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ABOUT COA

The Catawba County Council on Aging has been serving seniors since 1976 by operating the West Hickory Senior Center and partnering with recreation centers, libraries, churches, and other organizations to provide services, activities, and programs throughout Catawba County. The West Hickory Senior Center is a multi-purpose senior center and is certified as a Senior Center of Excellence by the North Carolina Division of Aging.

The COA is a 501(c)(3) private non-profit organization with a governing Board of Directors. Funding for the Council on Aging is provided through grants, fundraising, and private donations. All contributions are tax-deductible to the extent provided by law.

who we are

WEST HICKORY SENIOR CENTER

400 17TH STREET SW
PO BOX 835
HICKORY, NC 28603

HOURS OF OPERATION

Monday – Thursday	8:00 am - 4:30 pm
Friday (can vary)	8:00 am - 2:00 pm

PHONE: 828-328-2269
FAX: 828-328-8885

E-MAIL:
councilonaging@catawbacouncilonaging.org

WEBSITE:
www.catawbacoa.org

www.facebook.com/catawbacouncilonaging/

www.instagram.com/catawbacouncilonaging/

CATAWBA COUNTY
Council on Aging

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.

SENIOR CENTER OF Excellence
CERTIFIED BY
NCDHHS Division of Aging

STAY ACTIVE

Staying active is important to healthy aging. We offer numerous programs and activities to promote wellness in the areas of mental , physical, and emotional health.

ACTIVITIES

- ART CLASSES
- BINGO
- CRAFT CLASSES
- CRAFT FAIR
- CROCHET GROUP
- GAMES
- INTERGENERATIONAL PROGRAMS
- MOVIE MATINEE
- MUSIC EVENTS
- PRIME TIME SINGERS CHORUS
- QUILTING GROUP
- SEASONAL PARTIES
- TRIVIA
- VIRTUAL PROGRAMS
- VISUALLY IMPAIRED LIONS CLUB
- CATAWBA COUNTY ASSOCIATION OF THE BLIND

HEALTH & WELLNESS

- AARP SMART DRIVER COURSE
- CAREGIVER SUPPORT GROUP
- EXERCISE BIKE
- FALL PREVENTION
- VACCINE CLINICS
- LINE DANCING
- MAMMOGRAMS
- NUTRITION CLASSES
- QI GONG
- TAI CHI
- VIRTUAL EXERCISE
- YOGA
- ZUMBA GOLD

HOW DO I GET INVOLVED?

There is no membership fee to participate in Council on Aging activities. To find out what we offer each month, call and request a copy of our free newsletter, "The Scope."

VOLUNTEER OPPORTUNITIES

Our organization greatly appreciates the assistance we receive from volunteers in operating our programs. Opportunities include SHIIP Medicare Counseling, Tax Return Preparation, Special Events, Class Instruction, Office Assistance, Newsletter Distribution, Community Chorus, and Telephone Reassurance.

SERVICES

- AARP TAX-AIDE
- COMPUTER & WIFI ACCESS
- COPIER & FAX
- FOOD PANTRY
- INFORMATION & CASE ASSISTANCE
- LEGAL SERVICES
- LIBRARY
- NOTARY
- SHIIP MEDICARE COUNSELING
- SCAM & FRAUD PREVENTION
- SHRED EVENTS
- TECHNOLOGY CLASSES
- TELEPHONE REASSURANCE