

		<div>South Iredell Senior Center</div> <div>202 N Church Street Mooresville NC 28115</div> <div>704-662-3337 www.iredellcoa.org/sisc</div>				<div>April 2024</div>		<div>Mission Statement</div> <div>The mission of South Iredell Senior Center is to help seniors continue to grow, promoting physical, emotional and economic well-being for successful aging.</div>						
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1			2			3			4			5		
Two Mile Workout 9-9:30			Walk Away the Pounds 8:30 & 2:30			Three Mile Workout 9-10			Walk Away the Pounds 8:30-9:00			Two Mile Workout 9-9:30		
Folk Art Sewing 9-1			Sit & Fit Chair Exercise 9 & 2			Woodcarvers 9-12			Sit & Fit Chair Exercise 9:00-9:30			Extra Mile Workout 9:30-10		
Low Intensity Water Exercise \$ 9:15-10			Men’s Billiards 9-11			Low Intensity Water Exercise \$ 9:15-10			Moderate Intensity Water Exercise \$ 9:15-10			Women’s Coffee & Chat 10-11		
Extra Mile Workout 9:30-10			Moderate Intensity Water Exercise \$ 9:15-10			Mah Jongg 9:30-12			Two Mile Workout 9:25-10			Rummi Kub 10-12		
Crochet Club 10-12			Two Mile Workout 9:25 & 2			Moderate Intensity Water Exercise \$ 10:15-11			Bible Study 10-11:30			Water Exercise Boot Camp \$ 10:15-11		
Pinochle 10-2			Resources to Lower Energy Costs 10-12			Instructor Led Chair Stretch & Balance 10:15-11			Moderate Intensity Water Aerobics \$ 10:15-11			Cornhole 10:15-11:15		
Instructor Led Strength & Balance Class 10:10-10:50			Hosted by I-Care, INC			Moderate Intensity Water Exercise \$ 11:15-12			Instructor Led Chair Yoga \$7 10:15-11			*Sea Turtle Bean Mosaic craft 11-12		
Moderate Intensity Water Exercise \$ 10:15-11			Beginner’s Tai Chi \$8 10-11			Cribbage 12-1			Canasta and Other Games 11-5			Pill Takeback Day 11-2		
Scrabble 11-3			Bingo 10:30-12			Mexican Train 12:30-5			Pinochle 11-5			Hosted by the Mooresville Police Department		
Instructor Led Strength & Balance Class 11:10-11:50			Moderate Intensity Water Exercise \$ 10:15-11			Board Games 1-4			Low Intensity Water Exercise \$ 11:15-12			Cardio Drumming 1-1:45		
Moderate Intensity Water Exercise \$ 11:15-12			Writing Senior Memories 10:30-12:15			Open Line Dancing 1-4			Line Dance Advanced Beginners 12:30-2:30			Friendly Bridge Group 1-4		
Women’s Billiards 1-3			Low Intensity Water Exercise \$ 11:15-12						Crochet, Knitting & Chat 1-3			Euchre 1-4		
Bridge 1-4			Intermediate Tai Chi \$8 11:15-12:15											
Sequence 1:30-5			Shanghai Rummy 12:15-4:30											
			Men’s Cards 1-4:30											
8			9 WASHINGTON DC TRIP			10 WASHINGTON DC TRIP			11 WASHINGTON DC TRIP			12		
Two Mile Workout 9-9:30			Walk Away the Pounds 8:30 & 2:30			Three Mile Workout 9-10			Walk Away the Pounds 8:30-9:00			Two Mile Workout 9-9:30		
Quilters’ Guild Mtg. & Workshop # 9-4			Sit & Fit Chair Exercise 9 & 2			Woodcarvers 9-12			Sit & Fit Chair Exercise 9:00-9:30			Extra Mile Workout 9:30-10		
Low Intensity Water Exercise \$ 9:15-10			Men’s Billiards 9-11			Low Intensity Water Exercise \$ 9:15-10			Moderate Intensity Water Exercise \$ 9:15-10			Women’s Coffee & Chat 10-11		
Extra Mile Workout 9:30-10			Moderate Intensity Water Exercise \$ 9:15-10			Mah Jongg 9:30-12			Two Mile Workout 9:25-10			Rummi Kub 10-12		
Crochet Club 10-12			Two Mile Workout 9:25 & 3			Moderate Intensity Water Exercise \$ 10:15-11			Bible Study 10-11:30			Water Exercise Boot Camp \$ 10:15-11		
