

CATAWBA COUNTY COUNCIL ON AGING

SENIOR CENTER OF Excellence
CERTIFIED BY NCDHHS Division of Aging

THE SCOPE

CELEBRATING 50 YEARS SERVING SENIORS

July/August 2026 Issue
VOLUME 50, NUMBER 1

50 YEAR CELEBRATION

FRIDAY, AUGUST 21, 10:00 AM - 1:00 PM

You are invited to attend the celebration of Catawba Council on Aging's 50th anniversary at the West Hickory Senior Center! Drop by to enjoy refreshments, fellowship, and memories from the past 50 years!



Volunteer of the Year Dorothy Friar

The Catawba Council on Aging thanks Dorothy Friar for her volunteer service. Dorothy has led our early morning exercise class for many years. She helps at the front desk, makes tax appointments, and will do anything asked of her. She checks on participants who don't show up for activities and makes everyone feel welcome and valued.

Senior Social & Dance @ NEWTON RECREATION

TUESDAY, AUGUST 25, 6:00 PM - 9:00 PM

Celebrate Senior Citizens Day with a FREE senior social/dance 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 18 at 828-328-2269.**

Thanks to our sponsors:



This project is supported by a grant from Arts Culture Catawba.



West Hickory Senior Center
400 17th St SW, PO BOX 835
Hickory, NC 28603

HOURS:

Mon -Thurs: 8:00 AM - 4:30 PM
Friday: 8:00 AM - 2:00 PM (can vary)

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.

STAFF:

Vickie Blevins, Executive Director
Courtney Bowman, Assistant Director
Bea Heavener, Admin. Assistant

The Catawba Council on Aging is a non-profit 501(c)(3) organization, not a county or city government agency.

Follow Us on Social Media @catawbacouncilonaging

www.catawbacoa.org | councilonaging@catawbacouncilonaging.org | (828) 328-2269 | Fax (828) 328-8885

02

YOU'RE INVITED TO...

Catawba Council on Aging

Sign Language Workshop

THURSDAYS, AUG 6-27, 10:30 AM - 11:30 AM

Join David Chanin, retired teacher from the NY School of the Deaf, as he guides you through the basics of learning sign language. This is a **FREE** 4-week workshop that builds upon each class.

Registration required at 828-328-2269.



ART WITH ANDREW

MONDAYS, JULY 13 - AUG 3, 10:00 AM - 12:00 PM

Learn with professional artist and instructor, Andrew Atkin, a dot matrix style drawing similar to pointillism used by some Impressionists. You will create images using rulers, paper plates, and fine-tip or "brush" tip markers. This will be a 4-week series that builds upon each class, and you can complete more than one composition. The total cost is \$20.00, and supplies are provided.

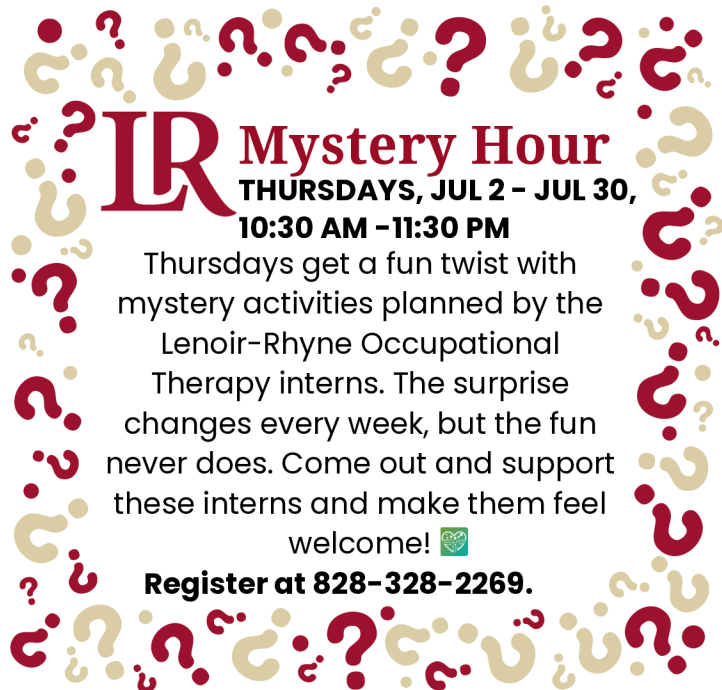
Register by July 3 at 828-328-2269.

