

		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			December 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	
1 One Mile Workout9-9:25 Low Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Crochet Club10-12 Pinochle10-2 Instructor Led Strength & Balance Class10:15-10:55 Moderate Intensity Water Exercise \$10:15-11 Instructor Led Strength & Balance Class11:15-11:55 Scrabble11-3 Moderate Intensity Water Exercise \$11:15-12 Bridge12:30-4 *Bingo Bonanza!1-2:30 Sponsored by Interim Healthcare Women’s Billiards1-3 Sequence1:30-5		2 Walk Away the Pounds8:30 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 *How to recycle in Mooresville12:30-1:30 Mark McCabe, Sanitation Superintendent Shanghai Rummy12:30-4:30 Men’s Cards1-4:30		3 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 Cribbage12-1 Mexican Train12:30-5 *Free Sketch Class1-2 By Gabriel with Art Academy of Southlake Open Line Dancing1-2:30 Wizard1-4		4 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 Study10-11:15 Instructor Led Chair Yoga10:15-11:15 Moderate Intensity Water Aerobics \$10:15-11 Pinochle11-3:30 Canasta and Other Games10-4:30 Low Intensity Water Exercise \$11:15-12 *Decorative Kitchen Boards \$5.001-2 Line Dance Advanced Beginners12:30-2:30 Crochet, Knitting & Chat1-3		5 One Mile Workout9-9:25 Two Mile Workout9:25-10 Women’s Coffee & Chat10-11 Beginner Tap Dancing10-11 Rummi Kub10-12 Water Exercise Boot Camp \$10:15-11 Grief Support11-12 AARP meeting and Christmas Party (for members only)2 - 4 Cardio Drumming1-1:45 Friendly Bridge Group1-4 Euchre1-4	
8 One Mile Workout9-9:25 Quilters’ Guild Meeting & Workshop #9-4 Low Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Crochet Club10-12 Pinochle10-2 Instructor Led Strength & Balance Class10:15-10:55 Moderate Intensity Water Exercise \$10:15-11 Instructor Led Strength & Balance Class11:15-11:55 Moderate Intensity Water Exercise \$11:15-12 Iredell County Mobile Library11:30-12:30 Bridge12:30-4 Women’s Billiards1-3 Sequence1:30-5		9 Walk Away the Pounds8:30 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 Bunco Group 112-3 *Monthly Lunch Bunch \$12:15-2 Cracker Barrell Shanghai Rummy12:30-4:30 Men’s Cards1-4:30		10 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 Cribbage12-1 Mexican Train12:30-5 Open Line Dancing1-2:30 Wizard1-4 *Holiday Party2-4 Caregiver Support Group V2-4		11 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 Study10-11:15 Instructor Led Chair Yoga10:15-11:15 Moderate Intensity Water Aerobics \$10:15-11 Pinochle11-3:30 Canasta and Other Games11-4:30 Low Intensity Water Exercise \$11:15-12 Line Dance Advanced Beginners12:30-2:30 Crochet, Knitting & Chat1-3		12 One Mile Workout9-9:25 Two Mile Workout9:25-10 Women’s Coffee & Chat10-11 Beginner Tap Dancing10-11 Rummi Kub10-12 Water Exercise Boot Camp \$10:15-11 *Sip & Paint with Lori Peterson (cocoa or cider)11-12 11x14 canvas \$32 SISC WILL BE CLOSING AT 1PM DUE TO ROAD CLOSURES FOR THE CLASSIC CHRISTMAS IN MOORESVILLE.	
15 One Mile Workout9-9:25 Charity Quilters Workshop #9-4 Low Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Crochet Club10-12 Pinochle10-2 Instructor Led Strength & Balance Class10:15-11 Moderate Intensity Water Exercise \$10:15-11 Instructor Led Strength & Balance Class11:15-12 Moderate Intensity Water Exercise \$11:15-12 Women’s Billiards1-3 Bridge12:30-4 Sequence1:30-5		16 Walk Away the Pounds8:30 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 Bunco Group 211:30-2 Shanghai Rummy12:30-4:30 Men’s Cards1-4:30		17 Three Mile Workout9-10 Woodcarvers9-12 Low Intensity Water Exercise \$9:15-10 Mah Jongg9:30-12 *Holidays & Seniors10-11 Sponsored by Partners Mental Health Moderate Intensity Water Exercise \$10:15-11 Stretch & Balance10:15-11 Moderate Intensity Water Exercise \$11:15-12 Cribbage12-1 Mexican Train12:30-5 Open Line Dancing1-2:30 Wizard1-4		18 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 Instructor Led Chair Yoga \$810:15-11:15 Pinochle11-3:30 Canasta and Other Games10-4:30 Low Intensity Water Exercise \$11:15-12 Crochet, Knitting & Chat1-3		19 One Mile Workout9-9:25 Two Mile Workout9:25-10 Women’s Coffee & Chat10-11 Rummi Kub10-12 Water Exercise Boot Camp \$10:15-11 Grief Support11-12 Cardio Drumming1-1:45 Friendly Bridge Group1-4 Euchre1-4 NO TAP DANCE THIS WEEK	

