



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
Lynn Bustle, Senior Center Coordinator
Jennifer Barracough, Executive Director



January 2026



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
<p>Tax Preparations- It's that time of the year again. You can give us a call this month to schedule your appointment to be seen starting in February. The tax returns are completed by trained AARP volunteers who provide this free service. All volunteers are trained on tax laws, how to file forms, and on most basic tax questions. All tax packets must be pricked up prior to appointment. Call us for further questions or concerns.</p>	<p>Learn to Wood Carve: Beginner & Intermediate- This new class has been a hot. Join our Beginners Woodcarving if you are new for only \$3 per class on Tuesdays. All supplies are provided. Or if you have just finished the beginners course, try the new Intermediate Woodcarving, for only \$7 per class with all supplies provided, except you must bring your designated knife (tool specified by instructor). See the front desk to register by Dec 31st!</p>	<p>Learn to Play Mah Jongg - Discover the hottest game out there! Join us for a 6-week session where you'll learn the rules, strategies, and fun of this classic tile game. Perfect for beginners or those looking to sharpen their skills. Space is limited. Cost is just \$25 for the 6-week course!</p>	<p>1</p> <p style="text-align: center;">HAPPY NEW YEAR</p>	<p>2</p> <p>Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 209 9:00 - 10:00am *Intermediate Woodcarving \$- Rm 206 10- 11:30 am Beach Ball Volleyball – Ballroom 10:30 - 11:45am *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm</p>
<p>5 *Tax Volunteer Meeting (closed meeting) 8am-12pm 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 Birthday Bingo -Ballroom 1:30 - 3:00pm *Caregiver Support Group – Room 206 3:00 -4:00 pm Hosted by Jackie Negley, COA *Learn to Play Mah Jongg \$- Ballroom 6:00 – 8:00 pm</p>	<p>6 *Tax Volunteer Meeting (closed meeting) 8am-12pm Women's Billiards –Upstairs 9:00am - 12:00pm Cardio Drumming V – Ballroom 10:00 - 11:00am Pinochle- Room 211 9:30 am – 12:00pm *Beginners Woodcarving \$- Rm 206 10am – 12pm *\$Lunch Bunch (Cracker Barrel) 11:30am Drop in Billiards – Upstairs 12 - 4:30pm Hand and Foot- Room 211 1 - 4pm Learn to Crochet & Knit – Lounge 1-4 pm</p>	<p>7 *Tax Volunteer Meeting (closed meeting) 8am-12pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9:00am - 12:00pm Shuffleboard - Ballroom 9 - 10am Beginners Mah Jongg – Room 211 10:00am-12:00pm 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</p>	<p>8 Balance and Strength- Ballroom 9-10am Men's Billiards -Upstairs 9:00am - 12:00pm Learn Rummikub – Room 211 9:30am - 12:00pm Beginners Mah Jongg – Room 206 10:00am-12:00pm Chair Exercise - Ballroom 10:30am - 11:15am Mah Jongg –Room 209 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 – 3:00pm</p>	<p>9 AFA Memory Screening By Appt Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 209 9:30 - 10:30am *Intermediate Woodcarving \$- Rm 206 10- 11:30 am Beach Ball Volleyball – Ballroom 10:30 - 11:45am *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm</p>
<p>12 *Tax Volunteer Meeting (closed meeting) 8am-12pm 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 Woodcarving \$- Rm 206 10am – 12pm Presented by Partners Health Management (light snacks provided) Beginners Canasta- Room 209 1 - 4pm Bingo -Ballroom 1:30 - 3:00pm *Healthy Living - Room 211 with Connie Darnell 2-3pm *Learn to Play Mah Jongg \$- Ballroom 6:00 – 8:00 pm</p>	<p>13 Advisory Meeting- Ballroom 9:00 am Women's Billiards –Upstairs 9:00am - 12:00pm Pinochle- Room 211 9:30 am – 12:00pm Cardio Drumming V – Ballroom 10:00 - 11:00am *Mobile Library Visit 11am – 12pm Iredell County Public Library Drop in Billiards – Upstairs 12 - 4:30pm Hand and Foot- Room 211 1 – 4:00pm Learn to Crochet & Knit – Lounge 1-4 pm</p>	<p>14 *Tax Volunteer Meeting (closed meeting) 8am-12pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9:00am - 12:00pm Shuffleboard - Ballroom 9 - 10am Beginners Mah Jongg – Room 211 10:00am-12:00pm Corn Hole –Ballroom 10:15 - 11:15am *Watercolor \$- Room 206 1 - 3 pm Hand and Foot- Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm</p>	<p>15 *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 Beginners Mah Jongg – Room 206 10:00am-12:00pm Chair Exercise - Ballroom 10:30 - 11:30am Mah Jongg –Room 209 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 – 3:00pm *Gratitude Jar Craft \$ – Room 206 2-4 pm</p>	<p>16 Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 209 9:30 - 10:30am *Intermediate Woodcarving \$- Rm 206 10- 11:30 am Beach Ball Volleyball – Ballroom 10:30 - 11:45am ARS vs. ISC *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm