



<div>  <div> 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 </div>  <div> October 2025 </div> <div> 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. </div>  </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beginner Tap Dancing! Fridays at 10 am-instructed by Babs Vitale. Ready to shuffle, flap, stomp, stamp & smile your way to better balance, brain health and FUN? This class is designed specifically for older adults- No dance experience is necessary. No registration is required, and these classes are offered at no cost. Please wear hard-soled shoes. Medicare Annual Enrollment begins Oct. 15th and runs through Dec. 7th. During this time everyone with Medicare can review and change their Advantage plan (part C) or your prescription drug coverage (part D). Please call us to make an appointment with a certified SHIIP counselor to review your plan.	Facts about Gut Health-Oct. 9th at 1 pm, hosted by First Light Homecare. A healthy gut microbiome helps regulate digestion, absorb nutrients and protects against chronic illness. This presentation will cover the signs of poor gut health and how we can improve. RSVP by Oct. 6 th . Halloween Dance-Oct. 17th at 5:30 pm. It’s our Last dance of 2025! Please wear Halloween colors OR come in costume! We will have a hot baked potato bar with all the fixin’s. Cost is \$5.00 for the meal. There is no fee to dance and socialize. RSVP is appreciated but not required.	1 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 Intro to Italian Language 11:15-12 Registered Participants Only Moderate Intensity Water Exercise \$ 11:15-12 Mexican Train 12:30-5 Wizards 1-4 Open Line Dancing 1-2:30	2 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 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$ 10:15-11 Pinochle 11-3:30 Canasta and Other Games 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Advanced Beginners 12:30-2:30 Crochet, Knitting & Chat 1-3	3 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women’s Coffee & Chat 10-11 Beginner Tap Dancing 10-11 Taught by Babs Vitale Grief Support Group 11-12 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4
6 One Mile Workout 9-9:25 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 Strength & Balance Class 11:15-12 Scrabble 11-3 Moderate Intensity Water Exercise \$ 11:15-12 Bridge 12:30-4 Women’s Billiards 1-3 Sequence 1:30-5	7 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9 & 2 Men’s Billiards 9:00 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 Shanghai Rummy 12:30-4:30 *Cowboy Country Trip information session 1-2 Men’s Cards 1-4:30	8 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 *Home Remodeling & Roof Scams 11-12 Sponsored by Eastern Roof Technologies Intro to Italian Language 11:15-12 Registered Participants Only Moderate Intensity Water Exercise \$ 11:15-1 Mexican Train 12:30-5 Wizards 1-4 Open Line Dancing 1-2:30 Caregiver Support Group V 2-4	9 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 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$ 10:15-11 Pinochle 11-3:30 Canasta and Other Games 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Advanced Beginners 12:30-2:30 *Facts About Gut Health 1-2 Hosted by First Light Homecare Crochet, Knitting & Chat 1-3	10 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women’s Coffee & Chat 10-11 Beginner Tap Dancing 10-11 Taught by Babs Vitale *Hocus Pocus Craft 11-12 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4
13 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 Women’s Billiards 1-3 Bridge 12:30-4 Sequence 1:30-5 Advisory Council (members only) 3-4	14 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9 & 2 Men’s Billiards 9:00 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Walgreens Flu Vaccine Clinic (senior dose) 9:30-11:30 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 The Happy Egg Shanghai Rummy 12:30-4:30 Men’s Cards 1-4:30	15 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 *Depression & Physical Health in Later Life 10-11 Sponsored by Partners Health Management 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 Registered Participants Only *Screening Colonoscopies Lunch & Learn 11:30-12:30 Dr. Novack w/Duke Health Mexican Train 12:30-5 Wizards 1-4 Open Line Dancing 1-2:30 \$ Bowling at Victory Lanes 3-5	16 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 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$ 10:15-11 Pinochle 11-3:30 Canasta and Other Games 10-4:30 Low Intensity Water Exercise \$ 11:15-12 Line Dance Advanced Beginners 12:30-2:30 *Volunteer Opportunity (Preparing Mailers) 1-2 Christian Mission Crochet, Knitting & Chat 1-3	17 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women’s Coffee & Chat 10-11 Beginner Tap Dancing 10-11 Taught by Babs Vitale Grief Support Group 11-12 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4 * Halloween Dance \$ 5:30-8

