Iredell Senior Center (ISC) – Statesville

~ Serving Older Adults, Sixty of Age & Better, for THIRTY-FIVE+ Years! ~

You may attend if you are under 60 and your spouse is 60 or better and attends with you.

JUNE 2017 – ACTIVITIES & SERVICES

Telephone: 704-873-8568

Need transportation to the Senior Center, shopping, or the doctor? Phone Iredell Council on Aging at 704-873-5171 to enroll.

Annual Ice Cream Social and Independence Day Celebration
Wednesday, June 28, 2017 at 2:00 PM

Come join us for fun, entertainment with ISC Bluegrass Music Jam and ice cream with all the toppings and door prizes. Register by June 27, $1.00 fee. In the Ballroom.

Sponsored by Community Homecare & Hospice

Special Classes, Events, & Services

Title V Computer Classes – Each Wednesday & Thursday at 3:00 – 4:30 PM. This is for Title V employees only. Instructor: Sandra Wagner. In room 208.

Photo Editing Classes – June 5, 7, at 9:00 AM - 12:30 PM. Learn how to crop, make special effects & collages, import from your camera, and more. Call to put your name on the waiting list. $15.00 for 3 lessons. In room 208.

Art of Aging – First Tuesday at 1:00 PM. In room 206.

Tech Buddies – Thursdays at 4:00 – 5:00 PM when available. Learn how to use your smartphone, iPad, tablet, and other hand held device. Call to put your name on the waiting list. No fee. In room 208.

Senior Singles – They will take off until September. For singles only. It is a fun, social group. You must be 60 or better. No fee. In room 206 and off campus.

Taking the Mystery out of Hospice & Palliative Care – Monday, June 5 at 10:00 AM — A representative from Hospice and Palliative Care of Iredell will share with us what Hospice & Palliative Care is really all about.

In room 209.

How is Your Healthcare literacy? – Tuesday, June 6 at 9:00 AM — Learn in layman’s terms what your doctor is saying. No fee. In room 209.

Visually Impaired Support Group – Thursday, June 8 at 10:00 AM. For more information call Tim Elter, Social Worker at 704-924-4111. In room 206.

Statesville Ballroom Dance Club – Friday, June 9 at 7:00 PM. Join them for ballroom dancing, snacks, & socializing! Please bring a finger food snack. Fee: $5 per person. In the Ballroom.

Give and Take Bingo – Friday, June 9 at 1:30 PM. The group provides their own prizes and refreshments. Each person should bring a new “dollar store” item or a clean, gently used item as a prize. Bingo Call: Carol Musakka, assistant, Brenda Simendinger. In the Ballroom.

Salt & Pepper Book Club – Monday, June 12 at 1:00 PM. This is intended to be a fun & social gathering, open to all ideas! You are welcome to take part in and/or come to hear the discussion. Facilitated by Jeanne Petrosini. Register if you would like a reminder phone call. No fee. Join anytime. In room 206.

Alzheimer’s Disease Support Group – Wednesday, June 14 at 10:00 AM. In room 209. This is a support group for those facing Alzheimer’s and who are in the early to middle stages. It is a safe place to share your stories and to get support. This support group is offered on the third Wednesday of the month.

Yoga is known to strengthen & tone the body while promoting flexibility & tissue oxygenation. Wear comfortable clothes you can move in and bring a yoga mat. In room 209.


Photo Editing Class – Monday, June 12 at 1:00 PM. In room 205. It is time to get those family & friend photos organized! You may bring ten photos with a common theme (e.g. anniversary, Christmas, graduation, siblings), along with scissors, double-sided tape, & white glue & learn scrapbooking techniques, important tips, & how to create themed scrapbooks. Examples will be on display during class. You will take home one to two completed pages. Instructor: Kathy Strantz. Please register by June 28. In room 206.

Some Regular Activities

Tai Chi – Mondays at 9:00 AM. Tai Chi improves strength, flexibility, blood pressure & balance when practiced regularly. It is endorsed by the American Heart Association as a way to reduce the risk of a stroke. Casual wear and non-skid shoes are appreciated. In the Ballroom.

Needlecrafters – Mondays at 10:00 AM. Do you crochet or knit? Need help reading a pattern? Enjoy working on projects? Bring a personal project or use Senior Center materials to create items for our Craft Store sales. This group enjoys working together & socializing! No fee. Join anytime. In room 206.

Crafts – Wednesday – Every other week. This group meets the second Wednesday of every month. In room 209.

Eye Care Lunch & Learn – Monday, June 19 at 12:00-1:00 PM. Dr. Rachel P. Sabo of Charlotte Eye Ear Nose & Throat will speak about diseases of the eye & eye surgery. Lunch will be served. No fee. Register by June 18 in room 209.

