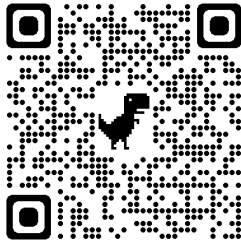


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newsletter



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/



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.





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

HEALTH & WELLNESS

- AARP SMART DRIVER COURSE
- CAREGIVER SUPPORT GROUP
- CHAIR ZUMBA
- EXERCISE BIKE
- VACCINE CLINICS
- LINE DANCING
- MAMMOGRAMS
- 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 SHIP Medicare Counseling, Tax Return Preparation, Special Events, Class Instruction, Office Assistance, Newsletter Distribution, Community Chorus, and Telephone Reassurance.

SERVICES

- AARP TAX-AIDE
- ADVANCED DIRECTIVES
- COMPUTER LAB
- COMPUTER TRAINING
- COPIER
- FAX
- FOOD PANTRY
- INFORMATION & CASE ASSISTANCE
- LEGAL SERVICES
- LIBRARY
- NOTARY
- SHIP MEDICARE COUNSELING
- SMARTPHONE CLASSES
- TELEPHONE REASSURANCE
- WI-FI