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

November 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
2 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 **$** Birthday Bingo - Ballroom 1:30-3pm ***Caregiver Support Group - Room 206 3-4pm** **Hosted by Jackie Negley/COA**	**3** **Advisory Meeting - Room 213 9am** Women's Billiards - Upstairs 9am-12pm ***$ Woodcarving - Room 206 10am-12pm** Cardio Drumming - Ballroom 10:15-11:15am ***$ Lunch Bunch *(Shiki Japanese)* 11:30am** Drop in Billiards - Upstairs 12-4:30pm Hand and Foo t- Room 211 1-4pm The Yarn Gathering - Lounge 1-4pm ***Navigating Healthcare - Room 209 1:30-2:30pm** **Presented by Carolina Caring (snacks provided)** ***Chair Yoga: GiveYogaNC - Room 206 2-3pm**	**4** 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 (1st class of 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	**5** Balance and Strength - Ballroom 9-10am Men's Billiards - Upstairs 9am-12pm Learn Rummikub - Room 211 9:30am-12pm Chair Exercise - Ballroom 10:30-11:15am Mah Jongg - Room 209 11am-4pm Drop in Billiards - Upstairs 12-4:30pm Euchre - Room 211 1-3pm Beginners Line Dance - Ballroom 1-3pm ***$ Craft Fall Plaque - Room 206 1-3pm** **Part 1 of 2 with Vicki DeHart**	**6** Drop in Billiards - Upstairs 8:30am-1:15pm Bible Study with Dr. Don - Room 206 9:30-10:30am ***American Mah Jongg 101 - Room 209 10am-12pm** Beach Ball Volleyball - Ballroom 10-11:45am ARS vs ISC *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** ***with Bill Knauf*** Drop in Billiards - Upstairs 3:15-4:30pm
9 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 ***Grief and Resulting Depression: - Room 206 12-1pm** **Strategies for Support. Presented by** **Partners Health Management (snacks provided)** Beginners Canasta - Room 209 1-4pm **$** Bingo - Ballroom 1:30-3pm ***Drop in Veteran's Day - 209 10:30am-12:30pm** **Light Brunch**	**10** Women's Billiards - Upstairs 9am-12pm ***$ Woodcarving - Room 206 10am-12pm** Sit & Stitch - COA Office 10am-2pm Cardio Drumming - Ballroom 10:15-11:15am Mobile Library Visit 11:30am-12:30pm ***Lunch and Learn - Room 209 11:30am-1pm** **Caregiver Stress with Dudley's Home Care** 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 2-3pm**	**11** **Closed for Veteran's Day** 	**12** Balance and Strength - Ballroom 9-10am Men's Billiards - Upstairs 9am-12pm Learn Rummikub - Room 211 9:30am-12pm Chair Exercise - Ballroom 10:30-11:15am Mah Jongg - Room 209 11am - 4pm ***Chronic Health - Room 206 11:30am-12:30pm** **& Wellness. By YMCA Northwest (snacks provided)** Drop in Billiards - Upstairs 12-4:30pm Euchre - Room 211 1-3pm Beginners Line Dance - Ballroom 1-3pm ***$ Craft Fall Plaque - Room 206 1-3pm** **Part 2 of 2 with Vicki DeHart**	**13** **AFA Memory Screening By Appt** Drop in Billiards - Upstairs 8:30am-4:30pm Bible Study with Dr. Don - Room 206 9:30-10:30am ***American Mah Jongg 101 - Room 209 10am-12pm** 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
16 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 **$** Bingo - Ballroom 1:30-3pm ***Journey to Wellness - Room 209 10-11am** **with Rïsa Sandrowitz (snacks provided)**	**17** Women's Billiards - Upstairs 9am-12pm ***$ Woodcarving - Room 206 10am-12pm** Cardio Drumming - Ballroom 10:15-11:15am Drop in Billiards - Upstairs 12-4:30pm ***"Friendsgiving" Social 1-3pm** Hand and Foot - Room 211 1-4pm The Yarn Gathering - Lounge 1-4pm ***Chair Yoga: GiveYogaNC - Room 206 2-3pm**	**18** 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 ***Lunch and Learn - Room 206 11am-12:30pm** **Therapy Tips & Tricks with Carolina SeniorCare** *$ 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	**19** ***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 10:30-11:15am Mah Jongg - Room 209 11am - 4pm Drop in Billiards - Upstairs 12-4:30pm Euchre - Room 211 1-3pm Beginners Line Dance - Ballroom 1-3pm ***Computer Navigation - Computer Lab 3-4:30pm** **with CCTL Student, Brandon Xiong**	**20** Drop in Billiards - Upstairs 8:30am-1:15pm Bible Study with Dr. Don - Room 206 9:30-10:30am ***American Mah Jongg 101 - Room 209 10am-12pm** 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** ***with Bill Knauf*** Drop in Billiards - Upstairs 3:15-4:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 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 Beginners Canasta - Room 209 1-4pm **$** Bingo - Ballroom 1:30-3pm	**24** Women's Billiards - Upstairs 9am-12pm ***$ Woodcarving - Room 206 10am-12pm** Cardio Drumming - Ballroom 10:15-11:15am Drop in Billiards - Upstairs 12-4:30pm ***November Triva - Ballroom 1-3pm** Hand and Foot - Room 211 1-4pm The Yarn Gathering - Lounge 1-4pm ***Chair Yoga: GiveYogaNC - Room 206 2-3pm**	**25** 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	**26**  Center is Closed	**27**  Center is Closed
30 ***Legal Services w/Beth Setzer By Appt** 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	**Lunch and Learn – Caregiver Stress:** Join Connie Mann of Dudley's Home Care to discuss caregiver stress with tips and to avoid burnout. **Please RSVP by November 6th.** **Lunch and Learn - Therapy Tips & Tricks:** Join Carolina SeniorCare for helpful tips and handy devices to improve balance, stay safe, and maintain independence at home with Anita Prendergast, Executive Director and experienced physical therapist! **Please RSVP by November 13th.**	**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 Shiki Japanese Restaurant (1929 E Broad Street). **Please RSVP by November 2nd.** **Navigating Senior Healthcare** - Join Tim Sullivan of Carolina Caring for an informative presentation on navigating healthcare as a senior. Light snacks will be provided. **Please RSVP by November 2nd.** **American Mah Jongg 101 -** Join Judy Preston for a fun, beginner-friendly introduction to American Mah Jongg. This FREE, 6-week class will cover the basics and get you ready to play! **Please RSVP by November 2nd.** **Craft -** Join Vicki DeHart for this fun 2-part Fall Plaque November craft! **$3 donation. Please RSVP by November 2nd.**	***Drop in Veterans Day Brunch -** Our veteran participants and their spouses are invited to join us for light brunch and fellowship as we honor and celebrate their military service. **Please RSVP by November 6th.** ***Grief and Resulting Depression: Strategies for Support.** Presented by Partners Health Management. **Please RSVP by November 6th.** **Chronic Health & Wellness** - Join Erin Johnson, from the YMCA Northwest NC, to learn about helpful health and wellness resources for managing chronic conditions, including Parkinson's disease, diabetes, and cancer recovery. **Please RSVP by November 9th.** **"FRIENDSGIVING" Social -** Join us for a Friendsgiving celebration filled with good food, friendship, and gratitude! Keep an eye out for sign-up sheets to bring your favorite side dish or dessert to share. **Please RSVP by November 10th.**	**Journey to Wellness -** Join volunteer Rïse Sandrowitz, retired RN and nursing educator, for a discussion on understanding your body. **Please RSVP by November 13th.** **Computer Navigation -** Join CCTL student, Brandon Xiong for help with basic computer skills and navigating the internet. Small-group assistance is available in our computer lab, with space for up to four participants. **Please RSVP by November 16th.** **November Trivia -** Gather your friends, put on your thinking caps, and get ready for some laughs, friendly competition, and a little brainpower! **Please RSVP by November 20th.**

