



The Word

Iredell Senior Center
Senior Center of Excellence ~
www.iredellseniorcenter.org



Quarterly Newsletter

A Project of the Iredell Council on Aging

April-June 2017

Older Americans Month Celebration

Age Out Loud

Wednesday, May 3, 2017 at 2:00 PM

In the Ballroom

Come join us as we have fun with entertainers and speakers sharing different ways to age out loud.

Refreshments will be served.

Sponsored by: Carillion Assisted Living of Mooresville



Afghan Set Raffle

On display in the Ballroom

Drawing will be at this event

Tickets \$1.00 each or 6 for \$5.00

Support the Senior Center

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DANCE & KARAOKE 2017

Day	Month	Theme
21	APRIL	EASTER BONNET
19	MAY	FIFTIES
16	JUNE	SURFIN'
14	JULY	PATRIOTIC
18	AUGUST	POPCORN
15	SEPTEMBER	HILLBILLY
20	OCTOBER	ALL SAINTS' DAY
17	NOVEMBER	PUMPKIN
15	DECEMBER	WHITE CHRISTMAS

Holiday Closings for 2017

<i>JANUARY</i>	<i>2nd</i>	<i>NEW YEAR'S DAY</i>
<i>JANUARY</i>	<i>16th</i>	<i>MARTIN LUTHER KING DAY</i>
<i>April</i>	<i>14th</i>	<i>GOOD FRIDAY</i>
<i>MAY</i>	<i>29th</i>	<i>MEMORIAL DAY</i>
<i>July</i>	<i>4th</i>	<i>INDEPENDENCE DAY</i>
<i>SEPTEMBER</i>	<i>4th</i>	<i>LABOR DAY</i>
<i>NOVEMBER</i>	<i>10th</i>	<i>VETERAN'S DAY</i>
<i>NOVEMBER</i>	<i>23rd & 24th</i>	<i>THANKSGIVING</i>
<i>DECEMBER</i>	<i>25th & 26th</i>	<i>CHRISTMAS</i>

Stay *ACTIVE* at Iredell Senior Center!

Tai Chi/Chi-Kung (pronounced Tai-ji/Qi-Gong) ~ Mondays, from 9:00—10:00 AM. Tai Chi, practiced regularly, improves flexibility, strength, coordination, balance, & blood pressure. Tai Chi is recommended by the American Arthritis Foundation because it can reduce joint pain. Fee: \$6 per class. Instructor: Mike Gentile, who has practiced Tai Chi for 30 years, has taught Tai Chi for 20 years!

Chair Exercise ~ Mondays & Thursdays, from 10:30—11:30 AM. Exercise to music while you improve/maintain muscle strength, flexibility, & range of motion. Some of the class is done from a seated position. Instructors: Dot Williams & Jackie Click. No fee or registration. Join anytime!

Beginners' Line Dance ~ Thursdays, from 1:00—1:30 PM. A fun way to exercise the mind (remembering the dances) & body! Line dance basics covered. Instructor: Kathy Strantz. No fee.

Intermediate Line Dance ~ Thursdays from 1:30—3 PM. Instructor: Kathy Strantz. No fee.

Yoga ~ Tuesdays & Thursdays from 2:30—3:30 PM. Strengthens & tones your body. Promotes flexibility & tissue oxygenation. Wear comfortable clothes. Instructor: Faye Goforth. No fee.

Senior Fit Walk at YMCA. Senior Center members may use the YMCA in-door walking track at Statesville Family YMCA or the gymnasium at Barium Springs Family YMCA for a \$15 monthly fee. First, you will need an ID card from the Senior Center & then we will give you more info on how to enroll. You may walk daily, Monday through Friday, during their regular hours of operation, & enroll on a month by month basis, letting you walk outdoors when the weather is pleasant.

