



Iredell Senior Center
A Program of the Iredell Council on Aging
344 East Front Street | Statesville | NC | 28677
704-873-5171 | www.iredellcoa.org/isc
Lynn Bustle, Senior Center Coordinator
Jennifer Barraclough, Executive Director



August 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
3 Drop in Billiards - Upstairs 8:30am - 4:30pm Five Crowns - Room 213 9:30am - 12pm Watermelon - Ballroom 10am - 2pm Hydration Station (while supplies last) Chair Exercise - Ballroom 10:30 - 11:30am Friendly Hooks & Needles - Room 211 11am - 2pm Beginners Canasta - Room 209 1 - 4pm Birthday Bingo - Ballroom 1:30 - 3pm	4 Women's Billiards - Upstairs 9am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am *Lunch Bunch \$ 11:30am at Sharpe's Cafe Drop in Billiards - Upstairs 12 - 4:30pm Hand and Foot - Room 211 1 - 4pm The Yarn Gathering - Lounge 1 - 4pm Senior Movie Matinee - Ballroom 1 - 3pm Mrs. Doubtfire (1993 Comedy/Drama)	5 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 - 3pm	6 Drop in Billiards - Upstairs 8:30am - 4:30pm 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 Drop in Billiards - Upstairs 12 - 4:30pm Euchre - Room 211 1 - 3pm Line Dance Beginners V - Ballroom 1 - 3pm	7 Drop in Billiards - Upstairs 8:30am - 4:30pm Bible Study with Dr. Don - Room 206 9 - 10am Beach Ball Volleyball - Ballroom 10:30 - 11:45am *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm Chair Yoga with Brianna - Room 206 2 - 3pm Limited seating!
10 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 *Medication Safety - Room 206 12pm - 1pm Presented by Partners Health Management (light snacks provided) Beginners Canasta - Room 209 1 - 4pm Bingo - Ballroom 1:30 - 3pm *Caregiver Support Group- Room 206 3 - 4pm Hosted by Jackie Negley/COA	11 Advisory Meeting - Room 213 9:00am Women's Billiards - Upstairs 9am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am Sit & Stitch - COA Office 10am - 2pm Mobile Library Visit 11:30am - 12:30pm * Lunch & Learn - Ballroom 12 - 1:30pm Green Burial & Cremation Options Sponsored by Nicholson Funeral Home Drop in Billiards - Upstairs 12 - 4:30pm Hand and Foot - Room 211 1 - 4pm The Yarn Gathering - Lounge 1 - 4pm	12 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 - 3pm	13 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 Drop in Billiards - Upstairs 12 - 4:30pm Euchre - Room 211 1 - 3pm Line Dance Beginners V - Ballroom 1 - 3pm *Craft \$ Part 1 of 2- Room 206 1 - 3pm Flowerpot Fairy House	14 AFA Memory Screening By Appt Drop in Billiards - Upstairs 8:30am - 4:30pm Bible Study with Dr. Don - Room 206 9:30 - 10:30am *Independent Living Services - Room 209 10 - 11am Presentation (light snacks provided) Beach Ball Volleyball - Ballroom 10:30 - 11:45am *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm Chair Yoga with Brianna - Room 206 2 - 3pm Limited seating!
17 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 Beginners Canasta - Room 209 1 - 4pm Bingo - Ballroom 1:30 - 3pm *Healthy Living - Room 211 2 - 3pm with Connie Darnell	18 Women's Billiards - Upstairs 9am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am Drop in Billiards - Upstairs 12 - 4:30pm *Aloha Summer Social - Ballroom 1 - 3pm Hand and Foot - Room 211 1 - 4pm The Yarn Gathering - Lounge 1 - 4pm 	19 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 - 3pm	20 *Caregiver Support Group – Room 206 9 - 10am Hosted by Jackie Negley/COA 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 Drop in Billiards - Upstairs 12 - 4:30pm Euchre - Room 211 1 - 3pm Line Dance Beginners V -Ballroom 1 - 3pm *Craft Part 2 of 2 - Room 206 1 - 3pm Flowerpot Fairy House	21 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 *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm Chair Yoga with Brianna - Room 206 2 - 3pm Limited seating! *Evening Dance - Ballroom 5:30 - 8pm Evening Billiards - Upstairs 5:30 - 8pm 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Drop in Billiards - Upstairs8:30am - 4:30pm Five Crowns - Room 2139:30am - 12pm *Grief Management - Room 20610am - 12pm Presentation by Hospice Palliative Care of Iredell County Chair Exercise - Ballroom10:30 - 11:30am Friendly Hooks & Needles - Room 21111am - 2pm Beginners Canasta - Room 2091 - 4pm Bingo - Ballroom1:30 - 3pm	25 Women’s Billiards - Upstairs9am - 12pm Cardio Drumming V - Ballroom10:15 - 11:15am Drop in Billiards - Upstairs12 - 4:30pm *Corn Hole Tournament1 -3pm Sponsored by Hearts4Home Hand and Foot - Room 2111 - 4pm The Yarn Gathering - Lounge1 - 4pm	26 Drop in Billiards - Upstairs8:30am - 4:30pm Shuffleboard - Ballroom9 - 10am Play Beginners Mah Jongg - Room 20910am - 12pm Corn