





<div>  <div> 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 Julie Roland, Program Coordinator Jennifer Barraclough, Executive Director </div> <div>  <h1>August 2025</h1>  </div> <div> 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. </div>  </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Golden Age Gala Senior Prom - Let's dance the night away at a prom made just for our fabulous older adults! Get ready for a magical night with friends old and new. This prom is a fundraiser held for the Iredell Senior Center; proceeds will go to support programs. <u>Tickets are selling for \$10 per person or \$15 per couple.</u> See Julie Roland for tickets and more information.</p> <p>Watermelon Social- Join us for a refreshing and fun filled time! A sweet summertime gathering perfect for everyone. We'll have lots of watermelon and watermelon flavored treats such as snow cones.</p>	<p>The Mobile Library will be coming to Us! Beginning in September, every 2nd Tuesday of the month from 11am to 12pm, the Iredell County Mobile Library will visit the senior center. You'll be able to check out books, get a library card and much more. A great way to help get the books you love.</p> <p>Lunch with the Executive Director- Join our Executive Director, Jennifer Barraclough, to attend this informative presentation to discuss the Iredell Senior Center and its history. All participants are welcome and encouraged to attend. Will be followed by a Q&A session. RSVP by August 22nd.</p>	<p>Learning the Basics of American Mah Jongg- Come learn the basics of American Mah Jongg. Great for if you're a beginner or need a refresher. You'll be ready to play by the end of this 6-week course. Class taught by Diane Mesiti.</p> <p>Enhanced Communications- Join Gracie from Partners Behavioral Health for some great tips on how to communicate. Communication is an important toll to have for expressing emotions, concerns, and needs to friends, family, doctors, etc. Please RSVP by August 7th.</p>	<p>Seashell Wind Chime Craft- It may be hot, but there are days with a nice cool breeze. Come make your very own wind chime out of seashells to bring calming solace to your home. Cost is \$4. Please RSVP by August 12th.</p> <p>Sunflower Wreath Craft- Bring more life to your home with this amazing craft. Great to keep up during late summer to early fall. Cost is \$10. Please RSVP by August 20th.</p>	<p>1</p> <div> Drop in Billiards -Upstairs8:30am - 4:30pm Bible Study with Dr. Don- Room 2069:30 - 10:30am Beach Ball Volleyball – Ballroom10:30 - 11:45am *Qi Gong \$ Room 20612:30 - 1:30pm </div> <p>Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm</p>
<p>4</p> <div> Drop in Billiards -Upstairs8:30am - 4:30pm Five Crowns -Room 2139:30am-12:00pm Chair Exercise - Ballroom10:30 - 11:30am Knitting – Room 21111:00 am – 2:00 pm Beginners Canasta- Room 2091 - 4pm Birthday Bingo -Ballroom 1:30 - 3:00pm Caregiver Support Group- Room 206 3 - 4pm Hosted by Jackie Negley/COA </div>	<p>5</p> <div> Women’s Billiards –Upstairs9:00am - 12:00pm Pinochle- Room 211 9:30 am – 12:00pm Cardio Drumming – Ballroom10:00 - 11:00am *\$Lunch Bunch (Flavor House) 11:30am Drop in Billiards – Upstairs12 - 4:30pm *Care Options: Age on Your Terms- BR 1-2pm Presented by Dudley’s Home Health Hand and Foot- Room 2111 - 4pm </div>	<p>6</p> <div> Drop in Billiards – Upstairs8:30am - 4:30pm Shuffleboard - Ballroom9 - 10am Acrylic Art – Room 2069:00am - 12:00pm *Learning the Basics of - Room 209 10:00am-12:00pm American Mah Jongg (6-week session) Corn Hole –Ballroom10:15 - 11:15am *Watercolor -Room 2061 - 3pm Hand and Foot- Ballroom1 - 4pm Pinochle - Room 2111 - 4pm Bridge - Room 2091 - 4:30pm Bunco - Ballroom1:30 - 3:00pm </div>	<p>7</p> <div> Balance and Strength- Ballroom9-10am Men’s Billiards -Upstairs9:00am - 12:00pm Learn Rummikub – Room 2119:30am - 12:00pm Chair Exercise - Ballroom10:30am - 11:15am Mah Jongg –Room 20611:00am - 4:00pm Drop in Billiards -Upstairs12:00 - 4:30pm Euchre – Room 2111:00 - 3:00pm Line Dance Beginners -Ballroom V1 – 2:30pm </div>	<p>8</p> <p>AFA Memory Screening By Appt</p> <div> Drop in Billiards -Upstairs8:30am - 4:30pm Bible Study with Dr. Don- Room 2069:30 - 10:30am Beach Ball Volleyball – Ballroom10:30 - 11:45am *Qi Gong \$ Room 20612:30 - 1:30pm Blood Pressure Check Ballroom 12:45 - 1:30pm Mitchell College School of Nursing Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm </div>
