



## SOCIAL SERVICES NEWS

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

### FOR IMMEDIATE RELEASE

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**CONTACT:** Margaret Allen, Catawba County Social Services Public Information Officer,  
[mallen@catawbacountync.gov](mailto:mallen@catawbacountync.gov), 828-695-6583

### SENIORS MORNING OUT PARTICIPANTS TO ENJOY A VARIETY OF INFORMATIVE AND ENTERTAINING ACTIVITIES

HICKORY – Participants in the Seniors Morning Out program will enjoy a variety of fun and informative activities during the month of November.

All SMO sites will be closed Nov. 24 in observance of the Thanksgiving holiday. Seniors Morning out is free to any Catawba County resident who is 60 or better. The program operates at five convenient locations throughout the county from 8:30 a.m. to 12:30 p.m. Monday through Thursday, except for holidays. Bus transportation to and from the sites is available in some locations. If you would like to participate in one or more of these activities, please contact the site supervisor at least 48 hours in advance to reserve your spot.

The Catawba SMO site will host Appalachian storyteller and singer/songwriter Mike Harrell on Nov. 3 at Center United Methodist Church, located at 4943 Sherrills Ford Road, Catawba. They will be joined by seniors from the Newton SMO site for this special performance of “Mountain Wit and Grit.”

This program 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.

Other SMO highlights, by location are as follows.

At the Catawba SMO: Nov. 10: Watch the movie “Miracles from Heaven” at the Sherrills Ford Library; Nov. 15: Cancer Awareness and Screening by Kim Atkinson, Catawba Valley Medical Center Imaging Center; Nov. 22: Learn to Make an Autumn Apple Cake; Nov. 29: Joke of the Day and Music by Lonesome Road. To reserve your spot, contact Wendy Thomas at 828-320-0434.

At the East Hickory SMO, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: Nov. 15: Shopping at Valley Hills Mall; Nov. 21: Laughing Yoga and program on Medicare Fraud by Diane Trainor; Nov. 23: Food-borne Illness and Proper Hand Washing; Nov. 28: Stretches and Bingo. To reserve your spot, contact Rita Pritchard at 828-320-5963.

At West Hickory SMO, located at the West Hickory Senior Center, 400 17<sup>th</sup> St. SW, Hickory: Nov. 7, Making Pinecone Turkeys; Nov. 8: Preserving Balance and Preventing Falls with Kayla Bumgarner with CVMC; Nov. 10: Family Feud game and Dancing to the Music of Sentimental Journey; Nov. 15: Making Puzzle Ornaments; Nov. 29:

Bingo, Blood Pressure Checks and Osteoporosis Education with Carolyn Thompson of CVMC. To reserve your space, contact Lisa Adams at 828-323-8746.

Newton SMO, located at First Presbyterian Church-Newton, 701 N. Main St., Newton: Nov. 2: Medicare 101 and AARP by Renee Smith, independent licensed insurance agent; Nov. 7: "Hospice vs. Life Transitions" by Sandi Hood of Catawba County Hospice; Nov. 8: Shopping at Walmart; Nov. 10: Performance by the Melodears; Nov. 15: Music by Sentimental Journey; Nov. 29: Bowling at Pin Station and Grocery Shopping. To reserve your place, call Robyn Curtis at 828-455-4133.

Maiden SMO, located at the Maiden Community Center, East Second St. and Klutz Street, Maiden: Nov. 7: Recognition of Veterans Day and Update on Veterans Benefits by Cindy Travis, Catawba County veterans officer; Nov. 9: Prepared Planning by Robbie Bennett of Bennett's Funeral Home; Nov. 10: Healthy Holiday Eating by Ann Simmons with the Agricultural Extension Service; Nov. 16: Scrapbooking Class with Pansey Helderman; Nov. 22: Music by Sentimental Journey. To reserve your spot, 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. 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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