



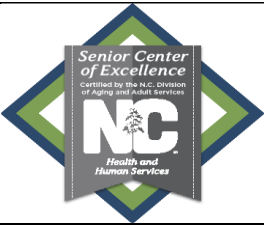
South Iredell Senior Center
202 N Church Street | Mooresville | NC | 28115
704-873-5171 | www.iredellcoa.org/sisc
Catherine Mandras, Senior Center Manager
Jennifer Baraclough, Executive Director



July 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
Movie Friday! “Remarkably Bright Creatures”-July 31st at 1 pm. Beat the heat and join us to watch this heartfelt and emotionally rewarding drama starring Sally Fields. Fresh popcorn will be available for purchase. Please RSVP by July 27th. Meditation Class- July 24th at 2:30 pm, sponsored by Give Yoga NC. Beginning in July we will hold a meditation class on the 4th Friday of each month. This is the perfect way to de-stress, unwind and end the week and the month refreshed and relaxed. Everyone is welcome, please dress comfortably and arrive 5 minutes early. No late entrances will be allowed so as not to disturb the program.	Boot Scootin’ Social & Dance-June 17th at 5:30. Grab your favorite country western gear and your favorite dancing shoes! We will have fried chicken, sides and dessert. Cost is \$5.00 for the meal. Dancing and fellowship are always free! RSVP is required by July 13th if you plan on joining us for dinner. Hands Only CPR-July 27th at 1 pm, hosted by Carolina Hearts. This presentation will cover how to give CPR safely (no breathes), what to do if someone is choking and the steps to maintain a safe environment in an emergency. This is a non-certification course. Cost is \$5.00 to be paid in cash at registration. RSVP by July 22nd. Space is limited.	1 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jong 9:30-12 *Introduction to Mah Jong \$ 9:30-11:30 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 Mexican Train 12:30-4:30 Open Line Dancing 1-2:30 Wizard 1-4	2 Walk Away the Pounds 8:25-8:55 Sit & Fit Chair Exercise 9:00-9:25 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:30-10 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 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Crochet, Knitting & Chat 1-3	3 SISC CLOSED IN OBSERVANCE OF The 4th of July HAPPY 250th Birthday AMERICA 1776-2026
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 Moderate Intensity Water Exercise \$ 10:15-11 Scrabble 11-3 Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 *Summer Makeup Tips & Skincare 1-2 Hosted by Victoria Anton Women’s Billiards 1-3 Sequence 1:30-5	7 Walk Away the Pounds 8:25-8:55 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 \$ 9:30-12 (3 weeks session/pre-registration required) 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 11:15-12:15 Shanghai Rummy 12:30-4:30 Golden Beats Cardio Drumming 1-1:45 Men’s Cards 1-4	8 *Pinochle Tournament (pre-registration required) 9-2 Three Mile Workout 9-10 Woodcarvers 9-12 Sun Health/Skincare Information Table (hallway) 9-12 Low Intensity Water Exercise \$ 9:15-10 *Introduction to Mah Jong \$ 9:30-11:30 (4 week session pre-registration required) 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 Mexican Train 12:30-4:30 Open Line Dancing 1-2:30 Wizard 1-4 Caregiver Support Group V 2-4	9 Walk Away the Pounds 8:25-8:55 Sit & Fit Chair Exercise 9:00-9:25 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:30-10 Bible Study 10-11:130 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 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Crochet, Knitting & Chat 1-3	10 One Mile Workout 9-9:25 Two Mile Workout 9:30-10 Women’s Coffee & Chat 10-11 Rummi Kub 10 -11 Tap Dancing 10-11 Continuing Tap Dancing 11-12 *Device Advice with Abigail 11-2 Water Exercise Boot Camp \$ 10:15-11 No Cardio Drumming Mah Jong Open Play 1-3 Friendly Bridge Group 1-4 Euchre 1-4
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 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 1:30-4:30	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 *Introduction to Mah Jong \$ 9:30-12 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 11:15-12:15 Bunco Group 1 12-3 *Monthly Lunch Bunch \$ Blue Star Grill 12:15-2 Shanghai Rummy 12:30-4:30 Golden Beats Cardio Drumming (Last one) 1-1:45 Men’s Cards 1-4	15 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 *Introduction to Mah Jong \$ 9:30-11:30 Mah Jongg 9:30-12 *Preventing Crisis, by Partners Health 10-11 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness Class 10:15-11 Tai Chi Beginners \$8 11:15-12:15 Moderate Intensity Water Exercise \$ 11:15-12 Chess Club 11:30-12:30 Cribbage 12-1 Mexican Train 12:30-5 *Garden Mushroom Craft 1-2 Open Line Dancing 1-2:30 Bowling at Victory Lanes \$ 1-3 Wizard 1-4	16 Walk Away the Pounds 8:25-8:55 Sit & Fit Chair Exercise 9:00-9:25 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:30-10 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	17 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women’s Coffee & Chat 10-11 Rummi Kub 10-12 Woman 2 Woman 9:30-10:55 Water Exercise Boot Camp \$ 10:15-11 Grief Support 11-12 *Watermelon Coaster Craft w/Meghan 11:15-12:15 Instructed by Knight Senior Advisors Cardio Drumming 1-1:45 Mah Jong Open Play 1-3 Friendly Bridge Group 1-4 Euchre 1-4 *Boot Scootin’ Dinner Dance & Social 5:30-8 NO TAP CLASSES DURING THE MONTH OF JULY

