



SOCIAL SERVICES NEWS

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

FOR IMMEDIATE RELEASE

DATE: Sept. 26, 2012

CONTACT: Margaret Allen, Catawba County Social Services Public Information Officer, mallen@catawbacountync.gov, 828-695-6583

OCTOBER SENIORS MORNING OUT ACTIVITIES TO INCLUDE FOLK ART, THE BELFAST BOYS, SCIENCE PROGRAMS

HICKORY -- The Catawba County Seniors Morning Out programs for October will include art-making activities led by folk artist Theresa Gloster, performances by The Belfast Boys, a performance by the Kontras Quartet, and a science program presented by naturalist Bruce Beerbower of the Catawba Science Center.

There are five convenient 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 manager.



Folk artist Theresa Gloster will discuss her memory paintings and lead participants in painting their own memories. The seniors will learn that there is no wrong way to create art.

The programs featuring folk artist Theresa Gloster, The Belfast Boys, 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 Maiden Seniors Morning Out meets at the Maiden Community Center, 207 E. Klutz St. On Oct 2, folk artist Theresa Gloster will lead participants in creating their own memory paintings. On Oct. 3, Dean Hastings from Transitional Transport will discuss the kinds of transportation they offer. On Oct. 8, the group will learn to make Cinnamon Apple Bites. On Oct. 9, Judy Trainum from Abingdon Glenn will give a presentation on services the company offers. On Oct. 11, Glennie Daniels of the N.C. Extension Service will give a presentation on "Food Safety at Home." On Oct. 12, Rhonda White from Brian Center East will describe the services of their Rehab Department. On Oct. 15, Kaye Ball of Home Instead Health Care will talk about the services they offer. On Oct. 18, Nicole Rieger Thomas from the Alzheimer's Association will present the latest news about Alzheimer's. On Oct. 19, the Council on Aging and Maxim Health Care will give a flu shot clinic. On Oct. 24, Melinda Ratchford of Belmont Abbey

College will give a presentation on the Titanic. On Oct. 31, Bruce Beerbower will give a presentation and the group will also enjoy a Halloween party. 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 Oct. 2, Home Instead will present a program on Care Giver Services. On Oct. 3, Bruce Beerbower of the Catawba Science Center will give a program featuring live animals. On Oct. 8, there will be a sing along with Mable Gabor. On Oct. 9, folk artist Theresa Gloster will lead the participants in creating their own art. On Oct. 11, there will be a flu clinic. On Oct. 15, the Belfast Boys will give a performance of traditional Irish music. On Oct. 16, Jackie Crump will give a program on Balloon Creations. On Oct. 17, Lisa Houston will perform. On Oct. 19, a program and video about the anniversary of the first singing of the Star Spangled Banner will be presented. On Oct. 23, The Kontras Quartet will give a performance. On Oct. 29, there will be blood pressure checks by Carolyn Thompson of Catawba Valley Medical Center. On Oct. 30, Judy Adams will give a cooking demonstration. On Oct. 31, there will be a Halloween party. To reserve your spot at any of these programs, contact Annie Williams at 828-323-8746 at least 24 hours in advance.

The East Hickory SMO meets at Highland United Methodist Church, 1020 12th Street Place NE. On Oct. 2, Tamara Krauss with the Hickory Public Library will give a presentation on "What's in an apple?" On Oct. 4, Jeff Whisenant of Catawba Valley Astronomy Club will give a presentation on "Sun and Meteors." On Oct. 10, Bruce Beerbower of the Catawba Science Center will give a program featuring live animals. On Oct 16, Rita Pritchard will give a presentation on "Is Your Diet Healthy or Just Trendy?" On Oct. 18, the group will travel to Asheville, where they will visit a Farmers' Market, the Moose Cafe and Dillard's Outlet. On Oct. 23, Tina Rippy, executive director of Hickory Manor, will give a program on Rubber Stamping Greeting Cards. On Oct 26, there will be a cooking class featuring roasted potatoes with bacon and chives. On Oct. 30, folk artist Theresa Gloster will present a program on folk art. 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 Newton SMO meets at First Presbyterian Church at 701 N. Main St. On Oct. 1, the group will learn to make a Grapevine Fall Wreath. There will be a \$2 fee for supplies. On Oct. 2, Tracey Paul of Catawba County Public Health will give a presentation on Air Quality. On Oct. 4, members of Brown's Chapel will present a skit, "The Activity Director." On Oct. 8, the group will finish the Grapevine Fall Wreath project begun on Oct. 1. On Oct. 9, Sherry Bruner of the YMCA will lead group exercises. On Oct. 10, the group will learn to make Popcorn Balls. On Oct. 15, Fara Mayfield of Hope Missionary Baptist Church will give a program on Bible Trivia and Songs. On Oct. 16, folk artist Theresa Gloster will present a program. On Oct. 18, the group will travel to Asheville to visit the Farmers' Market, Moose Cafe and Dillard Outlet Mall. On Oct. 23, the group will go bowling at Pin Station and shopping at Honey's IGA. On Oct. 24, Bruce Beerbower of the Catawba Science Center will give a program featuring live animals. On Oct. 30, Dreamie Mackie, service director at Hickory Manor, will present a program on "Decorate Your Own Halloween Treat." To reserve your spot at any of these programs, contact Robyn Curtis at 828-455-4133 at least 24 hours in advance.

The Claremont SMO is located at Bethlehem United Methodist Church at 3214 Catawba St. On Oct. 1, the group will enjoy the movie "Smitty" with popcorn. On Oct. 5, the group will have breakfast at Smokey's D's and enjoy a sing along. On Oct. 8, the group will learn about microwave recipes for potatoes from Erma Weber. On Oct. 10, Peggy Messick, a cancer resource nurse at Health First Center, will present a program on Cancer Awareness. On Oct. 12, there will be a flu shot clinic and bingo. On Oct. 16, the group will go bowling at Pin Station and shopping at Honey's IGA. On Oct. 18, Bayada Home Health will give blood pressure checks. On Oct. 23, folk artist Theresa Gloster will give a presentation. On Oct. 31, there will be an Orange Party with music by Sentimental Journey. To register for any of these days, contact site manager Wendy Thomas at 828-320-0434.

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