

# The Scope

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

website: [www.catawbacoa.org](http://www.catawbacoa.org)

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*Serving Catawba County's  
Seniors for over 44 years*

**Published bi-monthly by:**

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National Volunteer Week is an opportunity to celebrate the impact of volunteer service and the power of volunteers to build stronger communities. Each year, we shine a light on the volunteers who lend their time, talent and voice to make a difference in our community.

The Council on Aging could not operate our programs and activities without the hard work and dedication of our wonderful volunteers.

*Thank you for all you do!*

## NEW TO MEDICARE SEMINAR

**Thursday, March 12<sup>th</sup> 2:00 pm**  
**West Hickory Senior Center**

*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 (SHIIP) Counselors**, trained by the NC Department of Insurance, will lead the information session and will be happy to answer your questions. **A Social Security Representative may also be present to answer questions.**

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

## Springtime Bingo



Join us at the **West Hickory Senior Center** on **Monday, April 20<sup>th</sup> at 2:00 pm** and we'll play several rounds of bingo! Prizes are furnished and light refreshments will be served.

**Reservations are required by calling 328-2269.**



## DISASTER AND EMERGENCY PREPAREDNESS

Each year, many North Carolina communities are rocked by severe weather, such as tornados, as well as hurricanes, floods, winter storms, and 'man-made' disasters. By planning ahead, YOU can better prepare for these times.

**Frank Ballentine**, Catawba County Emergency Management Specialist, will be at West Hickory Senior Center **Wednesday, April 1<sup>st</sup>, 9:45 am**, to share valuable information to help in preparations.

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

## G-mail Classes

Our computer tutor, **Warren Shanahan**, returns to the **West Hickory Senior Center** for a **FREE** class that will meet on **Monday mornings, 9:30 - 11:30, beginning Monday, April 6<sup>th</sup>**. Warren will teach us how to set up g-mail (e-mail) accounts and use these to communicate with friends over the internet. Please bring your laptop computer with you to class.

**Call the Council on Aging if you plan to attend, 328-2269.**



# DONATIONS & MEMORIALS

The Council on Aging acknowledges with gratitude the following friends for their gifts:

Abernethy Charitable Trust  
Anonymous Friends  
Susannah Brown  
Charles Carlton  
Carolina Farm Credit  
Gheorghina Ciolac  
Aurora Delatorre  
Alice Denault  
Fiber-Line  
First Presbyterian Church  
Dick & Pat Flachbart  
Dorothy Friar  
George Foundation  
Jack & Mary Ann Hopkins  
Jersey Mike's Subs  
Mike & Kathy Matangelo  
Daniel Miller  
New Jerusalem Church  
Gail Newton  
Ed Sain  
Judy Smith  
Richard & Rebecca Smith  
Bill & Dawn Teller  
Walter Thomas  
Kay Whitener  
Ray & Mary Wilson  
Lucille Woodrum

## Thank You



Nelda Eckard in appreciation of the SHIIP Program  
Etta Gardner in appreciation of SHIIP  
Kay P. Herman, CPA, in sponsorship of "The Scope"  
Brian & Susan King in honor of Van Taylor  
Madge Neal in memory of George Sorensen  
Howard Smith in appreciation of our SHIIP Counselors  
Doug & Terry Taylor in honor of the Staff & Board of the  
Western Piedmont Council of Governments  
and in honor of Lynn & Leroy Lail

## 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.**

*thank you*



Catawba  
Valley  
COMMUNITY COLLEGE

[www.cvcc.edu](http://www.cvcc.edu)

## Learning & Personal Enrichment Classes

Contact: Cheri Toney  
828.327.7037 • [ctoney.cvcc.edu](mailto: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, MARCH 2<sup>ND</sup>      2:30 PM**  
**MONDAY, APRIL 6<sup>TH</sup>      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, March 19<sup>th</sup>      9:30 – 11:30 am**  
**1:00 – 3:00 pm**

**Thursday, April 16<sup>th</sup>      9:30 – 11:30 am**  
**1:00 – 3:00 pm**

**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.**

## **Caregivers Support Group**

**Thursday, March 5<sup>th</sup>  
and Thursday, April 2<sup>nd</sup>**

**2:00 pm**

### **West Hickory Senior Center**

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

Vince Bartlome is facilitator for 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, instructor.** 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 2020

