




<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 Patty Messick, Senior Center Coordinator Jennifer Barraclough, Executive Director </div>  <div> <h1>September 2025</h1> <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> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Women’s Billiards –Upstairs 9:00am - 12:00pm Cardio Drumming – Ballroom 10:00 - 11:00am Pinochle- Room 211 9:30 am – 12:00pm *\$Lunch Bunch (Amalfi’s Pizza) 11:30am Drop in Billiards – Upstairs 12 - 4:30pm Hand and Foot- Room 211 1 - 4pm Learn to Crochet & Knit – Lounge 1-4 pm *STEP-tember Challenge Kick Off Ballroom 2-2:45pm	3 Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9:00am - 12:00pm *Learning the Basics of - Room 209 10:00am-12:00pm American Mah Jongg (6-week session) Shuffleboard - Ballroom 9 - 10am Corn Hole –Ballroom 10:15 - 11:15am Hand and Foot- Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm	4 Balance and Strength- Ballroom 9-10am Men’s Billiards -Upstairs 9:00am - 12:00pm Learn Rummikub – Room 211 9:30am - 12:00pm Chair Exercise - Ballroom 10:30am - 11:15am Mah Jongg –Room 206 11:00am - 4:00pm Drop in Billiards -Upstairs 12:00 - 4:30pm Euchre – Room 211 1:00 - 3:00pm Line Dance Beginners -Ballroom V 1 – 2:30pm	5 STEP-tember Challenge Check In Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 206 9:30 - 10:30am Beach Ball Volleyball – Ballroom 10:30 - 11:45am *Dementia Communication Tips- Rm 209 12:30 pm Presented by Partners Health Management Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm
8 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 *All Things Falls Lunch and Learn- Room 206 12 -1 pm Presented by Journey’s Assisted Living Beginners Canasta- Room 209 1 - 4pm Bingo -Ballroom 1:30 - 3:00pm *Healthy Living - Room 211 2-3pm with Connie Darnell	9 Advisory Meeting- Room 211 9:00 am Women’s Billiards –Upstairs 9:00am - 12:00pm *Make Your Own Jewelry- Room 209 10am-11am Cardio Drumming – Ballroom 10:00 - 11:00am *Fall Prevention Yoga – Ballroom 11 – 11:45 am Pinochle- Room 211 9:30 am – 12:00pm Mobile Library Visit 11am – 12pm Iredell County Public Library Sit & Stitch- Room 206 10 am- 2pm Drop in Billiards – Upstairs 12 - 4:30pm Hand and Foot- Room 211 1 - 4pm Learn to Crochet & Knit – Lounge 1-4 pm	10 Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9:00am - 12:00pm *Learning the Basics of - Room 209 10:00am-12:00pm American Mah Jongg (6-week session) Shuffleboard - Ballroom 9 - 10am Corn Hole –Ballroom 10:15 - 11:15am *What is PACE? Lunch and Learn BR 12-1 pm Hand and Foot- Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm	11 Balance and Strength- Ballroom 9-10am Men’s Billiards -Upstairs 9:00am - 12:00pm Learn Rummikub – Room 211 9:30am - 12:00pm Chair Exercise - Ballroom 10:30am - 11:15am *VIP Support Group- Room 206 11:00 am Hosted by Division of Services for the Blind Mah Jongg –Room 206 11:00am - 4:00pm Drop in Billiards -Upstairs 12:00 - 4:30pm Euchre – Room 211 1:00 - 3:00pm Line Dance Beginners -Ballroom V 1 – 2:30pm	12 STEP-tember Challenge Check In AFA Memory Screening By Appt Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 206 9:30 - 10:30am Beach Ball Volleyball – Ballroom 10:30 - 11:45am Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm *Cellphone Basics- Room 209 1-2 pm Presented by CCTL Student Madison Qi Gong \$ - Room 206 12:30 - 1:30pm
15 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 Sponsored by the Greens of Viewmont, Hickory, and Valley Nursing Rehab	16 Women’s Billiards –Upstairs 9:00am - 12:00pm Pinochle- Room 211 9:30 am – 12:00pm Cardio Drumming – Ballroom 10:00 - 11:00am *Canadian Rockies Info Session- Rm 206 11 – 12 pm Hosted by Premier World Discovery Drop in Billiards – Upstairs 12 - 4:30pm Senior Movie Matinee- Ballroom 1-3pm Heads of State Hand and Foot- Room 211 1 – 4:00pm Learn to Crochet & Knit – Lounge 1-4 pm	17 Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9:00am - 12:00pm Shuffleboard - Ballroom 9 - 10am *Learning the Basics of - Room 209 10:00am-12:00pm American Mah Jongg (MAKE UP SESSION) Corn Hole –Ballroom 10:15 - 11:15am Cardio Drumming -Ballroom 11:30 am-12:15 pm Pop Up Class *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	