



## SOCIAL SERVICES NEWS

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### FOR IMMEDIATE RELEASE

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### SENIORS MORNING OUT ACTIVITIES FOR MARCH ANNOUNCED

HICKORY -- Participants in Catawba County's Seniors Morning Out program will participate in a folk art activity at the Hickory Museum of Art, learn useful information, and be entertained by a variety of musical performers during the month of March.

Performances by Kellerhaus (the Keller family performing early music) are 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. All folk art programs are sponsored by the Hickory Museum of Art.

Seniors Morning Out is a half-day program held four days a week at five convenient locations throughout the county. Any county resident who is at least 60 years old is invited to participate at the location of their choice. Transportation is provided in some locations. This program is free to participants, although donations are accepted. If you wish to participate, please contact the site supervisor 48 hours in advance. A few of the monthly highlights are as follows.

At the West Hickory SMO, located at the West Hickory Senior Center, 400 17th St. SW, Hickory: March 7, watch the movie *The War Room* at Patrick Beaver Library followed by lunch; March 8, Shopping trip to Hamrick's followed by lunch at Wendy's; March 10, St. Patrick's Family Feud and dancing to the music of *Sentimental Journey*; March 15, Music by Kellerhaus; March 16: Laughing Yoga with Judy Stowe and St. Patrick's Trivia; March 22: Art with Folk Artist Theresa Gloster at the Hickory Museum of Art; March 23: Breaking Point-- Removing Clutter to Create a Safer Home by Rik Covalinski with Home Instead; March 24: Darkness to Light training to prevent child sex abuse. If you wish to attend, please contact Lisa Adams at 828-323-8746 at least 48 hours in advance.

At the East Hickory SMO, located at Huntington Hills Church of God, 2123 Fifth St., NE, Hickory: March 9: Shopping at Hamrick's and lunch at Chick-Fil-A; March 15: *Sleeping Well as You Age*, and Blood Pressure Checks with Jackie Saunders of Bayada Home Health; March 17: Art with Folk Artist Theresa Gloster at Hickory Museum of Art; March 22: Cooking Class: Gypsy Shepherd's Pie; March 23: Card

Games and Stretches; March 29: Dancing to the Music of Sentimental Journey. If you want to attend, contact Rita Pritchard at 828-320-5963 at least 48 hours in advance.

At the Newton SMO, located at First Presbyterian Church, 701 N. Main St., Newton: March 3: Depression in Older Adults, Part I "What Does Depression Look Like?" by Thelma Horton and Terry Spencer of Geriatric and Adult Mental Health Specialty Team, Smoky Mountain Center; March 7, Cooking Lesson: Chocolate Lava Cake in a Crockpot; March 10: Depression in Older Adults; March 14: Macular Degeneration by Greg Morgan, social worker for the blind; March 15: Music by Sentimental Journey; March 17: Celebrate St. Patrick's Day by Wearing Green. Music by Rev It Up; March 24: Art with Folk Artist Theresa Gloster at Hickory Museum of Art; March 29: Bowling at Pin Station and Shopping at Honey's IGA. If you wish to attend, contact Robyn Curtis at 828-455-4133.

At the Catawba SMO, located at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba: March 8: Bowling at Pin Station and Shopping at Honey's IGA; March 10: St. Patrick's Day Craft and Baking Lemon Squares; March 15: Art with Theresa Gloster at Hickory Museum of Art; March 22: Dyeing Easter Eggs and Decorating Easter Baskets; March 23: Bingo. If you wish to attend, contact Wendy Thomas at 828-320-0434.

At Maiden SMO, located at Maiden Community Center, at corner of East 2nd St. and Klutz Street, Maiden: March 8: Green Fruit Kabobs with Anita McKinney of Brookdale Living and Corn Hole Game; March 9: Group Walking and Bingo; March 16: Bingo with Ernie Abernathy and Spelling Bee; March 17: Healthy Popcorn with Annie Williams and St. Patrick's Day Party; March 21, Kellerhaus Program with the Keller Family; March 24: Easter Party and Craft; March 29, Art with Theresa Gloster at Hickory Museum of Art. If you wish to attend, contact 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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