20 One Mile Workout9-9:25 Charity Quilters Workshop #9-4 Low Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Advisory Club (members only)9:30-11 Crochet Club10-12 Pinochle10-2 Moderate Intensity Water Exercise \$10:15-11 Strength & Balance Class11:15-12 ONE CLASS ONLY Moderate Intensity Water Exercise \$11:15-12 *Intro to Vegan Cooking1-2 With Barbara Bonsignore Women’s Billiards1-3 Sequence1:30-4:30	21 Walk Away the Pounds8:30 Sit & Fit Chair Exercise9 & 2 Men’s Billiards9-11 Moderate Intensity Water Exercise \$9:15-10 Two Mile Workout9:25 Tai Chi Intermediate \$810-11 Moderate Intensity Water Exercise \$10:15-11 Bingo10:30-12 Writing Senior Memories10:30-12:15 Low Intensity Water Exercise \$11:15-12 Tai Chi Advanced \$811:15-12:15 Bunco Group 212:15-2 Shanghai Rummy12:30-4:30 Men’s Cards1-4	22 Three Mile Workout9-10 Woodcarvers9-12 Low Intensity Water Exercise \$9:15-10 Mah Jongg9:30-12 Moderate Intensity Water Exercise \$10:15-11 Functional Fitness Class10:15-11 Moderate Intensity Water Exercise \$11:15-12 Tai Chi Beginners \$811:15-12:15 Chess Club11:30-12:30 Cribbage12-1 Mexican Train12:30-4:30 Open Line Dancing1-2:30 Wizard1-4 Caregiver Support Group V2-4	23 Walk Away the Pounds8:25-8:55 Sit & Fit Chair Exercise9:00-9:25 Moderate Intensity Water Exercise \$9:15-10 Two Mile Workout9:30-10 Bible Study10-11:30 Canasta and Other Games10-4:30 Instructor Led Chair Yoga10:15-11 Sponsored by Give Yoga NC Pinochle11-3:30 Low Intensity Water Exercise \$11:15-12 Crochet, Knitting & Chat1-3	24 One Mile Workout9-9:25 Two Mile Workout9:25-10 Women’s Coffee & Chat10-11 Rummi Kub10-12 Water Exercise Boot Camp \$10:15-11 Mah Jong Open Play1-3 Euchre1-4 Meditation Class2:30-3:15 Sponsored by Give Yoga NC No Cardio Drumming NO TAP CLASSES DURING THE MONTH OF JULY
27 One Mile Workout9-9:25 Charity Quilters Workshop #9-4 Low Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Crochet Club10-12 Pinochle10-2 Moderate Intensity Water Exercise \$10:15-11 Mayor’s Senior Round Table10:30-11:30 Scrabble11-3 Strength & Balance Class11:30-12:15 ONE CLASS ONLY Moderate Intensity Water Exercise \$11:15-12 *Hands Only CPR1-2:30 Instructed by Carolina Hearts \$5 Women’s Billiards1-3 Sequence1:30-4:30	28 Walk Away the Pounds8:30 Sit & Fit Chair Exercise9 & 2 Men’s Billiards9-11 Moderate Intensity Water Exercise \$9:15-10 Two Mile Workout9:25 *Introduction to Mah Jong9:30-12 Tai Chi Intermediate \$810-11 Moderate Intensity Water Exercise \$10:15-11 Bingo10:30-12 Writing Senior Memories10:30-12:15 Low Intensity Water Exercise \$11:15-12 Tai Chi Advanced \$811:15-12:15 Iredell County Mobile Library onsite11:30-12:30 Shanghai Rummy12:30-4:30 Men’s Cards1-4 Book Discussion1:30-3 AARP (members only)2-4	29 Three Mile Workout9-10 Woodcarvers9-12 Low Intensity Water Exercise \$9:15-10 *Introduction to Mah Jong \$9:30-11:30 Mah Jongg9:30-12 Moderate Intensity Water Exercise \$10:15-11 Functional Fitness Class10:15-11 Moderate Intensity Water Exercise \$11:15-12 Tai Chi Beginners \$811:15-12:15 Chess Club11:30-12:30 Cribbage12-1 Mexican Train12:30-4:30 Open Line Dancing1-2:30 Wizard1-4 *Bingo Mania & Ice Cream Social2-4 Sponsored by Hearts4Home	30 Walk Away the Pounds8:25-8:55 Sit & Fit Chair Exercise9:00-9:25 Moderate Intensity Water Exercise \$9:15-10 Two Mile Workout9:30-10 Canasta and Other Games10-4:30 Bible Study10-11:30 Instructor Led Chair Yoga10:15-11 Sponsored by Give Yoga NC Pinochle11-3:30 Canasta and Other Games10-4:30 Low Intensity Water Exercise \$11:15-12 Strength & Balance Class1-2 Crochet, Knitting & Chat1-3	31 One Mile Workout9-9:25 Two Mile Workout9:25-10 Women’s Coffee & Chat10-11 Rummi Kub10-12 Water Exercise Boot Camp \$10:15-11 Cardio Drumming11-12 NEW TIME THIS WEEK ONLY Euchre1-4 *Movie Friday “Remarkedly Bright Creatures”1-3 NO TAP CLASSES DURING THE MONTH OF JULY