Pinochle 10-2			Beginner’s Tai Chi \$8 10-11			Instructor Led Chair Stretch & Balance 10:15-11			Moderate Intensity Water Aerobics \$ 10:15-11			Cornhole 10:15-11:15		
Instructor Led Strength & Balance Class 10:10-10:50			Bingo 10:30-12			Moderate Intensity Water Exercise \$ 11:15-12			Instructor Led Chair Yoga \$7 10:15-11			*Wound Care and You Lunch & Learn 12-1		
Moderate Intensity Water Exercise \$ 10:15-11			Moderate Intensity Water Exercise \$ 10:15-11			Cribbage 12-1			Canasta and Other Games 11-5			Sponsored by Lake Norman Regional		
Instructor Led Strength & Balance Class 11:10-11:50			Writing Senior Memories 10:30-12:15			Mexican Train 12:30-5			Pinochle 11-5			Cardio Drumming 1-1:45		
Moderate Intensity Water Exercise \$ 11:15-12			Low Intensity Water Exercise \$ 11:15-12			Board Games 1-4			*Stretch Class 11:15-12			Friendly Bridge Group 1-4		
Women’s Billiards 1-3			Intermediate Tai Chi \$8 11:15-12:15			Open Line Dancing 1-4			Sponsored by Saylor Physical Therapy			Euchre 1-4		
Bridge 1-4			*Monthly Lunch Bunch \$ 12:30-2			Caregiver Support Group V 2-4			Low Intensity Water Exercise \$ 11:15-12					
Sequence 1:30-5			Mi Veracruz Mexican Restaurant, 761 N. Main St.						Line Dance Advanced Beginners 12:30-2:30					
			Bunco Group 1 12-3						Crochet, Knitting & Chat 1-3					
			Men’s Cards 1-4:30											
15			16			17			18			19		
Two Mile Workout 9-9:30			Walk Away the Pounds 8:30 & 2:30			Three Mile Workout 9-10			Walk Away the Pounds 8:30-9:00			Two Mile Workout 9-9:30		
Charity Quilts Workshop # 9-4			Sit & Fit Chair Exercise 9 & 2			Woodcarvers 9-12			Sit & Fit Chair Exercise 9:00-9:30			Extra Mile Workout 9:30-10		
Low Intensity Water Exercise \$ 9:15-10			Men’s Billiards 9-11			Low Intensity Water Exercise \$ 9:15-10			Moderate Intensity Water Exercise \$ 9:15-10			Women’s Coffee & Chat 10-11		
Extra Mile Workout 9:30-10			Moderate Intensity Water Exercise \$ 9:15-10			Mah Jongg 9:30-12			Two Mile Workout 9:25-10			Rummi Kub 10-12		
Advisory Council (members only) 9:30-11			Two Mile Workout 9:25 & 3			*Facing Substance Use & Misuse in Your World 10-11			Bible Study 10-11:30			*Strength/Fall Prevention and Fitness Testing 10-12		
Crochet Club 10-12			Beginner’s Tai Chi \$8 10-11			Sponsored by Vaya Health			Moderate Intensity Water Aerobics \$ 10:15-11			Sponsored by Saylor Physical Therapy		
Pinochle 10-2			Bingo 10:30-12			Moderate Intensity Water Exercise \$ 10:15-11			Instructor Led Chair Yoga \$7 10:15-11			Water Exercise Boot Camp \$ 10:15-11		
Instructor Led Strength & Balance Class 10:10-10:50			Moderate Intensity Water Exercise \$ 10:15-11			Instructor Led Chair Stretch & Balance 10:15-11			Canasta and Other Games 11-5			Cardio Drumming 1-1:45		
Moderate Intensity Water Exercise \$ 10:15-11			Writing Senior Memories 10:30-12:15			Moderate Intensity Water Exercise \$ 11:15-12			Pinochle 11-5			Friendly Bridge Group 1-4		
BP Checks – Lake Norman Regional 10:30-11:30			Low Intensity Water Exercise \$ 11:15-12			Cribbage 12-1			Low Intensity Water Exercise \$ 11:15-12			Euchre 1-4		
Instructor Led Strength & Balance Class 11:10-11:50			Intermediate Tai Chi \$8 11:15-12:15			Mexican Train 12:30-5			Line Dance Advanced Beginners 12:30-2:30			*Spring Fling Dance 5:30-8		
