

The Scope

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

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*Serving Catawba County's
Seniors for over 45 years*

Published bi-monthly by:

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September/October 2021

Number 2



Flu Shot Clinics

**Appointments will be required.
Call 328-2269 to make one.
No walk-ins without appointments.**

Monday, Sept 27 – 9:00 am-12:00 noon

Catawba United Methodist Church – Family Life Center
209 East Central Avenue, Catawba

Wednesday, Sept 29 – 9:00-12:00 noon

St Mark's Lutheran Church
3216 W Main Street, Claremont

Friday, Oct 1 – 9:00 am-12:00 noon

Newton Recreation Center – Lower Level
23 South Brady Avenue, Newton

Monday, Oct 4 – 9:00-12:00 noon

Corinth Baptist Church
1929 West NC Highway 10, Vale

Tuesday, Oct 5 – 1:00 pm-4:00 pm

Sherrills Ford-Terrell Library
9154 Sherrills Ford Road, Terrell

Thursday, Oct 7 – 9:00 am-12:00 noon

West Hickory Senior Center
400 17th Street SW, Hickory

Thursday, Oct 7 – 1:00 pm-4:00 pm

West Hickory Senior Center
400 17th Street SW, Hickory

Monday, Oct 11 – 9:00 am-12:00 noon

Highland United Methodist Church – FEC Building
1020 12th St Pl NE, Hickory



Medicare Part B is accepted, please bring your Medicare card and your drug plan card. Medicare Advantage plans are also accepted, bring your card. If your plan is not accepted, you must pay and submit the claim yourself for reimbursement. If you do not have insurance, the cost will be \$20.

October is *Breast Cancer Awareness Month*

CVMC MOBILE UNIT

MAMMOGRAMS



will be at the West Hickory Senior Center on **Friday, October 15th**.
Mammograms are a benefit covered by Medicare once per year.

Registration is required. Call 328-2269 by Friday, September 24th to make an appointment.

Care for the Caregiver Support Group

NEW

Caregivers need care for themselves too! Come to the West Hickory Senior Center for a time of sharing, emotional support, resources, & new friendships.
Led by Mary Mitchell, Area Agency on Aging.



Begins **September 14th** and continues
each **second Tuesday** at 1:00 pm.



Register to attend by calling 328-2269.

Medicare Open Enrollment

Do you or your loved ones have a Medicare Part D or Medicare Advantage Plan?

Plans can change each year. Do an annual review to make sure the coverage you have is the best one for you! We'll have counselors at the West Hickory Senior Center, the Catawba County Library in Newton, the Sherrills Ford Library and by phone.



**Open Enrollment is
Oct. 15 – Dec. 7**

**Registration is required.
Call 328-2269 to make an appointment.**

VOLUNTEERS NEEDED

AARP Tax-Aide needs volunteers! Receive FREE training to help prepare tax returns between February and April. Training begins in October. It's a great way to learn new skills & be involved in your community!

**Contact Rebecca Reeves at 381-3113
or by e-mail: reboreeves@gmail.com**

VIP Lions Club

The VIP Lions Club (Visually Impaired Lions Club) meets at the West Hickory Senior Center the 2nd Friday of each month at 1:00 pm. Come join this group, whose motto is "We Serve," and make a difference in our community. 80% of the members of this group are visually impaired. New members are welcome! The VIP Lions collect donations of eyeglasses, hearing aids, and cell phones at the West Hickory Senior Center.



For more information, contact the Council on Aging at 328-2269.

CVCC Art Class

SEPTEMBER 8 – OCTOBER 27 ~ 1:00 – 4:00 PM

Tap into your creative instincts! Class is designed for beginners, as well as more experienced artists, using a variety of techniques. Class meets Wednesday afternoons at the West Hickory Senior Center.

Pat Flachbart, Instructor ~ Registration fee \$75.00

To register, call or email Cheri Toney at 828-327-7000 ext: 4320 or ctoney@cvcc.edu.



at Highland Recreation Center

The fun will take place, *and prizes will be awarded*, in the Community Room. Highland Recreation Center is located at 1451 8th Street NE, Hickory 28601.

Tuesday, September 21st @ 10:00 am

Registration is required.
Call 328-2269 to register.

Virtual Bingo



Prizes will be awarded!

The following Wednesdays at 1:30 pm:

**September 22nd
October 13th**

To register and receive a Bingo card & phone number or link to participate, call 328-2269.

new Tai Chi

Tai Chi, with our Instructor Mary Schachtschneider, will begin a brand new class at the West Hickory Senior Center each Wednesday.

**The fun will kick off on
September 8th at 10:00 am**



Rope Wall-Hanging Craft Class

Join instructor Allison McKiernan, Adult Services Librarian with Catawba County Library, at West Hickory Senior Center on

Monday, October 18th at 2:00 pm.

