



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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SENIORS MORNING OUT PARTICIPANTS TO PARTICIPATE IN SENIOR GAMES

HICKORY – Seniors Morning Out participants will participate in a number of activities in May, including participating in Senior Games. All sites will be closed on Monday, May 29 in observance of Memorial Day.

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.

On Tuesday, May 16, participants from the West Hickory, Newton, and Catawba sites will gather at the Huntington Hills Church of God to participate in Senior Games, an athletic program for senior adults.

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: May 4: performance by the Ridgeview Sliders dance team; May 9: Anti-Anxiety Medications with Denee Shipman, RN, of Vaya Health; May 18: Shopping at Walmart followed by game day and adult cooking and sewing project; May 24: Scavenger Hunt Day and program on Emergency Preparedness by Jim Dickerson of Catawba County EMS. To reserve your place at any of these activities, contact Lisa Adams at 828-323-8746.

At the Newton SMO, located at First Presbyterian Church 701 Main Ave., Newton: May 8: Program on Medicare Fraud by Diane Trainor; May 15: Performance by Bandy's High School Choir; May 22: Presentation on Parkinson's Disease by Annie Williams; May 25: Program on Captel services by Ashley Trotter. 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: May 10: Easy Coffee Cake cooking class; May 11: Medicare Fraud and Scams by Diane Trainor; May 25: Poem of the Day and Crafts with Tonya Jarnac; May 30: Music by Lonesome Road. 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: May 8: Cooking class: Mother's Day Parfaits and Ice Cream Social; May 17: Medicare Fraud with Diane Trainor and Group Walking; May 22: How Advertisers Get Us to Buy Things" by Ann Simmons of the Agriculture Extension

Service; May 25: Senior Games Fun Walk and Cook Out in Maiden Park. Sentimental Journey band to perform. 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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