

The Scope

Catawba County Council on Aging
400 17th Street SW, PO Box 835
Hickory, NC 28603

website: www.catawbacoa.org

e-mail: councilonaging@catawbacouncilonaging.org



*Serving Catawba County's
Seniors for over 43 years*

Published bi-monthly by:

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November/December 2019

Number 3

Holiday Breakfast

Thursday, December 5th

9:30 am

Newton Recreation Center (lower level)

Join all your friends for our annual holiday breakfast, complete with door prizes and great musical entertainment by local artists Barry Moon and Tim Hall.

Suggested Donation \$4.00 per person

**Reservations are required by calling the
Council on Aging office, 328-2269.**



Musical entertainment supported by the

UA United Arts Council
OF CATAWBA COUNTY

Deck the Halls

Holiday Craft Bazaar

Saturday, November 9th

9:00 am until 2:00 pm

West Hickory Senior Center

Join us for a great time and to shop our beautiful handmade crafts for the holidays. Our folks have been preparing for months for this festive event.

Plan to attend to get in the holiday spirit!



Director Comments

As we enter the holiday season, the Council on Aging has many things for which to be thankful. We celebrated the 40th anniversary of the West Hickory Senior Center this year, and are grateful for the participants, volunteers, Board members, and community partners that have made these 40 wonderful years possible. The Council on Aging launched an updated website in September, which allows us to give users more information in a new format and the ability to donate on-line. While the Senior Center has been in operation 40 years, the Council on Aging is actually 43 years old, and we are adding new programs and activities each year. Please join us when you can as we look forward to many more years of serving the older adults of Catawba County.

Vickie Blevins, Executive Director

DONATIONS & MEMORIALS

We acknowledge with gratitude these friends for their gifts:

Anonymous Friends
Bill & Rachel Brendle
William Canipe
Wayne Cashion
Richard & Patricia Flachbart
Franklin & Janice Hollifield
Jack & Mary Ann Hopkins
Betty Huggins
James McKinney
New Jerusalem Lutheran Church
Rose's Afternoon Trivia Group
RPM Wood Finishes
Salsarita's
Bill & Dawn Teller
West Hickory V.I.P. Lions Club
Kay Whitener



Mary Bellinger in honor of Rose Hefner
Mary Bellinger in honor of the
West Hickory Senior Center's 40th anniversary
Gwendolyn Derr in memory of
her sister-in-Christ, Esther Jett
Peggy Whitener in honor of Rose on her birthday

When making your estate plan, please consider a gift to the Council on Aging (COA). The legacy you create by doing so helps continue our mission to enrich the quality of life for older adults in our community.

Ways to give include:

- * leaving a gift to the COA in your will or trust
- * designating the COA as the Transfer on Death (TOD) or Payable on Death (POD) beneficiary of your stock or brokerage account
- * designating the COA as the primary or contingent beneficiary of a life insurance policy
- * designating the COA as the primary or contingent beneficiary of a retirement account (which can also maximize tax-deferred savings).

Please contact the Council on Aging office for more information, 328-2269.



Thrifty Thursdays

Join us at the West Hickory Senior Center Thursday mornings at 9:00 am. We have coupons available each week to help you save money.

Our coupon file is always available for you at other times, too, just ask our staff!

A current listing of discounts for area restaurant and shopping is also available. This listing is always on our website: **www.catawbacoa.org**.



Catawba
Valley
COMMUNITY COLLEGE

www.cvcc.edu

Learning & Personal Enrichment Classes

Contact: Cheri Toney
828.327.7037 • ctoney.cvcc.edu

Our thanks to this generous sponsor!



GIVEN AS A (please check one):

_____ GENERAL FUND DONATION

_____ MEMORIAL for _____

_____ HONORARIAM for _____

CONTRIBUTION AMOUNT \$ _____

Donor Name _____

Address _____

City/State/Zip _____

Please send a notification of this gift to:

Mail donations to: Catawba County Council on Aging, PO Box 835, Hickory, NC 28603

EXTRA HELP **FOR 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* maybe avoid a coverage gap!

