



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, Center Coordinator
Jennifer Barraclough, Executive Director



October2025



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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*- need to sign up for the event \$- donation or charge V- class is offered virtually on our Facebook page. Follow us at Iredell Senior Center! See staff for additional questions. Facebook- Follow our Facebook page to see our virtual program opportunities during the month. Mobile Library you can check out books, get a library card, access to Wi-Fi & laptops and so much more.	Senior Insurance Counseling (SHIIP) by appt. If you need assistance with your Medicare and supplemental insurance. Call for an appointment at 704-873-5171 ext. 105. Open Enrollment begins October 15th, be sure to check your plan! 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.	1 Drop in Billiards – Upstairs 8:30am-4:30pm Acrylic Art – Room 206 9:00am-12:00pm Shuffleboard - Ballroom 9:00am-10:00am Play Beginners Mah Jongg 209 10:00am- 12:00pm Corn Hole –Ballroom 10:15am-11:15am Learn Basics of Mah Jongg 213 10:00am -12:00pm *\$Watercolor -Room 206 1:00pm-3:00pm Hand and Foot- Ballroom 1:00pm -4:00pm Pinochle - Room 211 1:00pm- 4:00pm Bridge - Room 209 1:00pm-4:30pm Bunco - Ballroom 1:30pm-3:00pm	2 Balance and Strength- Ballroom 9:00am-10:00am Men’s Billiards -Upstairs 9:00am - 12:00pm Learn Rummikub – Room 211 9:30am - 12:00pm Play Beginners Mah Jongg Rm 213 10:00am 12:00pm Chair Exercise - Ballroom 10:30am - 11:15am Mah Jongg –Room 206 11:00am - 4:00pm Drop in Billiards -Upstairs 12:00pm -4:30pm Euchre – Room 211 1:00pm - 3:00pm Beginners Line Dance -Ballroom V 1:00pm – 2:30pm	3 Drop in Billiards -Upstairs 8:30am-4:30pm Bible Study with Dr. Don- Room 206 9:30am-10:30am Beach Ball Volleyball – Ballroom 10:30am-11:45am Line Dance Advanced Beginners (BR) 1:00pm-3:00pm \$Bowling at Pla Mor Lanes 1:00pm-3:00pm *Qi Gong \$ - Room 206 12:30pm-1:30pm
6 Drop in Billiards -Upstairs 8:30am-4:30pm Five Crowns -Room 213 9:30am-12:00pm Chair Exercise - Ballroom 10:30am-11:30am Knitting – Room 211 11:00am-2:00 pm Beginners Canasta- Room 209 1:00pm-4:00pm Birthday Bingo -Ballroom 1:30pm-3:00pm *Caregiver Support Group RM 206 3:00pm-4:00 pm Hosted by Jackie Negley/COA	7 Women’s Billiards –Upstairs 9:00am-12:00pm Cardio Drumming – Ballroom 10:00am-11:00am Pinochle- Room 211 9:30 am-12:00pm *\$Lunch Bunch (Red Lobster) 11:30am *Spooky Trivia (Snacks provided) BR 1:30pm-3:30pm Drop in Billiards – Upstairs 12:30pm-4:30pm Learn to Crochet & Knit – Lounge 1:00pm-4:00pm Hand and Foot- Room 211 1:00pm-4:00pm *Today’s Medicare & Annual Enrollment 5:30 pm Presented by Brianna Smoot, ICOA	8 Drop in Billiards – Upstairs 8:30am-4:30pm Acrylic Art – Room 206 9:00am-12:00pm Shuffleboard - Ballroom 9:00am-10:00am Play Beginners Mah Jongg 209 10:00am-12:00pm Corn Hole –Ballroom 10:15am-11:15am Learn Basics of Mah Jongg 213 10:00am-12:00pm *\$Watercolor -Room 206 1:00pm-3:00pm *Cowboy County Trip Info RM 213 1:00pm-2:00pm Presented by Collette Hand and Foot- Ballroom 1:00pm – 4:00pm Pinochle - Room 211 1:00pm – 4:00pm Bridge - Room 209 1:00pm - 4:30pm Bunco - Ballroom 1:30pm - 3:00pm	9 Balance and Strength- Ballroom 9:00am-10:00am Men’s Billiards -Upstairs 9:00am-12:00pm Learn Rummikub – Room 211 9:30am-12:00pm Play Beginners Mah Jongg Rm 213 10:00am 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 12:00pm-4:30pm Euchre – Room 211 1:00pm-3:00pm Beginners Line Dance -Ballroom V 1:00pm-2:30pm	10 *AFA Memory Screening By Appt Drop in Billiards -Upstairs 8:30am-4:30pm Bible Study with Dr. Don- Room 206 9:30am- 10:30am Beach Ball Volleyball – Ballroom 10:30pm-11:45am Line Dance Advanced & Beginners BR 1:00pm-3:00pm Bowling at Pla Mor Lanes \$ 1:00pm-3:00pm *Qi Gong \$ - Room 206 12:30pm-1:30pm
