



CATAWBA COUNTY

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FOR IMMEDIATE RELEASE

DATE: Jan. 24, 2012

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CLAREMONT SENIORS INVITED TO ‘SENIORS MORNING OUT’

CLAREMONT — The Claremont Seniors Morning Out program, located at Bethlehem United Methodist Church, 3214 Catawba St., Claremont, invites all persons 60 and above to join them for a morning of fun activities and lunch. There is no cost to attend.

The following are just a few of the activities being planned in February. On Monday, Feb. 6, participants will enjoy bingo and Word Scramble. On Tuesday, Feb. 7, there will be “Exercise with the YMCA” and “Advanced Health Planning/Hospice.” On Wednesday, Feb. 8, participants will enjoy a movie with popcorn and play Word Search. On Thursday, Feb. 9, they will hear a program on “How to Avoid Food Borne Illnesses” and then will watch “Cooking with Wendy: Learn a New Recipe.” On Feb. 14, there will be Valentine’s Day and birthday parties, and Craft Day. On Thursday, Feb. 16, there will be a free blood pressure check and bingo.

On Thursday, Feb. 23, participants will enjoy the excitement of a horse race by playing “The Horse Racing Game,” presented by Pinecrest. On Feb. 27, participants will participate in “Karaoke with Kristin.” On Feb. 28, they will hear a presentation on “Five Positive Health Habits” by Glennie Daniels.

Anyone age 60 and above may attend, but pre-registration is required. Participants may select which days they wish to attend. For more information, or to pre-register, contact Wendy Thomas, site manager, at 320-0434 at least 24 hours in advance.

The Seniors Morning Out Program runs from 8:30 a.m. to 12:30 p.m. It includes a variety of activities, as well as lunch. Donations are welcomed, but not required. Bus transportation may be available.

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