



## SOCIAL SERVICES NEWS

P.O. BOX 669 Newton, North Carolina 28658-0669 (828) 695-5600 [www.catawbacountync.gov/dss](http://www.catawbacountync.gov/dss)

### FOR IMMEDIATE RELEASE

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### SENIORS MORNING OUT PLANS SEPTEMBER ACTIVITIES

Catawba County's Seniors Morning Out participants will enjoy a variety of activities in September, including a program on Making Bird Feeders, a presentation on Alzheimer's disease, and musical entertainment.

All participants will travel to the Hickory Farmers Market on Sept. 18. All locations will be closed Sept. 2 in observance of Labor Day.

Seniors Morning Out is a half-day program held four days a week, Monday through Thursday, at five locations throughout the county. It includes activities and a balanced lunch. The program is free and open to any county resident who is 60 years old or better. There are no income requirements. If you would like to attend any of these programs, please contact the site supervisor at least 24 hours in advance. If you do not drive, bus transportation is available along limited routes near each site.

The West Hickory location will have the following programs: Sept. 11, Container Gardening by Kelly Groves of the Cooperative Extension Service; Sept. 16, Presentation on Alzheimer's disease by Megan Lawton of the Alzheimer's Association; Sept. 23, Cupcake Decorating by Annie Williams; Sept. 25, Making Bird Feeders with Annie Williams; Sept. 30, Making Jewelry with Beverly Hall. To reserve your spot, contact Annie Williams at 828-323-8746.

The Newton location programs will include: Sept. 10, exercise with Sherry Bruner of the YMCA and Bible Trivia with the Montgomerys; Sept. 17, music by Sentimental Journey; Sept. 24, bowling at Pin Station and shopping at Honey's IGA; Sept. 30, bingo with Rhonda Brazell of Carillon Assisted Living. To reserve your spot, call Robyn Curtis at 828-455-4133.

The Maiden programs will include: Sept. 12, group walking and lunch at Lincoln House in Lincolnton; Sept. 24, music by Sentimental Journey; Sept. 25, bingo and "How well do you know your indoor air quality?"; Sept. 26, group walking and lunch at Brickhouse restaurant in Maiden. To reserve your spot, contact Loretta Hefner at 828-320-5966.

The East Hickory programs will include: Sept. 10, Corn Hole Challenge and "Are You Okay?" by Corporal Eckard of the Catawba County Sheriff's Department; Sept. 17, Gym Walk and "National Cholesterol Education Month" by Glennie Daniels of the Cooperative Extension Service; Sept. 24, music by The Clontz Family and Fall Hat Month (Wear your fall hat!). To reserve your spot, contact Rita Pritchard at 828-320-5963.

The Claremont site will have the following programs: Sept. 10, Cholesterol Health and Education with Tracey Paul of Catawba County Health Department; Sept. 12, Line Dancing with Amanda Munden of Senior Nutrition Services; Sept. 17, bowling at Pin station and shopping at Honey's IGA; Sept. 19, blood pressure checks by Bayada Home Health and bingo; Sept. 24, exercise with Sherry Bruner of the YMCA and a sing-along. To reserve your spot, contact Wendy Thomas at 828-320-0434.

For more information and a complete calendar of Seniors Morning Out activities, go to <http://www.catawbacountync.gov/dss/Adult/Nutrition.asp>, and click on the Seniors Morning Out Newsletter link.

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, call 828-695-5610 or like the organization on Facebook at <http://www.facebook.com/MealsOnWheelsOfCatawbaCounty>.

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