



CATAWBA COUNTY COUNCIL ON AGING

THE

# SCOPE

## JUL/AUG 2025 ISSUE

Volume 48, Number 1

### 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

## ★ SENIOR SOCIAL/DANCE AT NEWTON RECREATION

**TUESDAY, AUGUST 26, 6:00 PM - 9:00 PM**

Celebrate Senior Citizens Day with a FREE senior social at the Newton Recreation Center (23 S Brady Ave, Newton). There will be refreshments, dancing, door prizes, and music by Ulysses Long.

**Call to register by August 19 at 828-328-2269.**

### THANKS TO OUR SPONSORS:



## 2025 VOLUNTEER OF THE YEAR

### RUTH OWENS



The Catawba Council on Aging thanks Ruth Owens for her volunteer service. Ruth has donated quilts for the Council on Aging to sell for several years and then started a quilting class for seniors to learn to make quilts. This group now also makes quilts to benefit our organization. Ruth is welcoming and patient and eager to share her knowledge. She is always looking for ways to help others.

## FALL CRAFT MARKET FUNDRAISER

**SATURDAY, SEPTEMBER 27, 9:00 AM - 2:00 PM**

Craft vendor spots are still available for the Council on Aging's annual Fall Craft Market, which will be held at the Crowne Plaza Hickory (1385 Lenoir Rhyne Blvd SE, Hickory, 28602). Registration is \$50.00 and includes a 10x10 space with a 6-foot table and two 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.**

## 02 YOU'RE INVITED TO...

★ Program available to register through MyActiveCenter.

### ABSOLUTE BEGINNER LINE DANCE WORKSHOP

WEDNESDAYS, JULY 9 - AUG 13,  
1:30 PM - 2:15 PM



Are you looking to learn more about line dance? Instructor and choreographer, Susan Duncan, will teach the basic steps of line dance, terminology, and step patterns. At the end of the class, you should have enough knowledge to attend the weekly Beginner Improver Line Dance classes held at the West Hickory Senior Center. The cost to attend is \$6.00 which covers all 6 classes. **Call 328-2269 to register.**

### PAINT PARTY WITH KRISTA

Krista Skelton will guide you to create three great paintings! Cost is **\$5.00 per class** and includes all materials. Spaces are limited!

**Call to register at 828-328-2269.**



**FLOWER PAINTING**  
THURS, JULY 31,  
2:00 PM - 3:30 PM

**BIRD PAINTING**  
MON, AUG 11,  
2:00 PM - 3:30 PM



**BUTTERFLY PAINTING**  
WED, AUG 27,  
2:00 PM - 3:30 PM

**THANK YOU** to our July & Aug Bingo sponsors:



### ★ BINGO AT WHSC

MON, JULY 28, 1:00 PM—2:30 PM

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

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

### ★ BINGO AT HIGHLAND REC

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

Our August in-person Bingo will be held at Highland Recreation Center (1451 8th St Dr NE, Hickory, 28601). Prizes will be awarded! **Registration**

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



### ACCORDION BOOK CRAFT

MON, JULY 14, 2:00 PM - 3:30 PM



Create an accordion book with Sigrid Hice! In addition to folding the accordion text block and adding book covers, you will make pop-out pages and

add them to the text block. Once the basic book is complete, you can collage the book pages and write special thoughts or poetry. Participants may bring pictures no larger than 3 x 3 inches to include on the book pages. **\$5.00 to attend and spaces are limited! Register by July 10 at 828-328-2269.**



### ★ Smart DriverTEK

THURS, AUG 7, 2:00 PM - 3:30 PM

Get smart about new vehicle technology! Cars are becoming more technologically advanced every day and show no sign of slowing down. However, many drivers aren't familiar with how to use the technology to keep them safe. Smart DriverTEK is here to help! In this FREE, 90-minute interactive workshop, developed jointly by AARP Driver Safety and The Hartford, drivers will learn how to utilize the latest high-tech safety features in their current or future car, to make driving safer and more enjoyable.

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

### THE COUNCIL ON AGING PRESENTS THIS CRUISE WITH NORWEGIAN CRUISE LINE

Caribbean: Harvest Caye, Cozumel & Roatan on the Norwegian Viva

**March 14 - 21, 2026**

Cabin prices start at \$2,842 per person double occupancy, and include roundtrip airfare from Charlotte, cruise, service gratuities, beverage and dining gratuities, port charges, government fees, taxes, and transfers to/from ship. **Contact**

**Grand American Tours, (800) 423-0247, for more information and to make reservations. Make sure to let them know you found out about the cruise through the Catawba Council on Aging.**



## ★ **BikeWalk NC** MON, JULY 28, 10:30 AM - 11:30 AM

BikeWalk NC is North Carolina's statewide advocate for safe walking, cycling and other modes of human-powered transportation/active mobility.

Bruce Tretter, Hickory resident and BikeWalk NC board member, will share

about creating



safer streets and healthier road conditions for all. He will also discuss the upcoming 14th Annual NC BikeWalk Transportation Summit held here in Hickory this September. **Registration required at 828-328-2269!**

## ★ **SPELLING BEE**



WED, JULY 9  
10:30 AM - 12:00 PM

Test your spelling knowledge in our spelling bee!

