

Library Connections

OCTOBER 2019



catawba county
library system

MAKING. LIVING. BETTER.

828.465.8664



www.catawbacountync.gov/library

- connect
- explore
- grow

LIVEWELL @ THE LIBRARY

BUILDING A HEALTHY COMMUNITY TOGETHER

The library, in its ongoing role as a community center, connects people to the resources they need for lifelong learning and enhanced quality of life.

In collaboration with many community partners, this work includes fostering healthy minds and bodies. October is Health Literacy Month, a perfect opportunity to highlight the library's role in sharing reliable facts and resources to help people make informed decisions about their own health care.



The library has long been a source for trustworthy health information – and merges education and action, offering an array of fitness, nutrition, and gardening classes, a working garden, and

access to health and nutrition experts for added guidance and wellness checks.

With LiveWell @ the Library, the library collaboratively supports Catawba County's LiveWell initiative to nurture healthier residents – supporting healthy eating and active living and preventing chronic disease. These efforts are aligned with, and informed by, goals driven by a Community Health Assessment conducted every three years by Catawba County Public Health and community partners.

With a generous *Prescriptions for a Healthy Community* grant award* from the Institute of Museum and Library Services, community members will have new and expanded opportunities to participate in health and wellness programming at additional locations: more fitness classes

and a full array of healthy living, nutrition, and wellness workshops, including meditation groups, growing-healthy-foods classes, and health checks with nurses. Other



offerings to look for in the coming months include multiple ability levels of Zumba, yoga, and tai chi (some bilingual), along with low-impact chair dancing, belly and hula dancing, a walking book club, and ongoing

workshops to support healthy nutrition habits and cultivate mindfulness. A Couch to 5K event will be launched in the Spring of 2020 to celebrate participants' newfound confidence and health gains.

By collaborating with local health partners, the library is working to give community members every tool they need to make measurable improvements to their well-being!



"The best exercise is the exercise you actually do. The library wants to offer classes that people feel passionate about, activities that nurture the spirit as well as the body. We're giving people a chance to try lots of different activities so they can find at least one thing they love to do and continue doing it!"

– Erica Derr, Collaborative Services Librarian

**The grant was made possible by funding from the federal Institute of Museum and Library Services (IMLS) under the provisions of the Library Services and Technology Act (LSTA) as administered by the State Library of North Carolina, a division of the Department of Natural and Cultural Resources (IMLS grant number LS-00-19-0034-19).*

MAIN IN NEWTON

828.465.8665

Children / Teens / Families

Tiny to Two: Ready to Learn Storytime

Mondays at 10 am

A sweet, 20-minute storytime featuring rhymes, bounces, sensory play, and singing. Playtime follows. Ideal for newborns to age 2, but all are welcome.

Preschool: Ready to Learn Storytime

Wednesdays and Thursdays at 10 am

Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn. Ideal for children 3-5, but all are welcome.

PAWS to Read

Tuesdays, October 1, 8, 15, and 22 at 6:15 pm

Children are invited to read to one of our trained therapy dogs. Call for an appointment.

Informational Seminar for Latin Families

Monday, October 7 at 5:30 pm

Presented in Spanish

The library, along with the Catawba County Partnership for Children, is hosting a series of seminars for Latin families. This month, we're sharing resources for families with children from birth to age 5. Kids' activities and light refreshments will be provided.

Button Making

Tuesday, October 8 at 4:30 pm

Learn to assemble pin-back buttons and make your own design to advertise anything you're a fan of (a band, a movie, etc.).

Limitless Theatre: Up & Down in Nursery Town

Wednesday, October 16 at 4:30 pm

The Green Room Theatre's Limitless Theatre for Exceptional Adults (comprised of teens and adults with special needs) presents a unique story about nursery rhyme characters. The short, action-packed program is a great intro to live theater for young children and a fun show for all ages.

Costume Jewelry

Monday, October 21 at 5:30 pm

Presented in Spanish

Learn techniques you can use to create fun jewelry, and take home a piece you make! All materials provided. Registration required.

Creepy Crafts

Tuesday, October 22 at 4:30 pm

Make something creepy! We'll use tissue paper, pipe cleaners, googly eyes, and more to make spiders, bats, and other Halloween creatures. All kids are invited; younger kids may need help from their adult. Costumes welcome!

Campfire Stories and Songs

Monday, October 28 at 5 pm

Gather around an actual campfire in the library garden for spooky stories and songs. A guitar-playing adult will lead the music, and we'll have snacks, too!

