

FEBRUARY 2012 UPCOMING EVENTS
SOUTH IREDELL SENIOR CENTER (SISC)
CENTER OF EXCELLENCE

202 North Church Street, Mooresville, NC 28115 (704) 662-3337
www.Iredellcoa.com.

Identifying Depression in the Elderly

Do you know what to look for to determine if your loved one or an older adult you care for has depression? Come learn what signs to look for and where you can get help. The workshop is open to the general public and will be held on Thurs., Feb. 2 from 9:30-10:30 at South Iredell Senior Center, 202 N. Church St. Mooresville. A light breakfast will be provided. The primary purpose of this workshop is to educate the non-senior community on how to identify depression in the elderly. Agencies and individuals that work with or care for older adults are especially encouraged to attend. The workshop is sponsored by Bayada Nurses.

Help for Seniors Filing Their Taxes

AARP Tax Aide will be at the South Iredell Senior Center on Thursdays from 10 a.m. to 2 p.m. February through April 12th to help seniors file their taxes. An appointment is required and you must bring all tax papers, your social security card, and 2010 tax return. An interpreter is available upon prior request for Spanish speaking individuals, and a wheelchair is located at the Senior Center to help assist individuals who are physically impaired. This FREE service is available to all seniors and low income individuals. The service will also be available on a first come, first serve basis at the Mooresville Recreation Department at the War Memorial Building every Tuesday from 10 a.m. to 2 p.m. Appointments are not taken at this site so individuals will be assisted in the order of their arrival. If you would be interested in becoming a Tax Aide Volunteer Counselor please call 704-662-3337 for more information.

Gift for a Gift Bingo

Bring a prize and enjoy a morning of playing bingo on Tues., Feb.7, 14 and 28 at South Iredell Senior Center from 10:30 a.m. to noon. Each person is to donate an item toward the game in order to play. Refreshments to share are welcome. Whether playing bingo or not, all bingo prize donations are appreciated and help to make the game that much more fun.

Mooresville History – a Tribute to African Americans

Everyone is invited to join Cindy Jacobs as she educates and shares artifacts reflecting African American activities and contributions to Mooresville, held at South Iredell Senior Center on Tues., Feb. 7 at 2 p.m. This event is open to the community.

More in My Basket - Eating on a Budget

How much food will \$16 buy? It depends on where you shop or eat. Join Ann Simmons with the N.C. Cooperative Extension Service for Iredell County, to learn how you can stretch your resources and eat better for less. Also, learn how to apply for Supplemental Nutrition Assistance Program benefits. This workshop will be held at South Iredell

Senior Center on Wed., Feb. 8 at 12:30 p.m. There is no fee to attend, but registration is requested by Mon., Feb. 6.

Rubber Stamping

Create unique one-of-a-kind greeting cards on Thurs., Feb. 9 from 1-3 p.m. at South Iredell Senior Center. Why not send a card that's 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. The fee is \$5. Please call 704-662-3337 to pre-register.

Crafts with Carolyn

Former Teacher, Carolyn Hillegeist will conduct a craft class making glass bead earrings and bracelets. The class will be held at South Iredell Senior Center on Fri., Feb. 10 from 10-11 a.m. Cost for supplies are \$3 per person. In order to plan for enough supplies, please register by Wed., Feb. 8.

Valentines Dance

Bring your sweetheart or best friend and join in the fun at South Iredell Senior Center on Fri., Feb. 10 from 5:30-8 p.m. Come have fun, fellowship, make new friends, and enjoy delicious food. Everyone is invited to join the festivities whether you dance or not. Please bring your favorite snack or finger food to share. 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.

Massage Therapy

A massage positively affects blood pressure, pulse, and skin temperature. It increases lymph flow rate by 7 - 9 times. Massages are now available at South Iredell Senior Center. The next sessions will be held on February 13th, 14th and 15th. Appointments are required. Massage therapy is particularly valuable for the problems associated with growing older. The benefits of massage encompass conditions that may arise with age, such as: muscular stiffness, arthritis, tendonitis, bursitis, and respiratory problems such as asthma and emphysema. Massage encourages circulation, decreases muscular stiffness, and helps to decrease inflammation that may rest in the joints. Careful massage can help provide the elderly with symptomatic relief and enable seniors to extend the vitality in their lives. NEW SENIOR RATE is \$20 for 30 minutes; \$40 for 60 minutes. Call 704-662-3337 for an appointment.

