



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



November 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 One Mile Workout 9-9:25 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Strength & Balance Class 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Scrabble 11-3 Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Women’s Billiards 1-3 *Is it Time to Hand in your Car Keys? Presented by AARP Sequence 1:30-4:30	3 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 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	4 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 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 12:30-4 *Grateful for the Classics Music Bingo! 1-2:30 Open Line Dancing 1-2:30 Wizard 1-4 Caregiver support (v) *new day 2-4	5 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:25 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Bible Study 10-11:30 Moderate Intensity Water Exercise \$ 10:15-11 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 Canasta and Other Games 11-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Beginners 2 1-2:30 Crochet, Knitting & Chat 1-3	6 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Woman 2 Woman 9:30-10:55 *Osteoporosis & Fall Prevention 10-11 Hosted by Osteostrong Women’s Coffee & Chat 10-11 Rummi Kub 10 -11 Water Exercise Boot Camp \$ 10:15-11 Grief Support 11-12:30 *Exercises for Pain Relief w/Ivy Rehab 11-12 Drop-in knitting Class &Chat 11:15-1 Mah Jongg (all levels open play) 1-3 Friendly Bridge Group 1-4 Euchre 1-4 Meditation Class 2:30-3:15 No Tap Classes/No Cardio Drumming
9 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 Crochet Club 10-12 Strength & Balance Class 10:15-11 Pinochle 10-2 Moderate Intensity Water Exercise \$ 10:15-11 Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Women’s Billiards 1-3 Sequence 1:30-4:30	10 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 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 1 12:00-3 *Monthly Lunch Bunch \$ Happy Egg 12:15-2 Shanghai Rummy 12-4 Men’s Cards 1-4:30	11 SISC Closed for Veteran’s Day  <i>Veterans Day</i> <i>United States of America</i>	12 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:25 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:30-10 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 *Navigating Senior Healthcare 1-2 Sponsored by Carolina Caring Line Dance Beginners 2 1-2:30 Crochet, Knitting & Chat 1-3	13 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Tap Dancing 10-11:00 Continue Tap Practice 11-12 Women’s Coffee & Chat 10-11 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Drop-in knitting Class &Chat 11:15-1 *Muscles for Longevity Lunch & Learn \$1 12-1 Hosted by Max Strength Fitness Cardio Drumming 1-1:45 Mah Jongg (all levels open play) 1-3 Friendly Bridge Group 1-4 Euchre 1-4
16 One Mile Workout 9-9:25 Charity Quilters Workshop # 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Advisory Club (members only) 9:30-11 Crochet Club 10-12 Strength & Balance Class (Jayne) 10:15-11 ONE CLASS ONLY Pinochle 10-2 Moderate Intensity Water Exercise \$ 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Women’s Billiards 1-3 Sequence 1:30-5 * Prepping Your Garden for Winter LKN Garden 2-3	17 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 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 2 11:30-2 Shanghai Rummy 12-4 Men’s Cards 1-4:30 AARP (members only) 2-4	18 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 *Managing Chronic Health Conditions 10-11 Sponsored by Vaya Partners 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 12:30-4 Open Line Dancing 1-2:30 Wizard 1-4 Caregiver Support Group (V) 2-4 Bowling @ Victory Lanes \$ 3-5	19 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:25 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:30-10 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 1-2:30 Crochet, Knitting & Chat 1-3	20 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 10-12 Water Exercise Boot Camp \$ 10:15-11 Grief Support 11-12:30 Drop-in knitting Class &Chat 11:15-1 Cardio Drumming 1-1:45 Mah Jongg (all levels open play) Room G 1-3 *Movie Matinee Steel Magnolias 2-4 Friendly Bridge Group 1-4 Euchre 1-4 Meditation Class 2:30-3:15