Cost is **\$3 per person** & includes supplies.

Register and join the group to create these beauties in any colors of your choosing!



Registration is required.
Call
328-2269
to register.

Regularly Scheduled Activities:



EXERCISE OPPORTUNITIES

Balance Builders

Tuesdays

FREE!

2:00 pm

Chair Exercise

Tuesdays

FREE!

1:30 pm

Early Morning Exercise

Tuesdays, Wednesdays, & Thursdays

FREE!

8:30 am

Early Morning Exercise will not meet on October 7th.

Line Dance

Tuesdays

\$1 suggested donation

10:00 am

Tai Chi

\$5 suggested donation

for Arthritis and Fall Prevention

Tuesdays (Newton Recreation Center)

10:00 am

NEW! Wednesdays (West Hickory Senior Center) 10:00 am

The NEW Wednesday Tai Chi will begin on September 8th.

Virtual Tai Chi

for Arthritis and Fall Prevention

Thursdays (Call 328-2269 for link)

10:00 am

Virtual Tai Chi will not meet on September 2nd.

YOGA

Mondays (West Hickory Senior Center)

10:00 am

Thursdays (Newton Recreation Center)

10:00 am

Zumba Gold® Chair

Mondays

\$1 suggested donation

11:00 am

(Christ Lutheran Church, 324 2nd Ave SE, Hickory)

Zumba Gold®

Mondays, Wednesdays, & Fridays

10:00 am

(Christ Lutheran Church, 324 2nd Ave SE, Hickory)

Unless otherwise noted,

all events are held at West Hickory Senior Center.



Designer Greeting Cards



Join our instructor, Kaye Owenby, to make beautiful handmade greeting cards.

\$10.00 per student, supplies are included.

Thursday, September 9th & October 14th

9:30 – 11:30 am & 1:00 – 3:00 pm

Registration is required.

Call 328-2269 to register.



West Hickory Seniors Morning Out

Activities and a free lunch.

Each Monday - Thursday

8:00 am - Noon

Call Danielle, the Site Coordinator, at 323-8746 with at least 48-hour advance notice or for more information.

A program of Senior Nutrition Services,
Catawba County DSS.



FUN WITH VAL & AL

Test your knowledge with evening trivia.

Thursday, September 23 at 5:30 pm &

Thursday, October 28 at 5:30 pm.

Registration is required. Call

328-2269 to register.



Trivia Thursdays

Compete with a team for prizes & fun!

Thursday, September 23 at 1:30 pm &

Thursday, October 28 at 1:30 pm

Registration is required. Call

328-2269 to register.



MAXIMIZE YOUR SMARTPHONE

FREE CLASSES conducted by Carolina Wireless. Learn to master apps and all you need to know about your device all in a “no question is too silly to ask” atmosphere.

MONDAY, OCTOBER 4 - 2:30 PM

NO CLASS IN SEPTEMBER DUE TO HOLIDAY.

Registration is required. Call

328-2269 to register.



Games Group






















































Tuesday afternoons beginning at 1:00 pm





























































Card Club

Thursday afternoons beginning at 1:00 pm

Try your skills at Hand & Foot, Dominoes, Pinochle, etc. New players are welcome! **FREE!**

Monday	Tuesday	Wednesday	Thursday	Friday
West Hickory Senior Center 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		1   	2   	3 
6 Senior Center Closed Labor Day Holiday 	7   	8 NEW! Wednesday Tai Chi begins 10:00 am CVCC Art Class 1:00 pm  	9 Hearing Screenings By Appointment    	10 VIP Lions Club 1:00 pm 
13  	14 NEW! Care for the Caregiver 1:00 pm   	15 CVCC Art Class 1:00 pm  	16   	17 
20  	21 Bingo at Highland Recreation Center 10:00 am   	22 CVCC Art Class 1:00 pm Virtual Bingo 1:30 pm  	23     	24 
27 Flu Shot Clinic in Catawba By Appointment  	28 Prime of Life Expo at Crawdads Stadium 10:00 am-2:00 pm   	29 CVCC Art Class 1:00 pm Flu Shot Clinic in Claremont By Appointment  	30   	

