



CATAWBA COUNTY COUNCIL ON AGING

THE SCOPE

MAY/JUNE 2025 ISSUE

Volume 47, Number 6

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 & Instagram!

Free Vision & Health Screenings

SATURDAY, MAY 3, 9:00 AM - 12:00 PM

The Lions Clubs of the Unifour will be at the West Hickory Senior Center providing:

- Glaucoma pressure checks
- Vision screenings
- Blood pressure checks
- Blood sugar checks (please do not eat or drink anything two hours before)
- Community resource information

Contact the Council on Aging for more information at 828-328-2269.

FREE! DRIVE-THRU SHRED EVENTS & MEDICATION/PILL DROP



PIN STATION
(525 WEST A ST, NEWTON)
WED, MAY 7
9:00 AM - 12:00 PM

SHERRILLS FORD LIBRARY
(9154 SHERRILLS FORD RD, TERRELL)
WED, MAY 21
9:00 AM - 12:00 PM

A shred truck will be present (2 box limit) and the events are limited to personal documents only (no businesses). No binder clips, cardboard, metal, or plastic including CDs, DVDs, credit cards, etc. A medication/pill drop will also be available during the events. All attendees will be entered to win a personal shredder!



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



LEGAL AID WILL CLINIC

THURSDAY, AUGUST 21, 2025

Legal Aid of North Carolina will be providing a free Will and Advance Directives Clinic at the West Hickory Senior Center. Documents they can prepare include a will, living will, power of attorney, and health care power of attorney. This service is only available to Catawba County residents who are at least 60 years of age and is designed for low income seniors.

Space is limited, call the Council on Aging at 328-2269 to register.

02 YOU'RE INVITED TO...

★ Program available to register through MyActiveCenter.



PROTECT YOUR ONLINE ACCOUNTS

THURS, MAY 1, 11:00 AM - 12:00 PM
Keep informed about scams targeting your online accounts. Amy Morton and Will Daughtrey from Peoples Bank will share how to keep your online accounts safe and secure. **Call to register at 828-328-2269.**



BREATHWORK, MOVEMENT, & MEDITATION

WEDNESDAYS, MAY 28 - JUNE 18, 1:00 PM - 2:15 PM
Join Qi Gong instructor, Ruthie Hill, as she guides you through this 4 week workshop. Learn breathing techniques for energy & relaxation. Experience movement with seated Yin Yoga Qi Gong. Enjoy guided meditations for a feeling of renewal. **Call 328-2269 to register.**



SENIOR ADVOCACY

MON, MAY 12, 1:00 PM - 2:00 PM

Cliff Moone and Mark Bumgarner, Catawba County Senior Tar Heel Legislature Delegates, will be at the West Hickory Senior Center to share information about state legislative priorities affecting seniors. There will be discussion about the latest updates and opportunity for feedback from the audience. **Call to register at 828-328-2269.**

THANK YOU to our May & June Bingo sponsors:



★ BINGO AT CATAWBA UMC FAMILY LIFE CENTER

WED, MAY 14, 2:00 PM—3:30 PM
May's in-person Bingo will be held at the Catawba United Methodist Church Family Life Center (209 East Central Avenue, Catawba, 28609). Prizes awarded! **Registration required at 828-328-2269.**

★ BINGO AT HIGHLAND REC

WED, JUNE 25, 2:00 PM - 3:30 PM
Our June in-person Bingo will be held at Highland Recreation Center (1451 8th St Dr NE, Hickory, 28601). Prizes will be awarded! **Registration required at 828-328-2269.**

★ MOTHER'S/FATHER'S DAY BINGO

THUR, MAY 29, 10:30 AM - 12:00 PM
All are welcome to attend a special Bingo hosted by Hopscotch Primary Care at the West Hickory Senior Center! Hopscotch Primary Care will conduct the Bingo, provide the prizes, and tell you about their services for seniors. Join us for a great time! **Registration required at 828-328-2269!**



The Council on Aging will be joining The NASCAR Foundation for the third-annual NASCAR Day Giveathon! **The COA has a goal of raising \$5,000, but we need your help! Starting May 13 at 3:00 PM EST and ending May 14 EST at 6:00 PM** you can take part by donating to us, or sharing our fundraiser with other NASCAR fans! There will be incentives and opportunities to double your contribution! Be on the lookout for upcoming emails sharing additional information on how to maximize your donation! **You can find our page by scanning the QR code.**



