



CATAWBA COUNTY COUNCIL ON AGING

THE

SCOPE

SEPT/OCT 2025 ISSUE

Volume 48, Number 2

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!



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

INFORMATION DAY @ THE WEST HICKORY SENIOR CENTER

FRIDAY, SEPT 19

9:00 AM - Carolina Caring

10:00 AM - Greenway Transportation

11:00 AM - Department of Social Services Adult Services

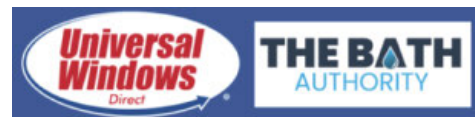
12:00 PM - Lunch

12:30 PM - Adult Life Programs

1:30 PM - Habitat Repairs

2:30 PM - Reverse Mortgage

Thanks to our lunch sponsor:



Attendees can come to one or all presentations. Free lunch will be available to those attending the 11:00 AM or 12:30 PM presentations.

Registration required by Sept 12 at 828-328-2269.

FALL CRAFT MARKET FUNDRAISER

SATURDAY, SEPTEMBER 27, 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 Crowne Plaza Hickory (1385 Lenior Rhyne Blvd SE, Hickory, 28602). The event is free to attend. There will be more than 40 craft vendors and also raffle opportunities.

 Thank You to our sponsors 

Crowne Plaza Hickory

Anthony & Brown

Bumgarner Oil

Catawba Valley Community College

Catawba Valley British Motor Club

Robert Pegg CPA, PLLC

Shuford Yarns LLC

Carris Reels

Vital Homecare

Sig's Tire Center

Dr. Michael C Cordora

Mike & Betty Scipione

Coca-Cola

James Sherrill III

02 YOU'RE INVITED TO...

★ Program available to register through MyActiveCenter.

NEW TO MEDICARE SEMINAR

NEWTON LIBRARY

115 W C ST, NEWTON, 28658

WEDNESDAY, SEPT 24, 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.

MAMMOGRAM CLINIC

FRIDAY, OCTOBER 31

CVCC mobile unit mammograms will be at the West Hickory Senior Center on Friday, October 31.

Mammograms are a benefit covered by Medicare once per year. **Appointments are required. Call 328-2269 by Oct 10 to make your appointment.**

THANK YOU to our Sept & Oct Bingo sponsors:



★ BINGO AT WHSC

MON, SEPT 22, 1:00 PM—2:30 PM

September's in-person Bingo will be held at the West Hickory Senior Center. Prizes awarded!

Registration required at 828-328-2269.

★ HALLOWEEN BINGO AT HIGHLAND REC

MON, OCT 13, 2:00 PM - 3:30 PM

Our October in-person Bingo will be held at Highland Recreation Center (1451 8th St Dr NE, Hickory, 28601). Make sure to wear a costume for a spooky good time! Prizes will be awarded! **Registration required at 828-328-2269.**



STEP-TEMBER WALKING CHALLENGE

This September we will be participating in a statewide initiative to get moving and be healthier! From Sept 1 - Sept 30, participants will keep track of their steps, and share those numbers with the West Hickory Senior Center each Friday (call 828-328-2269). Pedometers will be available to those who would like one. 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.**

STEP-TEMBER KICKOFF

Tues, Sept 2, 10:00 AM

Everyone participating is welcome to join us at the West Hickory Senior Center for our kickoff event!

Walk Your Way to Health

Thanks to our sponsors:



CLOSING CELEBRATION

Wed, Oct 8, 2:00 PM

Participants will meet at the West Hickory Senior Center to celebrate their walking achievements!

FLU SHOT CLINICS 2025

APPOINTMENT REQUIRED! CALL 828-328-2269 TO MAKE AN APPOINTMENT.

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, shingles, pneumonia, and RSV.

Call 828-328-2269 to make an appointment.

OCT 16, 1PM-4PM

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

OCT 21, 11AM-2PM

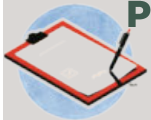
**St. Stephen's Lutheran Church
ELCA**
2259 12th Ave NE,
Hickory

OCT 22, 1PM-4PM

West Hickory Senior Center
400 17th St SW,
Hickory

OCT 24, 11AM-2PM

Corinth Baptist Church
7952 W NC 10 Hwy,
Vale



PARTICIPANT SURVEY

MONTH OF OCTOBER

Please remember to fill out a brief survey during the month of October! These are very important for the organization and help us know your thoughts! The survey can be completed online or in-person (ask for a copy at the front desk), and only takes a few minutes. Call 828-328-2269 for any questions.

ESTATE PLANNING & ASSET PROTECTION

WED, OCT 22,
10:00 AM - 11:00 AM

Susannah L Brown, attorney at law for Anthony & Brown, who has experience practicing elder law and estate planning for over 16 years, will share strategies on how to protect your home and other assets if you or a loved one ever need to enter a nursing home. **Call 828-328-2269 to register .**

DISASTER PREPAREDNESS

FRI, SEPT 12,
10:00 AM - 11:00 AM

Are you prepared in the event of a disaster? Mike LeBrose, Regional Director for the NCDOL, will be at the West Hickory Senior Center sharing how you can be ready and stay safe. **Call to register at 828-328-2269.**



NC DEPARTMENT of INSURANCE
MIKE CAUSEY, COMMISSIONER



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:

Sept 11th - "Knowing Your Limits and Creating Balance as a Caregiver"

Oct 9th- "Medicare and SHIP: The Must-Knows"

ADVANCE DIRECTIVES:

LIVING WILLS & HEALTH CARE POWER OF ATTORNEY

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.