Valentine's Heart Health

Nothing brings in Valentines like learning how to keep your heart healthy! This educational program seeks to target individuals who are at high risk of having heart problems. Participants will learn what they can do to reduce their risk of a heart attack and what changes in their lifestyle they need to make. The program will be held at SISC on Tues., Feb. 14 from 12:30 -1:30 p.m., sponsored by Bayada Nurses with RN, Shannon Williams presenting. A light lunch will be included. Please RSVP with a \$1 donation to South Iredell Senior Center by Fri., Feb. 10.

Volunteer Dessert Reception

South Iredell Senior Center knows that volunteers are one of our greatest resources. Their dedication and commitment help to make the Senior Center great. A special dessert reception is planned in honor of all SISC volunteers on Wed., Feb. 29 between 1-2 p.m. All volunteers for the Center are encouraged to drop in to socialize, enjoy coffee and dessert in appreciation for their volunteering. Please RSVP by Feb. 24 if you plan to attend. Every volunteer and every effort, no matter how small, is appreciated. THANK YOU!

Personal Safety

Officer Davis with the Mooresville Police Department will be at South Iredell Senior Center on Fri., Feb. 17 at 11:30 a.m. to conduct a Personal Safety Training. If you work with older adults, are a caregiver, or a single female, this workshop is for you. Come learn the new techniques and scams criminals are using to attack the more vulnerable - older adults and single women. Learn how you can protect yourself, and those you love or care for. The non-senior workshop is being sponsored by Shads Landing and is open to the community. A light lunch will be included for those that RSVP with a \$1 donation to South Iredell Senior Center by Thurs., Feb. 9.

Single Seniors

The SISC Single Seniors group will meet on Mon., Feb. 20 at noon. The club focuses on making new friends, going places together and having an all-around good time. Don't miss the great outings and fun activities!

Birthday Bingo

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

What Happens When Medicare Wants to Take Mom's House

On Wed., Feb. 22 from 12:30-1:30 Dorance D. Greer III with Synergy Investment Group will present on "**What Happens when Medicare wants to take Mom's House?**" Discussion will include: The "Spend-down" or Deductible, Estate Recovery by Medicaid, Asset Protection from Medicaid, Long-Term Care non-forfeiture, and North Carolina- LTC Partnership Program. The program will be held at South Iredell Senior Center and a pizza lunch will be included. To attend the presentation, please RSVP with a \$1 donation to South Iredell Senior Center by Mon., Feb. 20. There will be no selling or asking for personal information. This program is for educational purposes only.

Yoga

Yoga is a great way to stay healthy, strengthen and tone your body. Yoga at the South Iredell Senior Center is taught by Debbie Wyatt, AFAA, Yoga certified instructor, every Wednesday from 10-11 a.m. Cost is \$30 for a six week class session. The next session starts Wed., Feb. 22. Payment and pre-registration is required prior to Feb. 22. Call 704-662-3337 for more information.

Service for the Deaf & Hard of Hearing

The deaf and hard of hearing can now receive services from the DHHS Division of Services for the Deaf and Hard of Hearing at South Iredell Senior Center on Thurs., Feb. 23. Services include: Advocacy, information, counseling, skills development and tools for deaf, hard of hearing, deaf-blind and speech-impaired individuals and their families. Telecommunications access for all through relay services and assistive technology is available. Consultation and training is available for agencies, organizations and businesses such as law enforcement, hospitals, 911 call centers, churches and hotels – so that people with hearing loss may experience full access. For services and more information call 838-432-5335 voice or 828-432-5338 TTY.

FREE Popcorn & a Movie

Seniors are invited to enjoy complimentary popcorn and a movie at the South Iredell Senior Center on Fri., Feb. 24 from 1-3 p.m. The movie will be “Last American Hero” featuring Stan Brawley, about Buddy Baker moon shinning in NC. This event is sponsored by Home Video Studio and Mooresville Historical Society.

FREE Legal Services

Legal Aid of NC will be at South Iredell Senior Center on Thurs., March 1 & 22 to provide free legal services to older adults. An appointment is required, call toll free 1-877-579-7562 M-F 9-11 a.m. and 1-3 p.m. To qualify for services at no fee, tell the person answering the phone that you are a senior from Region F. Lawyer, Shazia Anwar, will schedule an appointment to meet with you at the Senior Center. She handles wills, advanced directives, landlord/tenant issues, public benefits, consumer issues such as bankruptcy and unemployment benefits. This is a one-on-one legal counseling session.

