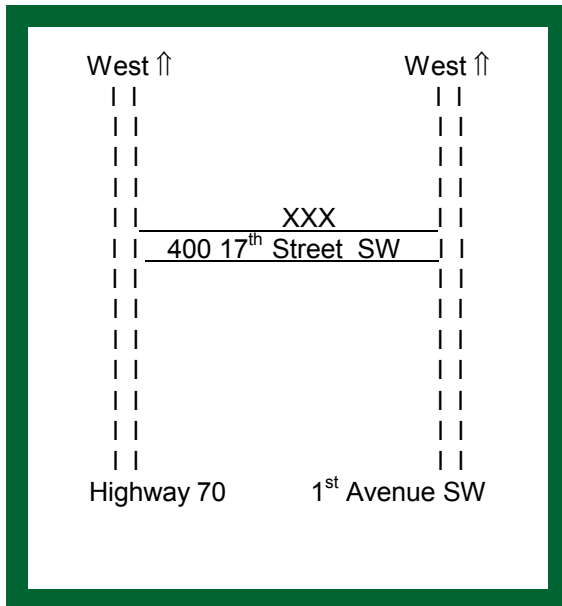


## How do I get involved?

There is no membership fee required to join in the fun and fellowship at the Senior Center. To find out what we offer, call the Council on Aging and request a copy of our free newsletter, *"The Scope"*. It will list our current activities, plus any costs associated with classes or special events.

## Where are you located?

Our Center is located at 400 17<sup>th</sup> Street SW. For directions, you are welcome to call our office, 828-328-2269. Green information signs (that point to our location) are posted on Highway 70 SW and First Avenue SW .



## History of the COA

The Catawba County Council on Aging was organized and founded in 1976 to meet the needs of the senior residents of Catawba County. The West Hickory Senior Center was built in 1979 to provide space for senior citizens to meet for fellowship, classes, and special events, and to house the Council on Aging office. The Catawba County Council on Aging operates the West Hickory Senior Center. We are a non-profit organization with a governing Board of Directors comprised of Catawba County residents. Funding for the Council on Aging is provided through grants from Catawba County, the State of North Carolina, and private donations. All contributions are tax-deductible to the extent provided by law.



*Enhancing the quality of life for older adults in Catawba County.*

## Catawba County Council on Aging



**West Hickory Senior Center**  
**400 17<sup>th</sup> Street SW**  
**PO Box 835**  
**Hickory NC 28603**

**phone: 828-328-2269**  
**fax: 828-328-8885**

**e-mail: [catawbacoa@charter.net](mailto:catawbacoa@charter.net)**  
**website: [www.catawbacoa.org](http://www.catawbacoa.org)**

## Classes

Our center offers a variety of classes, including *ceramics, "brain games", knitting and crocheting, drawing and painting, holiday decorating, and medicinal herbs*, among others. Most of our classes are provided through Catawba Valley Community College. There is no registration fee for those age 65 and older. You may have a supply fee for materials or books.

## Educational Programs

We coordinate many programs with the American Association of Retired Persons (AARP), such as *Driver Safety Courses*.

The center has a *computer lab* that is available Monday through Friday, 9:00 am - 3:00 pm. *Computer classes* are taught by appointment on Wednesday afternoons.

In addition, other programs (such as Hospice and the Alzheimer's Association) offer educational opportunities and information for the general public.

*Staying active is important to healthy aging. We offer numerous programs and activities to promote wellness for good mental, physical, and emotional health.*

## Trips and Travel

Group *travel opportunities* are available on a regular basis. Our affordable trips vary from one-day excursions to overnight get-aways. All trips are offered on a first-come, first-served basis and reservations are required. Full payment is required at least thirty days prior to each trip.

## Health and Wellness Programs

Our center offers exercise opportunities such as *yoga, line dancing, and structured exercise classes*. We also have a treadmill, a cardio-fit machine, and an air-dyne bicycle for use anytime between the hours of 9:00 am - 3:00 pm, Monday through Friday. As funding permits, we offer *vision and hearing testing, flu shots, and mammograms*.

## Groups and Organizations

Numerous clubs and organizations use our facility for meetings to provide programs for older adults and their advocates. We host a *Senior's Morning Out Program* that meets weekdays for fellowship and lunch. This program is sponsored by the Catawba County Department of Social Services. The *nation's first visually impaired Lions Club* meets the second Friday of each month at our Center.

## Special Services

*Senior Health Insurance Information Program (S.H.I.I.P.)* volunteers, trained by the Department of Insurance, offer advice and counseling to individuals concerning Medicare, Prescription Drug Plans, supplemental insurance (Medigap), and long-term care insurance.

*Legal Services* assistance is available (as funding permits) to offer help with simple legal documents such as wills, living wills, and power of attorney forms.

*Tax Counseling for the Elderly (TCE)*, a program sponsored by AARP, is available beginning the first of February through mid-April at three locations in our county.

*Intergenerational programs* are important to us. We coordinate a pen pal program with one of our local elementary schools. At the end of the school year, we celebrate with a pizza party to give our pen pals the opportunity to meet face-to-face.

In addition to other services, we have a *video library* that provides information on many subjects, such as health issues, exercise, and nutrition.

*Volunteer opportunities are available.* Our agency appreciates the assistance we receive from volunteers in operating our programs.