

**JULY 2010 UPCOMING EVENTS**  
**SOUTH IREDELL SENIOR CENTER (SISC), CENTER OF EXCELLENCE**  
202 North Church Street, Mooresville, NC 28115 (704) 662-3337 [www.Iredellcoa.com](http://www.Iredellcoa.com)

**Beat the Heat! Heat Relief - FREE Fan**

The Iredell Council on Aging/South Iredell Senior Center continues to participate in the Project Fan/Heat Relief program administered through the NC Division of Aging. Funds to purchase fans for older adult's age 60 and better were contributed to the Division of Aging by the Duke Energy Foundation. Requirements: MUST be 60 years of age or older, MUST be a resident in Iredell County, have a home situation where HEAT is a threat to the person's health and well being (for example, does NOT have air conditioning). Limit one fan per person/family. If you meet these requirements and are in need of a fan, please call 704-662-3337 or come by South Iredell Senior Center at 202 North Church St., Mooresville, to apply or for more information.

**Aquatics – New Latin-Based Water Fitness Class**

Enjoy Latin music during this fun water fitness workout. This class will be held every Friday, starting July 2 from 11:15-12:15 p.m. at South Iredell Senior Center. Registration is required by July 1. No class on July 9. The cost is \$10 per person for the 4 classes in July. The class is limited to the first 9 that register. No refund or credit is given if you miss a class. Other water exercise classes are available throughout the week. Please check with Senior Center staff for a schedule.

**Independence Day Celebration**

Come celebrate Independence Day with guest speaker Carolyn Jordan, Senior Tar Heel Legislator, on Friday, July 2 at 12:30 p.m. at South Iredell Senior Center. Older adults will have the opportunity to learn how the N.C. Tar Heel Legislature advocates on the behalf of seniors. Receive information on the Governor's Advisory Council on Aging Recommendations and Legislative Priorities. Mrs. Jordan will also discuss how seniors themselves can advocate for senior centers and older adults. There will be an open dialog session following Mrs. Jordan's presentation. A light lunch is included with reservations by July 1. This is an opportunity to have your voice heard, make your options count, and have your questions answered.

**Tai Chi**

Recommended by the Arthritis Foundation, it's good for the body, mind and spirit. Tai Chi may help some individuals to improve high blood pressure, balance, muscle tone, circulation, flexibility, aching backs and joints. It has even helped some to lose weight. Classes are instructed by Mike Gentile, a certified physical trainer, AF instructor, and Reiki master. Open Tai Chi classes meet at South Iredell Senior Center every Monday from 11 a.m.–noon for advance students. Cost is \$6 per person per class at the door. A Beginner's Tai Chi is also taught from 12:15-1:15 p.m. for six weeks at a cost of \$36. This is a great opportunity to incorporate the many benefits of Tai Chi into your life. For more information call 704-662-3337.

**Mooresville History - Special Edition of the Mooresville Cotton Mill**

Everyone is invited to join Cindy Jacobs as she educates and shares artifacts on Mooresville's History. On Tuesday, July 6 at 2 p.m. at South Iredell Senior Center, Cindy will present a

special series on the Mooresville Cotton Mill. Enjoy the photographs, post cards, memories and exhibits of Mooresville people, places and events from 1873-1957. Everyone is welcome!

### **Rubber Stamping**

Create unique one-of-a-kind greeting cards on July 8 from 1-3 p.m. at South Iredell Senior Center. Why not send a card that's made by you, unique, and one-of-a-kind? Come learn how. It's so simple! Every person will leave the class with a completed card. The class will be instructed by Nancy McKay. Fee is \$5. Please call 704-662-3337 to pre-register.

### **Lancaster, PA 4 Days & 3 Nights, October 18–21, Registration Deadline July 12**

Trip includes: Deluxe motor coach transportation, 3 nights hotel accommodations, 3 breakfasts, 3 dinners including an Amish Feast, Sight & Sound Theater Production of "Joseph," guided tour of the surrounding Amish farmlands, the spectacular F/X Theater Production of "Jacob's Choice," visit an Amish Farmer's Market, tour of the county's only designated "Heritage Site" Amish House, guided tour of Hershey, PA, and visit to Hershey's Chocolate World to enjoy: The Great American Chocolate Tour Ride! Baggage handling, standard taxes, and meal gratuities, included. Cost \$489 per person based on double occupancy or \$599 single occupancy, payable to SISC. A \$50 deposit is required for reservations with the remaining balance due by Sept. 6. **The deadline for reservations is July 12.** Travel protection can be purchased at \$51/person double occupancy or \$79 single occupancy. If you wish to purchase travel protection, please send in a separate check payable to PML Travel & Tours. Travel protection must be purchased at the time of your initial deposit to SISC to ensure full benefits. Detailed information is available at South Iredell Senior Center. Join us for this wonderful trip.

