



# THE SCOPE

**MAR/APR 2025 ISSUE**

Volume 47, Number 5

## 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.

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

### HOURS:

**MON - THUR:**  
8:00 AM - 4:30 PM  
**FRIDAY:**  
8:00 AM - 2:00 PM  
(CAN VARY)

Follow us on Facebook & Instagram!



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

**Published bi-monthly by:**

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Bea Heavener, Admin. Assistant

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

## SCAM & FRAUD SERIES

### FREE DRIVE-THRU SHRED EVENT

WED, MARCH 19, 1:00 PM - 4:00 PM

Join us at the West Hickory Senior Center (400 17th St SW, Hickory 28602) for a FREE shred event. A shred truck will be present (2 box limit) and the event is limited to personal documents only (no businesses). No binder clips or plastic including CDs, DVDs, credit cards, etc.



PeoplesBank

Thanks to our sponsors:



Hopscotch  
Primary Care



PACE@Home



### SCAMS TARGETING SENIORS

MONDAY, MARCH 24, 2:00 PM - 3:00 PM

Looking to learn more about scams targeting seniors? Amy Morton and Will Daughtrey from People's Bank, will speak at the West Hickory Senior Center sharing ways to keep you safe!

Call to register at 828-328-2269.

### NCDOI/SHIP SCAM & FRAUD INFO

THURSDAY, APRIL 3, 2:00 PM - 3:00 PM

Learn more about fraud and scams, including some involving Medicare, from representatives at the NC Department of Insurance and the Seniors' Health Insurance Information Program.

Call to register at 828-328-2269.



### FALL CRAFT MARKET

SATURDAY, SEPTEMBER 27, 9:00 AM - 2:00 PM

The COA is currently seeking craft vendors for the Council on Aging's annual Fall Craft Market, which will be held at the Crowne Plaza Hickory (1385 Lenoir Rhyne Blvd SE, Hickory, 28602). Registration is \$50.00 and includes a 10x10 space with a 6-foot table and two chairs. There are a limited number of spaces available! All proceeds will benefit the Catawba Council on Aging.

Contact the Council on Aging with any questions and to reserve your spot at 828-328-2269.

## 02 YOU'RE INVITED TO...

★ Program available to register through MyActiveCenter.

### ROCCUPATIONAL THERAPY

Join Lenoir-Rhyne Occupational Therapy students, under the guidance of occupational therapists, as they present two great workshops at the West Hickory Senior Center!

#### FALL PREVENTION WORKSHOP

MON, APRIL 14, 9:00 AM - 12:00 PM  
Have fun while learning some useful fall prevention tips! You will be guided through exercises and activities to ensure better stability and control during your daily routines. **Topics will include:**

- Risk factors for falls
- The correct usage of assistive devices (like canes and walkers)
- Recommendations for home modifications to reduce fall risks
- Fall recovery techniques

Call 328-2269 to register.



#### EMOTIONAL & MENTAL WELLBEING WORKSHOP

MON, APRIL 21, 9:00 AM - 12:00 PM  
Learn more about promoting your emotional and mental wellbeing! **This workshop will focus on:**

- Empowering individuals to maintain and enhance their emotional and mental health through creating meaningful activities and routines
- Promoting goal-setting for managing chronic health conditions

Call to register at 828-328-2269.

**THANK YOU** to our Mar & Apr Bingo sponsors:



#### ★ BINGO AT HIGHLAND REC

WED, MARCH 12, 2:00 PM—3:30 PM

Our March in-person Bingo will be held at Highland Recreation Center (1451 8th St Dr NE, Hickory, 28601). Prizes will be awarded!

Registration required at 828-328-2269.



#### ★ BINGO AT WHSC

MON, APRIL 14, 1:00 PM - 2:30 PM

Join us for Bingo at the West Hickory Senior Center! Prizes will be awarded! **Registration required!**

HAPPY  $\pi$  DAY!



**CHAT WITH COA**

**PI DAY CELEBRATION**

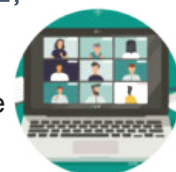
THURS, MARCH 13, 2:00 PM - 3:00 PM  
Chat with the Council on Aging staff and enjoy a slice of pie in honor of Pi Day! Get updates, ask questions, and give feedback and suggestions.

Call 328-2269 to register.

