

Directions

Our Center is located in West Hickory at 400 17th Street SW. For directions, you are welcome to call our office, 828-328-2269. Green information signs are posted on Highway 70 SW and First Avenue SW.



About the COA

The Catawba County Council on Aging operates the West Hickory Senior Center. We are a 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.

Hours of operation

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

4th Thursday of each month
8:00 am - 7:00 pm

Catawba County Council on Aging



West Hickory Senior Center
400 17th Street SW
PO Box 835
Hickory NC 28603

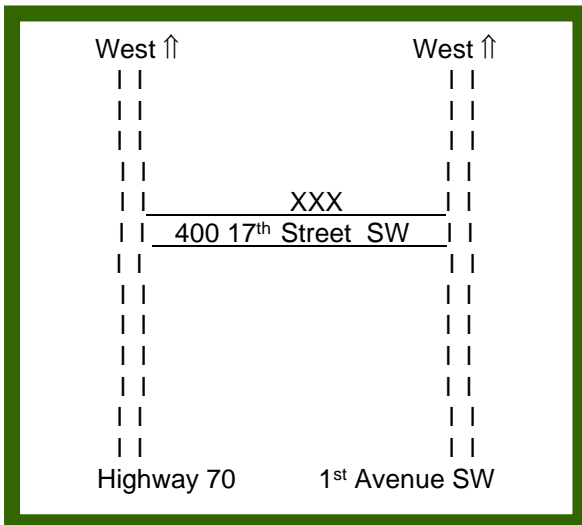
phone: 828-328-2269
fax: 828-328-8885



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.

e-mail:

councilonaging@catawbacouncilonaging.org
website: www.catawbacoa.org



Staying active is important to healthy aging. We offer numerous programs and activities to promote wellness for good mental, physical, and emotional health.



Health & Wellness

Volunteer Opportunities
Our agency greatly appreciates the assistance we receive from volunteers in operating our programs. Opportunities include SHIIP Medicare Counseling, Tax Assistance, Special Events, Class Instruction, Office Assistance, and Newsletter Distribution.

Activities

- Art Classes
- Bingo
- Card Club
- Craft Classes
- Christmas Breakfast
- Crochet Club
- Day Trips
- Games Group
- Holiday Bazaar
- Pen Pal Program
- Seasonal Parties
- Seniors Morning Out
- Trivia
- Visually Impaired Lions Club

- AARP Smart Driver Course
- Alzheimer's Caregiver Support Group
- Chair Zumba
- Flu Shots
- Line Dancing
- Mammograms
- Tai Chi
- Yoga
- Zumba Gold

Services

- AARP Tax Aide
- Advance Directives
- Bi-Monthly Newsletter
- Computer Lab
- Computer Training
- Copier
- Fax
- Information & Case Assistance
- Legal Services
- Library
- Notary
- SHIIP Medicare Counseling
- Smart Phone Classes
- Wi-Fi

How do I get involved?

There is no membership fee required to join in the fun and fellowship at the Senior Center. To find out what we offer, call the Council on Aging and request a copy of our free newsletter, "*The Scope*". It lists our current activities, plus any costs associated with classes or special events.