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

Thursday, March 12 <sup>th</sup> "Down Memory Lane"	Wohlfahrt Haus	\$ 80.00
Tuesday, April 14 <sup>th</sup> "Beehive, the 60's Musical"	Barn Theater	\$ 90.00
Wednesday, May 13 <sup>th</sup> "Million Dollar Quartet"	Flat Rock	\$ 90.00
Thursday, June 4 <sup>th</sup> "Motown Sound"	Wohlfahrt Haus	\$ 80.00
Wednesday, July 8 <sup>th</sup> "Charitable Sisterhood"	Barter Theater	\$ 90.00
Thursday, August 27 <sup>th</sup> "How Sweet the Sound"	Wohlfahrt Haus	\$ 80.00
Thursday, September 10 <sup>th</sup> "Big River"	Wohlfahrt Haus	\$ 80.00
Thursday, October 29 <sup>th</sup> "Autumn at the Opry"	Flat Rock	\$ 90.00
Wednesday, November 11 <sup>th</sup> "A Country Christmas"	Wohlfahrt Haus	\$ 80.00
Tuesday, December 1 <sup>st</sup> "A Christmas Carol"	Barter Theater	\$ 90.00

Lunch and show tickets are included in the price of each of these trips. Reservations are required by calling the Council on Aging, 328-2269. The cost must be paid in full one month before the scheduled trip. We do not make reminder calls about payments. It is your responsibility to remember to pay on time. If you fail to pay or cancel on time for trips, you may be excluded from signing up for future trips. Mail payments to Council on Aging, PO Box 835, Hickory NC 28603.

How would you like to take a cruise in 2021?



## Eastern Caribbean

with Norwegian Cruise Line

8 days / 7 nights

February 28 – March 7, 2021

Leave Miami, Florida with visits to Puerto Plata, St. Thomas, Tortola, and Great Stirrup Cay

For more information, contact Vickie 328-2269.



Adult Children of Aging Parents

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

March 10<sup>th</sup> Over the Counter Medicines & Safety  
Presented by Blue Ridge Geriatrics

April 14<sup>th</sup> Humor in Caregiving  
Presented by Mark Bumgarner, Adult Life Programs

Advance registration is required. To reserve your seat, call 828.610.5741 or e-mail [info.ACAPHickory@gmail.com](mailto: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 and other games. New players are welcome! No charge to play.



## 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, March 26<sup>th</sup> at 5:30 pm  
and

Thursday, April 23<sup>rd</sup> at 5:30 pm.

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

## Trivia Thursdays

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

Thursday, March 26<sup>th</sup> at 1:30 pm  
and

Thursday, April 23<sup>rd</sup> at 1:30 pm

Please call the Council on Aging for information, 328-2269.



## 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  
Thursday mornings (Newton Rec) 10:00 am

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

**Zumba Gold® Chair** **FREE!**  
Monday mornings 11:00 am  
Christ Lutheran Church 324 2nd Ave SE Hickory

## Social Security Administration to visit the Senior Center

**Jeff Gragg**, a representative from the Hickory office of the Social Security Administration will be at the **West Hickory Senior Center** to present a program on **Wednesday, April 8<sup>th</sup>** at **10:00 am**.

Public information handouts will be available.

**Reservations are requested, 328-2269.**

## **NC Project C.A.R.E.**

(Caregiver Alternatives to Running on Empty)

**Karen Phoenix**, Project C.A.R.E. Family Consultant with Western Piedmont Council of Governments, will be at **West Hickory Senior Center** on **Friday, April 17<sup>th</sup>**, **10:00 am**, to present the program "*Dementia Friends*".

Memory loss and forgetfulness may be a normal part of aging, but not necessary dementia. There are many types of dementia. This basic class will teach us more about understanding dementia and being friendly to people with dementia.

