

Tina Czarnecki, Manager

SOUTH IREDELL SENIOR CENTER, CENTER OF EXCELLENCE

202 N. Church St. Mooresville 704-662-3337

A Project of the Iredell Council on Aging

www.Iredellcoa.com

July 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
Private water exercise lessons are available upon request for the disabled, and the visually and physically impaired. SISC offers a scholarship to low-income seniors living in Iredell County. Assistive device equipment such as canes, walkers, transfer benches, etc., are available through the Senior Center's loan closet at no fee. For more information call the Senior Center 704-662-3337.	NOTE: Appointments are required for Legal Service, Insurance Counseling, Long Term Care Counseling, Tax Assistance, Social Security Enrollment, Nursing Home & Assistive Living Counseling, and Senior Insurance & Medicare Part D Enrollment. A Hispanic interpreter is available upon prior request.	Open Events M-F 8 a.m. - 5 p.m. Billiards, Library, Puzzles/Board Games, Exercise Equipment, Tours, Indoor Walking, Lounge, Cards, Coupon Center, Scrap Booking, Table Tennis, Piano, Shuffleboard, Silver Striders, Computers, Art, Craft Sales, & Weighing Scales. Assistive devices are available through the Senior Center's loan closet at not charge. See SISC staff for details.	1 CANASTA 9:00 WATER EXERCISE 9:15-12:15 SIT & FIT CHAIR EXERCISE 10:00 BRIDGE GROUP A 1:00 BRIDGE GROUP B 1:00 CROCHET, KNITTING & CRAFTS 1-3:00 STROKE SUPPORT GROUP 1-3:00 TABLE TENNIS 7 PM	2 WATER EXERCISE 8:15-1:15 WOODCARVING 9:00 RUMMI KUB 10-12:00 LATIN BASED AQUATICS 11:15-12:15 INDEPENDENCE DAY CELEBRATION - SR. TAR HEEL LEGISLATOR 12:30 READERS THEATRE 1:00 MIXED TABLE TENNIS 2:00	3
5 SENIOR CENTER CLOSED	6 MEN'S BILLIARDS 9-11:00 WATER EXERCISE 9:15-12:15 SIT & FIT CHAIR EXERCISE 10:00 WRITING SENIOR MEMORIES 10:30 BEGINNERS TABLE TENNIS 1:00 CANASTA 1:00 MOORESVILLE HISTORY 2-4:00 MEN'S CARDS 2-5:00 NIGHT BRIDGE 6 PM	7 WATER EXERCISE 8:15-1:15 ART 9-12:00 CARDS N' CHAT 9-1:30 MAH JONGG 9:30-12:30 LEGAL SERVICES 10:00 OPEN LINE DANCING 1:00 READERS THEATRE 1-3:00 EMBROIDERY/NEEDLEWORK 1-4:00 MEXICAN TRAIN 1:30-5:00	8 CANASTA 9:00 NC LEGAL AIDE 9-10:15 WATER EXERCISE 9:15-12:15 SIT & FIT CHAIR EXERCISE 12:30 BLOOD PRESSURE CHECKS 12-2:00 RUBBER STAMPING 2:00 BRIDGE GROUP A 1-3:00 BRIDGE GROUP B 1:00 CROCHET, KNITTING & CRAFTS 1-3:00 TABLE TENNIS 7 PM	9 WATER EXERCISE 8:15-1:15 WOODCARVING 9:00 MEN'S MORNING 9:15 RUMMI KUB 10-12:00 LATIN BASED AQUATICS 11:15-12:15 READERS THEATRE 1:00 MIXED TABLE TENNIS 2:00	10
					11
12 WATER EXERCISE 8:15-1:15 QUILTERS GUILD 9:30-1 BRIDGE GROUP A	13 MEN'S BILLIARDS 9-11:00 WATER EXERCISE 9:15-12:15 BABY BLANKET BEE 9:30-	14 WATER EXERCISE 8:15-1:15 ART 9-12:00 CARDS N' CHAT 9-	15 CANASTA 9:00 WATER EXERCISE 9:15-12:15 QUILTER'S BOARD MTG.	16 WATER EXERCISE 8:15-1:15 WOODCARVING 9:00 MENS' BILLIARDS	17

