

CATAWBA COUNTY COUNCIL ON AGING

SENIOR
CENTER OF
Excellence
CERTIFIED BY
NCDHHS
Division of Aging

THE SCOPE

CELEBRATING 50 YEARS SERVING SENIORS

FREE! DRIVE THRU SHRED EVENT

WEDNESDAY, NOV 4, 1:00 PM - 4:00 PM

Join us at the West Hickory Senior Center (400 17th St SW, Hickory) for a FREE shred event. A shred truck will be present (2-box limit), and the event is limited to personal documents only (no businesses). No binder clips or plastic, including CDs, DVDs, Credit cards, etc. A medication drop provided by the Catawba County Sheriff's Office will also be available.

Thanks to our sponsor:



Medicare Open Enrollment



OCT 15—DEC 7

Do you or your loved ones have a Medicare Part D or Medicare Advantage Plan? Plans can change each year. Do an annual review to make sure the coverage you have is the best one for you! We'll have SHIIP counselors available at the West Hickory Senior Center, the Catawba County Library in Newton, the Sherrills Ford Library, and by phone. **Appointment required. Call 828-328-2269 to make an appointment.**

Thanksgiving FOOD DRIVE

MONTH OF NOVEMBER

The Council on Aging will be hosting a food drive for the West Hickory Senior Center Food Pantry during the month of November. In-date, non-perishable food and canned goods, liquid nutritional supplements (Boost/Ensure), and incontinence supplies will be accepted at the West Hickory Senior Center, or you can donate directly from our Amazon Wishlist at [amzn.to/3u001Zr](https://www.amazon.com/?ref=AWS_IU_Links&pf_rd_p=3u001Zr). For more information or to donate, please contact the COA at 828-328-2269.

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Nov/Dec 2026 Issue

VOLUME 50, NUMBER 3



West Hickory Senior Center
400 17th St SW, PO BOX 835
Hickory, NC 28603

HOURS:

Mon -Thurs: 8:00 AM - 4:30 PM
Friday: 8:00 AM - 2:00 PM (can vary)

OUR MISSION

Providing a focal point for aging resources, as well as opportunities designed to extend independent living and enrich the quality of life for Catawba County's older adults.

STAFF:

Vickie Blevins, Executive Director
Courtney Bowman, Assistant Director
Bea Heavener, Admin. Assistant

The Catawba Council on Aging is a non-profit 501(c)(3) organization, not a county or city government agency.

02

YOU'RE INVITED TO...

Catawba Council on Aging



Veterans Day Celebration

MONDAY, NOVEMBER 9, 11:00 AM – 12:30 PM

Celebrate Veterans Day at the West Hickory Senior Center! Enjoy musical performances by the Tabernacle Christian School 4th-grade classes and a pizza lunch! All are welcome to attend!

Registration is required at 828-328-2269.

Christmas Party

WEDNESDAY, DECEMBER 23, 2:00 PM – 3:30 PM

Celebrate the Christmas season with us at the West Hickory Senior Center! There will be refreshments and performances by the Prime Time Singers!

Registration is required at 828-328-2269!



SENIOR ADVOCACY

THUR, NOV 19, 10:30 AM – 12:00 PM

Cliff Moone, Catawba County Senior Tar Heel Legislature Delegate, will be at the West Hickory Senior Center to share information about state legislative priorities affecting seniors. There will be a discussion about the latest updates and an opportunity for feedback from the audience.

Call to register at 828-328-2269.

From the Director

Thanks to all who made our Fall Craft Market fundraiser a success! As a non-profit, the Catawba Council on Aging appreciates and needs the financial support of our community. If you haven't already, please consider giving during our Annual Fund Drive taking place through the end of November. If you want to give but not all at once, consider how a monthly contribution could add up. For example, if you gave \$10/month for 12 months, that's \$120. If 10 people did that, that's \$1,200. There is a spot on the Fund Drive form for a monthly pledge if that is something you are interested in. Call me with any questions, 828-328-2269.

Vickie Blevins

BINGO

Bingo @ WHSC


MON, NOV 23, 1:00 PM – 2:30 PM

Join us for Bingo at the West Hickory Senior Center! Free to play and prizes awarded! Register at 828-328-2269.



