



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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The Sigmon Stringers will perform for Seniors Morning Out participants. Any Catawba County resident who is 60 or better is invited to attend. Just register at least 48 hours ahead of time.

OCTOBER SMO PROGRAM TO FEATURE SIGMON STRINGERS CONCERT, PROGRAM ON 'MOUNTAIN WIT AND GRIT'

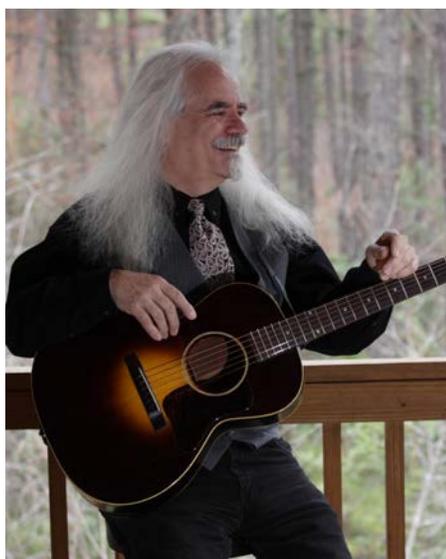
HICKORY – Participants in Seniors Morning Out will enjoy a concert by the Sigmon Stringers bluegrass band and a presentation on “Mountain Wit and Grit” by Mike Reno Harrell in the month of October.

The programs by the Sigmon Stringers and Mike Reno Harrell are 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.

The Sigmon Stringers is a three-generation bluegrass band from Newton. The original band members -- Clinton Sigmon and his two sons Randy and Mark, and lifelong friend Ray Barger -- have been performing since the early 70s. They performed with bluegrass pioneers such as Bill Monroe, Lester Flatt, Jimmy Martin and Ralph Stanley. The children of Randy and Mark Sigmon have also joined the group, adding a banjo, mandolin, guitar and vocals.

Michael Reno Harrell is an award-winning songwriter and veteran storyteller and entertainer. His knack for storytelling, in print, song and spoken word has earned him praise from not only in the music community, but also from the literary and storytelling worlds.

Seniors Morning Out is a half day of activities Monday through Thursday. It is free and also includes a balanced hot lunch. The program is offered at five convenient locations throughout the county. It is open to any Catawba County resident who is 60 or better. However, registration is required at least 48 hours in advance. If you wish to attend any of these programs, please contact the site supervisor to reserve your place. Bus transportation is available in some locations for seniors who do not drive. A few of the program highlights are as follows.



Michael Reno Harrell will perform
"Appalachian Wit and Grit."

At West Hickory SMO, located at the West Hickory Senior Center, 400 17th St. SW, Hickory: Oct. 10, "Elvis Returns!" program with Ed Smith, Elvis tribute artist; Oct. 12, Mountain Wit and Grit with Mike Reno Harrell, Storyteller and Song Writer; Oct. 20, Shopping at Walmart followed by "Yippee for Safety" with Terri Byers, fire education coordinator; Oct. 27, Travel to East Hickory site to enjoy a concert by bluegrass band the Sigmon Stringers. If you wish to attend, please call Lisa Adams at 828-323-8746.

At East Hickory SMO, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: Oct. 4, The Path to Independence by Randy Vanderbilt portraying Patrick Henry; Oct. 6, Ed Smith as Elvis Presley; Oct. 12, Joining West Hickory SMO for "Mountain Wit and Grit: with Mike Reno Harrell; Oct. 19, Nutrition of Pumpkins and Making Pumpkin Dip; Oct. 27, Performance by the Sigmon Stringers bluegrass band. To reserve your spot, call Rita Pritchard at 828-320-5963.

At the Newton SMO, located at First Presbyterian Church, 701 N. Main St., Newton: Oct. 11, walk and stretch followed by hangman game or crafting glow-in-the-dark pumpkins; Oct. 18, Music by Sentimental Journey; Oct. 25, Breast Cancer Awareness by Kim Atkinson of Catawba Valley Medical Center; Oct. 27, Travel to Huntington Hills Church of God to hear the Sigmon Stringers. To reserve your place, call Robyn Curtis at 828-455-4133.

At the Maiden SMO, located at the Maiden Community Center at the corner of East Second Street and Klutz Street in Maiden: Oct. 5, Are You Diabetic? And How to Control Diabetes, with Robin Tallent of Catawba Valley Medical Center; Oct. 13, Corn hole and group walking; Oct. 18, Blood pressure checks

with Ruby Radford of Interim Health Care and “On this day in history”; Oct. 25: Music by Sentimental Journey; Oct. 27, travel to Huntington Hills Church of God in Hickory to hear the Sigmon Stringers bluegrass band. To reserve your place, contact Loretta Hefner at 828-320-5966.

At the Catawba SMO, located at Center United Methodist Church at 4945 Sherrills Ford Road, Catawba: Oct. 5, Music by Sentimental Journey; Oct. 13, Making Fall Pumpkin Dip; Oct. 19, Shopping at the Dollar Tree in Hickory and Lunch at the Snack Bar; Oct. 26, Blood pressure checks by Jackie Saunders of Bayada Home Health; Oct. 27, Travel to the Huntington Hills Church of God to hear the Sigmon Stringers. To reserve your place, call Wendy Thomas at 828-320-0434.

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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