Resources for July 2026

South Iredell Senior Center is MASK OPTIONAL * = RSVP to 704-662-3337 or at the front desk # = Quilters Guild Members Only Water Exercise: Runs month to month and you must sign up in advance to attend. V-Also offered virtually, see a member of staff. Tuesday Bingo: Please bring two prizes of dollar store value and \$1.00 for supplies. SISC offers a scholarship for those who need assistance paying for a class. See a member of staff.	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. 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. Drop-In Activities- Arts, Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, etc.	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. 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. <u>Legal Assistance / Justice Hub:</u> 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.	Introduction to Mah Jong with Sharon-Tuesdays & Wednesdays in July. See calendar for specific dates & times. Pre-registration is required and class size is limited. Please call the front desk to see if there is availability OR to add your name to the waitlist. Introduction to Vegan Cooking-July 20th at 1pm. Learn how to prepare tasty meals using plant-based ingredients. Samples will be provided. If you are interested in improving your diet and health, please attend! RSVP by July 16th. July 15th at 10 am - Preventing Crisis by Understanding Anger, by Partners Health Management. Join a discussion of ways anger impacts the body, and how anger manifests differently as we age. De-escalation strategies will be included. This event is open to the public & CEU credits are offered. RSVP by July 13th.	Monthly Lunch Bunch-July 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 Blue Star Grill 120-A Marketplace Ave. Mooresville. Device Advice-July 10th from 11- 2 pm. Our Intern Abigail will be available to offer one on one troubleshooting and guidance for using smartphones, tablets and phones. You can receive hands-on help with navigating apps, social media, emails and more. Appointments will be made in 20-minute time slots. Please sign up at the front desk. Skincare & Makeup: The Summer Edition-July 6th at 1 pm. Skincare professional Victoria will discuss skincare tips and make-up application to keep your skin healthy and glowing during the summer months. Please RSVP by July 2nd.
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