



SOCIAL SERVICES NEWS

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SENIORS MORNING OUT ANNOUNCES AUGUST ACTIVITIES

HICKORY -- Catawba County Seniors Morning Out participants will enjoy a performance by Eclectic Winds, shop at the Hickory Farmers Market and attend the Prime of Life Senior Expo during the month of August.

Seniors Morning Out is a free program offered to any Catawba County resident who is 60 or better. The program operates from 8:30 a.m. to 12:30 p.m. Monday through Thursday at five locations throughout the county. There are daily activities, plus a balanced, hot lunch. Bus transportation is provided for those who cannot drive. If you would like to participate in Seniors Morning Out, please contact the site supervisor at least 48 hours in advance. You may attend one or all of the programs offered.

All SMO participants will travel to Huntington Hills Church of God to watch the Eclectic Winds perform on Aug. 6. This performance is supported by a grant from the United Arts Council of Catawba County through the North Carolina Arts Council, with funding from the State of North Carolina and the National Endowment for the Arts, which believes that a great nation deserves great art. Additional support for art and science programming at Seniors Morning Out is provided by community donors. Eclectic Winds is a woodwind trio consisting of flute, clarinet and bassoon. Eclectic Winds offers a repertoire that extends from the baroque to the late 1900's. Its members are all accomplished musicians.

SMO participants will also travel by bus to shop at the Farmers Market in Hickory on Aug. 19. Another highlight of the month will be attendance at the Prime of Life Senior Expo to be held at the Hickory Metro Convention Center on Aug. 25. A large variety of companies and non-profits with services and products of interest to seniors will be providing information at the expo. Other activities will vary by location.

Some of the highlights at West Hickory SMO, located at West Hickory Senior Center, 400 17th St. SW, Hickory, are as follows: Aug. 4, Container Gardening with Dr. George Place, Catawba County Extension director; Aug. 5, Bad Bugs of Summer by Peggy Messick, RN, of Catawba Valley Medical Center; Aug. 12, Music by Sentimental Journey; Aug. 27, Birthday Party with Robert Moore, mobile DJ. To reserve your place, contact Lisa Adams at 828-323-8746.

East Hickory, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory, will include: Aug. 4, Sentimental Journey; Aug. 13, Dancercise and Bingo; Aug. 26, Making Handmade Lotion with Rita Pritchard; and Aug. 231, Bingo and the Importance of Blood Pressure Monitoring with Melissa Walsh. To reserve your place, call Rita Pritchard at 828-320-5963.

Newton SMO, located at First Presbyterian Church of Newton, 701 N. Main St., Newton, will have the following activities: Aug. 4, Cataract Awareness, Tracey Paul, public health educator with Catawba County Public Health; Aug. 11, Music by the Rev. Daniel Brank with God's Gifts Ministry; Aug. 12, The Importance of Immunizations for Adults by Peggy Messick from Health First; Aug. 20, Cooking Class: Making Blueberry Muffins. To reserve your spot, contact Robyn Curtis at 828-455-4133.

Catawba SMO, located at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba, will have the following activities: Aug. 11, Bowling at Pin Station and Shopping at Honey's IGA; Aug. 12, Cataract Awareness and Treatment by Tracey Paul of Catawba County Public Health; Aug. 18, Arthritic Wraps with Magrit Adelman of Faith Medical; Aug. 27, Music by Sentimental Journey. To reserve your spot, call Wendy Thomas at 828-320-0434.

Maiden SMO, located at Maiden Community Center, East Second St. and Klutz Street, Maiden, will have the following activities: Aug. 3, Natural Cures for Diseases by herbalist Cindy Robinson; Aug. 12, Recognition Day: Do You Remember the TV Shows? and Scavenger Hunt Game; Aug. 13, The Scoop on Being a Senior: What to Expect as We Age by Julie Packer with Catawba County Hospice; Aug. 24, Music by Sentimental Journey; Aug. 27, bingo and group singing. To reserve your spot, call Loretta Hefner at 828-320-5966. To reserve your spot, call Loretta Hefner at 828-320-5966.

Seniors Morning Out is offered by Senior Nutrition Programs of Catawba County Social Services. All Senior Nutrition Programs are free to participants, but rely heavily on local volunteers and donations. Volunteers to deliver Meals on Wheels are especially needed. For more information about Seniors Morning Out and other Senior Nutrition Programs, call 828-695-5610 during regular business hours or visit the website at mealsonwheelsofcatawbacounty.org. The latest updates are available on our Facebook page at facebook.com/mealsonwheelsofcatawbacounty.

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