



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

DATE: Feb. 22, 2017

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SENIORS MORNING OUT PARTICIPANTS TO ENJOY MUSIC BY COCKMAN FAMILY GRANDKIDS, ST. PATRICK'S DAY PARTIES

HICKORY – Participants in Seniors Morning Out will enjoy a concert by the Cockman Family Grandkids, St. Patrick's Day parties, and other informative and entertaining programs in March.

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. The program includes a half day of activities Monday through Thursday, plus a hot, balanced lunch. Bus transportation is available in some locations for seniors who are unable to drive.

This month all SMO participants will gather at the Huntington Hills Church of God on March 16 to enjoy a program of bluegrass and gospel music by the Cockman Family Grandkids. The group is the latest generation of this highly acclaimed family of musicians. This performance is 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. Catawba County seniors 60 years of age and older are invited to attend and may reserve a seat by calling 828-695-5610 by March 9. Lunch will be provided at no charge; however, donations are accepted.



A few of the program highlights are as follows. To reserve your place, contact the site supervisor at least 48 hours in advance.

At the Maiden SMO, located at the Maiden Community Center at the corner of East Second Street and Klutz Street: March 6: Cooking class: Make St. Patrick's Day Muddy Buddies, followed by bingo; March 14: Program on Anti-Anxiety Medication with Terry Spencer of Smokey Mountain; March 15: Celebrate St. Patrick's Day with a Green Party; March 28: Entertainment by Sentimental Journey band. To reserve your spot, contact Loretta Hefner at 828-320-5966.

At the West Hickory SMO site, located at the West Hickory Senior Center, 400 17th St. SW, Hickory: March 9: Dancing to the music of Sentimental Journey; March 15: Balancing Exercises with Judy Stowe and Jean Weaver followed by an Irish Sing-Along with Nancy Frady; March 20: How Advertisers Get Us to Buy Things by Ann Simmons with Catawba County Cooperative Extension Service; March 23: Socialize with East Hickory SMO followed by gospel music with David Harvell; March 28: Name that Tune game followed by blood pressure checks and information about thyroid conditions with Carolyn Thompson, RN, of Catawba Valley Medical Center. To reserve your place, contact Lisa Adams at 828-323-8746.

At the East Hickory SMO, located at the Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: March 1, Dancing to the music of Sentimental Journey; March 2: Making Maracas with Dorothy Demos; March 14: St. Patrick's Day Party; March 23: Join West Hickory SMO to hear gospel music by David Harvell; March 29: Cooking Class: Easy Salsa Dip. To reserve your place, contact Rita Pritchard at 828-320-5963.

At the Newton SMO, located at First Presbyterian Church, 701 N. Main Ave., Newton: March 9: Part I "Depression" with Jeffrey Dula of Vaya Health; March 13: Learn to make snickerdoodle and cheesecake bars; March 21: Music by Sentimental Journey; March 28: Part 2 "Depression" with Jeffrey Dula of Vaya Health; March 29: Take Your Meds Wisely by Ann Simmons of Catawba County Cooperative Extension Service. 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: March 7: Bowling at Pin Station and Shopping at Walmart; March 15: Birthday Party and St. Patrick's Day Celebration, bingo; March 21: Diabetes, Biomechanics and the Foot by Scott Garmon of Foot Solutions; March 27: Exercises and Family Feud game. To reserve your place, contact Wendy Thomas at 828-320-0434.

Seniors Morning Out is a program of Senior Nutrition Services of Catawba County, which is a part of Catawba County Social Services. Senior Nutrition Services also operates Meals on Wheels and other related programs. There is currently an urgent need for more volunteers to deliver Meals on Wheels. If you are interested in volunteering, please contact the Senior Nutrition offices at 828-695-6510. For the latest updates, please go to www.mealsonwheelsofcatawbacounty.org or facebook.com/MealsonWheelsofCatawbaCounty.

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