



## SOCIAL SERVICES NEWS

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### FOR IMMEDIATE RELEASE

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### NOVEMBER SENIORS MORNING OUT ACTIVITIES TO INCLUDE HOLIDAY COOKING CLASSES, MUSICAL ENTERTAINMENT

**HICKORY** -- The Catawba County Seniors Morning Out programs for November will include musical performances, cooking classes, holiday crafts and a program on veterans benefits.

There are five locations for the Seniors Morning Out Program, which is held from 8:30 a.m. to 12:30 p.m. Monday through Friday, except for holidays. A nutritious lunch is also served. Programming for each location differs. SMO is free and open to anyone 60 or older; there are no income restrictions. Participants may attend as many days as they wish. However, they must reserve their place at least 24 hours in advance by calling the site supervisor. All sites will be closed Nov. 22-23 for the Thanksgiving holidays.

The programs featuring The Kontras Quartet and Bruce Beerbower of the Catawba Science Center are supported by 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 Newton SMO** meets at First Presbyterian Church at 701 N. Main St. On Nov. 5, the group will learn how to make ginger snaps and pumpkin dip. On Nov. 7, the Catawba Valley New Horizons band will perform. On Nov. 13, The Kontras Quartet, the quartet in residence with Western Piedmont Symphony, will perform. On Nov. 14, Jim Dickerson with Catawba County Emergency Services will present a program on Emergency Preparedness. On Nov. 20, the group will go bowling at Pin Station followed by shopping at Honey's IGA. On Nov. 21, the group will enjoy a Thanksgiving Party catered by Boxcar Grille. The cost will be \$10 per person. On Nov. 26, participants will learn to make a Christmas wall basket. The cost is \$2 per person for



*The Kontras Quartet will perform at two of the Seniors Morning Out locations in November. These performances are supported by 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. A variety of other activities are planned for Catawba County residents who are 60+. For more information about Seniors Morning Out, call 828-695-5610.*

supplies. To reserve your spot at any of these programs, contact Robyn Curtis at 828-455-4133 at least 24 hours in advance.

**The East Hickory SMO** meets at Highland United Methodist Church, 1020 12th Street Place NE. On Nov. 7, the group will hear a program on dementia by Angie Pooley, of Sterling House/Hickory Manor. On Nov. 8, Holly Penland with ResCare Home Care will provide blood pressure checks. On Nov. 9, site supervisor Rita Pritchard will give a program on Fire Prevention. On Nov. 13, participants will learn how to make pumpkin cake. On Nov. 15, the group will hear a concert by The Kontras Quartet. On Nov. 28, Rhonda White of Brian Center, East will present a program on "Exercise to Prevent Falls" and "What is Rehab?" To reserve your spot at any of these programs, contact site manager Rita Pritchard at 828-320-5963 at least 24 hours in advance.

**The Maiden Seniors Morning Out** meets at the Maiden Community Center, 207 E. Klutz St. On Nov. 8, Cindy Travis of the Catawba County Veterans Office will discuss veterans benefits. On Nov. 9, Rebecca Hartley will present a program on Geriatric Care. She is a registered nurse and community service representative for Next Step Geriatric Care. On Nov. 12, Cheryl Abee, director of the volunteer center/information and referral for the Catawba County United Way, will talk about the NC 211 24-hour information number. On Nov. 13, Betsy Wilmoth of Catawba Valley Living at Rock Barn will present a program on senior living. On Nov. 16, Amanda Munden will lead the group in line dancing. On Nov. 21, the group will celebrate "60+ Family Day." The group will be entertained by The Catawba Valley New Horizons Band, which was started for adult beginners. No experience is needed, and beginners are invited to join the band. To reserve your spot for any of these programs, call site manager Loretta Hefner at 828-320-5966.

**The West Hickory SMO** meets at the Senior Citizens Center, 400 17th St. SW. On Nov. 2, the program will be "Singing with Jerry Pearson." On Nov. 5, Beth Ritchie, retired registered nurse, will present the program "Meningitis is on the Rise," On Nov. 6, the Eastern Sky Band will perform. On Nov. 14, site supervisor Annie Williams will present a program on "Is It a Heart Attack or Panic Attack?" On Nov. 15, the group will go shopping at Walmart. On Nov. 27, Annie Williams will present a program on "Improving Knee Function: Exercise for Osteoarthritic Knees." To reserve your spot at any of these programs, contact Annie Williams at 828-323-8746 at least 24 hours in advance.

**The Claremont SMO** is located at Bethlehem United Methodist Church at 3214 Catawba St. On Nov. 2, the group will enjoy breakfast at Smokey D's and a sing along. On Nov. 5, Erma Webber will present a program on "Cooking with Pumpkin." On Nov. 7, Bruce Beerbower, naturalist at the Catawba Science Center, will present an animal program. On Nov. 16, the group will enjoy popcorn while watching the movie "Beverly Hills Chihuahua 3." On Nov. 19, there will be a Thanksgiving Program with music by The Troubadours. On Nov. 28, Michelle Walsh of Hometown Medical will present a program on "Diabetic Foot Care and Shoes." On Nov. 30, the Eastern Sky Band will perform. To register for any of these days, contact site manager Wendy Thomas at 828-320-0434.

Volunteers are needed to present programs or to just help out. Donations are also welcomed to help support this program for senior adults. For more information, call the Senior Nutrition Services office at 828-695-5610 or go to <http://www.catawbacountync.gov/dss/Adult/nutrition.asp>. You may also "like" the Senior Nutrition Services Facebook page at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>.

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