



Iredell Senior Center

344 East Front Street |
Statesville | NC | 28677
704-873-8568 |

www.iredellcoa.org

Jennifer Barraclough, Director



April 2024



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
1 Tax-Aide Tax Preparation –Upstairs 8am-12:30pm **Egg Hunt – Find the golden coin and win a prize** Non-Equestrian Pedestrian Walking Club 9:00 am Drop in Billiards -Upstairs 8:30am - 4:30pm Chair Exercise - Ballroom 10:30-11:30am Knitting- Room 206 11am-2pm Line Dance Advanced Beginners - Ballroom 1-3pm Bowling at Pla Mor Lanes 1-3pm Beginners Canasta- Room 209 1-4pm *Healthy Living - Room 211 2-3pm with Connie Darnell	2 Tax-Aide Tax Preparation -Upstairs 8am-12:30pm **Egg Hunt – Find the golden coin and win a prize** Women’s Billiards –Upstairs 9am-12pm Cardio Drumming – Ballroom 10:00-11:00am *Lunch Bunch- 11:30am Greenbriar Grill Conversational Spanish Class – Ballroom 12-1pm Drop in Billiards – Upstairs 12-4:30pm *Learn to Crochet with Janice – Room 209 1- 2:00pm Hand and Foot- Room 211 1-4pm *Hoarding Part II Room 206 2-3pm Presented by Vaya Health	3 Tax-Aide Tax Preparation Upstairs 8am-12:30pm **Egg Hunt – Find the golden coin and win a prize** Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am-12pm Shuffleboard - Ballroom 9-10am Corn Hole –Ballroom 10-11am Hand and Foot- Room 211 1-4pm Pinochle- 213 1-4pm Bridge –Room 209 1-4:30pm Bunco - Ballroom 1:30 – 3:00pm	4 **Egg Hunt – Find the golden coin and win a prize** Non-Equestrian Pedestrian Walking Club 9:00 am Men’s Billiards -Upstairs 9am-12pm *Charity Craft Kindness Rocks Room 206 9:15-10:30am Chair Exercise - Ballroom 10:30- 11:30am Mah Jongg –TBD 11am -4pm Drop in Billiards -Upstairs 12-4:30pm Yoga – Room 209 (Video Led) 1-2:30pm Line Dance Beginners -Ballroom V 1-3pm	5 **Egg Hunt – Find the golden coin and win a prize** Drop in Billiards -Upstairs 8:30am - 4:30pm Trauma Kit Painting – Room 206 8am-4pm Bible Study with Dr. Don- Room 209 9:30 – 10:30am Beach Ball Volleyball – Ballroom 10:30-11:45am *Qi Gong \$ Room 209 1:30-2:30pm \$1 Bingo -Ballroom 1:30-3:30pm Sponsored by The Greens
8 Tax-Aide Tax Preparation –Upstairs 8am-12:30pm Non-Equestrian Pedestrian Walking Club 9:00 am Drop in Billiards -Upstairs 8:30am - 4:30pm Chair Exercise - Ballroom 10:30-11:30am Knitting- Room 206 11am-2pm Line Dance Advanced Beginners - Ballroom 1-3pm Bowling at Pla Mor Lanes 1-3pm Beginners Canasta- Room 209 1-4pm Technology How To Series – TBD 2-4pm Drop In Device Advice w/Rosalyn Solar Eclipse Watch Party 2:15-3:15pm	9 Tax-Aide Tax Preparation -Upstairs 8am-12:30pm Women’s Billiards –Upstairs 9am-12pm Advisory Council Meeting – Ballroom 10-11am Sit & Stitch – Room 206 10-2pm Conversational Spanish Class – Ballroom 12-1pm Drop in Billiards – Upstairs 12-4:30pm *Learn to Crochet with Janice – Room 209 1- 2:00pm Hand and Foot- Room 211 1-4pm Cardio Drumming – Ballroom 10:00-11:00am	10 Tax-Aide Tax Preparation Upstairs 8am-12:30pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am-12pm Shuffleboard - Ballroom 9-10am Corn Hole –Ballroom 10-11am Caregiver Support Group – Room 213 10-11am *Watercolor -Room 206 – New Class Begins 1-3pm Hand and Foot- Room 211 1-4pm Pinochle- 213 1-4pm Bridge –Room 209 1-4:30pm Bunco - Ballroom 1:30 – 3:00pm	11 Non-Equestrian Pedestrian Walking Club 9:00 am Book Club – Room 209 9:30-10:30am Men’s Billiards -Upstairs 9am-12pm *Posey Pots Door Décor – Room 206 10am-12pm Chair Exercise - Ballroom 10:30- 11:30am Mah Jongg –TBD 11am -4pm Drop in Billiards -Upstairs 12-4:30pm Yoga – Room 209 (Video Led) 1-2:30pm Line Dance Beginners -Ballroom V 1-3pm	12 AFA Memory Screening By Appt Drop in Billiards -Upstairs 8:30am - 4:30pm Trauma Kit Painting – Room 206 8am-4pm Bible Study with Dr. Don- Room 209 9:30 – 10:30am Beach Ball Volleyball – Ballroom 10:30-11:45am \$1 Bingo -Ballroom 1:30-3:30pm Sponsored by: Organized by Julianna