### **Breakfast with Bracken Financial**

Charles Bracken, Investment Consultant and Certified Mutual Funds Specialist, will present an informational program on July 15 from 9-10 a.m. at South Iredell Senior Center. Information covered will include IRA's, 401K, Mutual Funds and fee-based accounts. No selling or soliciting of any kind. The program is for information only and to answer financial questions that individuals might have. Please call 704-662-3337 by July 13 if you plan to attend.

### **Microsoft Office 2007 (Excel, PowerPoint, Word)**

This class offers a working knowledge of spreadsheet, presentations and word processing. It is an ideal course for an introduction to these applications. Classes will be every Monday and Wednesday, July 19-August 11, from 6–9 p.m. **Space is limited. Cost is \$65 + book. No class fee for senior adults' age 65+; however, attendance at the first class meeting is mandatory.** Class registration forms are available at South Iredell Senior Center. The class is offered in collaboration with MCC. For more information call the Senior Center at 704-662-3337.

### **BINGO Birthday Bash!**

All seniors celebrating a birthday or not are invited to play BINGO, win prizes, and have refreshments on Tuesday, July 20, at 1:30 p.m. at South Iredell Senior Center. Yes, there will be birthday cake and special recognition given to birthday ladies and gents. No fees or registration. Sponsors are Dudley's Home Health, Inc. and Lake Norman Home Health.

### **Are You What You Eat?**

Are you sick of trying all of the fad diets that don't work? Dr. Hulbert with Advanced Healthcare will be presenting information on the most profound and effective "diet" out there. He will cover nutritional do's & don'ts, cooking tips, the dangers of food additives and information on supplements. If you are stressed, overweight, depressed or dealing with arthritis, fibromyalgia, high cholesterol or high blood pressure then you don't want to miss this presentation. This information will help you change your life by increasing your health and energy and decreasing your aches and pains. The program will be held at South Iredell Senior Center on Friday, July 23 at 11:30 a.m. This is a one-hour seminar with a light lunch provided. **Please RSVP with a \$1 donation to the South Iredell Senior Center by July 19.**

### **Senior Dance – Beach Theme**

Who says you need to go on a vacation to the beach to have a summer beach blast! Come dance away at South Iredell Senior Center in your best beach hat and shirt. Don't forget the cool sunglasses to complete your attire. Good friends, food and loads of fun await you at South Iredell Senior Center on Friday, July 23 from 6–8:30 p.m. You don't even need a partner for this summer beach blast. Please bring your favorite snack or finger food to share, NO desserts needed. Please be sure to bring serving containers and utensils. Admission is \$1. The Senior Center provides all paper goods. The Dance is open to all senior adults. Caregivers welcome.

### **Zumba Gold Dance**

This class is a Latin based fitness party with fun intergenerational music. The class is open to all senior adults and will be held at South Iredell Senior Center every Monday, starting July 26 – August 30 from 10-10:45 a.m. Please be sure to wear comfortable clothes and shoes. Cost is \$30 for the six weeks **due by July 22.**

### **Cholesterol Checks**

The amount of cholesterol in your blood is a good predictor of your risk for heart disease and stroke. Lake Norman Regional Medical Center will provide free cholesterol checks at South Iredell Senior Center on Tuesday, July 27 at 1 p.m. Don't wait until it's too late, know your cholesterol level and risk factor. No appointment needed.

### **I Can't Hear You**

Have you wondered why everyone around you seems to mumble? Are you having a hard time understanding what people are saying? Audiologist, Bruce Chatterton with Hear USA can answer your questions. He will be at South Iredell Senior Center on Thursday, July 29 at 11 a.m. to conduct a program targeting the hard of hearing. He will review the symptoms of hearing loss, why it's getting harder to understand the TV, and what you can do as your hearing begins to deteriorate. The program is open to anyone interested. This is a one-hour presentation with a light lunch provided. **Please RSVP with a \$1 donation to South Iredell Senior Center by July 26.**

### **Fishing 101**

Here's a class just for you men that will cover the basics of fishing in fresh water lakes and rivers on Monday, August 2 from 6-8 p.m. How, when and where on fishing in Lake Norman will be addressed. This class is offered in collaboration with MCC. Cost is \$25 per person due at the

time of registration and made payable to MCC. Women interested are welcome to register as well. Registration forms are available at South Iredell Senior Center. Call 704-662-3337 for more information.

