

**FOR IMMEDIATE RELEASE**

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**HICKORY** -- A group of 75 participants in the Catawba County Seniors Morning Out program were able to shop at the Hickory Farmers Market thanks to two area churches.

Jim Meade, a member of the Hickory Farmers Market Board, heard that the program needed transportation to the market. He arranged for First Baptist Church of Hickory and Mountain View Baptist Church to provide buses and vans to transport the senior citizens to the market so that they could shop for fresh vegetables and fruits. Church members Woody Tucker, Robert Conley and Butch Pitts volunteered to drive the buses and vans.

Seniors Morning Out is a program for county residents who are 60 or better. It provides activities and a balanced lunch five mornings a week, except for holidays. There are five sites in the county where the groups meet. This program is free to participants, regardless of income. Many of the participants are not able to drive and rely on public transportation to attend the program.



Robert Conley helps members of the Seniors Morning Out program board a bus after their shopping trip to the Hickory Farmers Market. Mountain View Baptist Church and First Baptist Church of Hickory donated the use of several buses and vans to make the trip possible. Seniors Morning Out provides free activities and a balanced lunch five mornings a week for anyone in the county who is 60 or better. For more information, call 828-695-5610.

"We try to have occasional outings," said Jan Shaffer, supervisor of the program. "We really rely on volunteers and businesses who are able to help us maintain our high quality of programming. Without their help, we would not be able to offer as many services to our SMO participants."

If you would like to volunteer or make a donation to help sustain this program, please contact Senior Nutrition Services at 828-695-5610. You may donate by making out a check to Catawba County Social Services and writing "Seniors Morning Out" in the memo line. Checks should be mailed to Senior Nutrition

Services, P.O. Box 207, Newton, NC 28658. You may find out more or make an online donation by going to <http://www.catawbacountync.gov/dss/adult/nutrition.asp>. More information is also available on Facebook at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>.

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