

		South Iredell Senior Center 202 N Church Street Mooresville NC 28115 704-873-5171 www.iredellcoa.org/sisc Catherine Mandras, Senior Center Manager Jennifer Barraclough, Executive Director		 <i>Happy Birthday</i>		September 2026 National Senior Center Month- Happier Birthdays Happen Here!		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			
September is National Senior Center Month! This year’s theme is Happier Birthdays Happen Here! Senior Centers foster health, community and social connections and well-being for older adults to thrive and celebrate happier birthdays. Throughout the month of September, we will be collecting Birthday bags for Iredell Christian Ministries. Please see the collection box at our reception area for a detailed list of Birthday bag ingredients. Cake, Shake & Celebrate Dance & Social-September 18th from 5:30 -8pm. Join us for this Birthday themed event! We will have pizza, salad & dessert to purchase for \$5.00. Dancing and socializing are always free. RSVP by September 14th.		1 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 *Beginner Mah Jongg Class \$ 9:30-11:30 (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 12-4 Men’s Cards 1-4:30		2 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 *Beginner Mah Jongg Class \$ 9:30-11:30 (pre-registration required) 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 Chess Club 11:30-12:30 Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4		3 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 10-11:15 Canasta and Other Games 10-4:30 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$ 10:15-11 Pinochle 11-3:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginners 2 1-2 Crochet, Knitting & Chat 1-3		4 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Woman 2 Woman 9:30-10:55 Tap Dancing 10-11:00 Continue Tap Practice 11-12 Women’s Coffee & Chat 10-11 Rummi Kub 10 -11 Water Exercise Boot Camp \$ 10:15-11 Grief Support 11-12 Friendly Bridge Group 1-4 Euchre 1-4 Mah Jongg (all levels open play) 1-3 No Cardio Drumming this week			
7 SISC Closed in Observance of Labor Day 		8 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 Healthy Aging-Glucose & B/P Checks (hallway) 9:30-11 Lakeside Specialty Pharmacy *Beginner Mah Jongg Class \$ 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 Low Intensity Water Exercise \$ 11:15-12 Tai Chi Advanced \$8 11:15-12:15 Bunco Group 1 12:15-3 *Monthly Lunch Bunch \$ 12:15-2 The Smoke Pit Shanghai Rummy 12-4 Men’s Cards 1-4:30		9 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 *Beginner Mah Jongg Class \$ 9:30-11:30 Mah Jongg 9:30-12 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 New 8 week session. Pre-registration required Tai Chi Beginners \$8 11:15-12 Chess Club 11:30-12:30 Cribbage 12-1 Mexican Train 12:30-5 *Voter Engagement (with AARP Charlotte) 1-2 Open Line Dancing 1-2:30 Wizard 1-4 Caregiver Support Group V 2-4		10 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 Moderate Intensity Water Exercise 10:15-11 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Pinochle 11-3:30 Low Intensity Water Exercise \$ 11:15-12 *Native Plants in NC 1-2 Presented by NC Master Gardners Crochet, Knitting & Chat 1-3 Line Dance Beginners 2 1-2		11 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women’s Coffee & Chat 10-11 Tap Dancing 10-11:00 Continue Tap Practice 11-12 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 *Volunteer Card Making 11-12 (cards will be donated to Creative Kindness) Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4 Mah Jongg (all levels open play) 1-3			
14 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 Pinochle 10-2 Crochet Club 10-12 Strength & Balance Class 10:15-11 One class only Moderate Intensity Water Exercise \$ 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Women’s Billiards 1-3 Sequence 1:30-5		15 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 *Beginner Mah Jongg Class \$ 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 Low Intensity Water Exercise \$ 11:15-12 Tai Chi Advanced \$8 11:15-12:15 Bunco Group 2 12:15 - 2 Shanghai Rummy 12-4 Men’s Cards 1-4:30		16 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 *Beginner Mah Jongg Class \$ 9:30-11:30 *Suicide Prevention (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 Chess Club 11:30-12:30 Cribbage 12-1 Open Line Dancing 1-2:30 Volunteer Opportunity-Braiding Mats 1-3 Wizard 1-4 Bowling @ Victory Lanes \$ 3-5		17 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 Moderate Intensity Water Exercise 10:15-11 Instructor Led Chair Yoga 10:15-11 Sponsored by Give Yoga NC Pinochle 11-3:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginners 2 1-2 Crochet, Knitting & Chat 1-3		18 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 Tap Dancing 10-11 Continue Tap Practice 11-12 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Grief Support 11-12 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Mah Jongg (all levels open play) 1-3 Euchre 1-4 *Cake, Shake & Celebrate Dance 5:30-8			

