

**SEPTEMBER 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)**

**Yoga**

Yoga is a great way to stay healthy, strengthen and tone your body. The class will be taught by Debbie Wyatt, AFAA, Yoga certified instructor, every Wednesday from 10-11a.m. at the South Iredell Senior Center. Cost is \$24 for six classes starting Wednesday, September 1. Payment and pre-registration is required. Call 704-662-3337 for more information.

**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, David Bowles can answer your questions. He will be at South Iredell Senior Center on Tuesday, September 7 at noon 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 sponsored by Hear USA and is open to anyone interested. This is a one-hour informational presentation with a light lunch provided. Please RSVP with a \$1 donation to South Iredell Senior Center by Friday, September 3.

**Mooresville History**

Everyone is invited to join Cindy Jacobs at South Iredell Senior Center as she educates and shares artifacts on Mooresville's History, Tuesday, September 7 at 2 p.m. Enjoy the photographs, post cards, memories and exhibits of Mooresville people, places and events from 1873-1957.

**Lancaster, PA 4 Days & 3 Nights, October 18–21, Registration**

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. **Total payment is due by Tuesday, September 7.** 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.

**Eat Smart, Stay Well – Pills, Potions and Powders**

Join Ann Simmons with The Cooperative Extension on Wednesday, September 8 from 9-10:30 a.m. to discover how to eat to get the nutrients you need and when supplements might be beneficial. Learn how to spot fads and when it may be unsafe to use supplements. 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 Tuesday, September 7 by calling 704-662-3337. Learn and live healthy!

### **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.

### **Rubber Stamping**

Create unique one-of-a-kind greeting cards on Thursday, September 9 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.

### **Singles Seniors Day Trip**

South Iredell Senior Center Single Senior Group will venture to Mt Airy for a fun filled day trip on Friday, September 10. If interested or for more information please call the Senior Center at 704-662-3337.

### **Senior Dance Wild West Style**

It's high time you kick up those heels at a Wild West dance party at South Iredell Senior Center on Friday, September 10 from 6-8:30 p.m. Come in your best bandana, cowboy hat and ready to dance Wild West style. Enjoy good friends, delicious food and loads of fun. You don't need a partner for this Wild West fun, just come and enjoy whether you dance or not. 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.

### **Intro to Computers**

This class offers computer basics, hardware and software, windows operating system, data storage, working with folders and files, peripherals, and provides an introduction to word processing, spreadsheet, and graphic applications. The class is offered every Monday and Wednesday, September 13 - October 6, from 5:30-8:30 p.m. or on Saturdays, September 11-October 30 from 9 a.m. – noon. Cost is \$65 + book. Senior adults age 65+ are allowed to take one class for FREE per semester. 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.

### **Ask A Physical Therapist Series – September’s Topic: Balance Problems**

Introducing a free monthly series brought to you by Melvin Jones, PT, clinic director at Thomas Physical and Hand Therapy in Mooresville, NC. Starting on Thursday, September 16th at the South Iredell Senior Center, Jones will be presenting a one-on-one interactive screening for balance problems, and answer any questions you would like to ask a PT. All you have to do is schedule an appointment. Then every third Thursday of the month at the Senior Center, he will be presenting a new topic of discussion at South Iredell Senior Center, 202 N. Church St. Mooresville. For more information call 704 664-1362.

### **Safe Investments in Volatile Market**

Join Mark Sumner with MTM Financial Group at South Iredell Senior Center on Friday, September 17 at 11 a.m. for a special program on how you can protect your assets in a down market. A light lunch will be provided. No selling or soliciting will take place. All adults are welcome! Please RSVP with a \$1 donation to South Iredell Senior Center by Tuesday, September 14.

### **BINGO Birthday Bash!**

All seniors celebrating a birthday or not are invited to play BINGO, win prizes, and have refreshments on Tuesday, September 21 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.

