

Iredell Senior Center (ISC) – Statesville

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

FEBRUARY 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, Services, & Events

Photo Editing Classes – Learn how to crop, make special effects & collages, import from your camera, and more. \$15.00 for 3 lessons.

Tech Buddies ~ Thursdays at 3:30- 4:30 PM when available. Limit 4 @ 15 minutes each. Learn how to use your smart phone, iPad, tablet, and other hand held device. Call to register. No fee.

Adult Coloring ~ Fridays at 10:00 AM. Bring your coloring supplies and enjoy the fun and fellowship. **No fee. In Room 211.**

Diabetes 6 session class ~ February 2, 9, 16, 23, March 2, and March 9. To register or for more information call the Senior Center-704-873-8568.

Happy Seniors ~ Wednesday, February 8 at 10:00 AM. Come join them for fun, food, and fellowship. Fee: \$3.00 to join, and \$2.00 each time you attend. In the Ballroom.

Statesville Ballroom Dance Club ~February 10. They meet one Friday each month 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- Friday, February 10 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; assistant, Brenda Simendinger. In the Ballroom.

Salt & Pepper Book Club ~ Monday, February 13 at 1:00. 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. No fee. Register if you would like a reminder phone call. No fee. In room 206.

Piedmont Parkinson's Support Group (PPSG) ~ Thursday, February 16 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. No fee. In room 209.

Tell Your Story Scrapbooking ~ Thursday, February 16 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 February 15. In room 206.

Bingo Birthday Bash ~ Friday, February 17 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.

Valentine Dance and Karaoke ~ Friday, February 17 at 5:30 PM. Join us for a meal, & Dance & Karaoke. Bring a covered dish to share along with a serving utensil. 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 ~ February 21. Meets the third Tuesday of each month 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. In room 206.

Valentine Advocacy Event w/Denise Bair. Conrad Sells will entertain. Wednesday, February 22 An event to meet your Senior Tar Heel Delegate, and send a valentine to your state legislators, letting them know what the senior center means to you. Refreshments will be served. Register. No fee. In Ballroom.

Senior Singles ~ Thursday, February 23 at 12:30 at Logans. This will be the only meeting for the month due to the facilitator having surgery. **For singles only.** It is a fun, social group. You must be 60 or better.

Caregivers Support Group ~ February 27. They meet on the fourth Monday 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. In room 209.

Watercolor Painting ~ Wednesdays at 1:00 PM. Next session starts March 1. 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. In room 206.

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. 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. In the Ballroom.

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. Bring your instrument or voice & join them! Listeners are appreciated. No fee. In the Ballroom.

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. In room 209.

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. In 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. In the Ballroom.

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. In room 206.

Charitable Crafts Projects ~ Fridays at 1:00 PM. Join this group to make items for charitable groups and our Craft Store. 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 will begin early February. Call the Senior Center at 704-873-8567 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, February 27 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 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. No fee. In room 205.

Upcoming events:

March 1-Reverse Mortgage

March 8-Bipolar class