Christmas Bingo

MON, DEC 14, 1:00 PM – 2:30 PM

Celebrate the holidays with a festive game of Bingo at the West Hickory Senior Center! Free to play and prizes awarded! Register at 828-328-2269.

Thank you!

**to our Nov & Dec
Bingo Sponsors:**



ESTATE PLANNING & ASSET PROTECTION

FRIDAY, DECEMBER 4, 1:00 PM – 2:00 PM

Susannah L. Brown, attorney at law with Anthony & Brown, will discuss estate planning and asset protection. With over 17 years of experience practicing elder law and estate planning, she will share strategies on how to protect your home and other assets if you or a loved one ever needs to enter a nursing home. **Registration required!** **Contact the Catawba Council on Aging at 828-328-2269.**

New to Medicare Seminars

TUESDAY, DECEMBER 8, 2:00 PM – 4:00 PM

**St. Stephens Library
3225 Springs Rd NE, Hickory**

THURSDAY, DECEMBER 10, 1:00 PM – 3:00 PM

**Sherrills Ford Library
9154 Sherrills Ford Rd, Terrell**

Are you, a friend, or loved one turning 65? It is very important for everyone becoming eligible for Medicare to get accurate, unbiased information about coverage options as they approach age 65.



Seniors' Health Insurance Information Program (SHIIP) counselors, trained by the NC Department of Insurance, will lead the information session to answer your questions. **Registration is required at 328-2269.** 

Medicare 101 for Caregivers

THURSDAY, NOVEMBER 12, 5:30 PM

**Newton Library
110 West C St, Newton**

Get questions answered by Vickie Blevins, Seniors' Health Insurance Information Program (SHIIP) counselor, about Medicare eligibility, options, and what can and can't be done during Medicare Open Enrollment.



Food Pantry

BY APPOINTMENT. CALL 828-328-2269.

The West Hickory Senior Center Food Pantry is available by appointment for individuals 60+. The food pantry has non-perishable food, liquid nutritional supplements (Boost/Ensure), and incontinence supplies.



Energy Assistance PROGRAMS

MONDAY, NOVEMBER 2, 10:30 AM – 11:30 AM

Beth Jones from Catawba County DSS will speak about the North Carolina Low Income Energy Assistance Program (LIEAP) and the Crisis Intervention Program (CIP). Learn how these programs can assist elderly and disabled households. **Register at 828-328-2269.** 

GIVING TUESDAY

GivingTuesday is a global generosity movement started in 2012, reimagining a world built upon shared humanity and generosity. **The annual celebration of generosity will happen on December 1, 2026.** Whether it's helping a neighbor, advocating for an issue, sharing a skill, or giving to causes, everyone has something to give, and every act of generosity counts. This year, consider giving to the Catawba Council on Aging. For more information about donating, see page 8.

Extra Help

You may qualify for Extra Help paying for your Medicare prescription drug plans. With Extra Help, you save on premium costs, co-pays, deductibles, and may avoid a coverage gap!

Monthly Income limits:

Individual \$ 2,015.00

Couple \$ 2,725.00

Resource/Asset limits (cash, investments-not home):

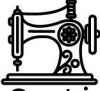
Individual \$ 18,090.00

Couple \$ 36,100.00

To apply for Extra Help, contact the Catawba Council on Aging at 828-328-2269.

**RUMMIKUB****Mon | 1:00 pm**

A tile game that combines aspects of Rummy and Mahjong! Come join in!

**QUILTING CLASS****Wed | 9:30 am**

Cost is \$25 to make a quilted project & materials are provided. Bring good cloth-cutting scissors and a portable sewing machine if you have one. Registration is required at 828-328-2269.

**CATAWBA CRAFTERS****Mon | 3:00 pm**

The Catawba Crafters crochet items from donated yarn to give away to those in need. The group teaches crochet to those learning. Contact Jo Boone at 324-4508 for more information.