### **Aquatics – New Latin-Based Water Fitness Class**

Enjoy Latin music during this fun water fitness workout. This class will be held every Friday, starting August 6 from 11:15-12:15 p.m. at South Iredell Senior Center. Registration is required by July 30. The cost is \$10 per person. No refund or credit is given if you miss a class. The class is limited to the first 9 that register. Other water exercise classes are available throughout the week. Please check with Senior Center staff for a schedule.

### **Eat Smart, Stay Well – It could be Salts Fault**

This workshop is designed for those who have a difficult time controlling their blood pressure or have fluid retention due to too much salt. Join Ann Simmons with The Cooperative Extension on Wednesday, August 11 from 9-10:30 a.m. to discover hidden sources of sodium that could be causing problems and learn how to choose lower sodium foods. The class will be held at South Iredell Senior Center, 202 North Church St. in Downtown Mooresville. Everyone is welcome to this free program, but pre-registration is requested by August 9 by calling 704-662-3337. Learn and live healthy!

### **Fun Things to Do & See around Lake Norman**

Home Helpers, in cooperation with Lake Norman's own Captain Gus, will present a program titled "Fun Things to Do & See around Lake Norman" on August 13. The presentation includes lunch and will begin at 11a.m. at South Iredell Senior Center. Come learn about the history of Lake Norman, Local Legends, State Parks, and LOTS of fun opportunities for all ages and abilities in our area. Just another example of how Home Helpers is Making Life Easier! **Please RSVP with a \$1 donation to South Iredell Senior Center by August 10.**

### **Matter of Balance, Managing Concerns about Falls (an evidence-based program)**

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, A Matter of Balance: Managing Concerns about Falls is a program for you. Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent. A Matter of Balance is designed for seniors age 60+ to reduce their fear of falling and increase their activity level. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. A Matter of Balance, Managing Concerns about Falls class will be taught at South Iredell Senior Center every Monday & Wednesday, September 8 – October 4. Classes are twice per week from 10 - noon. Students must attend the first class of orientation and make a commitment to attend. There is no fee, but space is limited to the first 15 that register. A workbook is provided and refreshments are served. Please call South Iredell Senior Center at 704-662-3337 to register or for more information.

### **Blood Pressure Screenings at South Iredell Senior Center**

1st Monday from 9:30-10:30 a.m. provided by Lake Norman Regional Medical Center

2<sup>nd</sup> Thursday from 12-2 p.m. provided by Home Instead Senior Care

3<sup>rd</sup> Wednesday from 10 a.m. - noon provided by Gentiva Home Health

4<sup>th</sup> Tuesday from 1-2 p.m. provided by Lake Norman Regional Medical Center

### **FREE Hearing Screening at South Iredell Senior Center**

The 3<sup>rd</sup> Wednesday of every month from 9 a.m. - noon, provided by Carolina Audiology. Individuals that are on a fixed income who have hearing difficulties can receive FREE hearing aids through Hearing Aid for You, Inc. as part of a state program. Call 704-663-0223 for more information.

### **Odds & Ends Sale**

South Iredell Senior Center has an odds and ends sale Monday through Friday from 8 a.m. -5 p.m. Be sure to stop by and shop for some great deals. Remember one person's junk could be another's treasure. If you have items in good condition that you would like to donate for the sale, drop them by the Senior Center. Please no books, clothes, or heavy items. Used jewelry is very much needed. Other donated items needed include: old cell phones (no chargers please), table clothes, kitchen hand towels, ribbon, silk flowers, baskets, games, cotton yarn, hand made crafts, office supplies, etc. A contribution form is provided for tax purposes. Thanks to all who help support the Senior Center!

### **SISC Auction Fundraiser**

South Iredell Senior Center has plans for an Auction Fundraiser on Monday, November 29 of this year. It takes many contributions and hard working volunteers to make this fundraiser successful. At a time when the Senior Center's funding has been cut, individuals are stepping up in a variety of ways to help support their local Senior Center. Please consider donating a gift certificate from your favorite store or restaurant for this year's Senior Center's Auction Fundraiser. It is a great opportunity to advertise their business. Donations can be delivered to the Senior Center M-F 8 a.m. - 5 p.m. A contribution form is available for tax purposes. Thanks so much for caring about the Senior Center.