Zumba Gold Dance

This class is a Latin-based fitness party with fun intergenerational music open to all senior adults starting Mon., March 5 from 10-11 a.m. The class is held at South Iredell Senior Center in conjunction with Fit Avenue. This is a fun way to get those extra holiday pounds off and stay in shape. Pre-registration and payment is due to the Senior Center by Fri., March 2. Cost is \$30 per person for the six week session.

Tabletop Gardening

Learn to create indoor gardens using unique containers and placement of plants in your home. Feature water gardens, terrariums, desert gardens, herb gardens and forcing bulbs for early spring blooming. The class will be held at South Iredell Senior Center on Mon., March 5 from 10-11:30 a.m. There is no fee, but registration should be made by calling 704-662-3337 by Fri., March 2.

Matter of Balance –Learn to Prevent Falls

Many people think falls are a normal part of aging. The truth is they're not. Most falls can be prevented—and older adults have the power to reduce their risk. The fear of falling can result in turning down a chance to go out with family or friends; it can cause you to cut down on a favorite activity. A Matter of Balance: Managing Concerns about Falls is a program that can help 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 individuals 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 to reduce the fear of falling and increase one's 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. This FREE program will be taught at South Iredell Senior Center every Tuesday and Wednesday from 10 - noon, March 6 – 28, 2012. A workbook is provided and refreshments are served. Please call the Senior Center at 704-662-3337 to register. Space is limited and pre-registration is required.

Are You Struggling to Read the Small Print?

There will be a free Low Vision Clinic on Fri., March 16 at South Iredell Senior Center provided by Metrolina Association for the Blind. Dr. N. Elaine Osborne, OD, and the low vision staff aboard the Mobile Low Vision Clinic will provide low vision evaluations. There is help if you or your loved one is losing their vision. For more information or to schedule an appointment, contact Maggie Edmunds, MAB Case Manager for S. Iredell County 704-887-5100.

Senior Mind Games

This is a fun but educational program that will teach you activities designed to keep seniors minds active and alert. Recent studies have shown these activities actually help slow down the progression of some dementia, as well as, delay the onset of Alzheimer's disease. The program will be held at South Iredell Senior Center on Thurs., March 29 at 11 a.m. A light lunch will be included, sponsored by Home Instead Senior Care. Please RSVP with a \$1 donation to South Iredell Senior Center by March 23.

Powerful Tools for Caregivers

Are you one of over 44 million Americans who are providing unpaid and informal care to family members or friends? If you provide help to a loved one, then POWERFUL TOOLS FOR CAREGIVERS classes are for you! Learn how to reduce personal stress, communicate effectively with others and handle challenging situations. Learn how to: Handle tough caregiving decisions, hold family meetings, family caregivers in the workplace, long distance caregiving, grandparents raising grandchildren, accessing local resources, how to handle grief, loss, end of life issues, and much more! This 6 week 2.5 hour course will enhance your caregiving skills and knowledge. Class dates are: April 4th, April 11th, April 18th, April 25th, May 2nd, and May 9th, 2012 from 1 to 3:30 pm held at South Iredell Senior Center, 202 N. Church Street, Mooresville, NC 28115. There is no cost, but donations are greatly appreciated. Respite Care can be provided for your family member, but this must be reserved in advance. For more information or to register; contact Jackie Negley at (704)873-5171 or Ann Simmons at (704)878-3157. Thanks to NC Cooperative Extension, and Iredell Council on Aging for their cooperation with this project, provided by Legacy Health System.

AARP Drivers Safety Course

On Wed., April 18 from 12:30-4:30 p.m. Don Higgle will instruct a drivers safety course at South Iredell Senior Center. Students completing the course will receive a Drivers Safety Course certificate from AARP. Some insurance companies will give a discount upon completion of the course. Check with your auto insurance carrier. Cost of the course is \$12 if an AARP member. Cost for non-members is \$14. Those taking the course need to arrive prior to 12:30 p.m. Members will be required to show their AARP card to Mr. Higgle on April 18. Checks should be made payable to AARP and are due to the Senior Center by Mon., April 16. Payment can be mailed to SISC, 202 N. Church St., Mooresville, NC 28115. Be sure to include your name, phone number, and indicate drivers safety course.

FREE Cholesterol & Blood Sugar Screening

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 and blood sugar checks at South Iredell Senior Center on Tues., May 22 from 1 -2 p.m. Don't wait until it's too late; know your cholesterol level and risk factor. No appointment needed.

AARP Chapter

Meets at 2 p.m. the 4th Tuesday of every month, at South Iredell Senior Center. You do not have to be an AARP member to attend. Visitors and new members are welcome!