**MOVIE MATINEE****Tues | 2:30 pm**

Enjoy a FREE movie and snacks at the West Hickory Senior Center! Movie titles are available by calling the COA or by being placed on our email list. Closed captioning is available. Register at 828-328-2269. 🍿

INDOOR CORNHOLE**Tuesdays, Nov 24 & Dec 22 | 1:00 pm – 2:00 pm**

We will be playing indoor cornhole at the West Hickory Senior Center! If you are new to playing or an experienced player, join us and bring a friend! **Registration required!** 🎯

**BEYOND THE BRUSH****Wed | 1:00 pm – 4:00 pm**

Learn to paint in acrylics, watercolor, and more! For beginners and professionals alike. Artist and teacher, Tracy Gansrow, will guide you as you paint various styles and techniques. A fun and educational experience in a great social environment. **The next session will run Nov 18 – Dec 9 (\$60 cost).**

Contact the Council on Aging to register at 828-328-2269.

**Exercise Classes**

UNLESS OTHERWISE NOTED, CLASSES ARE HELD AT THE WEST HICKORY SENIOR CENTER.

**MORNING EXERCISE****Tues, Wed, Thurs | 8:30 am****Free!**

No class Nov 11 & 26, & Dec 24 – 31

**BEGINNER IMPROVER LINE DANCE****Tues | 9:30 am****\$1.00**

Knowledge of basic terminology required

No class Dec 29

**QI GONG WITH RUTHIE HILL****Tues | 11:30 am****Free!**

No class Nov 24 & Dec 22 & 29

**QI GONG WITH DIANE CHRISTENSEN****Mon | 6:30 pm****\$5.00**

at Newton Recreation Center
23 S Brady Ave, Newton

**VIRTUAL QI GONG WITH RUTHIE HILL****Sat | 9:30 am****Free!**

Call 828-328-2269 for Zoom link.

No class Nov 28 & Dec 26

**TAI CHI****Wed | 6:30 pm****\$5.00**

at Newton Recreation Center
23 S Brady Ave, Newton

No class Nov 11

**YOGA****Thurs | 10:00 am****\$5.00**

at Newton Recreation Center
23 S Brady Ave, Newton

No class Nov 26, & Dec 10, 24, & 31

**ZUMBA GOLD****Mon, Wed, & Fri | 10:00 am****\$1.00**

at Christ Lutheran Church
324 2nd Ave SE, Hickory

No class Nov 27 & Dec 25



MONTHLY ACTIVITIES

05

 Program available to register through MyActiveCenter

CARE FOR THE CAREGIVER

2nd Tuesdays | 1:00 pm



Attend this FREE support group for a time of sharing, emotional support, resources, & new friendships. Led by Mary Mitchell of the Area Agency on Aging on Nov 10 & Dec 8. **Call 828-328-2269 to register!** 

DESIGNER GREETING CARDS

2nd Thursdays | 9:30 - 11:30 am or 1:00 - 3:00 pm



Kaye Owenby teaches how to make beautiful handmade greeting cards on Nov 12 & Dec 10. The cost is \$15 and includes all supplies.

Registration required!

VIRTUAL BINGO

Weds, Nov 18 & Dec 9 | 1:30 pm

FREE! Prizes will be awarded! You don't need a computer or smartphone to participate. To receive a Bingo card & phone number or link, call 328-2269.



THANK YOU!

TO OUR
NOVEMBER & DECEMBER
VIRTUAL BINGO SPONSOR:



Diamond Art

WEDNESDAY, DEC 16, 2:30 PM - 4:00 PM

Perfect for beginners and those with prior experience. We will be making a snowflake ornament. Cost to attend is \$5.00. Make sure to bring your readers! **Registration required by Dec 11 at 828-328-2269.**

PAK MY
MEDS



THURS, DEC 3, 2:00 PM - 3:00 PM

Learn about Multi-Dose Medication Packaging, a free service provided by Medical Village Long Term Care Pharmacy here in Hickory. Instead of managing multiple prescription bottles or filling weekly pill organizers, your medications are packaged into individual packets based on the exact time they should be taken! Registration required! Call 828-328-2269. 

VIP LIONS CLUB

2nd Fridays | 1:00 pm

The Visually Impaired Lions Club (VIP) will meet on Nov 13 & Dec 11. 80% of the members of this group are visually impaired. The Lions collect donations of eyeglasses, hearing aids, and cell phones at the West Hickory Senior Center.



