

CATAWBA COUNTY COUNCIL ON AGING

SENIOR CENTER OF Excellence

CERTIFIED BY NCDHHS Division of Aging

THE SCOPE

CELEBRATING 50 YEARS SERVING SENIORS

In Memory of Margie

Fifty years ago, in 1976, Margie Abernethy started the Catawba County Council on Aging to improve the lives of senior adults in Catawba County. Margie had a passion for helping others and was loved and respected by all who knew her. We are grateful to Margie for the organization she created and the good work she did in our community. Margie passed away in February of this year at her home in Jamestown, NC, but her legacy lives on at the Council on Aging.

May/June 2026 Issue

VOLUME 49, NUMBER 6



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.

FREE Vision and Health Screenings

SATURDAY, JUNE 6, 9:00 AM - 12:00 PM

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

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



Contact the Catawba Council on Aging for more info at 328-2269

FREE Drive-Thru Shred Events

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 drop will be available at the May 6 event.

All attendees will be entered to win a personal shredder!

Catawba Co. Southwest Branch Library

WED, MAY 6, 9:00 AM - 12:00 PM
2944 Highway 127 South,
Hickory, 28602

Mt. Zion Lutheran Church

THURS, JUNE 4, 9:00 AM - 12:00 PM
4420 County Home Rd,
Conover, 28613

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YOU'RE INVITED TO...

Catawba Council on Aging

LR Mystery Hour

THURSDAYS, MAY 14 - JUL 30,
10:30 AM - 11:30 AM

Thursdays get a fun twist with mystery activities planned by the Lenoir-Rhyne Occupational Therapy interns. The surprise changes every week, but the fun never does. Come out and support these interns and make them feel welcome! **Register at 828-328-2269.**  **No event on Thurs, May 21.**



Information Session @ WHSC

THURS, MAY 7, 10:30 AM - 11:30 AM

TOPS (Take Off Pounds Sensibly) offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition. Join TOPS Coordinator, Lynne Meluch, as she shares about how you can be involved in the local meetings here in Hickory to help you get into shape! **Registration required at 828-328-2269.**



Summer Qi Gong Workshop

MONDAYS, JUNE 15 - 29, 11:00 AM - 12:30 PM

Gentle Summer Qi Gong focuses on the energy of the heart with 3 sessions of seated or standing exercise practice. Ignite your inner fire with breathwork, movement, & meditation. Discover the flow of your heart energy. **This workshop is led by Ruthie Hill and is FREE to attend!**

Call to register at 828-328-2269.

GREENway Ride the Bus

PUBLIC TRANSPORTATION

THURS, MAY 28, 10:00 AM - 11:30 AM

Kaylan Kelley, Mobility Manager with Greenway, will provide **FREE** on-board travel training for utilizing the Paratransit Service and the Fixed Route Service, starting at the West Hickory Senior Center. **Registration required at 828-328-2269!**

Seeking Vendors

SATURDAY, SEPTEMBER 26, 9:00 AM - 2:00 PM


The COA is currently seeking craft vendors for the Council on Aging's Fall Craft Market, to be held at the Newton Recreation Center (23 S Brady Ave, Newton). Registration is \$50.00 and includes a 10x10 space (NO tables or chairs). There are a limited number of spaces available! All proceeds will benefit the Catawba Council on Aging.

Contact the Council on Aging with any questions and to reserve your spot at 828-328-2269.



Older Americans Month Bingo @ Highland Rec


MON, MAY 11, 2:00 PM - 3:30 PM

Join us for Bingo at Highland Rec (1451 8th St Dr NE, Hickory, 28601) to celebrate Older Americans Month. Free to play and prizes awarded! Register at 828-328-2269. 




Bingo @ WHSC

MON, JUNE 8, 1:00 PM - 2:30 PM

You are invited to Bingo at the West Hickory Senior Center. Free to play and prizes awarded! Register at 828-328-2269. 

Senior Adult Music Bingo @ Sherrills Ford Library

SAT, JUNE 20, 10:30 AM - 12:00 PM

Get ready to rock out to the melodies of the 50's, 60's, and 70's with Valerie Carpenter during Senior Adult Music Bingo at the Sherrills Ford Library (9154 Sherrills Ford Rd, Terrell). Free to play and prizes awarded! Register at 828-328-2269. 



Thank you!

**to our May & June
Bingo Sponsors:**





FREE MONTHLY EDUCATIONAL PROGRAMS

ACAP Foothills/Hickory provides information, resources, support, and community for adult children caring for aging parents and themselves. ACAP meets on 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 programs are designed for adult-child caregivers, programs are open to all.

Upcoming topics:

May 14: "Senior Services: Understanding Eligibility and Managing Paperwork"

New to Medicare Seminar

TUESDAY, JUNE 9, 5:30 PM – 7:30 PM

**NEWTON LIBRARY
115 W C ST, NEWTON**

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.**

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.