### **Fall Prevention**

On Thursday, September 23 at 10 a.m. seniors are invited to attend an informational program on preventing falls hosted by Lake Norman Regional Medical Center. As part of the program, a fall assessment will be conducted and a medication review, so be sure to bring a list of your prescriptions. Note: Medication can be a major factor in balance and falls, therefore it is very important to have your medications reviewed often. The program will be held at South Iredell Senior Center and breakfast will be provided. Please RSVP by September 20 if you plan to attend this free program.

### **Stroke Recovery**

Join Evelyn White at South Iredell Senior Center on Friday, September 24 at 11:30 p.m. for a special program targeted to individuals that have had a stroke and their family members. A lunch is provided and hosted by Brian Center Health & Retirement. All adults are welcome! Please RSVP with a \$1 donation to South Iredell Senior Center by Monday, September 20, to be used for Senior Center health promotion programs.

### **Diabetes – What Women Should Know**

As part of National Women’s Health & Fitness Day, Doris Hill, NP will be at South Iredell Senior Center on Wednesday, September 29 at 12:30 p.m. to conduct a special program on diabetes for women. A lunch is provided and hosted by Brian Center Health & Retirement. Please RSVP with a \$1 donation to South Iredell Senior Center by Friday, September 24 to be

used for Senior Center health promotion programs. Although this program targets women, all adults are welcome!

### **Cholesterol & Nutrition, Are You Keeping Them in Balance?**

Come learn what you can do to stay on top of good nutrition and cholesterol, on Monday, September 27 at 10 a.m. at South Iredell Senior Center. The program will be presented by nurse educators with the Department of Veterans Affairs W.G. "Bill" Hefner Medical Center. Two pharmacists will also join us. Seniors are invited to bring a list of their medications and a copy of their recent lab work for the pharmacists to review and answer questions. If you plan to attend please RSVP by September 26 by calling 704-662-3337.

### **Get the Facts about Reverse Mortgages**

If you want to learn more about how a reverse mortgage could help you live better today and be more prepared for the future, join MetLife at South Iredell Senior Center on Thursday, September 30 from 11 a.m. to noon. No selling or soliciting will take place. The program is for educational purposes only. A lunch will be provided. Please RSVP with a \$1 donation to South Iredell Senior Center by September 27. MetLife Bank is part of the MetLife family of companies, a trusted name for more than 140 years.

### **Helping Hands in the Community – Operation In As Much Returns**

Are you an older adult or disabled and need help getting a job or task done? Perhaps you know of someone who is in need. Several community churches will once again join together for a day of volunteering to help make a difference in our Mooresville community on Saturday, October 16. If you are an individual of low income or have a situation that enables you to have the means to obtain needed assistance in getting a job or task completed, these volunteers can help. The South Iredell Senior Center has been asked to help identify individuals that are in need of this assistance. Examples of assistance that these volunteers can provide include: fixing broken railings, steps or ramps, trimming hard to reach bushes and shrubs, painting, installing handicap ramps or fixtures, cleaning out gutters, etc. Supplies are to be provided by the person requesting the help. **All requests for assistance must be made to the South Iredell Senior Center by Wednesday, September 29.** Call the South Iredell Senior Center at 704-662-3337 to make a request for assistance.

### **AF Beginners Tai Chi**

South Iredell Senior Center is now accepting registration for their evidence-based Tai Chi program, highly recommended by the Arthritis Foundation. The class is designed to improve balance, increase range of motion, circulation and leg strength, as well as decrease arthritic pain. Mike Gentile, AF Tai Chi certified teaches the class on Mondays for six weeks, October 4 – November 8 from 12:15-1:15 p.m. The cost sharing amount for the class is \$36 per person. The facility and instructor can accommodate individuals interested in taking the class who have a physical disability or impairment. For more information call 704-662-3337.

