




<div>  <div> <b>South Iredell Senior Center</b>            202 N Church Street   Mooresville   NC   28115            704-873-5171   www.iredellcoa.org/sisc            Catherine Mandras, Senior Center Manager            Jennifer Baraclough, Executive Director         </div>  <div> <h1>August 2025</h1> <div> <b>Mission Statement</b>            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>  </div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Home Safety-August 4<sup>th</sup> at 1pm, hosted by the Mooresville Community Police.</b> Officers will discuss ways to keep your home safe and what services the police can offer to ensure you are safe in your home. Please join us for this informative presentation-No RSVP required.  <b>Bingo Bonanza! -August 8<sup>th</sup> at 11 am, sponsored by Home Instead.</b> Everyone is welcome to join us for a fun morning playing America’s favorite game and the opportunity to win a prize! RSVP by August 6 <sup>th</sup> .	<b>What is a Reverse Mortgage? Lunch &amp; Learn -August 6<sup>th</sup> at 11:30, sponsored by Freedom Living Reality.</b> This presentation will cover how they work, who qualifies and how they can be strategically used for housing stability, estate planning and to supplement retirement income. RSVP by August 4 <sup>th</sup> - A \$1.00 commitment fee is due at registration.  <b>Senior Care Plan options-August 25<sup>th</sup> at 12:30-hosted by Dudley’s Home Care.</b> This presentation will cover the pros and cons of various care plans and the need for advanced directives. Light refreshments will be provided. RSVP by Aug. 21 <sup>st</sup> .	<b>Everyone Loves Music! Lunch &amp; Learn, August 18<sup>th</sup> at 12:30 hosted by Rejoice Music Therapy.</b> What’s better than food and Music? Nothing! Rejoice Music Therapy is back! Join us for a sneak peak of upcoming fall music groups. RSVP by August 15 <sup>th</sup> . A \$1.00 commitment fee is due at registration.  <b>End of Summer Dance-August 15th at 5:30 pm.</b> Celebrate the end of the summer season with good friends, food and music. Fried chicken, side dishes and dessert will be provided. Cost is \$5.00. Please RSVP by August 11 <sup>th</sup>	<b>Hope Thru Mobility, Lunch &amp; Learn, August 27<sup>th</sup> at 11:30 am.</b> In recognition of National nonprofit day which aims to raise awareness about the vital roles’ nonprofits play in addressing social issues and providing essential services we have asked Hope Thru Mobility to share about their mission. They are a faith-based organization that provides individuals with custom wheelchairs to improve their mobility and quality of life. Lunch will be provided. Please RSVP by August 25 <sup>th</sup> . A \$1.00 commitment fee is due at registration	<b>1</b> One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women’s Coffee & Chat 10-11 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4
<b>4</b> One Mile Workout 9-9:25 <b>Quilter’s Meeting 9-4</b> Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Instructor Led Strength & Balance Class 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Instructor Led Strength & Balance Class 11:15-12 Scrabble 11-3 Moderate Intensity Water Exercise \$ 11:15-12 Bridge 12:30-4 <b>Home Safety Tips 1-2</b> <b>Hosted by the Mooresville Community Police</b> Women’s Billiards 1-3 Sequence 1:30-5	<b>5</b> 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 Shanghai Rummy 12:30-4:30 Men’s Cards 1-4:30	<b>6</b> 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 Instructor Led Chair Stretch & Balance 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 <b>*\$1.00 Reverse Mortgage Lunch &amp; Learn 11:30-12:30 Presented by Freedom Living Realty</b> Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 Board Games 1-4	<b>7</b> 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 Moderate Intensity Water Aerobics \$ 10:15-11 <b>No Chair Yoga this week</b> Pinochle 11-3:30 Canasta and Other Games 11-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Advanced Beginners 12:30-2:30 Crochet, Knitting & Chat 1-3	<b>8</b> One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women’s Coffee & Chat 10-11 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 <b>* Bingo Bonanza 11-12</b> <b>Sponsored by Home Instead</b> Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4