#### TECH DAY DROP-IN EVENT

TUESDAY, MARCH 25 & APRIL 22,  
10:00 AM - 12:00 PM

Digital Navigator, Fred Wilson, will be at the West Hickory Senior Center to provide technology assistance and answer any questions about a smartphone, tablet, and/or computer. **No appointment is necessary.**



### THE COUNCIL ON AGING PRESENTS TWO GREAT CRUISES WITH NORWEGIAN CRUISE LINE

Canada & New England on the Norwegian Getaway  
**October 5 - 12, 2025.**

Cabin prices start at \$2,361 per person double occupancy, and include roundtrip airfare from Charlotte, cruise, service gratuities, beverage and dining gratuities, port charges, government fees, taxes, and transfers to/from ship.



Caribbean: Harvest Caye, Cozumel & Roatan on the Norwegian Viva  
**March 14 - 21, 2026**

Cabin prices start at \$2,842 per person double occupancy, and include roundtrip airfare from Charlotte, cruise, service gratuities, beverage and dining gratuities, port charges, government fees, taxes, and transfers to/from ship.

Contact Grand American Tours, (800) 423-0247, for more information and to make reservations. Make sure to let them know you found out about the cruise through the Catawba Council on Aging.

## LEGACY & PLANNED GIVING

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

### WAYS TO GIVE INCLUDE:

- \* Leaving a gift to the COA in a will or trust
- \* Designating the COA as the Transfer on Death or Payable on Death of a stock or brokerage account
- \* Designating the COA as the beneficiary of a life insurance policy
- \* Designating the COA as the beneficiary of a retirement account (this can maximize tax-deferred savings)

[Please contact the Council on Aging office for more information at 328-2269.](#)



ACAP Foothills/Hickory provides information, resources, support, and community for adult children as we care for our aging parents and for ourselves. ACAP Foothills/Hickory meets the 2nd Thursday of each month, 5:30-7:00 pm, in the lower-level conference room of the Catawba County Library, Newton Branch (115 West C Street, Newton), unless otherwise noted. While the **FREE** monthly educational programs are designed for adult-child caregivers, programs are open to all.

### Upcoming topics are:

**March 13th** - "Recognizing and Managing Anxiety and Depression in Older Adults "

**April 10th** - "Beginner's Guide: Caregiving for the Aging Adult"

## ADVANCE DIRECTIVES:

### LIVING WILLS & HEALTH CARE POWER OF ATTORNEY

A **living will** is a legal document that allows you to make prior decisions 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 power to make medical decisions for you if you are not competent or if you are unable to communicate.



Julie Packer, RN, MSN, Director of Professional Relations with Carolina Caring, will be at the West Hickory Senior Center by appointment to discuss these with you, have forms available, and notarize documents.

**Registration is required. Call 828-328-2269 to register.**

## 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.

**To make an appointment, call 828-328-2269.**



## EXTRA HELP - WITH 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 \$ 1,903.00

Couple \$ 2,575.00

### Resource/Asset limits:

(cash, investments - not home)

Individual \$ 17,220.00

Couple \$ 34,360.00

**Extra Help**

**If you would like to apply for Extra Help, call the Council on Aging at 328-2269 for an appointment with a SHIP Counselor.**



# 04 WEEKLY ACTIVITIES

★ Program available to register through MyActiveCenter.

## EXERCISE

Unless otherwise noted, classes are held at the West Hickory Senior Center.

**Morning Exercise** **FREE!**  
Tue, Wed, & Thurs 8:30 am

**Absolute Beginner Line Dance**  
\$1 suggested donation  
Tuesdays 9:30 am  
Starting back March 11

**Line Dance** \$1 suggested donation  
Tuesdays 10:00 am  
Starting back March 11

**Qi-Gong** **FREE!**  
Tuesdays 11:30 am

**Virtual Qi-Gong** **FREE!**  
Saturdays 9:30 am  
Tuesdays 6:15 pm  
Call 328-2269 for the Zoom link.

**Tai Chi** \$5 cost per class  
Mondays & Wednesdays 6:30 pm  
at Newton Recreation Center  
23 S Brady Ave, Newton

**Tai Chi** \$5 cost per class  
Tuesdays 6:30 pm  
at Highland Recreation Center  
1451 8th Street Dr NE, Hickory

**Yoga** \$5 suggested donation  
Thursdays 10:00 am  
at Newton Recreation Center  
23 S Brady Ave, Newton

**Zumba Gold** \$1 sugg. Donation  
Mon, Wed, & Fri 10:00 am  
at Christ Lutheran Church  
324 2nd Ave SE, Hickory

**Zumba Gold Chair** \$1 sugg. don.  
Mon & Fri 11:00 am  
at Christ Lutheran Church  
324 2nd Ave SE, Hickory

## STAY ACTIVE



### TECH MADE EASY

MONDAYS, 9:00 AM & 10:30 AM  
Learn to use the smartphone we are all walking around with! Android Smartphones will meet at 9:00, and iPhones will meet at 10:30. Registration is required, call 328-2269.