Billiards. Women play Tuesdays at 9:00 AM to 12:00 PM, men on Thursdays at 8:30 AM to 12:00 PM, & everyone plays Drop-in on Mondays & Wednesdays, and Fridays at 8:00 AM to 5:00 PM. No fee

Men's Morning Program ~ Thursdays, from 8:30—10:00 AM. The guys arrive for coffee, refreshments, discussion & progress to billiards. Donations requested for refreshments.

Work-out Equipment. After a safety orientation, you may use the exercise equipment in the workout room anytime. No fee.

We Value Your Input

Do you have a new program idea or a suggestion? The Senior Center would like to hear from you! Please complete and return the form below to: Iredell Senior Center, P.O. Box 344, Statesville, NC 28687

Name _____ Phone _____

Idea _____

Did You Know?

The Iredell Senior Center has limited parking. Members are encouraged to carpool or use the ICATS van. There is parking on Front Street in front of the Senior Center. All designated handicapped spaces and "No Parking" signs should be obeyed or a vehicle may be towed away at the owner's expense.

From the Interim Program Coordinator

During February a *Love Your Senior Center* fundraiser was held. For a \$5.00 donation in honor of or memory of someone a valentine was placed on the red board in the ballroom. If you made a donation and would like to have your valentine as a keepsake please see staff. \$250.00 was generated from this effort.

We are considering having a yard sale. A coordinator & helpers are needed. If you are willing, please see me (Phyllis).

You asked, we took action. Many of you asked that the ladies & men's room upstairs be switched. The Advisory Council voted unanimously to make the change. The signs have been changed. Necessary repairs and decorating are in process. Thank you for your patience.

Thank you for all of your continued support.

