

FOR IMMEDIATE RELEASE

DATE: Sept. 23, 2014

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SENIORS TO LEARN POLISH PAPER ART, HEAR STRING QUARTET AND GATHER FOR BOWLING PARTY

HICKORY -- Participants in Catawba County's Seniors Morning Out Program will learn to make Polish paper cutting art during the month of October. Other activities will include music by Tesla String Quartet, the Alexander County Old Time Pickers, and other groups.

On Oct. 30, all Seniors Morning Out participants will gather at 8:30 a.m. at Pin Station for a Halloween bowling party. Lunch will be provided. Any county resident who is 60 or better is invited to attend. To reserve your spot, and for more details about the cost to bowl, call 828-695-5610 by Oct. 20.

SMO is open to any Catawba County resident who is at least 60 years old. It is a half-day program at five convenient locations throughout the county Monday through Thursday. A balanced lunch is also served. There is no charge to participants, although donations are accepted. Transportation is available along limited bus routes. If you would like to participate in any of these activities, please contact the site supervisor at least 24 hours in advance to reserve your place.



This Christmas tree is decorated with Polish paper art. Seniors Morning Out participants will learn to make this type of art, thanks to a grant from the United Arts Council of Catawba County.



The Tesla String Quartet will perform for Catawba County residents who are 60 or older thanks to the Western Piedmont Symphony

Polish paper cutting with Jacqueline Mate 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 programming at Seniors Morning Out is provided by community donors. The Tesla String Quartet is a quartet in residence with the Western Piedmont Symphony Orchestra.

Highlights of the October programs are as follows.

West Hickory SMO: Oct. 1, Make a Fall Door Wreath or Help Make an Outdoor Scarecrow, plus Hand Bells with Bev Hall; Oct. 7, Polish Paper Art with Jacqueline Mate (Bring your scissors); Oct. 13, Doughnut and Cider Social and Sing-a-long with Mabel Gabor; Oct. 15, Bingo and Hand Bells with Bev Hall; Oct. 20, Making Easy Pizzas; Oct. 23, Exercise and Music by the Alexander County Old Time Pickers. To reserve your spot, call Lisa Adams at 828-323-8746.

Newton SMO: Oct. 2, Learn about Pumpkin Nutrition and How to Make a Pumpkin Smoothie; Oct. 6, Polish Paper Art with Jacqueline Mate (Bring your own scissors); Oct. 7, Telephone Service for the Hearing Impaired with Ron Kolodzie of Captel; Oct. 14, Craft Fall Centerpieces for the Site; Oct. 23, Learn to Make Pumpkin Muffins; Oct. 28, Bowling at Pin Station and Shopping at Honey's IGA. To reserve your spot, call Robyn Curtis at 828-455-4133.

Maiden SMO: Oct. 13, Polish Paper Art with Jacqueline Mate (Bring your own scissors); Oct. 21, Group Walking and Blood Pressure Checks by Catawba County Home Health; Oct. 22, Hands on Banking for Seniors and Fraud and Seniors, Lunch at Scotties; Oct. 28, Group Walking and Music by Sentimental Journey. To reserve your spot, contact Loretta Hefner at 828-320-5966.

East Hickory SMO: Oct. 7, When Drugs and Juice Don't Mix; Oct. 8, Polish Paper Art with Jacqueline Mate (Bring your own scissors); Oct. 9, Performance by Rev It Up, a group of area pastors who are musicians; Oct. 14, Craft Pine Cone Bird Feeders and Make Pumpkin Dip; Oct. 28, Working as a Partner with Your Health Care Provider with Lynne Meyer of Bayada. To reserve your spot, contact Rita Pritchard at 828-320-5963.

Claremont SMO: Oct. 8, Breast Cancer Awareness with Peggy Messick of Catawba Valley Medical Center; Oct. 9, Polish Paper Art with Jacqueline Mate (Bring your own scissors.); Oct. 14, Movie "God Is Not Dead" and Popcorn; Oct. 16, Depression Awareness and Treatment by Heidi Gustin of Behavioral Healthcare; Oct. 28, Music by Tesla String Quartet. 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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