



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 Barraclough, Executive Director



March 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>2</p> <p>*Tax-Aide Preparation –Upstairs 8am-12pm Drop in Billiards -Upstairs 8:30am - 4:30pm Five Crowns -Room 213 9:30am-12pm Chair Exercise - Ballroom 10:30 - 11:30am Knitting – Room 211 11am – 2pm Beginners Canasta- Room 209 1 - 4pm Birthday Bingo -Ballroom 1:30 - 3pm *Caregiver Support Group – Room 206 3 -4 pm Hosted by Jackie Negley, COA</p>	<p>3</p> <p>*Tax-Aide Preparation –Ballroom 8am-12pm Women’s Billiards –Upstairs 9am-12pm *Beginners Woodcarving \$- Rm 211 10am-12pm *Intermediate Woodcarving \$- Rm 211 10am-12pm Cardio Drumming V – Ballroom 10:15-11:15 am *\$Lunch Bunch (Olive Garden) 11:30am RSVP by February 27th Drop in Billiards – Upstairs 12-4:30pm Hand and Foot- Room 211 1-4pm Learn to Crochet & Knit – Lounge 1-4pm</p>	<p>4</p> <p>*Tax-Aide Preparation –Upstairs 8am-12pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am - 12pm Shuffleboard - Ballroom 9 - 10am Play Beginners Mah Jongg – Room 211 10 am-12pm 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 - 3pm</p>	<p>5</p> <p>Balance and Strength- Ballroom 9-10am Men’s Billiards -Upstairs 9am - 12pm Learn Rummikub – Room 211 9:30am - 12pm Beginners Mah Jongg – Room 206 10am-12pm Chair Exercise - Ballroom 10:30am - 11:15am Mah Jongg –Room 209 11am - 4pm Drop in Billiards -Upstairs 12 - 4:30pm *Senior Games Lunch and Learn-Room 206 1 pm RSVP by March 4th Euchre – Room 211 1 - 3pm Line Dance Beginners -Ballroom V 1 – 3pm</p>	<p>6</p> <p>Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 209 9 - 10am 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</p>
<p>9</p> <p>*Tax-Aide Preparation –Upstairs 8am-12pm Drop in Billiards -Upstairs 8:30am - 4:30pm Five Crowns -Room 213 9:30am-12pm Chair Exercise - Ballroom 10:30 - 11:30am Knitting – Room 211 11am – 2pm *Reducing Dementia Risk- Room 211 12 – 1 pm Presented by Partners Health Management (light snacks provided) RSVP by March 6th Beginners Canasta- Room 209 1 - 4pm Bingo -Ballroom 1:30 - 3pm Sponsored by Interim Home Health *Healthy Living - Room 211 2-3pm with Connie Darnell</p>	<p>10</p> <p>*Tax-Aide Preparation –Ballroom 8am-12:00pm Advisory Meeting- Ballroom 9:00 am Women’s Billiards –Upstairs 9-12pm *Beginners Woodcarving \$- Rm 211 10am-12pm *Intermediate Woodcarving \$- Rm 211 10am-12pm Sit & Stitch- COA Office 10 am-2pm Cardio Drumming V – Ballroom 10:15-11:15am Mobile Library Visit 11am-12pm Iredell County Public Library Drop in Billiards – Upstairs 12-4:30pm Hand and Foot- Room 211 1-4pm Learn to Crochet & Knit – Lounge 1-4pm</p>	<p>11</p> <p>*Tax-Aide Preparation –Upstairs 8am-12pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am - 12pm Shuffleboard - Ballroom 9 - 10am Play Beginners Mah Jongg – Room 211 10 am-12 pm 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 - 3pm</p>	<p>12</p> <p>Balance and Strength- Ballroom 9-10am Men’s Billiards -Upstairs 9am - 12pm Learn Rummikub – Room 211 9:30am - 12pm Beginners Mah Jongg – Room 206 10am-12pm Chair Exercise - Ballroom 10:30am - 11:15am *VIP Support Group- Room 213 11am Hosted by Division of Services for the Blind Mah Jongg –Room 209 11am - 4pm Drop in Billiards -Upstairs 12 - 4:30pm Euchre – Room 211 1- 3pm Line Dance Beginners -Ballroom V 1 – 3pm *Watercolor Cherry Blossoms- Room 206 2-4pm RSVP by March 10th</p>	<p>13</p> <p>AFA Memory Screening By Appt Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 209 9:30 - 10:30am 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 Iredell Senior Games Spring Open House and First Day to Register Saturday, March 14th 11 am-1pm Statesville Recreation and Parks 1875 Simonton Rd, Statesville</p> 
