



SOCIAL SERVICES NEWS

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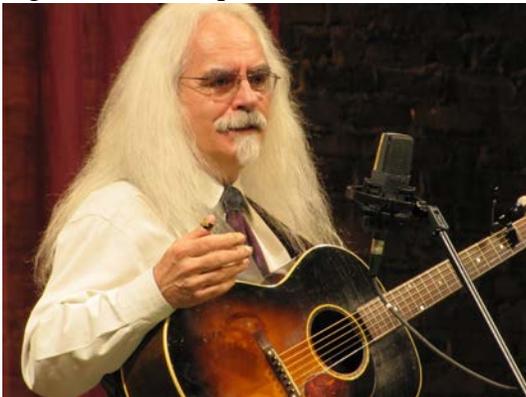
FOR IMMEDIATE RELEASE

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‘MOUNTAIN GRIT AND WIT’ TO BE PRESENTED AT SENIORS MORNING OUT

HICKORY – Michael Reno Harrell, a songwriter and storyteller, will present a program called “Mountain Grit and Wit” for Catawba County Seniors Morning Out participants on Aug. 16. This program will be offered at the West Hickory Seniors Morning Out location, at West Hickory Senior Center, 400 17th St. SW, Hickory. Any Catawba County resident who is 60 or better is invited to attend, but advance registration is required.



Harrell’s performances 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.

Harrell's recordings top the Americana Music Association charts year after year. He has been a Featured Teller at the National Storytelling Festival and a Teller-In-Residence at the International Storytelling Center. He has also performed at major music events like MerleFest and the Walnut Valley Festival. His recordings have for years received and continue to garner awards in Country, Americana and Folk circles.

Seniors Morning Out is a free program that is open to any Catawba County resident who is 60 or better. There are five convenient locations throughout the county. Programs are held from 8:30 a.m. to 12:30 p.m. Monday through Thursday. A balanced hot lunch is also served each day. Bus transportation may be available in some parts of the county. If you wish to participate in any of the following programs, please contact the site supervisor at least 48 hours in advance.

Participants from all sites will travel by bus to the Hickory Farmers Market on Aug. 24. Other program highlights are as follows.

East Hickory SMO, located at Huntington Hills Church of God, 2123 Fifth Street NE, Hickory: Aug. 2: Dancing to the Music of Sentimental Journey; Aug. 10: Forgetfulness: When Should You Be Concerned?

By Rik Covalinski of Home Instead; Aug. 15: Let's Do the Twist and Bingo; Aug. 16: Travel to West Hickory SMO to see "Mountain Grit and Wit," presented by Mike Harrell, songwriter and storyteller; Aug. 30: Let's Make S'mores for National Toasted Marshmallow Day. To reserve your place, call Rita Pritchard at 828-320-5963.

Newton SMO, located at First Presbyterian Church, 701 N. Main St., Newton: Aug. 9, How to Buy, Store and Eat Peaches, and their Nutritional Value; Cooking Class: Making Perfect Peach Smoothies; Aug. 15: Gospel Music by the Clontz Family and Friends; Aug. 16: Music by Sentimental Journey; Aug. 18: Learn to Shag Dance with Ron Spencer and Carole Huffman. Wear beach attire; Aug. 22: Nutrition Made Easier by Mary Mitchell with Area Agency on Aging; Aug. 30: Bowling at Pin Station and Shopping at Honey's Grocery. To reserve your spot, call Robyn Curtis at 828-455-4133.

Catawba SMO, located at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba: Aug. 9, Bowling at Pin Station and Shopping at Honey's Grocery; Aug. 11: Music by Karen Kondas; Aug. 17: Morning Walk and Bingo; Aug. 18: How to Use Medications Safely by Jackie Saunders of Bayada Home Health; Aug. 30: Music by Sentimental Journey. To reserve your place, call Wendy Thomas at 828-320-0434.

Maiden SMO, located at Maiden Community Center, East Second Street and Klutz Street, Maiden: Aug. 4: Group Walking and Fitness as We Age; Aug. 8: Depression in the Elderly by Thelma Horton with Smokey Mountain Center; Aug. 10: On This Day in History and Cornhole Game; Aug. 15: Depression in the Elderly with Thelma Horton; Aug. 23: Music by Sentimental Journey; Aug. 25: Bingo and Group Walking. To reserve your spot, call Loretta Hefner at 828-320-5966.

West Hickory SMO, located at West Hickory Senior Center, 400 17th St. SW, Hickory: Aug. 1: Hearing Loss: From Discovery to Good Communication with Cynthia Harmon, NC Division of Services for the Deaf and the Hard of Hearing; Aug. 3: Watermelon Social and Gospel Music with The Dynamic Adults of Morning Star First Baptist Church; Aug. 9: Gospel Music with Morning Star First Baptist Church Youth Group; Aug. 11: Laughing Yoga with Judy Stowe and Dancing to the Music of Sentimental Journey; Aug. 16: "Mountain Grit and Wit" with songwriter and storyteller Mike Harrell; Aug. 22: The Path to Independence with Randy VanderWeit as Patrick Henry. To reserve your spot, contact Lisa Adams at 828-323-8746.

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. 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. For the latest updates, like their Facebook page at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>, or visit their website at <http://www.MealsonWheelsofCatawbaCounty.org>.

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