

| <div>  <div> <b>South Iredell Senior Center</b><br/> 202 N Church Street   Mooresville   NC   28115<br/> 704-873-5171   www.iredellcoa.org/sisc<br/> Catherine Mandras, Senior Center Manager<br/> Jennifer Baraclough, Executive Director </div> <div>  </div> <div> <h1>August 2026</h1> </div> <div> <h2>Mission Statement</h2> <p>The mission of South Iredell Senior Center is to help seniors continue to grow, promoting physical, emotional and economic well-being for successful aging.</p> </div>  </div> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>3</b><br>One Mile Workout 9-9:25<br>Low Intensity Water Exercise \$ 9:15-10<br>Two Mile Workout 9:25-10<br>Crochet Club 10-12<br>Pinochle 10-2<br>Strength & Balance Class 10:15-11<br>In person & on facebook Live<br>Moderate Intensity Water Exercise \$ 10:15-11<br>Scrabble 11-3<br>Strength & Balance Class 11:15-12<br>Moderate Intensity Water Exercise \$ 11:15-12<br>Women’s Billiards 1-3<br>Sequence 1:30-5                                                                                                                                                                                                                                                                                                                                              | <b>4</b><br>Walk Away the Pounds 8:30<br>Sit & Fit Chair Exercise 9 & 2<br>Men’s Billiards 9-11<br>Moderate Intensity Water Exercise \$ 9:15-10<br>Two Mile Workout 9:25<br><b>*Beginner Mah Jongg Class \$ 9:30-11:30 (Pre-registration required)</b><br>Tai Chi Intermediate \$8 10-11<br>Moderate Intensity Water Exercise \$ 10:15-11<br>Bingo 10:30-12<br>Writing Senior Memories 10:30-12:15<br>Tai Chi Advanced \$8 11:15-12:15<br>Shanghai Rummy 12:30-4:30<br>Men’s Cards 1-4                                                                      | <b>5</b><br>Three Mile Workout 9-10<br>Woodcarvers 9-12<br>Mah Jongg 9:30-12<br><b>*Beginner Mah Jongg Class \$ 9:30-11:30 (Pre-registration required)</b><br>Functional Fitness 10:15-11<br>Tai Chi Beginners \$8 11:15-12:15<br>Chess Club 11:30-12:30<br>Cribbage 12-1<br>Mexican Train 12:30-5<br><b>*EFT (Emotional Freedom Technique Tapping) 1-2</b><br><b>Don Grothoff with Focused Family Health</b><br>Open Line Dancing 1-2:30<br>Wizard 1-4<br><b>No Water Classes Today</b>                                                                                                                                          | <b>6</b><br>Walk Away the Pounds 8:30-9:00<br>Sit & Fit Chair Exercise 9:00-9:30<br>Two Mile Workout 9:25-10<br>Bible Study 10-11:15<br>Instructor Led Chair Yoga 10:15-11:15<br>Sponsored by Give Yoga NC<br>Pinochle 11-3:30<br>Canasta and Other Games 10-4<br>Crochet, Knitting & Chat 1-3<br><br><b>No Water Classes Today</b>                                                         | <b>7</b><br>One Mile Workout 9-9:25<br>Two Mile Workout 9:25-10<br><b>Woman 2 Woman 9:30-10:55</b><br>Women’s Coffee & Chat 10-11<br>Rummi Kub 10 -11<br>Water Exercise Boot Camp \$ 10:15-11<br><b>Grief Support 11-12</b><br><b>*Bingo 11-12</b><br><b>Lakeside Specialty Pharmacy</b><br>Cardio Drumming 1-1:45<br>Friendly Bridge Group 1-4<br>Euchre 1-4<br><b>Mah Jongg (all levels open play) 1-3</b><br><br><b>No Tap Dance Today</b>                                                   |
