



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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JUNE SENIORS MORNING OUT ACTIVITIES ANNOUNCED

HICKORY -- Participants in Catawba County's Seniors Morning Out programs will enjoy picnics, musical entertainment and informational programs during the month of June.

There are five different SMO locations in the county. Each site provides informative and fun activities for persons 60+ Monday through Friday mornings. In addition, a balanced lunch is provided each day at no cost to participants. Anyone who is at least 60 years old and who lives in the county is invited to participate. There is no charge, but participants are asked to call the site supervisor at least 24 hours in advance of the programs they wish to attend.

The West Hickory SMO will hear a program from Robert Bennett of Bennett Funeral Home on June 4. On June 5, they will learn about fire safety from Teri Byers of the Hickory Fire Department. On June 6, the group will go shopping at Walmart. On June 11, local artist Bill Presley will present a program on landscape painting. On June 13, the group will have a picnic in the park with music by Sentimental Journey. On June 19, Charles Wike and Shirley Hudson will lead a sing-along. On June 26, Amanda Lael of Gentiva Home Healthcare will lead the group in exercise and range of motion therapy. On June 27, the Clontz Family and Friends Band will entertain. To reserve your spot, contact Annie Williams at 828-323-8746.

The Newton SMO will learn to make earrings with Vicki Williams and Catherine Lingerfelt on June 5. Participants must register in advance of this program. The group will visit the Newton Farmer's Market and then go shopping at Walmart on June 6. On June 14, participants will play bingo. They are asked to bring two prizes or \$2 that day. On June 17, Terri Franco of Catawba County Social Services will present a program on Financial Exploitation of Seniors. On June 18, there will be a Father's Day Pancake Breakfast with entertainment by Sentimental Journey. On June 19, the group will learn to make a beaded necklace (bring your own beads) or play games. On June 24, Dave Orlandi will play the accordion in celebration of National Accordion Month. To reserve your spot, call Robyn Curtis at 828-455-4133.

The Maiden SMO will hear a program on Chronic Disease Management and Prevention by Glennie Daniels on June 5. On June 13, they will play bingo and then have a diabetes class with Bob Stamey of TAS Drugstore. On June 18, the group will play bingo and have free blood pressure checks by Catawba County

Home Health. On June 20, the group Sentimental Journey will perform. On June 21, the group will eat out at Harbor Inn Seafood Restaurant. On June 28, there will be a picnic at Maiden Park with music by Hoot Owl Hollar Band. To reserve your spot, contact Loretta Hefner at 828-320-5966.

The East Hickory SMO will hear a program on The Great Outdoors by A.J. Kerley with Comfort Keepers on June 6. On June 7, the group will go shopping at Food Lion and Hamricks. On June 14, the group will enjoy a cruise in and cookout. On June 21, they will go shopping at Walmart. On June 25, the group will play Wheel of Fortune and other games. To reserve your spot, contact Rita Pritchard at 828-320-5963.

The Claremont SMO will make plastic mats for the homeless on June 5. On June 6, they will learn to make homemade ice cream in a bag. On June 12, Peggy Messick of Catawba Valley Medical Center will present a program on National Men's Health Awareness Week. On June 14, Dave Orlandi will play the accordion. On June 19, Roxanne Powell of Western Piedmont Council of Governments will present a program on Elder Abuse, and then the group will make plastic mats for the homeless. On June 27, Sherry Bruner of the Conover YMCA will lead the group in exercise. Afterward, they will play a game of Guess the Year Trivia. On June 28, the group will eat breakfast at Smokey D's followed by a sing along. To reserve your spot, contact Wendy Thomas at 828-320-0434.

The Seniors Morning Out program is presented by Senior Nutrition Services. It receives government funding, but also relies heavily on local donations and volunteers. To find out more, or to make an online donation, go to <http://www.catawbacountync.gov/dss/Adult/Nutrition.asp>, or like the organization on Facebook at <http://www.facebook.com/MealsOnWheelsOfCatawbaCounty>. You may also call the office at 828-695-5610.

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