Teen Halloween Hangout

Thursday, October 31 from 5:30-7:30 pm

Join us for board and video games, a spread of snacks, anime films, and crafts that feature eerie figures and objects. Costumes welcome!

Adults / Career / Tech

Tai Chi

Thursdays at 6 pm

This graceful martial art has been shown to reduce stress and anxiety while increasing flexibility and balance. Suitable for all fitness levels, open to ages 14 and up (parental signature required for teens under 18).

WorkLife Wednesday: Resumé Tune-up

Wednesday, October 2 from 10 am-2 pm

Whether you need to create a resumé from scratch or update the one you already have, book your 30-minute, individual session by calling 828.465.8665.

Career Services for Home-schooled Youth

October 2 from 10-11 am or 6-7 pm

Home-school families are invited to join the Catawba NCWorks Career Center to learn about no-cost career services and coaching for young adults 16-24. Topics include career exploration, paid internships, leadership development, financial literacy, and more.

Excel Basics

Monday, October 7 at 5 pm

Learn the basics of a spreadsheet program that lets you store, organize, and manipulate data. This class will teach basic functions like AutoSum and AutoFill. Registration required.

Zumba

Monday, October 7 at 6 pm (Class will meet at the Southwest branch October 14, 21, and 28.)

Kick off your week with this dance/movement activity that's too much fun to call exercise. Appropriate for every skill and ability level and open to ages 14+ (parental signature required for teens under 18).

English as a Second Language Classes

Mondays, October 7, 14, 21, and 28 at 5:30 pm

(beginner) and 6:30 pm (conversation/intermediate)

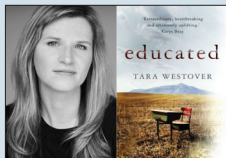
Through instruction and conversation, class participants will gain confidence and skills in speaking, reading, and comprehension. Registration required.

Excel: Formulas and Functions

Tuesday, October 8 at 5 pm

Learn to create basic formulas or use already created functions to add numbers, calculate a mortgage payment, or search for variables. Basic Excel skills required. Registration required.

EDUCATED Community Read Series



In cooperation with CVCC's community-wide read of Tara Westover's acclaimed memoir, *Educated*, the Library is presenting community-focused programs to inform members and help them make use of available resources.

Educated... About Resilience

Tuesday, October 8 at 6 pm

Westover describes events that would qualify as adverse childhood experiences (ACEs). This short presentation and book discussion with Dr. Gail Summer will explore how ACEs impacted Westover's family, as well as the people who provided her with opportunities to learn resilience and ultimately to find success.

Stories of Resiliency: Not Just Surviving but Thriving

Wednesday, October 16 at noon at CVCC's East Wing Auditorium

Hear from and about people who learned how to cope with setbacks and lead lives of purpose and meaning, rising above episodes that might otherwise have caused lasting harm.

Think Pink: Breast Cancer Awareness Luncheon

Wednesday, October 9 at noon

If you're at risk for breast cancer (women over 40 and men with a family history of male breast cancer), join us for a **free** catered meal and the information and inspiration you need to lower your risk and live well. Registration required by 5 pm on October 7: 828.465.8665.

UnBook Club for Non-Joiners

Wednesday, October 9 at 4 pm

Finally, a book club for people who don't want to read what everyone else is reading, don't want to make a commitment each month, and who definitely want food and drink options. Come to this meeting to tell others about the books you've been reading and possibly get

reading suggestions from others. Meets at Blue Moon Tavern in downtown Newton.

Excel: Sort and Filter

Wednesday, October 9 at 5 pm

Go beyond the basics of sorting data and learn about filtering options that help you quickly access information. Registration required.



Everything You Need to Know About the FAFSA

Thursday, October 10 at 5:30 pm

Skip Watts from the College Foundation will share details with students about the Free Application for Federal Student Aid. Attendees will get early access to registration for an event offering real-time, hands-on help in completing and submitting the FAFSA online.

Southern Pens Book Club

Saturday, October 12 at 10 am

This month's read is *There There* by Tommy Orange. November's selection will be *The Day the World Came to Town: 9/11 in Gander, Newfoundland* by Jim DeFede.

Friends of the Library Meeting

Monday, October 14 at 11 am

Help the library fulfill its mission by planning and participating in efforts to raise funds and increase access. Meets each second Monday.