23 <div>One Mile Workout 9-9:25</div> <div>Charity Quilters Workshop # 9-4</div> <div>Low Intensity Water Exercise \$ 9:15-10</div> <div>Two Mile Workout 9:25-10</div> <div>Crochet Club 10-12</div> <div>Pinochle 10-2</div> <div>Moderate Intensity Water Exercise \$ 10:15-11</div> <div>Strength & Balance Class 10:15-11</div> <div>Scrabble 11-3</div> <div>Strength & Balance Class 11:15-12</div> <div>Moderate Intensity Water Exercise \$ 11:15-12</div> <div>Women’s Billiards 1-3</div> <div>Sequence 1:30-5</div>	24 CLOSING AT 1 PM FOR CHRISTMAS PARADE <div>Walk Away the Pounds 8:30</div> <div>Sit & Fit Chair Exercise 9 & 2</div> <div>Men’s Billiards 9-11</div> <div>Moderate Intensity Water Exercise \$ 9:15-10</div> <div>Two Mile Workout 9:25</div> <div>Tai Chi Intermediate \$8 10-11</div> <div>Moderate Intensity Water Exercise \$ 10:15-11</div> <div>Bingo 10:30-12</div> <div>Writing Senior Memories 10:30-12:15</div> <div>Low Intensity Water Exercise \$ 11:15-12</div> <div>Tai Chi Advanced \$8 11:15-12:15</div>	25 CLOSING AT 1 PM <div>Three Mile Workout 9-10</div> <div>Woodcarvers 9-12</div> <div>Low Intensity Water Exercise \$ 9:15-10</div> <div>Mah Jongg 9:30-12</div> <div>Moderate Intensity Water Exercise \$ 10:15-11</div> <div>Functional Fitness 10:15-11</div> <div>Moderate Intensity Water Exercise \$ 11:15-12</div> <div>Tai Chi Beginners \$8 11:15-12</div> <div>Chess Club 11:30-12:30</div>	26 Closed for Thanksgiving <div></div>	27 Closed for Thanksgiving <div></div>
30 <div>One Mile Workout 9-9:25</div> <div>Charity Quilters Workshop # 9-4</div> <div>Low Intensity Water Exercise \$ 9:15-10</div> <div>Two Mile Workout 9:25-10</div> <div>Crochet Club 10-12</div> <div>Pinochle 10-2</div> <div>Strength & Balance Class (Jayne) 10:15-11</div> <div>Moderate Intensity Water Exercise \$ 10:15-11</div> <div>Strength & Balance Class 11:15-12</div> <div>Moderate Intensity Water Exercise \$ 11:15-12</div> <div>Women’s Billiards 1-3</div> <div>Sequence 1:30-5</div>	Is it Time to Hand in your car keys? Nov. 2nd at 1pm, presented by AARP. Deciding when to stop driving is a challenging transition for older adults and families. This supportive, practical seminar is designed to help older drivers, family members and caregivers evaluate driving capabilities objectively. RSVP by Nov. 1 st . Meditation Classes-Nov. 6th & 20th at 2 pm, sponsored by Give Yoga NC. The benefits of meditation practice are endless, and the holiday season is the perfect time to start! If you are looking to reduce stress, sleep better and enhance your overall well-being please join us. Classes are free and accessible to older adults.	Grateful for the Classics, Music BINGO-November 4th at 1pm, Sponsored by Bayada. Classic music across the decades while playing our favorite game. Prizes and refreshments for all! RSVP by November 3 rd . Drop-in Knitting Class & Chat Fridays from 11-1-hosted by Virginia with Homewatch CareGivers. If you have a project you are working on and would like some company OR, if you would like to learn knitting in a relaxed, friendly environment please join us! Supplies are available, along with snacks and conversation!	Santa’s Kitchen, Bakery & Gift shop Fundraiser Saturday, Nov. 7th from 10 am-1:30pm. We will have gift items, baked items, raffles, hot dogs, chili, & more! All proceeds support programming at the South Iredell Senior Center.	Muscles for Longevity Lunch & Learn, Nov. 13th at 12 pm, sponsored by Max Strength Fitness. As we age we lose mobility, stability and flexibility around our joints. This can be combatted by keeping muscles on our body. Please RSVP by Nov. 10 th . Cost is \$1.00 due at registration. Prepping your Garden for Winter 16th at 1pm, hosted by Amanda at LKN Garden Center. This presentation will cover how to transition home garden landscapes and vegetables gardens into the colder months. RSVP by Nov. 12 th .

Resources for November 2026

<p>South Iredell Senior Center is MASK OPTIONAL</p> <p>* = RSVP to 704-662-3337 or at the front desk</p> <p># = Quilters Guild Members Only</p> <p>Water Exercise: Runs month to month and you must sign up in advance to attend.</p> <p>V-Also offered virtually, see a member of staff.</p> <p>Tuesday Bingo: Please bring two prizes of dollar store value and \$1.00 for supplies.</p> <p>SISC offers a scholarship for those who need assistance paying for a class. See a member of staff.</p>	<p>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.</p> <p>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.</p> <p>Drop-In Activities- Billiards, Puzzle Library, Board Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, etc.</p>	<p>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.</p> <p>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.</p> <p><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.</p>	<p>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.</p> <p>Managing Chronic Health Conditions in Older Adults by Vaya Partners, Nov. 18, 2026. Learn how to address chronic health conditions, support mental well-being, and apply practical strategies to keep older adults thriving physically and emotionally. This event is open to the public & CEU credits are offered. RSVP by Nov. 16th.</p>	<p>Monthly Lunch Bunch-November 10th 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 Happy Egg, 969 N. Main Street. RSVP by Nov.6th.</p> <p>Exercises for Pain Relief Nov. 6th at 11 am, presented by Ivy Rehab. This class will focus on non-pharmacological methods and exercises we can incorporate to aid in pain relief as we age. RSVP by Nov. 5th.</p> <p>Navigating Senior Health Care, Nov. 12th at 1pm-hosted by Carolina Caring. Ensuring your Medical, Emotional, Social, Spiritual and Financial needs are met and how it is all paid for. Refreshments will be provided. Please RSVP by Nov. 10th.</p>
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