

 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  September 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
September is National Senior Center Month! This year’s theme, “Happier Birthdays Happen Here”, celebrates the friendships, connections, and community that make life brighter. Join us throughout September as we celebrate you with a few special surprises along the way! Keep an eye out for something special each week. We’ll also be collecting birthday bags for Iredell Christian Ministries. Help us spread the joy by donating items from the list provided on the collection box at our reception area.	1 Women’s Billiards - Upstairs 9am - 12pm *Woodcarving \$ - Room 206 10am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am *Lunch Bunch \$ (Amalfi’s Pizza) 11:30am Drop in Billiards - Upstairs 12 - 4:30pm Hand and Foot - Room 211 1 - 4pm The Yarn Gathering - Lounge 1 - 4pm *Chair Yoga: GiveYogaNC - Room 206 2:30 - 3:30pm *Trivia - Ballroom 2 - 4pm	2 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	3 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 - Ballroom 1 - 3pm * Craft \$ Part 1 of 2 - Room 206 1 - 3pm Fall Art Frame	4 Drop in Billiards - Upstairs 8:30am - 4:30pm Bible Study with Dr. Don - Room 206 9:30 - 10:30am Beach Ball Volleyball - Ballroom 10 - 11:45am ARS vs ISC RETURNS Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm *Qi Gong \$ - Room 206 12:30 - 1:30pm
7 	8 Advisory Meeting - Room 213 9:00am Women’s Billiards - Upstairs 9am - 12pm *Woodcarving \$ - Room 206 10am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am Sit & Stitch - COA Office 10am - 2pm Mobile Library Visit 11:30am -12:30pm Drop in Billiards - Upstairs 12 - 4:30pm Hand and Foot - Room 211 1 - 4pm The Yarn Gathering - Lounge 1 - 4pm *Chair Yoga: GiveYogaNC - Room 206 2:30 - 3:30pm	9 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	10 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 - Ballroom 1 - 3pm * Craft Part 2 of 2 – Room 206 1 - 3pm Fall Art Frame	11 AFA Memory Screening By Appt Drop in Billiards - Upstairs 8:30am - 1:15pm 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 *Learn to Play Ladies’ Billiards - Upstairs 1:30 - 3pm Drop in Billiards - Upstairs 3:15 - 4:30pm
14 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 *Suicide Prevention - Room 206 12pm - 1pm Presented by Partners Health Management (light snacks provided) Beginners Canasta - Room 209 1 - 4pm Birthday Bingo - Ballroom 1:30 - 3pm	15 Women’s Billiards - Upstairs 9am - 12pm *Woodcarving \$ - Room 206 10am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am (Video Led) Drop in Billiards - Upstairs 12 - 4:30pm *Happier Birthdays: - Ballroom 1 - 3pm Bring a Friend Social Hand and Foot - Room 211 1 - 4pm The Yarn Gathering - Lounge 1 - 4pm *Chair Yoga: GiveYogaNC - Room 206 2:30 - 3:30pm 	16 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 *Watercolor \$ - Room 206 1 - 3pm (This is a six-week session) Hand and Foot - Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm	17 *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 -Ballroom 1 - 3pm	18 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 *SHIIP Presentation - Room 209 11am - 12:30pm with Brianna Smoot 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
21 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 *Voter Engagement - Room 206 11am - 12:30pm Presented by AARP	22 Women’s Billiards - Upstairs 9am - 12pm *Woodcarving \$ - Room 206 10am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am (Video Led) Drop in Billiards - Upstairs 12 - 4:30pm Hand and Foot - Room 211 1 - 4pm The Yarn Gathering - Lounge 1 - 4pm *Building Brain - Room 209 1 - 2:30pm Healthy Habits: Presented by Alzheimer’s Association and Carolina SeniorCare *Chair Yoga: GiveYogaNC - Room 206 2:30 - 3:30pm	23 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 *Watercolor \$ - Room 206 1 - 3pm Hand and Foot - Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm	24 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 - Ballroom 1 - 3pm	25 Drop in Billiards - Upstairs 8:30am - 1:15pm 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 *Learn to Play Ladies’ Billiards - Upstairs 1:30 - 3pm Drop in Billiards - Upstairs 3:15 - 4:30pm *Lunch and Learn - Room 209 12 - 1:30pm Healthy Snacking presented by Journey’s Assisted Living