Medline Plus

Tuesday, October 15 at 11 am

Learn to navigate the National Institutes of Health's website. Produced by the National Library of Medicine, the world's largest medical library, the site offers information about diseases, conditions, and wellness issues in easy-to-understand language. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, for free.

Black History Discussion Group

Tuesday, October 15 at 4 pm

We're gathering regularly to discuss various topics of interest about black history. This month, we'll be talking about the intersection of black history and health. Bring your curiosity and your understanding – all are welcome. Light refreshments served.

Advanced Gardener: Seed Saving & Plant Propagation

Tuesday, October 15 at 6 pm

Join Dr. George Place, Cooperative Extension director, to learn how to select and save seeds. We'll also discuss how to share favorite plants with cuttings, layering, division, and more.



Piece of Cake Book Club

Wednesday, October 16 at 10 am

PoCBC meets each third Tuesday at Whisk & Barrel in downtown Newton. October's pick is *Fahrenheit 451* by Ray Bradbury. November's selection is *The Good House* by Ann Leary.

Meditation Group

Friday, October 18 at 11 am

Meditation is the intentional practice of cultivating mindfulness. It's shown to reduce stress, lessen anxiety, lengthen attention span, increase imagination and creativity, reduce chronic pain, and increase patience. If you've been waiting for a chance to dip your toe into meditation, this is your pool.

Meet Libby

Tuesday, October 22 at 11 am

Libby is a free, user-friendly way to find 1000s of ebooks and audiobooks on the NC Digital Library. Learn how to download the app, sign in, and download a title or two. Bring your own tablet or phone so we can help set it up and have you ready to go by the time you leave.

Silent Book Club

Friday, October 25 at noon

SBC is a space for introverts to socialize, choose their level of social interaction, meet new friends, and read in companionable silence. Bring your lunch and make some headway in your to-be-read pile!

BYOP Family Pumpkin Painting Party

Saturday, October 26 at 3 pm
Come to the library before Downtown Newton's Halloween Spooktacular (4-7 pm on the Square) to decorate pumpkins for Halloween! Bring your own pumpkin, and we'll supply decorating materials and refreshments.

Market Research with NCLIVE

Tuesday, October 29 at noon
NCLIVE – a free resource of the NC library system – offers access to tools and databases that start-ups and existing small businesses can use to conduct research on industry, competitors, and potential customers. This seminar introduces NCLIVE and demonstrates how tools like ReferenceUSA, Simply Analytics, and ProQuest Entrepreneurship can be utilized.

Get Smart About Your Credit Workshop

Tuesday, October 29 at 5:30 pm
Operation Hope financial wellness coach Rita Purvis will be on hand so you can learn how to read your credit report, establish or improve your credit score, and correct errors that may negatively affect your credit rating. Registration required: 828.465.8665.

CLAREMONT

828.466.6817

Children / Teens / Families**Hallo-STEAM: Candy Pumpkin Catapults**

Thursday, October 10 at 4 pm
Kids, test out your engineering skills as you create your own candy pumpkin catapult!

Limitless Theatre: Up & Down in Nursery Town

Wednesday, October 23 at 4:30 pm
The Green Room Theatre's Limitless Theatre for Exceptional Adults (comprised of teens and adults with special needs) presents a unique story about nursery rhyme characters. The short, action-packed program is a great intro to live theater for young children and a fun show for all ages.

Adults / Career / Tech**Murder Mystery Party: Zombies**

Saturday, October 26 at 11 am
Enjoy a fun, mafia-style whodunit game. There will be bad guys. There will be good guys. Some will be zombies. Try to discover who's who – before it's too late! For teens and adults. Costumes encouraged. Registration required.

Upcoming! Books Between Friends Book Club

Tuesday, November 19 at 6 pm
Anticipating the author's visit to Lenoir-Rhyne University on November 7, the book club's November selection is Tommy Orange's award-winning novel, *There There*. All are invited. The book club meets in alternating months.

CONOVER

828.466.5108

Children / Teens / Families**Tiny to Two: Ready to Learn Storytime**

Wednesdays at 10 am
A sweet, 20-minute storytime featuring rhymes, bounces, sensory play, and singing. Playtime follows. Ideal for newborns to age 2, but all are welcome.

Preschool: Ready to Learn Storytime

Fridays at 10 am
Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn. Ideal for children 3-5, but all are welcome.