13 Drop in Billiards -Upstairs 8:30am-4:30pm Five Crowns -Room 213 9:30am-12:00pm Chair Exercise - Ballroom 10:30am-11:30am *Flu Shot Clinic-Lounge 11:00am-3:00pm Hosted by Walgreens Knitting – Room 211 11:00am-2:00pm Beginners Canasta- Room 209 1:00pm-4:00pm Bingo -Ballroom 1:30pm-3:00pm *Healthy Living - Room 211 2:00pm-3:00pm with Connie Darnell	14 Advisory Meeting- Room 211 9:00 am Women’s Billiards –Upstairs 9:00am-12:00pm Cardio Drumming – Ballroom 10:00am-11:00am Pinochle- Room 211 9:30am-12:00pm Mobile Library Visit 11:30am-12:30pm Sit & Stitch- Room 206 10:00am-2:00pm Drop in Billiards – Upstairs 12:00pm-4:30pm Learn to Crochet & Knit – Lounge 1:00pm-4:00pm Hand and Foot- Room 211 1:00pm-4:00pm *Senior Movie Matinee-(BR) 1:00pm-3:00pm “Hocus Pocus”	15 Drop in Billiards – Upstairs 8:30am-4:30pm Acrylic Art – Room 206 9:00am-12:00pm Shuffleboard - Ballroom 9:00am-10:00am Play Beginners Mah Jongg 209 10:00am-12:00pm Corn Hole –Ballroom 10:15am-11:15am Learn Basics of Mah Jongg 213 10:00am-12:00pm Cardio Drumming -Ballroom 11:30am-12:15pm *\$Watercolor -Room 206 1:00pm-3:00pm Hand and Foot- Ballroom 1:00pm-4:00pm Pinochle - Room 211 1:00pm-4:00pm Bridge - Room 209 1:00pm-4:30pm Bunco - Ballroom 1:30pm-3:00pm	16 *Caregiver Support Group – Room 206 9:00am 10:00am Hosted by Jackie Negley/COA Balance and Strength- Ballroom 9:00am-10:00am Men’s Billiards -Upstairs 9:00am-12:00pm Learn Rummikub – Room 211 9:30am-12:00pm *Play Beginners Mah Jongg Rm 213 10:00am 12:00pm Chair Exercise - Ballroom 10:30am-11:30am Mah Jongg –Room 206 11:00am-4:00pm Drop in Billiards -Upstairs 12:00pm-4:30pm Euchre – Room 211 1:00pm-3:00pm Beginners Line Dance -Ballroom V 1:00pm-2:30pm	17 Drop in Billiards -Upstairs 8:30am-4:30pm Bible Study with Dr. Don- Room 206 9:30pm-10:30am Beach Ball Volleyball – Ballroom 10:30-11:45am Line Dance Advanced Beginners 1:00pm-3:00pm Bowling at Pla Mor Lanes \$ 1:00pm-3:00pm *Qi Gong \$ - Room 206 12:30 - 1:30pm *\$ Sunflower Craft Room 206 2:00 – 4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Drop in Billiards -Upstairs 8:30am - 4:30pm Five Crowns -Room 213 9:30am-12:00pm Chair Exercise - Ballroom 10:30am - 11:30am Knitting – Room 211 11:00am – 2:00 pm Beginners Canasta- Room 209 1:00pm – 4:00pm Bingo -Ballroom 1:30pm -3:00pm	21 Women’s Billiards –Upstairs 9am - 12pm Cardio Drumming – Ballroom 10:00 - 11:00am Pinochle- Room 211 9:30 am 12:00pm *Scam Smart. Protect Yourself (BR) 11:30am-1:00pm Presented by Detective Craig Scannella, with the Iredell County Sherriﬀ’s Department Drop in Billiards – Upstairs 12:00pm -4:30pm Learn to Crochet & Knit – Lounge 1:00pm-4:00pm Hand and Foot- Room 211 1:00pm – 4:00pm	22 Drop in Billiards – Upstairs 8:30am-4:30pm Acrylic Art – Room 206 9:00am-12:00pm Shuffleboard - Ballroom 9:00am-10:00am *Play Beginners Mah Jongg 209 10:00am-12:00pm Corn Hole –Ballroom 10:15am-11:15am Learn Basics of Mah Jongg 213 10:00am-12:00pm Cardio Drumming -Ballroom 11:30am-12:15pm *\$Watercolor -Room 206 1:00pm-3:00pm Hand and Foot- Ballroom 1:00pm-4:00pm Pinochle - Room 211 1:00pm-4:00pm Bridge - Room 209 1:00pm-4:30pm Bunco - Ballroom 1:30pm-3:00pm	23 Balance and Strength- Ballroom 9:00a10:00am Men’s Billiards -Upstairs 9:00am - 12:00pm Learn Rummikub – Room 211 9:30am - 12:00pm Play Beginners Mah Jongg Rm 213 10:00am 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 1:00pm - 3:00pm Beginners Line Dance -Ballroom V 1:00pm – 2:30pm	24 Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 206 9:30am -10:30am Beach Ball Volleyball – Ballroom 10:30am -11:30am Line Dance Advanced Beginners –(BR)1:00pm – 3:00pm Bowling at Pla Mor Lanes \$ 1:00pm – 3:00pm *Qi Gong \$ - Room 206 12:30pm - 1:30pm *\$AARP Safe Driving Course 12:00pm – 4:00pm (Room 209)