Monthly Income limits:

Individual \$ 1581.00 Couple \$ 2134.00

Resource/Asset limits:

(cash, investments-not home)

Individual \$ 14,390 Couple \$ 28,720

If you would like to apply for extra help, call the Council on Aging to arrange a time to meet with a SHIP Counselor, 328-2269.

LEARN HOW TO MAXIMIZE **YOUR SMARTPHONE**

MONDAY, NOVEMBER 4TH 2:30 PM
MONDAY, DECEMBER 2ND 2:30 PM

Come to the **West Hickory Senior Center** to attend these **FREE CLASSES** that will make you the boss of your smartphone. You'll master apps and find out everything you need to know about your device all in a "no question is too silly to ask" atmosphere.

Please call the Council on Aging to attend, 328-2269.



*We thank our friends from
Carolina Wireless
for providing these
free classes.*

Designer Greeting Cards

Join our instructor, **Nancy McKay**, at the West Hickory Senior Center to make beautiful handmade greeting cards.

Cost is \$5.00 per student per class.
(this cost includes your supplies)

Thursday, November 21st 9:30 – 11:30 am
1:00 – 3:00 pm

Classes will not meet in December

Please call the COA to register, 328-2269.

LIVING WILLS &

HEALTH CARE POWER OF ATTORNEY

A living will is a legal document that allows you to control the decision 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 the power to make medical decisions for you if you are not competent or if you are not able to communicate your wishes.

Julie Packer, RN, MSN, Director of Professional Relations with **Carolina Caring**, will be at the West Hickory Senior Center to discuss with you advance directives and/or notarize your documents. Forms will be available and **appointments are required** for these individual counseling sessions.

**Please call the Council on Aging, 328-2269,
to schedule a time to meet with Julie.**

alzheimer's  association

Caregivers Support Group

Thursday afternoons
November 7th & December 5th
2:00 pm

We offer a support group for friends and family who are affected by Alzheimer's Disease. Meetings are usually held the first Thursday of each month at the **West Hickory Senior Center**.

We appreciate Vince Bartlome for leading this group. Please call if you plan to attend, 328-2269.

Creative Crafters

Join us at the **West Hickory Senior Center** on **Monday afternoons**, at **1:00 pm**. We work on different budget friendly projects each week.

Shanda Nichols leads our group. There is no cost to attend, but there is a suggested donation for supplies (\$5 or less depending on the craft).

**Please register for each class so we can
plan accordingly for supplies, 328-2269.**

Travel Talk 2019

Call the Council on Aging for reservations, 328-2269.

Thursday, November 7th "Wohlfahrt Christmas" \$ 80.00

Tuesday, December 10th "Christmas Show" Barn \$ 90.00

If we do not receive your full payment one month before the scheduled trip, your name will be placed on the waiting list.

We reserve the right to decline participation.

If you need to cancel a trip reservation, please have the courtesy to notify us as soon as possible, 328-2269.

NEW TO MEDICARE SEMINAR

Monday, December 9th 10:00 am
Catawba County Library Main Branch
115 West C Street Newton

Are you or a friend or loved one turning 65?

It is very important for everyone becoming eligible for Medicare to get accurate information about coverage options they must make as they approach age 65. Attention to these issues will help you avoid serious and costly problems later.

Seniors' Health Insurance Information Program (SHIP) Counselors, trained by the NC Department of Insurance, will lead the information session and are happy to answer your questions.

Please call the Council on Aging,
328-2269, to attend.