21 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 *Vegan Cooking Class \$51-2:30 Women’s Billiards1-3 Sequence1:30-5	22 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 *Beginner Mah Jongg Class \$9:30-11:30 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 Rummy12-4 Men’s Cards1-3:30 Book Discussion1:30-3 *Movie: <i>About My Father</i>1-3	23 Three Mile Workout9-10 Woodcarvers9-12 Low Intensity Water Exercise \$9:15-10 *Beginner Mah Jongg Class \$9:30-11:30 Moderate Intensity Water Exercise \$10:15-11 Functional Fitness10:15-11 Moderate Intensity Water Exercise \$11:15-12 Tai Chi Beginners \$811:15-12 Chess Club11:30-12:30 Cribbage12-1 *Lace Lantern Craft with Fran1-2 Open Line Dancing1-2:30 Wizard1-4 Caregiver Support Group V2-4 *Medicare 1015:30-6:30 Open to adults ages 50+	24 Walk Away the Pounds8:30-9:00 Sit & Fit Chair Exercise9:00-9:30 Moderate Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Bible Study10-11:30 Canasta and Other Games10-4:30 Moderate Intensity Water Exercise10:15-11 Instructor Led Chair Yoga10:15-11 Sponsored by Give Yoga NC Pinochle11-3:30 Low Intensity Water Exercise \$11:15-12 Line Dance Beginners 21-2 Crochet, Knitting & Chat1-3	25 One Mile Workout9-9:25 Two Mile Workout9:25-10 Women’s Coffee & Chat10-11 Tap Dancing10-11 Continue Tap Practice11-12 Rummi Kub10-12 Water Exercise Boot Camp \$10:15-11 *Lunch & Learn Sponsored by12-1 Dr. Roberts with We Care Chiropractic \$1.00 Cardio Drumming1-1:45 Friendly Bridge Group1-4 Euchre1-4 Mah Jongg (all levels open play)1-3 Meditation Class2:30-3:15 Sponsored by Give Yoga NC
28 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 Only one Strength & Balance Class Today11:30-12:15 Scrabble11-3 Strength & Balance Class11:15-12 Moderate Intensity Water Exercise \$11:15-12 Women’s Billiards1-3 *Al-Anon Presentation1-2 Sequence1:30-5	29 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 *Beginner Mah Jongg Class \$9:30-11:30 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 *Fall Prevention1-2 Sponsored by Phoenix Physical Therapy Shanghai Rummy12-4 Men’s Cards1-3:30	30 Three Mile Workout9-10 Woodcarvers9-12 Low Intensity Water Exercise \$9:15-10 *Beginner Mah Jongg Class \$9:30-11:30 Moderate Intensity Water Exercise \$10:15-11 Functional Fitness10:15-11 Moderate Intensity Water Exercise \$11:15-12 Tai Chi Beginners \$811:15-12 Chess Club11:30-12:30 Cribbage12-1 Open Line Dancing1-2:30 Wizard1-4 Caregiver Support Group V2-4	Native Plant Presentation Sept. 10th at 1pm, hosted by NC Master Gardeners. Learn how native plants are adaptable to local soil, climate, and wildlife, making them easier to grow and maintain and help create healthier, more resilient landscapes. RSVP by September 4 th . Fall Prevention Seminar, September 29th at 1 pm hosted by Phoenix Physical Therapy. This workshop will cover fall prevention strategies as well as the connection between the vestibular system and balance. RSVP by September 23 rd . Chiropractic Care for Older Adults Lunch & Learn, September 25th at 12 pm-sponsored by We Care Chiropractic. Learn how chiropractic techniques can support healthy aging. RSVP by September 18 th .	Volunteer Opportunity-Card Making for Creative Kindness, September 11 at 11 am. We will be decorating cards that will be distributed to organizations that include the Ronald McDonald House, MADD, Operation Gratitude and more. Please RSVP by September 8 th . Voter Engagement, September 9th at 1pm-hosted by AARP, Charlotte. With the 2026 mid-term elections approaching we invite you to an engaging conversation about the powerful role of 50+ voters. Learn about social security’s future and hear about changes to NC’s voting laws and how they may impact you. RSVP by September 8 th .

Resources for September 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.	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. Suicide Prevention, presented by Partners Health Management, Sept. 16th at 10 am. Join us for a discussion of suicide statistics, prevalence, warning signs and symptoms, as well as ways to increase prevention efforts and treatment engagement. This event is open to the public & CEU credits are offered. RSVP by Sept. 14 th .	Monthly Lunch Bunch-Tuesday September 8th 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 The Smoke Pit 328 NC Hwy 150. RSVP by September 4 th . Tuesday Afternoon Movie-About My Father, September 22nd at 1pm. Robert Dinero stars in this sweet, funny & heartfelt family movie. Popcorn and Soda available for purchase. Please RSVP by September 18 th . Vegan Cooking Class-September 21st at 1 pm. If you are interested in a vegan diet, please join Barbara to learn to make (and eat) eggless, tofu egg salad. Cost is \$5.00 cash only due at registration. RSVP by September 16 th .
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