28 *Legal Services w/Beth Setzer By Appt Drop in Billiards - Upstairs 8:30am - 4:30pm Five Crowns - Room 213 9:30am - 12pm Statesville Stitchers - COA Office 10am - 2pm Chair Exercise - Ballroom 10:30 - 11:30am Friendly Hooks & Needles - Room 211 11am - 2pm *Lunch & Learn - Room 206 11am - 1pm Fall Prevention presentation by Dudley’s Home Care Beginners Canasta - Room 209 1 - 4pm Bingo - Ballroom 1:30 - 3:00pm	29 Women’s Billiards - Upstairs 9am - 12pm *Woodcarving \$ - Room 206 10am - 12pm Cardio Drumming V - Ballroom 10:15 - 11:15am (Video Led) Drop in Billiards - Upstairs 12 - 4:30pm Hand and Foot - Room 211 1 - 4pm The Yarn Gathering - Lounge 1 - 4pm *Chair Yoga: GiveYogaNC - Room 206 2:30 - 3:30pm *Senior Movie Matinee - Ballroom 1 - 3pm “A League of Their Own” (Gina Davis/Tom Hanks)	30 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 *Watercolor \$ - Room 206 1 - 3pm Hand and Foot - Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm	Voter Engagement - Join Bill Lisnerski with AARP for an informative presentation on voter engagement, participation, and the importance of making your voice count. Please RSVP by September 17th. Building Brain-Healthy Habits - Join Ben Yeager from the Alzheimer’s Association and AJ from Carolina SeniorCare to learn simple, practical habits that can support brain health and overall well-being. Please RSVP by September 17th.	Lunch and Learn - Join Crissy Stein-Martin with Journey’s Assisted Living for a presentation on Healthy Snacking for Seniors. Please RSVP by September 18th. Lunch and Learn – Join Connie Mann with Dudley’s Home Care for a fall prevention presentation. Please RSVP by September 21st.
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 (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. 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.	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. 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. Qi Gong – Dori King will be teaching the ancient art of Qi Gong. The classes will be \$10 for the month. The Yarn Gathering - Bring your yarn project and enjoy an afternoon of crafting and conversation. All skill levels welcome! 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 Amalfi’s Pizza (1712 Old Wilkesboro Rd). Please RSVP by August 31st. Senior Movie Matinee – A League of Their Own tells a fictionalized story about the real-life All American Girls Professional Baseball League during World War II. Please RSVP by September 25th. \$1 for popcorn and drink. Woodcarving - Join Tom Scott and James Cashman every Tuesday in September for woodcarving! All skill levels are welcome. Supply fee: \$3 beginners; \$14 intermediate/advanced. Bring your own X-Acto knife or carving knife. Please RSVP by August 27 if possible. Full-session attendance is encouraged, but not required. Chair Yoga - Join GiveYogaNC every Tuesday for a gentle chair yoga class designed to support flexibility, balance, and relaxation. Please sign up for the sessions you plan to attend.	Trivia - Test your knowledge and have some fun! Join us for a friendly trivia game. Please RSVP by August 28th. Craft - Join Vicki DeHart for this fun 2-part fall art frame craft! \$5 donation. Create a festive frame and enjoy some creative time! Please RSVP by September 1st. Learn to Play Ladies’ Billiards – Ladies interested in learning to play billiards are invited to join Bill Knauf, for a fun, beginner-friendly class on two Fridays in September. Come learn the basics and give it a try! Please RSVP by September 9th. Suicide Prevention - Join Patti Reese with Partners Health Management for an informative presentation focused on suicide prevention and the well-being of older adults. Learn about warning signs, how to support someone who may be struggling, and where to find help. Please RSVP by September 10th. Watercolor - Join instructor Judy Carpenter for a 6-week session! \$8 per class (\$48 total), due at the first class. A supply list will be provided when you sign up. Please RSVP by September 11th. SHIIP Presentation - New to Medicare or considering a plan change? Join Senior Health Insurance Information counselor Brianna Smoot for an informative presentation on Medicare and what to expect in the coming year. Open to all ages and the public. Please RSVP by September 16.