



## CATAWBA COUNTY COUNCIL ON AGING

THE

# SCOPE

### JAN/FEB 2026 ISSUE

Volume 48, Number 4

#### 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!

### AARP TAX-AIDE

APPOINTMENTS CAN BE MADE STARTING JAN 12  
BY CALLING 828-358-4669.

**Schedulers will be available by phone, Monday—Friday,  
9:00 am - 1:00 pm, until all available appointments are filled.**



AARP Tax-Aide offers **FREE TAX PREPARATION** for your federal and state income taxes and will be available by appointment. **Please be patient when calling to make your appointment and do not attempt to leave a message.** If at first you don't get through, please try again until you reach a live volunteer.

### MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD

JANUARY 1 - MARCH 31

If you are enrolled in a Medicare Advantage plan, there are certain changes you are able to make during the first quarter of the year.



Call for an appointment with a SHIP counselor for more information at 828-328-2269.



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



### BRIGHTENING THE DARK DAYS: UNDERSTANDING SEASONAL AFFECTIVE DISORDER

MONDAY, JANUARY 26, 10:30 AM - 11:30 PM



Karen Phoenix with Partners Health Management will speak about how certain depressive symptoms occur during specific seasons, and the impact on older adults. She will also share tips on how to manage seasonal depression. **Register at 828-328-2269.**

## 02 YOU'RE INVITED TO...

★ Program available to register through MyActiveCenter.

### NEW YEAR, NEW YOU!

MON, JAN 12, 1:00 PM - 2:30 PM

Pamper yourself in the New Year! Mary Kay representatives Gail Settlemyre and Jill Adair will help you feel and look your best. **Spaces are limited! Register at 828-328-2269.**

### HOT COCOA SOCIAL

THURS, JAN 15, 2:00 PM - 3:30 PM



Join us as we warm up with a mug of warm cocoa and refreshments while socializing with others. **Spaces are limited and registration required by January 8 at 828-328-2269.**

### SENIOR ADVOCACY

THURS, JAN 29, 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 discussion about the latest updates and opportunity for feedback from the audience. **Register at 828-328-2269.**



### CORNHOLE

TUES, JAN 20 & FEB 17,  
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! **Call 328-2269 to register!**

**THANK YOU** to our Jan & Feb Bingo sponsors:



### ★ BINGO @ WHSC



WED, JAN 7, 2:00 PM - 3:30 PM

Join us for Bingo at the West Hickory Senior Center. Free to play and prizes awarded!

**Registration required at 828-328-2269.**

### ★ VALENTINE'S DAY BINGO

MON, FEB 9, 1:00 PM - 2:30 PM



We will celebrate Valentine's Day with Bingo at the West Hickory Senior Center! Free to play and prizes awarded!

**Registration required at 828-328-2269.**

### VALENTINE CRAFT WITH VISITING ANGELS

WED, FEB 11, 10:30 AM - 12:00 PM



Join Visiting Angels for some fun crafting at the West Hickory Senior Center! Michell Plummer will lead the craft as you paint and decorate a planter that will be used to plant seeds.

Free to attend! **Spaces are limited and registration required by February 4 at 828-328-2269.**

*From the Director*

Happy New Year! Thanks to everyone who donated to us in 2025, attended our Fall Craft Market fundraiser, or participated in our food drives. We couldn't do what we do without the support of the community. You have our utmost appreciation.

We have a few requests from everyone who attends programs at the West Hickory Senior Center. Because our participation continues to increase, please remember to register for activities you want to attend. Also, please call and let us know if you are unable to attend after you have registered. This allows us to contact those who may be on a wait list if the activity sign up list is full. Finally, if you are able, please park in the lower parking lot or across the street at the park for events such as Bingo, parties, etc., as this leaves parking near the building for those who use canes or walkers. We are grateful for your courtesy to each other in the coming year!

Vickie

## LEGACY & PLANNED GIVING

When making your estate plan, please consider a gift to the Council on Aging (COA). The legacy created by doing so helps to continue the mission to enrich the quality of life for older adults in our community.

### WAYS TO GIVE INCLUDE:

- \* Leaving a gift to the COA in a will or trust
- \* Designating the COA as the Transfer on Death or Payable on Death of a stock or brokerage account
- \* Designating the COA as the beneficiary of a life insurance policy
- \* Designating the COA as the beneficiary of a retirement account (this can maximize tax-deferred savings)

Please contact the Council on Aging office for more information at 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:

**Jan 8** - “Understanding and Accessing VA Programs & Benefits”

**Feb 12** - “Movement for Older Bodies”

## 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 for individuals 60+. 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  
*No class Jan 1*

**Beginner Improver Line Dance**  
(Knowledge of basic terminology  
required)

\$1 suggested donation  
Tuesdays 9:30 am  
*No class Jan 6 & 27*

**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  
at Newton Recreation Center  
23 S Brady Ave, Newton  
*No class Jan 19 & Feb 16*

**Virtual Tai Chi** **FREE!**  
Thursdays 10:00 am  
Call 328-2269 for the Zoom Link  
*No class Jan 1*

**Yoga** \$5 suggested donation  
Thursdays 10:00 am  
at Newton Recreation Center  
23 S Brady Ave, Newton  
*No class Jan 1*


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

## STAY ACTIVE


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

 **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.

 **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! Movie 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  
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 328-2269.