| <b>10</b><br>One Mile Workout 9-9:25<br>Charity Quilters’ Guild Meeting Workshop # 9-4<br>Low Intensity Water Exercise \$ 9:15-10<br>Two Mile Workout 9:25-10<br>Crochet Club 10-12<br>Pinochle 10-2<br>Strength & Balance Class 10:15-11<br>In person & on Facebook live<br>Moderate Intensity Water Exercise \$ 10:15-11<br>Strength & Balance Class 11:15-12<br>Moderate Intensity Water Exercise \$ 11:15-12<br>Women’s Billiards 1-3<br>Sequence 1:30-5                                                                                                                                                                                                                                                                                                            | <b>11</b><br>Walk Away the Pounds 8:30<br>Sit & Fit Chair Exercise 9 & 2<br>Men’s Billiards 9-11<br>Moderate Intensity Water Exercise \$ 9:15-10<br>Two Mile Workout 9:25<br><b>*Beginner Mah Jongg Class \$ 9:30-11:30</b><br>Tai Chi Intermediate \$8 10-11<br>Moderate Intensity Water Exercise \$ 10:15-11<br>Bingo 10:30-12<br>Writing Senior Memories 10:30-12:15<br>Tai Chi Advanced \$8 11:15-12:15<br>Bunco Group 1 12:00-3<br><b>*Monthly Lunch Bunch \$ 12:15-2</b><br><b>FunkHeizer’s Diner</b><br>Shanghai Rummy 12:30-4:30<br>Men’s Cards 1-4 | <b>12</b><br>Three Mile Workout 9-10<br>Woodcarvers 9-12<br>Low Intensity Water Exercise \$ 9:15-10<br>Mah Jongg 9:30-12<br><b>*Beginner Mah Jongg Class \$ 9:30-11:30</b><br>Moderate Intensity Water Exercise \$ 10:15-11<br>Functional Fitness 10:15-11<br>Moderate Intensity Water Exercise \$ 11:15-12<br>Tai Chi Beginners \$8 11:15-12:15<br>Chess Club 11:30-12:30<br>Cribbage 12-1<br>Mexican Train 12:30-5<br>Open Line Dancing 1-2:30<br>Wizard 1-4<br>Caregiver Support Group V 2-4                                                                                                                                   | <b>13</b><br>Walk Away the Pounds 8:30-9:00<br>Sit & Fit Chair Exercise 9:00-9:30<br>Moderate Intensity Water Exercise \$ 9:15-10<br>Two Mile Workout 9:25-10<br>Bible Study 10-11:30<br>Canasta and Other Games 10-4<br>Instructor Led Chair Yoga 10:15-11:15<br>Sponsored by Give Yoga NC<br>Pinochle 11-3:30<br>Low Intensity Water Exercise \$ 11:15-12<br>Crochet, Knitting & Chat 1-3 | <b>14</b><br>One Mile Workout 9-9:25<br>Two Mile Workout 9:25-10<br>Women’s Coffee & Chat 10-11<br>Tap Dancing 10-11:00<br>Continue Tap Practice 11-12<br>Rummi Kub 10-12<br>Water Exercise Boot Camp \$ 10:15-11<br>Cardio Drumming 1-1:45<br>Friendly Bridge Group 1-4<br>Euchre 1-4<br><b>Mah Jongg (all levels open play) 1-3</b>                                                                                                                                                           |
| <b>17</b><br>One Mile Workout 9-9:25<br>Charity Quilters Workshop # 9-4<br>Low Intensity Water Exercise \$ 9:15-10<br>Two Mile Workout 9:25-10<br>Crochet Club 10-12<br>Pinochle 10-2<br>Moderate Intensity Water Exercise \$ 10:15-11<br>Scrabble 11-3<br><b>Strength &amp; Balance Class 11:15-12</b><br><b>ONE CLASS ONLLY</b><br>Moderate Intensity Water Exercise \$ 11:15-12<br>Women’s Billiards 1-3<br><b>Volunteer Opportunity with Wanda-Braiding Mats for the unhoused 1-3</b><br>Sequence 1:30-5                                                                                                                                                                                                                                                            | <b>18</b><br>Walk Away the Pounds 8:30<br>Sit & Fit Chair Exercise 9 & 2<br>Men’s Billiards 9-11<br>Moderate Intensity Water Exercise \$ 9:15-10<br>Two Mile Workout 9:25<br><b>*Beginner Mah Jongg Class \$ 9:30-11:30</b><br>Tai Chi Intermediate \$8 10-11<br>Moderate Intensity Water Exercise \$ 10:15-11<br>Bingo 10:30-12<br>Writing Senior Memories 10:30-12:15<br>Tai Chi Advanced \$8 11:15-12:15<br>Bunco Group 2 12:15 - 2<br>Shanghai Rummy 12:30-4:30<br>Men’s Cards 1-4                                                                      | <b>19</b><br>Three Mile Workout 9-10<br>Woodcarvers 9-12<br>Low Intensity Water Exercise \$ 9:15-10<br><b>*Beginner Mah Jongg Class \$ 9:30-11:30</b><br><b>*Medication Safety (Partners Health) 10-11</b><br>Moderate Intensity Water Exercise \$ 10:15-11<br>Functional Fitness 10:15-11<br>Moderate Intensity Water Exercise \$ 11:15-12:15<br>Tai Chi Beginners \$8 11:15-12<br>Chess Club 11:30-12:30<br><b>*Seniors Who Serve Lunch &amp; Learn \$1.00 12-1:00</b><br><b>With Dudley’s Home Care &amp; Hope of Mooresville</b><br>Cribbage 12-1<br>Open Line Dancing 1-2:30<br>Wizard 1-4<br>Bowling @ Victory Lanes \$ 3-5 | <b>20</b><br>Walk Away the Pounds 8:30-9:00<br>Sit & Fit Chair Exercise 9:00-9:30<br>Moderate Intensity Water Exercise \$ 9:15-10<br>Two Mile Workout 9:25-10<br>Bible Study 10-11:30<br>Instructor Led Chair Yoga 10:15-11<br>Sponsored by Give Yoga NC<br>Pinochle 11-3:30<br>Canasta and Other Games 10-4<br>Low Intensity Water Exercise \$ 11:15-12<br>Crochet, Knitting & Chat 1-3    | <b>21</b><br>One Mile Workout 9-9:25<br>Two Mile Workout 9:25-10<br><b>Woman 2 Woman 9:30-10:55</b><br>Women’s Coffee & Chat 10-11<br>Tap Dancing 10-11<br>Continue Tap Practice 11-12<br>Rummi Kub 10-12<br>Water Exercise Boot Camp \$ 10:15-11<br><b>Grief Support 11-12</b><br><b>*Photo Holder Craft \$3.00 11:15-12:15</b><br><b>Hosted by Knight Senior Advisors</b><br>Cardio Drumming 1-1:45<br>Euchre 1-4<br>Friendly Bridge Group 1-4<br><b>Mah Jongg (all levels open play) 1-3</b> |

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| <b>24</b> <div>One Mile Workout9-9:25</div> <div>Charity Quilters Workshop #9-4</div> <div>Low Intensity Water Exercise \$9:15-10</div> <div>Two Mile Workout9:25-10</div> <div>Crochet Club10-12</div> <div>Pinochle10-2</div> <div>Moderate Intensity Water Exercise \$10:15-11</div> <div><b>Mayor’s Senior Round Table</b>10:30-11:30</div> <div>Scrabble11-3</div> <div><b>Strength &amp; Balance Class</b>11:30-12:15</div> <div><b>Only one Strength &amp; Balance Class today</b></div> <div>Moderate Intensity Water Exercise \$11:15-12</div> <div><b>*Just for FUN Line Dance Social</b>1-2:30</div> <div>Women’s Billiards1-3</div> <div>Sequence1:30-5</div> | <b>25</b> <div>Walk Away the Pounds8:30</div> <div>Sit &amp; Fit Chair Exercise9 &amp; 2</div> <div>Men’s Billiards9-11</div> <div>Moderate Intensity Water Exercise \$9:15-10</div> <div>Two Mile Workout9:25</div> <div><b>*Beginner Mah Jongg Class \$</b>9:30-11:30</div> <div>Tai Chi Intermediate \$810-11</div> <div>Moderate Intensity Water Exercise \$10:15-11</div> <div>Bingo10:30-12</div> <div>Writing Senior Memories10:30-12:15</div> <div>Tai Chi Advanced \$811:15-12:15</div> <div><b>Iredell County Mobile Library onsite</b>11:30-12:30</div> <div>Shanghai Rummy12:30-4:30</div> <div>Men’s