Moderate Intensity Water Exercise \$ 11:15-12			Bunco Group 2 11:30-2			Board Games 1-4			Crochet, Knitting & Chat 1-3					
Women’s Billiards 1-3			Shanghai Rummy 12:15-4:30			Open Line Dancing 1-4								
Bridge 1-4			*Pain Management Lunch & Learn 12:30-1:30			*Bowling @ Victory Lanes \$10.00 3-5								
Sequence 1:30-5			Sponsored by Boston Scientific											
			Men’s Cards 1-4:30											

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Two Mile Workout 9-9:30 Charity Quilts Workshop # 9-4 Low Intensity Water Exercise \$ 9:15-10 Extra Mile Workout 9:30-10 Crochet Club 10-12 Pinochle 10-2 Instructor Led Strength & Balance Class 10:10-11:50 Moderate Intensity Water Exercise \$ 10:15-11 Scrabble 11-3 Instructor Led Strength & Balance Class 11:10--11:50 Moderate Intensity Water Exercise \$ 11:15-12 Women’s Billiards 1-3 Bridge 1-4 Sequence 1:30-5	23 Walk Away the Pounds 8:30 & 2:30 Sit & Fit Chair Exercise 9 & 2 Men’s Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 & 3 Beginner’s Tai Chi \$8 10-11 Bingo 10:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 Intermediate Tai Chi \$8 11:15-12:15 Men’s Cards 1-4:30 Book Discussion 1:30-3 AARP Chapter meeting 2-4	24 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity water Exercise\$ 9:15-10 Mah Jongg 9:30-12 *Technology Presentation (YouTube) 10-11 Hosted by Rosalyn with ICOA Moderate Intensity Water Exercise\$ 10:15-11 Instructor Led Chair Stretch & Balance 10:15-11 Moderate Intensity Water Exercise\$ 11:15-12 Cribbage 12-1 Mexican Train 12:30-5 Board Games 1-4 Open Line Dancing 1-4 Caregiver Support Group V 2-4	25 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 10-11:30 Building Better Caregivers 10-12:30 Hosted by Jackie and Janice of ICOA Moderate Intensity Water Aerobics \$ 10:15-11 Instructor Led Chair Yoga \$7 10:15-11 Canasta and Other Games 11-5 Pinochle 11-5 Low Intensity Water Exercise \$ 11:15-12 Line Dance Advanced Beginners 12:30-2:30 Crochet, Knitting & Chat 1-3	26 Two Mile Workout 9-9:30 Extra Mile Workout 9:30-10 Women’s Coffee & Chat 10-11 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Cornhole 10:15-11 *Ladies Hat Decorating Craft \$3.00 11-12 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4
29 Two Mile Workout 9-9:30 Charity Quilts Workshop # 9-4 Low Intensity Water Exercise \$ 9:15-10 Extra Mile Workout 9:30-10 Crochet Club 10-12 Pinochle 10-2 Instructor Led Strength & Balance Class 10:10-11:50 Moderate Intensity Water Exercise \$ 10:15-11 Instructor Led Strength & Balance Class 11:10-11:50 Moderate Intensity Water Exercise \$ 11:15-12 Women’s Billiards 1-3 Bridge 1-4 Sequence 1:30-5	30 Walk Away the Pounds 8:30 & 2:30 Sit & Fit Chair Exercise 9 & 2 Men’s Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 & 3 Beginner’s Tai Chi \$8 10-11 Bingo 10:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 Intermediate Tai Chi \$8 11:15-12:15 *Financial Presentation 1-2 Sumner Wealth Management Men’s Cards 1-4:30	Balance, Strength, and Fall Prevention, sponsored by Saylor Physical Therapy, April 11th at 11:15 am. Free stretch and wellness class designed to counter various ailments. DPT Tyrone and PTA Brandon will also be available for Q & A. RSVP by April 8th Pill Takeback Day, April 5th, 11–2 pm. Mooresville PD will be at SISC to take old or unused prescription medicines. There will also be a container for syringes. Over the counter medicines WILL NOT be accepted and instead can be disposed of in any trash can. Financial Presentation, sponsored by Sumner Wealth Management, April 30th at 1 pm. Mark will be available to discuss annuities, and best practices to manage your retirement income. This will be followed by a Q&A session. RSVP by April 26th.	