Phyllis H. Deal
Interim Program Coordinator &
SHIIP Coordinator

~~~~~ Would you be interested in:

An improv theatre group
a regular theatre group
or a writing group
Let us know.

Senior Center Services

**An appointment is required for the monthly services below.
Please call the Senior Center at 704-873-8568.**

Legal Services. Ms. Beth Setzer provides monthly pro bono (free) services for the following: power of attorney, living will, & legal advice.

Seniors' Health Insurance Information Program (SHIIP) Medicare & Insurance Counseling. Volunteer counselors trained by the NC Dept. of Insurance provide free individual assistance to people who are Medicare eligible. Counselors advise about Medicare, Medicare Part D, Low Income Subsidy Assistance (Extra Help), Medicare supplements, Medicare Advantage (part C), long-term-care insurance, assist with billing problems, & Medicare fraud & abuse.

Long Term Care Counseling. Free counseling services for long term care (assisted living, nursing homes) placement, residents rights, &/or questions or problems in long term care pre- & post-placement. Service provided by Patricia Cowan, Long Term Care Ombudsman (an advocate), with the Area Agency on Aging.

Senior Law Project/Legal Aid of NC

Legal services are provided by attorney Jeannie Maresea. She handles wills & advance directives. Other lawyers assist with telephone consults (advice) & may provide services for other legal concerns. Visit their website at: www.legalaidnc.org

You may phone Legal Aid of NC any time for legal advice & an attorney will return your call as soon as possible once you have completed the intake process. For intake regarding legal advice or an appointment with Ms. Maresea, phone Legal Aid of NC at 1-877-579-7562, Mon. through Fri. 9 to 11 AM & 1 to 3 PM.

Table Tennis

There has been some interest in table tennis here at the center. We have 3 tables and some equipment. You may bring your own paddle if you chose to do so. If you would like to play please call ahead of time to see if the BALLROOM is available. You will need partners.

This newsletter is sponsored by:

**The Gardens of Statesville
& Cardinal Village**

**2147 Davie Ave., Statesville NC 28625
704-878-0123**

Some Regular Activities

Salt & Pepper Book Club ~ Meets April 10, May 8, & June 12 at 1 PM . The Salt & Pepper Book Club is intended to be a fun & social gathering, open to all ideas! You are welcome to take part in &/or come to hear the discussion. Facilitated by Jeannie Petrosini. Please register to receive a reminder phone call. Book selections are announced at each meeting.

Rubber Stamped Greeting Cards ~ Tuesday, April 18, May 16, & June 20 at 10 AM. Learn many different techniques to create three - four unique greeting cards & envelopes. Fee: \$5 for supplies. Instructor: Nancy McKay. Helper: Nancy Harris. Class is limited to 12. Register by April 17. In room 206.

Acrylic Art Workshop ~ Wednesdays at 9:00 AM. You may join the Art Workshop anytime. This group works primarily with acrylics, but invites anyone interested to bring a project and work together. Critiques and group projects are available. Instructor: Annette Ratledge. No fee or registration. In room 206.

Intermediate Watercolor Painting ~ Next sessions: April 12-May 17, May 24-July 5, & July 12—August 16. The class meets on Wednesdays at 1 PM. You will paint together, step-by-step, a variety of subject matter, learning what colors & techniques are used to achieve the desired results. Supply list is available. Instructor: Judy Carpenter. Fee: \$30 for six classes. Registration required. Class limited to 15 artists. In room 206.

Dance & Karaoke ~ April 21, May 19, & June 16. Bring a covered dish to share at the 5:30 meal along with a serving utensil. Dancing & karaoke are from 6 - 8 PM. DJs are James & Brenda Funderburk. Sponsored by The Gardens of Statesville & Cardinal Village. A \$2.00 donation would be greatly appreciated.

Give & Take Bingo ~ No bingo in April. May 12, & June 16. Second Fridays at 1:30 PM ~ The group provides their own prizes & refreshments. Each person should bring a new "dollar store" item or a clean, gently used item as a prize. Caller: Carol Musakka; assistant: Brenda Simendinger.

Bingo Birthday Bash ~ April 21, May 19, & June 16, third Fridays at 1:30 PM ~ Everyone is invited to play Bingo, win prizes, & have refreshments! Birthdays of the month are recognized. Caller: Carol Musakka, assistant: Brenda Simendinger. Sponsored by: The Gardens of Statesville & Cardinal Village & Comfort Keepers.

