



THE SCOPE

MARCH/APRIL 2024 ISSUE

Volume 46, Number 5

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.

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

HOURS:

MON - THUR:
8:00 AM - 4:30 PM

FRIDAY:
8:00 AM - 2:00 PM
(CAN VARY)

Follow us on Facebook!

TRIP TO BARTER THEATRE

THURSDAY, APRIL 18TH, 2024



Registration is required by calling the Council on Aging at 828-328-2269. Payment is due immediately after registration and is nonrefundable. Mail payments to Council on Aging, PO Box 835, Hickory, NC 28603. There will be stairs in the theater to get to your seat. Please take this into consideration before registering. Lunch will be at Golden Corral. **Cost of \$90 includes lunch and show.**

"Ring of Fire: The Music of Johnny Cash"

Follow the story of Cash's life: his early days in the cotton fields of Arkansas, the launch of his musical career in Memphis, his marriage to his beloved June Carter, and all of the soul-stirring music he created along the way.

2024 UNIFOUR SENIOR GAMES

MARCH—MAY 2024



Senior Games is an annual event coordinated by the City of Hickory to help promote health and wellness. The opening ceremony will be April 2 at the Highland Recreation Center. Applications will be available at the West Hickory Senior Center or online at www.ncseniorgames.org/unifour. **The deadline to register is March 15.** You can participate in as many events as you want! For any questions, call 828-324-1200. **The Council on Aging is a sponsor and will be hosting Checkers (April 19) and Chess (April 26) at the West Hickory Senior Center.**

FREE! DRIVE-THRU SHRED EVENT & MEDICATION/PILL DROP TUESDAY, APRIL 9TH, 2024 9AM-12PM

Visit us at Mt. Zion Lutheran Church (4420 County Home Rd, Conover, NC 28613) 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.

WHAT'S INSIDE

- 2 You're Invited to...
- 3 Resources & More
- 4-5 Regularly Scheduled Activities
- 6 March Calendar
- 7 April Calendar
- 8 Donations & Memorials
- 9 COA in Community



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

Published bi-monthly by:

Vickie Blevins, Executive Director

Courtney Bowman, Assistant Director

Bea Heavener, Admin. Assistant

02 YOU'RE INVITED TO...

CPR/ AED PRESENTATION

THURSDAY, MARCH 7, 9:30 AM



Melanie Sigmon from Catawba County EMS will teach at the West Hickory Senior Center. The goal of this class is

to prepare individuals to help in the event of a cardiac arrest until first responders arrive. This is a non-certification class. **Call to register.**

DEMENTIA FRIENDS

MONDAY, MARCH 11, 2:00 PM

Dementia Friends is a global movement developed by the Alzheimer's Society in the United Kingdom, with the goal to share five key messages about dementia, how it affects people, and how to make a difference in the lives of those living with the disease. This presentation is led by Ashelin McCoy from the Area Agency on Aging. **Call to register.**

STARLINER BAND

WEDNESDAY, MARCH 20, 1:00 PM

Enjoy an afternoon of rock, country, and gospel music from the 1950s-1970s at the West Hickory Senior Center. Hailing from Burke County, the Starliner Band includes John Pons, Tom McKinnon, and Wayne Paige, each with over 50 years of experience playing in local bands. After retiring from their day jobs, they vowed to spend the rest of their years providing entertainment for seniors. **Call to register.**



THANK YOU to our Mar & Apr Bingo sponsors:



BINGO AT HIGHLAND REC

WEDNESDAY, MARCH 6, 2:00 PM

Come for Bingo at the Highland Recreation Center (1451 8th Street Dr NE, Hickory, NC 28601). Prizes will be awarded! **Call to register at 328-2269.**

BINGO AT WHSC

WEDNESDAY, APRIL 3, 2:00 PM

Join us at the West Hickory Senior Center for Bingo! Prizes will be awarded! **Call to register.**



SPRING TEA PARTY AT WHSC

THURSDAY, APRIL 4, 2:00 PM

You're invited to afternoon tea here at the West Hickory Senior Center. Refreshments will be served. **Spots are limited. Register by April 2. Free!**



BOARD GAMES

TUES & THURS, 12:00 PM-4:00 PM

Calling all board game enthusiasts! Stop by the West Hickory Senior Center on Tuesdays and Thursdays to play your favorite board games! Monopoly, Clue, Boggle, Sequence, and more are provided. Bring a friend!