ISC Notes for November 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

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, Quilting, Crocheting, Computer Lab, etc.

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.

Facebook - Follow our Facebook page to see our virtual program opportunities during the month.

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.

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.

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.

Senior Insurance Counseling (SHIIP) by appt.
If you need assistance with your Medicare and supplemental insurance. Call for an appointment. 704-873-5171.

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 - $1.50 to Play! Includes 2 Bingo cards and prizes provided by the center. Feel free to bring snacks to enjoy with friends!

Birthday Bingo - $1.50 to Play! Join us for Bingo and snacks to celebrate participants with birthdays this month! Includes 2 Bingo cards. Prizes are provided by the center.

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 TinaMarie with 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.**

Euchre - Come out on Thursdays to play this game with your friends!

Five Crowns Card Game - Join us for a shedding game where you try to get rid of all your cards before your opponents.

Friendly Hooks & Needles - Join fellow knitting and crochet enthusiasts for a friendly gathering of stitching, sharing, and conversation.

Rummikub - Come 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.

Learn to Play Ladies' Billiards - Ladies! Join Bill Knauf on Friday, November 6 & 20, to learn the game and sharpen your billiards skills! **Please sign up at front desk.**

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 dancers. Come and join us to learn fun, low-impact dance. This 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.

Rummikub - Come 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.

The Yarn Gathering - This informal group meets in the lounge. Bring your yarn projects and enjoy a relaxing afternoon of crafting and conversation. All skill levels welcome.

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.

Woodcarving - Join Tom Scott and James Cashman Tuesdays in November. All skill levels welcome! Supply fee: $3 beginner/$15 intermediate & advanced for the month. **Full-session attendance is encouraged but not required.**