

Iredell Senior Center (ISC) – Statesville

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

MARCH 2016 ~ 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 in MARCH

AARP TAX AIDE ~ FEBRUARY 1-APRIL 18. They have two locations: Iredell Senior Center on Mondays from 9:00 AM to 12:00 PM and Fridays from 12:30PM to 3:30 PM. They are at Western Avenue Baptist Church on Wednesdays from 10:00 PM to 1:00 PM. Call 704-873-8568 for an appointment to have your 2015 taxes filled out electronically.

Hearing Impaired Clinic-free hearing test ~ MARCH 7 at 2:00 PM. By appointment only. Conducted by Dr. Jill Howard and Drew Dotson. Rescheduled from January 25.

Salt & Pepper Book Club ~ MARCH 7 at 1:00 PM. The book discussion for this month is your book of choice. 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 ~ MARCH 9 at 12:00 PM at Statesville Fitness Center. Come join them for fun, food, and fellowship. Fee: Put \$4.00 in an envelope with your name on it.

Give and Take Bingo ~ MARCH 11 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. Refreshment contributions are needed, also. Bingo Caller: Brenda Simendinger.

Rubber Stamped Greeting Cards ~ MARCH 15 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) ~ MARCH 17 at 10:00 AM. The PPSG is for people with Parkinson's Disease, their caregivers, & family. This month's speaker is Johnathan S. Frank and Cynthia Lynn. They will speak about Elder Law & Estate Planning. Refreshments provided by PPSG.

Bingo Birthday Bash ~ MARCH 18 at 1:30 PM. Everyone is invited to play Bingo, win prizes, & have refreshments. Birthday ladies & gents are recognized. Bingo caller: Brenda Simendinger. Sponsored by The Gardens of Statesville & Cardinal Village.

Bunny Trail Dance and Karaoke ~ MARCH 18 at 5:30 PM. Join us for a meal, & Dance & Karaoke. Bring a covered dish with serving utensils for a meal. Dancing & karaoke are from 6 – 8 PM. DJs James & Brenda Funderburk provide the music. Sponsored by the Gardens of Statesville & Cardinal Village.

Statesville Ballroom Dance Club ~ (date to be announced) at 7:00 PM. Join them for ballroom dancing, snacks, & socializing! Please bring a finger food snack. Fee: \$5 per person.

Caregiver Support Group ~ MARCH 28 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.

"True" BOSTON FERN FUNDRAISER ~ March 29 – April 13. Prepaid orders only. Cost \$15.00. Pick up Thursday, April 14 after 10:00 AM. A true Boston fern in a 10" hanging basket will be on display as of March 29. These are lush & lovely ferns from Mountainside Farm in Taylorsville.

Some Regular Activities

Choose a Lab Test ~ MARCH 15 at 8:30. 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.

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! Try it...you might like it! 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 ~ 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. 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 – Free simple legal services provided by lawyer Ms. Beth Setzer.

Senior Law Project/Legal Aid of NC. No appointments are scheduled for February. Legal services are provided 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.legallaidnc.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 Event

APRIL – Annual Financial Forum – Date & time to be announced.

APRIL 13 - Ferns will be delivered at 10:00 AM..

APRIL 19 - Senior Games Billiards- Time to be announced

APRIL 20 - Senior Games Shuffleboard at 9:00 AM

APRIL 29 - Caregiver Summit

MAY 4 - Gardening classes with Carol Mitchell

MAY 24 - AARP Safe Driving Class-12:00-4:30

MAY 25 - Legal Aid of NC at 9:00 AM.

MAY - Older American's Month Celebration – date and time to be announced.



