



South Iredell Senior Center
 202 N Church Street | Mooresville | NC | 28115
 704-873-5171 | www.iredellcoa.org/sisc
 Catherine Mandras, Senior Center Manager
 Jennifer Baraclough, Executive Director



September 2025

Mission Statement
 The mission of South Iredell Senior Center is to help seniors continue to grow, promoting physical, emotional and economic well-being for successful aging.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 SISC Closed for Labor Day</p> <p>LIVE BAND with Classically Rockin' -September 19th from 5:30-8 pm. In recognition of Senior Center month AND as the winner of the 2024 Change Wars Fundraiser we will celebrate with the music of Classically Rockin'. The band features powerful vocals with lots of harmonies. They play covers from the 1970's through today. Aretha Franklin, the Rolling Stones, Chris Stapleton.... There is no cover charge. Light refreshments will be served. RSVP by September 15th.</p>	<p>2</p> <p>Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 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 *Healthy Aging/STEPTEMBER kickoff With Nancy Crane 12:30-1:30 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30</p>	<p>3</p> <p>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 Stretch & Balance 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Intro to Italian Language Class 11:15-12 Taught by Mary Trichilo Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4</p>	<p>4</p> <p>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 Canasta and Other Games 10-4:30 Moderate Intensity Water Aerobics \$ 10:15-11 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Pinochle 11-3:30 Low Intensity Water Exercise \$ 11:15-12 *Canadian Rockies Information Session 11:30-12:30 Hosted by Patrick from Premier Travel Line Dance Advanced Beginners 12:30-2:30 Crochet, Knitting & Chat 1-3</p>	<p>5</p> <p>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 Grief Support Group 11-12 *Fall Prevention Exercise Class 11-12 Hosted by Ivy Rehab Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4</p>
<p>8</p> <p>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 In person and on Facebook Live Instructor Led Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Scrabble 11-3 Serendipity Players 12:15 Bridge 12:30-4 Women's Billiards 1-3 Sequence 1:30-5</p>	<p>9</p> <p>Walk Away the Pounds 8:30-9:00 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 *Monthly Lunch Bunch \$ 12:15-2 Casa Azteca Mexican Grill Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30</p>	<p>10</p> <p>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 Stretch & Balance 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Intro to Italian Language Class 11:15-12 *Fall Prevention Lunch & Learn 11:30-12:30 Fyzical Therapy & Universal Bath Direct Mexican Train 12:30-5 Wizard 1-4 Open Line Dancing 1-2:30 Caregiver Support Group V 2-4</p>	<p>11</p> <p>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 Canasta and Other Games 10-4:30 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$ 10:15-11 Pinochle 11-3:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Advanced Beginners 12:30-2:30 *Facts About Sugar 1-2 Hosted by First Light Homecare, Charlotte Crochet, Knitting & Chat 1-3</p>	<p>12</p> <p>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</p>
<p>15</p> <p>One Mile Workout 9-9:25 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Advisory Council (members only) 9:30-10:30 Crochet Club 10-12 Pinochle 10-2 Moderate Intensity Water Exercise \$ 10:15-11 Instructor Led Strength & Balance Class 11:15-12 ONE CLASS ONLY Moderate Intensity Water Exercise \$ 11:15-12 Women's Billiards 1-3 Bridge 12:30-4 Women's Billiards 1-3 *Music Therapy w/Rejoice 1:30-2:30 Sequence 1:30-5</p>	<p>16</p> <p>Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 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 2 11:30-2 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30</p>	<p>17</p> <p>Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 *Late Life PTSD - Partners Mental Health 10-11 Moderate Intensity Water Exercise \$ 10:15-11 Stretch & Balance 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Intro to Italian Language Class 11:15-12 *Preparing Fall & Winter Garden Pots 11:30-12:30 Hosted by Lake Norman Garden Center Mexican Train 12:30-5 Wizard 1-4 Bowling At Victory Lanes \$ 3-5 Open Line Dancing 1-2:30</p>	<p>18</p> <p>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 Canasta and Other Games 10-4:30 Moderate Intensity Water Aerobics \$ 10:15-11 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Pinochle 11-3:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Advanced Beginners 12:30-2:30 Crochet, Knitting & Chat 1-3</p>	<p>19</p> <p>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 Grief Support Group 11-12 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4 * Live Band: Classically Rockin' 5:30-8</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 One Mile Workout 9-9:25 Charity Quilts 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 10:15-11:55 Moderate Intensity Water Exercise \$ 10:15-11 Mayor's Senior Round Table 10:30-11:30 Moderate Intensity Water Exercise \$ 11:15-12 Instructor Led Strength & Balance Class 11:30-12:15 ONE CLASS ONLY Bridge 12:30-4 Women's Billiards 1-3 *Music Therapy w/Rejoice 1:30-2:30 Sequence 1:30-5	23 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 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 Iredell County Mobile Library onsite 11:30-12:30 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 Book Discussion 1:30-4 No AARP meeting at SISC this month.	