<p>16</p> <p>*Tax-Aide Preparation –Upstairs 8am-12pm Drop in Billiards -Upstairs 8:30am - 4:30pm Five Crowns -Room 213 9:30am-12pm Chair Exercise - Ballroom 10:30 - 11:30am Knitting – Room 211 11am – 2 pm Beginners Canasta- Room 209 1 - 4pm Bingo -Ballroom 1:30 - 3pm *Carolina Caring – Room 206 3:15-4:15pm “Recognizing the Loss of a Love” Presentation (light snacks provided) RSVP by March 6th</p>	<p>17</p> <p>*Tax-Aide Preparation –Ballroom 8am-12pm Women’s Billiards –Upstairs 9am-12pm *Beginners Woodcarving \$- Rm 211 10am-12pm *Intermediate Woodcarving \$- Rm 211 10am-12pm Cardio Drumming V – Ballroom 10:15-11:15 am Drop in Billiards – Upstairs 12-4:30pm Hand and Foot- Room 211 1-4pm Learn to Crochet & Knit – Lounge 1-4pm *Shamrocks & Shenanigans” Social 1:30-3:30pm Sponsored by Carolina SeniorCare RSVP by March 13th</p> 	<p>18</p> <p>*Tax-Aide Preparation –Upstairs 8am-12pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am - 12pm Shuffleboard - Ballroom 9 - 10am Play Beginners Mah Jongg – Room 211 10 am-12 pm 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 - 3pm</p>	<p>19</p> <p>*Caregiver Support Group – Room 206 9 - 10am Hosted by Jackie Negley/COA Balance and Strength- Ballroom 9-10am Men’s Billiards -Upstairs 9am - 12pm Learn Rummikub – Room 211 9:30am - 12pm Beginners Mah Jongg – Room 206 10am-12pm Chair Exercise - Ballroom 10:30 - 11:30am Mah Jongg –Room 209 11:00am - 4pm Drop in Billiards -Upstairs 12 - 4:30pm Euchre – Room 211. 1 - 3pm Line Dance Beginners -Ballroom V 1 – 3pm</p>	<p>20</p> <p>Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 209 9:30 - 10:30am Beach Ball Volleyball – Ballroom 10:30 - 11:45am *Soupy & Smart Lunch-Room 209 12-1:30 pm Presented by Woodmen Life RSVP by March 17th *Qi Gong \$ - Room 206 12:30 - 1:30pm Line Dance Advanced Beginners - Ballroom 1 - 3pm Bowling at Pla Mor Lanes \$ 1 - 3pm Evening Dance- Ballroom 5:30-8 pm Evening Billiards 5:30-8 pm</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23</p> <p>*Tax-Aide Preparation –Upstairs 8am-12pm Drop in Billiards -Upstairs 8:30am - 4:30pm Five Crowns -Room 213 9:30am-12pm Statesville Stitchers- COA Office 10am – 2pm Chair Exercise - Ballroom 10:30 - 11:30am Knitting – Room 211 11am – 2pm Beginners Canasta- Room 209 1 - 4pm Bingo -Ballroom 1:30 - 3pm</p>	<p>24</p> <p>*Tax-Aide Preparation –Ballroom 8am-12pm Women’s Billiards –Upstairs 9am - 12pm *Beginners Woodcarving \$- Rm 211 10am – 12pm *Intermediate Woodcarving \$- Rm 211 10am-12pm Cardio Drumming V – Ballroom 10:15-11:15 am Drop in Billiards – Upstairs 12 - 4:30pm Hand and Foot- Room 211 1 - 4pm Learn to Crochet & Knit – Lounge 1-4 pm *Nutrition Month Trivia- Ballroom 2-3pm RSVP by March 20th</p>	<p>25</p> <p>*Tax-Aide Preparation –Upstairs 8am-12pm Drop in Billiards – Upstairs 8:30am - 4:30pm Acrylic Art – Room 206 9am - 12pm Shuffleboard - Ballroom 9 - 10am Play Beginners Mah Jongg – Room 211 10 am-12 pm 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 - 3pm</p>	<p>26</p> <p>Balance and Strength- Ballroom 9-10am Men’s Billiards -Upstairs 9am - 12pm Learn Rummikub – Room 211 9:30am - 12pm Beginners Mah Jongg – Room 206 10am-12pm Chair Exercise - Ballroom 10:30 - 11:30am Mah Jongg –Room 209 11am - 4pm Drop in Billiards -Upstairs 12 - 4:30pm Euchre – Room 211 1- 3pm Line Dance Beginners -Ballroom V 1 – 3pm *The Power of Protein Lunch and Learn 1pm RSVP by March 23rd</p>	<p>27</p> <p>Drop in Billiards -Upstairs 8:30am - 4:30pm Bible Study with Dr. Don- Room 209 9:30 - 10:30am 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>30</p> <p>*Legal Services w/Beth Setzer By Appt *Tax-Aide Preparation –Upstairs 8am-12pm Drop in Billiards -Upstairs 8:30am - 4:30pm Five Crowns -Room 213 9:30am-12pm Chair Exercise - Ballroom 10:30 - 11:30am Knitting – Room 211 11am – 2pm Beginners Canasta- Room 209 1 - 4pm Bingo -Ballroom 1:30 - 3pm</p>	<p>31</p> <p>*Tax-Aide Preparation –Ballroom 8am-12pm Women’s Billiards –Upstairs 9am - 12pm *Beginners Woodcarving \$- Rm 211 10am – 12pm *Intermediate Woodcarving \$- Rm 211 10am-12pm Cardio Drumming V – Ballroom 10:15-11:15 am Drop in Billiards – Upstairs 12 - 4:30pm Hand and Foot- Room 211 1 - 4pm Learn to Crochet & Knit – Lounge 1-4 pm *Nutrition Month Bingo- Ballroom 2-3 pm RSVP by March 27th</p> 	<p>Senior Games Lunch & Learn -Curious about Senior Games? This session is for YOU — whether it’s your first time or you’ve participated before! Come learn about the events, how to register, important dates, and why so many older adults love being part of the fun and friendly competition. There’s truly something for everyone! RSVP by March 4th — we can’t wait to see you, lunch provided</p> <p>Shamrocks & Shenanigans Social -Get ready for a little luck and a lot of laughs! Join us for an afternoon of festive fun, games, treats, and great company as we celebrate all things Irish. Don’t miss the shenanigans! RSVP by March 13th.