<b>11</b> One Mile Workout 9-9:25 Quilters’ Guild Mtg. & Workshop # 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Instructor Led Strength & Balance Class 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Instructor Led Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Bridge 12:30-4 Women’s Billiards 1-3 Sequence 1:30-5	<b>12</b> 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 Bunco Group 1 12-3 <b>*Monthly Lunch Bunch \$ 12:15-2</b> <b>Brooklyn Boys</b> Shanghai Rummy 12:30-4:30 Men’s Cards 1-4:30	<b>13</b> 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 Instructor Led Chair Stretch & Balance 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 <b>Bowling at Victory Lanes \$10 1-3</b> Board Games 1-4 Caregiver Support Group V 2-4	<b>14</b> 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 Moderate Intensity Water Aerobics \$ 10:15-11 Instructor Led Chair Yoga \$8 10:15-11:15 Pinochle 11-3:30 Canasta and Other Games 11-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Advanced Beginners 12:30-2:30 Crochet, Knitting & Chat 1-3	<b>15</b> One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women’s Coffee & Chat 10-11 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4 <b>*End of Summer Dance \$5.00 5:30-8</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>18</b> <div>One Mile Workout9-9:25</div> <div>Charity Quilts Workshop #9-4</div> <div>Low Intensity Water Exercise \$9:15-10</div> <div>Two Mile Workout9:25-10</div> <div>Advisory Council (members only)9:30-11</div> <div>Crochet Club10-12</div> <div>Pinochle10-2</div> <div>NO STRENGTH &amp; BALANCE CLASS THIS WEEK</div> <div>Moderate Intensity Water Exercise \$10:15-11</div> <div>Moderate Intensity Water Exercise \$11:15-12</div> <div>Bridge12:30-4</div> <div>*Everyone Loves Music! Luncheon \$1.0012:30-1:30</div> <div>Hosted by Rejoice Music Therapy</div> <div>Women’s Billiards1-3</div> <div>Sequence1:30-5</div>	<b>19</b> <div>Walk Away the Pounds8:30 &amp; 2:30</div> <div>Sit &amp; Fit Chair Exercise9 &amp; 2</div> <div>Men’s Billiards9-11</div> <div>Moderate Intensity Water Exercise \$9:15-10</div> <div>Two Mile Workout9:25 &amp; 3</div> <div>Beginner’s Tai Chi \$810-11</div> <div>Bingo10:30-12</div> <div>Moderate Intensity Water Exercise \$10:15-11</div> <div>Writing Senior Memories10:30-12:15</div> <div>Low Intensity Water Exercise \$11:15-12</div> <div>Intermediate Tai Chi \$811:15-12:15</div> <div>Bunco Group 211:30-2</div> <div>Shanghai Rummy12:30-4:30</div> <div>Men’s Cards1-4:30</div>	<b>20</b> <div>Three Mile Workout9-10</div> <div>Woodcarvers9-12</div> <div>Low Intensity Water Exercise \$9:15-10</div> <div>Mah Jongg9:30-12</div> <div>*Understanding Depression10-11</div> <div>Sponsored by Partners Mental Health</div> <div>Moderate Intensity Water Exercise \$10:15-11</div> <div>Instructor Led Chair Stretch &amp; Balance10:15-11</div> <div>Moderate Intensity Water Exercise \$11:15-12</div> <div>Cribbage12-1</div> <div>Mexican Train12:30-5</div> <div>Open Line Dancing1-2:30</div> <div>Board Games1-4</div>	<b>21</b> <div>Walk Away the Pounds8:30-9:00</div> <div>Sit &amp; Fit Chair Exercise9:00-9:30</div> <div>Moderate Intensity Water Exercise \$9:15-10</div> <div>Two Mile Workout9:25-10</div> <div>Bible Study10-11:30</div> <div>Moderate Intensity Water Aerobics \$10:15-11</div> <div>Cardio Drumming Pop up Class10:15-11</div> <div>In person and Facebook Live</div> <div>No Chair Yoga this week</div> <div>Pinochle11-3:30</div> <div>Canasta and Other Games11-4:30</div> <div>Low Intensity Water Exercise \$11:15-12</div> <div>Line Dance Advanced Beginners12:30-2:30</div> <div>Crochet, Knitting &amp; Chat1-3</div>	<b>22</b> <div>One Mile Workout9-9:25</div> <div>Two Mile Workout9:25-10</div> <div>Women’s Coffee &amp; Chat10-11</div> <div>Rummi Kub10-12</div> <div>Water Exercise Boot Camp \$10:15-11</div> <div>*Lace Earing Holder craft11:00-12</div> <div>Cardio Drumming1-1:45</div> <div>Friendly Bridge Group1-4</div> <div>Euchre1-4</div>
<b>25</b> <div>One Mile Workout9-9:25</div> <div>Charity Quilts Workshop #9-4</div> <div>Low Intensity Water Exercise \$9:15-10</div> <div>Two Mile Workout9:25-10</div> <div>Crochet Club10-12</div> <div>Pinochle10-2</div> <div>Moderate Intensity Water Exercise \$10:15-11</div> <div>Mayors Senior Round Table10:30-11:30</div> <div>Scrabble11-3</div> <div>Instructor Led Strength &amp; Balance Class11:15-12</div> <div>ONE CLASS ONLY</div> <div>Moderate Intensity Water Exercise \$11:15-12</div> <div>Bridge12:30-4</div> <div>*Senior Care Plan Options12:30-1:30</div> <div>Hosted by Dudley’s Home Care</div> <div>Women’s Billiards1-3</div> <div>Sequence1:30-5</div>	<b>26</b> <div>Walk Away the Pounds8:30 &amp; 2:30</div> <div>Sit &amp; Fit Chair Exercise9 &amp; 2</div> <div>Men’s