A MATTER OF BALANCE

APR 19 - JUN 7,
FRIDAYS, 9-11:00 AM



Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. **A Matter of Balance** is an **8 week course** designed to reduce the fear of falling and increase activity levels among older adults. Activities include group discussion, problem-solving, skill-building, assertiveness training, videos and exercise training. This program will be held at the West Hickory Senior Center. **When you sign up, you must attend all classes.**

Registration is required by calling 328-2269.

NEW TO MEDICARE SEMINAR AT SHERRILLS FORD LIBRARY

9154 SHERRILLS FORD RD, SHERRILLS FORD, NC 28673

THURSDAY, MARCH 21, 1:30 PM

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

MASTER DESIGNER CARDS CLASS — BUTTERFLIES



THURSDAY, MAY 2ND
10:00 AM - 4:00 PM

Come for a full day of cardmaking and fun with instructor Debbie Brooks! The class costs \$40.00 (paid in advance) and you will create 10 butterfly themed cards. You will need to provide some supplies. **Space is limited. Contact Debbie Brooks at 469-585-4201 to register.**

Need help with Medicare?

Seniors' Health Insurance Information Program (SHIP) is the one place you can always turn to for objective and reliable information on Medicare, Supplements, Medicare Advantage, and Prescription Drug Plans. **Call the Council on Aging to arrange for a time to meet with a SHIP counselor, 828-328-2269.**



ACAP Foothills/Hickory provides information, resources, support and community for adult children as we care for our aging parents and for ourselves. ACAP Foothills/Hickory meets the 2nd Thursday of each month, 5:30-7:00 pm, in the Lower-level conference room of the Catawba County Library, Newton Branch (115 West C Street, Newton), unless otherwise noted. While the **FREE** monthly educational programs are designed for adult-child caregivers, programs are open to all.

Upcoming topics are:

March 14th - "Healthy Eating and Nutritional Needs for Aging Adults"

April 11th - "Understanding and Accessing VA Programs and Benefits"

ADVANCE DIRECTIVES:

LIVING WILLS & HEALTH CARE POWER OF ATTORNEY

A **living will** is a legal document that allows you to make prior decisions about whether your life should be prolonged by certain medical procedures. A **health care power of attorney** is a legal document in which you give someone power to make medical decisions for you if you are not competent or if you are unable to communicate.



Julie Packer, RN, MSN, Director of Professional Relations with Carolina Caring, will be at the West Hickory Senior Center by appointment to discuss these with you, have forms available, and to notarize documents. **Registration is required. Call 828-328-2269 to register.**

FOOD PANTRY

The West Hickory Senior Center Food Pantry is available by appointment. Food delivery is available for those who do not have transportation to come to the center.

To make an appointment, call 828-328-2269.



EXTRA HELP - WITH COSTS OF PRESCRIPTIONS

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 \$ 1,843.00
Couple \$ 2,485.00

Resource/Asset limits:

(cash, investments - not home)
Individual \$ 16,660.00
Couple \$ 33,240.00



If you would like to apply for Extra Help, call the Council on Aging at 328-2269 for an appointment with a SHIP Counselor.

04 WEEKLY ACTIVITIES

EXERCISE

Unless otherwise noted, classes are held at the West Hickory Senior Center.

Morning Exercise **FREE!**
Tue, Wed, & Thursdays 8:30 am

Absolute Beginner Line

Dance \$1 suggested donation
Tuesdays 9:30 am

No class March 5 & April 23

Line Dance \$1 suggested donation
Tuesdays 10:00 am

No class March 5 & April 23

Qi-Gong **FREE!**
Tuesdays 11:30 am

Virtual Qi-Gong **FREE!**
Saturdays 9:30 am
Call 328-2269 for the Zoom link.

No class March 30

Virtual Tai Chi **FREE!**
for Arthritis and Fall Prevention
Tuesdays & Thursdays 10:00 am
Call 328-2269 for the Zoom link.