24 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 Stretch & Balance 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Intro to Italian Language 11:15-12 Taught by Mary Trichilo Mexican Train 12:30-5 Wizard 1-4 Open Line Dancing 1-2:30 Caregiver Support Group V 2-4 *Today's Medicare and Annual Enrollment 5:30-6:30 With Catherine Mandras & Nancy Crane	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 Canasta and Other Games 10-4:30 Moderate Intensity Water Aerobics \$ 10:15-11 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Pinochle 11-3:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Advanced Beginners 12:30-2:30 Crochet, Knitting & Chat 1-3	26 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 *Fresh Flower Arranging 11-12 Sponsored by Sona with William's Place Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4 *Back to School Trivia 5-7 Sponsored by Hearts4Home
29 One Mile Workout 9-9:25 Charity Quilts Workshop # 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Moderate Intensity Water Exercise \$ 10:15-11 Scrabble 11-3 Moderate Intensity Water Exercise \$ 11:15-12 Instructor Led Strength & Balance Class 11:30-12:15 ONE CLASS ONLY Bridge 12:30-4 Women's Billiards 1-3 Sequence 1:30-5 NO Strength & Balance class this week	30 Walk Away the Pounds 8:30 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 I-CARE Resource Table 10-12 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	September is National Fall Prevention Month. It is a time to raise awareness about the risks of falls, especially among older adults and to educate and provide information on strategies to reduce the risk of falls. September is STEPTEMBER! Join us (and other Senior Centers) during the month to improve our health and reduce the risk of falls. It's easy to participate- just set a weekly step goal and track it on the log provided. Report your count to SISC each Friday for the chance to win a prize. The 1 st 25 registered participants will get a free pedometer! Please register for our kickoff event on September 2 nd OR stop by the front desk for more information.	Introduction to the Italian Language, Wednesdays in September from 11:15-12 pm, instructed by Mary Trichilo. Planning a trip to Bella Italia? Family reunion with Italian family members? Interested in practicing a beautiful world language? Benvenuti/Welcome to beginners Italian! Basic vocabulary, grammar, culture and simple phrases will be covered. Preparing Fall and Winter Garden Pots-Sept. 17th at 11:30 am-hosted by Lake Norman Garden Center. Amanda returns to explain how to make garden pots in a step-by-step manner that will last until springtime! RSVP by Sept. 12 th .	Grief Support Group, 1st & 3rd Friday of each month at 11 am. We encourage adults age 50+ who have lost a loved one to connect with others, share memories and develop coping strategies for healing in a compassionate and confidential space. Facilitated by Ann Bennett, MA, LMFT, with Joy of Life Counseling, PLLC and Martin Conway, President of Homewatch Caregivers. Back to School Trivia! September 26th at 5 pm, hosted by Hearts4Home. Our seasoned adults will compete against today's youth, answering questions on a variety of subjects! A fun evening for the family- kids are encouraged to attend! Refreshments will be served. RSVP by September 19 th .

Resources for September 2025

<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 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>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 though 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, 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>Late Life PTSD- Sept. 17th, at 10 am, sponsored by Partners Mental Health. Learn about PTSD and the impact on individuals with mental illness, treatment options and how to support older adults with trauma histories. This event is open to the public & CEU credits are offered. RSVP by August 18th.</p>	<p>Monthly Lunch Bunch Sept. 9th - Why just see your friends at the senior center when you can join them for lunch too! We will meet at Casa Azteca 140 Regency Center Dr. at 12:15 pm. RSVP by Sept.</p> <p>Today's Medicare and Annual Enrollment-Sept. 24th at 5:30 pm, hosted by SHIIP Counselor Catherine Mandras & Nancy Crane. Annual enrollment is right around the corner! Please join us if you are approaching retirement age and are looking to learn more about Medicare or would like information about how Medicare works and how to choose the right plan for your needs. This presentation is open to the public. RSVP by Sept. 20th.</p> <p>Iredell County Mobile Library will now be onsite on the 4th Tuesday of each month from 11:30-12:30! You will be able to check out books, sign up for a library card, get technology assistance and more!</p>
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