



## 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

**DATE: Aug. 27, 2012**

**CONTACT:** Margaret Allen, Catawba County Social Services Public Information Officer, [mallen@catawbacountync.gov](mailto:mallen@catawbacountync.gov), 828-695-6583

### SEPTEMBER SENIORS MORNING OUT ACTIVITIES INCLUDE TRIP TO PLANETARIUM

HICKORY -- Catawba County's Seniors Morning Out participants will enjoy a variety of activities during September, including a trip to the Catawba Science Center to watch a planetarium show. This project was 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. Hickory Manor and Sterling House are also sponsoring the planetarium shows and transportation to them.

Other activities planned for the month include a program on Card Stamping led by Tina Rippy of Hickory Manor, bingo, shopping at the Hickory Farmers Market, cooking demonstrations, safety and health tips, and musical performances. Seniors Morning Out is open to any county resident who is 60 or better. There are no income restrictions.

Participants can sign up for a particular day, or they can attend every day. The program is held from 8:30 a.m. to 12:30 p.m. Monday through Friday and includes a balanced lunch. All regular programs are free, although donations are accepted. There are five convenient sites throughout the county. Participants must register at least 24 hours in advance by calling the site coordinator. All locations will be closed on Monday, Sept. 3 for Labor Day.

West Hickory Seniors Morning Out is held at the Senior Citizen Center, 400 17th St. SW, Hickory. On Sept. 4, participants will play bingo followed by a presentation from the Hickory Family Pharmacy on "Are Expired Medicines Safe?" On Sept. 6, the group will go shopping at Walmart. On Sept. 10, the group will participate in a sing-along with Mable Gabor. On Sept. 11, the site will celebrate Grandparents Day by asking participants to bring in pictures of their grandchildren to share. This activity will be followed by music by Doris McManus. On Sept. 12, the group will learn the Heimlich Maneuver from Wendy Chavez of Health and Home Services. On Sept. 13, the group will enjoy a trip to Shatley Springs. On Sept. 18, participants will travel by bus to the Catawba Science Center, where they will enjoy a planetarium show. On Sept. 19, they will travel to the Hickory Farmers Market to shop for fresh produce. On Sept. 26, the group will learn about Card Stamping from Tina Rippy, executive director of Hickory Manor. To register for any of these days, call site manager Annie Williams at 828-323-8746 at least 24 hours in advance.

The East Hickory SMO is held at Highland United Methodist Church, 1020 12th Street Place NE, Hickory. On Sept. 5, the group will learn the electric slide with Gloria and the Girls. On Sept. 11, Rita Pritchard will give a cooking class on how to make Blackberry Surprise. On Sept. 13, the group will go shopping at Hamricks, followed by lunch

at Wendy's. On Sept. 14, The Clontz Family will perform. On Sept. 18, the group John 3:16 will hold a gospel sing-along. On Sept. 25, the group will travel to the Catawba Science Center for a planetarium show. On Sept. 28, the group will participate in Seniors Appreciation Day with a cookout, a live band, car show and dancing. To register for any of these days, call site manager Rita Pritchard at 828-320-5963.

The Newton Seniors Morning Out is held at First Presbyterian Church at 701 N. Main St., Newton. On Sept. 12, local artist Bill Presley will give a demonstration of landscape painting. On Sept. 13, songster and pastor Warren Marcum of the Eastern Sky Church of God will perform. On Sept. 17, the group will hear a performance from The Troubadours. On Sept. 18, the participants will go bowling at Pin Station, followed by Shopping at Honey's IGA. On Sept. 19, the group will hear a presentation on "An Apple a Day Keeps the Doctor Away." On Sept. 24, participants will hear a presentation on "Can You Believe Chocolate is Good For You?" On Sept. 25, the group will travel to the Catawba Science Center to see a planetarium show. On Sept. 27, cancer survivor Elaine Garner will share her personal experiences and discuss the warning signs of sinus cancer. To register for any of these activities, contact site manager Robyn Curtis at 828-455-4133.

The Claremont SMO is located at Bethlehem United Methodist Church at 3214 Catawba St., Claremont. On Sept. 4, the group will participate in exercise led by Sherry Brunner of the YMCA. On Sept. 6, Glennie Daniels will present "Give Your Heart a Healthy Beat." On Sept. 7, the group will have breakfast at Smokey D's followed by games of Uno. On Sept. 11, the group will travel to the Catawba Science Center to enjoy a planetarium show. On Sept. 17, the group will learn about Emergency Preparedness from Jim Dickerson. On Sept. 19, they will watch a demonstration on Cooking with Apples. On Sept. 20, the group will go to Claremont Park for a cookout and entertainment by saxophonist Tinsley Almstead. On Sept. 21, they will participate in pumpkin craft activities. To register for any of these days, contact site manager Wendy Thomas at 828-320-0434.

The Maiden SMO is located at Maiden Community Center, 207 E. Klutz St., Maiden. On Sept. 11, the group will hear a poem and participate in a remembrance of the 9/11 attacks. On Sept. 13, the group will learn about "What Causes Autumn Leaves to Change Colors?" On Sept. 17, the group will learn about Cooking with Chocolate Bars. On Sept. 20, the participants will learn how to recognize different trees in the fall. On Sept. 21, the Hoot Owl Hollar Band will perform. On Sept. 26, the group will travel to the Catawba Science Center for a planetarium show. On Sept. 27, the group will learn to recognize fall leaves by shape and color. To participate in any of these activities, contact site manager Loretta Hefner at 828-320-5966.

Seniors Morning Out is a program of Senior Nutrition Services, a part of Catawba County Social Services. There are no income requirements to participate in Seniors Morning Out; all seniors age 60+ are invited. This program depends on volunteers and local donations. If you would like to volunteer to share your talent with local seniors, or if you would just like to help out, contact Senior Nutrition Services at 828-695-5610. You may learn more about Seniors Morning Out and other Senior Nutrition programs by going to <http://www.catawbacountync.gov/dss/adult/nutrition.asp>. or by liking the program on Facebook at <http://www.facebook.com/mealsonwheelsofcatawbacounty>. Online donations may be made at <https://www.velocitypayment.com/client/catawba/socialservices/index.htm>. Donations by check should be made out to Catawba County Social Services. Write "Senior Nutrition Services" in the memo line and mail to P.O. Box 207, Newton, NC 28658.

###