18 *Caregiver Support Group – Room 206 9:00 - 10:00am Hosted by Jackie Negley/COA Balance and Strength- Ballroom 9-10am Men’s Billiards -Upstairs 9:00am - 12:00pm Learn Rummikub – Room 211 9:30am - 12:00pm Chair Exercise - Ballroom 10:30 - 11:30am Mah Jongg –Room 206 11:00am - 4:00pm Drop in Billiards -Upstairs 12:00 - 4:30pm Euchre – Room 211 1:00 - 3:00pm Line Dance Beginners -Ballroom V 1 – 2:30pm	19 STEP-tember Challenge Check In Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 206 9:30 - 10:30am Beach Ball Volleyball – Ballroom 10:30 - 11:45am Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm *Qi Gong \$ - Room 206 12:30 - 1:30pm *Pumpkin Vase Centerpiece- Room 206 2:30-3:30 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 <div>Drop in Billiards -Upstairs8:30am - 4:30pm</div> <div>Five Crowns -Room 2139:30am-12:00pm</div> <div>Statesville Stitchers- Room 20610 am- 2pm</div> <div>Chair Exercise - Ballroom10:30 - 11:30am</div> <div>Knitting – Room 21111:00 am – 2:00 pm</div> <div>Beginners Canasta- Room 2091 - 4pm</div> <div>Bingo -Ballroom1:30 - 3:00pm</div>	23 <div>Women’s Billiards –Upstairs9am - 12pm</div> <div>Cardio Drumming – Ballroom10:00 - 11:00am</div> <div>Pinochle- Room 2119:30 am – 12:00pm</div> <div>Drop in Billiards – Upstairs12 - 4:30pm</div> <div>Hand and Foot- Room 2111 - 4pm</div> <div>Learn to Crochet & Knit – Lounge1-4 pm</div> <div>*Senior Center County Fair- Lawn2-4 pm</div> <div>Sponsored by The Bath Authority</div>	24 <div>Drop in Billiards – Upstairs8:30am - 4:30pm</div> <div>Acrylic Art – Room 2069:00am – 12:00pm</div> <div>Shuffleboard - Ballroom9 - 10am</div> <div>*Learning the Basics of - Room 209 10:00am-12:00pm</div> <div>American Mah Jongg (MAKE UP SESSION)</div> <div>Corn Hole –Ballroom10:15 - 11:15am</div> <div>*\$Watercolor -Room 2061 - 3pm</div> <div>Hand and Foot- Ballroom1 - 4pm</div> <div>Pinochle - Room 2111 - 4pm</div> <div>Bridge –Room 2091 - 4:30pm</div> <div>Bunco - Ballroom1:30 - 3:00pm</div>	25 <div>Balance and Strength- Ballroom9-10am</div> <div>Men’s Billiards -Upstairs9am-12pm</div> <div>Learn Rummikub – Room 2119:30 – 12:00pm</div> <div>Chair Exercise - Ballroom10:30- 11:30am</div> <div>Mah Jongg –Room 20611am -4pm</div> <div>Drop in Billiards -Upstairs12-4:30pm</div> <div>Euchre – Room 2111:00 - 3:00pm</div> <div>*Reduce Stress in Easy Steps- Room 206 1:00- 1:45pm</div> <div>Line Dance Beginners -Ballroom V1-2:30pm</div>	26 <div><i>STEP-tember Challenge Check In</i></div> <div>Drop in Billiards -Upstairs8:30am - 4:30pm</div> <div>Bible Study with Dr. Don- Room 2069:30 - 10:30am</div> <div>Beach Ball Volleyball – Ballroom10:30 - 11:45am</div> <div>Line Dance Advanced Beginners - Ballroom1 - 3pm</div> <div>Bowling at Pla Mor Lanes \$1 - 3pm</div> <div>*Qi Gong \$ - Room 20612:30 - 1:30pm</div>
29 <div>*Legal Services w/Beth Setzer By Appt</div> <div>Drop in Billiards -Upstairs8:30am - 4:30pm</div> <div>Five Crowns -Room 2139:30am-12:00pm</div> <div>Chair Exercise - Ballroom10:30 - 11:30am</div> <div>Knitting – Room 21111:00 am – 2:00 pm</div> <div>Beginners Canasta- Room 2091 - 4pm</div> <div>Bingo -Ballroom1:30 - 3:00pm</div> <div>Anonymous Sponsor</div>	30 <div>Women’s Billiards –Upstairs9:00am - 12:00pm</div> <div>Pinochle- Room 2119:30 am – 12:00pm</div> <div>Cardio Drumming – Ballroom10:00 - 11:00am</div> <div>Drop in Billiards – Upstairs12 - 4:30pm</div> <div>Hand and Foot- Room 2111 – 4:00pm</div> <div>Learn to Crochet & Knit – Lounge1-4 pm</div>	Senior Center Month- September is National Senior Center Month! This year’s theme is Powering Possibilities: Flip the Script. Let’s challenge outdated stereotypes about aging and elevate our positive contributions! STEP-tember Walking Challenge- September is Fall Prevention Awareness. Participate with the Senior Center in a challenge to take steps for fall prevention. Moving is a great way to combat falls by keeping your muscles strengthened and engaged. Our Kick-off will be September 2 nd . Join us then or see staff to let us know if you would like to participate.	