

# Iredell Senior Center (ISC) – Statesville

~ Serving Older Adults, Sixty Years of Age & Better, for THIRTY-FIVE+ Years! ~

AUGUST 2016 ~ ACTIVITIES & SERVICES

Telephone: 704-873-8568

**Annual Ladies Tea Party - August 17 at 2:00 PM.** Keith Rhyne and staff from the Historic Sharpe House will be greeting you and serving tea and a variety of finger foods in traditional English style. You will be served from fine china. They will be dressed in period style attire. Enjoy the formality of being escorted to your table by a footman. Come join us for an experience that will take you back in time. You may dress in your finest attire and wear your fancy hat if you choose. Senior Center Staff will decorate the tables. There will be plenty of door prizes and lots of fun. Sponsored by Brookdale Senior Living.  
Fee: \$5.00. Register by August 15.

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

## Special Classes, Services, & Events

**Picasa Photo Editing Classes ~ August 1, 3, & 5 (first session); August 29, 31, & September 2 (Second Session) from 10 AM-12:30 PM.** Learn how to crop, special effects, make collages, import from your camera, and more. \$15.00 for 3 lessons.

**Adult Coloring ~ August 2, 9, 16, 23, 30 at 12:00 PM (NEW TIME) –** Come join us for this fun and fellowship activity. For more information call the Senior Center.

**Tech Buddies August 3 & 10 at 1:00 PM–** Learn how to use your smart phone, iPad, tablet, and other hand held device. 5 per class – call to register.

**Salt & Pepper Book Club ~ August 8 at 1:00.** This 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. No fee. Register if you would like a reminder phone call.

**Happy Seniors ~ August 10 at 10:00 AM.** Come join them for fun, food, and fellowship. Fee: \$3.00 to join, and \$1.00 each time you attend.

**Senior Singles ~ August 11 & 25 from 1:00PM – 3:00PM.** A new group for **singles only**. It is a fun, social group. You must be 60 or better.

**Give and Take Bingo ~ August 12 at 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.

**Unique Hats Dance and Karaoke ~ August 12 at 5:30 PM.** Join us for a meal, & Dance & Karaoke. Bring a covered dish to share, and a serving utensil. Dancing & karaoke are from 6 – 8 PM. DJs James & Brenda Funderburk provide the music. Sponsored by the Gardens of Statesville & Cardinal Village. A \$2.00 donation would be appreciated.

**Rubber Stamped Greeting Cards ~ August 16 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.

**Piedmont Parkinson's Support Group (PPSG) ~ August 18 at 10:00 AM.** The PPSG is for people with Parkinson's Disease, their caregivers, & family. This month's speaker is to be announced. Refreshments provided.

**Statesville Ballroom Dance Club ~ August 19 at 7:00 PM.** Join them for ballroom dancing, snacks, & socializing! Please bring a finger food snack. Fee: \$5 per person.

**Bingo Birthday Bash ~ August 19 at 1:30 PM.** Everyone is invited to play Bingo, win prizes, & have refreshments. Birthday ladies & gents are recognized. Bingo caller: Carol Musakka. Sponsored by The Gardens of Statesville & Cardinal Village.

**Caregiver Support Group ~ August 22 at 2:30-4:30 PM.** Meets on the fourth Monday of 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.

## Some Regular Activities

**Choose a Lab Test ~ September 20 at 8:30 AM. Every other month** you may choose from a variety of lab tests – lipid panel, Hemoglobin A1c, TSH, CBC, & CMP - for just \$5 each at Iredell Senior Center. **An appointment is required.** There is a maximum of 30 people. No walk-ins, please. The service is provided by Davis Regional Medical Center.

**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!

**Chess ~ Mondays at 12:00 PM.** More players are needed.

**Bluegrass, Country, & Gospel Jam Session ~ Tuesdays at 10:00 AM.** Bring your instrument or voice & join them! Listeners are appreciated.

**Watercolor Painting ~ NEW DAY. Wednesdays at 1:00 PM. August 24, 31, September 7, 14, 21, & 28.** Instructor: Judy Carpenter. Judy has taken art lessons from numerous artists. She attends workshops, and brings a wealth of information to the classroom. The classes are in six week sessions. Fee: \$30.00 for six week sessions. Please register.

**Art Workshop ~ Wednesdays at 9 AM.** This group works primarily with acrylics, but invites anyone interested to bring a project & work together. Annette Ratledge facilitates the group, provides critiques & group projects. No fee or registration.

**Cribbage ~ Thursdays at 1:00 PM.** What is Cribbage? It's a fast-paced, challenging card game that's internationally popular! While it is deceptively easy to learn, Cribbage is tricky to win! Experts & beginners are welcome.

**Mats for the Homeless ~ Fridays at 11 AM.** Want to do something useful? Help others while enjoying yourself with other people? Connect with this social & working group to make plastic mats for local people who are homeless. Helpers are needed who will flatten the plastic grocery bags, cut them into strips, & crochet the strips into a mat with a large crochet hook. No fee or registration.

**Charitable Crafts Projects ~ Off until September ~ Fridays at 1:00 PM.** Join this group to make items for charitable groups and our Craft Store.

**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.

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

**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.

**Yoga ~ Tuesdays & Thursdays at 2:30 PM.** Yoga is known to strengthen & tone the body while promoting flexibility & tissue oxygenation. It is offered at no fee. Wear comfortable loose clothing & bring a mat. Instructor: Faye Goforth.

**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.

**Senior Serenaders ~** 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.

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

**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.

**Legal Services –August 29-** Free simple legal services provided by lawyer Ms. Beth Setzer.

**Senior Law Project/Legal Aid of NC.** Legal services are provided two times a year by attorney Angie Dorsey, 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](http://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.

**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 are available. Service is provided by a Long Term Care Ombudsman (an advocate), with the Centralina Area Agency on Aging.

## UPCOMING EVENTS

**September 28 at 1:00 PM - Wreath and/or Ornament Class**

