


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p style="text-align: center;">South Iredell Senior Center February 2012</p>  <p style="text-align: center;">Serving Iredell's Older Adults for 35+ Years 344 Front St., PO Box 344, Statesville, NC 28687 (704) 873-5171</p>	<p>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.</p>	<p>1 WATER EXERCISE 8:15-1:15 ART 9-12:00 CARDS N' CHAT 9:30-1:30 MAH JONGG 9:30-12:30 LEGAL SERVICES 10-12:00 YOGA 10-11:00 OPEN LINE DANCING 1:00-4:00 EMBROIDERY/NEEDLEWORK 1-4:00 MEXICAN TRAIN 1:30-5:00</p>	<p>2 CANASTA/HAND & FOOT 9-12:00 WATER EXERCISE 9:15-12:15 WALK AWAY THE POUNDS 9:30-9:30 IDENTIFYING DEPRESSION IN THE ELDERLY (BREAKFAST) 9:30-10:00 SIT & FIT CHAIR EXERCISE 10-10:00 BIBLE STUDY 10-12:00 AARP TAX AIDE 10-2:00 BRIDGE GROUP A 1:00-1:00 BRIDGE GROUP B 1:00-3:00 CROCHET, KNITTING & CRAFTS 1-3:00 STROKE SUPPORT GROUP 1:30-3:00 TABLE TENNIS 7 PM</p>	<p>3 WATER EXERCISE 8:15-11:15 WOODCARVING 9:00 ONE -ON-ONE BASIC COMPUTER TUTORING (by appt.) 10-2:00 RUMMI KUB 10-12:00 GOLDEN BOYS 10-12:00 MIXED TABLE TENNIS 12-3:00 READERS THEATRE 1-3:00</p>	<p>4</p> <hr/> <p>5</p>
<p>6 WATER EXERCISE 8:15-1:15 FOLK ART SEWING 9-4:00 BLOOD PRESSURE CHECKS 9:30-9:30 BRIDGE GROUP A 10:00 CROCHET 10:00 ZUMBA GOLD 10:00 TAI CHI 11:00 AF BEGINNERS TAI CHI 12:15 BRIDGE GROUP B 1:00 BEGINNER'S BILLIARDS 1:00 WOMENS' BILLIARDS 2:00 LUCKY STARS LINE DANCING 3-5:00</p>	<p>7 APPLIQUE' 9-4 MEN'S BILLIARDS 9-11:00 WATER EXERCISE 9:15-12:15 WALK AWAY THE POUNDS 9:30-9:30 SIT & FIT CHAIR EXERCISE 10:00-10:00 WRITING SENIOR MEMORIES 10:30-10:30 BINGO 10:30-12:00 CANASTA 1:00 BEGINNER'S TABLE TENNIS 1:00-1:00 MOORESVILLE HISTORY - A TRIBUTE TO AFRICAN AMERICANS 2-4:00 MENS CARDS 2-5:00 NIGHT BRIDGE 6 PM</p>	<p>8 WATER EXERCISE 8:15-1:15 ART 9-12:00 CARDS N' CHAT 9:30-1:30 MAH JONGG 9:30-12:30 YOGA 10-11:00 EATING ON A BUDGET 12:30-1:30 OPEN LINE DANCING 1:00-4:00 EMBROIDERY/NEEDLEWORK 1-4:00 MEXICAN TRAIN 1:30-5:00 DEMENTIA SUPPORT GROUP 2-4:00 DEMENTIA SG DAY CARE 2-4:00</p>	<p>9 CANASTA/HAND & FOOT 9-12:00 WATER EXERCISE 9:15-12:15 WALK AWAY THE POUNDS 9:30-9:30 SIT & FIT CHAIR EXERCISE 10:00-10:00 BIBLE STUDY 10-12:00 AARP TAX AIDE 10-2:00 BLOOD PRESSURE CHECKS 12-2:00 BRIDGE GROUP A 1:00-1:00 BRIDGE GROUP B 1:00-3:00 RUBBER STAMPING 1-3:00 CROCHET, KNITTING & CRAFTS 1-3:00 TABLE TENNIS 7 PM</p>	<p>10 WATER EXERCISE 8:15-11:15 WOODCARVING 9:00 MEN'S MORNING 9:15 CRAFTS WITH CAROLYN 10-11:00 RUMMI KUB 10-12:00 ONE -ON-ONE BASIC COMPUTER TUTORING (by appt.) 10-2:00 MIXED TABLE TENNIS 12-3:00 READERS THEATRE 1-3:00 VALENTINE'S DANCE 5:30-8:00 PM</p>	<p>11</p> <hr/> <p>12</p>
<p>13 MESSAGES (BY APPT.) WATER EXERCISE 8:15-1:15 QUILTERS GUILD (MTG.) 9:30-1:00 BRIDGE GROUP A</p>	<p>14 MESSAGES (BY APPT.) APPLIQUE' 9:00 MEN'S BILLIARDS 9-11:00 WATER EXERCISE 9:15 -</p>	<p>15 MESSAGES (BY APPT.) WATER EXERCISE 8:15-1:15 ART 9-12:00</p>	<p>16 NC DIVISION OF SERVICES FOR THE DEAF & HARD OF HEARING 8-5:00 CANASTA/HAND & FOOT 9-12:00 WATER EXERCISE 9:15-</p>	<p>17 WATER EXERCISE 8:15-11:15 WOODCARVING 9:00 ONE -ON-ONE BASIC COMPUTER TUTORING (by appt.) 10-</p>	<p>18</p>

<p>27 WATER EXERCISE 8:15-1:15 QUILTERS' WORKSHOP 9:30-4 BRIDGE GROUP A 10:00 CROCHET 10:00 ZUMBA GOLD 10:00 TAI CHI 11:00 BEGINNERS TAI CHI 12:15 DIABETES SUPPORT GROUP 12-2:00 BRIDGE GROUP B 1:00 BEGINNER'S BILLIARDS 1:00 WOMENS' BILLIARDS 2:00 LUCKY STARS LINE DANCING 3-5:00 SOUP DAY</p>	<p>28 MEN'S BILLIARDS 9-11:00 WATER EXERCISE 9:15-12:15 WALK AWAY THE POUNDS 9:30 SIT & FIT CHAIR EXERCISE 10:00 WRITING SENIOR MEMORIES 10:30 BINGO 10:30-12:00 BEGINNER'S TABLE TENNIS 1:00 CANASTA 1:00 BLOOD PRESSURE CHECKS 1:00-2:00 BOOK DISCUSSION 1-4:00 AARP CHAPTER MTG. 11-2:00 NIGHT BRIDGE 6 PM</p>	<p>29 WATER EXERCISE 8:15-1:15 ART 9-12:00 CARDS N' CHAT 9:30-1:30 MAH JONGG 9:30-12:00 YOGA 10-11:00 OPEN LINE DANCING 1:00 EMBROIDERY/NEEDLEWORK 1-4:00 MEXICAN TRAIN 1:30-5 SISC VOLUNTEER DESSERT RECEPTION 2-3:00</p>	<p>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.</p>	<p>Open Activities 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, Shuffleboard, Silver Striders, Computers, Art, Craft Sales, & Weighing Scales. An orientation & signed waiver is required to use the Center's exercise/fitness equipment.</p>	
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