Cards1-3:30</div> <div>Book Discussion1:30-3</div> <div><b>AARP (members only)</b>2-4</div> | <b>26</b> <div>Three Mile Workout9-10</div> <div>Woodcarvers9-12</div> <div>Low Intensity Water Exercise \$9:15-10</div> <div>Moderate Intensity Water Exercise \$10:15-11</div> <div>Functional Fitness10:15-11</div> <div>Moderate Intensity Water Exercise \$11:15-12</div> <div>Tai Chi Beginners \$811:15-12:15</div> <div>Chess Club11:30-12:30</div> <div>Cribbage12-1</div> <div>Open Line Dancing1-2:30</div> <div>Wizard1-4</div> <div><b>*Beach Music Bingo!</b>1-2:15</div> <div><b>Sponsored by Bayada</b></div> <div>Caregiver Support Group V2-4</div> | <b>27</b> <div>Walk Away the Pounds8:30-9:00</div> <div>Sit &amp; Fit Chair Exercise9:00-9:30</div> <div>Moderate Intensity Water Exercise \$9:15-10</div> <div>Two Mile Workout9:25-10</div> <div>Bible Study10-11:30</div> <div>Instructor Led Chair Yoga10:15-11</div> <div>Sponsored by Give Yoga NC</div> <div>Pinochle11-3:30</div> <div>Canasta and Other Games10-4</div> <div>Low Intensity Water Exercise \$11:15-12</div> <div>Crochet, Knitting &amp; Chat1-3</div> | <b>28</b> <div>One Mile Workout9-9:25</div> <div>Two Mile Workout9:25-10</div> <div>Women’s Coffee &amp; Chat10-11</div> <div>Tap Dancing10-11</div> <div>Continue Tap Practice11-12</div> <div>Rummi Kub10-12</div> <div>Water Exercise Boot Camp \$10:15-11</div> <div>Cardio Drumming1-1:45</div> <div>Friendly Bridge Group1-4</div> <div>Euchre1-4</div> <div><b>Mah Jongg (all levels open play)</b>1-3</div> <div><b>Meditation Class</b>2:30-3:15</div> <div><b>Sponsored by Give Yoga NC</b></div> |
| <b>31</b> <div>One Mile Workout9-9:25</div> <div>Charity Quilters Workshop #9-4</div> <div>Low Intensity Water Exercise \$9:15-10</div> <div>Two Mile Workout9:25-10</div> <div>Crochet Club10-12</div> <div>Pinochle10-2</div> <div>Strength &amp; Balance Class10:15-11</div> <div>Moderate Intensity Water Exercise \$10:15-11</div> <div>Strength &amp; Balance Class11:15-12</div> <div>Moderate Intensity Water Exercise \$11:15-12</div> <div>Women’s Billiards1-3</div> <div>Sequence1:30-5</div>                                                                                                                                                                 | <b>EFT (Emotional Freedom Technique) Tapping-August 5<sup>th</sup> at 1 pm, hosted by Focused Family Health.</b> This presentation will demonstrate this mind-body stress relief method that involves gently tapping specific acupressure points on your body. This technique is often used to calm their nervous system and ease anxiety. RSVP by August 3 <sup>rd</sup> .<br><br><b>BINGO! August 7<sup>th</sup> at 11 am, sponsored by Lakeside Specialty Pharmacy.</b> Join us for a fun morning of Bingo with prizes for everyone! Please RSVP by August 5 <sup>th</sup> .                                                                                                                               | <b>Instructor led Beginner’s Mahjong Class, 4-week session Tuesdays OR Wednesdays from 9:30 -11:30 am.</b> Cost is \$25.00 for the session, paid to instructor the first day of class. Players are encouraged to purchase the 2026 Standard Hands and Rules Cards from the National Mah Jongg league. Class size is limited. Call for more information and to register.                                                                                                                                                                                               | <b>Just for FUN Line Dance Social-August 24<sup>th</sup> at 1 pm, hosted by Linda Barclay and friends.</b> An afternoon of dancing where there are no wrong steps, only variations! Whether you’re a pro or have never danced before, this is a great opportunity to make new friends, enjoy great music and learn easy to follow steps. Refreshments provided. RSVP by August 20 <sup>th</sup> .                                                                              | <b>Seniors Who Serve Lunch &amp; Learn-August 19<sup>th</sup> at 12 pm.</b> In Recognition of National Non-Profit Day, we will have a representative from Hope of Mooresville discuss the services that they provide to women and children, followed by a presentation on the positive impact and meaning that serving and volunteering bring to our lives. RSVP by August 14 <sup>th</sup> . \$1.00 fee for lunch, sponsored by the South Iredell Senior Center.                                           |

Resources for August 2026

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| <div>South Iredell Senior Center is MASK OPTIONAL</div> <div><b>* = RSVP to 704-662-3337 or at the front desk</b></div> <div># = Quilters Guild Members Only</div> <div><b>Water Exercise:</b><br/>Runs month to month and you must sign up in advance to attend.</div> <div><b>V</b>-Also offered virtually, see a member of staff.</div> <div><b>Tuesday Bingo:</b><br/>Please bring two prizes of dollar store value and \$1.00 for supplies.</div> <div>SISC offers a scholarship for those who need assistance paying for a class. See a member of staff.</div> | <div><b>Durable Medical Equipment (DME) Closet –</b><br/>SISC provides free rental of DME items like wheelchairs, shower benches, walkers, etc. We also take donations of gently used DME.</div> <div><b>Resource and Information Office-</b><br/>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.</div> <div><b>Drop-In Activities-</b><br/>Arts, Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, etc.</div> | <div><b>Senior Insurance Counseling (SHIIP) by appt.</b><br/>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.</div> <div><b>Long Term Care Counseling by appt.</b><br/>To set an appointment call Centralina Area Agency on Aging Ombudsman Program at 1-800-508-5777. Request your appointment at SISC.</div> <div><u><b>Legal Assistance / Justice Hub:</b></u><br/>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.</div> | <div><b>AFA Memory Screenings-</b> 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.</div> <div><b>Medication Safety, Presented by Partners Health Safety, August 19<sup>th</sup> at 10 am.</b> Learn why medication use is important for older adults, and how to use medication responsibly. This event is open to the public &amp; CEU credits are offered. RSVP by August 17<sup>th</sup>.</div> | <div><b>Monthly Lunch Bunch -Tuesday, August 11th 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 FunkHeizer’s Diner 631 Brawley School Rd Suite 406 Mooresville.</div> <div><b>Beach Music Bingo-August 26<sup>th</sup> at 1 pm-hosted by Bayada Health.</b> A fun afternoon of our favorite game, fun music, refreshments and prizes. RSVP by August 21<sup>st</sup>.</div> |
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