Ident-a-Kid

Tuesday, October 1 at 5 pm
The Catawba County Sheriff's Office is offering a free identification service. In the event of an emergency, child ID cards provide crucial information. Available for children of all ages.

Halloween Costume Swap & Shop

Saturday, October 12 from 11 am-1 pm
Bring your gently worn costumes and leave prepared for this year's holiday! Shop and swap for costumes for ages birth to 18 while supplies last – for free! Come with or without a costume and join the fun!

Yoga for All Ages

Saturday, October 19 at 11 am

Great for beginners, families, and advanced students! Please bring your own mat or towel.

**Halloween Party**

Friday, October 25 from 4-6 pm
Trick or treat at the library and enjoy games and pumpkin painting! Costumes encouraged.

Limitless Theatre: Up & Down in Nursery Town

Wednesday, October 30 at 4:30 pm
The Green Room Theatre's Limitless Theatre for Exceptional Adults (comprised of teens and adults with special needs) presents a unique story about nursery rhyme characters. The short, action-packed program is a great intro to live theater for young children and a fun show for all ages.

Adults / Career / Tech**Murder Mystery Party: Zombies**

Saturday, October 5 at 10 am
Enjoy a fun, mafia-style whodunit game. There will be bad guys. There will be good guys. Some will be zombies. Try to discover who's who – before it's too late! For teens and adults. Costumes encouraged. Registration required.

Craftsman Collaborative: Home Brewing

Tuesday, October 8 at 6 pm
Each month in the Craftsman Collaborative series, we feature a new artisan to talk about his or her work and walk us through creating our own versions. In October, we'll discuss the basic equipment needed and the proper steps that a beginner can take to brew and bottle a very good quality beer. To share your talent with a future class, please contact the branch.

**Catawba Valley Writers Club**

Tuesday, October 15 at 6 pm
Join us for our monthly meeting, as fellow writers discuss, evaluate, and share their works. If you enjoy writing fiction, poetry, or creative non-fiction, or just take delight in putting words on paper, this group is for you!

MAIDEN

828.428.2712

Children / Teens / Families**Preschool: Ready to Learn Storytime**

Thursdays at 10 am
Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn. Ideal for children 3-5, but all are welcome.

Preteen Council Meeting and Book Club

Thursday, October 10 at 4 pm
In our preteen book club, we'll be discussing *The Graveyard Book* by Neil Gaiman – or whatever book you've been reading lately. Preteen Council will meet at the beginning of book club to discuss final plans for SpookyCon! Ages 10-13 welcome at both programs.

SpookyCon

Saturday, October 19 from 10 am-1 pm
Get a jumpstart on Halloween festivities at SpookyCon, a mini-con based on all things spooky! The program will include a cosplay/costume contest, pin-back button-making workshop, and spooky Photoshop tutorial. Treats and prizes will be provided. Ages 11+.

**STEAM: Pumpkin Chunkin'**

Tuesday, October 29 at 6:30 pm
In this engineering and design project, kids will be guided to create their own mini catapults out of popsicle sticks, which they'll use to launch candy pumpkins and marshmallows. Then, they'll apply Newton's three laws of motion to the forces and motion of their pumpkins. For ages 5-10, but all are welcome.

Adults / Career / Tech**Resumé and Job Application Workshop**

Wednesday, October 9 from 9:30 am-noon
Whether you need to create a new resumé, update your current resumé, or work through the job application process, book a 30-minute, individual session by calling 828.428.2712.

Advanced Gardener: Seed Saving & Plant Propagation

Tuesday, October 22 at 6:30 pm
Join Dr. George Place, Cooperative Extension director, to learn how to select and save seeds. We'll also discuss how to share favorite plants with cuttings, layering, division, and more.

SHERRILLS FORD-TERRELL

828.466.6827

Children / Teens / Families**Preschool: Ready to Learn Storytime**

Wednesdays and Thursdays at 10 am
Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn. Ideal for children 3-5, but all are welcome.

Tiny to Two: Ready to Learn Storytime

Fridays at 10 am
A sweet, 20-minute storytime featuring rhymes, bounces, sensory play, and singing. Playtime follows. Ideal for newborns to age 2, but all are welcome.

STEAM Explorers: Candy Catapults

Wednesday, October 16 at 4 pm
Kids 7-13 are invited to learn about science concepts through hands-on experience. Join us this month as we engineer catapults and compete against each other to see who can launch candy the farthest.