Monday	Tuesday	Wednesday	Thursday	Friday
Symbol Key - see page #3 for activity time & details:  Exercise Opportunities  Designer Greeting Cards  Seniors Morning Out  Maximize Your Smartphone  Games Group  Fun with Val & Al  Card Club  Trivia Thursdays				1 Flu Shot Clinic in Newton By Appointment 
4 Flu Shot Clinic in Vale By Appointment   	5 Flu Shot Clinic in Sherrills Ford By Appointment   	6 Hearing Screenings By Appointment CVCC Art Class 1:00 pm  	7 Flu Shot Clinic at West Hickory Senior Center By Appointment   	8 VIP Lions Club 1:00 pm 
11 Flu Shot Clinic at Highland UMC By Appointment  	12 Care for the Caregiver 1:00 pm   	13 CVCC Art Class 1:00 pm Virtual Bingo 1:30 pm  	14    	15 Mammogram Mobile Unit By Appointment Medicare Open Enrollment Begins 
18 Rope Wall-Hanging Craft Class 2:00 pm  	19   	20 CVCC Art Class 1:00 pm  	21   	22 
25  	26   	27 CVCC Art Class 1:00 pm  	28     	29 

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* may avoid a coverage gap!

Monthly Income limits:

Individual \$ 1610.00 Couple \$ 2178.00

Resource/Asset limits:

(cash, investments - not home)

Individual \$ 13,290.00 Couple \$ 26,520.00

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.

Legacy / Planned Giving

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.

Hearing **Screenings**

Doug Johnson, Beltone Hearing Care Practitioner, will provide **FREE** hearing screenings and hearing aid cleaning at the West Hickory Senior Center.

THURSDAY, SEPTEMBER 9TH 2:30 - 4:30 PM

&

WEDNESDAY, OCTOBER 6TH 9:30 - 12:00 NOON

Registration is required.
Call 328-2269 to make an appointment.

Empty Prescription Bottle Collection



The West Hickory Senior Center is a collection site for donations of empty prescription bottles. These bottles are taken to the Greater Hickory Cooperative Christian Ministry Pharmacy where they are used to benefit our local community. Please remove all labels before donating bottles.

FOOD PANTRY

The West Hickory Senior Center Food Pantry is available by appointment.

Food delivery is available for those who do not have transportation to come to the center.

Call **328-2269** or email:

[**councilonaging@catawbacouncilonaging.org**](mailto:councilonaging@catawbacouncilonaging.org)

to make an appointment.



DONATIONS & MEMORIALS

We acknowledge with gratitude the following friends for their monetary gifts:

Anonymous friends
 Faye Laxton Campbell, in memory of
 Cecil Campbell
 John C. Daniels, in memory of Jack Hopkins
 First Baptist Church, Hickory
 First Presbyterian Church, Hickory
 Richard & Pat Flachbart
 Petey Foster
 Rick & Mary Jones, in memory of
 Jack Hopkins
 New Jerusalem Lutheran Church
 Lawrence & Ethel Oxford
 George Quinlan, in appreciation of
 tax preparers

Audrey Rozzelle, in honor of tax preparers
 Shuford Yarns
 John and Gaylord Stopen, in memory of
 John Henry (Jack) Hopkins
 Target
 Bill & Dawn Teller
 Walt Thomas
 Unifour Foundation, Inc.
 Endowment, a
 component fund of the
 NC Community Foundation
 Danny and Ruth Ann Waters
 Sheila Weeks
 Kay Whitener



Thank you to all of those in our community who have donated supplies and food to the center. Your thoughtfulness and generosity help COA provide the services that we do. It takes everyone working together and we appreciate all the care and support.

We appreciate these generous sponsors:

 <p>Catawba Valley COMMUNITY COLLEGE</p> <p>www.cvcc.edu</p> <p>Learning & Personal Enrichment Classes</p> <p>Contact: Cheri Toney 828.327.7037 • ctoney.cvcc.edu</p>	<p>Patricia C. Fleming, CPA, PLLC Certified Public Accountant and Consultant</p> <hr/> <p>Kay P. Herman, CPA</p> <p>419 2nd Street, NW Suite B Hickory, NC 28601</p> <p>Phone: (828) 838-3029 Cell: (828) 381-8401 Fax: (828) 405-1200</p> <p>Email: kherman@pflemingcpa.com</p>
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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
 or donations may be made online through our website: www.catawbacoa.org

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



September/October 2021

BITS 'N' PIECES

The Catawba County Council on Aging is a non-profit 501(c)3 organization, not a county or city government agency. The Council on Aging operates the West Hickory Senior Center.

Senior Tar Heel Cards are available at the West Hickory Senior Center to individuals **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).

One-on-one computer instruction for beginners is available with our instructor Fred Kirby. To make an appointment or for more information call 328-2269.

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

If you would like to receive this newsletter by mail or email, call 328-2269.

SIR Prime of Life Expo will be on Tuesday, September 28th at 10:00 am to 2:00 pm and take place at the LP Frans Crawdads Stadium. It will be an outside event.

The center's drop-in activities include computer lab/Wi-Fi, library, exercise bike, games, puzzles.

If you would like to receive **Telephone Reassurance** calls, sign up by calling 328-2269.

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.