Sponsored by the IHC.

Ratledge is the facilitator.

Art

Scrabble – Tuesdays at 10:00 AM. Join in making bluegrass/bluegrass music, jam session style. More musicians and vocalists are needed. If you would just like to listen, you are always welcome! No fee or registration. In the Ballroom.

Yoga – Tuesdays & Thursdays at 2:30 PM. Yoga is known to strengthen & tone the body while promoting flexibility & tissue oxygenation. Wear comfortable clothes you can move in. In room 205. Instructors: Jeanne Petrosini & Brenda Simendinger. In room 209.

Watercolor Painting – They will finish this session, Wednesday, June 21, 14, 28 & 1:00 PM. Afterward they will take off until September. Instructors: Judy Carpenter and Sylvia Day. Judy has taken art lessons from numerous artists, attends workshops, and brings a wealth of information to the classroom. Sylvia is a Statesville watercolor artist. For the past 28 years she has taken Community College classes, many workshops with nationally known artists, and teaches art classes. For many years she traveled to art shows in surrounding states to sell her work, and now participates in the Statesville Art Crawl. Judy and Sylvia will alternate sessions. The classes are in week six classes. Fees: $30.00 for six weeks. Please register. In room 206.

Acrylic Art Workshop – Wednesdays at 9 AM. This group works primarily with acrylics, but invites anyone interested to bring a project and work together. Attend at any time and be the facilitator. Join anytime. No fee. In room 206.

Beginning and Intermediate Line Dance – Thursdays at 1:00-3:00 PM. Line dance is a fun way to exercise the body and mind! Free instruction, by Kathy Stratton, is offered for beginners who may stay & try other line dances that will become more advanced for the intermediate level. Join anytime. In the Ballroom.

Charitable Crafts Projects/Mats for the Homeless – After June 1st they will take off until September. Fridays at 1:00 PM. Join this group to make items for charitable groups and our Craft Store. Join anytime. No fee. In room 209.

Senior Fit Walk at YMCA – For Our Members, only! Senior Center members may use the YMCA in-door walking track at Statesville Family YMCA or the family YMCA of Statesville for a $17.00 monthly fee. Come see us to enroll. Pay at the Y.

Senior Senoradas – They are taking off until September. They practice some Wednesdays and their off campus dates and times vary. This is a choral group sponsored by the Iredell Senior Center. They sing older songs and hymns for nursing facilities, and senior groups at churches in the area. They have approximately 19 members, but could use a few more. If you would like to join, they usually meet on Tuesday and sometimes on Wednesday to sing or practice. They are accompanied by a pianist and guitarist. For more information call: JoAnn Brown at 704-528-8305. In the Ballroom or off campus.

Services – An appointment is needed for the services below, which are provided at Iredell Senior Center.

Choose a Lab Test – NEW!!! June 7. The first Wednesday of each month from 8:30-10:30 AM at the Iredell County Health Department. Limit 30. Call the Senior Center for the price list. No walk-ins. Room 206.

Senior Health’s Insurance Information Program (SHIP) - Medicare and Insurance Counseling – Volunteer counselors trained by the NC Dept. of Insurance provide free individual assistance to people, who are Medicare eligible. Counselors advice about Medicare, Medicare Part D, Long Term Care insurances supplements, assist with billing problems, & Medicare fraud & abuse. No fee. In the Library.

Legal Services – Off in June & July, Monday at 1:00 PM. Free simple legal services provided by lawyer Ms. Beth Setzer. In room 205.

Senior Law Project/Legal Aid of NC. – July 5 from 9:00 to 4:00 PM. Legal services are provided two times a year by attorney Jeannie Maresca, who handles wills & advance directives. Other lawyers assist with telephone consultations (advice) & may provide services for other legal concerns. Visit their website at: www.legalslaidnc.org. Phone Legal Aid of NC for legal advice or to see the attorney, 1-877-579-7562, Mon through Fri, from 9 to 11 AM & 1 to 3 PM to begin and continue the conversation.

Long-Term Care Counseling. Free counseling services for long-term care (assisted living & nursing homes) placement, residents’ rights, & questions or issues in long-term care pre- & post-placement are available. Service is provided by a Long-Term Care Ombudsman (an advocate), with the Centralina Area Agency on Aging. No fee. In room 205.

Upcoming events

Wish List

July 12-Alzheimer’s Disorder in Older Adults
July 25-Legal Aid of NC
July 26-Elevate Church clearing day
July 28-Elevate Church Bingo & dancing

Light weight wheel chair