



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 HAVE PICNIC, VISIT FARMERS MARKET

HICKORY – Participants in Catawba County’s Seniors Morning Out program will enjoy a picnic, visit the farmers market, and learn about a variety of subjects during the month of July.

Seniors Morning Out is a four-day-a-week program held in five different locations throughout the county. Any county resident who is 60 or better is invited to attend at no charge. In addition to entertaining and informative activities, the program provides a hot, balanced lunch. Activities vary by location. If you plan to attend, please notify the site supervisor at least 48 hours in advance to reserve your place. Transportation to and from the sites may be available.

All SMO sites will be closed July 4 in observance of Independence Day. All locations will travel to the farmers market on July 27 to shop for fresh fruits and vegetables. Some of the other program highlights, listed by location, are as follows.



West Hickory SMO, located at the West Hickory Senior Center, 400 17th St. SW, Hickory: July 5: Picnic with East

Hickory SMO at Winkler’s Park with entertainment by Sentimental Journey; July 11: Laughing Yoga with Judy Stowe, Ice Cream Sundae Social and Sing-Along with Mabel Gabor; July 12: Healthy Living with Meghan Lawton of the Alzheimer’s Association; July 14, Dancing to the Music of Sentimental Journey; July 19, Creating a Butterfly Haven; July 26, Cornerstones of Good Health with Carolyn Thompson, RN, of Catawba Valley Medical Center. To reserve your place, contact Lisa Adams at 828-323-8746.

East Hickory SMO, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: July 5, Picnic with West Hickory SMO at Winkler’s Park with Entertainment by Sentimental Journey; July 13: Game

Day with Horse Shoes, Ring Toss and Basketball; July 19, Sing Along with Slim Jim Phillips; July 20, Dancercise and Bingo; July 25, Block Walk and Bingo. To reserve your place, contact Rita Pritchard at 828-320-5963.

Newton SMO, located at First Presbyterian Church, 701 N. Main St. Newton: July 5: Birthday Party: Wear Red, White and Blue and Bring Snacks, the Rev. Daniel Brank to Sing; July 7, Shopping at Valley Hills Mall; July 12: Walk and Stretches and Family Feud; July 14, Homemade Ice Cream (Bring Toppings) and Frisbee Golf; July 19, Music by Sentimental Journey; July 20, Bingo with Agape Day Camp from St. Paul's Lutheran; July 28: Forgetfulness: When Should You Be Concerned? By Tammy Jacobs and Rik Covalinski of Home Instead. To reserve your place, contact Robyn Curtis at 828-455-4133.

Catawba SMO, located at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba: July 5: Bowling at Pin Station and Shopping at Honey's IGA; July 13, Depression and Aging by Tammy Jacobs of Supportive Solutions; July 19, Music by the Clontz Family and Friends; July 21: Blood Pressure Checks and Exercises for Seniors by Jackie Saunders of Bayada Home Health; July 26: Music by Lonesome Road; July 28, Pizza Party (Cost \$3) with Cornhole, Horse Shoes and Birdie Toss games. To reserve your place contact Wendy Thomas at 828-320-0434.

Maiden SMO, located at the Maiden Community Center, East Second Street and Klutz Street, Maiden: July 6: Bingo and Group Walking; July 11: Vegetable Bouquet with Thu Ngo and Group Exercise; July 14: Group Walking and Lunch at Newton Carillon; July 18: Living with Diabetes: Do You Know How to Eat Right? with Robin Tallent of Catawba Valley Medical Center; July 21: How to Pet a Porcupine: Don't Get Stuck with Stress by Marsha Lynn, RN, of Hospice; July 25: Alzheimer's Disease: What You Need to Know with Rik Covalinski of Home Instead and Tammi Jacobs of Supportive Solutions; July 26: Sentimental Journey Band and Group Singing. To reserve your place, 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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