Statesville Ballroom Dance Club ~ Friday April 7, May 12 & June 9 at 7:00 PM. Join them for ballroom dancing, snacks, & socializing! Please bring a finger food snack. Fee: \$5 per person.

Scrapbooking ~ They will be off in April and resume Thursday, May 18 & June 15 at 10:00 AM to 12:00 PM. It is time to get those family & friends photos organized! You may bring ten photos with a common theme (e. g., anniversary, Christmas, graduation, siblings), along with scissors, double-sided tape, white glue and learn scrapbooking techniques, important tips, & how to create themed scrapbooks. Examples will be on display during class. You will take home one to two completed pages. Instructor: Kathy Strantz. Supply fee: \$2. Please register. In room 206.

Piedmont Parkinson's Support Group (PPSG) ~ April 20, May 18, & June 15. The third Thursday at 10 AM ~ The PPSG is for people with Parkinson's disease, their caregivers, & family. Refreshments provided. No fee. Please register if you would like a reminder phone call. The speakers are to be announced.

Caregivers Support Group ~ April 24, May 22, & June 26. The fourth Monday of each month at 2:30-4:30 PM. No fee or registration. All ages are welcome to attend. Provided by Jackie Negley of Council on Aging. For more information call 704-873-5171.

Charitable Crafts Projects/Mats for the Homeless ~ Fridays at 1:00 PM. Join this group to make items for charitable groups and our Craft Store. Mats for the Homeless has been combined with this group.

Senior Serenaders ~ in the Ballroom at Iredell Senior Center. This is a choral group sponsored by the Iredell Senior Center. They sing older songs and hymns for nursing facilities, and senior groups at churches in the area. They have approximately 19 members, but could use a few more. If you would like to join, they usually meet on Tuesday and sometimes on Wednesday to sing or practice. They are accompanied by a pianist and guitarist. For more information call: JoAnn Brown at 704-528-8305.

SHIIP UPDATE

Starting next year, a major change will be occurring in Medicare. In 2015, Congress passed the Medicare Access and CHIP Reauthorization Act. This law requires the removal of the social security numbers from all Medicare cards by April 2019. This new initiative is referred to as Social Security Number Removal Initiative (SSNRI). A new randomly Generated Medicare Beneficiary Identifier (MBI) will replace the social security number. When the initiative gets under way Medicare beneficiaries will be assigned a new MBI and be sent a new Medicare card.

The primary goal of the initiative is to decrease Medicare beneficiaries' vulnerability to identity theft by removing the social security number from their Medicare cards and replacing it with a new Medicare MBI that does not contain any other personal information.

Phyllis Deal,

Iredell County SHIIP Coordinator

Caregiver Resource Center

Caregiver books and DVD's are available for sign out. Please return them when you are finished so other caregivers may benefit from them.

It is provided by the Family Caregiver Support Program and the Iredell Council on Aging.

You can support your Senior Center by making a donation, a memorial gift or gift in honor of a loved one. The Senior Center has individuals who have attended the Center for many years and this is always a very meaningful way to remember and honor them. As a non profit 501c agency, donations made to the Senior Center are tax deductible.

Iredell Senior Center Donation

Name _____

Address _____

City/State/Zip Code _____

Telephone No. _____

Enclosed is my donation of: ___\$30 ___\$25 ___\$20 ___\$15 ___\$10 ___\$5 ___Other

Please designate my donation: ___In Memory of: _____

___In Honor of: _____

Please notify: ___Permission to place recognition of donation in ISC Newsletter

Name: _____ Address: _____

Mail donation check with form to: Iredell Senior Center

P.O. Box 344

Statesville, NC 28687

All gifts are tax-deductible to the fullest extent of the law. Thank you for your support!

MAKE A DONATION TO IREDELL SENIOR CENTER

Here are some of the ways to donate:

Financial Contributions

Financial contributions are always welcome. Iredell Senior Center is a program of a not-for-profit agency and your contribution is tax deductible. Let staff know if you need a letter for tax purposes when you make your donation.

- ◆ Designate honorarium/memorials for friends and love ones.
- ◆ Send the center a donation.
- ◆ Leave money in your will or estate
- ◆ Donate your stock

In-kind Support

Donations of items on our Needs List are appreciated and provide a great way to support Iredell Senior Center. These items may be new or like-new. If you wish to donate something that is not included on the [Needs List](#) below, please check with us.