EXERCISE OPPORTUNITIES

Early Morning Exercisers **FREE!**
Tuesdays, Wednesdays, & Thursdays 8:30 am

Line Dancing \$ 1.00 suggested donation
Tuesday mornings 10:00 am

Tai Chi \$ 5.00 suggested donation
for Arthritis and Fall Prevention
Tuesday mornings (Newton Rec) 10:00 am

YOGA \$ 4.00 suggested donation
Tuesday mornings (West Hickory) 11:15 am
1st and 2nd Thursday mornings (West Hickory) 11:15 am
Thursday mornings (Newton Rec) 10:00 am

Zumba Gold® Chair **FREE!**
Wednesdays mornings 9:15 am
Christ Lutheran Church 324 2nd Ave SE Hickory

Zumba Gold® \$ 1.00 suggested donation
Monday, Wednesday, & Friday mornings 10:00 am
Christ Lutheran Church 324 2nd Ave SE Hickory



Meetings are held at
Mt. Olive Lutheran Church
2780 N Center Street
Hickory NC 5:30 pm

November 12th
Impact of Caregiving on the Entire Family

December 10th
Strategies for Dealing with Challenging Dementia
Symptoms & Difficult Behaviors

Advance registration is required. To reserve your seat,
call 828.610.5741 or e-mail info.ACAPHickory@gmail.com.

Prime Time Singers

Do you like to sing? Join our *Prime Time Singers*! This group visits area nursing homes and other senior gatherings. You don't have to be able to read music to be part of this group. Our friend, Kathy Miner, leads the group. Call the Council on Aging for their current schedule, 328-2269.

DO YOU LIKE TO RELAX AND PLAY GAMES?

Join our games group at the **West Hickory Senior Center** on **Tuesday afternoons at 1:00 pm** or our card club on **Thursday afternoons at 1:00 pm**.

Try your skills at Hand & Foot, Dominoes, Kings in the Corner, etc. New players are welcome! No charge.



PIZZA & FUN WITH VAL & AL

Come on over to the West Hickory Senior Center to munch on some pizza and test your knowledge with our evening trivia group. No charge to have fun.

Thursday, November 21st at 5:30 pm
and

Thursday, December 19th at 5:30 pm.

Call the Council on Aging to attend, 328-2269.

Trivia Thursdays

Our teams meet, eat, & compete for facts, favors, & fun!

Wednesday, November 27th at 11:30 am
and

Thursday, December 19th at 1:30 pm

This event currently has no openings.
You may call the Council on Aging for info, 328-2269.

Crochet Clubs

**Tuesday
afternoons
1:00 pm**

Gather your needles and yarn and come over to the West Hickory Senior Center. Our small group loves to share patterns, ideas, and maybe a cup of coffee and snack in this warm, friendly, and relaxed atmosphere.

Seniors' Christmas Dance

The Newton Recreation Department is sponsoring their annual Christmas Dance on **Thursday, December 12th, 7:00-10:00 pm**. Tickets are \$8.00 each and may be purchased at the door.

Please bring finger foods to share.
Soft drinks will be provided.

Call Newton Recreation, 695-4317, for info.

Computer Security Classes

**Monday mornings, 9:30 – 11:30 am
November 4th – November 25th
West Hickory Senior Center**

Are you concerned about malware, software viruses, and keeping your computer safe and secure? Join us to learn more about these issues in this **FREE** class.

Our instructor, Warren Shanahan, will answer all your questions.

Call the COA to attend, 828-328-2269.



**THANKSGIVING CRAFT
MONDAY, NOVEMBER 11TH
2:00 PM**

Our friend, Peggy Darnell, will be at the West Hickory Senior Center to teach us how to make this cute Thanksgiving decoration.

Cost is \$5.00 per person payable at class.
Call the Council on Aging to attend, 328-2269.

Supported by the United Arts Council of Catawba County.

C V C C Class

Join us at the Senior Center to learn something new!

"Get Your Brushes Wet" Art Workshop

NOVEMBER 6 - DECEMBER 11 (NO CLASS THANKSGIVING WEEK)

This class is designed for beginners, as well as more experienced artists, using a variety of techniques. Class meets on **Wednesday afternoons 1:00 - 4:00 pm**, at the **West Hickory Senior Center**. Pat Flachbart, instructor. Registration fee \$ 35.00.

Call the COA to pre-register, 328-2269.



Come over to the West Hickory Senior Center on **Monday, December 16th at 2:00 pm** for some holiday fun with Bingo! Refreshments will be served and there is no charge to join in.

Santa will supply all the bingo prizes.

