



## 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

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### JUNE ACTIVITIES FOR SENIORS MORNING OUT ANNOUNCED

HICKORY -- Participants in Catawba County's Seniors Morning Out program will enjoy a variety of activities during the month of June.

SMO is a free program for any person in Catawba County who is 60 or better. The half-day programs are held in five convenient locations throughout the county. They include fun and educational activities and a hot lunch. SMO operates from Monday through Thursday mornings, except for scheduled holidays. Transportation to and from the sites are available along limited bus routes. For more information about the SMO location nearest you, call 828-695-6510, or contact one of the site supervisors. To participate in a particular day's activities, please contact the site supervisor at least 24 hours in advance to reserve your place. A few of the June highlights are as follows.

At the West Hickory SMO: June 10, Dance Performance by The Ridgeview Sliders; June 17, Entertainment by Accordionist Dave Orlandi; June 18, Learn to Make Dishcloth Bikinis; June 23, Oil Painting by Bill Pressley; June 24, Home Safety and Blood Pressure Check by Carolyn Thompson, RN. To reserve your spot, contact Lisa Adams at least one day in advance by calling 828-323-8746.

At the Newton SMO: June 2, Talk by Local Artist Eddie Hamrick; June 3, Music by Sentimental Journey; June 11, Know the 10 Signs of Alzheimer's Disease by Meghan Lawton of the Alzheimer's Association of Western Carolina; June 19, Be Pampered by Independent Beauty Consultant Ginger Rocket; June 23, Medicare and Fraud Scams by Diane Trainor, Division of NC Medicare Fraud; June 30, Cooking Class, How to Make a Low Fat Truffle by Hattie Shakeshaft. To reserve your spot, call Robyn Curtis at 828-455-4133.

At the Maiden SMO: June 4, Ice Cream Social and Bowling Game; June 10, Bingo and Group Singing; June 16, Medicare Fraud by Diane Trainor, Division of NC Medicare Fraud; June 18: Group Exercise-Walking and Corn Hole Game; June 24, Bingo and Music by Sentimental Journey. To reserve your spot, call Loretta Hefner at 828-320-5966.

At the East Hickory SMO: June 17, Fall Prevention with Keith Gray of Visiting Angels; June 23, Dancersize and Bingo; June 25, Men's Health Program and Corn Hole Game; June 30, Cardio Exercise and Bingo. To reserve your spot, contact Rita Pritchard at 828-320-5963.

The Claremont SMO: June 10, Prevention and Signs of a Stroke by Angela Whisnet, Catawba Valley Medical Center; June 11, Father's Day Celebration with Music by Damascus Road Band; June 18, How to Make Chicken Salad for One by Debi Lowman, Brookdale Senior Living; June 24, Medicare Fraud by Diane Trainor, Division of NC Medicare Fraud; June 30, Veritas Senior Benefits by Bob Warchol. To reserve your spot, contact Wendy Thomas at 828-320-0434.

Seniors Morning Out and other Senior Nutrition Services rely heavily on volunteers and donations. If you would like to share your talents or just help out, call 828-695-5610. You may make a donation by making out a check to Catawba County Social Services and putting Senior Nutrition Services in the memo line. Mail your donation to Catawba County Senior Nutrition Services, P.O. Box 207, Newton, NC 286758. You may also make a secure donation online by going to <http://www.catawbacountync.gov/dss> and clicking on the red "Donate Now" button. For the latest updates on this program, like us on Facebook at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>.

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