



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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CATAWBA COUNTY SENIORS MORNING OUT ANNOUNCES SEPTEMBER ACTIVITIES

HICKORY -- Catawba County Seniors Morning Out plans several outings and activities in September. All county residents who are at least 60 are invited to attend any of these half-day programs, which operate 8:30 a.m. to 12:30 p.m. Monday through Thursday.

In addition to activities and information, Seniors Morning Out provides a hot, balanced lunch. Bus transportation is available in many locations. This program is free to participants, although donations are accepted. Please reserve your place with the site supervisor at least 48 hours in advance.

All locations will be closed Sept. 7 in observance of Labor Day. Participants from all locations will travel to the Hickory Farmers Market on Sept. 16 to shop. Other activities vary by location. Some of the highlights are as follows.

At West Hickory Senior Center, located at 400 17th St. SW, Hickory: Sept. 1, Vision Van Eye Screening with Greg Morgan; Sept. 8, bingo and music by Sentimental Journey; Sept. 9, Music by Sycamore Bones; Sept. 23, Photographs in My Mind by Nancy Frady; Sept. 24, Birthday Party with entertainment by Shirley Hudson and Charles Wyke. To reserve your spot, call Lisa Adams between 8:30 a.m. and 12:30 p.m. at 828-323-8746.

At East Hickory, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: Sept. 2, Medicare Fraud with Diane Trainer; Sept. 15, Aging Survey with Tina Miller of Western Piedmont Council of Governments; Sept. 28, Music by Sentimental Journey; Sept. 30, Fall Creations Craft. To reserve your spot, contact Rita Pritchard at 828-320-5963.

At Newton, located at First Presbyterian Church-Newton, 701 N. Main St., Newton: Sept. 1, Aging Survey by Sarah Evitt of WPCOG; Sept. 8, Fall Prevention; Sept. 10, Make a Green Smoothie Class with Lucinda Robinson, herbalist; Sept. 15, Music by Sentimental Journey; Sept. 17, Learn to make apple dumplings; Sept. 22, Weatherization program by Blue Ridge Community Action Inc.; Sept. 29, Bowling at Pin Station and Shopping at Honey's IGA. To reserve your spot, call Robyn Curtis at 828-455-4133.

At Catawba, located at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba: Sept. 2, Thyroid Cancer Awareness by Peggy Messick of Catawba Valley Medical Center; Sept. 10, Fall Risks and Prevention by Jackie Saunders from Bayada Home Health. Sept. 14, Grandparents Celebration. Please bring photos to share of your grandchildren; Sept. 21, Life of the Honeybee by Alton Johnson. Come and get a taste of honey. Sept. 24, Catawba County Aging Survey and Laughter is the Best Medicine. To reserve your spot, contact Wendy Thomas at 828-320-0434.

At Maiden, located at Maiden Community Center, East Second St. and Klutz Street, Maiden: Sept. 9, Horse Race Game and Bingo; Sept. 17, Visit by Catawba County Attorneys and music by Sentimental Journey; Sept. 21, The latest Scams with Maiden Police Department; Sept. 30, Group Walking and Name that Tune Game. To reserve your spot, contact Loretta Hefner at 828-320-5966.

Seniors Morning Out is one of several programs operated by Senior Nutrition Services of Catawba County Social Services. For additional information, or to volunteer or make a donation, call 828-695-5610 during regular business hours, go to mealsonwheelsofcatawbacounty.org, or like the program at facebook.com/mealsonwheelsofcatawbacounty. Additional volunteers are urgently needed to deliver Meals on Wheels.

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