

CATAWBA COUNTY COUNCIL ON AGING

SENIOR
CENTER OF
Excellence
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NCDHHS
Division of Aging

THE

SCOPE

CELEBRATING 50 YEARS SERVING SENIORS

Fall Craft Market

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

Save the date for the Council on Aging's annual Fall Craft Market Fundraiser, which will be held at the lower level of the Newton Recreation Center (23 S Brady Ave, Newton). The event is free to attend. There will be more than 30 craft vendors, as well as raffles.

Thank You to our sponsors:

Newton Recreation Center

Vanguard Furniture

Bumgarner Oil

Blue Sky's Cafe LLC

Van and Lil Taylor

Lovely Nails

SYNERGY HomeCare

Shuford Yarns LLC

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Catawba Valley Community College

Bass-Smith Funeral Home & Crematory

Trinity Village Senior Living Community

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Carris Reels

Mike and Betty Scipione

Judith Thomas Ray

Sig's Tire Center, Inc

Village Caregiving

Anthony & Brown

Medicare Open Enrollment



NC DEPARTMENT OF
INSURANCE OPEN ENROLLMENT IS OCT 15—DEC 7.
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

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!

Appointment required. Call 828-328-2269 to make an appointment.

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Sept/Oct 2026 Issue

VOLUME 50, NUMBER 2



CATAWBA COUNTY
Council on Aging

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

**Vaccine Clinics****Appointment required! Call 828-328-2269!**

Medicare Part B and Advantage plans are accepted. Please bring your Medicare card and your drug plan card. **Vaccines available are regular and high-dose flu shots, COVID, shingles, pneumonia, and RSV.**

OCT 20, 1:00 PM – 4:00 PM

Catawba United Methodist Church
Family Life Center
209 E Central Ave, Catawba

OCT 22, 10:00 AM – 1:00 PM

West Hickory Senior Center
400 17th St Sw, Hickory

OCT 23, 11:00 AM – 2:00 PM

Corinth Baptist Church
7929 W NC 10 Hwy, Vale

Call to
schedule your
appointment!
828-328-2269

Fall Prevention Bingo @ Highland Rec**WED, SEPT 23, 2:00 PM – 3:30 PM**

Join us for Bingo at Highland Rec (1451 8th St Dr NE, Hickory, 28601). Free to play and prizes provided by the Area Agency on Aging! Register at 828-328-2269.

Bingo @ Catawba UMC Family Life Center**MON, OCT 12, 2:00 PM – 3:30 PM**

We will have a special bingo at the Catawba United Methodist Church Family Life Center (209 East Central Avenue, Catawba, 28609.) Free to play and prizes awarded! Register at 828-328-2269.

Halloween Party & Bingo @ WHSC**THUR, OCT 29, 2:00 PM – 3:30 PM**

Have a spooky good time at our Bingo and Halloween party! Free to play and prizes awarded! Register at 828-328-2269.

thank you!**to our Sept & Oct Bingo Sponsors:****Step-tember Walking Challenge**

From Sept 1 – Sept 30, participants will keep track of their steps, and report those numbers with the West Hickory Senior Center each week. Pedometers will be available upon request. Remember all steps count, and we are all working together contributing to a collective goal to improve our health. **Call to register at 828-328-2269.**

Kickoff Event @ Highland Recreation**MON, AUGUST 31, 10:30 AM – 11:30 AM**

Join us at Highland Recreation (1451 8th St Dr NE, Hickory) for our Kickoff! RN John Usher will be speaking about the benefits of walking, and you will also learn more about how Step-tember works. Optional health checks will be provided by Hopscotch Primary Care.

Walk with an RN @ Longview Rec**TUESDAYS IN SEPT, 9:30 AM – 10:30 AM**

Join RN John Usher with Hopscotch Primary Care at Longview Rec (3107 2nd Ave NW, Hickory) every Tuesday in September to get some steps in!

THANKS TO OUR SPONSORS:



New to Medicare Seminar

THURSDAY, OCTOBER 1, 2:00 PM – 4:00 PM

WEST HICKORY SENIOR CENTER

400 17th ST SW, Hickory

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.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

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. 



Volunteers are needed for AARP Tax-Aide to prepare tax returns between February and April. No experience is required, but computer skills are necessary, and it is a serious time commitment.

Training begins in November with weekly meetings on Fridays. Volunteers report that it is a rewarding experience and are thankful for the opportunity to serve. **If you are interested or have questions, contact Rebecca Reeves at 828-381-3113 or reboreeves@gmail.com.**

Mammogram Clinic

FRIDAY, OCTOBER 30



Catawba Valley Medical Center mobile unit mammograms will be at the West Hickory Senior Center on Friday, October 30. Mammograms are a benefit covered by Medicare once per year.