### CATAWBA CRAFTERS

MONDAYS, 3:00 PM  
Catawba Crafters crochet items from donated yarn to give away to those in need. The group teaches crochet to those learning. **FREE!** Call Jo Boone at 324-4508 for more information.



### RUMMIKUB

MON & WED, 1:00 PM  
A tile game that combines aspects of Rummy and Mahjong. Come join in!



### HAND & FOOT

TUE & THU, 12:30 PM  
New players welcome! Current players will teach you how to play.



### SAMBA

TUE & THU, 12:30 PM  
Current players welcome all and will teach you.



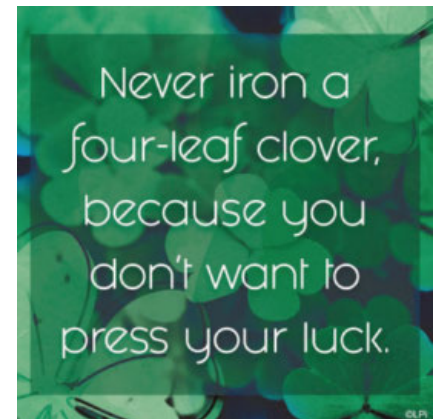
### MOVIE MATINEE

TUESDAYS, 2:30 PM  
Enjoy a **FREE** movie and snacks at the West Hickory Senior Center! Movies titles are available by calling the COA or by being placed on our email list. Closed Captioning is available. Register at 328-2269.



### QUILTING CLASS

WEDS, 9:30 AM  
\$25 allows you to make a 60 x 62 quilt. Materials are provided. Bring good cloth cutting scissors and a portable sewing machine if you have one. Registration is required at 328-2269.



## GET YOUR BRUSHES WET

WEDNESDAYS, 1:00 TO 4:00 PM

Offering a solid foundation in paint application and proper use of a variety of materials, including oil, acrylic, watercolor, and pastel, instructor Tracy Gansrow will teach you how to organize a composition, mix colors, and develop general painting skills. The class is designed for beginners and advanced painters. The cost is \$75.00. **The next class is scheduled to run March 26 - May 14.** To register, contact Cheri Toney at 828-327-7000 ext: 4320 or [ctoney@cvcc.edu](mailto:ctoney@cvcc.edu).

# MONTHLY ACTIVITIES 05

★ Program available to register through MyActiveCenter.

## 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 **Mar 11 & Apr 8**

**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

**Mar 20th (date change) & Apr 10.**

The cost is **\$15** and includes all supplies.

**Registration required!**

## VIRTUAL BINGO

WED, MAR 26 & WED, APR 23, 1:30 PM



**FREE!** Prizes will be awarded! You don't have to have a computer or smartphone to participate. To receive a Bingo card & phone number or link, call 328-2269.

**THANK YOU** to our March & April Virtual Bingo sponsor:



## WII GAMES

TUES, MAR 18 & APR 22, 1:00 PM

We will be playing a different game each month. **March will be Wii Sports and April will be Game Party 3.**

**Call to register at 328-2269**

## CORNHOLE

TUES, MAR 4 & APR 1, 1:00 PM—2:00 PM



We will be playing cornhole at the West Hickory Senior Center! Come join and bring a friend. **Call 328-2269 to register!**

## GAME TIME!

TUES, MAR 25 & APR 29, 1:00 PM-2:00 PM



Calling all game enthusiasts! Join us each month as we play a different game. Bring a friend and possibly learn a new favorite to play. **March will be Phase 10 and April will be Qwixx. Register at 828-328-2269.**

## VIP LIONS CLUB

2ND FRIDAYS, 1:00 PM

The Visually Impaired Lions Club (VIP) will meet on **Mar 14 & Apr 11**. 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 COUNTY

### ASSOCIATION OF THE BLIND

4TH FRIDAYS, 1:00 PM

The Catawba County Association of the Blind will meet on **Mar 28 & Apr 25** 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 **Mar 27 & Apr 24**. **Call to register!**



## BYTE SIZED COMPUTER BASICS

3RD WEDNESDAYS, MONTHLY, 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 **Mar 19 & Apr 16**. Laptops will be available for use during class or you can bring your own. **Registration required!**



## MAXIMIZE YOUR SMARTPHONE

1ST MONDAYS, MONTHLY, 2:30 PM

Digital Navigators with the County Library will conduct this **FREE** class at the West Hickory Senior Center on **Mar 3 & Apr 7**. Bring your device and ask questions. **Registration required!**
















































































