



## 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

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### CATAWBA COUNTY SENIORS INVITED TO PARTICIPATE IN VARIOUS ACTIVITIES

HICKORY -- Seniors in Catawba County are invited to participate in a variety of activities during November at the five Seniors Morning Out locations in the county.

Seniors Morning Out is open to any county resident who is 60 or better. There is no charge to participate, although donations are accepted. In addition to the activities, a hot, balanced lunch is served. This program operates Monday through Thursday mornings. All locations will be closed Nov. 27 for the Thanksgiving holiday. If you would like to attend one or all of the programs, contact the site supervisor at least 24 hours in advance. Some of the program highlights are as follows.

Maiden SMO: Nov. 3, Food Borne Illness and How to Safely Prepare Your Thanksgiving Turkey; Nov. 11, Thanksgiving Recipe Contest and Color Turkeys for Contest; Nov. 12, Animal Program by the Catawba Science Center; Nov. 26, Bingo and Thanksgiving Lunch. The Science Center program is 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 arts and science programming at Seniors Morning Out is provided by community donors. To reserve your spot, contact Loretta Hefner at 828-320-5966.

East Hickory SMO: Nov. 12, Music by Sentimental Journey; Nov. 13, Honoring Our Veterans and Bingo; Nov. 17, Learn to Make Cheese Biscuits with Faye Floyd; Nov. 20, Sing Along and Laughs with the Clontz Family; Nov. 26, Making Christmas Crafts and Bingo. To reserve your spot, contact Rita Pritchard at 828-320-5963.

West Hickory SMO: Nov. 5, Movin' and Groovin' to the Golden Oldies, Brain Games and Trivia with Meghan Lawton of the Alzheimer's Association, and Hand Bells with Bev Hall; Nov. 11, Join Newton SMO for lunch and music by Damascus Road; Nov. 12, Pain Free with Vitality for Seniors by Dr. Elizabeth Beadle, Chiropractor and Acupuncturist; Nov. 17, Helping Your Birds Survive Winter with Judy Bransford of Wild Birds Unlimited; Nov. 18, National American Indian Heritage Month Craft (Making a Dream Catcher). To reserve your spot, call Lisa Adams at 828-323-8746.

Newton SMO: Nov. 5, Bingo and Facts on Food Borne Illness; Nov. 6, Make Christmas Greeting Cards with Nancy McKay (\$5 for class); Nov. 12, Performance by the Ridgeview Sliders; Nov. 17, Craft Turkey Lapel Pins; Nov. 19, Learn to Make Gingerbread Cake; Nov 26, Shopping at Goodwill and Thanksgiving Meal at Cracker Barrel. To reserve your spot, call Robyn Curtis at 828-455-4133.

Claremont SMO: Nov. 4, Travel to Israel Program with John Polinski; Nov. 10, Alzheimer's, Dementia and Normal Aging by Meghan Lawton of the National Alzheimer's Association; Nov. 13, Performance by the Ridgeview Sliders; Nov. 24, Performance by the Clontz Family Singers; Nov. 25, Fall Festival with Games, Crafts and Snacks. To reserve your spot, contact Wendy Thomas at 828-320-0434.

For more information, call the Senior Nutrition Services office at 828-695-5610. 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>.

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