

Iredell Senior Center (ISC) – Statesville

~ *Serving Older Adults, Sixty Years of Age & Better, for THIRTY-FIVE+ Years!* ~
You may attend if you are under 60 if your spouse is 60 or better and attends with you.

APRIL 2017 ~ ACTIVITIES & SERVICES

Telephone: 704-873-8568

**Need transportation to the Senior Center, shopping, or the doctor?
Phone Iredell Council on Aging at 704-873-5171 to enroll.**

Special Classes, Events, & Services

Title V Computer Classes ~ Each Wednesday & Thursday at 3:00 – 4:30 PM. This is for Title V employees only. Instructor: Sandra Wagner. In room 208.
Photo Editing Classes ~ Learn how to crop, make special effects & collages, import from your camera, and more. Call to put your name on the waiting list. \$15.00 for 3 lessons. In room 208.

Adult Coloring ~ The first Friday of each month at 10:00 AM. Bring your coloring supplies and enjoy the fun and fellowship. No fee. In room 211.

Tech Buddies ~ Thursdays at 4:00 – 5:00 PM when available. Learn how to use your smart phone, iPad, tablet, and other hand held device. Call to put your name on the waiting list. No fee. Room 208.

Alzheimers Basic ~ Wednesday, April 5, at 10:00 AM. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more. Presented by the Alzheimer's Association. In the ballroom.

Boston Fern pick-up ~ Thursday, April 6 at 10:00 AM – 12:00 PM.

Senior Singles ~ All events are off campus for April-see front of calendar or you may pick up a flier at Iredell Senior Center. **For singles only.** It is a fun, social group. You must be 60 or better. No fee. In room 206 and off campus.

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

Give and Take Bingo ~ The Center is closed on the second Friday of April. They will meet May 12at 1:30 PM. The group provides their own prizes and refreshments. Each person should bring a new "dollar store" item or a clean, gently used item as a prize. Bingo Caller: Carol Musakka; assistant, Brenda Simendinger. In the Ballroom.

Salt & Pepper Book Club ~ Monday, April 10 at 1:00 PM. This is intended to be a fun & social gathering, open to all ideas! You are welcome to take part in and/or come to hear the discussion. Facilitated by Jeannie Petrosini. Register if you would like a reminder phone call. No fee. Join anytime. In room 206.

Piedmont Parkinson's Support Group (PPSG) ~ Thursday, April 20 at 10:00 AM. The PSPG is for people with Parkinson's Disease, their caregivers, & family. This month's speaker is to be announced. Refreshments provided. No fee. Join anytime. In room 209.

Watercolor Painting ~ The new session is Wednesday April 12 - May 17 at 1:00 PM. Instructors: Judy Carpenter and Sylvia Day. Judy has taken art lessons from numerous artists, attends workshops, and brings a wealth of information to the classroom. Sylvia is a Statesville watercolor artist. For the past 28 years she has taken Community College classes, many workshops with nationally-know artists, and taught local classes. For many years she traveled to art shows in surrounding states to sell her work, and now participates in the Statesville Art Crawl. Judy and Sylvia will alternate sessions. The classes are in six week sessions. Fee: \$30.00 for six weeks. Please register. In room 206.

Scrapbooking ~ They are off for April but will return Thursday, May 18 at 10:00 AM-12:00 PM. It is time to get those family & friend 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 & 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 by March 15. In room 206.

Advance Directives & Information Tuesday, April 18 at 10:00 AM – 12:00 PM. 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. Room 209.

Annual Financial Forum ~ Wednesday, April 19 at 9:00 AM – 12:00 PM. There will be six speakers with helpful information about a variety of financial matters. Lunch will be served. Register by Monday, April 17. Hosted by Capital Management Group of the Carolinas, Inc. In the Ballroom.

Bingo Birthday Bash ~ Friday, April 21 at 1:30 PM. Everyone is invited to play Bingo, win prizes, & have refreshments. Birthday ladies & gents are recognized. Bingo caller: Carol Musakka, assistant, Brenda Simendinger. Sponsored by The Gardens of Statesville & Cardinal Village. No fee. In the Ballroom.

Easter Bonnet Dance and Karaoke ~ Friday, April 21 at 5:30 PM. Join us for a meal, & Dance & Karaoke. Bring a covered dish to share along with a utensil for serving. Dancing & karaoke are from 6:00 – 8:00 PM. DJs James & Brenda Funderburk provide the music. Sponsored by the Gardens of Statesville & Cardinal Village. A \$2.00 donation would be appreciated. In the Ballroom.