Senior Center County Fair- Let’s celebrate the senior center with our very own county fair. We’ll have hot dogs, cotton candy, popcorn, with lots of fun and games! Be sure to join us in this fresh, crisp fall air. Please RSVP by September 19th. All Things Falls Lunch and Learn – Come learn all about falls and fall prevention with Journey’s Assisted Living. Fall prevention is important, as falls can happen at any time. There will be a light lunch provided. Please RSVP by September 4th.	Fall Prevention Yoga- Come join this yoga class that focuses on improving strength, flexibility, and balance. Improving these three areas is important for fall prevention! Please RSVP by September 4th. Reduce Stress in Easy Steps- This teaches mindfulness and breathing techniques that will help you remain calm in stressful or anxiety situations. Please join the leader, Joni Stone, and RSVP by September 22nd. What is PACE? Lunch and Learn – Come learn about the PACE program and how it could benefit you or someone you know. Please RSVP by Sept. 8th.

ISC Notes for September 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	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.	Bingo – Bring a new prize, no more than \$1.25, and snacks to play with your friends! Everyone must bring a prize to play.	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.	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 Amalfi’s Pizza Restaurant. Please RSVP by August 28th.
Facebook- Follow our Facebook page to see our virtual program opportunities during the month.	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.	Birthday Bingo- Join us for bingo and snacks to celebrate participants with birthdays this month. Please bring your prize.	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.	Rummikub – This is a new game being introduced to ISC.
Senior Insurance Counseling (SHIIP) by appt. If you need assistance with your Medicare and supplemental insurance. Call for an appointment. 704-873-5171	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.	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.	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.	Watercolor Art Class - Cost is \$6.00 per class and it is a 6-week program. Judy Carpenter will be your instructor. A supply list can be obtained when you sign up. Begins September 17th.
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.	Drop-In Activities- Billiards, Puzzle Library, Games, Corn Hole, Exercise Equipment, Lounge, Massage Chair, Game Room, Media Center, Quilting, Crocheting, Computer Lab, etc.	Bridge – If you are new to Bridge, please call the senior center to have your name placed in the rotation.	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.	Senior Movie Matinee- This month’s movie will be “Heads of State (2025)”. The UK Prime Minister and US President have a public rivalry that risks their countries’ alliance. But when they become targets of a powerful enemy, they’re forced to rely on each other as they go on a wild, multinational run. Allied with Noel, a brilliant MI6 agent, they must find a way to thwart a conspiracy that threatens the free world. \$1 for popcorn and drinks.
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.	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.	Cardio Drumming- Join our drumming class for fun exercise! Drumming will help you release stress, aggression, and anxiety.	Cellphone Basics- Join CCTL Student, Madison Bennet to learn the basic operations of your cellphone. Cellphones can be confusing, having multiple ways to do one simple task. This presentation will help you learn the simple way. Please RSVP by September 10th.	Pumpkin Vase Centerpiece- Let’s bring in some fall décor with these cute pumpkin centerpieces. Cost is \$10. Please RSVP by September 16th.
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.	Beginner’s Canasta – Join this group If you want to learn this fun card game or brush up on your skills.	Dementia Communication Tips- This is a perfect program for caregivers, family members and others who take care of individuals diagnosed with dementia. This class will provide some tips and strategies that will help communicate mor effectively with those diagnosed. Please RSVP by September 3rd.		