</p>	<p>Watercolor Cherry Blossoms – Celebrate the beauty of spring with a relaxing afternoon of watercolor painting! No experience needed — just come ready to unwind, get creative, and leave with your own cherry blossom masterpiece. RSVP by March 10th to save your spot!</p> <p>Recognizing the Loss of a Love Presentation- Join us for a meaningful and compassionate presentation focused on understanding and navigating grief and loss. This supportive session offers helpful insights and gentle conversation in a welcoming space. Light snacks provided. RSVP by March 6th.</p>	<p>Reducing Dementia Risk - Join us to learn practical, research-based strategies to help reduce your risk of dementia and support long-term brain health. Discover simple lifestyle changes that can make a meaningful difference. Light snacks provided. RSVP by March 6th.</p> <p>Soupy & Smart Lunch- Enjoy a warm bowl of soup while learning smart planning tips and ways to protect what matters most. Helpful information, open discussion, and great company! RSVP by March 17th.</p> <p>The Power of Protein Lunch & Learn- Discover why protein is so important for strength, energy, and healthy aging. Learn practical tips and easy ways to add more protein to your day. RSVP by March 23rd.</p>

ISC Notes for March 2026

<p>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</p> <p>Facebook- Follow our Facebook page to see our virtual program opportunities during the month.</p> <p>Senior Insurance Counseling (SHIIP) by appt. If you need assistance with your Medicare and supplemental insurance. Call for an appointment. 704-873-5171</p> <p>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.</p> <p>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.</p> <p>Drop-In Activities- Billiards, Puzzle Library, Games, Corn Hole, Exercise Equipment, Lounge, Massage Chair, Game Room, Media Center, Quilting, Crocheting, Computer Lab, etc.</p>	<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>Beginner’s Canasta – Join this group If you want to learn this fun card game or brush up on your skills.</p> <p>Bingo – Bring a new prize, no more than \$1.25, and snacks to play with your friends! Everyone must bring a prize to play.</p> <p>Birthday Bingo- Join us for bingo and snacks to celebrate participants with birthdays this month. Please bring your prize.</p> <p>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.</p> <p>Bridge – If you are new to Bridge, please call the senior center to have your name placed in the rotation.</p> <p>Cardio Drumming- Join our drumming class for fun exercise! Drumming will help you release stress, aggression, and anxiety.</p> <p>Euchre - Come out on Thursdays to play this game with your friends!</p> <p>Rummikub – This is a new game being introduced to ISC</p>	<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Beginners Mah Jongg- the perfect group to join if you are new to Mah Jongg, especially if you’ve recently completed the learning basics class!</p> <p>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 Olive Garden Restaurant. Please RSVP by February 27th</p>	<p>Learn to Wood Carve: Beginner & Intermediate - Join our Beginners Woodcarving if you are new for only \$3 per class. All supplies are provided. Or 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).</p> <p>Tax Preparations- Give us a call to schedule your appointment. 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 the most basic tax questions. All tax packets must be picked up prior to the appointment</p> <p>Healthy Living with Connie Darnell- Join us for an engaging and practical session focused on simple ways to support your health and well-being. You’ll leave with helpful tips, encouragement, and ideas you can start using right away to feel your best.</p> <p>Nutrition Month Trivia – Ballroom 2:00–3:00 PM Test your nutrition knowledge and celebrate National Nutrition Month with fun trivia, prizes, and plenty of laughs! RSVP by March 20th</p> <p>Nutrition Month Bingo –It’s bingo with a healthy twist! Join us for a fun hour of Nutrition Month–themed Bingo, prizes, and great company. RSVP by March 27th</p>
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