### **SISC Readers Theatre Offers Free Entertainment**

The SISC Readers Theatre is a fun and exciting group that love's to perform in the community for FREE as part of an outreach effort, offering a wide range of performances, some of which include funny but educational material that address such issues as ageism, social security, medication safety, stereotyping, age discrimination and other skits just to make you laugh. They even have a puppet show designed for kids or anyone who's interested in puppet theatre. If you would like the Readers Theatre Group to perform for your group or club, call Tina at South Iredell Senior Center 704-662-3337. Skits and programs can be geared toward specific groups. Sponsors, new members, and volunteers are encouraged to get involved with the Readers Theater. No Experience is necessary. Come have fun, feel younger and be proactive in maintaining good mental health. The Readers Theatre is led by Rodney Nall.

### **FREE Senior Counseling Services & Enrollment Assistance (by appointment)**

Legal Aide of NC services. Call 1-877-579-7562 to schedule an appointment - Region F.

Long Term Care counseling is offered at the Senior Center the 3<sup>rd</sup> Tuesday of every month  
 Senior Legal Services and Counseling is offered the 1<sup>st</sup> Wednesday of every month  
 Nursing Home & Assistive Living counseling the 3<sup>rd</sup> Tuesday of every month  
 Social Security on-line enrollment is offered M-F 8 a.m. -5 p.m.  
 (SHIIP) Senior Health Insurance Counseling & Medicare Part D enrollment; call 704-873-8568.  
 Qualification and enrollment for the Medicare Part D Subsidy is also available (income based).  
 There is no fee for these services, but donations are appreciated. A Hispanic speaking interpreter to assist with these counseling services can be available upon request.

### **Support Groups held at South Iredell Senior Center**

\*Stroke Survivor Support Group meets the 1<sup>st</sup> Thursday of each month from 1-3 p.m. The group reaches out to individuals in the community and supports them in coming to terms with how their life has changed and issues they face in every day life.

\*Diabetes Support Group meets on the 4<sup>th</sup> Monday at 12 noon.

\*Dementia Support Group meets on the 2<sup>nd</sup> Wednesday at 2 p.m. and is designed for caregivers of individuals with dementia. Daycare provided upon prior request and arrangement. These support groups are open to the community. This group is supported by the Western Carolina Chapter of the Alzheimer's Association.

### **Assistive Devices**

Assistive Devices are available through South Iredell Senior Center's loan closet, such as walkers, bath benches, wheelchairs, etc. If you are a senior and in need of an item or know of someone who is, please check with the center for a listing of items available to be loaned. There is no charge and you use the item for as long as you need it! For details call 704-662-3337.

### **Information and Referral Service**

Are you age 60 or better and in need of assistance or not sure where to turn for help or information? The Senior Center's Information and Referral Service can help; call 704-662-3337.

### **South Iredell Senior Center Volunteers Needed**

Readers Theatre, Senior Center Scrap Booking, Senior Games, SISC Fundraiser Events, delivering home-delivered meals, providing sitter services, telephone reassurance, server for congregate meals, friendly visits, outreach, entertainers, decorator, friendly caller, puppet theatre, library assistant, special projects, and any volunteer willing to teach and share their talents with others. Volunteer Instructors needed for: tap dancing, basket weaving, flower arranging, beginning billiards, art and square dancing.

There are all kinds of great things to participate in at South Iredell Senior Center, other opportunities included: Crochet, Knitting, Woodcarving, Mooresville History series, Sewing Groups, Embroidery/Needlework, Quilting, Trips, Men's Cards, Art Workshop, Mah Jongg, Rubber Stamping, Water Exercise, Cards and Chat, Bridge, Canasta, Mexican Train, AARP Local Chapter, Bible Study, Billiards, Social Groups, Tai Chi, Yoga, Line Dancing, Computers, Lunch & Learns, Health Screenings, Men's Morning, Reader's Theatre, Table Tennis, Chair Exercise, Book Discussion, Writing Senior Memories, Walking Club, Singles Club, Support Groups, Counseling Services, Volunteer Opportunities and more. For transportation call 704-663-5112. Newcomers are welcome!