Chair Line Dance

MONDAY, AUGUST 24, 3:00 PM - 3:30 PM

Join Danielle Dempsey for a 30 minute seated chair line dance session that will include a 5 minute stretch and cool down. Free to attend!

Registration required at 828-328-2269.



LR Mystery Hour

THURSDAYS, JUL 2 - JUL 30, 10:30 AM - 11:30 PM

Thursdays get a fun twist with mystery activities planned by the Lenoir-Rhyne Occupational Therapy interns. The surprise changes every week, but the fun never does. Come out and support these interns and make them feel welcome!

Register at 828-328-2269.

STEP-TEMBER KICKOFF

Highland Recreation
1451 8th St Dr NE, Hickory

MONDAY, AUGUST 31, 10:30 AM - 11:30 AM

Get ready to move during our Step-tember event! Optional health checks will be provided by Hopscotch Primary Care.

Registration required at 828-328-2269.



PeoplesBank

SCAMS Targeting Seniors

WEDNESDAY, JULY 8, 2:00 PM - 3:00 PM

Amy Morton and Will Daughtrey from Peoples Bank will discuss scams targeting seniors.

Topics will include:

- Why seniors are targeted
- Red flags to look for
- Different kinds of scams
- How to report scams



Registration required at 828-328-2269.



Bingo @ Highland Rec

MON, JULY 20, 2:00 PM - 3:30 PM

Join us for Bingo at Highland Rec (1451 8th St Dr NE, Hickory, 28601). Free to play and prizes awarded! Register at 828-328-2269.



Bingo @ WHSC

THUR, AUGUST 6, 2:00 PM - 3:30 PM

You are invited to Bingo at the West Hickory Senior Center. Free to play and prizes awarded! Register at 828-328-2269.

Thank you!

to our July & August Bingo Sponsors:



 Program available to register through MySeniorCenter



CredibleMind

Did you know that spending time outdoors can improve your health?

Growing evidence points to a connection between time in nature and our physical and mental wellbeing. Whether you're going for a hike or a walk in the neighborhood, take a moment to notice what surrounds you. What do you see? How do you feel? People who spend more time outdoors report feeling happier and more connected to their communities. **Learn more about the benefits of getting outdoors and surrounding yourself with nature:**

<https://catawbacountync.crediblemind.com/to/pics/nature>

Living Healthy

With Chronic Conditions

**FRIDAYS, JULY 10 - AUGUST 14,
9:00 AM - 11:30 AM**

This six week workshop is designed for individuals 60+ with long-term health concerns. Classes will be held at the West Hickory Senior Center. You must attend all classes.

You will learn how to:

- Set weekly goals
- Exercise appropriately
- Manage medications
- Develop healthy eating habits
- Sleep well and use relaxation techniques
- Evaluate new treatments

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

Farmers MARKET

Catawba County Public Health's Farmers Market is returning for its 14th season, Thursdays from 10 am to 1 pm, June 4 - Sept 24. Weather permitting, it is held in the Public Health front parking lot (3070 11th Ave Drive SE, Hickory, 28602). Through support from Blue Cross and Blue Shield of North Carolina, the farmers market can offer funds to match purchases for individuals who use SNAP/EBT or WIC Farmers Market benefits. Some limitations apply. **Gentle Senior Movement at the Farmers Market - July 16 & July 30 at 11 am.** Catawba County Library to Go staff will host Senior Movement classes. These low-impact exercises and gentle stretching are for adults of all ages, and can be done while sitting or standing. No registration required.

CATAWBA COUNTY PUBLIC HEALTH
FARMERS MARKET

THURSDAYS
10AM-1PM
JUNE 4 - SEPT 24



Food Pantry

BY APPOINTMENT. CALL 828-328-2269.

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.



CAROLINA CARING Veterans Services

MONDAY, JULY 13, 2:00 PM - 3:00 PM

Cindy Stamey, Director of Veterans Relations with Carolina Caring, will give an overview of VA benefits and services Carolina Caring offers to veterans and the community.

Registration required at 828-328-2269.

Extra Help

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 \$ 2,015.00

Couple \$ 2,725.00

Resource/Asset limits (cash, investments-not home):

Individual \$ 18,090.00

Couple \$ 36,100.00

To apply for Extra Help, contact the Catawba Council on Aging at 828-328-2269.