Billiards9-11</div> <div>Moderate Intensity Water Exercise \$9:15-10</div> <div>Two Mile Workout9:25 &amp; 3</div> <div>Beginner’s Tai Chi \$810-11</div> <div>Bingo10:30-12</div> <div>Moderate Intensity Water Exercise \$10:15-11</div> <div>Writing Senior Memories10:30-12:15</div> <div>Low Intensity Water Exercise \$11:15-12</div> <div>Intermediate Tai Chi \$811:15-12:15</div> <div>Shanghai Rummy12:30-4:30</div> <div>Men’s Cards1-4:30</div> <div>Book Discussion1:30-4</div> <div>AARP Chapter Meeting2-4</div>	<b>27</b> <div>Three Mile Workout9-10</div> <div>Woodcarvers9-12</div> <div>Low Intensity Water Exercise \$9:15-10</div> <div>Mah Jongg9:30-12</div> <div>Moderate Intensity Water Exercise \$10:15-11</div> <div>Instructor Led Chair Stretch &amp; Balance10:15-11</div> <div>Moderate Intensity Water Exercise \$11:15-12</div> <div>* Hope Thru Mobility Lunch &amp; Learn \$1.0011:30-12:30</div> <div>Sponsored by the Iredell Council on Aging</div> <div>Cribbage12-1</div> <div>Mexican Train12:30-5</div> <div>Open Line Dancing1-2:30</div> <div>Board Games1-4</div> <div>Caregiver Support Group V2-4</div>	<b>28</b> <div>Walk Away the Pounds8:30-9:00</div> <div>Sit &amp; Fit Chair Exercise9:00-9:30</div> <div>Moderate Intensity Water Exercise \$9:15-10</div> <div>Two Mile Workout9:25-10</div> <div>Bible Study10-11:30</div> <div>Moderate Intensity Water Aerobics \$10:15-11</div> <div>Instructor Led Chair Yoga \$810:15-11:15</div> <div>Pinochle11-3:30</div> <div>Canasta and Other Games11-4:30</div> <div>Low Intensity Water Exercise \$11:15-12</div> <div>Line Dance Advanced Beginners12:30-2:30</div> <div>Crochet, Knitting &amp; Chat1-3</div>	<b>29</b> <div>One Mile Workout9-9:25</div> <div>Two Mile Workout9:25-10</div> <div>Women’s Coffee &amp; Chat10-11</div> <div>Rummi Kub10-12</div> <div>Water Exercise Boot Camp \$10:15-11</div> <div>*\$ Canvas Drip Painting Craft11-12:15</div> <div>Cardio Drumming1-1:45</div> <div>Friendly Bridge Group1-4</div> <div>Euchre1-4</div>

Resources for August 2025

<p><b>South Iredell Senior Center is MASK OPTIONAL</b></p> <p><b>* = RSVP to 704-662-3337 or at the front desk</b></p> <p><b># =</b> Quilters Guild Members Only</p> <p><b>Water Exercise:</b> Runs month to month and you must sign up in advance to attend.</p> <p><b>V-</b>Also offered virtually, see a member of staff.</p> <p><b>Tuesday Bingo:</b> 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><b>Durable Medical Equipment (DME) Closet –</b> SISC provides free rental of DME items like wheelchairs, shower benches, walkers, etc. We also take donations of gently used DME.</p> <p><b>Resource and Information Office-</b> 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><b>Drop-In Activities-</b> Arts &amp; Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, Computer Lab, etc.</p>	<p><b>Senior Insurance Counseling (SHIIP) by appt.</b> 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><b>Long Term Care Counseling by appt.</b> To set an appointment call Centralina Area Agency on Aging Ombudsman Program at 1-800-508-5777. Request your appointment at SISC.</p> <p><b>Legal Assistance by appt.</b> 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><b>AFA Memory Screenings-</b> 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. Screening takes just a few minutes, consists 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><b>August 20th, at 10 am: Understanding Depression, sponsored by Partners Mental Health.</b> This presentation explains depressive symptoms, describes who is at risk, and recommends lifestyle changes that help depression. This event is open to the public &amp; CEU credits are offered. RSVP by August 18<sup>th</sup>.</p>	<p><b>Monthly Lunch Bunch- August 12<sup>th</sup></b> - Why just see your friends at the senior center when you can join them for lunch too! We will meet at Brooklyn Boys (119 Marketplace Ave) at 12:15 pm. RSVP by August 8<sup>th</sup>.</p> <p><b>Canvas Drip Painting Craft-August 29<sup>th</sup> at 11 am.</b> Guest crafter Ann returns to demonstrate a new drip painting technique on canvas that will transform into a beautiful piece of artwork. Cost is \$5.00 RSVP by August 22<sup>nd</sup>. Space is limited.</p> <p><b>Lace Earing Holder Craft-August 22<sup>nd</sup> at 11 am.</b> Tired of losing your earrings? Fran will show us how to make a cute earring holder to keep our jewelry together using lace and other materials. RSVP by August 15<sup>th</sup>. A \$3.00 donation is appreciated but not required.</p>
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