<p>11</p> <div> Drop in Billiards -Upstairs8:30am - 4:30pm Five Crowns -Room 2139:30am-12:00pm Chair Exercise - Ballroom10:30 - 11:30am Knitting – Room 21111:00 am – 2:00 pm *Enhanced Communication- Room 206 1-2 pm Presented by Partners Health Management Beginners Canasta- Room 2091 - 4pm Bingo -Ballroom 1:30 - 3:00pm *Healthy Living - Room 211 2-3pm with Connie Darnell </div>	<p>12</p> <p>Advisory Meeting- Room 209 9:00 am</p> <div> Women’s Billiards –Upstairs9:00am - 12:00pm Pinochle- Room 211 9:30 am – 12:00pm Cardio Drumming – Ballroom10:00 - 11:00am Iredell Mobile Library 11:00 am – 12:00 pm Sit & Stitch- Room 20610 am- 2pm Drop in Billiards – Upstairs12 - 4:30pm Hand and Foot- Room 2111 – 4:00pm Senior Movie Matinee- Ballroom 1-3pm Nonna’s </div>	<p>13</p> <div> Drop in Billiards – Upstairs8:30am - 4:30pm Shuffleboard - Ballroom9 - 10am Acrylic Art – Room 2069:00am - 12:00pm *Learning the Basics of - Room 209 10:00am-12:00pm American Mah Jongg Corn Hole –Ballroom10:15 - 11:15am Cardio Drumming -Ballroom 11:30 am-12:15 pm Pop Up Class *Watercolor -Room 2061 - 3pm Hand and Foot- Ballroom1 - 4pm Pinochle - Room 2111 - 4pm Bridge - Room 2091 - 4:30pm Bunco - Ballroom1:30 - 3:00pm </div>	<p>14</p> <div> Balance and Strength- Ballroom9-10am Men’s Billiards -Upstairs9:00am - 12:00pm Learn Rummikub – Room 2119:30am - 12:00pm Chair Exercise - Ballroom10:30 - 11:30am *VIP Support Group- Room 206 11:00 am Hosted by Division of Services for the Blind Mah Jongg –Room 20611:00am - 4:00pm Drop in Billiards -Upstairs12:00 - 4:30pm Euchre – Room 2111:00 - 3:00pm Line Dance Beginners -Ballroom V1 – 2:30pm </div>	<p>15</p> <div> Drop in Billiards -Upstairs8:30am - 4:30pm Bible Study with Dr. Don- Room 2069:30 - 10:30am Beach Ball Volleyball – Ballroom10:30 - 11:45am Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm *Qi Gong \$ Room 20612:30 - 1:30pm *Seashell Wind Chime \$- Room 206 2:30-3:30pm </div>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Drop in Billiards -Upstairs 8:30am - 4:30pm Five Crowns -Room 213 9:30am-12:00pm Chair Exercise - Ballroom 10:30 - 11:30am Knitting – Room 211 11:00 am – 2:00 pm Beginners Canasta- Room 209 1 - 4pm Bingo -Ballroom 1:30 - 3:00pm	19 Women’s Billiards –Upstairs 9am - 12pm Pinochle- Room 211 9:30 am – 12:00pm Cardio Drumming – Ballroom 10:00 - 11:00am Drop in Billiards – Upstairs 12 - 4:30pm *Diet & Exercise- Room 206 1-2pm Presented by Nancy Crane Hand and Foot- Room 211 1 - 4pm Watermelon Social- Ballroom 2-4pm Sponsored by the Greens of Viewmont, Hickory, and Valley Nursing Rehab	20 Drop in Billiards – Upstairs 8:30am - 4:30pm Shuffleboard - Ballroom 9 - 10am Acrylic Art – Room 206 9:00am - 12:00pm *Learning the Basics of - Room 209 10:00am-12:00pm American Mah Jongg 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	21 *Caregiver Support Group – Room 206 9:00 - 10:00am Hosted by Jackie Negley/COA Balance and Strength- Ballroom 9-10am Men’s Billiards -Upstairs 9am-12pm Learn Rummikub – Room 211 9:30 – 12:00pm Chair Exercise - Ballroom 10:30- 11:30am Mah Jongg –Room 206 11am -4pm Drop in Billiards -Upstairs 12-4:30pm Euchre – Room 211 1:00 - 3:00pm Line Dance Beginners -Ballroom V 1-2:30pm	22 Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 206 9:00 - 10:00am Beach Ball Volleyball – Ballroom 10:00 -11:15am *Qi Gong \$ Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm *Golden Age Gala Senior Prom 5:30-8:00pm Tickets: \$10 per person; \$15 per couple
