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, Iredell Senior Center Manager
Jennifer Barraclough, Executive Director

November 2025

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
3 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 11:00am-2:00pm ***Healthy Feet & Aging Room 206 12:00-1:00pm** **Presented by Dr. Rachel Radar, PHC** Beginners Canasta- Room 209 1:00-4:00pm Birthday Bingo -Ballroom 1:30-3:00pm ***Caregiver Support Group – Room 206 3:00-4:00 pm** **Hosted by Jackie Negley/COA**	**4** Women's Billiards –Upstairs 9:00am-12:00pm Cardio Drumming – Ballroom 10:00-11:00am Pinochle- Room 211 9:30am-12:00pm ***$Lunch Bunch (Chili's) 11:30am** Drop in Billiards – Upstairs 12:00-4:30pm Hand and Foot- Room 211 1:00-4:00pm **Learn** to Crochet & Knit – Lounge 1:00-4:00pm ***Diabetes Lifestyles and Risk Factor** **Room 206 2:00-3:00pm**	**5** Drop in Billiards – Upstairs 8:30am-4:30pm Acrylic Art – Room 206 9:00am-12:00pm Shuffleboard - Ballroom 9:00-10:00am **Play Beginners Mah Jongg 209 10:00am-12:00pm** Corn Hole –Ballroom 10:15-11:15am **Learn Basics of Mah Jong 213 10:00am-12:00pm** ***$Watercolor -Room 206 1:00-3:00pm** Hand and Foot- Ballroom 1:00-4:00pm Pinochle - Room 211 1:00-4:00pm Bridge - Room 209 1:00-4:30pm Bunco - Ballroom 1:30-3:00pm	**6** 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** ***Personality 101 Room 206 10:00-11:00pm** **Presented by Don Higgie** Chair Exercise - Ballroom 10:30am - 11:15am Mah Jongg –Room 209 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 ***Help Deck the Hall 2:30-4:00pm**	**7** Drop in Billiards -Upstairs 8:30am-4:30pm Bible Study with Dr. Don- Room 206 9:30-10:30am ***Personality 101 Part 2 Room 209 10:00-11:00pm** **Presented by Don Higgie** Beach Ball Volleyball – Ballroom 10:00-11:30am **ARS vs ISC** Line Dance Advanced Beginners 1:00-3:00pm Bowling at Pla Mor Lanes $ 1:00-3:00pm *Qi Gong $ - Room 206 12:30-1:30pm
10 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 11:00am-2:00 pm ***Medical Alarms Systems- Room 206 11:30am-12:30pm Presented by Linda Sprinkle with Alarm South** Beginners Canasta- Room 209 1:00-4:00pm ***Isolation and the Holidays Room 206 1:00-2:00pm** **Presented by Patti Reese** Bingo -Ballroom 1:30 - 3:00pm ***Healthy Living - Room 211 2:00-3:00pm** **with Connie Darnell**	**11** **Closed for Veteran's Day** *No Advisory Board Meeting this month.	**12** Drop in Billiards – Upstairs 8:30am-4:30pm Acrylic Art – Room 206 9:00am-12:00pm Shuffleboard - Ballroom 9:00-10:00am **Play Beginners Mah Jongg 209 10:00am-12:00pm** Corn Hole –Ballroom 10:15-11:30am **Learn Basics of Mah Jong 213 10:00am-12:00pm** ***$Watercolor -Room 206 1:00-3:00pm** Hand and Foot- Ballroom 1:00-4:00pm Pinochle - Room 211 1:00-4:00pm Bridge - Room 209 1:00-4:30pm Bunco - Ballroom 1:30-3:00pm	**13** Balance and Strength- Ballroom 9:00-10:00am Men's Billiards -Upstairs 9:00am-12:00pm **Learn** Rummikub – Room 211 9:30am-12:00pm **Play Beginners Mah Jong Rm 213 10:00am 12:00pm** Chair Exercise - Ballroom 10:30-11:30am ***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** 1:00-2:30pm ***Help Deck the Halls 2:30-4:00pm**	**14** **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 1:00-3:00pm Bowling at Pla Mor Lanes $ 1:00-3:00pm *Qi Gong $ - Room 206 12:30- 1:30pm
17 ***Legal Services w/Beth Setzer By Appt** 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 11:00am-2:00pm Bingo -Ballroom 1:30-3:00pm	**18** Women's Billiards –Upstairs 9:00am-12:00pm Cardio Drumming – Ballroom 10:00-11:00am Pinochle- Room 211 9:30 am-12:00pm ***Learn to Wood Carve Room 206 10:00-11:00am** Drop in Billiards – Upstairs 12:00-4:30pm Hand and Foot- Room 211 1:00-4:00pm **Learn** to Crochet & Knit – Lounge 1:00-4:00pm *** Thanksgiving Celebration 1:30-3:30pm**	**19** 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 Jong 213 10:00am -12:00pm** Learn to Crochet & Knit – Lounge 1:00pm-4:00pm ***$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	**20** ***Caregiver Support Group – Room 206 9:00 - 10:00am** **Hosted by Jackie Negley/COA** Balance and Strength- Ballroom 9:00-10:00am 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 1:00-3:00pm Line Dance Beginners -Ballroom **V** 1:00-2:30pm	**21** 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 1:00-3:00pm Bowling at Pla Mor Lanes $ 1:00-3:00pm *Qi Gong $ - Room 206 12:30-1:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 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 10:30-11:30am Knitting – Room 211 11:00am-2:00pm Beginners Canasta- Room 209 1:00-4:00pm Bingo -Ballroom 1:30-3:00pm	**25** Women's Billiards –Upstairs 9:00am-12:00pm Cardio Drumming – Ballroom 10:00-11:00am Pinochle- Room 211 9:30am-12:00pm ***Learn to Wood Carve Room 206 10:00-11:00am** Drop in Billiards – Upstairs 12:00-4:30pm Hand and Foot- Room 211 1:00-4:00pm **Learn** to Crochet & Knit – Lounge 1:00-4:00pm ***November Trivia Ballroom 1:30-3:00pm**	**26** 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** Center is Closing at 1:00	**27** Center is Closed	**28** Center is Closed
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 me 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.	**Isolation and Holidays-** come learn about ways of helping you or loved ones learn about the impact of loneliness and isolation and prevention strategies during the holiday season. **Presented by Patti Reese. Please RSVP by November 6th.** **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. **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. **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.

