



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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SENIORS MORNING OUT PARTICIPANTS TO BE ENTERTAINED BY ACAPELLA FELLAS, JAZZ GROUP

HICKORY -- Participants in Catawba County's Seniors Morning Out program will be entertained by the Acapella Fellas barbershop quartet and a jazz ensemble featuring Rick Cline and Nathan Hefner during the month of October.

Performances by these groups 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. Additional funding for this and other arts activities is provided by Affordable Dentures of Conover (Larissa Mastro, DDS).

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. Bus transportation is available along limited routes near each site.

Activities at the Claremont site will include: Oct. 10, blood pressure check by Bayada Home Health and music by the jazz ensemble; Oct. 16, Fire Prevention and Falls by Ray Ball of the Catawba County Fire Department; Oct. 21, Breast Cancer and Prostate Cancer Awareness by Tracy Paul with Catawba County Health Department; Oct. 30, music by New Horizons Band. To reserve your spot, contact Wendy Thomas at 828-320-0434.



Acapella Fellas, a local barbershop quartet, will perform at Seniors Morning Out in Catawba County. Group members are (left to right): Arden Hintzmann, tenor; Dennis Kimbleton, lead; Bob Johns, bass; and Don Lang, baritone. Their 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. Additional funding for this and other arts activities is provided by Affordable Dentures of Conover (Larissa Mastro, DDS).

West Hickory activities will include: Oct. 1, music by Sentimental Journey; Oct. 8, music by Jazz Ensemble; Oct. 9, Vision Loss by Peggy Messick of Health First; Oct. 16, board games with Taylor Hines of Maxim Home Health. To reserve your spot, call 828-323-8746.

Newton activities will include: Oct. 2, presentation on gout by Peggy Messick with Health First; Oct. 15, music by Sentimental Journey; Oct. 22: entertainment by jazz ensemble; Oct. 28, Services for Visually Impaired by Greg Morgan, N.C. Services for the Blind; Oct. 31, music by Acapella Fellas barbershop quartet. To reserve your spot, call Robyn Curtis at 828-455-4133.

Maiden activities will include: Oct. 2, bingo and lunch at Country Market; Oct. 9, bingo and flu shot clinic with TAS Drug Store; Oct. 10, music by Acapella Fellas barbershop quartet; Oct. 22, music by Sentimental Journey; Oct. 23, Last Will and Testaments by Legal Aid of Morganton. To reserve your spot, contact Loretta Hefner at 828-320-5966.

East Hickory activities will include: Oct. 2, corn hole challenge and Scrabble; Oct. 10, dancercise and bingo; Oct. 17, music by Acapella Fellas Quartet; Oct. 24, program by Judy Bransford with Birds Unlimited. To reserve your spot, contact Rita Pritchard at 828-320-5963.

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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