Evening Line Dance- Ballroom 5:30 – 8:00 pm Evening Billiards 5:30 – 8:00 pm</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 	20 *Tax Volunteer Meeting (closed meeting) 8am-12pm Women's Billiards –Upstairs 9am - 12pm Cardio Drumming V – Ballroom 10:00 - 11:00am Pinochle- Room 211 9:30 am – 12:00pm *Beginners Woodcarving \$- Rm 206 10am – 12pm Drop in Billiards – Upstairs 12 - 4:30pm Hand and Foot- Room 211 1 - 4pm Learn to Crochet & Knit – Lounge 1-4 pm	21 *Tax Volunteer Meeting (closed meeting) 8am-12pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9:00am - 12:00pm Shuffleboard - Ballroom 9 - 10am Beginners Mah Jongg – Room 211 10:00am-12:00pm Corn Hole –Ballroom 10:15 - 11:15am *Watercolor \$ - Room 206 1 - 3 pm Hand and Foot- Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm	22 Balance and Strength- Ballroom 9-10am Men's Billiards -Upstairs 9:00am - 12:00pm Learn Rummikub – Room 211 9:30am - 12:00pm Beginners Mah Jongg – Room 206 10:00am-12:00pm Chair Exercise - Ballroom 10:30 - 11:30am Mah Jongg –Room 209 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 – 3:00pm *Gratitude Jar Craft \$ – Room 206 2-4 pm	23 Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 209 9:30 - 10:30am *Intermediate Woodcarving \$- Rm 206 10- 11:30 am Beach Ball Volleyball – Ballroom 10:30 - 11:45am *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm
26 *Tax Volunteer Meeting (closed meeting) 8am-12pm *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- COA Office 10:00am – 2:00pm 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 *Learn to Play Mah Jongg \$- Ballroom 6:00 – 8:00 pm	27 *Tax Volunteer Meeting (closed meeting) 8am-12pm Women's Billiards –Upstairs 9:00am - 12:00pm Pinochle- Room 211 9:30 am – 12:00pm Cardio Drumming V – Ballroom 10:00 - 11:00am *Beginners Woodcarving \$- Rm 206 10am – 12pm Drop in Billiards – Upstairs 12 - 4:30pm Hand and Foot- Room 211 1 – 4:00pm Learn to Crochet & Knit – Lounge 1-4 pm *ISC Winter Social – Ballroom RSVP by January 20th 2-4 pm	28 *Tax Volunteer Meeting (closed meeting) 8am-12pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9:00am - 12:00pm Shuffleboard - Ballroom 9 - 10am Beginners Mah Jongg – Room 211 10:00am-12:00pm Corn Hole –Ballroom 10:15 - 11:15am *Watercolor \$- Room 206 1 - 3 pm Hand and Foot- Ballroom 1 - 4pm Pinochle - Room 211 1 - 4pm Bridge - Room 209 1 - 4:30pm Bunco - Ballroom 1:30 - 3:00pm	29 Balance and Strength- Ballroom 9-10am Men's Billiards -Upstairs 9:00am - 12:00pm Learn Rummikub – Room 211 9:30am - 12:00pm Beginners Mah Jongg – Room 206 10:00am-12:00pm Chair Exercise - Ballroom 10:30 - 11:30am Mah Jongg –Room 209 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 – 3:00pm	30 Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 209 9:30 - 10:30am *Intermediate Woodcarving \$- Rm 206 10- 11:30 am Beach Ball Volleyball – Ballroom 10:30 - 11:45am *Soupy & Smart Lunch- Room 209 12 -1 pm Presented by WoodmenLife *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm

ISC Notes for January 2026

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. Must be a resident of Iredell County. Call to make an appointment.

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.

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.

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.

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!

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.

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 dancer. 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. 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.

Soupy & Smart: A Legacy Lunch- Join WoodmenLife to learn more about annuities, grandparent gifting, and preserving your legacy. **Please RSVP by January 26th**.

Gratitude Jar Craft- Join us to make your very own gratitude jar. Will have the opportunity to decorate it as you'd like. Perfect to help reset for the new year's for yourself, or someone else. **Cost is \$5. Please RSVP by January 16th**.

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 **Cracker Barrel**. Please **RSVP by January 2nd**.

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. **Next class begins January 14th**.

Beginner's Canasta – Join this group If you want to learn this fun card game or brush up on your skills.

Chronic Stress Management: Tools and Techniques for Long-Term Wellbeing- Come learn about significant tools and techniques to manage stress from Partners Health Management. Stress is a natural reaction to changes and challenges we face, having some degree of affect on everyone. However, prolonged stress can lead to serious health issues such as high blood pressure and heart disease when not managed. **Please RSVP by January 8th**.