NORTH CAROLINA READS 2025

North Carolina Reads is North Carolina Humanities' award-winning, virtual, statewide book club! North Carolina Reads annually features five books that explore the history and culture of North Carolina. The people, places, and events in the books offer an opportunity to reflect on how people can contribute to shaping their communities. **The Council on Aging has a limited number of the selections for May & June. Please call 828-328-2269 to reserve your pick.**

May: *The Girls We Sent Away* by Meagan Church

June: *Doc Watson: A Life in Music* by Eddie Huffman



HEALTHIER LIFESTYLE - HEALTHIER YOU! TAKING CARE OF YOU!

THURS, MAY 22,
10:00 AM - 12:30 PM

Free lunch and learn for seniors and caregivers. This event will be held at the **Ridgeview Recreation Center** (115 7th Ave. SW, Hickory, NC 28602). Doors will open at 9:30 that morning. **Registration required by May 19.** Call the Council on Aging at 828-328-2269 to register.

AGING MENTAL HEALTH & THE BENEFITS OF EXERCISE



THURS, JUNE 5,
10:00 AM - 11:00 AM

Jess Dalton with Partners Health Management will discuss how our mental health can be positively impacted by physical health and movement. This presentation reviews the benefits of exercise on aging and mental health with a demonstration of a stress release exercise.

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



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:

May 8th - "Residential Options When Home No Longer Meets Your Parents' Needs"

June 12th - "Juggling Work, Home and Caregiving"

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 notarize documents.

Registration is required. Call 828-328-2269 to register.

FOOD PANTRY

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



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 \$ 1,956.00

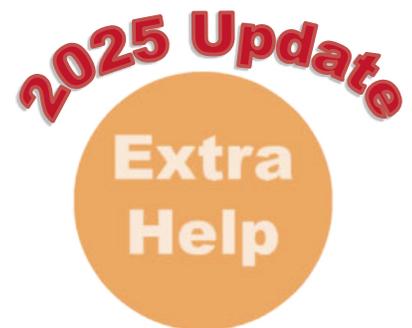
Couple \$ 2,644.00

Resource/Asset limits:

(cash, investments - not home)

Individual \$ 17,600.00

Couple \$ 35,130.00



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

★ Program available to register through MyActiveCenter.

EXERCISE

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

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

Beginner Improver Line Dance
(Knowledge of basic terminology
required)
\$1 suggested donation
Tuesdays 9:30 am

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

Virtual Qi-Gong **FREE!**
Saturdays 9:30 am
Tuesdays 6:15 pm
Call 328-2269 for the Zoom link.

Tai Chi \$5 cost per class
Mondays & Wednesdays 6:30 pm
No class May 26
at Newton Recreation Center
23 S Brady Ave, Newton

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

Zumba Gold \$1 sugg. Donation
Mon, Wed, & Fri 10:00 am
No class Jun 2 & 4
at Christ Lutheran Church
324 2nd Ave SE, Hickory

Zumba Gold Chair \$1 sugg. don.
Mon & Fri 11:00 am
No class June 2
at Christ Lutheran Church
324 2nd Ave SE, Hickory



STAY ACTIVE



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

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



HAND & FOOT

TUE & THU, 12:30 PM
New players welcome!
Current players will teach you how to play.



SAMBA

TUE & THU, 12:30 PM
Current players welcome all and will teach you.



MOVIE MATINEE

TUESDAYS, 2:30 PM
Enjoy a **FREE** movie and snacks at the West Hickory Senior Center! Movies titles are available by calling the COA or by being placed on our email list. Closed Captioning is available.
Register at 328-2269.



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.



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. The class is designed for beginners and advanced painters. Fall dates and cost will be posted in the Jul/Aug newsletter.

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Valley
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www.cvcc.edu

Learning & Personal Enrichment Classes

Contact: Cheri Toney
828.327.7037 • ctoney.cvcc.edu

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 **May 13 & June 10**

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

May 8 & June 12 The cost is **\$15**

and includes all supplies. **Registration required!**

VIRTUAL BINGO

WED, MAY 28 & WED, JUNE 18, 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

May & June

Virtual Bingo sponsor:



VIP LIONS CLUB

2ND FRIDAYS, 1:00 PM

The Visually Impaired Lions Club (VIP) will meet on **May 9 & June 13**. 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 COUNTY

ASSOCIATION OF THE BLIND

4TH FRIDAYS, 1:00 PM

The Catawba County Association of the Blind will meet on **May 23 & June 27** at the West Hickory Senior Center.