Appointments are required. Call 828-328-2269 by Oct 16 to make your appointment.

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.



APPSTATE
APPALACHIAN
INSTITUTE FOR
HEALTH AND
WELLNESS

AGING WELL ASSESSMENTS

TUESDAY, SEPTEMBER 22

Appointments are available for a **FREE** healthy aging assessment at the Appalachian State Hickory Interprofessional Clinic (800 17th St NW, Hickory). The following major areas of healthy aging will be assessed: fall risk, mental health, cognition, nutrition, and voice. Limited time slots will be available! **Contact the Council on Aging with any questions and to schedule an appointment by Sept 18 at 828-328-2269.**

PARTICIPANT & NONPARTICIPANT



SURVEYS

Please remember to fill out a brief survey during the month of October! These are very important for the COA and help us know your thoughts! The Survey can be completed online or in person (ask for a copy at the front desk) and takes only a few minutes.

Call 828-328-2269 with any questions.



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):

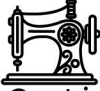
Individual \$ 18,090.00

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, Sept 22 & Oct 27 | 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 Sept 30 – Oct 28 (\$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 September 22

**QI GONG WITH RUTHIE HILL****Tues | 11:30 am****Free!****QI GONG WITH DIANE CHRISTENSEN****Mon | 6:30 pm****Tues | 8:00 am (starting Sept 8) \$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 October 10

**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 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 Sept 8 & Oct 13. **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 Sept 10 and Oct 15 (date change). The cost is \$15 and includes all supplies. **Registration required!**

VIRTUAL BINGO

Weds, Sept 16 & Oct 21 | 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
SEPTEMBER & OCTOBER
VIRTUAL BINGO SPONSOR:



Krista Skelton will guide you to create a painting! Cost is \$5.00 per class and includes all materials.

Registration required at 828-328-2269.



LIGHTHOUSE

Mon, Sept 21,
10:30 AM - 12:00 PM



ORNAMENT

Mon, Oct 19,
10:30 AM - 12:00 PM



FLOWERS

Thurs, Oct 8,
10:30 AM - 12:00 PM



Diamond Art

THURSDAY, SEPT 17, 2:30 PM - 4:00 PM

Perfect for beginners and those with prior experience. We will be making a coaster. Cost to attend is \$5.00. Make sure to bring your readers! **Registration required by Sept 10 at 828-328-2269.**

VIP LIONS CLUB

2nd Fridays | 1:00 pm

The Visually Impaired Lions Club (VIP) will meet on Sept 11 & Oct 9. 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 Sept 25 & Oct 23 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 Sept 24 & Oct 22. Registration Required! 

Chair Line Dance

MONDAY, SEPT 28, 3:00 PM - 3:30 PM

Join Danielle Dempsey for a 30 minute seated chair line dance session that will include a 5 minute stretch and cool down. Free to attend!

Registration required at 828-328-2269. 



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 Sept 14 (date change) & Oct 5. Bring your device and ask questions. **Topics will be: Sept - QR Codes: Point, Scan, Go! & Oct - Switching Between Phone Screens.**

Call to register at 828-328-2269. 



TECH DAY EVENTS

Tuesdays, Sept 15 & Oct 13 | 2:00 PM - 4:00 PM

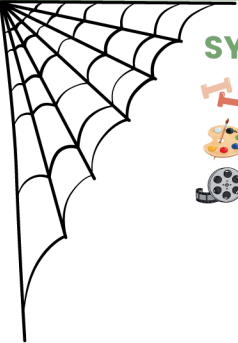
Digital Navigators with the County Library will be at the West Hickory Senior Center to provide technology assistance and answer any questions about a smartphone, tablet, and/or computer.

Appointment Required! Call 828-328-2269 to make an appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Walk with an RN @ Longview Rec  	2   	3 	4 Senior Center CLOSED
7 Senior Center CLOSED 	8 9:30 Walk with an RN @ Longview Rec 1:00 Care for the Caregiver  	9   	10 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards 	11 1:00 VIP Lions 
14 2:30 Maximize Your Smartphone   	15 9:30 Walk with an RN @ Longview Rec 2:00-4:00 Tech Day  	16 1:30 Virtual Bingo   	17 2:30 Diamond Art 	18 
21 10:30 Paint Party with Krista - Lighthouse 2:00 Stepping Strong   	22  10:00-12:00 Aging Well Assessments 9:30 Walk with an RN @ Longview Rec 1:00-2:30 Aging Well Assessments 1:00 Cornhole  	23 2:00 Fall Prevention Bingo @ Highland Rec   	24 1:30 Trivia 	25 1:00 Catawba Co Association of the Blind 
28 3:00 Chair Line Dance   	29 9:30 Walk with an RN @ Longview Rec  	30 2:00 Fall Craft with Visiting Angels @ Sherrills Ford Library   		