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

## CVCC Winter Class

### Getting Your Brushes Wet

**MARCH 18 – MAY 13**

**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 **West Hickory Senior Center**.

Pat Flachbart, instructor. **Registration fee \$65.00.**

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

### **Origami Artist Book**

**Wednesday, March 11<sup>th</sup> 9:30 am**



In this **FREE** class, we'll learn how to create an origami accordion book. The completed colorful treasure can be used for recording journal entries and poetry, as a travel journal or reception register, a scrapbook and more. Sigrid Hice is our instructor. **Please call the Council on Aging if you'd like to attend, 328-2269.**

*This class is supported by the*



### Tax Counseling for Seniors

American Association of Retired Persons (AARP) **Tax-Aide**, in cooperation with the Internal Revenue Service, offers **FREE TAX PREPARATION** for your federal and state income taxes through mid-April at these locations:

West Hickory Senior Center - Friday mornings

Patrick Beaver Library - Thursday mornings

Catawba Co. Library (Newton) - Tuesday mornings

**Appointments are required for all locations.**

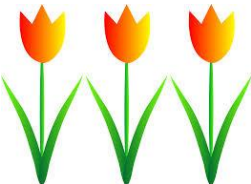
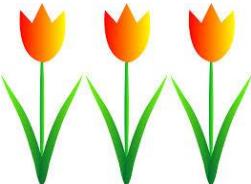

**Call 828-358-4669 (available Monday-Friday, 9:00 am-1:00 pm) until schedules are filled.**

## **Your Life...Your Legacy**

*Planning to make it right*

You may have concerns and questions about planning your final wishes and the benefits of prearranging a funeral. Representatives from **Catawba Funeral Home** will be at the **West Hickory Senior Center** on **Wednesday, March 25<sup>th</sup>** at **10:00 am** to present this program and answer any questions you may have.

**Call the Council on Aging if you plan to attend, 328-2269.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Seniors Morning Out Creative Crafters 1:00 SD Smart Phones 2:30 Matter of Balance 9:30 am	<b>3</b> 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	<b>4</b> Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Art Class 1:00 pm \$	<b>5</b> Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Card Club 1:00 pm Caregivers 2:00 pm Advance Directives (by appointment only)	<b>6</b> Tax Counseling (by appointment only)  <b>Daylight Savings  Time begins this  Sunday, March 8<sup>th</sup></b>
<b>9</b> Seniors Morning Out Creative Crafters 1:00 SD Matter of Balance 9:30 am	<b>10</b> 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	<b>11</b> Seniors Morning Out Exercise 8:30 am Origami Artist Book Class 9:30 am Computer for beginners (by appointment only)	<b>12</b> Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Card Club 1:00 pm New to Medicare 2:00 Advance Directives (by appointment only) Wohlfahrt Trip \$	<b>13</b> Tax Counseling (by appointment only)  VIP Lions 1:00 pm  <b>Payment is due for  the April 14<sup>th</sup> trip  to the Barn Dinner  Theater.</b>
<b>16</b> Seniors Morning Out Creative Crafters 1:00 SD Matter of Balance 9:30 am	<b>17</b> 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 <b>St. Patricks' Day</b>	<b>18</b> Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Art Class 1:00 pm \$	<b>19</b> Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Designer Cards 9:30/1:00 \$ Card Club 1:00 pm Advance Directives (by appointment only) <b>First Day of Spring</b>	<b>20</b> Tax Counseling (by appointment only)  
<b>23</b> Seniors Morning Out Creative Crafters 1:00 SD Matter of Balance 9:30 am	<b>24</b> 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	<b>25</b> Seniors Morning Out Exercise 8:30 am Life/Legacy Program 10:00 am Computer for beginners (by appointment only) Art Class 1:00 pm \$	<b>26</b> 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	<b>27</b> Tax Counseling (by appointment only)  
<b>30</b> Seniors Morning Out Creative Crafters 1:00 SD	<b>31</b> 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	<b>All the events  listed on these  calendars  are held at the  West Hickory  Senior Center.</b>	<b>\$ Denotes  required fee for class</b>  <b>SD Denotes  suggested donation  for class</b>	

