



## 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: December 18, 2014**

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

### SENIORS MORNING OUT TO FEATURE MUSIC, BINGO AND COOKING PROGRAMS

HICKORY -- January activities at Catawba County's Seniors Morning Out locations will include musical entertainment, bingo and cooking programs.

Seniors Morning Out will be closed Thursday, Jan. 1 for the New Year's holiday and Jan. 19 for Martin Luther King Jr. Day. Any county resident who is 60 or better is invited to attend the half day programs, held Monday through Thursday except for holidays. In addition to entertainment and information, the program provides a free hot, balanced lunch. There is no charge and no income requirements. Anyone wishing to attend should contact the site supervisor at least 24 hours in advance.

Highlights of the West Hickory SMO activities are: Jan. 13, music by Sentimental Journey; Jan. 20, bingo and cooking peppermint fudge; Jan. 21, exercise to music and Chilling with Fire Safety by Terri Byers; Jan. 27, blood pressure checks and glaucoma awareness with Carolyn Thompson, RN with Catawba Valley Medical Center; Jan. 29, birthday party and entertainment by Damascus Road. To reserve your spot, call Lisa Adams at 828-323-8746.

Newton SMO highlights are: Jan. 5, gospel music by Damascus Road; Jan. 13, Nutrition for the Elderly by Peggy Messick with Health First; Jan. 14, Bible Trivia and bingo; Jan. 15, celebrate Martin Luther King's Birthday with the Rev. Cornelius Holland and music by Morning Star Baptist Church Choir; Jan. 22, tea party with entertainment by accordion player Dave Orlandi; Jan. 27, bowling at Pin Station and Shopping at Honey's IGA. To reserve your spot, call Robyn Curtis at 828-455-4133.

Maiden SMO highlights are: Jan. 12, Physical Activity Facts: Too Much or Too Little? followed by kick ball game; Jan. 13, group exercise and Food Safety IQ; Jan. 14, How to Manage Your Blood Pressure with Annie Williams; Jan. 15, Winter Safety: Emergency Management with Jim Dickerson; Jan. 28, bingo and Food Safety for Celebrations. To reserve your spot, contact Loretta Hefner at 828-320-5966.

East Hickory SMO highlights are: Jan. 6, Friend Walk and music by Sentimental Journey; Jan. 13, Understanding Blood Pressures with Annie Williams and blood pressure check with Bayada; Jan. 27, music by Rev It Up!; Jan. 29, birthday party. To reserve your spot, contact Rita Pritchard at 828-320-5963.

Claremont SMO highlights are: Jan. 6, Good Nutrition for the Elderly by Peggy Messick with Catawba Valley Medical Center and Word Scramble; Jan. 7, Health Benefits of Fiber by Wendy Thomas and baking oatmeal cookies; Jan. 20, bowling at Pin Station and shopping at Honey's IGA; Jan. 22, Community Alert System and Emergencies by Jim Dickerson of Catawba County Emergency Services; Jan. 28, Blood Pressure Check by Bayada Home Health and Causes and Treatments for Arthritis by Lynne Meyer. To reserve your spot, contact Wendy Thomas at 828-320-0434.

For more information, call the Senior Nutrition Services office at 828-695-5610. Seniors Morning Out, and other Senior Nutrition programs, such as Meals on Wheels, rely heavily on local donations and volunteers. 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>.

###