Needs List

Items for seasonal decorations
Books and DVD's pertaining to Parkinson's disease
Large clear plastic storage containers
New, practical items (at least \$1 value) for bingo prizes
New items for door prizes
Outdoor storage building
Outdoor planters
Electric hedge trimmers
Light weight folding tables – 4', 6', & 8'
High quality camera
Exercise equipment – please speak with us first before donating this item.
Coffee – Decaf
Yarn: Acrylic, Baby, Cotton
Fiber fill
Artificial flowers, fall leaf garlands, & ivy garlands
New puzzles

Volunteering

If you're feeling frustrated or overwhelmed by life's issues, volunteering to help can be a great way to cope. If you'd like to support a cause but can't afford to donate money, you can donate your time instead. The Iredell Senior Center can always use your help. If you have a special gift, hobby or interest, come see us and share it with us and others!

For details on volunteer positions available, please ask Senior Center Staff.

Check out our Craft Store

BABY

Afghans
Booties
Hats
Bibs

CHILDREN

Caps
Hair Scrunches
Mittens

ADULT

Hats
Hair Capes
Slippers
Totes
Scarves

MISCELLANEOUS

Jewelry
Dollies
Pillow Cases
Seasonal Decorations
Walker Bags
Stamped Bags
Tissue Box Cover
Toilet Tissue Cover
Hot/Cold Compress
Rubber Stamping Supplies

KITCHEN

Aprons
Bag Dispensers
Dish Cloths
Dish Towels
Place Mats
Pot Holder

HOUSEHOLD

Throw Pillows
Neck Pillows
Dog Bone Pillows

and more.....

Check out our gently used items.

Handmade items are crafted by
Senior Center Participants.

The store is located on the first floor in the Ballroom,
and in the display case on the second floor.

The proceeds benefit the Senior Center.

Snacks

For your convenience, snacks are available in the Ballroom. The price is 75 cents each. The proceeds benefit the Senior Center.

Disclaimer

The Iredell Senior Center (ISC) partners with businesses to provide educational opportunities & other sponsorships. ISC does not favor or recommend any one business.

From the Iredell Council on Aging Executive Director...

In mid March, the President sent an outline to Congress of a Fiscal Year 2018 budget that would dramatically change the course of federal investments in both defense and non-defense discretionary funding. According to the National Association of Area Agencies on Aging (n4a), this “skinny” budget is an opening salvo to lawmakers and the country outlining the Trump Administration’s funding priorities. It’s important to note the budget does not contain many individual line-items making it impossible to say exactly what funding levels the President purposes for many programs – including the Older Americans Act and other aging programs within the Administration on Aging.

The n4a, outlining what is known and unknown regarding the proposed budget and its impact on aging programs, indicates that *overall* aging programs would take a \$12.6 BILLION – almost 17% - cut from current funding. In fact, top line agency numbers in the President’s FY’18 budget reflect deep cuts far below current budget caps and sequestration levels as mandated by the Budget Control Act of 2011. This includes completely eliminating some workforce development programs including the Older Americans Act Title V Senior Community Employment Program as well as cuts to rental assistance provided in the Supportive Housing for the Elderly administered by the Department of Housing and Urban Development.

As America’s aging population continues to grow dramatically, there is much to be concerned about in President Trump’s budget blueprint. While this is clearly the first step in the budgeting process, it is a starting point for conversations with Congress and creates a real opportunity for aging advocates to let their voices be heard.

When the Administration sends full details of its budget proposal to Congress, the Senate and House Appropriations subcommittees make the specific programmatic determinations for each discretionary line item – for example, specific programs such as the Older Americans Act supportive services Title III – which includes senior center funding. Obviously, this can take several months to move through committee. Like all other legislation, the House and Senate must agree on appropriations bills. As we know too well, achieving agreement further lengthens the process!!!

