



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

DATE: April 21, 2015

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MAY SENIORS MORNING OUT ACTIVITIES PLANNED

HICKORY -- Participants in Catawba County Seniors Morning Out will enjoy a variety of activities during May, including participating in the Senior Games, attending a health fair, and enjoying parties and special musical entertainment.

Seniors Morning Out operates from 8:30 a.m. to 12:30 p.m. Monday through Thursday at five convenient locations throughout the county. In addition to a variety of activities, participants are served a hot, balanced lunch. The program is free for any Catawba County resident who is 60 or better. There are no income requirements. Transportation is available along limited bus routes for those who are unable to drive. Please contact the site supervisor at least 24 hours in advance if you wish to attend any of these programs.

All sites will be closed May 25 in observance of Memorial Day. On May 4, all of the locations except for Maiden will travel to the Senior Games at Highland Recreation Center. On May 5, all sites will travel to the Valley Hills Mall to participate in a Health Fair and Mall Walk sponsored by Catawba Valley Medical Center. Other highlights by location are as follows.

West Hickory SMO: May 12, Bingo and Music by Rev It Up; May 14, Breakfast at Hardees and Trip to the Fireman's Museum; May 20, Music by Sycamore Bones; May 28, Birthday Party and Dancing with the Ridgeview Sliders. To reserve your spot, contact Lisa Adams at 828-323-8746.

East Hickory SMO: May 12, Dancing to the Music of Sentimental Journey; May 19, Learn to Make Low-Fat Strawberry Banana Dessert; May 20, Sharing of Strawberry Recipes. To reserve your spot, contact Rita Pritchard at 828-320-5963.

Newton SMO: May 6, Celebrate Cinco de Mayo with authentic dancing and food. Cost is \$3 and registration is required by May 4; May 7, Mother's Day Hoe Down with Music by the Joymakers; May 19, Music by Sentimental Journey. May 28, Memorial Day Cookout at Southside Park with Music by Karen Kondas. Dress Patriotically. To reserve your spot, contact Robyn Curtis at 828-455-4133.

Claremont SMO: May 6, Music by Sentimental Journey; May 11, Making Deviled Eggs; May 20, Hypertension Program by Peggy Messick of Catawba Valley Medical Center; May 21, Music by Bandys

High School Jazz Band; May 28, Cookout at Southside Park with Singing by Karen Kondas. To reserve your spot, contact Wendy Thomas at 828-320-0434.

Maiden SMO: May 6, Spelling Bee Contest and Corn Hole Game; May 18, Heart Healthy Bingo and How to be Heart Healthy with Melissa Mooney of Brookdale Living; May 21, Senior Games Fun Walk with Lauren Townson of City of Hickory and Cookout in Maiden Park with Music by Sentimental Journey; May 28, West Side Baptist Church Choir to Perform. To reserve your spot, contact Loretta Hefner at 828-320-5966.

For more information about any of these programs, contact Senior Nutrition Services Monday through Friday between 8 a.m. and 5 p.m. by calling 828-695-5610. Donations are welcomed to help support this and other Senior Nutrition programs. To make a secure donation, go to mealsonwheelsofcatawbacounty.org and click on the red "Donate Now Button." Senior Nutrition Services is a part of Catawba County Social Services. In addition to Seniors Morning Out, it operates Meals on Wheels, which urgently needs more volunteers. If you could donate one and a half hours per month to deliver meals, please call 828-695-5610. For the latest information on Senior Nutrition Services, like us on Facebook at facebook.com/mealsonwheelsofcatawbacounty.

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