Rubber Stamped Greeting Cards ~ Tuesday, April 18 at 10:00 AM. Learn many different techniques to create four unique greeting cards & envelopes. Fee: \$5 for supplies. Instructor: Nancy McKay. Helper: Nancy Harris. Class is limited to 12 adults over 60. Register by April 17. In room 206.

Caregivers Support Group ~ Monday, April 24 at 2:30 - 4:30 PM. They meet on the fourth Monday each month. 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. Join anytime. In room 209.

Some Regular Activities

Tai Chi ~ Mondays at 9:00 AM. Tai Chi improves strength, flexibility, blood pressure & balance when practiced regularly. It is endorsed by the American Arthritis Foundation because it can reduce joint pain. Fee: \$6 per class. Instructor: Mike Gentile. In the Ballroom.

Needlecrafters ~ Mondays at 10:00 AM. Do you crochet or knit? Need help reading a pattern? Enjoy working on projects? Bring a personal project or use Senior Center materials to create items for our Craft Store sales. This group enjoys working together & socializing! No fee. Join anytime. In room 206.

Chair Exercise ~ Mondays & Thursdays, 10:30 - 11:30 AM. Enjoy a workout to music that improves/maintains muscle strength, flexibility, & range of motion. Instructors: Dot Williams & Jackie Click. No fee. Join anytime. In the Ballroom.

Scrabble-NEW!!! ~ Mondays at 1:00 PM. Join anytime. No fee. In room 209.

Choose a Lab Test ~ No longer available here. You may go to the Iredell County Health Department—no appointment necessary.

Bluegrass, Country, & Gospel Jam Session ~ Tuesdays at 10:00 AM. Join them in making bluegrass, country, and gospel music, jam session style. More musicians and vocalists are needed. If you would just like to listen, you are always welcome! No fee or registration. In the Ballroom.

Yoga ~ Tuesdays & Thursdays at 2:30 PM. Yoga is known to strengthen & tone the body while promoting flexibility & tissue oxygenation. Wear comfortable loose clothing & bring a mat. No fee. Join anytime. Instructor: Faye Goforth. In room 209.

Acrylic Art Workshop ~ Wednesdays at 9 AM. This group works primarily with acrylics, but invites anyone interested to bring a project & work together. Annette Ratledge is the facilitator. Join anytime. No fee. Room 206.

Beginners and Intermediate Line Dance ~ Thursdays at 1:00-3:00 PM. Line dance is a fun way to exercise the body and mind! Free instruction, by Kathy Strantz, is offered for beginners who may stay & try other line dances that will become more advanced for the intermediate level. Join anytime. In the Ballroom.

Mats for the Homeless ~ This class has been consolidated with the Charitable Crafts Projects at 1:00 PM on Fridays in room 209.

Charitable Crafts Projects ~ Fridays at 1:00 PM. Join this group to make items for charitable groups and our Craft Store. Join anytime. No fee. In room 209.

Senior Fit Walk at YMCA ~ For Our Members, only! 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. Come see us to enroll. Pay at the Y.

Senior Serenaders ~ They practice some Wednesday and their off campus dates and times vary. 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. In the Ballroom or off campus.

Services ~ An appointment is needed for the services below, which are provided at Iredell Senior Center.

AARP Tax Aide - Tax preparation is at Iredell Senior Center each Monday from 9:30 AM-12:30 PM, each Friday from 12:30 PM - 3:30 PM, and at Western Avenue Baptist Church each Wednesday from 9:30 AM - 12:30 PM. The last day is April 17. Call the Senior Center at 704-873-8568 for an appointment.

Seniors' Health Insurance Information Program (SHIIP) - Medicare and 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, Medicare supplements, Medicare Advantage, long term care insurance supplements, assist with billing problems, & Medicare fraud & abuse. No fee. In the Library.

Legal Services ~ Monday, April 24 at 1:00 PM. Free simple legal services provided by lawyer Ms. Beth Setzer. In room 205.

Senior Law Project/Legal Aid of NC. ~ Legal services are provided two times a year by attorney Jeannie Maresca, who 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. Phone Legal Aid of NC for legal advice or to see the attorney, at 1-877-579-7562, Mon through Fri, from 9 to 11 AM & 1 to 3 PM to begin an intake process. In room 205.

Long-Term Care Counseling. Free counseling services for long-term care (assisted living & nursing homes) placement, residents' rights, &/or questions or issues in long-term care pre- & post-placement are available. Service is provided by a Long-Term Care Ombudsman (an advocate), with the Centralina Area Agency on Aging. No fee. In room 205.

Upcoming events:

May 3-Older Americans Month Celebration

May 10-Depression and Suicide in Older Adults

May 11-Visually Impaired Support Group starts back.

May 12-AARP Safe Driving

May 17-Disaster Preparedness

Barn Quilt Painting is being planned