27 *Legal Services w/Beth Setzer By Appt Drop in Billiards -Upstairs 8:30am-4:30pm Five Crowns -Room 213 9:30am-12:00pm Statesville Stitchers- Room 206 10:00am- 2:00pm Chair Exercise - Ballroom 10:30am-11:30am Knitting – Room 211 11:00 am-2:00pm *Storm Smart. Be Prepared 11:30am-12:30pm Presented by Heather Gessler Statesville Fire Department Beginners Canasta- Room 209 1:00pm-4:00pm Bingo -Ballroom 1:30pm-3:00pm	28 Women’s Billiards –Upstairs 9:00am-12:00pm Pinochle- Room 211 9:30am-12:00pm Cardio Drumming – Ballroom 10:00pm-11:00am Drop in Billiards – Upstairs 12:00pm-4:30pm Hand and Foot- Room 211 1:00pm-4:00pm *Halloween Social– Ballroom 2:00pm 4:00pm “Monster Bash”	29 Drop in Billiards – Upstairs 8:30am-4:30pm Acrylic Art – Room 206 9:00am-12:00pm Shuffleboard - Ballroom 9:00am-10:00am *Play Beginners Mah Jongg 209 10:00am-12:00pm Corn Hole –Ballroom 10:15am-11:15am *Learn Basics of Mah Jongg 213 10:00am-12:00pm Cardio Drumming -Ballroom 11:30am-12:15pm *\$Watercolor -Room 206 1:00pm-3:00pm Learn to Crochet & Knit – Lounge 1:00pm-4:00pm Hand and Foot- Ballroom 1:00pm-4:00pm Pinochle - Room 211 1:00pm-4:00pm Bridge - Room 209 1:00pm-4:30pm Bunco - Ballroom 1:30pm-3:00pm	30 Balance and Strength- Ballroom 9:00am-10:00am Men’s Billiards -Upstairs 9:00am - 12:00pm Learn Rummikub – Room 211 9:30am - 12:00pm *Play Beginners Mah Jongg Rm 213 10:00am 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 1:00pm - 3:00pm Beginners Line Dance -Ballroom V 1:00pm – 2:30pm	31 Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 206 9:30am -10:30am Beach Ball Volleyball – Ballroom 10:30am -11:30am Line Dance Advanced Beginners –(BR)1:00pm – 3:00pm Bowling at Pla Mor Lanes \$ 1:00pm – 3:00pm *Qi Gong \$ - Room 206 12:30pm - 1:30pm

ISC Notes for October 2025				
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. and art teacher Annette Ratledge will help you turn it all into a work of art. 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. 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! Spooky Trivia-Be prepared to laugh and have fun challenging your friends knowledge of various subjects and topics. RSVP by October 6th. Line Dance Beginners –This class welcomes beginners. If you can count to four, you can do it. You won’t fun you’ll have. This class is taught by Kathy Strantz. Cowboy Country Trip Info Sponsored by Collette Discover the history of our American Wild West. Line Dance Advanced Beginners - This class is for the more experienced dancers. 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.	Today's Medicare & Annual Enrollment Important information on Medicare updates and the upcoming open enrollment for Part D drug coverage plans. RSVP by October 6th. 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 meals. This month’s lunch will be at Red Lobster. Please RSVP by October 6th. Rummikub – This is a new game being introduced to ISC. 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. Flu Shot Clinic- Walgreens is providing flu shots! Please bring your Medicare/insurance card. RSVP by Oct. 9th.	Senior Movie Matinee- This month’s movie will be “Hocus Pocus”. \$1 for popcorn and drinks. Scam Prevention and Awareness- Come join Detective Craig Scannella, with Iredell County Sheriffs Department as he brings you the latestest scams and how to protect yourself from becoming a victim. RSVP by October 20th. Storm Smart- This informational class teaches you how to prepare for circumstances caused by weather and items you need on hand for these situations. RSVP by October 24th. Making Sunflowers- come join us as we do a beautiful flower arrangement of sunflowers made from pipe cleaners. RSVP by October 15th. Cost is \$10.00 Monster Bash—Come join us for our Halloween social, which will include fun activities and a costume contest. RSVP by October 24th. AARP Safe Drivers Course- This course invites adults 50+ to tune up driving skills, learn about age-related physical changes, and discover how to adjust. RSVP by October 22nd.