REWARDING VOLUNTEER OPPORTUNITY

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 October with weekly meetings.**



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.**

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

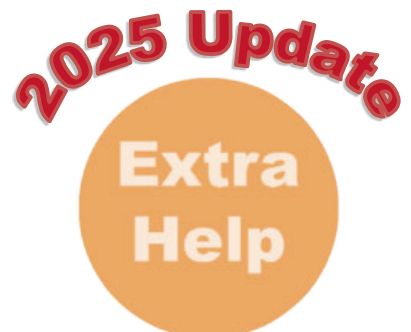
You may qualify for Extra Help paying for your Medicare prescription drug plans. With Extra Help, you save on premium costs, co-pays, deductibles, and may avoid a coverage gap!

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



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

No class Sept 16 & Oct 21

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

New! Virtual Tai Chi **FREE!**

Thursdays 10:00 am

Call 328-2269 for the Zoom Link

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

at Christ Lutheran Church

324 2nd Ave SE, Hickory

Zumba Gold Chair \$1 sugg. don.

Mon & Fri 11:00 am

at Christ Lutheran Church

324 2nd Ave SE, Hickory

STAY ACTIVE



TECH MADE EASY

MON, 9:00 AM &
WED 1:30 PM

Learn to use the smartphone
we are all walking around
with! Android Smartphones
will meet on Mondays
starting Sept 8, and iPhones
will meet on Wednesdays
starting Sept 3. Registration
is required, call 328-2269.



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! 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.

Congratulations to
our Spelling Bee
Contest
winner,
Frances
Hallman!



CVCC'S GET YOUR BRUSHES WET @ WHSC



WEDNESDAYS, 1:00 PM TO 4:00 PM

Learn the basics of painting, refresh your skills, or enjoy the opportunity
to paint alongside other artists. Students work at their own pace with
group and individual instruction. Learn about composition, color,
contrast, proportion, shading, and expression. Each student brings their
own paint supplies (details provided by CVCC at registration). **Cost for
the class is \$125.00. Class will run Sept 10 - Oct 29. You must
contact Student Services to register ahead of the class at 828-979-
3334, coned@cvcc.edu, or online at [https://cvcc.edu/schedules/
continuingEducationScheduleWebCcCopy.html](https://cvcc.edu/schedules/continuingEducationScheduleWebCcCopy.html).**

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 **Sept 9 & Oct 14**.

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

Sept 11 & Oct 9. The cost is **\$15**

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

VIRTUAL BINGO

WED, SEPT 10 & WED, OCT 15, 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

Sept & Oct

Virtual Bingo sponsor:



CATAWBA VALLEY
HEALTH SYSTEM



VIRTUAL TAI CHI

THURS, 10:00 AM - 11:00 AM
STARTING SEPT 4

Join Mary Schachtschneider for a **FREE** weekly virtual Tai Chi class. This class can be done standing or seated. **Call for the Zoom link at 828-328-2269.**

★ CORNHOLE

TUES, SEPT 30 & OCT 28, 1:00 PM - 2:00 PM



We will be playing cornhole at the West Hickory Senior Center! Come join us and bring a friend.

Call 328-2269 to register!

TECH DAY EVENTS

TUESDAYS, SEPT 23 & OCT 28,
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.

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

VIP LIONS CLUB

2ND FRIDAYS, 1:00 PM

The Visually Impaired Lions Club (VIP) will meet on **Sept 12 & Oct 10**. 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 **Sept 26 & Oct 24** 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 25 & Oct 23**. **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 **Sept 17 & Oct 15**.

Laptops will be available for use during class.

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 **Sept 8 (date change) & Oct 6**. Bring your device and

ask questions. **Registration required!**

PRIME TIME SINGERS

MONDAYS, 1:40 & 2:00 PM

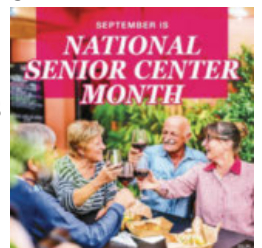
The Prime Time Singers perform at area nursing homes and other senior gatherings. Practice at the West Hickory Senior Center will be **Oct 20 & 27**. Currently looking for singers, and you don't need to read music. If you can hum, we want YOU!

For more information, contact Nancy Farr at 813-767-7922. Must have COVID vaccinations to participate.



SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 10:00 Step-tember Kickoff 	3 	4 	5 
8 2:30 Maximize Your Smartphone 	9 1:00 Caregiver Support 	10 1:30 Virtual Bingo 	11 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards 	12 10:00 Disaster Preparedness 1:00 VIP Lions 
15 2:00 Fall Prevention & Safety 	16 	17 10:30 Byte Sized Computer Basics 2:00 Kitchen Creations @ Sherrills Ford Library 	18 	19 9:00 - 2:30 Information Day 
22 1:00 Bingo @ WHSC  	23 10:00 - 12:00 Tech Day 	24 	25 1:30 Trivia 	26 1:00 Catawba Co Association of the Blind 
29 	30 1:00 Cornhole 	SYMBOL KEY—SEE PAGE 4 FOR DETAILS:  Exercise Opportunities  Catawba Crafters  CVCC Art Class  Rummikub  Hand & Foot  Movie Matinees  Samba  Quilting Class  Tech Made Easy		



OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 HALLOWEEN Senior Trick or Treat You're never too old to dress up! Stop by the West Hickory Senior Center Oct 29, 30, or 31st for a Halloween treat!		1 	2 	3 
6 2:30 Maximize Your Smartphone 	7 	8 2:00 Step-tember Closing Celebration 	9 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards 	10 1:00 VIP Lions 
13 2:00 Halloween Bingo at Highland Rec 	14 1:00 Caregiver Support 	15 10:30 Byte Sized Computer Basics 1:30 Virtual Bingo 	16 1:00 - 4:00 Flu Shot Clinic @ Catawba UMC 	17 
20 1:40 Chorus Practice 	21 11:00 - 2:00 Flu Shot Clinic @ St. Stephens Lutheran Church ELCA 	22 10:00 Estate Planning and Asset Protection 1:00 - 4:00 Flu Shot Clinic @ WHSC 	23 1:30 Trivia 	24 11:00 - 2:00 Flu Shot Clinic @ Corinth Baptist Church 1:00 Catawba Co Association of the Blind 
27 2:00 Chorus Practice 	28 10:00 - 12:00 Tech Day 1:00 Cornhole 	29 	30 	31 Mammogram Clinic 



2025 Fall 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. ☐

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.

(Recurring donations can also be set up using PayPal.)

Fall Prevention & Safety

MON, SEPT 15, 2:00 PM - 3:00 PM

Lizzie Muscarello, Interprofessional Clinic Program Manager at the App State Hickory Campus, will share what things put us at risk for a fall and how they influence each other. She will then share exercises that are beneficial to preventing falls, and also the screening tools that are used at the App State Interprofessional Clinic to assess fall risk. **Register at 828-328-2269.**

WE APPRECIATE OUR SPONSOR:

**DISCOVER YOUR
INNER ARTIST**



CVCC Student Services
828.979.3334 | coned@cvcc.edu

thank you

Thank you to all who donated fans helping to keep our community cool!

KITCHEN CREATIONS FOR THE GOLDEN YEARS

SHERRILLS FORD LIBRARY

9154 SHERRILLS FORD RD, TERRELL

WED, SEPT 17, 2:00 PM - 3:30 PM

Heather Casey, MS, RN, LDN, will share practical, accessible strategies for healthy eating, with a focus on no-cook meals, essential pantry and refrigerator staples, and tips for cooking for one or two people. Participants will receive valuable guidance on maintaining balanced nutrition with minimal preparation, tailored to their lifestyles and needs. In addition to the interactive instruction, each attendee will receive a comprehensive 64-page cookbook specifically designed for small-scale meal preparation. **Free to attend but registration is required by Sept 10 at 828-328-2269.**

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VILLAGE**

1265 21st St. NE
Hickory, NC 28601
Trinityvillage.net
828.328.2006

**TRINITY
RIDGE**

2140 Medical Park Dr.
Hickory, NC 28602
Trinityridge.net
828.322.6995

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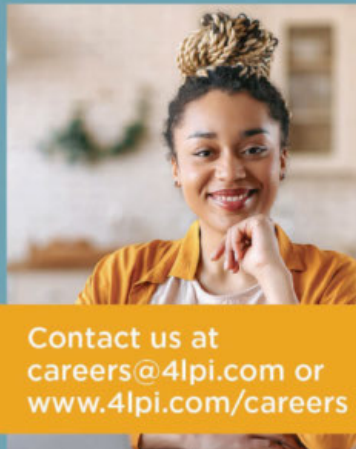
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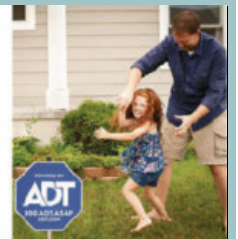


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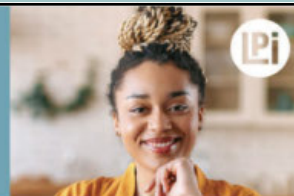
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14-1763



PO BOX 835 HICKORY, NC 28603-0835

West Hickory Senior Center

Serving older adults for over 49 years

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.

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**MEDICARE OPEN
ENROLLMENT**

OPEN ENROLLMENT IS
OCT 15—DEC 7.

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! We'll have
counselors available at the West
Hickory Senior Center, the
Catawba County Library in
Newton, the Sherrills Ford
Library, and by phone.

**Registration is required. Call
828-328-2269 to make an
appointment.**