22 One Mile Workout9-9:25 Charity Quilters Workshop #9-4 Low Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Crochet Club10-12 Pinochle10-2 Instructor Led Strength & Balance Class10:15-11 Moderate Intensity Water Exercise \$10:15-11 Instructor Led Strength & Balance Class11:15-12 Moderate Intensity Water Exercise \$11:15-12 Scrabble11-3 Women’s Billiards1-3 Bridge12:30-4 Sequence1:30-5	23 Walk Away the Pounds8:30 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 Shanghai Rummy12:30-4:30 Men’s Cards1-4:30	24 SISC CLOSED FOR THE HOLIDAYS 	25 SISC CLOSED FOR THE HOLIDAYS 	26 SISC CLOSED FOR THE HOLIDAYS 
29 One Mile Workout9-9:25 Charity Quilters Workshop #9-4 Low Intensity Water Exercise \$9:15-10 Two Mile Workout9:25-10 Crochet Club10-12 Pinochle10-2 Instructor Led Strength & Balance Class10:15-11 Moderate Intensity Water Exercise \$10:15-11 Instructor Led Strength & Balance Class11:15-12 Moderate Intensity Water Exercise \$11:15-12 Women’s Billiards1-3 Bridge12:30-4 Sequence1:30-5	30 Walk Away the Pounds8:30 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 Shanghai Rummy12:30-4:30 Men’s Cards1-4:30	31 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 Cribbage12-1 Mexican Train12:30-5 Open Line Dancing1-2:30 Wizard1-4	Bingo Bonanza-Dec. 1st at 1pm, hosted by Interim Healthcare. Join us for a fun afternoon playing one of the senior center’s favorite games! Light refreshments will be provided. RSVP is required by Nov. 26th. Snowman Sip & Paint-Dec. 12th at 11 am, hosted by Lori Peterson. Lori will provide step by step instructions to paint an adorable snowman on an 11x14 canvas. Cider and cocoa will be provided. No artistic experience is necessary, and all supplies will be provided. Cost is \$32.00 cash due at registration. RSVP by Dec. 9th.	Sketch Class-Dec. 3rd at 1pm, sponsored by Art Academy of Southlake. This will be an introductory sketch class open to everyone at no cost. No experience required! Please RSVP by Dec. 1st. Decorative Kitchen Boards-Dec. 4th at 1pm, hosted by Fran. These will make a great gift for friends and family! All materials provided (cutting board, kitchen towel and embellishments). Cost is \$5.00 due at registration. RSVP by Dec 2nd. Space is limited.

Resources for December 2025

South Iredell Senior Center is MASK OPTIONAL * = RSVP to 704-662-3337 or at the front desk # = Quilters Guild Members Only Water Exercise: Runs month to month and you must sign up in advance to attend. V-Also offered virtually, see a member of staff. Tuesday Bingo: Please bring two prizes of dollar store value and \$1.00 for supplies. SISC offers a scholarship for those who need assistance paying for a class. See a member of staff.	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. 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. Drop-In Activities- Arts, Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, Computer Lab, etc.	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. 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. 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.	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. Holidays & Seniors, Dec 17th at 10 am-sponsored by Partners Mental Health. Learn about the impact of loneliness & social isolation and prevention strategies during the holidays. This event is open to the public & CEU credits are offered. RSVP by Dec. 15th.	Monthly Lunch Bunch- Dec. 9th 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 Cracker Barrel 123 regency Center Dr, Mooresville. RSVP by Dec.8th. SISC’s Annual Holiday Party-Dec. 10th at 2 pm. Please join us as we celebrate the holiday season with refreshment, performances from the Mooresville High school’s honor chorus and our very own performance group, Serendipity. Be sure to wear your ugliest sweater and enter our ugly sweater contest for a chance to win prizes! Please RVSP by Dec. 8th. How to recycle in Mooresville-Dec 2nd at 12:30, presented by Mark McCabe Sanitation Superintendent. This presentation will cover what materials can be recycled and best practices. Please RSVP by Dec 1st.
--	--	--	--	---