CATAWBA CO. ASSOCIATION OF THE BLIND

4th Fridays | 1:00 pm

The Catawba County Association of the Blind will meet on Nov 20 (date change) at the West Hickory Senior Center. No meeting in December.



TRIVIA THURSDAY

4th Thursdays | 1:30 pm

Free to compete with a team for prizes and fun! Trivia will be held at the WHSC on Nov 19 & Dec 17 (dates changed due to holiday closures). Registration Required! 

Prime Time Singers



MONDAYS, 1:30 PM & 11:30 AM

The Prime Time Singers perform at area nursing homes and other senior gatherings. Practice at the West Hickory Senior Center will be Nov 16 at 1:30 & Dec 21 at 11:30. **For more information, contact Nancy Farr at 813-767-7922.**

TECH SUPPORT

MAXIMIZE YOUR SMARTPHONE

1st Mondays | 2:30 pm

Digital Navigators with the County Library will conduct this Free class at the West Hickory Senior Center on Nov 2 & Dec 7. Bring your device and ask questions. **Topics will be: Nov - Online Shopping and Wallet Pay & Dec Avoiding Scam Texts and Calls.** Registration required! 



TECH DAY EVENTS

Tuesdays, Nov 17 & Dec 15 | 2:00 PM - 4:00 PM

Digital Navigators with the County Library will be at the West Hickory Senior Center to provide technology assistance and answer any questions about a smartphone, tablet, and/or computer. **Appointment Required! Call 828-328-2269 to make an appointment.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30 Energy Assistance Programs 2:30 Maximize Your Smartphone   	3  	4 1:00-4:00 Shred Event and Medication Drop @ WHSC  	5 12:30 AARP Smart Driver Course 	6 
9 11:00 Veterans Day Celebration   	10 1:00 Caregiver Support  	11 Senior Center CLOSED 	12 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards 	13 1:00 VIP Lions 
16 1:30 Chorus Practice   	17 2:00-4:00 Tech Day  	18 1:30 Virtual Bingo   	19 10:30 Senior Advocacy 1:30 Trivia 	20 1:00 Catawba Co Association of the Blind 
23 1:00 Bingo @ WHSC   	24 1:00 Indoor Cornhole  	25   	26 Senior Center CLOSED 	27 Senior Center CLOSED 
30   	Holiday Closures The West Hickory Senior Center will be closed Nov 11, 26, & 27, and Dec 24-31. Happy Holidays from all of us at the Catawba Council on Aging!			

SYMBOL KEY - SEE PAGE 4 FOR DETAILS:

-  Exercise Opportunity
  Catawba Crafters
 Beyond the Brush
  Rummikub
 Movie Matinees
  Quilting Class



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	GIVING TUESDAY		2:00 PaK My Meds Program	1:00 Estate Planning and Asset Protection
				
7	8	9	10	11
2:30 Maximize Your Smartphone	1:00 Caregiver Support 2:00 New to Medicare Seminar @ St. Stephens Library	1:30 Virtual Bingo	9:30 Designer Greeting Cards 1:00 Designer Greeting Cards 1:00 New to Medicare Seminar @ Sherrills Ford Library	1:00 VIP Lions
				
14	15	16	17	18
1:00 Christmas Bingo @ WHSC	2:00-4:00 Tech Day	2:30 Diamond Art	10:30 Cooking for One or Two 1:30 Trivia	
				
21	22	23	24	25
11:30 Chorus Practice	1:00 Cornhole	2:00 Christmas Party	Senior Center Closed  MERRY Christmas	
				
28	29	30	31	

Senior Center Closed



Anonymous

Anonymous, in appreciation of the Hickory Qi
Gong Class

Anonymous, in appreciation of Ruthie Hill

Beaver Family Foundation

Wayne Cashion

Joan Coppinger

Corning Incorporated

Michelle Deese

Millie Drum, in loving memory of Steve Gilbert

Duke Energy Foundation

Beverly Ellis, in honor of Ruthie Hill

First Baptist Church, Hickory

First Presbyterian Church, Hickory

Jim & Judy Kaufman, in memory of their
parents

Jerry Lehmann

New Jerusalem Lutheran Church

Gail Newton

Monica Olinger

David & Mary Puett, in memory of Lillian
Tucker

Gail & Terry Settlemyre, in honor of Ruthie Hill

Target Corporation

Bill & Dawn Teller

Walt & Frances Thomas

Tuesday Line Dance Class

Underdown Family Foundation

Support from 2026 Unifour Foundation, an
affiliate of the North Carolina Community
FoundationKay Whitener, in memory of Polly Skipper and
Henry Marshal

