



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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SENIORS MORNING OUT ANNOUNCES FEBRUARY ACTIVITIES

HICKORY -- Catawba County Seniors Morning Out will offer a wide variety of programs in February, including Valentine's parties, Black History Month programs and musical performances.

Seniors Morning Out is a free program open to any Catawba County resident who is at least 60 years old. There are five convenient locations throughout the county. In addition to informative and entertaining activities, SMO includes a hot balanced lunch. The program operates from 8:30 a.m. to 12:30 p.m. Monday through Thursday, except for county holidays. SMO will be closed in case of inclement weather.

West Hickory SMO is located at the West Hickory Senior Center, 400 17th St. SW. On Feb. 2 and again on Feb. 16, the program will present Darkness to Light training through the Children's Advocacy and Protection Center. This two hour, free training, prepares adults to prevent, recognize and respond to child sexual abuse. The CAPC hopes to train 6,000 adults in Catawba County in this program. Other West Hickory activities will include: Feb. 9: Age Related Macular Degeneration and Low Vision Month with Greg Morgan with the N.C. Services for the Blind; Feb. 11: Intergenerational Activity with the Children's Morning Out Program of New Hope Moravian Church; Feb. 17: African Dance with Betty Primus; Oct. 24, Black History program with Mary Young of Friendship Baptist Month. To reserve your spot, contact Lisa Adams at least 48 hours in advance at 828-323-8746.

East Hickory SMO is located at the Huntington Hills Church of God at 2123 Fifth St. NE. Activities will include Feb. 2: Performance by Sentimental Journey; Feb. 11, Valentine's Day Party with Newton SMO; Feb. 15, Benefits of Music Therapy with Christa Buff at West Hickory SMO; Feb. 23: How Blood Pressure Affects the Heart and Blood Pressure Checks; Feb. 24: Lip Sync with Diana Ross, The Supremes and Chubby Checker. To reserve your spot, call Rita Pritchard at least 48 hours in advance at 828-320-5963.

Newton SMO is located at First Presbyterian Church, 701 N. Main St., Newton. Activities will include the following: Feb. 8: Newton Mayor Anne Stedman, owner of Trott House, will speak on the history of the bed and breakfast; Feb. 10: Black History Month Program with the Rev. David Roberts and Choir of Morningstar First Baptist Church; Feb. 11: Valentine's Day Party with East Hickory SMO; Feb. 16: Music by Sentimental Journey; Feb. 25: Glass Art Craft, Make a Heart Plaque, Necklace or Pin with Sharon

Messeray from Glass-N-Sass (cost \$15); Feb. 29: Macular Degeneration with Greg Morgan with the N.C. Services for the Blind. To reserve your spot, call Robyn Curtis at 828-455-4133.

Catawba SMO is located at Center United Methodist Church, 4945 Sherrills Ford Road. Activities will include: Feb. 3: Horse Racing Game; Feb. 17: Food Borne Illness: Norovirus; Feb. 22: Pancake Breakfast and Game Day; Feb. 23: Praise Dances by Betty Primus. To reserve your spot, call Wendy Thomas at 828-320-0434.

Maiden SMO is located at the Maiden Community Center, East Second St. and Klutz St. Activities will include: Feb. 3: On this Day in History; Feb. 4: Bingo and Group Singing; Feb. 8: Emergency Tips for Winter Safety with Jim Dickerson and Corn Hole Game; Feb. 11: Valentine's Party; Feb. 15: Performance by Charles Ballard; Feb. 29: How to Care for Bunions, Corns and Hammertoes. To reserve your spot, call Loretta Hefner at 828-320-5966.

Senior Nutrition Services operates Seniors Morning Out, Meals on Wheels and related programs in the county. Volunteers are urgently needed to deliver Meals on Wheels. For more information, contact Senior Nutrition Services at 828-695-5610 during regular business hours, or visit the website at <http://www.MealsonWheelsofCatawbaCounty.org>. For the latest updates, like the program on Facebook at [facebook.com/MealsonWheelsofCatawbaCounty](https://www.facebook.com/MealsonWheelsofCatawbaCounty).

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