

FOR IMMEDIATE RELEASE

DATE: March 24, 2015

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APRIL SENIORS MORNING OUT ACTIVITIES TO INCLUDE MARIMBA MUSIC, EASTER PARTIES, AND OPTIONS COUNSELING INFORMATION

HICKORY -- Catawba County's Seniors Morning Out participants will enjoy a wide range of activities in April, including a Marimba Music program by Kay Crouch, a concert by the Omer String Quartet, and information about the new Options Counseling service.

Seniors Morning Out is offered from 8:30 a.m. to 12:30 p.m. Monday through Thursday in five convenient locations throughout the county. The program is free of charge to any Catawba County resident who is 60 years old or better. There are no income requirements; everyone is welcome to attend the free programs. Informative and entertaining programs are offered as well as a balanced hot lunch. Bus transportation is provided along limited routes. Those wishing to participate are asked to contact the site supervisor at least 24 hours in advance.

The Marimba Music program, presented by Kay Crouch, 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.

The Omer String Quartet performance is presented by the Western Piedmont Symphony Orchestra. Participants from all sites are asked to wear black and white for the April 14 concert, which will take place at Huntington Hills Church of God in Hickory at 9:30am. Free lunch will be provided. Interested seniors 60 years of age and older call 695-5610 to register by April 7.

Some of the program highlights are as follows:



The Omer String Quartet will perform for Seniors Morning Out thanks to the Western Piedmont Symphony Orchestra.

West Hickory SMO: April 1, bingo at Patrick Beaver Library, Wii games, and handbell practice; April 7, Program on Diabetes with Sandy Austin of Unifour Nursing; April 27, Craft with Flowers with Claire Howard; April 30, Birthday Party and Entertainment by Damascus Road. To attend, contact Lisa Adams at 828-323-8746.

Claremont SMO: April 1, Dyeing Eggs with Bethlehem United Methodist Child Development Center children; April 9, Marimba Music by Kay Crouch; April 16, Bandys High School Concert Choir with Allison Keisler; April 22, Options Counseling with Chandra Henson of Social Services and Bingo; April 23, Bandys High School Hand Bells with Allison Keisler. To reserve your spot, call Wendy Thomas at 828-320-0434.

Newton SMO: April 13, Wooden Cross Wall Hanging Craft and Uno Game; April 20, Bandys High School Jazz Band; April 22, Senior Nutrition Program with Peggy Messick of Health First; April 27, Options Counseling presentation. To reserve your spot, call Robin Curtis at 828-455-4133.

East Hickory SMO: April 1, Decorate Eggs and Safety; April 2, Easter Celebration and Egg Hunt; April 8, Options Counseling Program by Chandra Henson of Social Services; April 13, Making a Butterfly Snack, Dancercise and Bingo; April 29, Oral Health Quiz, with toothbrushes donated by Dr. William Straka. To reserve your spot, call Rita Pritchard at 828-320-5963.

Maiden SMO: April 2, Easter Party; April 6, Options Counseling Program; April 13, Health Fair with Catawba Valley Medical Center. Free glucose and cholesterol screenings; April 20, How to Deal with Grief with Catawba County Hospice; April 28, Music by Sentimental Journey and Cake Walk Game. To reserve your spot, call Loretta Hefner at 828-320-5966.

For more information, call the Senior Nutrition Services office at 828-695-5610. You may make a donation by making out a check to Catawba County Social Services and writing "Senior Nutrition Services" in the memo line. Mail your donation to Catawba County Senior Nutrition Services, P.O. Box 207, Newton, NC 28658. You may also make a secure donation online by going to <http://www.catawbacountync.gov/dss> and clicking on the red "Donate Now" button. For the latest updates on this program, like us on Facebook at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>.

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