04

WEEKLY ACTIVITIES

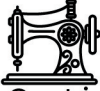
Catawba Council on Aging



RUMMIKUB

Mon | 1:00 pm

A tile game that combines aspects of Rummy and Mahjong! Come join in!



QUILTING CLASS

Wed | 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 828-328-2269.



CATAWBA CRAFTERS

Mon | 3:00 pm

The Catawba Crafters crochet items from donated yarn to give away to those in need. The group teaches crochet to those learning. Contact Jo Boone at 324-4508 for more information.



MOVIE MATINEE

Tues | 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 828-328-2269. 🍿

INDOOR CORNHOLE

Tuesday, July 28 | 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! **Registration Required!** 🍀

BEYOND THE BRUSH

Wed | 1:00 pm – 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. **The next session will run Aug 26 – Sept 23 (\$75 cost).**

Contact the Council on Aging to register at 828-328-2269.



Exercise Classes

UNLESS OTHERWISE NOTED, CLASSES ARE HELD AT THE WEST HICKORY SENIOR CENTER.



MORNING EXERCISE

Tues, Wed, Thurs | 8:30 am

Free!

No class July 14



BEGINNER IMPROVER LINE DANCE

Tues | 9:30 am

\$1.00

Knowledge of basic terminology required

No class July 14



QI GONG WITH RUTHIE HILL

Tues | 11:30 am

Free!

July 14 class moved to Mon, July 13



QI GONG WITH DIANE CHRISTENSEN

Mon | 6:30 pm

\$5.00

at Newton Recreation Center
23 S Brady Ave, Newton



VIRTUAL QI GONG WITH RUTHIE HILL

Sat | 9:30 am

Free!

Call 828-328-2269 for Zoom link.



TAI CHI

Wed | 6:30 pm

\$5.00

at Newton Recreation Center
23 S Brady Ave, Newton



VIRTUAL TAI CHI

Thurs | 10:00 am

Free!

Call 828-328-2269 for Zoom link



YOGA

Thurs | 10:00 am

\$5.00

at Newton Recreation Center
23 S Brady Ave, Newton

No class August 20



ZUMBA GOLD

Mon, Wed, & Fri | 10:00 am

\$1.00

at Christ Lutheran Church
324 2nd Ave SE, Hickory

No class July 3

 Program available to register through MySeniorCenter

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 on July 14 & August 11. **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 on July 9 & August 13. The cost is \$15 and includes all supplies.

Registration required!

VIRTUAL BINGO

Weds, July 15 & August 19 | 1:30 pm

FREE! Prizes will be awarded! You don't need 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:



Diamond Art

THURSDAY, JULY 16, 2:30 PM - 4:00 PM

Decorate a small butterfly suncatcher! Perfect for beginners and those with prior experience. \$5.00 cost to attend, and materials are included. Spaces limited! **Registration required by July 10 at 828-328-2269.**

Absolute Beginner Line Dance Workshop

WEDNESDAYS, JULY 15 - AUG 19, 1:30 PM - 2:30 PM

Are you new to line dance? Instructor and choreographer Susan Duncan will lead this 6-week workshop. No experience needed! The cost to attend is \$6.00, which covers all 6 weeks.



Call to register at 828-328-2269.

VIP LIONS CLUB

2nd Fridays | 1:00 pm

The Visually Impaired Lions Club (VIP) will meet on July 10 & August 14. 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 CO. ASSOCIATION OF THE BLIND


4th Fridays | 1:00 pm

The Catawba County Association of the Blind will meet on July 24 & August 28 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 23 & August 27. Registration Required! 

TECH SUPPORT

BYTE SIZED COMPUTER BASICS



3rd Wednesdays | 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 15 & August 19. Laptops will be available for use during class.

Topics will be: July - Canva & August - Dealing With Email Overload. Registration required!

MAXIMIZE YOUR SMARTPHONE



1st Mondays | 2:30 pm

Digital Navigators with the County Library will conduct this Free class at the West Hickory Senior Center on July 6 & August 3. Bring your device and ask questions. **Topics will be: July - Smartphone**

Notifications & Aug - Cloud Storage

Call to register at 828-328-2269.

