



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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SENIORS MORNING OUT TO FEATURE MARIMBA MUSIC AND SCIENCE MAGIC PROGRAMS

HICKORY -- Marimba music, Science Magic, Black History Month celebrations, and valentine's parties will be some of the highlights of Seniors Morning Out in February.

Kay Crouch will present a program on the history and music of the marimba. This keyboard percussion instrument is heard in a variety of styles but is seldom recognized. Its roots are in Africa and it is a prominent instrument in the folk music of Latin America. Crouch holds the bachelor of music education degree from East Carolina University and the master of music in percussion performance from Appalachian State University. She recently retired from Caldwell Community College and Technical Institute, where she was the director of the music program since 1985. She is a member of the acoustic trio Strictly Clean and Decent.



Kay Crouch will present a program on the History and Music of the Marimba at Seniors Morning Out in February.



Bruce Beerbower of the Catawba Science Center presents a science program at the Newton Seniors Morning Out location. In February, he will present a program called "Science Magic."

Bruce Beerbower, naturalist and science educator at the Catawba Science Center, will present a program called "Science Magic." Participants will learn the mysteries behind sticking a needle through a balloon without popping it, how colors can change, why hair stands on end, and the magic ball and ring. Other demonstrations will include hands-on experiments with hot and cold mystery powders and liquids.

The science and marimba programs are 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.

Seniors Morning Out is a half-day program held Monday through Thursday at five convenient locations throughout Catawba County. Activities and a hot, balanced lunch are provided. Seniors Morning Out is free and open to any person 60 or better living in Catawba County. Bus transportation to and from the programs is available along limited routes. Advance reservations are requested. To attend, please contact the site supervisor at least 24 hours in advance between the hours of 8:30 and 11:30 a.m.

Program highlights are as follows. At the Maiden SMO site: Feb. 9, Music and History of the Marimba by Kay Crouch; Feb. 12: Valentine's Pizza Party; Feb. 16: Stuffed Strawberries Cooking Class; Feb. 24: Performance by Sentimental Journey. Contact Loretta Hefner at 828-320-5966 to attend.

At the West Hickory SMO: Feb. 3, Marimba Music by Kay Crouch; Feb. 4, Music by Sentimental Journey; Feb. 11: Family Feud with Randy VanderWeit; Feb. 12: Valentine's Ice Cream Social; Feb. 24: Reach Your Goals Step by Step with Carolyn Thompson, R.N., of Catawba Valley Medical Center; Feb. 26, Music by Damascus Road. To reserve your spot, call Lisa Adams at 828-323-8746.

At the Claremont SMO: Feb. 4, Black History Program at Sherrills Ford Library; Feb. 9, Scams on the Elderly by Sgt. Kelly Eckard, Sheriff's Department; Feb. 12, Valentine's Crafts and Snacks and Crowning of the King and Queen of Hearts; Feb. 18, Science Magic by Bruce Beerbower; Feb. 24, Marimba Music with Kay Crouch. To attend, contact Wendy Thomas at 828-320-0434.

At the Newton SMO: Feb. 2: Marimba Music with Kay Crouch; Feb. 11, Black History Month with the Rev. David Roberts and Choir from Morning Star Baptist Church; Feb. 12, Valentine's Day Celebration and Entertainment by The Clontz Family; Feb. 23, African Artifacts Shared by the Rev. Dale Snead of Shelby. To reserve your spot, call Robyn Curtis at 828-455-4133.

At the East Hickory SMO: Feb. 4, Science Magic with Bruce Beerbower; Feb. 10, Marimba Program; Feb. 11, Black History Month with Pastor Katie Jennings of The Rock Church; Feb. 12, Valentine's Party and Music by Sentimental Journey. To attend, contact Rita Pritchard at 828-320-5963.

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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