15 Non-Equestrian Pedestrian Walking Club 9:00 am *Coach Roger presents: Room 206 9:30-10:30am Take Charge of Your Health Billiards -Upstairs 8:30am - 4:30pm Chair Exercise - Ballroom 10:30-11:30am Knitting- Room 206 11am-2pm Line Dance Advanced Beginners - Ballroom 1-3pm Bowling at Pla Mor Lanes 1-3pm Beginners Canasta- Room 209 1-4pm	16 Women’s Billiards –Upstairs 9am-12pm Men’s Caregiver Support Group – Room 211 9-10am Cardio Drumming – Ballroom 10:00-11:00am Conversational Spanish Class – Ballroom 12-1pm Drop in Billiards – Upstairs 12-4:30pm Massage – Room 213 By Appt *Learn to Crochet with Janice – Room 209 1- 2:00pm Hand and Foot- Room 211 1-4pm	17 Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am-12pm Shuffleboard - Ballroom 9-10am Blood Pressure Checks 9:30-10:30am Sponsored by Lake Norman Medical Corn Hole –Ballroom 10-11am Watercolor – Room 206 1-3pm Carolina Hearing & Tinnitus - Ballroom 1-2pm Hand and Foot- Room 211 1-4pm Pinochle- 213 1-4pm Bridge –Room 209 1-4:30pm Bunco - Ballroom 1:30 – 3:00pm	18 *Device Advice By Appt Non-Equestrian Pedestrian Walking Club 9:00 am Men’s Billiards -Upstairs 9am-12pm *Memoir Writing – Room 206 9:30-10:30am Chair Exercise - Ballroom 10:30- 11:30am Mah Jongg –TBD 11am -4pm Drop in Billiards -Upstairs 12-4:30pm Yoga – Room 209 (Video Led) 1-2:30pm Line Dance Beginners -Ballroom V 1-3pm	19 Drop in Billiards -Upstairs 8:30am - 4:30pm Trauma Kit Painting – Room 206 8am-4pm Bible Study with Dr. Don- Room 209 9:30 – 10:30am Beach Ball Volleyball – Ballroom 10:30-11:45am Birthday Bingo -Ballroom 1:30-3:30pm Sponsored by: Pace *Qi Gong \$ Room 209 1:30-2:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Non-Equestrian Pedestrian Walking Club 9:00 am Drop in Billiards -Upstairs 8:30am - 4:30pm *Tapping Through Anxiety – Room 209 9:30-10:30am Chair Exercise - Ballroom 10:30-11:30am Knitting- Room 206 11am-2pm Line Dance Advanced Beginners - Ballroom 1-3pm Bowling at Pla Mor Lanes 1-3pm Beginners Canasta- Room 209 1-4pm	23 Women’s Billiards –Upstairs 9am-12pm Cardio Drumming – Ballroom 10:00-11:00am Conversational Spanish Class – Ballroom 12-1pm Drop in Billiards – Upstairs 12-4:30pm Massage – Room 213 By Appt *Learn to Crochet with Janice – Room 209 1- 2:00pm Hand and Foot- Room 211 1-4pm April Social – Ballroom 2-4pm Kentucky Derby Celebration	24 Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am-12pm Shuffleboard - Ballroom 9-10am Wills Clinic – Library By Appt Corn Hole –Ballroom 10-11am Watercolor – Room 206 1-3pm Hand and Foot- Room 211 1-4pm Pinochle- 213 1-4pm Bridge –Room 209 1-4:30pm Bunco - Ballroom 1:30 – 3:00pm	25 Non-Equestrian Pedestrian Walking Club 9:00 am Men’s Billiards -Upstairs 9am-12pm Chair Exercise - Ballroom 10:30- 11:30am Mah Jongg –TBD 11am -4pm *PNC Bank presents: Room 206 11:30-12:30pm Banking Scams/Frauds *AARP Smart Drivers Course – Room 211 12-4:30pm Drop in Billiards -Upstairs 12-4:30pm Yoga – TBD (Video Led) 1-2:30pm Line Dance Beginners -Ballroom V 1-3pm	26 Drop in Billiards -Upstairs 8:30am - 4:30pm Trauma Kit Painting – Room 206 8am-4pm Bible Study with Dr. Don- Room 209 9:30 – 10:30am Beach Ball Volleyball – Ballroom 10:30-11:45am \$1 Bingo -Ballroom 1:30-3:30pm
29 Legal Aid By Appt Non-Equestrian Pedestrian Walking Club 9:00 am Drop in Billiards -Upstairs 8:30am - 4:30pm National Embroidery Guild – Room 206 10-2pm Chair Exercise - Ballroom 10:30-11:30am Knitting- Room 206 11am-2pm Line Dance Advanced Beginners - Ballroom 1-3pm Bowling at Pla Mor Lanes 1-3pm Beginners Canasta- Room 209 1-4pm	30 Women’s Billiards –Upstairs 9am-12pm Cardio Drumming – Ballroom 10:00-11:00am Drop in Billiards – Upstairs 12-4:30pm Conversational Spanish Class – Ballroom 12-1pm Massage – Room 213 By Appt *Learn to Crochet with Janice – Room 209 1- 2:00pm Hand and Foot- Room 211 1-4pm *Senior Movie Matinee – Ballroom 1:30-4:00pm The Adam Project	Tapping Through Anxiety – Donald Grothoff will teach us how to use tapping to overcome anxiety. Please RSVP by April 19th. Bowling at Pla Mor- Come bowl at Pla Mor Lanes in Statesville. The cost is \$9 for 2 games and shoes. We will be meeting every Monday to get ready for the Senior Games . We will meet at the Lanes. Senior Movie Matinee- This month’s movie will be The Adam Project. Snacks will be provided.	Conversational Spanish – Join one of our newest participant volunteers, Elina, to learn some easy, conversational Spanish. NCBAM will be here to present “The Heart of the Caregiver”. Join us for caregiver tips. Vaya Health will continue to educate us about Hoarding Disorder in the second part of this very interesting series. This is open to the public. Coach Roger presents – Take Charge of your Health. Please RSVP by April 12th.	AARP Smart Drivers Course – Instructor led, 4.5 hour class. The cost is \$25 for AARP members and \$30 for non-members. Please RSVP by April 23rd. Healthy Living – Join Connie Darnell to learn how to age as healthy as possible. PNC Bank will be here to help educate us about scams and frauds to protect your banking information. Healthy snacks provided. Please RSVP by April 23rd.

