

 Iredell Senior Center <i>A Program of the Iredell Council on Aging</i> 344 East Front Street Statesville NC 28677 704-873-5171 www.iredellcoa.org/isc Lynn Bustle, Senior Center Coordinator Jennifer Barraclough, Executive Director  July 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
*UV Safety & Protection - Join Deborah Dowell of Piedmont HealthCare for a presentation on how ultraviolet (UV) exposure affects your health and discover practical tips for protecting your skin and eyes while enjoying time outdoors. Please RSVP by July 13th. *Lunch and Learn - Join us with HearAgainAmerica! Learn helpful tips about hearing health, hearing aids, and how to get the most out of your devices. Bring your questions and leave with practical knowledge in a friendly, informal setting. Please RSVP by July 20th.		1 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 Hand and Foot - Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm	2 Balance and Strength - Ballroom 9 - 10am Men’s Billiards - Upstairs 9am - 12pm Learn Rummikub - Room 211 9:30am - 12pm Chair Exercise - Ballroom 10:30am - 11:15am Mah Jongg - Room 209 11am - 4pm Euchre - Room 211 1 - 3pm Line Dance Beginners V - Ballroom 1 - 3pm *Learn to Play Ladies’ Billiards - Upstairs (with Bill Knauf) 1:30 - 3pm Drop in Billiards - Upstairs 3 - 4:30pm	3 Closed in Observance of Independence Day 
6 Drop in Billiards - Upstairs 8:30am - 4:30pm Five Crowns - Room 213 9:30am - 12pm Chair Exercise - Ballroom 10:30 - 11:30am Friendly Hook & Needles - Room 211 11am - 2pm Beginners Canasta - Room 209 1 - 4pm Birthday Bingo - Ballroom 1:30 - 3pm *Caregiver Support Group- Room 206 Hosted by Jackie Negley/COA 3 - 4pm	7 Women’s Billiards - Upstairs 9am - 12pm Pinochle - Room 211 9:30am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am *Lunch Bunch \$ 11:30am Shang Hai Buffet (Please RSVP by June 6th) Drop in Billiards - Upstairs 12 - 4:30pm Hand and Foot - Room 211 1 - 4pm The Yarn Gathering - Lounge 1 - 4pm	8 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 Hand and Foot - Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm	9 Balance and Strength - Ballroom 9 - 10am Men’s Billiards - Upstairs 9am - 12pm Learn Rummikub - Room 211 9:30am - 12pm Chair Exercise - Ballroom 10:30am - 11:15am *VIP Support Group - Room 206 Hosted by Division of Services for the Blind 11:00 am Mah Jongg - Room 209 11am - 4pm Drop in Billiards - Upstairs 12 - 4:30pm Euchre - Room 211 1 - 3pm Line Dance Beginners V - Ballroom 1 - 3pm *Hearing Aid Clean & Check Event - Room 206 Sponsored by HearingAgainAmerica 1 - 4pm	10 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 Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm *Qi Gong \$ - Room 206 12:30 - 1:30pm
13 Drop in Billiards - Upstairs 8:30am - 4:30pm Five Crowns - Room 213 9:30am - 12pm Chair Exercise - Ballroom 10:30 - 11:30am Friendly Hooks & Needles - Room 211 11am - 2pm *Managing Chronic Health - Room 206 12pm - 1pm Conditions to Protect Mental Health in Older Adults Presented by Partners Health Management (light snacks provided) Beginners Canasta - Room 209 1 - 4pm Bingo - Ballroom 1:30 - 3pm	14 Advisory Meeting - Room 213 9:00am Women’s Billiards - Upstairs 9am - 12pm Pinochle - Room 211 9:30am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am Sit & Stitch - COA Office 10am - 2pm Mobile Library Visit 11:30am -12:30pm with the Iredell County Public Library (in the ISC parking lot) Drop in Billiards - Upstairs 12 - 4:30pm Hand and Foot - Room 211 1 - 4pm The Yarn Gathering - Lounge 1 - 4pm	15 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 Hand and Foot - Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm *UV Safety & Protection - Room 206 Presentation by Piedmont HealthCare (refreshments provided) 10 - 11:30am	16 *Caregiver Support Group – Room 206 Hosted by Jackie Negley/COA 9 - 10am 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 Euchre - Room 211 1 - 3pm Line Dance Beginners V -Ballroom 1 - 3pm *Learn to Play Ladies’ Billiards - Upstairs (with Bill Knauf) 1:30 - 3pm Drop in Billiards - Upstairs 3 - 4:30pm	17 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 *Chair Yoga - Room 209 GiveYogaNC 12 - 1pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm *Qi Gong \$ - Room 206 12:30 - 1:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Drop in Billiards - Upstairs8:30am - 4:30pm Five Crowns - Room 2139:30am-12pm Chair Exercise - Ballroom10:30 - 11:30am Friendly Hooks & Needles - Room 21111am - 2pm Beginners Canasta - Room 2091 - 4pm Bingo - Ballroom1:30 - 3pm	21 Women’s Billiards - Upstairs9am - 12pm Pinochle - Room 2119:30 - 12pm Cardio Drumming V - Ballroom10:15 - 11:15am Drop in Billiards - Upstairs12 - 4:30pm Hand and Foot - Room 2111 - 4pm The Yarn Gathering - Lounge1 - 4pm *Ice Cream Social - Ballroom2 - 4pm <i>Please RSVP by July 13th.</i>	22 Drop in Billiards - Upstairs8:30am - 4:30pm Shuffleboard - Ballroom9 - 10am Play Beginners Mah Jongg - Room 20910am - 12pm Corn Hole - Ballroom10:15 - 11:15am Hand and Foot - Ballroom1 - 4pm Pinochle - Room 2111 - 4pm Bridge - Room 2091 - 4:30pm Bunco - Ballroom1:30 - 3:00pm	23 Balance and Strength - Ballroom9 - 10am Men’s Billiards - Upstairs9am - 12pm Learn Rummikub - Room 2119:30am - 12pm Chair Exercise - Ballroom10:30 - 11:30am Mah Jongg - Room 20911am - 4pm Drop in Billiards - Upstairs12 - 4:30pm Euchre - Room 2111 - 3pm Line Dance Beginners V - Ballroom1 - 3pm Flower Mandala Craft \$5 - Room 2062 - 4pm (Part 1)	24 Drop in Billiards - Upstairs8:30am - 4:30pm Bible Study with Dr. Don - Room 2069:30 - 10:30am Beach Ball Volleyball - Ballroom10:30 -11:45am Line Dance Advanced Beginners - Ballroom1 - 3pm Bowling at Pla Mor Lanes \$1 - 3pm *Qi Gong \$ - Room 20612:30 - 1:30pm *Lunch & Learn - Room 20912 - 2pm Presentation by HearAgainAmerica <i>Please RSVP by July 20th</i>
27 Drop in Billiards - Upstairs8:30am - 4:30pm Five Crowns - Room 2139:30am - 12pm Statesville Stitchers - COA Office10am - 2pm Chair Exercise - Ballroom10:30 - 11:30am Friendly Hooks & Needles - Room 21111am - 2pm Beginners Canasta - Room 2091 - 4pm Bingo - Ballroom1:30 - 3:00pm	28 Women’s Billiards - Upstairs9am - 12pm Pinochle - Room 2119:30am - 12pm Cardio Drumming V - Ballroom10:15 - 11:15am Drop in Billiards - Upstairs12 - 4:30pm Hand and Foot - Room 2111 - 4pm The Yarn Gathering - Lounge1 - 4pm *Movie: The Sandlot (1993) - Ballroom2 - 4pm (\$1 for popcorn and drink)	29 Drop in Billiards - Upstairs8:30am - 4:30pm Shuffleboard - Ballroom9 - 10am Play Beginners Mah Jongg - Room 20910am - 12pm Corn Hole - Ballroom10:15 - 11:15am Hand and Foot - Ballroom1 - 4pm Pinochle - Room 2111 - 4pm Bridge - Room 2091 - 4:30pm Bunco - Ballroom1:30 - 3:00pm	30 Balance and Strength - Ballroom9 - 10am Men’s Billiards - Upstairs9am - 12pm Learn Rummikub - Room 2119:30am - 12pm Chair Exercise - Ballroom10:30- 11:30am Mah Jongg - Room 20911am -4pm Drop in Billiards - Upstairs12 - 4:30pm Euchre - Room 2111 - 3pm Line Dance Beginners V - Ballroom1 - 3pm * Flower Mandala Craft - Room 2062 - 4pm (Part 2)	31 Drop in Billiards -Upstairs8:30am - 4:30pm Bible Study with Dr. Don- Room 2069:30 - 10:30am Beach Ball Volleyball - Ballroom10:30 -11:45am Line Dance Advanced Beginners - Ballroom1 - 3pm Bowling at Pla Mor Lanes \$1 - 3pm *Qi Gong \$ - Room 20612:30 - 1:30pm