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 **May 22 & June 26**. **Call to register!**



BYTE SIZED COMPUTER BASICS

3RD WEDNESDAYS, MONTHLY, 10:30 AM

Want to learn more about using a computer? Digital Navigators with the County Library will be at the West Hickory Senior Center on **May 21 & June 18**.

Laptops will be available for use during class or you can bring your own. **Registration required!**



MAXIMIZE YOUR SMARTPHONE

1ST MONDAYS, MONTHLY, 2:30 PM

Digital Navigators with the County Library will conduct this **FREE** class at the West Hickory Senior Center on **May 5 & June 2**. Bring your device and ask questions.

Registration required!



PRIME TIME SINGERS

MONDAYS, 1:40 & 2:00 PM

The Prime Time Singers perform at area nursing homes and other senior gatherings. Practice at the West Hickory Senior Center will be **June 23 & 30**. Currently looking for singers, and you don't need to read music. If you can hum, we want YOU! **For more information, contact Nancy Farr at 813-767-7922. Must have COVID vaccinations to participate.**



WII GAMES

TUES, MAY 20 & JUNE 17, 1:00 PM

We will be playing a different game each month. **May will be Sonic All-Stars Racing and June will be Family Game Night 2.**

Call to register at 328-2269



CORNHOLE

TUES, MAY 6 & JUNE 3, 1:00 PM—2:00 PM

We will be playing cornhole at the West Hickory Senior Center! Come join and bring a friend. **Call 328-2269 to register!**



GAME TIME!

TUES, MAY 27 & JUNE 24, 1:00 PM-2:00 PM

Calling all game enthusiasts! Join us each month as we play a different game. Bring a friend and possibly learn a new favorite to play. **May will be Sequence and June will be Farkle. Register at 828-328-2269.**



06 CALENDAR

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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May is Older Americans Month! The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.



FLIP THE SCRIPT ON AGING: MAY 2025

1
11:00 Protect Your Online Accounts



2
Sat, May 3, 9:00 - 12:00 Free Vision and Health Screenings



5
2:30 Maximize Your Smartphone



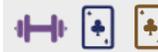
6
1:00 Cornhole



7
9:00 - 12:00 Shred Event @ Pin Station



8
9:30 Designer Greeting Cards
1:00 Designer Greeting Cards



9
1:00 VIP Lions



12
1:00 Senior Advocacy



13
1:00 Caregiver Support
3:00 NASCAR Day Giveathon begins



14
2:00 Bingo @ Catawba UMC Family Life Center
6:00 NASCAR Day Giveathon ends



15



16



19



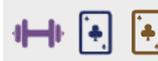
20
10:00 - 12:00 Tech Day
1:00 Wii Games



21
9:00-12:00 Shred Event @ Sherrills Ford Library
10:30 Byte Sized Computer Basics



22
1:30 Trivia



23
9:00 - 11:30 Living Healthy with Chronic Conditions
1:00 Catawba Co Association of the Blind



26
Center Closed



27
1:00 Game Time!



28
1:00 Qi-Gong Workshop
1:30 Virtual Bingo



29
10:30 Mother's/ Father's Day Bingo



30
9:00 - 11:30 Living Healthy with Chronic Conditions



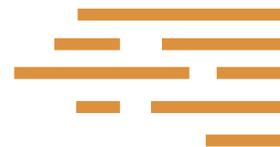
JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 2:30 Maximize Your Smartphone</p> <p>  </p>	<p>3 1:00 Cornhole</p> <p>   </p>	<p>4 1:00 Qi-Gong Workshop</p> <p>  </p>	<p>5 10:00 Aging Mental Health and the Benefits of Exercise</p> <p>  </p>	<p>6 9:00 - 11:30 Living Healthy with Chronic Conditions</p> <p></p>
<p>9 2:00 New to Medicare Seminar @ Sherrills Ford Library</p> <p>  </p>	<p>10 1:00 Caregiver Support</p> <p>   </p>	<p>11 1:00 Qi-Gong Workshop</p> <p>  </p>	<p>12 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards</p> <p>  </p>	<p>13 9:00 - 11:30 Living Healthy with Chronic Conditions 1:00 VIP Lions</p> <p></p>
<p>16</p> <p>  </p>	<p>17 1:00 Wii Games</p> <p>   </p>	<p>18 10:30 Byte Sized Computer Basics 1:00 Qi-Gong Workshop 1:30 Virtual Bingo</p> <p>  </p>	<p>19</p>  <p>  </p>	<p>20 9:00 - 11:30 Living Healthy with Chronic Conditions</p> <p></p>
<p>23 1:40 Chorus Practice</p> <p>  </p>	<p>24 10:00-12:00 Tech Day 1:00 Game Time!</p> <p>   </p>	<p>25 2:00 Bingo @ Highland Recreation</p> <p>  </p>	<p>26 1:30 Trivia</p> <p>  </p>	<p>27 9:00 - 11:30 Living Healthy with Chronic Conditions 1:00 Catawba Co Association of the Blind</p> <p></p>
<p>30 2:00 Chorus Practice</p> <p>  </p>				