Pre-K STEAM: Tinker Time

Monday, October 21 at 4 pm
Children 3-6 are invited for guided play and learning in our construction zone. Kids can show off building skills, play pretend with construction toys, and enhance fine motor skills.

Adults / Career / Tech**Mystery Mavens Book Club**

Tuesday, October 1 at 6:30 pm
Join us for a lively discussion of *The Word is Murder* by Anthony Horowitz. November's read is *The Kill Artist* by Daniel Silva.

Tai Chi for Healthy Living

Fridays, October 4, 11, 18 and 25 at 11 am
This series aims to increase activity levels, enhance fitness, and prevent falls in adults. Newcomers are asked to complete a survey and sign a waiver, so come early to your first class. To register, call Neighbors Network at 828.464.1111.

Meet Libby

Wednesday, October 9 from 4-5 pm (drop-in)
Learn about Libby (we'll also look at Overdrive!), a free app that lets you download 1000s of ebooks and e-audiobooks. Use your library card to search for content to download. Bring your own device for instant access.

Author Visit: Tommy Tomlinson

Tuesday, October 15 at 6:30 pm at Rehobeth United Methodist Church (9297 Sherrills Ford Road, Terrell, NC 28682)
Local author Tomlinson will discuss his memoir, *The Elephant in the Room: One Fat Man's Quest to Get Smaller in a Growing America*. Tommy is a nationally known author and was

a columnist for the *Charlotte Observer*, where he was a finalist for the 2005 Pulitzer Prize in commentary. Sponsored by The Friends of the Sherrills Ford-Terrell Library.

What's the Hoopla About?

Tuesday, October 22 from 4-5 pm (drop-in)
Learn about Hoopla, a free app that lets you download music, movies, ebooks, audiobooks, and graphic novels. Use your library card for content to download or stream immediately. Bring your own device for instant access.

SOUTHWEST
828.466.6818

Children / Teens / Families

Preschool: Ready to Learn Storytime

Wednesdays at 10 am and Thursdays at 11 am
Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn. Ideal for children 3-5, but all are welcome.

Paws to Read with Mini

Tuesdays, October 8 and 22 from 4-6 pm
Elementary-aged children are invited to read to Mini, a certified therapy dog. Please sign up for a 15-minute session. Grades K and up.

STEAMed Apples

Monday, October 21 at 5:30 pm
School-age children will learn about apples, conduct experiments, create art, and put their culinary skills to use! For ages 7+; younger children will need to be assisted by an adult.

TeenTober: A Monster Calls

Tuesday, October 22 at 5:30 pm
Teens and preteens are invited to talk about *A Monster Calls* by Patrick Ness. Following the discussion of the middle-school Battle of the Books title, we'll watch the movie. PG-13.

Adults / Career / Tech

Mountain View Book Buzz

Tuesday, October 8 at 6 pm
Join us this month for a discussion of *The Art of Racing in the Rain* by Garth Stein. November's read is *Ask Again, Yes* by Mary Beth Keane.

Zumba

Mondays, October 14, 21, and 28 at 6 pm
Kick off your week with this dance/movement activity that's too much fun to call exercise. Appropriate for every skill and ability level and open to ages 14+ (parental signature required for teens under 18).

Career Assessments: NCLIVE

Monday, October 14 at 6 pm
What do you want to be when you grow up? Participants will be able to explore Ferguson's Career Guidance Center and take an online assessment that offers guidance about making personalized career choices.

Catawba Songwriters

Tuesday, October 15 at 6 pm
Adults and teens are invited to share their musical talents while learning from one another. Bring a finished song or one that's in progress to share with the group.

Educated...About Off-Grid Entertainment

Tuesday, October 29 at 6 pm
Using basic materials, participants will build their own homemade antenna. Tools are provided, but attendees are asked to bring pliers and regular and Phillips screwdrivers if they have them. Registration required.

ST. STEPHENS
828.466.6821

Children / Teens / Families

Preschool: Ready to Learn Storytime

Wednesdays & Thursdays at 10 am; Tuesday evenings at 6 pm

Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn. Ideal for children 3-5, but all are welcome.

Origami Corner Bookmarks

Monday, October 7 at 6 pm
Learn basic paper-folding techniques to create your own origami bat or cat bookmark that will help you sink your teeth into your favorite book. Ages 10 and up. Registration required.

Autumn Craft: Fall Luminary

Friday, October 11 at 4 pm
Teens, join us to create a beautiful luminary you can use to decorate your home for the season. Registration required.