### **Four-day painting workshop – Plein Air Painting**

If you're an art enthusiast - someone who loves to paint - here's a wonderful opportunity for you to participate in an 'once in a lifetime' workshop. Create great art with an internationally known artist, Dee Beard Dean. Ms. Dean, a very personable and popular painter/teacher, conducts Plein

Air Painting Workshops in Europe, South American and the United States. The workshop is open to adult intermediate and experienced visual artists. Perfect your painting techniques, with your favorite art medium (oil, watercolor, etc.) under the direction and supervision of this renowned painter/teacher. Indoor painting sessions will be coupled with outdoor field trips. Each painting session begins with a short discussion of subject and composition followed by a demonstration of painting techniques. For more information or to register call Ms. Roxanne LaChance at 704-799-9465. Enrollment is limited to 12 participants. The workshop will be held from 10 a.m. – 4 p.m. Wednesday, October 6, 2010 at the Mooresville Visual Arts Center (Old Train Depot, Main Street, Mooresville), and Thursday, October 7 through Saturday, October 9 at South Iredell Senior Center, 202 N. Church St., Mooresville.

### **Life Line Screening**

Four Facts you need to know about stroke prevention: 80% of stroke victims have no apparent warning signs before a stroke occurs. Ultrasound screenings can help you avoid a stroke. Stroke is the leading cause of death and permanent disability. Life Line Screenings are fast, painless, affordable and convenient. Life Line Screening will be at South Iredell Senior Center on October 15th providing the following screenings: Stroke/ Carotid Artery Screening, Heart Rhythm (Arterial Fibrillation) Screening, Abdominal Aortic Aneurysm (AAA) Screening, Peripheral Arterial Disease (PAD) Screening and Osteoporosis Screening. An appointment is required. Call 1-800-324-1851 for an appointment or for more information.

### **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, October 26 at 1 p.m. Don't wait until it's too late, know your cholesterol level and risk factor. No appointment needed.

### **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.

### **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.

### **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. Donation forms are available for tax purposes. Thanks for helping!

### **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. 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.

### **Donations Needed**

Other items the center needs include: old cell phones (no chargers please), table clothes, kitchen hand towels, ribbon, silk flowers, baskets, games, cotton yarn, hand made crafts, used jewelry, any kind of nick-knack items, office supplies, etc. A contribution form is provided for tax purposes. Donations may be dropped off at the Senior Center Monday through Friday 8 a.m. – 5 p.m. Thanks to all who help support 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.

### **Sit & Fit Chair Exercise**

Are you exercising at least 2 -3 times a week? Statistics show that as we age, we lose muscle mass and bone density. The only thing we can do to slow this normal aging process is to exercise. Join in the fitness, build muscle, strengthen bones, and reach out for good health every Tuesday and Thursday at 10 a.m. during a chair exercise workout at the South Iredell Senior Center. The class is free and open to any senior adult interested. Participants should wear something comfortable that gives with their movement and bring hand weights or water bottles for weight bearing exercises. Did you know that cardio physical fitness is the strongest factor in maintaining one's cognitive memory? To be well you have to show up and actively participate.

### **Water Exercise**

SISC water aerobics, back, arthritis workouts, and water walking exercise classes are taught by certified instructors. Classes are open to all seniors age 60 or better with priority given to Iredell County residents. Information on guidelines and fees are available upon request. It is recommended that new participants observe their class of choice before registering. Private lessons are also available for the disabled, visually or physically impaired. Call the Senior Center for more detailed information.

### **Woodcarving**

Taught by Jack Krekman. This class is for men and women of any skill level. Beginners are welcome. No experience necessary. The class meets every Friday from 9 a.m. – 12 noon. Beginners are taught from 9-11 a.m. Tools and materials are required, but can be purchased through the instructor.

### **Men's Billiards**

Every Tuesday at 9 a.m. come join the guys in a good game of pool. It's a fun game that can bring out the competitiveness in everyone. It's also a great way to stay in practice for Senior Games. The billiards room is available to senior adults as an open activity through out the week. Call for specific times.

