



SOCIAL SERVICES NEWS

P.O. BOX 669 Newton, North Carolina 28658-0669 (828) 695-5600 www.catawbacountync.gov/dss

FOR RELEASE- DATE: After May 28, 2017

CONTACT: Jan Shaffer, Catawba County Social Services Senior Nutrition Services Adult Services Supervisor, jans@catawbacountync.gov, 828-695-5617

SENIORS MORNING OUT PARTICIPANTS TO ENJOY A VARIETY OF ACTIVITIES IN JUNE

HICKORY – Seniors Morning Out participants will enjoy a variety of activities in June, including bowling, learning new recipes through cooking classes, trips to museums and to Mt. Airy and programs on number of health and wellness topics.

Seniors Morning Out operates from 8:30 a.m. to 12:30 p.m. Monday through Thursday in five convenient locations. A hot, balanced lunch is also served. Any county resident who is 60 or better is invited to participate. The program is free to participants, although donations are accepted. Bus transportation is available in some locations for those who do not drive. If you would like to participate in any or all of these activities, contact the site supervisor at least 48 hours in advance.

A few of the program highlights are as follows:

At the West Hickory SMO site, located at West Hickory Senior Center, 400 17th St. SW, Hickory: June 5: Broccoli Apple Salad cooking class; June 8: Play Family Feud; June 15: Travel to the Patrick Beaver Library to watch “The Shack;” June 21: Join for a True or False quiz followed by BINGO; June 27: Blood pressure checks followed by presentation on Summer Ailments by Carolyn Thompson, RN with Catawba Valley Medical Center. To reserve your place at any of these activities, contact Lisa Adams at 828-323-8746.

At the East Hickory site, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: June 8: Trip to Mt. Airy; June 13: Vaya Health with Jeff Dula on Depression and Suicide in Older Adults; June 14: Friend walk followed by BINGO; June 20: Trip to Catawba County Museum followed by Dixies for lunch. If you would like to participate in any of these activities, contact Rita Pritchard at least two days in advance by calling 828-320-5963.

At the Newton SMO, located at First Presbyterian Church 701 Main Ave., Newton: June 1: Watch the movie “A Dog’s Purpose” with popcorn and soda; June 7: Walking and stretches followed by BINGO; June 13: Blood pressure checks provided by Christina Ford from Rescare; June 22: Program on Home Safety by Carol Robinson from HealthFirst. To reserve your place at any of these activities, contact Robyn Curtis at 828-455-4133.

At the Catawba SMO, located at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba: June 1: Program Laughter is the Best Medicine; June 6: Bowling at Pin Station followed by shopping at the Wal-Mart in Conover; June 8: Blood pressure checks and program on Arthritis Treatment and Exercise by Kayla Hefner, CVMC; June 15: Cookout at Mt. Pleasant UMC with music provided by Sentimental Journey; June 22: Popcorn and movie at Sherill’s Ford Library “A Dog’s Purpose.” If you would like to attend any of these programs, contact Wendy Thomas at 828-320-0434.

At the Maiden SMO, located at the Maiden Community Center at the corner of East Second St. and Klutz Street: June 6: BINGO and group singing; June 8: Group walking and blood pressure checks with Kayla Hefner, CVMC; June 15: Program on Techniques for Effective Communication by Terry Spencer; June 22: Group walking and movie day at the Newton Library; June 28: Wheel of Fortune game followed by program the Health Benefits of Lifelong Exercise. To participate in any of these activities, contact Loretta Hefner at 828-320-5966.

Seniors Morning Out is operated by Senior Nutrition Services of Catawba County Social Services. In addition to SMO, Senior Nutrition Services operates Meals on Wheels and related programs in the county. This program relies on donations by local individuals and businesses. If you would like to make a donation, you may go to www.mealsonwheelsofcatawbacounty.org and click on the red "Donate Now" button. Be sure to choose Meals on Wheels or Seniors Morning Out from the drop-down menu. You may also write a check to Catawba County Social Services and write "Senior Nutrition Services" in the memo line. Mail your donation to Senior Nutrition Services, P.O. Box 207, Newton, NC 28658. If you or your group would like to sponsor a fund-raising event for Catawba County's Senior Nutrition Services, contact Jan Shaffer at 828-695-5610.

Additional volunteers are urgently needed to deliver Meals on Wheels. You can volunteer as little as one and a half hours a month. To find out more, contact Senior Nutrition at 828-695-5610 during regular business hours, 8 a.m. to 5 p.m. Monday through Friday, except for holidays. For the latest updates, like their Facebook page at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>, or visit their website at <http://www.MealsonWheelsofCatawbaCounty.org>.

Catawba County Senior Nutrition Services is a United Way funded partner. Catawba County United Way's mission is to increase the organized capacity of people to help others by mobilizing the caring power of our community. For more information, locate us on Facebook, 828-327-6851 or www.ccunitedway.com

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