



SOCIAL SERVICES NEWS

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

FOR IMMEDIATE RELEASE

DATE: June 25, 2013

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

JULY ACTIVITIES PLANNED FOR SENIORS MORNING OUT

HICKORY -- A trip to the Farmers Market, a pottery-making demonstration, and other informational and entertaining programs await Catawba County residents attending the Seniors Morning Out program in July.

The pottery-making activity will be presented by local potters Denise Lehman and Debbie Helton. It is 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).

This half-day program is available Monday through Friday at five convenient 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.

All locations will be closed July 4 in observance of Independence Day. All participants will travel by bus to the Hickory Farmers Market on July 17, where they will shop for fresh vegetables and fruit.

The West Hickory site will have the following programs: July 11, PACE@Home by Michelle Fisher; July 23, "Under the Boardwalk" skit by Claine Howard; July 30, bingo and Avoiding Heat Exhaustion with Cynthia Paterson of ResCare. To reserve your spot, contact Annie Williams at 828-323-8746.

The Newton location will have the following programs: July 3, cookout at Broyhill Park with entertainment by gospel singer Karen Kondas; July 15, the Cornfield Cloggers; July 16, the band Sentimental Journey



Daphne Hoffman of Daphne & Sons Asparagus Farms (left) talks with Emma Shuford, a Seniors Morning Out participant, during a visit to the Hickory Farmers Market last year. Catawba County Seniors Morning Out will visit the farmers market again this year.

will perform. On July 25, the group will see a pottery-making demonstration and then will learn to hand-build their own pottery. To reserve your spot, call Robyn Curtis at 828-455-4133.

The Maiden location will have the following programs: July 3, ice cream social and music by West Side Baptist Church Choir; July 10, bingo and dance by Amanda Munden; July 23, group exercise and performance by Sentimental Journey; July 24, bingo and baseball game with Bob Warchol of Pinecrest Independent Living. To reserve your spot, contact Loretta Hefner at 828-320-5966.

The East Hickory location will have the following programs: July 3, popcorn and the movie "Moon Struck;" July 11, pottery demonstration followed by an opportunity to hand-build your own pottery; July 24, performance by guitarists Joshua Patrick and Austin Pritchard. To reserve your spot, contact Rita Pritchard at 828-320-5963.

The Claremont location will have the following programs: July 16, bowling at Pin Station and shopping at Honey's grocery; July 19, safety bingo by Ray Ball of the Claremont Fire Department; July 29, popcorn and the movie "Shakiest Gun in The West." 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>.

###

Caption:

Daphne Hoffman of Hoffman Farms (left) shows some of her produce to Emma Shuford, a Seniors Morning Out participant, during a visit to the Hickory Farmers Market last year. Catawba County Seniors Morning Out will visit the farmers market again this year.