



CATAWBA COUNTY

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Department of Social Services

PRESS RELEASE

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Seniors' Morning Out plans Flu and Pneumonia shots at Breakfast Buffet

Seniors' Morning Out of Catawba County will host a breakfast buffet for seniors age 60 and older on October 28, 2005. Flu and pneumonia vaccinations will be offered, as well as crafts, clowns and entertainment by Seniors' Morning Out participants. The event will be held at Highland United Methodist Church and pre-registration is required by October 21 for the breakfast, lunch and vaccinations by calling (828) 695-5610.

The breakfast buffet will begin at 8:00 am and will include scrambled eggs, bacon, biscuits and gravy, French toast sticks, orange juice and coffee. Visitors can enjoy musical entertainment during breakfast. The flu and pneumonia vaccinations will run from 8 – 11:00 am and a bag lunch will be provided as well. There is no charge for breakfast or bag lunch; however, donations will be accepted.

Anyone with Medicare B, Blue Cross Blue Shield, Aetna, and Medicare Complete – United Health Care coverage will be able to get their flu and pneumonia vaccination free with verification of coverage and one form of identification: drivers license or social security card. The cost of the flu shot is \$25 and the pneumonia shot is \$35.00 for individuals desiring to pay privately.

Seniors' Morning Out is a social gathering for Catawba County seniors age 60 and older. SMO meets Monday through Friday from 8:30 am until 12:30 pm at five locations throughout the county. Seniors receive a nutritious meal, participate in activities like crafts and exercise, and enjoy entertainment and day trips.

All Catawba County seniors age 60 and older are encouraged to attend. "Come meet new friends and join in the fun," says Jan Shaffer, Social Work Supervisor for Catawba County Social Services.

Highland United Methodist Church is located at 1020 12th Street Place NE in Hickory. Reservations can be made through October 21 by calling (828) 695-5610.

For more information on SMO and its locations, call (828) 695-5610.

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