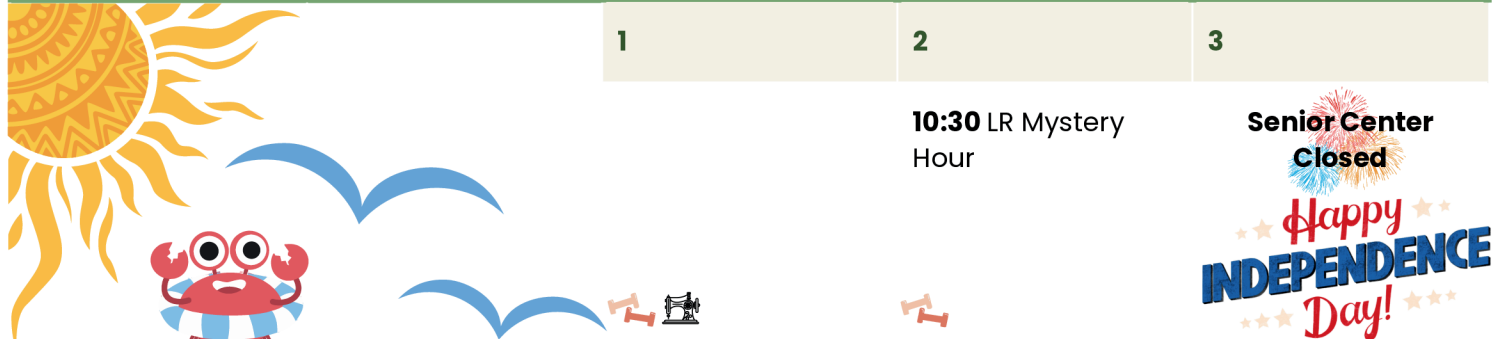
TECH DAY EVENTS

Tuesdays, July 21 & Aug 18 | 9:30 am - 11:30 am

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.

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



1 2 3

<p>6</p> <p>2:30 Maximize Your Smartphone</p> <p></p>	<p>7</p>	<p>8</p> <p>2:00 Scams Targeting Seniors</p> <p></p>	<p>9</p> <p>10:30 LR Mystery Hour</p> <p></p>	<p>10</p> <p>Senior Center Closed</p> <p>Happy INDEPENDENCE Day!</p>
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13 14 15 16 17

<p>10:00 Art with Andrew</p> <p>2:00 Carolina Caring Veterans Services</p> <p></p>	<p>1:00 Caregiver Support</p> <p></p>	<p>10:30 Byte Sized Computer Basics</p> <p>1:30 Absolute Beginner Line Dance</p> <p>1:30 Virutal Bingo</p> <p></p>	<p>10:30 LR Mystery Hour</p> <p>2:30 Diamond Art</p> <p></p>	<p>9:00 Living Healthy with Chronic Conditions</p> <p></p>
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20 21 22 23 24

<p>10:00 Art with Andrew</p> <p>2:00 Bingo @ Highland Rec</p> <p></p>	<p>9:30-11:30 Tech Day</p> <p></p>	<p>1:30 Absolute Beginner Line Dance</p> <p></p>	<p>10:30 LR Mystery Hour</p> <p>1:30 Trivia</p> <p></p>	<p>9:00 Living Healthy with Chronic Conditions</p> <p>1:00 Catawba Co Association of the Blind</p> <p></p>
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27 28 29 30 31