An appointment is required at 828-328-2269.

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.

You Are Enough

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 \$ 1,956.00

Couple \$ 2,644.00

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

Individual \$ 17,600.00

Couple \$ 35,130.00

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

WEEKLY ACTIVITIES

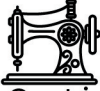
Catawba Council on Aging



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.



HAND & FOOT

Tues & Thurs | 12:00 pm

New players welcome! Current players will teach you how to play.



SAMBA


Tues & Thurs | 12:00 pm

Current players welcome all and will teach you.



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. 



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. **Classes will run April 29 - May 6 (portrait course, \$30 cost) & May 27 - June 24 (\$75 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!



BEGINNER IMPROVER LINE DANCE

Tues | 9:30 am

\$1.00

Knowledge of basic terminology required

No Class June 16 & 23



QI GONG WITH RUTHIE HILL

Tues | 11:30 am

Free!



QI GONG WITH DIANE CHRISTENSEN

Mon | 6:30 pm

\$5.00

at Newton Recreation Center

23 S Brady Ave, Newton

No Class May 25



VIRTUAL QI GONG WITH RUTHIE HILL

Sat | 9:30 am

Free!

Call 828-328-2269 for Zoom link.



TAI CHI

Wed | 6:30 pm

\$5.00

at Newton Recreation Center

23 S Brady Ave, Newton



VIRTUAL TAI CHI

Thurs | 10:00 am

Free!

Call 828-328-2269 for Zoom link



YOGA

Thurs | 10:00 am

\$5.00

at Newton Recreation Center

23 S Brady Ave, Newton



ZUMBA GOLD

Mon, Wed, & Fri | 10:00 am

\$1.00

at Christ Lutheran Church

324 2nd Ave SE, Hickory

MONTHLY ACTIVITIES

05

 Program available to register through MySeniorCenter

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 May 12 & June 9. **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 May 14 & June 11. The cost is \$15 and includes all supplies.

Registration required!

VIRTUAL BINGO

Wed, May 13 & Wed June 17 | 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
MAY & JUNE
VIRTUAL BINGO SPONSOR:



CORNHOLE

Tuesdays, May 26 & June 23 | 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!** 

Absolute Beginner Plus Line Dance Workshop



MONDAYS, MAY 4 - JUNE 8, 10:00 AM - 11:00 AM

Are you looking to learn more about line dancing? Instructor and choreographer Susan Duncan will lead this 5-week workshop (no class May 25).

You must have some knowledge of terminology and previous experience in a line dancing class.

The cost to attend is \$5.00, which covers all 5 weeks. **Call to register at 828-328-2269.**

VIP LIONS CLUB

2nd Fridays | 1:00 pm

The Visually Impaired Lions Club (VIP) will meet on May 8 & June 12. 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 May 22 & June 26 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 28 & June 25. Registration Required! 

TECH SUPPORT

BYTE SIZED COMPUTER BASICS



3rd Wednesdays | 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 20 & June 17. Laptops will be available for use during class.

Topics will be: May - Cooking with AI & June - Facebook.

Registration required!

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 May 4 & June 1. Bring your device and ask questions. **Topics will be: May - Using Your**

Phone's Map App & June - Voice Commands: Using Siri and Google Voice Assistant.

Call to register at 828-328-2269.

TECH DAY EVENTS

Tuesdays, May 26 & Jun 23 | 9:30 am - 11:30 am

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

May is Older Americans Month! The 2026 theme, Champion Your Health, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