Tai Chi \$5 cost per class
Mondays & Wednesdays 6:30 pm
at Newton Recreation Center
23 S Brady Ave, Newton

Tai Chi \$5 cost per class
Tuesdays 6:30 pm
at Highland Recreation Center
1451 8th Street Dr NE, Hickory

Yoga \$5 suggested donation
Thursdays 10:00 am
at Newton Recreation Center
23 S Brady Ave, Newton

Zumba Gold \$1 sugg. donation
Mon, Wed, & Fridays 10:00 am
at Christ Lutheran Church
324 2nd Ave SE, Hickory

No class March 29 & April 1

Zumba Gold Chair \$1 sugg. don.
Mondays & Fridays 11:00 am
at Christ Lutheran Church
324 2nd Ave SE, Hickory

No class March 29 & April 1

STAY ACTIVE

TECH MADE EASY


MONDAYS, 9:00 AM
Follow instructor Warren Shanahan's **FREE** step-by-step classroom training at the West Hickory Senior Center. March & April classes will focus on cellphones. **No class Mar 18 & 25. Registration is required, call 328-2269.**


CATAWBA CRAFTERS

MONDAYS, 3:00 PM
Catawba Crafters crochet items from donated yarn to give away to those in need. The group teaches crochet to those learning. **FREE!** Call Jo Boone at 324-4508 for more information.


RUMMIKUB


MONDAYS, 1:00 PM
A tile game that combines aspects of Rummy and Mahjong. Come join in!

 **SAMBA**
TUE & THU, 12 PM
Current players welcome all and will teach you.

 **HAND & FOOT**
TUE & THU, 12 PM
New players welcome! Others will teach you how to play.

 **MOVIES & POPCORN**
TUESDAYS, 2:30 PM
FREE movies at the West Hickory Senior Center! Call COA to find out the title of each movie. Closed Captioning will be available. Call 328-2269 to register.

 **QUILTING CLASS**
WEDS, 9:30 AM
\$25 allows you to make a 60 x 62 quilt. Materials are provided. Bring good cloth cutting scissors and a portable sewing machine if you have one. Registration is required at 328-2269.

 **THRIFTY THURSDAYS**
THURSDAYS, 9:00 AM
Coupons are available at the West Hickory Senior Center to help save money. Bring coupons to share!



WEST HICKORY SENIORS MORNING OUT **MONDAY - THURSDAY, 8:00 AM TO NOON**

Seniors Morning Out is a program provided by Senior Nutrition Services of Catawba County DSS on location at the West Hickory Senior Center. The program includes activities and a free lunch.

Call the Site Coordinator, Suzi, to attend at 323-8746 with at least a 48-hour advance notice or for more information.

MONTHLY ACTIVITIES 05

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 **March 12 & April 9th**. **Call 828-328-2269 to register!**

DESIGNER GREETING CARDS

2ND THURSDAYS, 9:30-11:30 AM

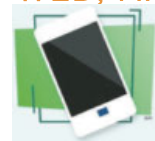
OR 1:00-3:00 PM



Kaye Owenby teaches how to make beautiful handmade greeting cards **Mar 14 & Apr 11**. The cost is **\$10** and includes all supplies. **Registration required!**

VIRTUAL BINGO

WED, MAR 13 & APR 24, 1:30 PM



FREE! Prizes will be awarded! You don't have to have a computer or smartphone to participate.

To receive a Bingo card & phone number or link, call 328-2269.

THANK YOU

to our March & April Virtual Bingo sponsor:



MAXIMIZE YOUR SMARTPHONE

1ST MONDAYS, BIMONTHLY, 2:30 PM



Chanda with the County Library will conduct this **FREE** class at the West Hickory Senior Center on **March 4**. Learn all you want to know about your device. Bring your device and ask questions.

Registration required!

GET YOUR BRUSHES WET

WEDNESDAYS, 1:00 TO 4:00 PM



Offering a solid foundation in paint application and proper use of a variety of materials including oil, acrylic, watercolor, and pastel, instructor Tracy Gansrow will teach you how to organize a composition, mix colors, and develop general painting skills. Class is designed for beginners and advanced painters. The cost is \$75.00. The current class will run until March 13. **The next class is scheduled to run March 27 - May 15 (no class April 3). To register, contact Cheri Toney at 828-327-7000 ext: 4320 or ctoney@cvcc.edu.**

VIP LIONS CLUB

2ND FRIDAYS, 1:00 PM

New members are welcome to join the Visually Impaired Lions Club (VIP), whose motto is "We Serve," on **March 8 & April 12** and make a difference in our community. 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.