ISC Notes for April 2024

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 insurances, make an appointment by calling 704-873-8568. 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. Drop-In Activities- Arts, Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, Table Tennis, 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. Legal Services- 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. Resource and Information Office- ISC provides a space for individuals to look though provided information about housing, repairs, Social Security, home security, life alert systems and many more topics. The office also has a computer and printer that you can use for research purposes. AFA Memory Screenings- Memory screenings are an important part of a good health and wellness routine for people of all ages. 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.	Caregiver Support Group –Are you or a loved one providing care to someone who has a Chronic Illness? Then a support group is exactly what you need. This Caregiver Support Group will be both educational and a time to share experiences with others who understand the journey you are on. Many Caregivers feel alone, but this group will help to know that you are not alone! \$1 Bingo – Bring \$1 and your own snacks to play. Birthday Bingo- Join us for bingo and snacks to celebrate participants with birthdays this month. Bridge – If you are new to Bridge, please call the senior center to have your name placed in the rotation. Book Club – The book selection for the April 11 th meeting is The Places in Between by Rory Stewart. Beginner’s Canasta – Join this group If you want to learn this fun card game or brush up on your skills. Solar Eclipse Watch Party – Glasses Provided!	Watercolor Art- Cost is \$48 for 8 weeks of classes. Judy Carpenter will be your instructor. You must sign up in advance. A new class will start April 10 th . A supply list can be obtained when you sign up. Massages By Eve- Massage and body work therapist, Eve Wilson, is offering chair massage in 30 min and 60 min sessions. Wear non-restrictive clothing, allowing for easy movement. \$20 for 30 minutes or \$50 for 60 minutes, cash only. Call Eve directly to make your appointment at 910-520-1881. Non-Equestrian Pedestrian Walking Club – We meet at MacAnderson Park at 9:00am; friendly dogs and all levels of walkers are welcome. Cardio Drumming- Join our drumming class for fun exercise! Drumming will help you release stress, aggression, and anxiety. RSVP - limited to 20 drummers. Charity Crafting for a Cause – This month we will be sharing painted rocks with stories to be placed at Martin Luther King Park.	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 Greenbriar Grill . Please call the senior center to RSVP by April 8th. Acrylic Art- Bring your own paint, canvas, brushes etc. and art teacher Annette Ratledge will help you turn it all into a work of art. Line Dance Beginners –A workout can be fun! You’ll enjoy a variety of music surrounded by friends as you exercise to the beat. 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 Kathy Strantz. 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. Blood Pressure Checks- Second Wednesday of the month sponsored by Lake Norman Medical.
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