1

4 5 6 7 8

10:00 Line Dance Workshop
2:30 Maximize Your Smartphone



9:00 - 12:00 Shred Event @ Catawba Co. Southwest Branch Library

10:30 TOPS Information Session

8:30 A Matter of Balance
1:00 VIP Lions



11 12 13 14 15

10:00 Line Dance Workshop
2:00 Bingo @ Highland Rec

1:00 Caregiver Support

1:30 Virtual Bingo

9:30 Designer Greeting Cards
10:30 LR Mystery Hour
1:00 Designer Greeting Cards

8:30 A Matter of Balance



18 19 20 21 22

10:00 Line Dance Workshop

10:30 Byte Sized Computer Basics

10:00 - 12:30 Healthier Lifestyle - Healthier You! @ Ridgeview Rec

8:30 A Matter of Balance
1:00 Catawba Co Association of the Blind



25 26 27 28 29

Senior Center Closed

10:00-12:00 Tech Day
1:00 Cornhole

10:00 Greenway Ride the Bus
10:30 LR Mystery Hour
1:30 Trivia

8:30 A Matter of Balance

















MEMORIAL DAY
















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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1	2	3	4	5
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<p>10:00 Line Dance Workshop 2:30 MaximizeYour Smartphone</p> <p>  </p>	<p>   </p>	<p>  </p>	<p>9:00 - 12:00 Shred Event @ Mt. Zion Lutheran Church 10:30 LR Mystery Hour</p> <p>  </p>	<p>8:30 A Matter of Balance</p> <div style="border: 2px solid blue; border-radius: 50%; padding: 10px; background-color: #e0e0ff;"> <p>Sat, June 6 9:00 - 12:00 Vision & Health Screenings @ WHSC</p> </div> <p></p>
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8	9	10	11	12
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<p>10:00 Line Dance Workshop 1:00 Bingo @ WHSC</p> <p>  </p>	<p>1:00 Caregiver Support 5:30 New to Medicare Seminar @ Newton Library</p> <p>   </p>	<p>  </p>	<p>9:30 Designer Greeting Cards 10:30 LR Mystery Hour 1:00 Designer Greeting Cards</p> <p>  </p>	<p>8:30 A Matter of Balance 1:00 VIP Lions</p> <p></p>
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15	16	17	18	19
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<p>11:00 Summer Qi Gong Workshop</p> <p>  </p>	<p>   </p>	<p>10:30 Byte Sized Computer Basics 1:30 Virtual Bingo</p> <p>  </p>	<p>10:30 LR Mystery Hour</p> <p>  </p>	<p>8:30 A Matter of Balance</p> <div style="border: 2px solid green; border-radius: 50%; padding: 10px; background-color: #e0ffe0;"> <p>Sat, June 20 10:30 Music Bingo @ Sherrills Ford Library</p> </div> <p></p>
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22	23	24	25	26
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<p>11:00 Summer Qi Gong Workshop</p> <p>  </p>	<p>10:00-12:00 Tech Day 1:00 Cornhole</p> <p>   </p>	<p>  </p>	<p>  </p>	<p></p>
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29	30
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11:00 Summer Qi Gong Workshop
1:30 Chorus Practice

SYMBOL KEY - SEE PAGE 4 FOR DETAILS:

-  Exercise opportunity
-  Catawba Crafters
-  Beyond the Brush
-  Rummikub
-  Hand & Foot
-  Movie Matinees
-  Samba
-  Quilting Class



Thank You

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

- Reba Abernethy, in honor of Rebecca Reeves
- Richard & Donna Bunton, in appreciation of Carolyn Miller & Wayne Cashion, and in memory of A Kristi B Thomas & Hope Michelle Clontz
- Anonymous donation, in honor and appreciation of Vickie Blevins and staff
- Hilka Cox, in appreciation of AARP Tax Volunteers
- Betty Reep, in appreciation of George Quinlan
- Walmart Neighborhood Market, Hwy 70 SW, Hickory
- Ann Williams, in loving memory of Don Williams
- William Yost, in honor of AARP tax Preparers
- Augustana Lutheran Church, Hickory
- First Baptist Church, Hickory
- First Presbyterian Church, Hickory
- Tuesday Line Dance Class
- Hickory Sam's Club
- Anonymous
- Shelia Brown
- Wayne Cashion
- Carol & Richard Furman
- Etta Gardner
- William Gardner
- Judy Gragg
- Audrey Harris
- Linda Keller
- Carolyn Killian
- Mary Lou Meyers
- Gail Newton
- Shirley Poovey
- George Quinlan
- Pat Stiltner
- Bill & Dawn Teller

In Memory of Margie

Marilyn Bell	Vickie Blevins
Carolyn Cotton	Kelly Cross
Donna Finch	Donna Herman
Mary Mode	Sheila Weeks
J Patrick & Jane Condon	
Richard & Becky Smith	
Billy & Deborah Williams	
Kenny, Sandy, Stephen, Melia, Cayden, and Dominic Austin	


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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



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**FRIDAYS, MAY 8 - JUNE 26,
8:30 AM - 10:30 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.
Contact the Catawba Council on Aging to register at 828-328-2269.

COA IN THE COMMUNITY

Program available to register through MySeniorCenter

09

Healthier Lifestyle - Healthier You! Taking Care of You!

THURSDAY, MAY 21, 10:00 AM - 12:30 PM

Free! Lunch-and-learn for seniors and caregivers. This year's topic is Thrive From Within: The Power of Exercise, Nutrition & Stress Relief. 3-Part Journey to Strengthen Your Mind, Energize Your Body, and Restore Inner Balance. **This event will be held at the Ridgeview Recreation Center** (115 7th Ave. SW, Hickory). Doors will open at 9:30 AM.

Registration required by May 18th!
Contact the Catawba Council on Aging to register at 828-328-2269.

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

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Catawba County Council on Aging, Hickory, NC

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They allow us to print this publication. Thank you!





CATAWBA COUNTY
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**May & June
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](https://www.amazon.com/?ref=AWS wishlist).

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.



Need help with Medicare?

Seniors' Health Insurance Information Program (SHIIP) 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 SHIIP counselor, 828-328-2269.