

Catawba Seniors Morning Out For August

Catawba County Social Services

HICKORY, N.C. –Participants will enjoy a variety of activities in August including a trip to the farmers market, crafting classes, and cooking demonstrations.

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: Aug 5, crafts: frog flower pot; Aug 7, Hickory Farmers Market; Aug 12, cooking class: squash casserole with Coleen; Aug 13, Amanda Duncan with Board of Elections; Aug 14, musical performance by Cody Newton; Aug 19, crafts: painting landscapes; Aug 21, musical performance by Cameron Matthews; Aug 26, clay crafts; Aug 27, blood pressure checks and “Silent” Heart Attacks with Carolyn Thompson, CVHS; Aug 28, Dementia Sensory with Partners Health. 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: Aug 1, photo shoot with Cornelia Faddoul; Aug 7, cooking class: broccoli salad with Kathy Potter; Aug 8, Dementia Sensory with Partners Health; Aug 13, crafts: mandala dot painting; Aug 14, Family Feud; Aug 15, musical performance by Cameron Matthews; Aug 19, Amanda Duncan with Board of Elections; Aug 21, Hickory Farmers Market; Aug 28, Classical Musicals: Clips and Trivia with Jennifer Williams, Hickory Public Library; Aug 29, Putt-Putt. 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: Aug 6, blood pressure checks and “Silent” Heart Attacks with Carolyn Thompson, CVHS; Aug 7, Hickory Farmers Market; Aug 8, Basic First

Aid with Melanie Sigmon, Catawba County EMS; Aug 12, crafts: painting beach gnomes; Aug 14, musical performance by Cameron Matthews; Aug 15, cooking class: mini lemon meringue pies; Aug 19, Dementia Sensory with Partners Health; Aug 20, Amanda Duncan with Board of Elections; Aug 21, Classical Musicals: Clips and Trivia with Jennifer Williams, Hickory Public Library; Aug 26, Emergency & Hazard Preparedness with Frank Ballentine, Catawba County EMS. 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: Aug 6, cooking class: cowboy caviar with Kayla Smith; Aug 7, blood pressure checks and “Silent” Heart Attacks with Carolyn Thompson, CVHS; Aug 8, crafts with Mt. Calvary Youth; Aug 13, Basic First Aid with Melanie Sigmon, Catawba County EMS; Aug 14, Hickory Farmers Market; Aug 15, Library to Go with Sam Woolhiser; Aug 21, Amanda Duncan with Board of Elections; Aug 22, Dementia Sensory with Partners Health; Aug 27, crafts with Tonya Jarnac; Aug 28, musical performance by Cody Newton; Aug 29, musical performance by Sentimental Journey. 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: Aug 1, Basic First Aid with Melanie Sigmon, Catawba County; Aug 7, crafts: mason jar lid flowers with Lisa; Aug 8, coffee chat with Nathaniel Austin; Aug 12, cooking class: beach bread with Teresa Slaughter; Aug 19, Spelling Bee; Aug 20, blood pressure checks and “Silent” Heart Attacks with Carolyn Thompson, CVHS; Aug 21, team work: fairy houses; Aug 26, Amanda Duncan with Board of Elections; Aug 28, Hickory Farmers Market; Aug 29, clay sculpting. 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