writing Senior Memories 10:30-12:15 Tai Chi Advanced \$8 11:15-12:15 Bunco Group 2 11:30-2 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 No Cardio Drumming</p>	<p>3</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 *Intro to Italian Language 11:15-12 (last session) Tai Chi Beginners \$8 11:15-12:15 Chess Club 11:30-12:30 Rocky Mountain Trip Itinerary meeting 11:30-12:15 (Travelers only) Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4</p>	<p>4</p> <p>Walk Away the Pounds 8:30-9 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 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 Crochet, Knitting & Chat 1-3</p>	<p>5</p> <p>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 Beginning Tap Dance 10-11 Continuing Tap Dance 11-12 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Grief Support 11-12 *SISC Feedback Forum & Brunch 11:30-12:30 (with Jennifer & Catherine) Cardio Drumming 1-1:45 Introduction to Mah Jong 1:30-3:30 (Last session for registered participants only) Friendly Bridge Group 1-4 Euchre 1-4</p>
<p>8</p> <p>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 Strength & Balance Class 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Women's Billiards 1-3 Sequence 1:30-5</p>	<p>9</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 *Introduction to Mah Jong \$ 9:30-11:30 Tai Chi Intermediate \$8 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Bingo 10:30-12 Writing Senior Memories 10:30-12:15 Tai Chi Advanced \$8 11:15-12:15 Bunco Group 1 12:15-3 *Monthly Lunch Bunch \$ 12:15-2 Olive Garden Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 No Cardio Drumming</p>	<p>10</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 Tai Chi Beginners \$8 11:15-12:15 Chess Club 11:30-12:30 Cribbage 12-1 *Innovations in Pain Management \$1.00 12-1 Lunch & Learn Sponsored by Boston Scientific Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4 Caregiver Support Group V 2-4</p>	<p>11</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 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 Crochet, Knitting & Chat 1-3</p>	<p>12</p> <p>One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women's Coffee & Chat 10-11 Beginning Tap Dance 10-11 Continuing Tap Dance 11-12 Rummi Kub 10-11 *Freedom Flag Craft 10:30-11:30 With guest crafter Ann Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4</p>
<p>15</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 Strength & Balance class 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 *What is the GUIDE Program? 12:15-1:30 Presented by Centralina Advisory Council (members only) 1-2 Women's Billiards 1-3 Sequence 1:30-5</p>	<p>16 Father's Day Brunch Buffet 9am-Until</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 *Introduction to Mah Jong \$ 9:30-11:30 Tai Chi Intermediate \$8 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Bingo 10:30-12 Writing Senior Memories 10:30-12:15 Tai Chi Advanced \$8 11:15-12:15 Bunco Group 2 12-3 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 Golden Beats Cardio Drumming 1-1:45</p>	<p>17</p> <p>Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 *Mental Health & Exercise (Partners Health) 10-11 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Tai Chi Beginners \$8 11:15-12:15 Cribbage 12-1 Mexican Train 12:30-5 *Scam & Fraud Prevention 1-2 By the Mooresville Police Department Bowling @ Victory Lanes \$ 1-3 Open Line Dancing 1-2:30 Wizard 1-4</p>	<p>18</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 Canasta and Other Games 10-4:30 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Pinochle 11-3:30 Low Intensity Water Exercise \$ 11:15-12 Crochet, Knitting & Chat 1-3 Strength & Balance (pop up class) 1-1:45</p>	<p>19 CLOSED JUNETEENTH</p>

<p>22</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 11:30-12:15 One Class Only Moderate Intensity Water Exercise \$ 11:15-12 Women's Billiards 1-3 Sequence 1:30-5</p>	<p>23</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 *Introduction to Mah Jong \$ 9:30-11:30 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 11:15-12:15 Iredell County Mobile Library onsite 11:30-12:30 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 Book Discussion 1:30-3 Golden Beats Cardio Drumming 1-1:45 AARP (members only) 2-4</p>	<p>24</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 Tai Chi Beginners \$8 11:15-12:15 *Caregiver Support Lunch & Learn 12-1 Sponsored by the Iredell Council on Aging Cribbage 12-1 Open Line Dancing 1-2:30 Wizard 1-4 Caregiver Support Group V 2-4</p>	<p>25</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 Sponsored by Give Yoga NC Pinochle 11-3:30 Canasta and Other Games 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Crochet, Knitting & Chat 1-3 Functional Fitness (pop up class) 1-1:45</p>	<p>26</p> <p>One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women's Coffee & Chat 10-11 Beginning Tap Dance 10-11 Continuing Tap Dance 11-12 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Friendly Bridge Group 1-4 Cardio Drumming 1-1:45 Euchre 1-4 *Karaoke Social 2-3:30 Hosted by WHIP radio</p>
