

Council on Aging 0 South Iredell Senior Center 202 N Church Street Mooresville NC 28115 704-873-5171 www.iredellcoa.org/sisc Catherine Mandras, Senior Center Manager Jennifer Baraclough, Executive Director October 2026 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. Senior Center of Excellence committed to the highest standards of aging and adult services NC Health and Human Services																																																																																																																																																						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																																																																																		
BINGO! October 16th at 11 am sponsored by the Mooresville Community police. Our favorite game with our favorite officers who will be calling numbers and handing out prizes! RSVP by Oct.12th Gracefully Aging 101-October 19th at 1 pm, hosted by Naborforce. This presentation will provide resources for older adults and caregivers to navigate the aging journey with confidence and support. Light refreshments will be provided. RSVP by October 15th. Medicare Open Enrollment begins October 15th. If you would like to make an appointment with a SHIIP counselor to review and compare options, please call 704-873-5171.	Friendly Feud Social-October 9th at 5:00 pm, sponsored by Hearts4Home. All ages are welcome to compete to guess the most popular survey answers! Friends, adult children and younger people are welcome to play! RSVP by October 6th. Green Burials & Cremation Lunch & Learn-October 5th at 12:30 pm, sponsored by Nicholson Funeral Home. Learn how “green” burials cares for the deceased, minimizing environmental impacts and preserving or restoring habitats. RSVP by October 2nd, cost is \$1.00 October 6th Street Closures beginning at 2:30 pm: Main Street: Iredell Ave. to Center Ave. Moore Ave.: Broad Street to Main Street.	Retro Cooking class October 7th at 1 pm. Stacey will prepare and demonstrate how to make 3 meals with one chicken. Roasted chicken, lemon Greek chicken and chicken, apple salad. Cost is \$10.00 cash due at registration. RSVP by October 5th. Scam Prevention-October 23rd at 11 am, hosted by the Iredell County Sheriff’s Economic crime Unit. This presentation will outline how to spot red flags, recognize current scams and what action to take if you think you have been targeted. RSVP by October 20th. 2027 Premier Travel meeting with Patrick Oct. 14, 2 pm. Patrick will review the trips we have planned for next year, and benefits folks can receive with early booking.	1 <table><tr><td>Walk Away the Pounds</td><td>8:30-9:00</td></tr><tr><td>Sit & Fit Chair Exercise</td><td>9:00-9:30</td></tr><tr><td>Moderate Intensity Water Exercise \$</td><td>9:15-10</td></tr><tr><td>Two Mile Workout</td><td>9:25-10</td></tr><tr><td>Bible Study</td><td>10-11:15</td></tr><tr><td>Instructor Led Chair Yoga</td><td>10:15-11:15</td></tr><tr><td>Sponsored by Give Yoga NC</td><td></td></tr><tr><td>Moderate Intensity Water Aerobics \$</td><td>10:15-11</td></tr><tr><td>Pinochle</td><td>11-3:30</td></tr><tr><td>Canasta and Other Games</td><td>1-4:30</td></tr><tr><td>Low Intensity Water Exercise \$</td><td>11:15-12</td></tr><tr><td>Line Dance Beginners 2</td><td>1-2</td></tr><tr><td>Crochet, Knitting & Chat</td><td>1-3</td></tr></table>	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	Instructor Led Chair Yoga	10:15-11:15	Sponsored by Give Yoga NC		Moderate Intensity Water Aerobics \$	10:15-11	Pinochle	11-3:30	Canasta and Other Games	1-4:30	Low Intensity Water Exercise \$	11:15-12	Line Dance Beginners 2	1-2	Crochet, Knitting & Chat	1-3	2 <table><tr><td>One Mile Workout</td><td>9-9:25</td></tr><tr><td>Two Mile Workout</td><td>9:25-10</td></tr><tr><td>Woman 2 Woman</td><td>9:30-10:55</td></tr><tr><td>Women’s Coffee & Chat</td><td>10-11</td></tr><tr><td>Rummi Kub</td><td>10 -11</td></tr><tr><td>Water Exercise Boot Camp \$</td><td>10:15-11</td></tr><tr><td>Grief Support</td><td>11-12</td></tr><tr><td>Cardio Drumming</td><td>1-1:45</td></tr><tr><td>Mah Jongg (all levels open play)</td><td>1-3</td></tr><tr><td>Friendly Bridge Group</td><td>1-4</td></tr><tr><td>Euchre</td><td>1-4</td></tr><tr><td>No Tap Classes</td><td></td></tr></table>	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	Rummi Kub	10 -11	Water Exercise Boot Camp \$	10:15-11	Grief Support	11-12	Cardio Drumming	1-1:45	Mah Jongg (all levels open play)	1-3	Friendly Bridge Group	1-4	Euchre	1-4	No Tap Classes																																																																																																	
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26 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 Serendipity practice12-1 Pinochle10-2 Strength & Balance Class10:15-11 Moderate Intensity Water Exercise \$10:15-11 Scrabble11-3 Strength & Balance Class11:15-12 Moderate Intensity Water Exercise \$11:15-12 Women’s Billiards1-3 Sequence1:30-4	27 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 Moderate 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 AARP (members only)2-4	28 Three Mile Workout9-10 Woodcarvers9-12 Low Intensity Water Exercise \$9:15-10 Beginner Mah Jongg Class \$9:30-11:30 Mah Jongg10-12 Moderate Intensity Water Exercise \$10:15-11 Functional Fitness10:15-11 Moderate Intensity Water Exercise \$11:15-12 *Intro to Italian Language10:45-11 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	29 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 Medium Intensity Water Exercise \$10:15-11 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	30 One Mile Workout9-9:25 Two Mile Workout9:25-10 Women’s Coffee & Chat10-11 Rummi Kub10-12 Water Exercise Boot Camp \$10:15-11 Cardio Drumming1-1:45 Mah Jongg (all levels open play)1-3 Euchre1-4 No Tap Class Downtown Mooreville Candy Grab 3-5pm. Located on Main St, this is a wonderful event for all ages! Candy donations are welcomed & Appreciated!

Resources for October 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. Commonly Misused Substances, October 21st at 10 am, presented by Vaya Partners. This class will explain commonly misused substances, their impact on older adults, and concerns specific to the elderly population. This event is open to the public & CEU credits are offered. RSVP by Oct. 19th.	Monthly Lunch Bunch -October 13th 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 I Bambini 2785 Charlotte Hwy., Mooresville. RSVP by Oct. 8th Fall Canvas Painting-October 21st at 1 pm with instructor Linda. You will be guided step by step to create a seasonal masterpiece on an 11x14 canvas. No experience (or talent) is required! Cost is \$8.00 paid in cash at registration. RSVP by Oct. 16th. Flu Shot Clinic- October 13th 9:30-12 pm hosted by Walgreens. With flu season fast approaching it is suggested that you protect yourself by getting a flu shot. Walgreens will be offering the higher dose that is tailored for older adults. Please bring your insurance card.
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