



SOCIAL SERVICES NEWS

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

FOR IMMEDIATE RELEASE

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CONTACT: Margaret Allen, Catawba County Social Services Public Information Officer, mallen@catawbacountync.gov, 828-695-6583

HOLIDAY PARTIES AND MUSIC TO BE FEATURED AT SENIORS MORNING OUT

HICKORY -- Participants in Catawba County's Seniors Morning Out program will enjoy a variety of Christmas activities in December, including parties and musical entertainment.

Any county resident who is 60 or better is invited to attend the free, half-day programs. A variety of activities are offered and a balanced, hot lunch is provided. There is no charge to participants, although donations are accepted. SMO operates at five different locations throughout the county Monday through Thursday except for holidays. If you wish to attend, please contact the site supervisor at least 24 hours in advance. Bus transportation to and from the sites is available along limited routes.

All SMO locations will be closed the week of Dec. 22-26 in observance of the Christmas holiday. Some of the program highlights are as follows.

West Hickory SMO: Dec. 2, Recycling Old Christmas Cards into Gift Tags with Treva Sweezy; Dec. 9, Join Maiden SMO for fun, fellowship and dancing with the Ridgeview Sliders; Dec. 11, Christmas Luncheon at the Catholic Conference Center and music by Ethel Cuninghman and Grady Spruell; Dec. 15, Senior Safety with Sgt. Kelly Eckard of the Catawba County Sheriff's Department; Dec. 16, Christmas Party and Caroling with Home Schooled Children; Dec. 29, Learn to Make Origami Poinsettias. To reserve your spot, call Lisa Adams at 828-323-8746.

Newton SMO: Dec. 1, Learn to Make Christmas Wreath and Snowman Ornaments; Dec. 2, Music by Prodigal Sons and Daughters Gospel Group; Dec. 8, Applications Accepted for Low Income Energy Assistance Program; Dec. 16, Learn to Make Cinnamon Glazed Walnuts, Music by Sentimental Journey; Dec. 17, Christmas Music by The Joymakers; Dec. 30, Bowling at Pin Station and Shopping at Honey's IGA. To reserve your spot, call Robyn Curtis at 828-455-4133.

Maiden SMO: Dec. 3, Holiday Music Trivia 101 and Music by Mt. Ruhama Senior Choir; Dec. 10, Christmas Sing Along with Capt. Alton Price of the Sheriff's Office; Dec. 17, Low Income Energy Assistance Program Applications Accepted; Dec. 18, Music by West Side Baptist Church Choir. To reserve your spot, contact Loretta Hefner at 828-320-5966.

East Hickory SMO: Dec. 3, Dancercise, Decorate the Tree and Hot Chocolate; Dec. 8, Shopping at Hamricks and Lunch at Arby's; Dec. 10, Marking Christmas Cards and Apply for Low Income Energy Assistance; Dec. 18, Christmas Party. To reserve your spot, contact Rita Pritchard at 828-320-5963.

Claremont SMO: Dec. 2, Music by Sentimental Journey; Dec. 3, Neighbors Network Presentation by Diana Plover; Dec. 4, Trip to Sherrills Ford Library and Christmas Craft; Dec. 15, Alzheimer's Dementia and Normal Aging by Meghan Lawton of the National Alzheimer's Association; Dec. 18, Music by Bunker Hill High School Chorus Ensemble and Christmas Party; Dec. 31, Fibromyalgia Symptoms and Treatment by Tracey Paul of Catawba County Health Department. To reserve your spot, contact Wendy Thomas at 828-320-0434.

For more information, call the Senior Nutrition Services office at 828-695-5610. You may make a donation by writing a check to Catawba County Social Services and putting 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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