25 *Legal Services w/Beth Setzer By Appt Drop in Billiards -Upstairs 8:30am - 4:30pm Five Crowns -Room 213 9:30am-12:00pm Statesville Stitches- Room 206 10 am- 2pm Chair Exercise - Ballroom 10:30 - 11:30am Knitting – Room 211 11:00 am – 2:00 pm Beginners Canasta- Room 209 1 - 4pm Bingo -Ballroom 1:30 - 3:00pm	26 Women’s Billiards –Upstairs 9:00am - 12:00pm Pinochle- Room 211 9:30 am – 12:00pm Cardio Drumming – Ballroom 10:00 - 11:00am *Lunch with the Executive Director 12:00 – 1:00pm Drop in Billiards – Upstairs 12 - 4:30pm Hand and Foot- Room 211 1 – 4:00pm *Sunflower Wreath Craft \$- Room 206 2:30-3:30pm	27 Drop in Billiards – Upstairs 8:30am - 4:30pm Shuffleboard - Ballroom 9 - 10am Acrylic Art – Room 206 9:00am - 12:00pm *Learning the Basics of - Room 209 10:00am-12:00pm American Mah Jongg 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	28 Balance and Strength- Ballroom 9-10am Men’s Billiards -Upstairs 9am-12pm Learn Rummikub – Room 211 9:30 – 12:00pm Chair Exercise - Ballroom 10:30- 11:30am Mah Jongg –Room 206 11am -4pm Drop in Billiards -Upstairs 12-4:30pm Euchre – Room 211 1:00 - 3:00pm Line Dance Beginners -Ballroom V 1-2:30pm	29 Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 206 9:00 - 10:00am Beach Ball Volleyball – Ballroom 10:00 -11:15am *Qi Gong \$ Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm
ISC Notes for August 2025				
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 insurance. Call for an appointment. 704-873-5171 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. 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.	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. 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. 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. Acrylic Art- Bring your own paint, canvas, brushes etc. Come paint with your friends, any picture, scenery, etc of your choice. Beginner’s Canasta – Join this group If you want to learn this fun card game or brush up on your skills.	Bingo – Bring a new prize, no more than \$1.25, and snacks to play with your friends! Everyone must bring a prize to play. Birthday Bingo- Join us for bingo and snacks to celebrate participants with birthdays this month. Please bring your prize. Blood Pressure Checks- Second Friday of the month sponsored by Mitchell Community College Nursing Program. Bowling at Pla Mor- 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. Euchre - Come out on Thursdays to play this game with your friends!	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 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. 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. Diet & Exercise- Changing your diet or exercise routine does not have to happen in a big way to reach your goal. Small changes over time can add up to make that difference. Join Nancy Crane for some tips and ideas for what those small changes can look like. Please RSVP by Aug. 14th.	Five Crown Card Game – Join us for a brand-new card game. Five Crowns is a fun shedding game where you try to get rid of all your cards before your opponents. 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 Flavor House. Please RSVP by July 31st. Rummikub – This is a new game being introduced to ISC. Watercolor Art Class - Cost is \$6.00 per class and it is a 4-week program. Judy Carpenter will be your instructor. You must sign up in advance. A supply list can be obtained when you sign up. Senior Movie Matinee- This month’s movie will be “Nonna’s (2025)”. A grieving man finds the recipe for healing when he buys an Italian restaurant and hires four sassy seniors as the chefs. Based on a true story. Popcorn and drinks \$1. Care Options: Age on Your Term- Understanding your options is very important for maintaining your well-being. Different types of care can meet various needs and health concerns, so learn what’s best for you for current and future health. Light snacks will be provided. Please RSVP by August 4th.