Call the COA to attend, 328-2269.

Star Ornament Book

**Friday, November 22nd
9:30 am**



Our friend, **Sigrid Hice**, will be at the **West Hickory Senior Center** to teach us how to make a star ornament book. This is a **FREE** class and space is limited. Call to attend, 328-2269.

Supported by the United Arts Council of Catawba County.

Autumn Raffle

Proceeds benefit the Council on Aging






**Log Cabin Quilt
Angel Wall Hanging
Coin Collector Sets**

\$1.00 per ticket or
6 tickets for \$5.00

1st place gets choice of
prize, 2nd place gets
choice of remaining
prizes, 3rd gets final prize.

Drawing to be held in late
December.

Monday	Tuesday	Wednesday	Thursday	Friday
All the events listed on these calendars are held at the West Hickory Senior Center.	Book Sharing Bring a book, take a book, or both! Visit our mini-library in the computer room for your reading pleasure.	Our newsletter, "The Scope" is always available on our website: www.catawbacoa.org		1 Reminder: Daylight Savings Time ends Sunday. Be sure to turn your clocks back.
4 Seniors Morning Out Calm Coloring 9:00 Computer Security Class 9:30-11:30 am Creative Crafters 1:00 \$D Smart Phones 2:30	5 Seniors Morning Out Exercise 8:30 am Line Dancing 10:00 \$D Yoga 11:15 am \$D Games Group 1:00 Crochet Club 1:00	6 Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Art Class 1:00 pm \$ Payment is due by Monday for the December trip to the Barn Dinner Theater!	7 Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Yoga 11:15 am \$D Card Club 1:00 pm Caregivers 2:00 pm Advance Directives (by appointment only) Wohlfahrt Trip	8 Holiday Bazaar Set-Up for Vendors 8:00 am – 1:00 pm today. Be sure to come to our Holiday Bazaar tomorrow! Hours are 9:00 am until 2:00 pm.
11 Seniors Morning Out Calm Coloring 9:00 Computer Security Class 9:30-11:30 am Creative Crafters 1:00 \$D Thanksgiving Craft 2:00	12 Seniors Morning Out Exercise 8:30 am Line Dancing 10:00 \$D Yoga 11:15 am \$D Games Group 1:00 Crochet Club 1:00	13 Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Art Class 1:00 pm \$	14 Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Yoga 11:15 am \$D Card Club 1:00 pm Advance Directives (by appointment only)	15 VIP Lions 1:00 pm (postponed to this week because of the Council on Aging's Holiday Bazaar)
18 Seniors Morning Out Calm Coloring 9:00 Computer Security Class 9:30-11:30 am Creative Crafters 1:00 \$D	19 Seniors Morning Out Exercise 8:30 am Line Dancing 10:00 \$D Yoga 11:15 am \$D Games Group 1:00 Crochet Club 1:00	20 Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Art Class 1:00 pm \$	21 Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Designer Cards \$ Card Club 1:00 pm Advance Directives (by appointment only) Fun with Val & Al 5:30 pm	22 Star Ornament Book 9:30 am
25 Seniors Morning Out Calm Coloring 9:00 Computer Security Class 9:30-11:30 am Creative Crafters 1:00 \$D	26 Seniors Morning Out Exercise 8:30 am Line Dancing 10:00 \$D Yoga 11:15 am \$D Games Group 1:00 Crochet Club 1:00	27 Seniors Morning Out Exercise 8:30 am Trivia 11:30 am	28 Senior Center Closed 	29 Senior Center Closed 

Join us for West Hickory Seniors Morning Out!

Sponsored by the Department of Social Services. Lunch is provided and donations are accepted.