Despite the hazy crystal ball, the President’s recommendations can be used by aging advocates **now** to continuing pressing the point the needs of our aging population will not wait. Ashton Applewhite, writing in THIS CHAIR ROCKS, A Manifesto Against Ageism, observes ”spending money on older people is often portrayed as a cost. It is an investment.” Let your voice be heard.....

Good things,
Anna Rice
Executive Director

Trips

Quarterly trips are coordinated with Iredell Parks & Recreation. A schedule of planned trips can be picked up at Iredell Senior Center or you may contact:

Kim Goodin, Recreation Program
Coordinator
Email: kgoodin@co.iredell.nc.us
Phone: 704-832-2353

Suggestion Box

There is a suggestion box located on the second floor on the table beside the copier. Pens and paper are available beside the box. Also, you are welcome to come talk with me if you have any concerns/suggestions/ideas. All suggestions are given careful consideration.

Phyllis Deal, Interim Program Coordinator

Alzheimer's Basics

April 5, 2017 at 10:00 AM - 12:00 PM
In the Ballroom

A workshop presented by the Alzheimer's Association.

Offered by: Family Caregivers support
Group & Iredell Senior Center
Register by April 4.

No fee

Annual Financial Forum & Luncheon

**Wednesday, April 19, 2017 at
9:00 AM-12:30 PM**

In the Ballroom

**Come join William Morgan
and his guest speakers as they
share with you about financial &
legal matters. Lunch to follow.**

Register by April 18.

No fee.

**Sponsored by
Capital Management Group Of the
Carolinas**

Advance Directives & Information

**Tuesday, April 18
at 10:00 AM – 12:00 PM.
Room 209.**

Learn about the importance of having advance directives, and receive assistance in filling them out. Facilitated by staff from Hospice & Palliative Care of Iredell County. Register by April 17. No fee.

Eye Care Lunch & Learn

A date has not been set yet. Watch for fliers about the specifics. Rachel P. Sabo, MD of Charlotte Eye Ear Nose & Throat will speak about diseases of the eye and eye surgeries.

Lunch will be served.

Register

No fee. In the Ballroom

ANNUAL FERN FUNDRAISER

Delivery/pick-up date
Thursday, April 6, 2017
at 10:00 AM –12:00 PM

It's time to think about adding some beauty to your décor after those long cold winter days. Come by, reserve & pay in advance to assure receiving a fern. Thanks for your support of our past fern sales.

Reserve your fern now.
\$15.00 each.

Just a Reminder

You *MUST BE 60* or better to participate in activities and events at Iredell Senior Center.

The only exceptions are events advertised as open to the public or a person is a caregiver to a 60+ participant. Please consult your Participant Handbook.

Iredell Senior Games

To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High-intensity types of activities are offered primarily for the conditioned, trained athlete.

Tuesday, April 18, 2017 is the deadline to register

Applications are available at Iredell Senior Center & Statesville Recreation & Parks. All events are listed on the application.

AARP Driver Safety Program

Friday, May 12, 2017 from 8:30 AM-1:00 PM

Fee: \$15 for AARP members (ID required)
or \$20 for non-members

Registration required by May 3

Cars & traffic rules have changed & so have we...learn defensive driving & safety strategies & more! Completion of the program may

provide an auto insurance discount...check with your agent. *Instructor: Don Higgie*

IREDELL SENIOR CENTER'S MISSION STATEMENT

“The Iredell Senior Center, in recognizing the need and ability for continued growth of older adults, is dedicated to promoting the physical, emotional, and economic well-being of older adults.”

NEED INFORMATION ASSISTANCE AND REFERRAL?

Iredell Senior Center provides information & referral assistance to get you the help you need. ISC has on file in the main office information on local, state and national services. Our staff will work to get you directly connected to the person that can help or provide counseling, get you an appointment, help you apply for a service, or take other steps that will assist you in getting the help you need. The Center also has a computer lab where you are welcome to go on line for information. ISC provides information and referral assistance for the following: [NOTE * services are provided directly by Iredell Senior Center/ICOA.] Adult Day Care/Day Health, Adult Protective Services, Affordable Housing, *Caregiver Support Group/Classes, *Disaster Preparation/Planning/Response, Emergency Food, Energy Assistance, *Fitness & Health Promotion, *Nutrition Education, *Health Screenings, Help for People with Disabilities, *Home Delivered Meals, Home Health/Nursing Services, Home Repair/Modifications, Hospice Care, *In-Home Aide Services, *Insurance Counseling, *Legal Services, Long Term Care Facilities, Medicare/Medicaid, Medical Equipment, Mental Health Services, *Prescription Assistance, *Recreation/Social Activities, Rehabilitation Services, *Respite, Reverse Mortgage Counseling, *Self-Help Support Groups, *Senior Games, *Social Security Benefits, *Tax Preparation & Counseling, *Training/Job Placement, *Transportation, *Volunteer Opportunities, Weatherization, and more ...please contact Iredell Senior Center staff at 704-873-8568 for assistance.

