



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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HICKORY -- Many entertaining and informative activities are planned during the month of February for Seniors Morning Out. These include programs on how to use a computer tablet, how to give CPR, and Valentine's parties.

Seniors Morning Out is a free program offered Monday through Thursday at five locations in the county. There are no income requirements; the program is open to any Catawba County resident who is 60 or better. If you wish to participate, please call the site supervisor at least 24 hours in advance to reserve your place.

The Claremont Seniors Morning Out is held at Bethlehem United Methodist Church at 3214 Catawba St. Activities include the following: Feb. 6, Symptoms of a Heart Attack and Hands Only CPR by Sharon Smith of Catawba Valley Medical Center; Feb. 10, Nutrition and Health Sites Search on Computer Tablets by Kim Wetmore of Southwest Library and Making Mats for the Homeless; Feb. 17, Black History Facts and Trivia; Feb. 18, bowling at Pin Station and shopping at Honey's IGA; Feb. 24, Sweet Potato Facts and Recipes and Cooking Demonstration; Feb. 10, Music by the Rev. Charles Ballard, Smyrna Independent Church. To reserve your spot, contact Wendy Thomas at 828-320-0434.

The West Hickory SMO is at the West Hickory Senior Citizens Center, 400 17th St. SW, Hickory. Activities include: Feb. 3, Sing Along at The Brian Center and Hand Bell Practice with Barbara Wilson; Feb. 4, Growing Orchids with Phyllis Erickson; Feb. 11, Music by Sentimental Journey; Feb. 12, Interesting Facts About Abraham Lincoln, Making Heart Wreaths, and Hand Bell Practice; Feb. 18, Seeing Eye Dogs by Greg Morgan of NC Services for the Blind; Feb. 24, Nutrition and Health Sites Search on Computer Tablets with Kim Wetmore of Southwest Library; Feb. 27, Food Storage Tips to Prevent Food borne Illness and entertainment by The Clontz Family. To reserve your spot, call Lisa Adams at 828-323-8746.

The Newton SMO is at First Presbyterian Church, 701 N. Main St., Newton. Activities include: Feb. 4, Learn to Arm Knit a Scarf by Robyn Curtis. Bring two skeins of super bulky yarn.; Feb. 6, Nutrition and Health Sites Search on the Computer Tablet by Phillip Overholtzer of the Newton Library; Feb. 12, Symptoms of Heart Attack and CPR instructions by Sharon Smith of Health First; Feb. 13, Valentine's

Party. Bring theme-based snacks. Singing by Sylvia and David Byers; Feb. 17, Dancing by the Foothills Line Dancers; Feb. 25, Bowling at Pin Station and Shopping at Honey's IGA; Feb. 27, Potato Bar (Bring Your Own Toppings) and African Dance by Betty Primus. To reserve your spot, call Robyn Curtis at 828-455-4133.

The Maiden SMO is at the Maiden Community Center, 207 E. Klutz St., Maiden. Activities include: Feb. 5, Heart Attack Symptoms and How to Reduce the Risk of a Heart Attack; Feb. 6, Exercises with Sherry Bruner of the YMCA and Group Singing; Feb. 10, Horse Race Game and Cooking Class: Edible Valentine Hearts; Feb. 11, Nutrition and Health Sites Search on the Computer Tablet by Phillip Overholtzer of the Newton Library; Feb. 13, Group Walking, Valentine's Party and Devotions with Pastor Bud Painter; Feb. 17, Valentine Bingo with Maiden Elementary; Feb. 20, Zumba with Megham Lawton and Group Singing. To reserve your spot, contact Loretta Hefner at 828-320-5966.

The East Hickory SMO is at Highland United Methodist Church, 1020 12th St. Place NE, Hickory. Activities include: Feb. 11, Making Valentines with Suzy Killian; Feb. 13, Sweetheart Party and Love Songs of the '50s and '60s with Joshua Patrick; Feb. 17, Cooking Easy Broccoli Cheddar Soup with Anne Niedemeier, Corn Hole Challenge and Bingo; Feb. 20, Nutrition and Health Sites Search on the Computer Tablet by Debbie Hosford of St. Stephen's Library; Feb. 24, Cardio Exercise and Bingo. To reserve your spot, contact Rita Pritchard at 828-320-5963.

Although the SMO program is available to all county seniors free of charge, donations are accepted. Government funding does not pay for all the costs of this program. If you would like to help support Seniors Morning Out, you may make a donation online at

<https://www.velocitypayment.com/client/catawba/socialservices/index.htm>

You may also donate by writing a check to Catawba County Social Services and writing Senior Nutrition Services in the memo line. Please mail your check to Catawba County Senior Nutrition Services, P.O. Box 207, Newton, NC 28656. Volunteers are also needed to help at Seniors Morning Out as well as to deliver Meals on Wheels. For details, call 828-695-5610. For the latest information in this and other Senior Nutrition programs, like us on Facebook at [facebook.com/MealsonWheelsofCatawbaCounty](https://www.facebook.com/MealsonWheelsofCatawbaCounty).

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