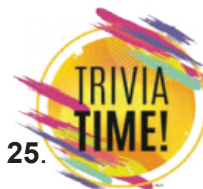


TRIVIA THURSDAY

4TH THURSDAYS, 1:30 PM

FREE to compete with a team for prizes and fun on **March 28 & April 25**.

Call to register!



SENIOR MESSAGES

WED, MAR 27, 1:30-3:30 PM



Are you unable to get a good night's rest, suffering from migraines, experiencing joint or muscle pain, or just simply want to relax? Massage therapy can offer you some relief! Leah Williams LMT will be providing **FREE** senior massages at the West Hickory Senior Center for those who are interested. **Call 828-328-2269 for an appointment!**

PRIME TIME SINGERS

MONDAYS, 2:00 PM



This group visits area nursing homes and other senior gatherings. You don't have to be able to read music to be a part. Practice at the West Hickory Senior Center will be **April 22 & 29**. For information, contact Nancy Farr at 813-767-7922. Must have COVID vaccinations to participate due to nursing home requirements.

WE APPRECIATE OUR SPONSOR:



www.cvcc.edu

Learning & Personal Enrichment Classes

Contact: Cheri Toney
828.327.7037 • ctoney@cvcc.edu

MARCH












































































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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SYMBOL KEY—SEE PAGE 4 FOR DETAILS:























-  Exercise Opportunities
-  Seniors Morning Out
-  Hand & Foot
-  Samba
-  Tech Made Easy
-  Catawba Crafters
-  Thrifty Thursday
-  Movie Matinees
-  Quilting Class
-  CVCC Art Class
-  Rummikub

Closed for the Holiday

The West Hickory Senior Center will be closed on **March 29th** in observance of Good Friday.

<p>4 2:30 Maximize Your Smartphone</p> <p>    </p>	<p>5</p> <p>    </p>	<p>6 2:00 Bingo at Highland Recreation Center</p> <p>   </p>	<p>7 9:30 CPR/AED Presentation</p> <p>    </p>	<p>1</p> <p></p>
<p>11 2:00 Dementia Friends</p> <p>    </p>	<p>12 1:00 Caregiver Support Group</p> <p>    </p>	<p>13 1:30 Virtual Bingo</p> <p>   </p>	<p>14 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards</p> <p>    </p>	<p>15</p> <p></p>
<p>18</p> <p>   </p>	<p>19</p>  <p>    </p>	<p>20 1:00 Starliner Band</p> <p>  </p>	<p>21 1:30 New to Medicare Seminar at Sherrills Ford Library</p> <p>    </p>	<p>22</p> <p></p>
<p>25</p> <p>   </p>	<p>26</p> <p>    </p>	<p>27 1:30-3:30 Senior Massages</p> <p>   </p>	<p>28 1:30 Trivia Thursday</p> <p>    </p>	<p>29 Closed</p> 

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> 	<p>2</p> 	<p>3 2:00 Bingo at West Hickory Senior Center</p> 	<p>4 2:00 Spring Tea Party</p> 	<p>5</p> 
<p>8</p> 	<p>9 9:00-12:00 Drive-Thru Shred Event at Mt. Zion 1:00 Caregiver Support Group</p> 	<p>10</p> 	<p>11 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards</p> 	<p>12 9:30-12:00 Hearing Screening 1:00 VIP Lions</p> 
<p>15 2:00 In-Person Chat with COA</p> 	<p>16</p> 	<p>17</p> 	<p>18 Barter Theatre Trip</p> 	<p>19 9:00 Senior Games Checkers 9:00 A Matter of Balance</p> 
<p>22 2:00 Chorus Practice</p> 	<p>23</p> 	<p>24 1:30 Virtual Bingo</p> 	<p>25 1:30 Trivia Thursday</p> 	<p>26 9:00 Senior Games Chess 9:00 A Matter of Balance</p> 
<p>29 2:00 Chorus Practice</p> 	<p>30</p> 	<p>If you would like to receive notice of West Hickory Senior Center closures, such as for inclement weather, please contact the COA at 828-328-2269 to be placed on our Closure Contact list.</p>		