STEAM: Halloween Slime

Thursday, October 17 at 4 pm
Making slime is actually chemistry! Our short lesson is a perfect way to introduce the science and fun behind slime. All materials provided.

Family Halloween Movie: Hocus Pocus

Friday, October 18 at 4 pm
Join us for this classic film about a trio of witches trying to become immortal! Popcorn and a beverage will be served. PG-13.



Safe Kids Car Seat Safety

Thursday, October 24 from 10:30 am-12:30 pm
Safe Kids Catawba and St. Stephens Fire Department will show you how to make sure your car seat is fitted and installed correctly to ensure your loved one is riding safely.

Movie at the Library: Secret Life of Pets 2

Friday, October 25 at 3:30 pm
See what Max and his pet friends get up to after their owners leave for work or school! Popcorn and a beverage will be served. PG-13.

Adults / Career / Tech

English as a Second Language Classes

Saturdays, October 5, 12, 19 & 26 at 9 am
Through instruction and conversation, participants will gain confidence and skills in speaking, reading and comprehension. For details, call the library at 828.466.6821 or Centro Latino at 828.330.0477.

Adult Coloring Club: Witches, Pumpkins, and Other Spooky Things

Saturday, October 5 at 2 pm
Color your stress away! We'll provide the coloring sheets, markers, and crayons.

Drop-in Tech Help

Wednesday, October 9 at 4 pm
Do you need a technology refresher? Are you trying to figure out a new device? Bring your smartphone or tablet to our drop-in program and we'll assist you.

The Power of Positive Parenting

Monday, October 14 at 6 pm
This seminar offers practical tips for managing common parenting challenges and helping families develop loving relationships. Presented by the Children's Resource Center. Registration suggested: 828.695.6565.

St. Stephens Book Club for Adults

Monday, October 14 at 6:30 pm
We're starting a book club and everyone who loves reading is invited! This month, come talk about a book by an author you haven't read before: what you liked and any other information you learned. Invite a friend, too!

Raising Confident, Competent Children

Monday, October 21 at 6 pm
This seminar will give parents ideas to help children become self-confident and capable. Presented by the Children's Resource Center. Registration suggested: 828.695.6565.

Technology Program: Gale Legal Forms

Wednesday, October 23 at 10 am
Whether you're making a living will, settling a landlord/tenant dispute, or looking for forms for legal transactions, Gale can help. Learn to access and print the forms you need.

Raising Resilient Children

Monday, October 28 at 6 pm
This seminar provides parents with ideas for teaching kids how to bounce back after day-to-day disappointments. Presented by the Children's Resource Center. Registration suggested: 828.695.6565.

LIBRARY TO GO

Conover National Night Out

Tuesday, October 1 from 6-9 pm at Conover City Park (361 5th Ave SE)
This event draws community support for law enforcement and features vehicles and equipment, as well as live entertainment, inflatables, hay rides, and hot dogs.



Catawba Library to Go Stop

Thursday, October 3 and Friday, October 18 from 10 am-6 pm at Redeemer Lutheran Church (200 S Main St, Catawba)
Check out items, get help with computer and device questions, and much more!

Foothills Folk Art Festival

Saturday, October 5 from 10 am to 4 pm in downtown Newton
Enjoy art exhibits and entertainment and join the library in making pieces of community art.



Recovery Halloween Spooktacular

Saturday, October 26 from noon-6 pm at 425 7th Ave SW, Hickory
Join us for food, games, music, a costume contest, and prizes as we celebrate a family-friendly, sober Halloween. Organized by Integrated Care of Greater Hickory.

Catawba Trunk or Treat

Thursday, October 31 from 6-8 pm on Main Street in downtown Catawba
Drop by for a treat and show us your costume!

SYSTEMWIDE

Open Enrollment for Medicare

Call for an appointment.
Medicare plans can change each year. During open enrollment, you have the opportunity to change your coverage. Take advantage of a one-on-one consultation with a rep from the Council on Aging to review your needs and select the best Medicare plan for you. Make a reservation for Newton or Sherrills Ford: call 828.328.2269.

Upcoming! Digital Book Club

Thursday, December 19 at noon
Our digital book club, customized for folks who read with the Overdrive and/or Hoopla apps, 'meets' at Club Goodreads [https://www.goodreads.com/group/show/883104-digital-book-club]. Our fourth quarter selection is *The Book Woman of Troublesome Creek* by Kim Michele Richardson.



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