<p>29</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 Strength & Balance Class 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Women's Billiards 1-3 *Relay NC Presentation 1-2 Sequence 1:30-5</p>	<p>30</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 *Introduction to Mah Jong \$ 9:30-11:30 Farmer's Market Voucher (SFMP) 11:30-12:30 Pick-up/registration 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 11:15-12:15 Shanghai Rummy 12:30-4:30 Golden Beats Cardio Drumming 1-1:45 Men's Cards 1-4</p>	<p>Aging, Mental Health & Benefits of Exercise, June 17th at 10 am sponsored by Partners Health Management. This presentation reviews the benefits of exercise on aging and mental health with a demonstration of stress release exercise. This event is open to be public & CEU credits are offered. RSVP by June 15th.</p> <p>Innovations in Pain Management Lunch & Learn, June 10th at 12 pm sponsored by Boston Scientific. Rob with Boston Scientific will explain the innovations that focus on offering non-drug alternatives for chronic pain. RSVP by June 8th.</p> <p>2026 Seniors Farmer's Market Nutrition Program (SFMP) applications are here. This is a summer only program that provides eligible older adults with vouchers to purchase fruits & vegetables. See the front desk for an application/more information.</p>	<p>SISC Feedback Forum & Brunch, June 5th at 11:30 am sponsored by the Iredell Council on Aging. We are always looking for ways to improve programming and activities here at the Senior Center. Jennifer and Catherine would appreciate your thoughts and feedback. RSVP by June 3rd.</p> <p>What is the Guide Program? June 15th at 12:15 pm-hosted by Centralina. Guiding an Improved Dementia Experience is a new Medicare initiative that provides comprehensive care coordination, 24/7 support and respite services for people living with dementia and their unpaid caregivers. We encourage everyone to attend this presentation. RSVP by June 11th.</p> <p>Relay NC, June 29th at 1 pm. This is a unique service for those that have hearing loss or speech disabilities. Please RSVP by June 24th</p>	<p>Scam and Fraud Prevention, June 17th at 1 pm-hosted by the Mooresville Community Police. Please join us for an informative presentation by our local police officers who will share the newest scams that are circulating and how best to protect ourselves from fraud and identity theft. Light refreshments will be provided. RSVP by June 15th.</p> <p>Karaoke Social, June 26th at 2 pm-hosted by WHIP radio. Third time is the charm after two cancellations this winter! If you registered your song choices previously, we still have them! Otherwise Please provide 2 song choices (a first choice and alternate) at the front desk at the time of registration. We must have participation for a successful event! Refreshments will be provided. RSVP by June 18th.</p>

Resources for June 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, 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 www.legalaidnc.org. 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>Introduction to Mah Jongg, Tuesdays in June from 9:30-11:30 am. This instructor led class is designed for beginner players. Cost is \$25.00 for the five-week session paid in cash at time of registration. All supplies are provided. Class size is limited to four participants. RSVP is required.</p> <p>Building a Caregiver Support Network, June 24th at 12 pm-sponsored by ICOA. Learn to navigate possible resources, build a support network and more. RSVP by June 18th.</p>	<p>Monthly Lunch Bunch at Olive Garden (438 Talbert Road) at 12:15 pm-Why just see your friends at the senior center when you can join them for lunch too! You must provide your own transportation and are responsible for the cost of your meal. RSVP by June 5th.</p> <p>From Mother's day-Father's day Elder Abuse Awareness is recognized. Millions of older adults are affected annually, often by family members that can lead to health, financial and emotional consequences. Please stop by our resource table the week of June 15th to learn more and remember to wear purple on June 16th! If you suspect elder abuse, neglect or exploitation contact the Iredell County Department of Social Services (DSS) Adult Protective Services at 704-873-5631.</p>
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