



SOCIAL SERVICES NEWS

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SEPTEMBER SENIORS MORNING OUT TO FEATURE MUSIC, ART PROJECT WITH ELLEN BALL, AND TRIP TO FARMERS MARKET

HICKORY – Seniors Morning Out participants will enjoy a trip to the Farmers Market, and a presentation by actress Bobbie Curtis about Appalachian woman Birdell “Birdie” Tolley during the month of September.

On Sept. 20, participants at the Catawba location will use alcohol inks to create a piece of abstract art that will be framed. This program will be led by Ellen Ball, a lifelong artist who not only paints but is a metalsmith. Since 2007, she has designed jewelry in a variety of metals, drawing inspiration and techniques from favorite artists, books, magazines, online sources and other craftspeople. Ball is a Hickory native who sells in galleries across the state, and teaches classes throughout the region. She is a member of the Artist-Blacksmith Association of North Carolina and American Craft Council.



Ellen Ball holds some of the alcohol inks that SMO participants will use to create a piece of abstract art.

Ellen Ball’s 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.

Any Catawba County resident who is 60 or better is invited to attend these free activities, which are held in five different locations Monday through Thursday. A hot balanced lunch is also served. If you wish to attend one or more these programs, please contact the site supervisor at least 48 hours in advance to reserve your spot. Bus transportation to and from the sites is available in some locations.

All Seniors Morning Out locations will be closed Sept. 5 in observance of Labor Day. All locations will travel to the Hickory Farmers Market for shopping on Sept. 28.

A few of the program highlights are as follows:

At West Hickory SMO, located at West Hickory Senior Center, 400 17th St. SW, Hickory: Sept. 8: Family Feud game and music and dancing with Sentimental Journey; Sept. 13: Breakfast at Granny's Country Kitchen and Shopping at Hamricks; Sept. 20: National Park Knowledge and The Graying of HIV/AIDS. If you wish to attend, please contact Lisa Adams at 828-323-8746.

At East Hickory SMO, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: Sept. 12: Move to the Beat and Bingo; Sept. 15: Slim Jim Pickin' and Grinnin' sing along and dance; Sept. 20, Performance by actress Bobbie Curtis about Appalachian woman Birdell "Birdie" Tolley; Sept. 26: Dancercise and Bingo. If you would like to attend, please contact Rita Pritchard at 828-320-5963.

At Newton SMO, located at First Presbyterian Church, 701 N. Main St., Newton: Sept. 8: Entertainment by the band Rev It Up featuring area Lutheran pastors; Sept. 12: Cooking Class: Chocolate Milkshakes; Sept. 13: Music by Sentimental Journey; Sept. 20, travel to East Hickory SMO site to see actress Bobbie Curtis presentation about Appalachian woman Birdell "Birdie" Tolley; Sept. 27: Bowling at Pin Station and shopping at Honey's grocery. If you would like to attend, contact Robyn Curtis at 828-455-4133.

At Catawba SMO, located at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba: Sept. 15: Blood Pressure Checks and Program on Hypertension by Jackie Saunders of Bayada Home Health; Sept. 20, Create Your Own Piece of Abstract Art with Ellen Ball; Sept. 27: Music by Lonesome Road. If you would like to attend, contact Wendy Thomas at 828-320-0434.

At Maiden SMO, located at Maiden Community Center, East Second Street and Klutz Street in Maiden: Sept. 14: Living with Diabetes by Robin Tallent with Catawba Valley Medical Center and Maintaining Proper Care of Our Knees; Sept. 15: Importance of a Pneumonia Booster Shot and Flu Shot Clinic at Walgreens in Conover; Sept. 21: Corn Hole Game and Is the Pneumonia Vaccine Important?, Sept. 27: Music by Sentimental Journey. If you would like to attend, 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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