10:00 CROCHET 10:00 ZUMBA GOLD DANCE 10- 10:45 TAI CHI 11:00 BEGINNERS TAI CHI 12:15 BRIDGE GROUP B 1:00 NHCAC MTG. 1- 3:00 WOMENS' BILLIARDS 2:00	5 SIT & FIT CHAIR EXERCISE 10:00 WRITING SENIOR MEMORIES 10:30 BEGINNERS TABLE TENNIS 1:00 CANASTA 1:00 NIGHT BRIDGE 6 PM	1:30 MAH JONGG 9:30- 12:30 OPEN LINE DANCING 1:00 READERS THEATRE 1- 3:00 EMBROIDERY/NEEDLEWORK 1- 4:00 MEXICAN TRAIN 1:30- 5:00 DEMENTIA CAREGIVERS SUPPORT GROUP 2:00 DEMENTIA S.G. DAYCARE 2:00	9:30 SIT & FIT CHAIR EXERCISE 10:00 BRIDGE GROUP A 1:00 BRIDGE GROUP B 1:00 CROCHET, KNITTING & CRAFTS 1- 3:00 TABLE TENNIS 7 PM	9:00 RUMMI KUB 10- 12:00 LATIN BASED AQUATICS 11:15-12:15 READERS THEATRE 1:00 MIXED TABLE TENNIS 2:00	18
19 WATER EXERCISE 8:15- 1:15 SEW 'N SEWS 10- 3:00 BRIDGE GROUP A 10:00 CROCHET 10:00 ZUMBA GOLD DANCE 10- 10:45 TAI CHI 11:00 BEGINNERS TAI CHI 12:15 SINGLE SENIORS 12- 2:00 BRIDGE GROUP B 1:00 WOMENS' BILLIARDS 2:00	20 MEN'S BILLIARDS 9- 11:00 NURSING HOME & ASSISTIVE LIVING COUNSELING 9:00 WATER EXERCISE 9:15 - 12:15 SIT & FIT CHAIR EXERCISE 10:00 LONG TERM CARE COUNSELING 10:00 WRITING SENIOR MEMORIES 10:30 BEGINNER'S TABLE TENNIS 1:00 CANASTA 1:00 BIRTHDAY BINGO BASH 1:30 MEN'S CARDS 2:00 NIGHT BRIDGE 6 PM	21 WATER EXERCISE 8:15- 1:15 ART 9- 12:00 HEARING SCREENING 9- 12:00 CARDS N' CHAT 9- 1:30 MAH JONGG 9:30- 12:30 SENIOR GAMES MTG. (Statesville) 10:00 BLOOD PRESSURE CHECKS 10- 12:00 OPEN LINE DANCING 1:00 READERS THEATRE 1- 3:00 EMBROIDERY/NEEDLEWORK 1- 4:00 MEXICAN TRAIN 1:30- 5:00	22 CANASTA 9:00 WATER EXERCISE 9:15- 12:15 SIT & FIT CHAIR EXERCISE 10:00 BRIDGE GROUP A 1:00 BRIDGE GROUP B 1:00 CROCHET, KNITTING & CRAFTS 1- 3:00 TABLE TENNIS 7 PM	23 WATER EXERCISE 8:15- 11:15 WOODCARVING 9:00 RUMMI KUB 10- 12:00 LATIN BASED AQUATICS 11:15-12:15 ARE YOU WHAT YOU EAT - NUTRITION PROGRAM 11:30 READERS THEATRE 1:00 MIXED TABLE TENNIS 2:00 SENIOR DANCE 6- 8:30PM	24
					25

26 WATER EXERCISE 8:15-1:15 QUILTERS' WORKSHOP 9:30-4:00 BRIDGE GROUP A 10:00 CROCHET 10:00 ZUMBA GOLD DANCE 10-10:45 TAI CHI 11:00 BEGINNERS TAI CHI 12:15 DIABETES SUPPORT GROUP 12:00 BRIDGE GROUP B 1:00 WOMENS' BILLIARDS 2:00	27 MEN'S BILLIARDS 9-11:00 WATER EXERCISE 9:15 -12:15 SIT & FIT CHAIR EXERCISE 10:00 WRITING SENIOR MEMORIES 10:30 BEGINNER'S TABLE TENNIS 1:00 CANASTA 1:00 BLOOD PRESSURE CHECKS 1-2:00 CHOLESTEROL CHECKS 1-2:00 BOOK DISCUSSION GROUP 1:30 AARP CHAPTER MTG. 2:00 NIGHT BRIDGE 6 PM	28 WATER EXERCISE 8:15-1:15 ART 9-12:00 CARDS N' CHAT 9-1:30 MAH JONGG 9:30-12:30 OPEN LINE DANCING 1:00 TITLE V MTG./TRAINING 1-4:30 READERS THEATER 1-3:00 EMBROIDERY/NEEDLEWORK 1-4:00 MEXICAN TRAIN 1:30-5:00	29 CANASTA 9:00 WATER EXERCISE 9:15-12:15 SIT & FIT CHAIR EXERCISE 10:00 HEARING LOSS PROGRAM 11-12:00 BRIDGE GROUP A 1:00 BRIDGE GROUP B 1:00 CROCHET, KNITTING & CRAFTS 1-3:00 TABLE TENNIS 7 PM	30 WATER EXERCISE 8:15-1:15 WOODCARVING 9:00 RUMMI KUB 10-12:00 LATIN BASED AQUATICS 11:15-12:15 READERS THEATRE 1:00 MIXED TABLE TENNIS 2:00	31 An orientation & signed waiver is required to use the Center's exercise/fitness equipment.
---	--	--	--	---	--