DON'T MISS!
**Sat, Sept 26,
9:00-2:00**

 Fall Craft Market
 @ Newton Rec

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SYMBOL KEY – SEE PAGE 4 FOR DETAILS:  Exercise Opportunity  Catawba Crafters  Beyond the Brush  Rummikub  Movie Matinees  Quilting Class 			1 10:30–11:30 Step-tember Health Rechecks with Hopscotch 2:00 New to Medicare Seminar @ WHSC	2
5	6	7	8	9
2:30 Maximize Your Smartphone			10:30 Paint Party with Krista – Flowers	1:00 VIP Lions
  	 	  		
12	13	14	15	16
2:00 Bingo @ Catawba UMC Family Life Center	1:00 Care for the Caregiver 2:00–4:00 Tech Day		9:30 Designer Greeting Cards 1:00 Designer Greeting Cards	10:30 Insurance 101
  	 	  		
19	20	21	22	23
10:30 Paint Party with Krista – Ornament	1:00–4:00 Vaccine Clinic @ Catawba UMC	1:30 Virtual Bingo	10:00–1:00 Vaccine Clinic @ WHSC 1:30 Trivia	11:00–2:00 Vaccine Clinic @ Corinth Baptist Church 1:00 Catawba Co Association of the Blind
  	 	  		
26	27	28	29	30
1:30 Chorus Practice	1:00 Cornhole		2:00 Halloween Party & Bingo @ WHSC	Mammogram Clinic
  	 	  		



2026 Annual Fund Drive

Levels of Support

☐ Friend - \$1—149

☐ Partner - \$150—349

☐ Bronze - \$350—599

☐ Silver - \$600—1,499

☐ Gold - \$1,500—4,999

☐ Leader - \$5,000—9,999

☐ Visionary - \$10,000+

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.

☐

Pledge \$_____/month x _____ months = \$_____

Name _____ Phone Number _____

Address _____

☐ Keep my Donation Anonymous Email Address: _____

Your support will be recognized in the Council on Aging Jan/Feb newsletter, unless you indicate otherwise. The Council on Aging is supported by grants, fundraising, and donations. Contributions are tax deductible to the extent provided by law.

If you would like to help improve the lives of seniors, there are several ways to give:

Mail a check to Catawba County Council on Aging, PO Box 835, Hickory, NC 28603.

Bring your donation to the COA office at 400 17th St SW, Hickory.

Donate using a credit card or PayPal on our website, catawbacoa.org.

FALL CRAFT**WITH VISITING ANGELS****WED, SEPT 30, 2:00 PM – 3:30 PM**

Enjoy making a FREE fall-inspired craft with Visiting Angels at the Sherrills Ford Library (9154 Sherrills Ford Rd, Terrell). **Spaces are limited and registration is required at 828-328-2269.**



STEPPING STRONG: SIMPLE EXERCISES FOR BETTER MOBILITY, BALANCE & INDEPENDENCE

MON, SEPT 21, 2:00 PM – 3:00 PM

Representatives from the Frye Outpatient Therapy Services team will demonstrate simple stretching exercises to improve flexibility and maintain mobility. These easy movements can help support balance, confidence, and overall well-being for everyday activities.

**FRYE REGIONAL
MEDICAL CENTER**
A Duke LifePoint Hospital

Call to register at 828-328-2269.**INSURANCE 101****FRI, OCTOBER 16, 10:30 AM – 11:30 AM**

Mike LaBrose, Regional Director with the NC Department of Insurance, will give a broad overview of insurance, including health, life, car, and home insurance. He will also be available to answer any specific questions about insurance you may have.



**NC DEPARTMENT
of INSURANCE**
MIKE CAUSEY, COMMISSIONER

Registration required at 828-328-2269.**Prime Time Singers****MONDAYS, 1:30 PM**

The Prime Time Singers perform at area nursing homes and other senior gatherings. Practice at the West Hickory Senior Center will be Oct 26.

For more information, contact Nancy Farr at 813-767-7922.



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- Social activities, outings & events
- Scheduled transportation
- Pet-friendly community

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Catawba County Council on Aging, Hickory, NC

14-1763

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CATAWBA COUNTY
Council on Aging
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West Hickory Senior Center
400 17th St SW Hickory, NC, 28602

NON PROFIT ORG
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Hickory, NC 28601
Permit Number 218

Return Service Requested

**Sept & Oct
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.

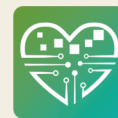
We have an Amazon Wishlist with various items that will help support the center and local seniors. If you have any questions, give us a call at 828-328-2269. If you would like to donate, the link is: amzn.to/3uoo1Zr.

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.

