

FOR IMMEDIATE RELEASE

DATE: Nov. 11, 2013

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SENOIRS MORNING OUT ANNOUNCES DECEMBER ACTIVITIES

HICKORY -- Catawba County's Seniors Morning Out program will have a variety of activities in December, many related to the holiday season.

Any county resident who is 60 or better is invited to participate in the half-day program, held Monday through Thursday at five locations throughout the county. Participants enjoy different activities each day, and a balanced lunch. There is no charge to participants, and no income requirements. To participate, please make your reservation with the site supervisor at least 24 hours in advance. All locations will be closed Dec. 23-26 for the Christmas holidays and Jan. 1 for the New Year's holiday.

Performances by the Acappella Fellas are supported by 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 activities is provided by Affordable Dentures of Conover (Larissa Mastro, DDS).

The West Hickory SMO is located at the West Hickory Senior Citizens Center, 400 17th St. SW, Hickory.

Activities include: Dec. 3, Low Income Energy Assistance Program by Karen Hefner of Social Services; Dec. 4, Christmas carols with Beverly Hall; Dec. 5, shopping at Walmart; Dec. 11, caroling by the Ace Home Schoolers; Dec. 12, Acapella Fella's Quartet; Dec. 17, Pinecrest Hand Bell Choir and Christmas party. To reserve your spot, call Lisa Adams at 828-323-8746.



The Acappella Fellas, a barbershop quartet, will be one of the featured performers at Seniors Morning Out. Their performances are supported by the United Arts Council of Catawba County and Affordable Dentures of Conover. For details about this and other SMO activities, please call the site supervisor or 828-695-5610.

The East Hickory SMO is located at Highland United Methodist Church, 1020 12th St. Place NE, Hickory. Activities will include: Dec. 10, Making Christmas Cards with Suzy Killian; Dec. 11, Christmas Crafts with the Hickory Jaycees; Dec. 19, Christmas party. To reserve your spot, contact Rita Pritchard at 828-320-5963.

The Newton SMO is located at First Presbyterian Church, 701 N. Main St., Newton. Activities include: Dec. 5, Find Yourself with the Computer Tablet by Richard Griffin of the Newton Library and Low Income Energy Assistance Program with Karen Hefner; Dec. 9, blood pressure check with Sandy Austen of Dudley Health Care and bingo; Dec. 10, exercise with Sherry Bruner of the Conover YMCA and Bible Trivia game; Dec. 12, music by The Melodears; Dec. 16, Foothills Line Dancing; Dec. 17, music by Sentimental Journey. To reserve your spot, call Robyn Curtis at 828-455-4133.

The Maiden SMO meets at the Maiden Community Center, 207 E. Klutz St., Maiden. Activities include: Dec. 2, music by Rev It Up (a band of local church pastors); Dec. 3, What You Need to Know About Alzheimers by Meghan Lawton of the Alzheimer's Association; Dec. 9, What to Do in an Emergency by Jim Dickerson of Catawba County Emergency Management; Dec. 16, Christmas party with music by Westside Baptist Church; Dec. 31, Find Yourself with the Computer Tablet with Philip Overholtzer of Maiden Library. To reserve your spot, contact Loretta Hefner at 828-320-5966.

The Claremont Seniors Morning Out program is held at Bethlehem United Methodist Church, 3214 Catawba St., Claremont. Activities include: Dec. 10, music by Sentimental Journey; Dec. 11, Cholesterol: Understanding the Numbers by Annie Williams; Dec. 16, Find Yourself with the Computer Tablet by Richard Griffin of the Newton Library; Dec. 17, Christmas party with the East Hickory SMO and a play by The Claremont Players. To reserve your spot, contact Wendy Thomas at 828-320-0434.

These are only a few of the informative and entertaining programs held at Seniors Morning Out. For additional details, contact the site supervisor or call 828-695-5610. For the latest information, "like" the program on Facebook at [facebook.com/MealsonWheelsofCatawbaCounty](https://www.facebook.com/MealsonWheelsofCatawbaCounty). The program is free to participants. However, local donations are needed, since government funding only pays a part of the cost. You may donate online by going to catawbacountync.gov/dss and clicking on the "Donate Now" button. You may also write a check payable to Catawba County Social Services and write "Senior Nutrition Services" in the memo line. Checks should be mailed to Senior Nutrition Services, P.O. Box 207, Newton, NC 28658.

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