November 12th Gospel Sing with Kathy & Kenny Duke
November 14th Music with *Sentimental Journey*
November 25th Jingo with Lena Abernathy
November 26th VAYA Health: Living with Dementia

December 2nd Spiritual Selections with Charles Ballard
December 10th VAYA Health: Calming the anxious mind
December 19th Music with *Sentimental Journey*
December 30th Jingo with Lena Abernathy

Call our site coordinator, Sam Garlock, for reservations or more information, 323-8746.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Seniors Morning Out Calm Coloring 9:00 Creative Crafters 1:00 SD Smart Phones 2:30	3 Seniors Morning Out Exercise 8:30 am Line Dancing 10:00 SD Yoga 11:15 am SD Games Group 1:00 Crochet Club 1:00	4 Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Art Class 1:00 pm \$	5 Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Holiday Breakfast 9:30 Newton Recreation Yoga 11:15 am SD Card Club 1:00 pm Caregivers 2:00 pm Advance Directives (by appointment only)	6 Are you a Facebook Fan?  Council on Aging of Catawba County
9 Seniors Morning Out Calm Coloring 9:00 Creative Crafters 1:00 SD New to Medicare 10:00 am Catawba County Library Main Branch in Newton	10 Seniors Morning Out Exercise 8:30 am Line Dancing 10:00 SD Yoga 11:15 am SD Games Group 1:00 Crochet Club 1:00 Barn Theater Trip	11 Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Art Class 1:00 pm \$	12 Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Yoga 11:15 am SD Card Club 1:00 pm Advance Directives (by appointment only)	13 VIP Lions 1:00 pm Gingerbread House Class 2:00 pm SD
16 Seniors Morning Out Calm Coloring 9:00 Creative Crafters 1:00 SD Holiday Bingo 2:00 pm	17 Seniors Morning Out Exercise 8:30 am Line Dancing 10:00 SD Yoga 11:15 am SD Games Group 1:00 Crochet Club 1:00	18 Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only)	19 Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Card Club 1:00 pm Advance Directives (by appointment only) Trivia 1:30 pm Fun with Val & Al 5:30	20 <i>Winter begins tomorrow</i> 
23 Senior Center closed this week for Christmas 	24 Senior Center closed this week for Christmas 	25 Senior Center closed this week for Christmas 	26 Senior Center closed this week for Christmas 	27 Senior Center closed this week for Christmas 
30 Seniors Morning Out Calm Coloring 9:00 Creative Crafters 1:00 SD	31 Seniors Morning Out Exercise 8:30 am Line Dancing 10:00 SD Yoga 11:15 am SD Games Group 1:00 Crochet Club 1:00	January 1, 2020 Senior Center closed for New Year's Day 	All the events listed on these calendars are held at the West Hickory Senior Center.	 December



Gingerbread House Class

Friday, December 13th

2:00 pm

We'll have all the supplies you'll need for this class at the West Hickory Senior Center.

Suggested donation \$20.00 per person. Space is limited. Call for reservations, 328-2269.

The Scope
Catawba County Council on Aging
PO Box 835
Hickory, NC 28603-0835



Non-Profit Organization
US Postage Paid
Hickory, NC 28601
Permit Number 1340

RETURN SERVICE REQUESTED



BITS 'N PIECES

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

Please notify us of any address changes, 328-2269. If you would like to help save postage, another option is to have your newsletter e-mailed instead. It's delivered on-time and in full color!

Free beginner computer classes are offered on Wednesdays at the Senior Center. These classes are designed to offer the basics of personal computers. Fred Kirby is our instructor. Call for information, 328-2269.

Senior Tar Heel Cards are available at the West Hickory Senior Center to folks age 60 & over. You must bring a photo ID. Many public schools in North Carolina allow these passes from seniors for free admission to their athletic events (it is at the discretion of each school to accept the cards).

Congratulations to our summer raffle winners: Clara Mathe – quilt winner, Brenda Pope – coin sets, Mary Ann Setzer – wisteria wreath. Our thanks to the folks who donated these great prizes for our raffle!

The Catawba County Council on Aging operates the West Hickory Senior Center. We will be closed Thursday and Friday, November 28th and 29th for Thanksgiving. We will be closed December 23rd through December 27th for the Christmas holidays. We will be closed Wednesday, January 1st for New Year's Day.

NC211 help is available 24/7 for access to local resources for food, housing, utilities, and more! Dial 2-1-1.

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.