### **Join us for West Hickory Seniors Morning Out!**

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

#### **Special Events Coming Up:**

March 12<sup>th</sup> Music by *Sentimental Journey*

March 26<sup>th</sup> Music by *Tim & Barry playing the Oldies*

April 2<sup>nd</sup>

April 9<sup>th</sup>

Music by the 1<sup>st</sup> Baptist Church's *Melodeers*

Music by *Sentimental Journey*

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>\$ Denotes</b> required fee for class</p> <p><b>SD Denotes</b> suggested donation for class</p>	<p><b>1</b> Seniors Morning Out Exercise 8:30 am Disaster Preparedness 9:45 Computer for beginners (by appointment only) Art Class 1:00 pm \$</p>	<p><b>2</b> Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Card Club 1:00 pm Caregivers 2:00 pm Advance Directives (by appointment only)</p>	<p><b>3</b> Tax Counseling (by appointment only)</p> 
<p><b>6</b> Seniors Morning Out G-Mail Class 9:30 Creative Crafters 1:00 SD Smart Phones 2:30</p>	<p><b>7</b> 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</p>	<p><b>8</b> Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Social Security Program 10:00 Art Class 1:00 pm \$</p>	<p><b>9</b> Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Card Club 1:00 pm Advance Directives (by appointment only)</p>	<p><b>10</b> <b>Good Friday Senior Center Closed</b></p> 
<p><b>13</b> Seniors Morning Out G-Mail Class 9:30 Creative Crafters 1:00 SD  <b>Payment is due for the May trip to Flat Rock Playhouse</b></p>	<p><b>14</b> 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 \$</p>	<p><b>15</b> Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Art Class 1:00 pm \$</p>	<p><b>16</b> Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Designer Cards 9:30/1:00 \$ Card Club 1:00 pm Advance Directives (by appointment only)</p>	<p><b>17</b> N.C. Project Care Program 10:00 am</p> 
<p><b>20</b> Seniors Morning Out G-Mail Class 9:30 Creative Crafters 1:00 SD Springtime Bingo 2:00  <i>National Volunteer Week</i></p>	<p><b>21</b> 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</p>	<p><b>22</b> Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Art Class 1:00 pm \$</p>	<p><b>23</b> 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 &amp; Al 5:30</p>	<p><b>24</b>  Our newsletter, "The Scope" is always available on our website: <a href="http://www.catawbacoa.org">www.catawbacoa.org</a></p>
<p><b>27</b> Seniors Morning Out G-Mail Class 9:30 Creative Crafters 1:00 SD</p>	<p><b>28</b> 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</p>	<p><b>29</b> Seniors Morning Out Exercise 8:30 am Computer for beginners (by appointment only) Art Class 1:00 pm \$</p>	<p><b>30</b> Seniors Morning Out Exercise 8:30 am Thrifty Thursday 9:00 Card Club 1:00 pm Advance Directives (by appointment only)</p>	<p><b>Book Sharing</b> Bring a book, take a book, or both! Visit our mini-library in the computer room for your reading pleasure.</p>



## Spring Raffle

- 1<sup>st</sup> Place Prize is this beautiful "Neck-Tie Crazy Quilt"  
 2<sup>nd</sup> Place Prize is hand-embroidered sheet & pillow case set  
 3<sup>rd</sup> place prize is an adorable hand-made baby quilt

Tickets are \$1.00 each or \$5.00 for six tickets.

Drawing will be held in May 2020. Proceeds benefit the Council on Aging.

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



March/April 2020

## BITS 'N PIECES

**Seniors' Health Insurance Information Program (SHIP)** is the one place you can always turn to 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 SHIP 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!

**Congratulations to our Autumn raffle winners:** Judy Herring-angel wall hanging, Sandi Shear-quilt, Vonda Hefner-coin sets, Carol Winn-wooden basket, and Linda Gibbs-Christmas wreath.

**Congratulations to our 2020 Trip winners:** Frank Benvenuti and Linda Killian

**Free computer classes are offered** on Wednesdays at the Senior Center. These classes are designed for beginners and offer the basics of personal computers. Fred Kirby is our instructor. Call to attend, 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).

**The Catawba County Council on Aging operates the West Hickory Senior Center.** West Hickory Senior Center's operating hours are Monday through Thursday 8:00 am–4:30 pm, Fridays 8:00 am–2:00 pm (*can vary*), and the 4<sup>th</sup> Thursday of each month 8:00 am–7:00 pm. We will be closed Friday, April 10<sup>th</sup> for Easter.

**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.