SYMBOL KEY—SEE PAGE 4 FOR DETAILS:

-  Exercise Opportunities
-  Catwaba Crafters
-  CVCC Art Class
-  Rummikub
-  Hand & Foot
-  Movie Matinees
-  Samba
-  Quilting Class

08 DONATIONS & MEMORIALS



THANK YOU

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

Anonymous
Reba Abernethy
Marjorie & Bill Blubaugh, in memory of Bert Gimm
Wayne Cashion
Nancy Davis
Etta Gardner
William Gardner
Joseph & Audrey Harris
Highland Baptist Church, The Joy Class

Jane Hitchcock
Linda Keller
Gail Newton
Shirley Poovey
George Quinlan
Betty Reep, in honor of George Quinlan
Barbara Shukis
Bill & Dawn Teller
William Yost, in honor of AARP tax preparers

THE COUNCIL ON AGING PRESENTS TWO GREAT CRUISES WITH NORWEGIAN CRUISE LINE

Canada & New England on the Norwegian Getaway

October 5 - 12, 2025.

Cabin prices start at \$2,361 per person double occupancy, and include roundtrip airfare from Charlotte, cruise, service gratuities, beverage and dining gratuities, port charges, government fees, taxes, and transfers to/from ship.



Caribbean: Harvest Caye, Cozumel & Roatan on the Norwegian Viva

March 14 - 21, 2026

Cabin prices start at \$2,842 per person double occupancy, and include roundtrip airfare from Charlotte, cruise, service gratuities, beverage and dining gratuities, port charges, government fees, taxes, and transfers to/from ship.

Contact Grand American Tours, (800) 423-0247, for more information and to make reservations. Make sure to let them know you found out about the cruise through the Catawba Council on Aging.



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

TECH DAY DROP-IN EVENTS

TUESDAY, MAY 20 & JUNE 24,
10:00 AM - 12:00 PM

A Digital Navigator will be at the West Hickory Senior Center to provide technology assistance and answer any questions about a smartphone, tablet, and/or computer. **Call 828-328-2269 to register.**



NEW TO MEDICARE SEMINAR

SHERRILLS FORD LIBRARY

9154 SHERRILLS FORD RD, TERRELL

MONDAY, JUNE 9, 2:00 PM - 4:00 PM

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.**



LIVING HEALTHY WITH CHRONIC CONDITIONS

FRIDAYS, MAY 23 - JUNE 27
9:00 AM - 11:30 AM

This six week workshop is designed for individuals 60+ with long-term health concerns. Ashelin McCoy, Aging Specialist with the Area Agency on Agency, will lead the workshop and the program will be held at the West Hickory Senior Center. **You must attend all classes.**

You will learn how to:

- Set weekly goals
- Exercise appropriately
- Manage medications
- Develop healthy eating habits
- Sleep well and use relaxation techniques
- Evaluate new treatments



Limited spaces are available. Call to register at 828-328-2269.

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

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Our quality rehabilitation services promote safe and effective recovery from illness, injury, or surgery with our personalized comprehensive programs:

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- Speech and Language therapy



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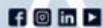
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RETURN SERVICE REQUESTED



BITS 'N' PIECES

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

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

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 make a donation, 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.



June 7-9

8 AM - 7 PM

Stop by Caliber Car Wash

**(121 River Bend Dr,
Granite Falls)** and 50%

of the proceeds of a premium wash will be donated to the COA. **You**

must mention the

Catawba County

Council on Aging at

check out.