



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



March 2026

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
2 One Mile Workout 9-9:25 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Strength & Balance Class 10:15-11 (in person & on Facebook live) Moderate Intensity Water Exercise \$ 10:15-11 Scrabble 11-3 Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Women's Billiards 1-3 Sequence 1:30-5	3 Walk Away the Pounds 8:30-9 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Tai Chi Intermediate (Level 1) \$8 10-11 Bingo 10:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 Tai Chi Intermediate (level 2) \$8 11:15-12:15 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30	4 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness (Video Led this week) 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Tai Chi & Qigong Basics \$8 No Italian class this week only Cribbage 12-1 Mexican Train 12:30-5 *Advanced Directives Workshop Hosted by Trellis Open Line Dancing 1-2:30 Wizard 1-4	5 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:30 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Bible Study 10-11:15 Canasta and Other Games 10-4:30 Instructor Led Chair Yoga Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$ 10:15-11 Low Intensity Water Exercise \$ 11:15-12 Pinochle 11:30-3:30 Line Dance Advanced Beginners 1-2:30 Crochet, Knitting & Chat 1-3	6 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Woman 2 Woman 9:30-10:55 Women's Coffee & Chat 10-11 Tap Dancing 10-11 Extra Tap Practice 11-11:30 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Grief Support 11-12 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4
9 One Mile Workout 9-9:25 Quilters Guild Mtg. & Workshop # 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Strength & Balance Class 10:15-11 (in person & facebook live) Moderate Intensity Water Exercise \$ 10:15-11 Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Women's Billiards 1-3 Sequence 1:30-5 SENIOR GAMES SPIRIT WEEK! WEAR YOUR SENIOR GAMES T-SHIRTS AND SPREAD THE WORD!	10 Walk Away the Pounds 8:30-9 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Tai Chi Intermediate (Level 1) \$8 10-11 Bingo 10:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 Tai Chi Intermediate (level 2) \$8 11:15-12:15 Bunco Group 1 12:15-3 *Monthly Lunch Bunch \$ 12:15-2 Chili's Bar & Grill Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30	11 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Tai Chi & Qigong Basics \$8 Intro to Italian Language 11:15-12 Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4 Caregiver Support Group V 2-4	12 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:30 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Bible Study 10-11:15 Canasta and Other Games 10-4:30 Instructor Led Chair Yoga Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$ 10:15-11 Low Intensity Water Exercise \$ 11:15-12 Pinochle 11:30-3:30 Line Dance Advanced Beginners 1-2:30 Crochet, Knitting & Chat 1-3	13 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women's Coffee & Chat 10-11 Tap Dancing 10-11 Extra Tap Practice 11-11:30 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4 *Shamrocks & Shenanigans Dance 5:30-8 With DJ Energizer Saturday, March 14th Senior Games 11-1 Registration & Kick- Off at the South Iredell Senior Center. Free boxed lunch for the 1st 60 registrations!
16 One Mile Workout 9-9:25 Charity Quilters Workshop 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Advisory Council (members only) 9:30-11 Strength & Balance Class 11:15-12 ONE CLASS ONLY Crochet Club 10-12 Pinochle 10-2 Moderate Intensity Water Exercise \$ 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Women's Billiards 1-3 *Braiding Mats for Unhoused 1-3 Volunteer Opportunity Sequence 1:30-5	17 Walk Away the Pounds 8:30-9 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Tai Chi Intermediate (level 1) \$8 10-11 Bingo 10:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 Tai Chi Intermediate (level 2) \$8 11:15-12:15 Bunco Group 2 12:15-2 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30	18 Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 *Grief & Resulting Depression (Partners) 10-11 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Tai Chi & Qigong Basics \$8 Intro to Italian Language 11:15-12 Cribbage 12-1 Mexican Train 12:30-5 Open Line Dancing 1-2:30 Wizard 1-4 *Show & Tell (Sponsored by Hearts4Home) 2-3:30 \$ Bowling @ Victory Lanes 3-5	19 Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:30 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Bible Study 10-11:15 Instructor Led Chair Yoga Sponsored by Give Yoga NC Canasta and Other Games 10-4:30 Moderate Intensity Water Aerobics \$ 10:15-11 Low Intensity Water Exercise \$ 11:15-12 Pinochle 11:30-3:30 Line Dance Advanced Beginners 1-2:30 Crochet, Knitting & Chat 1-3	20 One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Woman 2 Woman 9:30-10:55 Women's Coffee & Chat 10-11 Tap Dancing 10-11 Extra Tap Practice 11-11:30 Rummi Kub 10-12 Water Exercise Boot Camp \$ 10:15-11 Grief Support 11-12 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4