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. Come join us for some fun art. We love to share our passion for painting.

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.

Basic Computer Tutoring

This is one-on-one tutoring with Jayne Noto, held every Friday at South Iredell Senior Center. Although the tutoring is FREE, an advanced appointment is required.

Basic Plus Line Dancing

Line Dancing is an excellent way to have fun while you exercise your body and mind. The "Footloose" line dance class offers "basic plus" instructions. The class is led by Ethel Mercer every Thursday from 2-4 p.m.

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 at South Iredell Senior Center 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.

Bible Study

Every Thursday at 10 a.m. a wonderful group meets at the Senior Center for Bible Study. The group is led by Lorra Lee Holshouser. Newcomers are welcome. Please join us.

Blood Pressure Screenings at South Iredell Senior Center

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

2nd Thursday from 12-2 p.m. provided by Home Instead Senior Care

3rd Wednesday from 10 a.m. - noon provided by Gentiva Home Health

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

Book Discussion Group

Join a group of book lovers for a monthly book discussion. The group meets the 4th Tuesday of every month at 1 p.m. at South Iredell Senior Center. The group discusses the month's reading assignment. All book lovers are welcome!

Card Games

Calling all card players! Pinochle, Mah Jongg, Cards and Chat, Rummi Kub, Bridge, Poker, Hand and Foot, 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 more information.

Crochet Class

If you are interested in being 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.

Drop in Activities at SISC M-F 8 a.m. - 5 p.m. Billiards, Library, Puzzles/Board Games, Exercise Equipment, Tours, Indoor Walking, Lounge, Art, Cards, Coupon Center, Scrap Booking, Table Tennis, Shuffleboard, Silver Striders, Computers, Art, Craft Store, & Weighing Scales.

Embroidery/Needlework

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

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 1st Monday of every month and is led by Judee Lefler. Newcomers welcome!

FREE Hearing Screening at South Iredell Senior Center

The 3rd 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.

FREE Senior Counseling Services & Enrollment Assistance (by appointment)

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

Long-Term Care Counseling is offered the 3rd Tuesday of every month.

Senior Legal Services and Counseling is offered the 1st Wednesday of every month.

Nursing Home & Assistive Living counseling the 3rd Tuesday of every month.

Social Security on-line enrollment is offered M-F 8 a.m. -5 p.m.

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, assist with billing problems and Medicare fraud and abuse. Call 704-873-8568 for an appointment.

All counseling service and enrollment assistance is held at South Iredell Senior Center by appointment. There is no fee, but donations are appreciated. A Hispanic speaking interpreter to assist with these counseling services can be available upon request. For more information call South Iredell Senior Center.

Help the Senior Center - Rewards Program

Please register your Food Lion MVP/rewards card to the Senior Center and every time you shop Food Lion, the Center will receive \$\$\$\$. If you need help registering, call your rewards number into the Senior Center and SISC staff will register your card for you. It's as easy as that! Our goal is to have every participant registered. There's no cost to you and it's a great way to help the Center.

Knitting, Crochet & Crafts

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

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 led 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.

Mah Jongg

It's not just a game! Mah Jongg is definitely a social outing where laughs and commiserations are shared. In part, it's the camaraderie, but there is something else, something unexplainable about the game, that bonds people. Some have summed up the version of the centuries old Chinese tile game as a, 'rummy-like game played with tiles rather than cards.' With unique rules and personal strategies one keeps to oneself. The

goal is to match your “hand” with one of several different types of “hands” on a National Mah Jongg League card. There are 152 tiles played in one game, each player starting with 13 tiles. The player’s tile combination constantly changes because he or she either picks new tiles or, takes those discarded by another player. To win, a player must match up 13 tiles and then pick a 14th tile to complete the “hand.” “Defensive playing,” where you try to figure out what someone else is playing and hold those tiles back is part of the game. And another interesting aspect is you don’t play with a partner. If you make a wrong decision, it’s your wrong decision. If you win, it’s all because of you! Once you learn the game, it becomes addictive. So if you’re looking for a fun, stimulating, social game, Mah Jongg is just the game for you. We’d like to play with you and/or teach you Mah Jongg according to the National Mah Jongg League rules, for the beginner or experienced player. Come join us!

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 throughout the week. Call for specific times.

Men’s Cards

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

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!

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 welcome. For information call Jean Cable 704-929-1170.

Need Information and Assistance?