Call 828-328-2269 to register.



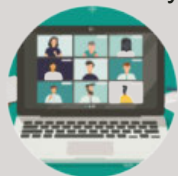
## **TECH DAY EVENTS**

TUESDAYS, JULY 22 & AUGUST 19,  
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.**



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:**

**July 10th** - "Finding & Using Senior Services in Your Local Community"

**Aug 14th** - "Morning Stretch: 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. 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

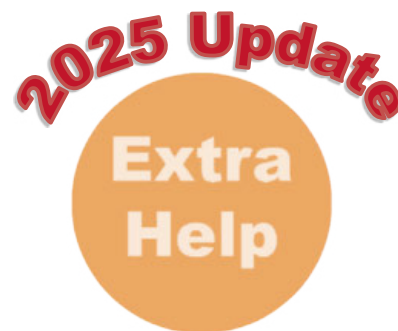
Couple \$ 2,644.00

### **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 August 21

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

\$1 suggested donation  
Tuesdays 9:30 am

### 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  
No class July 2  
at Newton Recreation Center  
23 S Brady Ave, Newton

### Yoga \$5 suggested donation

Thursdays 10:00 am  
No class August 21  
at Newton Recreation Center  
23 S Brady Ave, Newton

### Zumba Gold \$1 sugg. Donation

Mon, Wed, & Fri 10:00 am  
No class July 4  
at Christ Lutheran Church  
324 2nd Ave SE, Hickory

### Zumba Gold Chair \$1 sugg. don.

Mon & Fri 11:00 am  
No class July 4  
at Christ Lutheran Church  
324 2nd Ave SE, Hickory

## STAY ACTIVE



### 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.



### RUMMIKUB

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



### 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.

## CVCC ART CLASS AT THE WEST HICKORY SENIOR CENTER



WEDNESDAYS, 1:00 TO 4:00 PM

Offering a solid foundation in paint application and proper use of a variety of materials, including oil, acrylic, watercolor, and pastel, instructor Tracy Gansrow will teach you how to organize a composition, mix colors, and develop general painting skills. The class is designed for beginners and advanced painters. **Fall dates, cost, and new registration information will be posted in the Sept/Oct newsletter.**

## GRACE CARE MINISTRY



Lakeview Baptist Church Grace Care Ministry provides the community with **FREE** Medical Mobility Equipment when it is not covered by Medicare or other insurance. All equipment is used. The LBC Senior Adult ministry cleans, inspects, and sanitizes each item before offering it to the public. The inventory includes large and small wheelchairs, walkers, regular and transitional shower chairs, and portable toilets. Please call the Grace Care Ministry at 828-324-8085 for more information.

# 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 **July 8 & Aug 12**.

**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

**July 10 & Aug 14** The cost is **\$15**

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

## VIRTUAL BINGO

WED, JULY 16 & WED, AUG 13, 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  
July & August  
Virtual Bingo sponsor:



## WII GAMES

TUES, JULY 15 & AUG 19, 1:00 PM

We will be playing a different game each month. **July will be participant's choice**

**and Aug will be Wii Sports.**

**Call to register at 328-2269**



## CORNHOLE

TUES, JULY 1 & AUG 5, 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!**

## GAME TIME!

TUES, JULY 22, 1:00 PM-2:00 PM



Calling all game enthusiasts! Join us each month as we play a different game. Bring a friend and possibly learn a new favorite to play. **July we will be playing Blokus. No game scheduled for August. Register at**

**828-328-2269.**

## VIP LIONS CLUB

2ND FRIDAYS, 1:00 PM

The Visually Impaired Lions Club (VIP) will meet on **Jul 11 & Aug 8**. 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 **July 25 & Aug 22** 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 **July 24 & Aug 28**. **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 **July 16 & Aug 20**. 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 **July 7 & Aug 4**. 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 **Aug 18 & 25**. 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.**



## JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>1:00</b> Cornhole 	<b>2</b> 	<b>3</b> 	<b>4</b> <b>Senior Center Closed</b> 
<b>7</b> <b>2:30</b> Maximize Your Smartphone 	<b>8</b> <b>1:00</b> Caregiver Support 	<b>9</b> <b>10:30</b> Spelling Bee <b>1:30</b> Line Dance Workshop 	<b>10</b> <b>9:30</b> Designer Greeting Cards <b>1:00</b> Designer Greeting Cards 	<b>11</b> <b>1:00</b> VIP Lions 
<b>14</b> <b>2:00</b> Accordion Book Craft 	<b>15</b> <b>1:00</b> Wii Games - <b>Participant's Choice</b> 	<b>16</b> <b>10:30</b> Byte Sized Computer Basics <b>1:30</b> Virtual Bingo <b>1:30</b> Line Dance Workshop 	<b>17</b> 	<b>18</b> <b>9:00</b> Living Healthy with Diabetes 
<b>21</b> <b>2:00</b> The Well - Seasoned Life: Eating for Longevity 	<b>22</b> <b>10:00-12:00</b> Tech Day <b>1:00</b> Game Time! - <b>Blokus</b> 	<b>23</b> <b>1:30</b> Line Dance Workshop 	<b>24</b> <b>1:30</b> Trivia 	<b>25</b> <b>9:00</b> Living Healthy with Diabetes <b>1:00</b> Catawba Co. Association of the Blind 
<b>28</b> <b>10:30</b> BikeWalkNC <b>1:00</b> Bingo @ WHSC 	<b>29</b> 	<b>30</b> <b>1:30</b> Line Dance Workshop 	<b>31</b> <b>2:00</b> Paint Party with Krista - Flower Painting 	

# AUGUST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



## Holiday Office Hours

The West Hickory Senior Center will be closed Friday, July 4, in observance of Independence Day.

