



SOCIAL SERVICES NEWS

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

FOR IMMEDIATE RELEASE

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CONTACT: Margaret Allen, Catawba County Social Services Public Information Officer, mallen@catawbacountync.gov, 828-695-6583

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

HICKORY – Participants in Catawba County Seniors Morning Out will enjoy a variety of fun and informative activities during the month of April. Some of these include birthday parties, performances by Sentimental Journey band, making crafts, and learning new recipes.

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 West Hickory SMO, located at the West Hickory Senior Center, 400 17th St. SW, Hickory: April 3, Senior Wellness Assessment Day with Colleen Brady of Hickory Falls Health and Rehab; April 5: Easter crafts with Shanda Nichols; April 12: CapTel captioned telephone program with Ashley Trotter; April 17: Ridgeview Sliders dance team; April 18: Parkinson's disease presentation with Annie Williams; April 25: Cooking Class: Spring Pizza and Nutrition of the Delectable Asparagus. To reserve your place, contact Lisa Adams at 828-323-8746.

At the East Hickory SMO, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: April 4: Tax Relief with Cho Lor of the Catawba County Tax Office; April 5: Music by Sentimental Journey and dancing; April 10: Move to the Beat and bingo; April 19: Bring a Joke Day and blood pressure checks; April 25: Health Benefits in a Lemon and Making Easy Lemonade. To reserve your spot, contact Rita Pritchard at 828-320-5963.

At the Newton SMO, located at First Presbyterian Church 701 N. Main Ave., Newton: April 10: Gospel music by Mattie McHaffey; April 11: Performance of the Woodwind Ensemble, folksy music and hymns; April 13: Bandys High School Handbells, and Bring Easter treats and eggs to dye; April 18: Music by Sentimental Journey; April 24: Balance and Falls by Kayla Heffner of Health First. To reserve your place, contact Robyn Curtis at 828-455-4133.

At the Catawba SMO, located at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba: April 6: Stress Management and Relaxation Techniques by Kayla Bumgarner of Catawba Valley Medical Center; April 12: Cooking Class: Making Zucchini Chips; April 13: Volunteer Appreciation and Easter Celebration with Easter Trivia

Games; April 18: Word Scramble and Hands only CPR by Melanie Sigmon; April 19: Music by Sentimental Journey; April 26: Dog Appreciation Day. Bring photos and stories of your dog. How to grow vegetables from scraps. To reserve your place, 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, Maiden: April 4: Group Exercise and Frisbee Toss game; April 5: Cornhole game and group singing; April 10: Health Fair with Catawba Valley Medical Center; April 12: Sleep and Stress Education; April 17: Nutrition and Cancer, and Frisbee Toss game; April 20: Trauma Related Disorders with Terry Spencer with Smoky Mountain Behavioral Health; April 25: Music by Sentimental Journey. To reserve your place, call 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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