Hole - Ballroom10:15 - 11:15am *Lunch and Learn - Ballroom11:30am - 12:30pm Senior Superpowers: What Experience Teaches Us Sponsored by Dudley’s Home Care Hand and Foot - Ballroom1 - 4pm Pinochle - Room 2111 - 4pm Bridge - Room 2091 - 4:30pm Bunco - Ballroom1:30 - 3pm	27 Balance and Strength - Ballroom9 - 10am Men’s Billiards - Upstairs9am - 12pm Learn Rummikub - Room 2119:30am - 12pm Chair Exercise - Ballroom10:30 - 11:30am *Introduction to Al-Anon - Room 20611am - 12pm Presented by Al-Anon Family Groups (light snacks provided) Mah Jongg - Room 20911am - 4pm Drop in Billiards - Upstairs12 - 4:30pm Euchre - Room 2111 - 3pm Line Dance Beginners V - Ballroom1 - 3pm	28 Drop in Billiards - Upstairs8:30am - 4:30pm Bible Study with Dr. Don - Room 2069:30 - 10:30am Beach Ball Volleyball - Ballroom10:30 -11:45am *Qi Gong \$ - Room 20612:30 - 1:30pm Line Dance Advanced Beginners - Ballroom1 - 3pm Bowling at Pla Mor Lanes \$1 - 3pm *Lunch and Learn - Room 2091 - 3pm Home Safety and Fall Prevention Sponsored by Senior Helpers Chair Yoga with Brianna - Room 2062 - 3pm Limited seating!
31 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	Lunch & Learn - Join David Murray for an informative discussion on Green Burial and Cremation Options, sponsored by Nicholson Funeral Home. Learn about environmentally friendly choices that can honor your wishes, simplify planning, and potentially provide significant savings over traditional funeral services. Please RSVP by August 5th.	Corn Hole Tournament - Join us for some fun and friendly competition at our Corn Hole Tournament! Hearts4Home is sponsoring this special event, and we can’t wait to see everyone come out and enjoy the fun. Please RSVP by August 17th.	Lunch & Learn - Join Connie Mann of Dudley’s Home Care for <i>Senior Superpowers: What Experience Teaches Us</i> , an uplifting look at the wisdom, resilience, and strengths that come with life experience. Please RSVP by August 19th.	Lunch and Learn - Join Linda Fogel, RN from Senior Helpers for a presentation on Home Safety and Fall Prevention. Please RSVP by August 21st.
ISC Notes for August 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 (SHIIP) 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. Everyone must bring a new prize to play. 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. Chair Yoga - Join Brianna Smoot for a gentle Chair Yoga class designed to improve flexibility, balance, and overall well-being. All ability levels are welcome. 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 cost of your meal. This month’s lunch will be at Sharpe’s Café (193 Crawford Rd.) Please RSVP by August 3rd. 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 - Join us for a showing of Mrs. Doubtfire! Robin Williams stars as a devoted father who disguises himself as a housekeeper. A heartwarming comedy filled with laughter and memorable moments. \$1 for popcorn and drinks Medication Safety - Patti Reese with Partners Health Management will discuss how the unsafe use of medication is a leading cause of injury and avoidable harm. Learn why medication use is important for older adults, and how to use medication responsibly.	Craft - Join Lynn Bustle as you transform a terracotta flowerpot into a whimsical fairy house! Donation: \$5.00 Please note: This is a two-part activity. Please RSVP by August 5th. Aloha Summer Social - Join us for an afternoon of island fun as we celebrate the last days of summer! Enjoy food, beverages, fun games, and fellowship. Wear your favorite Hawaiian shirt or tropical attire! Please RSVP by August 10th. Independent Living Services - Join Alina Evans, MS with the Division of Employment and Independence for People with Disabilities to learn about the services and resources available to help you maintain your independence at home and in your community. Please RSVP by August 10th. Evening Dance: Island Breeze - Join us for an evening of music, dancing, and tropical fun! Wear your favorite Hawaiian shirt or colorful summer attire and enjoy a festive evening with friends. Please bring a side dish or dessert to share! Please RSVP by August 14th. Grief Management - In honor of National Grief Awareness Day (August 30), join Teresa Stafford with Hospice & Palliative Care of Iredell County for a presentation on grief awareness, offering insight into the grieving process and supportive ways to cope with loss. Please RSVP by August 17th. Introduction to Al-Anon - Join us for an introduction to Al-Anon and learn how their program offers support, understanding, and connection for those impacted by a loved one’s alcohol use. Please RSVP by August 20th.