



## SOCIAL SERVICES NEWS

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: Dec. 23, 2013**

**CONTACT:** Margaret Allen, Catawba County Social Services Public Information Officer, [mallen@catawbacountync.gov](mailto:mallen@catawbacountync.gov), 828-695-6583

### JANUARY SENIORS MORNING OUT ACTIVITIES ANNOUNCED

HICKORY -- Seniors Morning Out participants will enjoy a variety of fun and informative activities during the month of January. Representatives from the Catawba County Library will be presenting programs on how to take photos using a computer tablet. Seniors Morning Out will be closed on Jan. 1 for the New Year's holiday and on Jan. 20 for Martin Luther King Jr. Day.

There are five sites conveniently located throughout the county. Any person living in Catawba County who is 60 or better is invited to attend this program, which is held Monday through Thursday from 8:30 a.m. to 12:30 p.m. This is not an income-based program; all are invited to this free program. Activities are different at each location, and a balanced lunch is served. If you would like to attend, please contact the site supervisor at least 24 hours in advance to reserve your space. Bus transportation to and from the sites is available along limited routes.

Some of the highlights of the month are listed below. A complete list of activities may be found online at <http://www.catawbacountync.gov/dss/Adult/Nutrition.asp>. Updates are also available on the program's Facebook page, which may be found at [facebook.com/MealsonWheelsofCatawbaCounty](https://www.facebook.com/MealsonWheelsofCatawbaCounty). Interested persons may also contact the Senior Nutrition Office at 828-695-6510.

The West Hickory site is located at West Hickory Senior Citizens Center, 400 17th St. SW. That site's activities include the following: Jan 7, bingo and a program on Foot Care and Diabetes by Scott Garmon of Foot Solutions; Jan. 9, Bread Machine Baking and blood pressure checks with Bayada Nursing; Jan 21, bingo and music by the Eastern Sky Band; Jan. 23, African dance performance by Betty Primus with Derrick Reynolds on the drums; Jan. 27, Fun with Cameras on the Computer Tablet by the Catawba County Library System. To reserve your spot, call Lisa Adams at 828-323-8746.

The Newton site is at First Presbyterian Church, 701 N. Main St. Activities include: Jan. 2, Fun with Cameras on the Computer Tablet by the Catawba County library system; Jan. 6, JN Line Dancers; Jan. 15, Winter Weather Worries by Peggy Messick of Health First and bingo; Jan. 16, program on Martin Luther King Jr. by Grover Lineberger, assistant principal of Hickory High School; Jan. 21, music by Sentimental Journey; Jan. 27, music by Damascus Road; Jan. 28, bowling at Pin Station followed by shopping at Honey's IGA. To reserve your spot, call Robyn Curtis at 828-455-4133.

The Maiden site is located at Maiden Community Center, 207 E. Klutz St. Program highlights include: Jan. 7, Fun with Cameras on the Computer Tablet by the Catawba County Library System; Jan. 8, How Much Do You Know About Advance Directives?; Jan. 28, music by Sentimental Journey; Jan. 29, Prescription Medications: When in Doubt, Do You Check it Out? by Bob Stamey of TAS Drug Store. To reserve your spot, contact Loretta Hefner at 828-320-5966.

The East Hickory site is located at Highland United Methodist Church, 1020 12th St. Place NE. January highlights include: Jan. 2, World War II Wheel of Fortune; Jan. 14, music by Slim Jim Philips "Pickin and Grinnin"; Jan. 16, Fun with Cameras on the Computer Tablet by the Catawba County Library System; Jan. 22, Cooking for One by Debi Lowman of Hickory Manor. To reserve your spot, contact Rita Pritchard at 828-320-5963.

The Claremont site is at Bethlehem United Methodist Church, 3214 Catawba St. Highlights include: Jan. 9, music by Eastern Sky Band; Jan. 13, Fun with Cameras on the Computer Tablet by the Catawba County Library System; Jan. 14, singing with Pastor Dennis Marshall; Jan. 22, What You Need to Know about Diabetes by Tracey Paul of the Catawba County Health Department; Jan. 29, Cold Winter Weather Worries by Peggy Messick of Health First. To reserve your spot, contact Wendy Thomas at 828-320-0434.

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>

Be sure to designate the program you wish to support in the drop-down menu. You may also donate by writing a check to Catawba County Social Services and writing Seniors Morning Out 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.

###