### BEYOND THE BRUSH

WEDNESDAYS, 1:00 PM TO 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. **Cost for the class is \$85.00. Class will run Jan 21 - Feb 25. Contact the Council on Aging to register at 828-328-2269.**

## Inclement Weather Policy



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



# 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 **Jan 13 & Feb 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 **Jan 8 & Feb 12**. The cost is **\$15** and includes all supplies. **Registration required!**

## VIRTUAL BINGO

WED, JAN 14 & WED, FEB 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 Jan & Feb Virtual Bingo sponsor:



## 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 **Feb 16 & 23**. For more information, contact Nancy Farr at **813-767-7922**.

New Year, new me, same sweater until spring.

Jane L. Frost



## VIP LIONS CLUB

2ND FRIDAYS, 1:00 PM

The Visually Impaired Lions Club (VIP) will meet on **Jan 9 & Feb 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 **Jan 23 & Feb 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 **Jan 22 & Feb 26**. Call to register!



## NEED TECH HELP?

### 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

**Jan 21 & Feb 18**. Laptops will be available for use during class. Topics will be: Jan - Zoom and Video Calls & Feb - Online Dating Sites (How-to and Safety Tips). **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 **Jan 5 & Feb 2**.

Bring your device and ask questions.

Topics will be: Jan - Artificial Intelligence & Feb - Notification Settings. **Registration required!**

### TECH DAY EVENTS

TUESDAYS, JAN 13 & FEB 10, 10:00 AM - 12:00 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. **Appointments Required!**

**Call 828-328-2269 to make an appointment.**



## JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**CredibleMind****Free Tools for Your Mental Wellness**

Information about stress, parenting, relationships, anxiety, depression, and more! It's free, private, and available 24/7! Scan the QR code or visit [catawbacountync.crediblemind.com](http://catawbacountync.crediblemind.com).

**1**

Senior Center  
Closed

**2**

Senior Center  
Closed

**5**

2:30 Maximize  
Your Smartphone

**6****7**

2:00 Bingo @  
WHSC

**8**

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

**9**

1:00 VIP Lions  
Club

**12**

1st day AARP Tax  
Phone available

1:00 New Year,  
New You!

**13**

10:00 - 12:00 Tech  
Day  
1:00 Caregiver  
Support

**14**

1:30 Virtual Bingo

**15**

2:00 Hot Cocoa  
Social

**16****19**

Senior Center  
Closed

**20**

1:00 Cornhole

**21**

10:30 Byte Sized  
Computer Basics

**22**

1:30 Trivia

**23**

1:00 Catawba Co  
Association of  
the Blind

**26**





































10:30 Brightening  
the Dark Days:  
Understanding  
Seasonal Affective  
Disorder

**27****28****29**









10:30 Senior  
Advocacy

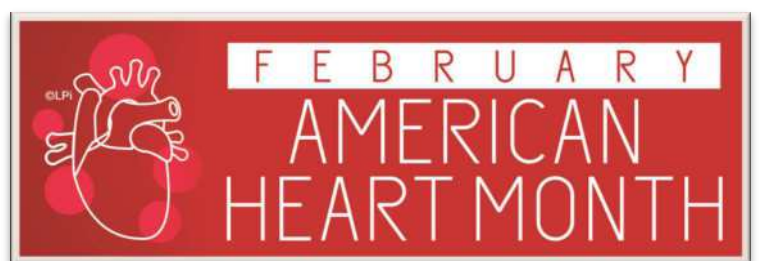
**30**

# FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>2:30</b> Maximize Your Smartphone    	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9</b> <b>1:00</b> Valentine's Day Bingo @ WHSC   	<b>10</b> <b>10:00-12:00</b> Tech Day <b>1:00</b> Caregiver Support    	<b>11</b> <b>10:30</b> Valentine Craft with Visiting Angels   	<b>12</b> <b>9:30</b> Designer Greeting Cards <b>1:00</b> Designer Greeting Cards   	<b>13</b> <b>1:00</b> VIP Lions Club 
<b>16</b> <b>1:30</b> Chorus Practice    	<b>17</b> <b>1:00</b> Cornhole    	<b>18</b> <b>10:30</b> Byte Sized Computer Basics <b>1:30</b> Virtual Bingo   	<b>19</b>	<b>20</b>
<b>23</b> <b>1:30</b> Chorus Practice   	<b>24</b>	<b>25</b>	<b>26</b> <b>1:30</b> Trivia   	<b>27</b> <b>1:00</b> Catawba Co Association of the Blind 

**SYMBOL KEY—SEE PAGE 4 FOR DETAILS:**

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





## 08 FALL FUND DRIVE

THANK YOU TO ALL WHO DONATED  
TO OUR FALL FUND DRIVE

WE ACKNOWLEDGE WITH GRATITUDE THE FOLLOWING

### Leader — \$5,000-9,999

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### Bronze — \$350-599

Anonymous in memory of long time tax  
volunteers, Leslie Barnette & Ann Seitz  
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George Snow  
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Jack & Mary Reitzel in honor of SHIIP Volunteers  
Carolyn Speagle

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David & Cheryl Reynolds	
The Tuesday Line Dance Class	
Maurice & Barbara Gray in honor of tax preparers	

### Friend — \$1-149

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Kathy LeCompte in memory of Marc LeCompte	

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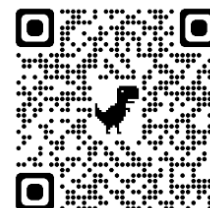
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\*\*\*If you would like an acknowledgment sent to the family, please provide their name and address.

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want to receive a  
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check the box. ☐



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828.328.2006

  
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[Trinityridge.net](http://Trinityridge.net)  
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## 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](https://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.

# Thanks

Thank you to all  
who donated food  
and supplies to our  
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support was most  
appreciated!