### **Line Dancing**

It's high time you kicked up those heels and let the fun take over your weekly exercise program. Yes, a workout can be fun! You'll enjoy a variety of music surrounded by friends as you exercise to the beat. The line dancing class is lead by Kathy Strantz every Wednesday at 1 p.m. The best part is there's no cost. You won't believe how good you'll look and how much better you'll feel.

### **Knitting, Crochet & Crafts**

Every Thursday from 1-3 p.m. lead by Carol Steinmetz. Everyone is welcome!

### **Men's Cards**

Gather up those good old boys and come join in a game of cards the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month at 2 p.m. Bring some good jokes and your best poker face!

### **Folk Art Sewing**

This sewing class is open to anyone interested in sharing in the art of sewing. The class meets at 9 a.m. on the 1<sup>st</sup> Monday of every month and is lead by Judee Lefler. Newcomers welcome!

### **Single Seniors**

The single senior group meets the 3<sup>rd</sup> Monday of each month from 12-2 p.m. at the Senior Center. The club focuses on making new friends, going places together and having all around group fun. Great outings and lots of group activity! Call the Center for more details.

### **Beginner's Table Tennis**

Come learn the game of table tennis and get a great workout. The game is lots of fun and helps you burn up those unwanted calories. There is no charge for the class. Participants meet every Tuesday at 1 p.m. Table tennis is a sanctioned event by North Carolina Senior Games and is offered every spring as a competitive event by Iredell Senior Games.

### **Writing Senior Memories**

How many times have you said, "One of these days I'm going to write that story down," or "Someday I'm going to journal all those experiences to pass down to my grandchildren," and some day never seems to come? Joining a writing group can be a great first step to helping yourself reach that goal, not to mention a lot of fun. Join in every Tuesday at 10:30 a.m. No experience necessary!

### **Embroidery/Needlework**

Learn how to do hand embroidery and needlework with these ladies as they enjoy each other's company and share their talent with one another. Whether you are a beginner or just looking to join in the group, we would love to see you at 1 p.m. every Wednesday.

### **The Mooresville Centerpiece Quilters' Guild**

Meets the 2nd Monday of each month at 10 a.m. at the South Iredell Senior Center, 202 N. Church St. Visitors are welcomed. For information call Jean Cable 704-929-1170.

### **Crochet Class**

If you are interested in being a part of a crocheting group or learning how to crochet, join the group every Monday from 10 a.m.-noon. The class enjoys great fellowship while working on a variety of projects.

**Art**

Every Wednesday from 9 a.m. to noon, seniors who love art gather at the Senior Center to share ideas, friendship and their desire to paint. They enjoy helping newcomers develop their art skills or learn new ones. Won't you come join us? We love to share our passion for painting.

**Mexican Train**

A form of dominos, meets every Wednesday at 1:30 p.m. and yes, you do actually hear the train whistle. Its lots of fun. You are sure to have a blast!

**Women's Billiards**

Every Monday at 2 p.m. a special time is set aside at the Senior Center for women to play billiards together. It's a fun game that can bring out the competitiveness in everyone. It's also a great way to stay in practice for Senior Games.

**Local AARP Chapter**

Meets at 2 p.m. the 4<sup>th</sup> Tuesday of every month at South Iredell Senior Center. You do not have to be a member to attend. For more information call the Senior Center.

**Night Activities:**

Table Tennis, Bridge and Dancing. Call the Senior Center for days and times. Don't miss out. Come join the fun! Other senior groups interested in meeting at night should contact the Senior Center.

**Book Discussion Group**

Join a group of book lovers for a monthly book discussion. The group meets the 4<sup>th</sup> Tuesday of each month at 1:30 p.m. to discuss the month's reading assignment. New members are welcome. No Fees!

**Card Games**

Calling all card players! Pinochle, Mah Jongg, Cards and Chat, Rummi Kub, Bridge, Poker, and Canasta are just some of the card games played at the Senior Center. We would love to have you join in the games. Check with the Senior Center for playing times and for more information.

**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.