



SOCIAL SERVICES NEWS

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

FOR IMMEDIATE RELEASE

DATE: January 18, 2018

CONTACT: Jan Shaffer, Catawba County Social Services Nutrition Supervisor,
jans@catawbacountync.gov, 828-695-5610

SENIORS MORNING OUT ACTIVITIES TO INCLUDE VALENTINE'S DAY PARTIES, HEART HEALTH CLASSES, AND CELEBRATIONS OF BLACK HISTORY MONTH

HICKORY – Seniors Morning Out participants will enjoy a variety of activities in February including Valentine's Day Parties, Heart Health Classes, and celebrations of Black History Month.

Any resident of Catawba County who is 60 or better is invited to join Seniors Morning Out, which is held between 8:30 a.m. and 12:30 p.m. Monday through Thursday at five convenient locations. A hot, balanced lunch is served each day. Programs are free to participants, who may pick and choose which days to attend. Bus transportation to and from the sites is available in some locations.

Other program highlights are as follows.

At the Newton site, located at First Presbyterian Church, 701 N. Main Ave., Newton: Feb 1, Rev. Daniel Brank to sing; Feb 5, Craft Class-How to Fake Stained Glass-Valentine Picture; Feb 6, Shopping at Walmart and Lunch at Kick Back Jack's; Feb 8, Obsessive Compulsive Disorder with Jeff Dula, Vaya Health; Feb 15, 5 Plants In Your Bedroom That Will Cure Insomnia; Feb 19, Celebrate Black History Month-Documentary: "What Happened, Miss Simone?" and a catered Soul Food lunch (\$6); Feb 21, Cooking Class and Nutrition-Baked Cabbage Steaks; Feb 22, Facts About Onions You Will Not Believe; Feb 26, 2018 Insurance Changes with Renee Smith from Insurance Services; Feb 27, Bowling and lunch at Pin Station then shopping at Dollar General. If you would like to participate in any of these activities, call Robyn Curtis at 828-455-4133 at least two days in advance.

At the West Hickory site, located at the West Hickory Senior Center, 400 17th St. SW, Hickory: Feb 1, Black History Trivia and Presentation from Sam Hunt, President of Hickory Branch of NAACP; Feb 5, Celebrating Black History Month with African Dress Fashion Show; Feb 7, Craft Class-Love Shacks; Feb 8, Family Feud and Music by Sentimental Journey; Feb 14, Valentine's Day Party and presenting of King and Queen; Feb 15, Shopping at Walmart; Feb 19, Power of Attorney and Living Wills with Rev. Sandi Hood, Director-Community Outreach Catawba Regional Hospice; Feb 20, Obsessive Compulsive Disorder with Jeff Dula, Vaya Health; Feb 28, Cooking Class-Lemon Bars and When the Power Goes Out-When and What to Through Out. If you would like to participate in any of these activities, contact Lisa Adams at 828-323-8746 at least two days in advance.

At the East Hickory site, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: Feb 1, Pastor Katie Jennings from the Rock Church speaking on Black History Month; Feb 6, Breakfast at Four Peas in a Pod and Shopping at Walmart; Feb 8, American Heart Health: Heart Healthy Foods; Feb 12, St. Paul's Choir to Perform; Feb 14, Valentine's Lunch at NY Hibachi Grill and Shopping at Dollar Tree; Feb 19, Proper Hand Washing and Bingo;

Feb 20, Shopping at Walmart; Feb 27, Cooking Class-Heart Healthy Whole Grain Toast and Peanut Butter. If you would like to participate in any of these activities, contact Rita Pritchard at least two days in advance by calling 828-320-5963.

At the Catawba site, located at Hopewell United Methodist Church, 2211 Hopewell Church Road, Sherrills Ford: Feb 6, Bowling at Pin Station and Shopping at Walmart; Feb 7, Basketball and Kickball; Feb 8, E.coli Prevention, Symptoms, and Treatment; Feb 14, Valentine Party and Presenting King and Queen; Feb 15, Music by “Seniors on the Move”; Feb 20, Poem of the Day and Music by Fred Wilson.; Feb 21, Celebrate National Breakfast Month with breakfast biscuits and Black History Month with an African Dance by Betty Primus; Feb 22, Crafts with Tonya Jarnac; Feb 26, Shopping at Dollar Tree and Lunch at Golden Corral; Feb 28, Top 10 Alkaline Foods for Vibrant Health. If you would like to participate in any of these activities, call Wendy Thomas at 828-320-0434 at least two days in advance.

At the Maiden site, located at the Maiden Community Center, East Second Street and Klutz Street, Maiden: Feb 1, Diabetic Management and Empowering with Doreen King (repeats every Thursday); Feb 5, Cooking Class-Valentine Heart Sandwiches; Feb 12, Recognition of Senior Nutrition; Feb 13 Obsessive Compulsive Disorder with Terry Spencer, Vaya Health; Feb 14, Valentine’s Day Party and Bingo; Feb 19, Dealing with the Loss of a Family Member with Annette Walker, Catawba Regional Hospice; Feb 20, Blood Pressure Checks with Lupe Avalos, CVMC and Chair Exercises with Ivan, ECU Student; Feb 26, Nutrition Fact or Fiction; Feb 27, Sentimental Journey to perform. If you would like to attend any of these programs, please call Loretta Hefner at 828-320-5966 at least two days in advance.

Seniors Morning Out is operated by Senior Nutrition Services of Catawba County Social Services and is in need of volunteers to assist with the program between 8:30am and noon, Monday – Thursday. Please call 695-5617 if interested. In addition to SMO, Senior Nutrition Services operates Meals on Wheels and related programs in the county. Additional volunteers are urgently needed to deliver Meals on Wheels. You can volunteer as little as one and a half hours a month. The program is also conducting its annual fund-raising drive at this time. To find out more, contact Senior Nutrition at 828-695-5610 during regular business hours, 8 a.m. to 5 p.m. Monday through Friday, except for holidays. For the latest updates, like their Facebook page at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>, or visit their website at <http://www.MealsonWheelsofCatawbaCounty.org>.

Catawba County Senior Nutrition Services is a United Way funded partner. Catawba County United Way’s mission is to increase the organized capacity of people to help others by mobilizing the caring power of our community. For more information, locate us on Facebook, 828-327-6851 or www.ccunitedway.com

###