



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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SENIORS MORNING OUT VISITS CATAWBA SCIENCE CENTER

HICKORY -- Approximately 170 senior citizens had the opportunity to visit the Catawba Science Center recently through the Seniors Morning Out program.

The Seniors Morning Out program offers free activities and lunch to Catawba County residents who are 60 or better. There are five convenient locations throughout the county, including Maiden, West Hickory, East Hickory, Newton and Claremont. All residents who are at least 60 years old are invited to attend; there are no income restrictions. The program operates from 8:30 a.m. to 12:30 p.m. Monday through Friday, except for holidays.

The trip to the Science Center 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 provided bus transportation for three of the sites. Two other locations were transported by Exodus Works.

The seniors were able to watch a show in the Millholland Planetarium of the Science Center. They were also able to experience many hands-on activities, including the touch tank, featuring live sea creatures such as sting rays. A Science Center educator provided additional information about the many species of fish and other types of sea life in the aquarium.

The Seniors Morning Out Program is operated through the Senior Nutrition Service of Catawba County Social Services. It relies heavily on donations and volunteers to make programming such as this possible. Anyone wishing to volunteer to provide a program for the seniors, or to just help out, is encouraged to call 828-695-5610. Donations may be



Seniors Morning Out participants board a Hickory Manor bus. The bus ride to the Catawba Science Center was an in-kind donation. For more information about how your organization can help, call 828-695-5610.

made online at www.catawbacountync.gov/dss/adult/nutrition.asp. Just click on the red "Donate Now" button.

Donations by check should be made out to "Catawba County Social Services." Be sure to write "Senior Nutrition Services" in the memo line. Mail checks to Catawba County Social Services, P.O. Box 207, Newton, N.C. 28658.



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Participants in the Seniors Morning Out program touch the sea creatures in the touch pools of the Catawba Science Center. They are (left to right) Sally Thomas, Nikki Eades, Sally Eckard and William Tucker.