Disaster Preparedness Wednesday, May 17, 2017 at 1:00 PM in the Ballroom

**Come join us as American Red Cross
staff shares with you
how to prepare for
and survive a disaster.
Register by May 16. No fee**

How's Your Health Literacy?

**Tuesday, June 6, 2017
at 9-11:30 AM**

Do you know what your health care provider is saying to you? Are you having problems following your doctor's instructions?

Come join Ann Simmons as she explains how you can learn in layman's terms how to understand.

**Ann is the Area Extension Agent
Family & Consumer Sciences, N. C. State
University Cooperative Extension
Iredell and Catawba Counties**

**Register by June 5
No fee. In room 209**

Barn Quilt Painting

Tuesdays & Thursdays

June 13, 15, 20, & 22, 2017

at 2:00 PM

Room 206

Create a beautiful 2X2 barn quilt square.

Supplies are furnished.

Fee \$15.00

The class is limited to 14.

Register by June 12.

**Taught by Carol Mitchell of
Mountainside Farm of Taylorsville**

Annual Ice Cream Social

Wednesday, June 28, 2017

at 2:00 PM

In the Ballroom

**Come join us for fun, entertainment,
and *Ice Cream* with toppings.**

Register by June 27.

\$1.00 fee

**Sponsored by
Community Home Care & Hospice**



Food & Nutrition



Sponsored by:

IREDELL COUNCIL ON AGING

Your Invited to attend our 'SENIORS' 60 & OVER' NUTRITION PROGRAM

LOCATIONS

In Statesville:

Pearl St. Nutrition
1353 Pearl St.
Summit Village
Community Center
704-761-4741

In Harmony:

Harmony Nutrition
Fellowship Hall of Har-
mony
United Methodist Ch.
136 W. Memorial Hwy.
704-546-7006

In Mooresville:

Mooresville Nutrition
Fellowship Hall of Central
United Methodist Ch.
214 Academy St.
704-664-4915

In Troutman:

Troutman Lunch &
More,
Fellowship Hall at
Troutman Baptist Ch.
305 Perry Rd.
704-677-2386

TIME: The program hours are 9:30-12:30 A hot meal is served at 11:15

ACTIVITIES: Activities start at 10:30. Each day something different. Bingo, Devotions, Arts & Crafts, Guest Speakers, Senior Exercises, Scheduled Blood Pressure Checks, just to name a few.

TRANSPORTATION: You are welcome to drive to the program or we can arrange for the senior's nutrition van to pick you up.

CONTACT: You can call the office at 704-873-5171 and speak to Joyce Taylor to assist you with signing-up and with transportation.

COST: Your meal is based on donation only. If you can make a donation, it helps purchase a meal for someone else.

No one is ever turned down because of not making contributions



ElderCenter needs you!!!

For what? Your time and talent

When? At your convenience

Where? 502 Brevard Street
Statesville

VOLUNTEER AREAS

Crafts...Exercise...Bingo...Card Games
Table Games...Reading...Storytelling
Music...One-On-One Companion
etc., etc., etc.

Why?

Because it just makes you feel good.

ElderCenter, Inc.—Facebook

IREDELL SENIOR CENTER

“Aging at its best!”



344 E. Front Street
Statesville, NC 28677
(704) 873-8568

For additional information on classes, services, activities, & programs please phone the Senior Center or come by & pick up a monthly calendar in the entry area. Staff is available to assist you! For transportation, phone Iredell Council on Aging at 704-873-5171 to enroll.



NON-PROFIT ORGANIZATION
US POSTAGE PAID
PERMIT #35
STATESVILLE, NC 28677

Place mailing label here.

THANK YOU, NEWSLETTER TEAM!

**Iredell Senior Center & Iredell Council on Aging are closed
April 14 for Good Friday and May 29 for Memorial Day.**

Featured Activity *Chair Exercise*

Jackie Click and Dot Williams are co-instructors of the Monday/Thursday Chair Exercise Group. They have been long time participants of this class. Both of them were willing to take training, and lead the class when the previous instructor resigned. Chair exercise is a workout to music that improves/maintains muscle strength, flexibility, and range of motion. Some of the participants have been referred to the class by their physicians.

Dot says she enjoys the class. It makes her feel better. They have lots of fun. Jackie does a lot of volunteer work for the Center. She says the class keeps her motivated. Come join the fun.

