



## SOCIAL SERVICES NEWS

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### FOR IMMEDIATE RELEASE

**DATE: Sept. 24, 2015**

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### SENIORS MORNING OUT OFFERS JEWELRY MAKING CLASS, TRIP TO ART MUSEUM IN OCTOBER

HICKORY -- A number of exciting activities await participants in Seniors Morning Out during the month of October. These include a jewelry-making class by Ellen Ball and a trip to the Hickory Museum of Art, which will include a tour and an art project with Theresa Gloster.

Seniors Morning Out is a free program open to any resident of Catawba County who is 60 or better. There are five locations for the program, which operates 8:30 a.m. to 12:30 p.m. Monday through Thursday. Participants engage in many interesting and informative activities. A hot balanced lunch is also included. Bus transportation is available in some areas for seniors who are unable to drive. Participants may attend as many or as few of the programs as they wish. However, they are asked to reserve a spot at least 24 hours in advance.

The jewelry making class with Ellen Ball 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 funding for this and other arts and sciences programs is provided by community individuals and businesses.

All SMO participants will travel to Pin Station in Newton on Oct. 29 for a Masquerade Bowl event.

A few of the program highlights are as follows:

The West Hickory SMO site at West Hickory Senior Center, 400 17th St. SW in Hickory, will have the following activities: Oct. 1, Jewelry Making with Ellen Ball; Oct. 7, Music by Sentimental Journey; Oct. 12, trip to Hickory Museum of Art for museum tour and art project with Theresa Gloster; Oct. 15, gospel music with Charles Ballard; Oct. 22, birthday party with entertainment by song writer and vocalist Ethel Cunningham. To reserve your spot, contact Lisa Adams at 828-323-8746.

The East Hickory SMO site, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory, will have the following events: Oct. 8, Weatherization Tips by Wendy Poteet with Blue Ridge Community

Action; Oct. 13, music by Sentimental Journey; Oct. 19, Trip to Hickory Museum of Art; and Oct. 28, dancercize and bingo. To reserve your spot, contact Rita Pritchard at 828-320-5963.

Highlights of the Newton SMO site, located at First Presbyterian Church of Newton, 701 N. Main St., Newton, are as follows: Oct. 13, Prolonging the Shelf Life of Produce by George Place of the Catawba County Agricultural Center; Oct. 15, flu clinic by Rite Aid; Oct. 22, trip to Hickory Museum of Art; Oct. 27, bowling at Pin Station and shopping at Honey's IGA. To reserve your spot, contact Robyn Curtis at 828-455-4133.

Highlights of Catawba SMO, located at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba, are as follows: Oct. 13, bowling at Pin Station and shopping at Honey's IGA; Oct. 15, trip to Hickory Museum of Art; Oct. 19, trip to Dollar Tree and lunch at CiCi's Pizza; Oct. 21, Liver Diseases Prevention and Treatment by Tracy Paul, Catawba County Health Department; Oct. 26, Making Apple Crisps. To reserve your spot, contact Wendy Thomas at 828-320-0434.

Highlights of the Maiden SMO, located at Maiden Community Center, E. Second St. and Klutz Street, Maiden, are as follows: Oct. 8, Benefits of Onions and Onion Soup Cooking Class with Annie Williams; Oct. 12, Jewelry Making Class with Ellen Ball; Oct. 21, Bingo and Halloween Coloring Contest; Oct. 26, Trip to Hickory Museum of Art; Oct. 27, music by Sentimental Journey. To reserve your spot, contact Loretta Hefner at 828-320-5966.

Seniors Morning Out is presented by Senior Nutrition Services, a program of Catawba County Social Services. There are no income restrictions; anyone 60 or better is welcome to attend this free program.

Senior Nutrition Services also operates Meals on Wheels and related programs in the county. Volunteers are urgently needed to deliver Meals on Wheels. For more information, contact Senior Nutrition Services at 828-695-5610 during regular business hours, or visit the website at <http://www.MealsonWheelsofCatawbaCounty.org>. For the latest updates, like the program on Facebook at [facebook.com/MealsonWheelsofCatawbaCounty](https://www.facebook.com/MealsonWheelsofCatawbaCounty).

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**Caption:**

Folk artist Theresa Gloster will lead Seniors Morning Out participants in making an art project in October. All SMO participants will travel to the Hickory Museum of Art to tour the museum and make an art project of their own.