ISC Notes for July 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. 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. Call to make an appointment. Last Monday of the month.	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. Drop-In Activities - Billiards, Puzzle Library, Games, Corn Hole, Exercise Equipment, Lounge, Massage Chair, Game Room, Media Center, Computer Lab, etc. Beginner’s Canasta - Join this group If you want to learn this fun card game or brush up on your skills. 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. Bingo - Bring a new prize, no more than \$1.50, and snacks to play with your friends! Everyone must bring a new prize to play.	Birthday Bingo - Join us for bingo and snacks to celebrate participants with birthdays this month. Please bring your prize. Bowling at Pla Mor Lanes - 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. Bunco - Join us to play this fun dice game. No experience necessary! 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! Five Crown Card Game – Join us for a brand-new card game. Five Crowns is a fun shedding game where you try to get rid of all your cards before your opponents. Friendly Hooks & Needles (formerly Knitting) - Join fellow knitting and crochet enthusiasts for a friendly gathering of stitching, sharing, and conversation. Learn to Play Rummikub - Learn to play this fun and easy tile game where players form matching sets and runs. A great mix of strategy, luck, and social fun for all skill levels.	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 Larry Berger. 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. 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 will be at Shang Hai Buffet (1642 East Broad Street). Please RSVP by July 6th. Qi Gong – Dori King will be teaching the ancient art of Qi Gong. The classes will be \$10 for the month. The Yarn Gathering (formerly Learn to Crochet & Knit) – This informal group meets in the lounge. Bring your knitting, crocheting, or other yarn projects and enjoy a relaxing afternoon of crafting and conversation. All skill levels are welcome. *Senior Movie Matinee - The Sandlot (1993): Travel back to the summer of 1962 with this heartwarming comedy about a group of neighborhood kids, their love of baseball, and the unforgettable adventures that bring them together. \$1 donation for popcorn and drinks	Managing Chronic Health: Conditions to Protect Mental Health in Older Adults - Patti Reese with Partners Health Management will discuss how Physical and mental health conditions frequently coexist. Learn how to address chronic health conditions, support mental well-being, and apply practical strategies to keep older adults thriving physically and emotionally. Hearing Aid Clean and Check Event - HearAgainAmerica is hosting a Clean & Check event to help you maintain your devices and enjoy the best possible hearing experience. Please RSVP by July 7th. Chair Yoga - Tina Marie with GiveYogaNC, is bringing chair yoga to our site! Come relax, stretch, and enjoy a calming hour of movement and mindfulness. Limited seating available – Please RSVP by July 13th. *Ice Cream Social - Celebrate 250 years of the American spirit with an old-fashioned ice cream social! Please RSVP by July 13th. Flower Mandala Craft (2-Part Series) - Create a beautiful flower mandala, a circular design that symbolizes harmony, balance, and connection. This relaxing two-session project combines flowers, color, and creativity to create a unique piece of art. Please RSVP by July 16th.