<p>23</p> <p>One Mile Workout 9-9:25 Charity Quilters Workshop 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Moderate Intensity Water Exercise \$ 10:15-11 Mayor's Senior Round Table 10:30-11:30 Scrabble 11-3 Strength & Balance Class One Class Only 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 *CPR (Hands only) (non-certification) \$10 1-2 Bridgette from Privatecareconnect Women's Billiards 1-3 Sequence 1:30-5</p>	<p>24</p> <p>Walk Away the Pounds 8:30-9 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Tai Chi (Intermediate Level 1) \$8 10-11 Bingo 10:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 Iredell County Mobile Library onsite 11:30-12:30 Tai Chi (Intermediate level 2) \$8 11:15-12:15 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 Book Discussion 1:30-3 AARP 2-4</p>	<p>25</p> <p>Three Mile Workout 9-10 Woodcarvers 9-12 Low Intensity Water Exercise \$ 9:15-10 Mah Jongg 9:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Functional Fitness 10:15-11 Moderate Intensity Water Exercise \$ 11:15-12 Tai Chi & QiGong Basics \$8 11:15-12 Cribbage 12-1 Mexican Train 12:30-5 *Healthy Living for Your Brain and Body 1-2 Presented by Alzheimer's Association Open Line Dancing 1-2:30 Wizard 1-4 Caregiver Support Group V 2-4</p>	<p>26</p> <p>Walk Away the Pounds 8:30-9:00 Sit & Fit Chair Exercise 9:00-9:30 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Bible Study 10-11:15 Canasta and Other Games 10-4:30 Instructor Led Chair Yoga 10:15-11:15 Sponsored by Give Yoga NC Moderate Intensity Water Aerobics \$ 10:15-11 Low Intensity Water Exercise \$ 11:15-12 Pinochle 11:30-3:30 Line Dance Advanced Beginners 1-2:30 Crochet, Knitting & Chat 1-3</p>	<p>27</p> <p>One Mile Workout 9-9:25 Two Mile Workout 9:25-10 Women's Coffee & Chat 10-11 Rummi Kub 10-12 Tap Dancing 10-11 Extra Tap Practice 11-11:30 *Busted Canvas Craft 10:30-12 Water Exercise Boot Camp \$ 10:15-11 Cardio Drumming 1-1:45 Friendly Bridge Group 1-4 Euchre 1-4</p>
<p>30</p> <p>One Mile Workout 9-9:25 Charity Quilters Workshop Room E 9-4 Low Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25-10 Crochet Club 10-12 Pinochle 10-2 Strength & Balance Class 10:15-11 Moderate Intensity Water Exercise \$ 10:15-11 Strength & Balance Class 11:15-12 Moderate Intensity Water Exercise \$ 11:15-12 Women's Billiards 1-3 Sequence 1:30-5</p>	<p>31</p> <p>Walk Away the Pounds 8:30-9 Sit & Fit Chair Exercise 9 & 2 Men's Billiards 9-11 Moderate Intensity Water Exercise \$ 9:15-10 Two Mile Workout 9:25 Tai Chi (Intermediate Level 1) \$8 10-11 Bingo 10:30-12 Moderate Intensity Water Exercise \$ 10:15-11 Writing Senior Memories 10:30-12:15 Low Intensity Water Exercise \$ 11:15-12 Tai Chi (Intermediate level 2) \$8 11:15-12:15 Shanghai Rummy 12:30-4:30 Men's Cards 1-4:30 Tap Dance Rehearsal (performance group) 1-1:45</p>	<p>Grief and Resulting Depression – presented by Partners Health Management on March 18th at 10 am. Natural losses as we age can compound and affect health. Elements of the grief process and strategies for coping will be presented. This event is open to the public & CEU credits are offered. RSVP by March 16th.</p> <p>Hands only CPR-March 23rd at 1 pm. This two-step method will train you to deliver life-saving care until professional responders arrive. We encourage everyone to participate. Scholarships are available for those with financial hardships. RSVP is required by March 6th. Cash only, paid to instructor.</p>	<p>2026 Senior Games, Registration & Kick Off -Saturday, March 14th, 11 am -1 pm at the South Iredell Senior Center. The first 60 people to register will receive a free box lunch from Chick-fil-A. Registration is free to new participants! The senior center will be open for fellowship, games & drop-in activities from 11- 1 pm.</p> <p>Shamrocks & Shenanigans Dance-March 13th at 5:30 pm. DJ Energizer will be spinning musical hits from our favorite genres that will keep our feet moving the entire night! Refreshments will be served. This event is free if an item of clothing is GREEN. If green is not in your wardrobe a \$1.00 donation is appreciated. RSVP is required by March 10th.</p>	<p>Show & Tell-March 18th at 2 pm, hosted by Hearts4Home. Remember how excited you were as a child to choose a special item to share with your classmates? It is just as fun as an adult! We will share special treasures, photos, stories and memories with our friends. Refreshments will be served. RSVP by March 13th.</p> <p>Advanced Directives Workshop-March 4th at 1 pm-hosted by Trellis Supported Care. This workshop will help loved ones and health care providers to honor your goals and wishes if you are unable to speak for yourself. Healthcare power of attorney and living wills will be covered. RSVP by March 3rd.</p>