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

Exercise Opportunities

Catawba Crafters

CVCC Art Class

Rummikub

Hand & Foot

Movie Matinees

Samba

Quilting Class

1

9:00 Living Healthy with Diabetes



4

2:30 Maximize Your Smartphone



5

1:00 Cornhole



6

1:30 Line Dance Workshop



7

2:00 Smart DriverTEK



8

9:00 Living Healthy with Diabetes  
1:00 VIP Lions



11

2:00 Bingo @ Highland Rec  
2:00 Paint Party with Krista - Bird Painting



12

1:00 Caregiver Support



13

1:30 Virtual Bingo  
1:30 Line Dance Workshop



14

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



15

9:00 Living Healthy with Diabetes



18

1:40 Chorus Practice



19

10:00 - 12:00 Tech Day  
1:00 Wii Games - Wii Sports



20

10:30 Byte Sized Computer Basics



21



22

9:00 Living Healthy with Diabetes  
1:00 Catawba Co Association of the Blind



25

2:00 Chorus Practice



26

6:00 Senior Social/ Dance at Newton Recreation



27

2:00 Paint Party with Krista - Butterfly Painting



28

1:30 Trivia



29





## 08 DONATIONS & MEMORIALS



### THANK YOU

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

Anonymous	Bea Lingerfelt, in honor of Rebecca Reeves
Anonymous, in honor of AARP tax preparers	Betty Miller
Bryan Belcher	Dan & Gail Miller
Marjorie & Bill Blubaugh, in memory of	Gail Newton
Dwight Gibson	Linda Raper, in honor of tax preparers
Fred Brannock	Audrey Rozzelle
Dennis Buff	Patricia Sampson
Peggy Cantoni	Carolyn Speagle
Wayne Cashion	Bill & Dawn Teller
Gavin Colquitt	Judy Trainum
Corning Community Impact & Investment	Walmart Neighborhood Market, Hwy. 70
First Baptist Church, Hickory	SW, Hickory
Carol & Richard Furman	Walmart Supercenter, Conover NC
Eddie & Cathy Gragg	Kay Whitener
Nancy Hicks, in appreciation of all tax preparers	Ann Williams, in loving memory of Don Williams
Rebecca Huffman, in honor of Joy Posey	Mr. & Mrs. Theodore Winkler
Judy Kaufman	
William Keller	
Malinda & Philip Leatherman	
Lizzie Muscarello	

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Name: \_\_\_\_\_

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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.catawbacooa.org](http://www.catawbacooa.org)



## LIVING HEALTHY WITH DIABETES

FRIDAYS, JULY 18 - AUG 22  
9:00 AM - 11:30 AM

This free workshop is designed for individuals with diabetes. Ashelin McCoy, Aging Specialist with the Area Agency on Aging, will lead the workshop and the program will be held at the West Hickory Senior Center. **You must attend all classes.**

You will learn how to:

- Work with your health care team
- Monitor your blood sugar
- Menu plan for healthy eating
- Prevent or delay complications
- Prepare for sick days
- Gain useful tips for proper physical activity



**Limited spaces are available. Call to register at 828-328-2269.**



## THE WELL-SEASONED LIFE: EATING FOR LONGEVITY

MON, JULY 21,  
2:00 PM - 3:00 PM

Heather Casey MS, RD, LDN, will lead this wellness-focused class designed to help older adults make informed dietary choices that support long-term health and vitality. This class will cover essential topics such as building a balanced diet, maintaining proper hydration, supporting bone health, managing weight effectively, and planning nutritious meals. Through practical guidance and expert insights, participants will gain the tools they need to enhance their well-being and enjoy a healthier lifestyle. To complement the lesson and inspire healthy habits, nutritious smoothies will be provided for participants to enjoy during the session. **Registration required at 828-328-2269!**

*The COA does not support or endorse any advertiser in this newsletter.*

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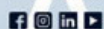
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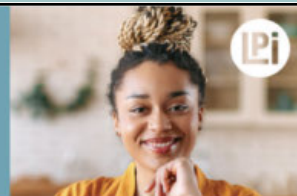
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## BITS 'N' PIECES

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.

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## Blast from the Past Photos Needed!

Bring by a favorite photo of you from the years gone by! Ruthie Hill will be displaying copies of your photos on the West Hickory Senior Center bulletin board for everyone to enjoy. Please drop off the photos by August 15.