



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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SENIORS MORNING OUT ANNOUNCES MARCH ACTIVITIES

HICKORY -- Computer tablet lessons, Celtic music and other activities are planned for Catawba County's Seniors Morning Out program in March.

This program provides activities and a balanced lunch for persons age 60+ who live in Catawba County. There are no income requirements. Anyone in this age range may attend these free programs by contacting the site supervisor at least 24 hours in advance.

Performances by Tapestry, a harp and flute duo who perform Celtic music, 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. Arts and science programs at Seniors Morning Out are also supported by Affordable Dentures of Conover/ Larissa M. Mastro, DDS.

West Hickory site participants will enjoy Mardi Gras-themed activities on March 4. They are asked to bring embellishments for masquerade masks. They will also make and try some Kings Cake. Other activities will include: March 11, bingo and "Maintain Your Brain" by Meghan Lawton of the Alzheimer's Association; March 12, "Life of a King" personal story by Eugene Brown and hand bell practice; March 18: exercise and music by Tapestry; March 31, "Premier Night" with the Computer Tablet and hand bell practice. To reserve your spot, call Lisa Adams at 828-323-8746.

East Hickory will have the following activities: March 11, music by Sentimental Journey; March 13, performance by Tapestry; March 18, "Train Your Brain" by Debi Lowman of Hickory House Cross; March 20, "Premier Night" with the computer tablet; March 25, "Nutrition Benefits from Dry Beans" and blood pressure check by Unifour nursing. To reserve your spot, contact Rita Pritchard at 828-320-5963.

The Newton site will enjoy the following: March 3, "Diabetic Foot Care and Shoes" by Ryan Kelly of Foot Solutions; March 6, "Premier Night" with computer tablets; March 17, St. Patrick's Day party and music by The Troubadors; March 19, "Variety of Orchids and Care" by Ironwood Estates; March 27, "The Secret Love Life of Birds" by Wildbirds Unlimited. To reserve your spot, call Robyn Curtis at 828-455-4133.

Maiden activities will include: March 4, "Premier Night" with computer tablets; March 19, "Simplify Your Meds" by pharmacist Tony Eason; March 24, Pictionary game and "Possible Causes of Poor Nutrition in the Elderly"; March 25, music by Sentimental Journey. To reserve your spot, contact Loretta Hefner at 828-320-5966.

The Claremont location will enjoy: March 5, "Irish Tea Cake" with Wendy Thomas; March 10, "Premier Night" with computer tablets; March 11, music by Tapestry; March 19, African American Dance by Betty Primus; March 24, "Chronic Fatigue Syndrome" by Tracey Paul of the Public Health Department. To reserve your spot, contact Wendy Thomas at 828-320-0434.

There is no charge to participants for these programs, but donations are accepted. Seniors Morning Out and other Senior Nutrition Programs rely on grants and donations to provide these services. Volunteers who are willing to assist at the sites or provide programs are also needed. To find out more about all Senior Nutrition Programs, go to <http://www.catawbacountync.gov/dss/adult/nutrition.asp> or call 828-695-6510. For the latest updates, like the program on Facebook at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>.

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