Resources for March 2026

<p>South Iredell Senior Center is MASK OPTIONAL</p> <p>* = RSVP to 704-873-5171 or at the front desk</p> <p># = Quilters Guild Members Only</p> <p>Water Exercise: Runs month to month and you must sign up in advance to attend.</p> <p>V-Also offered virtually, see a member of staff.</p> <p>Tuesday Bingo: Please bring two prizes of dollar store value and \$1.00 for supplies.</p> <p>SISC offers a scholarship for those who need assistance paying for a class. See a member of staff.</p>	<p>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.</p> <p>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.</p> <p>Drop-In Activities- Arts, Crafts Closet, Billiards, Puzzle Library, Games, Corn Hole, Indoor Walking, Exercise Equipment, Media Center, Quilting, Crocheting, Computer Lab, etc.</p>	<p>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.</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. Request your appointment at SISC.</p> <p>Legal Assistance / Justice Hub: The Justice Hub is a 24/7 online legal aid portal where one can apply for legal aid services, instantly see if they qualify, and follow the status of their submitted application with ease. Check it out at www.legalaidnc.org. You can also call the Senior Law Project Helpline at 1-877-579-7562.</p>	<p>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.</p> <p>Grief Support Group- 1st & 3rd Friday of the month at 11 am- open to adults age 50+. We invite all those who have lost a loved one to connect with others, experiencing the challenges of grief in this compassionate and confidential space.</p> <p>Tai-Chi & QiGong Basics-Wednesdays at 11:15 am. Perfect for beginners who are interested in learning about the benefits of Tai-Chi & QiGong, specifically Embrace the Moon form. No registration required. Cost is \$8.00 paid to instructor</p>	<p>Monthly Lunch Bunch-March 10th 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 Chili's, 6003 River Hwy., Mooresville. RSVP by March 6th.</p> <p>Healthy Living for your Brain & Body-March 25th at 1pm-presented by the Alzheimer's Association. The brain body connection is well established, but now science can provide insights and research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate a plan for healthy aging. RSVP by March 23rd.</p> <p>Woman 2 Woman -1st & 3rd Friday of the month at 9:30 am. Please join Viola McLelland as she leads an interactive faith-based series on empowering topics, including financial abuse, women as Heads of Households and more.</p>
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