Karen Yost

**All who donated to the Annual Fund Drive will be
recognized in the January/February Newsletter.**
☐

GENERAL FUND DONATION

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ADDRESS: _____

☐

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☐

IN HONOR OR APPRECIATION OF:

☐

IN MEMORY OF:

***If you would like an acknowledgment sent to the family, please provide their name and address.

NAME: _____

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Make Check Payable To: Catawba County Council on Aging, PO Box 835, Hickory, NC, 28603,
or Donations may be made online through our website: www.catawbacoa.org

If you **DO NOT**
want to receive a
thank you
letter/receipt,
please check the
☐ box.





Smart Driver Course

THURSDAY, NOVEMBER 5, 12:30 PM - 4:30 PM

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher on the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. **This is a 4-hour seated class that costs \$20 for AARP**

members and \$25 for non-members. Please plan to arrive 15 minutes early to fill out registration information and bring your AARP membership card.

Registration is required at 828-328-2269.



COOKING FOR ONE OR TWO THURSDAY, DECEMBER 17, 10:30 AM - 12:00 PM

Donna Mull, County Extension Director and Extension Agent- Family and Consumer Sciences, will guide you through the process of cooking healthy, cost-effective meals for fewer people. She will share grocery shopping strategies, shortcuts for cooking, and tips to make your favorite recipes healthier! **Registration required by Dec 11 at 828-328-2269.**

During this season of Thanksgiving, Catawba Council on Aging would like to thank our community partners who provide valuable services for our daily operations:

Wallace Printing Outdoor Expressions
Bonus Pest Control Lake Hickory Cleaning Service

We appreciate you!

THE COA DOES NOT SUPPORT OR ENDORSE ANY ADVERTISERS IN THIS NEWSLETTER.

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Catawba County Council on Aging, Hickory, NC

14-1763



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WE APPRECIATE OUR ADVERTISERS

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Thank you!



CATAWBA COUNTY
Council on Aging
PO Box 835, Hickory, NC 28603-0835

West Hickory Senior Center
400 17th St SW Hickory, NC, 28602

NON PROFIT ORG
US POSTAGE
PAID
Hickory, NC 28601
Permit Number 218

Return Service Requested

**Nov & Dec
2026**



Sign Up for Our Newsletter!

To get this newsletter by mail or email, call 828-328-2269.

If you no longer want to receive this newsletter by mail, please call and let us know.

Bits 'N' Pieces

The Catawba Council on Aging is a non-profit 501(c)(3) organization, not a county or city government agency. COA operates the West Hickory Senior Center. No membership fee is required to participate.

The Senior Tar Heel Card has been replaced by the Senior Tar Heel Athletic Card. The cards are available at the West Hickory Senior Center. Call 828-328-2269 for availability and bring a photo ID. Must be at least 60 years old.

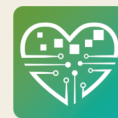
We have an Amazon Wishlist with various items that will help support the center and local seniors. If you have any questions, give us a call at 828-328-2269. If you would like to donate, the link is: amzn.to/3uoo1Zr.

The center's drop-in activities include computer lab/Wi-Fi, library, exercise bike, board/card games, and puzzles.

NC211 help is available 24/7 for access to local resources for food, housing, utilities, and more! Dial 2-1-1.

Telephone Reassurance is a friendly telephone call from a COA volunteer to check-in. Call (828)328-2269 to sign up.

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-814-5400. The license is not an endorsement by the State.



MyActiveCenter

Have you registered for MyActiveCenter? With MyActiveCenter, you can register online for programs and events offered by the Catawba Council on Aging and view a calendar of your upcoming events!

**For more
information,
call the COA at
828-328-2269,
or scan the
QR code.**