The South Iredell Senior Center provides Information and Assistance for the following, note *services provided directly by the Senior Center/ICOA: Adult Day Care/Day Health, Adult Protective Services, Affordable Housing, *Caregiver Support Group/Classes, *Disaster Preparation/Planning/Response, Emergency Food, Energy Assistance, *Evidence-Based Health Programs *Fitness & Health Promotion, *Weight Loss & Nutrition Education, *Health Screenings, Help for People with Disabilities, *Home Delivered Meals, Home Health/Nursing Services, Home Repair/Modifications, Hospice Care, *In-Home Aide Services, *Insurance Counseling, *Legal Services, Long Term Care Facilities, Medicare/Medicaid, Medical Equipment, Mental Health Services, *Prescription Assistance, *Recreation/Social Activities, Rehabilitation Services, *Respite Care, Reverse Mortgage Counseling, *Self-Help/Support Groups, *Senior Games, *Social Security Benefits, *Tax Preparation & Counseling, Telephone Reassurance, *Training/Job Placement, *Transportation, *Volunteer Opportunities, Weatherization, and more...please contact staff at the South Iredell Senior Center, 704-662-3337 for

assistance.

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.

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!

Readers Theatre Offers Free Entertainment

The SISC Readers Theatre is a fun and exciting group that love to perform in the community for FREE as part of an outreach effort. They offer 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 theater. If you would like the Readers Theatre Group to perform for your group or club, call 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 Theatre. 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.

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 do weight bearing exercises. Get fit, build muscle, strengthen bones, and reach out for good health. Join us 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 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.

Support Groups held at South Iredell Senior Center

*Stroke Survivor Support Group meets the 1st Thursday of each month from 1:30-3 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 4th Monday at 12 noon.

*Dementia Support Group meets on the 2nd 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.

Tai Chi

Tai Chi is designed to improve balance, increase range of motion, circulation and leg strength, as well as decrease arthritic pain. 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, muscle tone, circulation, flexibility, aching backs and joints. Tai Chi 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 advanced students and from 12:15-1:15 p.m. for beginners. Cost is \$6 per person per class at the door.

Volunteers Needed

South Iredell Senior Center is in need of volunteers for the following: Readers Theatre, Senior Health Insurance Information Program (SHIIP) volunteer, outreach exercise classes, Meals on Wheels delivery person, transportation to SISC, entertainers, caller for bingo, SISC outreach, Center scrap booking, friendly caller, Red Hats Society group leader, Coordinator for a Hip Hop Dance Group, SISC Fundraiser events, and any volunteer willing to teach and share their talents with others. Volunteer Instructors needed for: Learning to Live a Healthier Life, Healthy Changes (Diabetes Self Management), Arthritis Foundation Exercise Program, cake decorating, art, candy making, clogging, small engine repair, intro to face book, create your own web site, tap dancing, basket weaving, shuffleboard, and square dancing. Volunteers are one of our greatest resources. You make the Senior Center GREAT! Every volunteer and every effort is appreciated. Please come by the Senior Center front desk if you can help.

Walk Away the Pounds

Every Tuesday and Thursday at 9:30 a.m. at South Iredell Senior Center, you can join an enthusiastic group that will help you walk away your pounds or just walk for your health. Come get fit! NO FEE! Come when you can, but the more often you attend the healthier you'll be and the more fit you will become!

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.

Wish List

Items needed by the South Iredell Senior Center include: Two computers -2000 version or newer, multi-media projector, table tennis robot, old cell phones (no chargers please), free standing bulletin board, four sturdy easels, new billiard balls and cue sticks, stair stepper, working sewing machines, new table cloths and kitchen hand towels, ribbon, silk flowers, baskets, craft supplies, games, all cotton yarn and fabric, ½ yard + upholstery

fabric, hand-made crafts, gift wrap/bags, used jewelry, any kind of knick-knack items for the odds & ends sale table, office supplies – copy paper, pens, pencils, paper clips, staples, tape, highlighters, receipt books, post-it notes, etc. HP printer ink cartridges – color # 23, 78 & 97, black # 45, 21, 15 & 96, others will be accepted as well. Donations may be dropped off at the Senior Center Monday through Friday 8 a.m. – 5 p.m. All monetary donations are appreciated. Thanks to all who help support the Senior Center! A donation form is provided for tax purposes.

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.

Woodcarving

Taught by Jack Kreckman. 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.

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!

Supporting the Senior Center

You can support your Senior Center by making a donation, a memorial gift or gift in honor of a loved one. The Senior Center has individuals that have attended the Center for many years and this is always a very meaningful way to remember and honor them. As a non profit 501c agency, donations made to the Senior Center are tax deductible.