



## SOCIAL SERVICES NEWS

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P.O. BOX 669    Newton, North Carolina    28658-0669    (828) 695-5600    [www.catawbacountync.gov/dss](http://www.catawbacountync.gov/dss)

### FOR IMMEDIATE RELEASE

**DATE: July 22, 2014**

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### ALL CATAWBA COUNTY SENIORS INVITED TO SENIORS MORNING OUT

HICKORY -- Seniors 60+ from throughout Catawba County are invited to attend any of the following activities at Seniors Morning Out, held from 8:30 a.m. to 12:30 p.m. at five convenient locations four days a week. Transportation is available on limited bus routes.

August activities will include attending a play at St. Luke's United Methodist Church, shopping at the Hickory Farmers Market, and musical entertainment. In addition, participants will enjoy a balanced hot lunch. There is no charge to participants, but you must contact the site supervisor at least 24 hours in advance to reserve your spot. Anyone who is 60 or better and who lives in Catawba County is invited.

All SMO participants will travel to St. Luke's United Methodist Church on Aug. 7 to watch a play called "Malice in the Palace" performed by area children. The seniors will travel to the Hickory Farmers Market to shop on Aug. 20. Participants will also visit the Prime of Life Senior Expo at the Hickory Metro Center on Aug. 26.

Highlights at the Newton SMO include the following: Aug. 4, Crime Prevention with Officer Jeff Longstreet; Aug. 5, Understanding and Managing COPD by Peggy Messick of Health First; Aug. 18, A Virtual Trip to Greece with Hamp Shuford Jr.; Aug. 25, Keeping Your Eyes Healthy with Dr. Matthew Davis of Newton Vision Center. On Aug. 21, participants will meet at Callahan's Restaurant for breakfast and then watch Soldiers Reunion activities. To reserve your spot, call Robyn Curtis at 828-455-4133.

Highlights at the Maiden SMO include: Aug. 6, Laughter is the Best Medicine with Brittany Gibbs, Bayada Home Health; Aug. 14, Group Exercises and Group Singing; Aug. 21, Spelling Bee and Bingo; and Aug. 27, Bingo and Quiz Bowl Trivia Game. To reserve your spot, call Loretta Hefner at 828-320-5966.

Highlights at the East Hickory SMO include: Aug. 4, Oil Painting Demonstration by Bill Pressley; Aug. 5, African Dance by Betty Primus; Aug. 13, Learn to Tie-Dye (Bring Your Own Shirt); Aug. 27, A Colorful Diet by A.J. Kerley with Comfort Keepers. To reserve your spot, contact Rita Pritchard at 828-320-5963.

Highlights at the Claremont SMO site include: Aug. 6, Easy Ice Cream Sandwiches by Wendy Thomas; Aug. 11, Game Day with UNO, Dominoes, Cards and Checkers; Aug. 12, Cataract Awareness with Tracey Paul of the Health Department; Aug. 14, Senior Mental Health Game with Lynne Meyer of Bayada Home Health; Aug. 19, Bowling at Pin Station and Shopping at Honey's IGA Grocery. To reserve your spot, contact Wendy Thomas at 828-320-0434.

Highlights at the West Hickory site include: Aug. 5, Breakfast at Cracker Barrel and Shopping at Dollar Tree; Aug. 6, Financial Planning with Rita Purvis, Consumer Counselor with Family Guidance Center; Aug. 12, Music by Sentimental Journey; Aug. 13, Tai Chi Exercises and Karaoke with Jessica Stewart; Aug. 14, Benefits of Beekeeping with John Furrage of The Catawba Valley Beekeepers; Aug. 19, Medicare Fraud, Abuse and Scams by Diane Trainer. To reserve your spot, contact Lisa Adams at least one day in advance by calling 828-323-8746.

Seniors Morning Out is part of Senior Nutrition Services of Catawba County Social Services. There are no income limits to participate; everyone who is 60 or older is welcome. This program relies on donations from the community. To make a donation, you may go to <http://www.catawbacountync.gov/dss> and click on the "Donate Now" button. You may also make out a check to Catawba County Social Services and write "Senior Nutrition Services" in the memo line. Your check should be mailed to Senior Nutrition Services, P.O. Box 207, Newton, NC 28658. For information about this program, call 828-695-5610 Monday through Friday.

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