Facing Substance Use & Misuse in Your World Sponsored by Vaya Health, April 17th at 10 am. This course identifies common substances and the impact on families and communities with a focus on the older population. This event is open to the public and CEU credits are offered. RSVP by April 16th. Spring Fling Dance, April 19th 5:30-8 pm. Join us for a fun evening of friendship, food, and dancing! We will have lasagna from Pie in the Sky. Please bring a drink, a side dish, OR a \$2.00 donation. RSVP appreciated but not required. Ladies Hat Decorating, April 26th at 11 am. Come decorate a spring hat- perfect for home decoration OR to wear to our May tea party! All supplies will be provided. RSVP by April 19th. Space is limited	Strength/Fall Prevention and Fitness Testing, sponsored by Saylor Physical Therapy, April 19th at 10 am. We will begin with a short fall prevention presentation, followed by a balance and strength class, and will end with fitness testing for those interested. This is a great opportunity to assess your individual fitness level and set goals to improve your health! RSVP by April 15th. Wound Care for You Lunch & Learn, sponsored by Lake Norman Regional, April 12th at 12 pm. Wound Care Director Ms. Kwarteng and Medical Director Todd Sommer, D.O will present on how specialized care can help chronic wounds heal faster. RSVP by April 9th. Building Better Caregivers, hosted by ICOA, Thursdays April 25-May 30th 10-12:30 pm. This 6 week class series will provide tools and strategies to better handle the unique caregiver challenges you face. RSVP by April 18th.

Resources for April 2024

<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 <u>new</u> prizes of Dollar Store value and a \$1.00 donation for snacks.</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 thorough 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- Arts, Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, Table Tennis, Computer Lab, 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>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.</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>Pain Management Lunch & Learn, sponsored by Boston Scientific, April 16th at 12:30. Please join us for a catered lunch with an informative presentation on the latest treatment options to manage chronic pain, including diabetic neuropathy. RSVP by April 11th.</p>	<p>Monthly Lunch Bunch April 9th - Why just see your friends at the senior center when you can join them for lunch too! We will meet at Mi Veracruz Mexican Restaurant, 761 N. Main St. at 12:30 pm. RSVP by April 5th.</p> <p>Technology Presentation, Hosted by ICOA, April 24th at 10 am. Rosalyn will teach us how to navigate and utilize the classes and programs available for free on YouTube. She will be available to answer questions after the presentation. RSVP by April 22nd.</p>
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