20 <div>One Mile Workout9-9:25 Quilters’ Charity Quilt Workshop #9-4 Low Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Crochet Club10-12 Pinochle10-2 Instructor led Strength & Balance10:15-11 ONE CLASS ONLY Moderate Intensity Water Exercise \$10:15-11 Moderate Intensity Water Exercise \$11:15-12 *Resumes & Job Search Presentation1-2 Sponsored by NC Works Music Therapy Presentation2-3 Hosted by Rejoice Women’s Billiards1-3 Bridge12:30-4 Sequence1:30-5</div>	21 <div>Walk Away the Pounds8:30-9:00 Sit & Fit Chair Exercise9 & 2 Men’s Billiards9:00-11 Moderate Intensity Water Exercise \$9:15-10 Two Mile Workout9:25 Beginner’s Tai Chi \$810-11 Bingo10:30-12 Moderate Intensity Water Exercise \$10:15-11 Writing Senior Memories10:30-12:15 Low Intensity Water Exercise \$11:15-12 Intermediate Tai Chi \$811:15-12:15 Bunco Group 211:30-2 *The Benefits of Mindfulness12:30-1:30 Presented by Mike Gentile Shanghai Rummy12:30-4:30 Men’s Cards1-4:30</div>	22 <div>Three Mile Workout9-10 Woodcarvers9-12 Low Intensity Water Exercise \$9:15-10 Mah Jongg9:30-12 Moderate Intensity Water Exercise \$10:15-11 Stretch & Balance10:15-11 Moderate Intensity Water Exercise \$11:15-12 Intro to Italian Language11:15-12 Registered Participants Only Mexican Train12:30-5 Open Line Dancing1-2:30 Wizards1-4 Caregivers Support2-4</div>	23 <div>Walk Away the Pounds8:30-9:00 Sit & Fit Chair Exercise9:00-9:30 Moderate Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Bible Study10-11:30 Instructor Led Chair Yoga10:15-11:15 Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$10:15-11 Pinochle11-3:30 Canasta and Other Games10-4:30 Low Intensity Water Exercise \$11:15-12 *AARP Safe Driving Course12-4 \$20 members/\$25 nonmembers Line Dance Advanced Beginners12:30-2:30 Crochet, Knitting & Chat1-3</div>	24 <div>One Mile Workout9-9:25 Two Mile Workout9:25-10 Women’s Coffee & Chat10-11 Beginner Tap Dancing10-11 Taught by Babs Vitale Rummi Kub10-12 Water Exercise Boot Camp \$10:15-11 Cardio Drumming1-1:45 Friendly Bridge Group1-4 Euchre1-4</div>
27 <div>One Mile Workout9-9:25 Quilters’ Charity Quilt Workshop #9-4 Low Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Crochet Club10-12 Pinochle10-2 Moderate Intensity Water Exercise \$10:15-11 Mayor’s Senior Round Table10:30-11:30 Scrabble11-3 Instructor led Strength & Balance Class11:30-12:15 ONE CLASS ONLY Moderate Intensity Water Exercise \$11:15-12 Women’s Billiards1-3 Bridge12:30-4 Sequence1:30-5 Music Therapy Presentation1:30-2:30 Hosted by Rejoice</div>	28 <div>Walk Away the Pounds8:30-9:00 Sit & Fit Chair Exercise9 & 2 Men’s Billiards9-11 Moderate Intensity Water Exercise \$9:15-10 Two Mile Workout9:25 Beginner’s Tai Chi \$810-11 Bingo10:30-12 Moderate Intensity Water Exercise \$10:15-11 Writing Senior Memories10:30-12:15 Low Intensity Water Exercise \$11:15-12 Intermediate Tai Chi \$811:15-12:15 Iredell County Mobil Library onsite11:30-12:30 Shanghai Rummy12:30-4:30 Men’s Cards1-4:30 Book Discussion1:30-3 AARP (members only)2-4</div>	29 <div>Three Mile Workout9-10 Woodcarvers9-12 Low Intensity Water Exercise \$9:15-10 Mah Jongg9:30-12 Moderate Intensity Water Exercise \$10:15-11 Stretch & Balance10:15-11 Moderate Intensity Water Exercise \$11:15-12 Intro to Italian Language11:15-12 Registered Participants Only Mexican Train12:30-5 Wizards1-4 Open Line Dancing1-2:30</div>	30 <div>Walk Away the Pounds8:30-9:00 Sit & Fit Chair Exercise9:00-9:30 Moderate Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Bible Study10-11:30 Instructor Led Chair Yoga10:15-11:15 Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$10:15-11 Pinochle10-3:30 Canasta and Other Games11-4:30 Low Intensity Water Exercise \$11:15-12 Line Dance Advanced Beginners12:30-2:30 Crochet, Knitting & Chat1-3</div>	31 <div>One Mile Workout9-9:25 Two Mile Workout9:25-10 Women’s Coffee & Chat10-11 Beginner Tap Dancing10-11 Taught by Babs Vitale Rummi Kub10-12 Water Exercise Boot Camp \$10:15-11 Cardio Drumming1-1:45 Friendly Bridge Group1-4 Euchre1-4 Mooresville Candy Grab3-5 Downtown Mooresville SISC staff will be passing out candy in costume on Main St! This annual event is wonderful for the children in community. Please consider donating a bag of candy for us to hand out.</div>

Resources for October 2025

<div>South Iredell Senior Center is MASK OPTIONAL</div> <div>* = RSVP to 704-662-3337 or at the front desk</div> <div># = Quilters Guild Members Only</div> <div>Water Exercise: Runs month to month and you must sign up in advance to attend.</div> <div>V-Also offered virtually, see a member of staff.</div> <div>Tuesday Bingo: Please bring two prizes of dollar store value and \$1.00 for supplies.</div> <div>SISC offers a scholarship for those who need assistance paying for a class. See a member of staff.</div>	<div>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.</div> <div>Resource and Information Office- SISC provides a space for individuals to look through 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.</div> <div>Drop-In Activities- Arts, Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, Computer Lab, etc.</div>	<div>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.</div> <div>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.</div> <div>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.</div>	<div>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.</div> <div>Depression & Physical Health in Later Life, sponsored by Partners Health Management, Oct. 15th at 10 am. Learn about the connection between depression and physical health, and tips for coping with associated depression. This event is open to the public & CEU credits are offered. RSVP by Oct. 13th.</div>	<div>Monthly Lunch Bunch- Oct. 14th at 12:15 pm-Why just see your friends at the senior center when you can join them for lunch too! We will meet at The Happy Egg, 969 N Main St RSVP by Oct. 13th.</div> <div>Screening Colonoscopies Lunch & Learn-Oct. 15th at 11:30 am, Sponsored by Duke Health. Dr. Novack will discuss the importance of colonoscopies in early detection and treatment of colon cancer, alternate screenings and risk factors. RSVP by Oct. 10th. \$1.00 registration fee due at sign-up.</div> <div>The Benefits of Mindfulness-Oct. 21st at 12:30, presented by Mike Gentile. Mike will discuss how the practice of paying attention to the present moment can bring both physical and mental health benefits and how we can incorporate into our daily lives. RSVP by Oct. 17th.</div>
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