<p>10:00 Art with Andrew</p> <p></p>	<p>1:00 Cornhole</p> <p></p>	<p>1:30 Absolute Beginner Line Dance</p> <p></p>	<p>10:30 LR Mystery Hour</p> <p>2:00 The Power of Protein</p> <p></p>	<p>9:00 Living Healthy with Chronic Conditions</p> <p></p>
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August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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3	4	5	6	7
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<p>10:00 Art with Andrew 2:30 Maximize Your Smartphone</p> <p>  </p>	<p> </p>	<p>1:30 Absolute Beginner Line Dance</p> <p> </p>	<p>10:30 Sign Language Workshop 2:00 Bingo @ WHSC</p> <p></p>	<p>9:00 Living Healthy with Chronic Conditions</p> <p></p>
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10	11	12	13	14
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<p>  </p>	<p>1:00 Caregiver Support Group</p> <p> </p>	<p>1:30 Absolute Beginner Line Dance</p> <p> </p>	<p>9:30 Designer Greeting Cards 10:30 Sign Language Workshop 1:00 Designer Greeting Cards</p> <p></p>	<p>9:00 Living Healthy with Chronic Conditions 1:00 VIP Lions</p> <p></p>
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17	18	19	20	21
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<p>2:00 Cooking for One or Two</p> <p>  </p>	<p>9:30-11:30 Tech Day</p> <p> </p>	<p>10:30 Byte Sized Computer Basics 1:30 Absolute Beginner Line Dance 1:30 Virtual Bingo</p> <p> </p>	<p>10:30 Sign Language Workshop</p> <p></p>	<p>10:00 - 1:00 COA 50 Year Celebration</p> <p></p> <p></p>
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24	25	26	27	28
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<p>3:00 Chair Line Dance</p> <p>  </p>	<p>6:00 Senior Social/Dance @ Newton Recreation Center</p> <p> </p>	<p>  </p>	<p>10:30 Sign Language Workshop 1:30 Trivia</p> <p></p>	<p>1:00 Association of the Blind</p> <p></p>
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31

10:30 Step-tember Kickoff @ Highland Rec
1:30 Chorus Practice

SYMBOL KEY - SEE PAGE 4 FOR DETAILS:

-  Exercise opportunity
-  Catawba Crafters
-  Beyond the Brush
-  Rummikub
-  Movie Matinees
-  Quilting Class



Thank You

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

Anonymous
 Anonymous, in honor of AARP tax preparers
 Nancy Davis
 Patricia DeBlois
 First Baptist Church Hickory
 Maurice and Barbara Gray, in honor of AARP tax preparers
 Judy Ingold, in honor of AARP tax preparers
 Debbie Linebarger
 Miller's Lutheran Church NALC

Gail Newton
 Partners Health Management/Catawba Community Collaborative
 David & Mary Puett, in memory of Faye Puett
 The Service League of Hickory
 Jane Sigmon
 Bill & Dawn Teller
 Tuesday Line Dance Class
 Judy Trainum
 Vanguard Furniture



CVCC Student Services
 828.979.3334 | coned@cvcc.edu



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

NAME: _____

ADDRESS: _____



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.catawbacoa.org

Cooking for One or Two

MONDAY, AUGUST 17, 2:00 PM - 3:30 PM



Donna Mull, County Extension Director and Extension Agent- Family and Consumer Sciences, will guide you through the process of cooking healthy, cost-effective meals for fewer people. She will share grocery shopping strategies, shortcuts for cooking, and tips to make your favorite recipes healthier! **Registration required by August 12 at 828-328-2269.**

live
HEALTHY

The Power of Protein

THURSDAY, JULY 30, 2:00 PM - 3:30 PM



Protein is one of the macronutrients that is important throughout all seasons of life. Especially as we age, protein is necessary to maintain muscle mass, promote mobility and stability, and protect brain health. Join Ashtyn Turner, intern at Appalachian State University, under the guidance of Andrea Lockard, MS, RDN, LDN, for a discussion about how you can utilize the powerhouse of protein in your diet.

Registration required at 828-328-2269.



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Discover a vibrant, maintenance-free lifestyle designed for adults 62+ where comfort, connection, and peace of mind come together.

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Catawba County Council on Aging, Hickory, NC

14-1763

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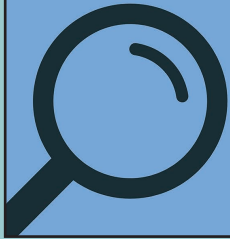
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CATAWBA COUNTY
Council on Aging
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West Hickory Senior Center
400 17th St SW Hickory, NC, 28602

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Permit Number 218

Return Service Requested

**July & August
2026**



Sign Up for Our Newsletter!

To get this newsletter by mail or email, call 828-328-2269.

If you no longer want to receive this newsletter by mail, please call and let us know.

Bits 'N' Pieces

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 donate, the link is: [amzn.to/3uoo1Zr](https://www.amazon.com/?ref=ast_hm).

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.



**Need help with
Medicare?**

Seniors' Health Insurance Information Program (SHIIP) is the one place you can always turn to for objective and reliable information on Medicare, Supplements, Medicare Advantage, and Prescription Drug Plans. Call the Council on Aging to arrange for a time to meet with a SHIIP counselor, 828-328-2269.