ISC Notes for November 2025

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.	**Diabetes Lifestyles and Risk Factor**-Come join us for an educational class on how to better manage diabetes. With discussions on how your lifestyle and daily choices may be affecting your health. **RSVP by October 31st.** **Euchre -** Come out on Thursdays to play this card game with your friends! **Five Crown Card Game** – Join us for a great card game. Five Crowns is a fun shedding game where you try to get rid of all your cards before your opponents. **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.	**Healthy Feet and Aging-** Please join Dr. Rader an Orthopedic surgeon, as he discusses the importance of maintaining healthy feet and how it affects your mobility and balance. **RSVP by October 30th.** **Help Deck the Halls-** Come join the festivities as we listen to the sounds of the seasons, sip on cider, and decorate the center for Christmas. **Please by November 5th.** **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 dancers. Come and join us to learn fun, low-impact dances. The class is taught by Linda Barclay.	**Medical Alarm Systems-** Have you wondered what you would do if you had a medical emergency and couldn't get to a phone. A medical alert system may be your answer. These devices allow individuals to quickly summon help in case of an emergency. Come join Linda Sprinkle as she discusses the benefits. **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 **Chili's Restaurant. Please RSVP by November 3rd.** **Personality 101-** Join Don Higgie, who has a degree in Clinical Psychology, as he teaches us how personality develops, as well as the impact our childhood experiences have in shaping it. This is a 2-part class. **Please RSVP by November 3rd.**	**Rummikub** – is a tile-based game for two to four players, combining elements of the card game rummy and mahjong. **Thanksgiving Celebration-** please join us as we gather around the table, give thanks and enjoy good food, laughter and cherished company. **Please RSVP by November 13th.** **November Trivia-** Join us in the fun as you challenge your friend's knowledge on various topics that happened in November. **RSVP by November 21st.** **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. **Learn to Wood Carve**- Join us for a hands-on experience, create beautiful pieces from wood! Taught by Tom Scott. This class is 4 weeks long and there is no charge and all supplies are included. **Please RSVP by November 14th.**