

Catawba Seniors Morning Out For October

Catawba County Social Services

HICKORY, N.C. –Participants will enjoy a variety of activities in October including musical performances, crafting classes, cooking demonstrations and Animal Encounters with the Catawba Science Center that are supported by Arts Culture Catawba through the North Carolina Arts Council, with funding from the state of North Carolina.

Any resident of Catawba County who is 60 or older is invited to join Seniors Morning Out, which is held Monday through Thursday mornings 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: Oct 2, musical performance by Cameron Matthews; Oct 7, crafts: paper pumpkins; Oct 8, Animal Encounters with Catawba Science Center; Oct 10, Winter Readiness with Frank Ballentine, Catawba County EMS; Oct 14, Medicare scams with Dianne Trainer; Oct 16, Minute to Win It games; Oct 17, cooking class: easy pasta salad with Danielle; Oct 23, Schizophrenia and Psychosis with Partners Health; Oct 28, crafts: fall mosaic art; Oct 30, musical performance by Cody Newton. If you would like to participate in any of these activities, please contact Danielle Hicks at 828-455-4133 at least two days in advance.

At the East Hickory site, located at First United Methodist Church, 311 3rd Ave NE, Hickory: Oct 1, vegetarian cooking demo; Oct 3, Halloween movie and trivia; Oct 7, fall build-a-word challenge; Oct 9, Animal Encounters with Catawba Science Center; Oct 10, musical performance by Blue Ridge Edition; Oct 14, blood pressure checks and eating on a budget with Carolyn Thompson, CVHS; Oct 17, Fire and Burn Prevention with Melanie Sigmon,

Catawba County EMS; Oct 21, Dementia Safety with Partners Health; Oct 23, Sing-a-long with Suzi Q: Sentimental Journey with Jennifer Williams, Hickory Public Library; Oct 28, Massage, Reiki, and Meditation. If you would like to participate in any of these activities, please contact Suzi Caesar at 828-320-5963 at least two days in advance.

At the North Hickory site, located at Sandy Ridge Baptist Church, 3702 16t St NE, Hickory: Oct 7, Animal Encounters with Catawba Science Center; Oct 8, crafts: pumpkin spice jar; Oct 10, musical performance by Seniors on the Move; Oct 15, blood pressure checks and Eating on a Budget with Carolyn Thompson, CVHS; Oct 16, Sing along with Suzi Q: Sentimental Journey with Jennifer Williams, Hickory Public Library; Oct 21, Dementia and Safety with Partners Health; Oct 22, cooking class: roasted nuts for trail mix; Oct 28, Fire and Burn Prevention with Melanie Sigmon, Catawba County EMS; Oct 30, crafts: candy corn gift boxes. If you would like to participate in any of these activities, please contact Cherie Grambow at least two days in advance by calling 828-323-8746.

At the Claremont site, located at Mt. Calvary Lutheran Church, 3180 W Main St, Claremont: Oct 3, musical performance by Seniors on the Move; Oct 9, cooking class: 3 ingredient apple cake; Oct 10, Animal Encounters with Catawba Science Center; Oct 14, Library to Go with Sam Woolhiser; Oct 15, crafts with Tonya Jarnac; Oct 16, blood pressure checks and Eating on a Budget with Liliana Adrian, CVHS; Oct 22, Schizophrenia and Psychosis with Partners Health; Oct 23 , musical performance by Cody Newton; 10/24, musical performance by Sentimental Journey; Oct 29, Fire and Burn Prevention with Melanie Sigmon, Catawba County EMS; Oct 30, Activity with Sherrills Ford Library. If you would like to attend any of these programs, please call Kayla Smith at 828-320-0434 at least two days in advance.

At the Maiden site, located at the Maiden Community Center, 207 E Klutz St, Maiden: Oct 1, Schizophrenia and Psychosis with Partners Health; Oct 2, 100 is the New 80: Who will inherit longevity? With Rhonda Rhoderer, Genealogist; Oct 3, Fire and Burn Prevention with Melanie Sigmon, Catawba County EMS; Oct 7, cooking class: mini breakfast omelet with Teresa Slaughter; Oct 10, coffee and chat with Nathaniel Austin; Oct 14, Animal Encounters with Catawba Science Center; Oct 17, Hearing Screenings with Cynthia Harmon, Div of Services for the Deaf and Hard of Hearing and Services for the Low Vision, Aaron Cochran, NC Division of Services for the Blind; Oct 21, cooking class: pumpkin pancakes; Oct 24, musical performance by Cameron Matthews; Oct 29, blood pressure checks and Eating on a Budget with Carolyn Thompson, CVHS. If you would like to attend any of these programs, please call Lisa Adams at 828-320-5966.

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 828-695-5610, if interested. In addition to SMO, Senior Nutrition Services operates Meals on Wheels and related programs in the county. You can volunteer as little as 1.5 hours a month. To find out more, contact Senior Nutrition Services at 828-695-5610 during regular business hours, 7 a.m. to 4 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