08 DONATIONS & MEMORIALS

WE ACKNOWLEDGE WITH GRATITUDE THE FOLLOWING FRIENDS FOR THEIR MONETARY GIFTS:




Anonymous friends
Anonymous, in honor and appreciation of Vickie Blevins & Staff
Anonymous, in honor of tax preparers
Allen & Corinne Barwick
Dr. & Mrs. Ken Bates
Catawba Valley Community Endowment, a component fund of the North Carolina Community Foundation
Michelle Deese
Ron & Judy Downs
Allene & Joel Eads, in memory of James Eads
First Baptist Church, Hickory
First Baptist Church, Hickory, Tucker Sunday School Class
First Presbyterian Church, Hickory
First Presbyterian Church, Hickory, Poinsettias with a Purpose
Food Lion Feeds
Wendy Galle
David Krist
Richard & Nancy McGhee
New Jerusalem Lutheran Church

New Jerusalem Senior Friends
Gail Newton
Rodney Pope, in memory of parents, Richard & Alice Pope
Jack & Mary Reitzel
Marty Salwen
Bill & Dawn Teller
Walt & Frances Thomas
West Hickory VIP Lions Club
Kaye Whitener
David & Mary Yarborough




Building closures due to weather are communicated via the Council on Aging website (www.catawbacoa.org) and Facebook page at 'Council on Aging of Catawba County'. You can also call the center at 828-328-2269, **during normal operating hours**, to see if the phone message says we are closed.

 General Fund Donation
Donated by: _____
Address: _____

Keep my Donation Anonymous
 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: _____
Address: _____

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



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

HEARING SCREENING



FRIDAY, APR 12, 9:30 AM - 12:00 PM

Free hearing screening provided through Hearing Life at the West Hickory Senior Center. **Call 828-328-2269 to make an appointment.**



FOSTER GRANDPARENT PROGRAM

Are you interested in helping shape the next generation of leaders in your community? Blue Ridge Community Action is seeking seniors aged 55+ to become Foster Grandparents! Volunteer in local elementary and middle schools to help local kids with literacy, social skills, and more. Income-eligible participants can receive mileage reimbursement and a tax-free stipend that does not count against government assistance programs. **For more information, call 828-438-6255 and ask the operator to apply for the Foster Grandparent Program.**

NEWTON SENIORS 60TH ANNIVERSARY



WEDNESDAY, APRIL 10, 10:00 AM

The Newton Seniors will celebrate their 60th anniversary at the **Newton Parks & Recreation Department located at 23 S Brady Ave, Newton, NC.** The club meets on the second Wednesday of each month and is open to seniors 55+. They meet in the lower level at the back entrance parking lot at 10 am. Lunch and entertainment will be provided. Registration is required for nonmembers to attend. **Contact Carol Winn with questions and to register at 828-666-3057.**

IN-PERSON CHAT WITH COA STAFF

MONDAY, APRIL 15, 2:00 PM

Chat with the Council on Aging Staff at the West Hickory Senior Center! Get updates, ask questions, give feedback and suggestions. Refreshments will be served. **Call to register at 328-2269.**

The COA does not support or endorse any advertiser in this newsletter.

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Hickory, NC 28601
Trinityvillage.net
828.328.2006

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*See office for details.

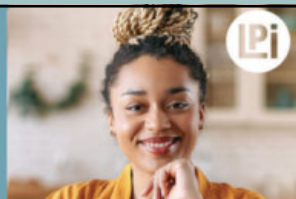
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BITS 'N' PIECES

Help us save postage! If you no longer want to receive the newsletter by mail, please call and let us know. The newsletter can also be emailed.

If you would like this newsletter by mail or email, call 828-328-2269.

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 new card is available at the West Hickory Senior Center to those 60+ and you will need to show an ID to receive the card. **Call to make an appointment at 328-2269.**

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 make a donation, the link is: amzn.to/3uoo1Zr

The center's **drop-in activities** include computer lab/Wi-Fi, library, exercise bike, 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 at least once per month. 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.



The COA wishes to thank everyone who participated in our MLK Day of Service Project and donated items to the West Hickory Senior Center Food Pantry. Your donations are greatly appreciated and make a positive impact in our community. Thanks again!