



SOCIAL SERVICES NEWS

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SENIORS MORNING OUT PARTICIPANTS TO LEARN ABOUT THE TITANIC

HICKORY -- Participants at the Seniors Morning Out program will hear a program about the Titanic, and hear performances by the Carolina Style Chorus (barbershop style singing), and Kellerhaus (early music) during the month of April.

Seniors Morning Out is a half-day program that operates at five different locations throughout the county. The program operates from 8:30 a.m. to 12:30 p.m. Monday through Thursday. It is free to any Catawba County resident who is 60 or older. In addition to informative and entertaining activities, participants are served a hot balanced lunch. Bus transportation to and from the sites may be available.

The program about the Titanic will be presented by Dr. Melinda Ratchford through the Road Scholar Program. This project is made possible by funding from the North Carolina Humanities Council, a statewide nonprofit and affiliate of the National Endowment for the Humanities. Dr. Ratchford has had a 53-year interest in the study of the R.M.S. Titanic. She has given presentations to more than 200 groups on the topic. She taught in the North Carolina public schools for 31 years before retiring in 2000. She has been an associate professor of education at Belmont Abbey College since then. She was the 2002 Adrian Faculty Excellence Award winner at the college. She holds a doctorate in education from the University of North Carolina-Chapel Hill.



Dr. Melinda Ratchford to speak about the Titanic.

Performances by the Carolina Style Chorus, an award-winning group of women who sing in the barbershop quartet style; and Kellerhaus, a family of musicians who will perform and discuss 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.

If you would like to attend one or more of these programs, please contact the site supervisor at least 48 hours in advance. A few of the program highlights from the different sites are as follows.

Catawba SMO, which meets at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba: April 11, Carolina Style Chorus performs musical favorites; April 18, Early Music by Kellerhaus; April 19, Restless Leg Syndrome by Peggy Messick of Catawba Valley Medical Center; R.M.S. Titanic: What Happened? by Dr. Melinda Ratchford at Newton SMO site; April 26, performance by Bandys High School Jazz Band. For more information or to reserve your place, call Wendy Thomas at 828-320-0434.

West Hickory SMO, which meets at the West Hickory Senior Center, 400 17th St. SW, Hickory: April 6, Diabetes and Foot Care with Scott Garmon of Foot Solutions; April 11, Health Fair at Maiden SMO site; April 12, Bingo and Adult Coloring; April 14, Family Feud and Dancing with Sentimental Journey; April 20, "Where to Turn for Help When Caring for Someone with Dementia," by Rik Covalinski, Home Instead; April 27, Bean Auction. To reserve your spot, contact Lisa Adams at 828-323-8746.

Maiden SMO, which meets at the Maiden Community Center, at the corner of East Second Street and Klutz Street, Maiden: April 6, Group Exercise and Spelling Bee; April 11, Health Fair with Catawba Valley Medical Center Stroke Team. Free health checks. Also Avoiding Scams with Carol Young of the NC Department of Justice Office; April 20, Corn Hole Game and Elderly Crime Statistics; April 25, Cooking Class: Learn to Make Cucumber Hors D'oeuvres; April 26, Music by Sentimental Journey. To reserve your spot, contact Loretta Hefner at 828-320-5966.

Newton SMO, which meets at First Presbyterian Church-Newton, 701 N. Main St., Newton: April 4, Watch Brad Thompson, Newton resident, carve a bear from a log; April 6: Cooking Lesson: Learn to Make Very Berry Squares; April 7, Depression in Older Adults, Part 3 of 4; April 11, Carolina Style Chorus; April 14, Depression in Older Adults: Part 4 of 4; April 21, Titanic Program by Dr. Melinda Ratchford; April 28, Music by Elvis Tribute Artist Ed Smith. To reserve your place, contact Robyn Curtis at 828-455-4133.

East Hickory SMO, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: April 4, Gospel Singing by Charles Ballard; April 7, Common Visual Changes of the Aging by Peggy Messick; April 13: Early Music by Kellerhaus; April 18, National Lawn and Garden Month by Bruce Hartsell of Killians; April 20, Book Discussion, "My Time in Heaven" by Dorothy Demos; April 21, Titanic Presentation; April 26, Learn to Cook Easy Homemade Pretzels. To reserve your place, contact Rita Pritchard at 828-320-5963.

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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