## PRIME TIME SINGERS

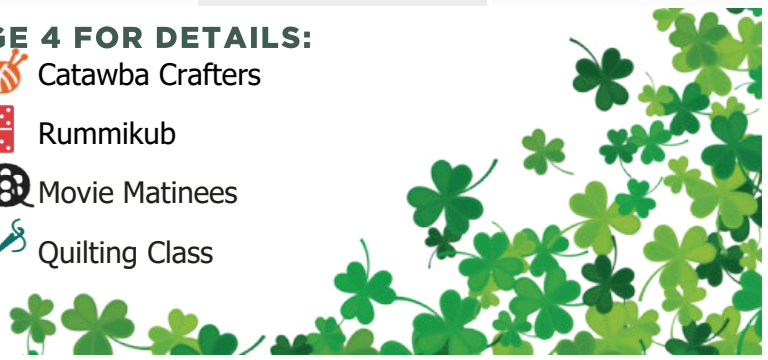
MONDAYS, 2:00 PM

The Prime Time Singers perform at area nursing homes and other senior gatherings. Practice at the West Hickory Senior Center will be **April 21 & 28**. Currently looking for singers, and you don't need to read music. If you can hum, we want YOU! **For more information, contact Nancy Farr at 813-767-7922. Must have COVID vaccinations to participate.**
























# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 2:30 Maximize Your Smartphone</p> <p>   </p>	<p><b>4</b> 1:00 Cornhole</p> <p>   </p>	<p><b>5</b></p> <p>   </p>	<p><b>6</b> 10:00 New to Medicare Seminar @ WHSC</p> <p>  </p>	<p><b>7</b></p> <p></p>
<p><b>10</b></p> <p>   </p>	<p><b>11</b> 1:00 Caregiver Support Group</p> <p>   </p>	<p><b>12</b> 2:00 Bingo @ Highland Rec</p> <p>   </p>	<p><b>13</b> 2:00 Chat with COA Pi Day Celebration</p> <p>  </p>	<p><b>14</b> 1:00 VIP Lions</p> <p></p>
<p><b>17</b></p> <p> HAPPY Saint Patrick's Day</p> <p>   </p>	<p><b>18</b> 1:00 Wii Games - Wii Sports</p> <p>   </p>	<p><b>19</b> 10:30 Byte Sized Computer Basics 1:00 - 4:00 Shred Event @ WHSC</p> <p>  </p>	<p><b>20</b> <small>FIRST DAY OF</small> <b>SPRING™</b> 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards</p> <p>  </p>	<p><b>21</b></p> <p></p>
<p><b>24</b> 2:00 Scams Targeting Seniors</p> <p>   </p>	<p><b>25</b> 10:00 - 12:00 Tech Day 1:00 Game Time! - Phase 10</p> <p>   </p>	<p><b>26</b> 1:30 Virtual Bingo</p> <p>   </p>	<p><b>27</b> 1:30 Trivia</p> <p>  </p>	<p><b>28</b> 1:00 Catawba County Association of the Blind</p> <p></p>
<p><b>31</b></p> <p>   </p>	<p><b>SYMBOL KEY—SEE PAGE 4 FOR DETAILS:</b></p> <ul style="list-style-type: none"> <li> Exercise Opportunities</li> <li> CVCC Art Class</li> <li> Hand &amp; Foot</li> <li> Samba</li> <li> Tech Made Easy</li> <li> Catawba Crafters</li> <li> Rummikub</li> <li> Movie Matinees</li> <li> Quilting Class</li> </ul>			



# APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>1:00</b> Cornhole 	<b>2</b>	<b>3</b> <b>2:00</b> NCDOI/SHIIP Scam & Fraud Info	<b>4</b>
<b>7</b> <b>2:30</b> Maximize Your Smartphone 	<b>8</b> <b>1:00</b> Caregiver Support Group 	<b>9</b> 	<b>10</b> <b>9:30</b> Designer Greeting Cards <b>1:00</b> Designer Greeting Cards 	<b>11</b> <b>1:00</b> VIP Lions 
<b>14</b> <b>9:00</b> LR Fall Prevention Workshop <b>1:00</b> Bingo @ WHSC 	<b>15</b> 	<b>16</b> <b>10:30</b> Byte Sized Computer Basics 	<b>17</b> 	<b>18</b> Senior Center Closed 
<b>21</b> <b>9:00</b> LR Emotional and Mental Wellbeing Workshop <b>1:40</b> Chorus Practice 	<b>22</b> <b>10:00 - 12:00</b> Tech Day <b>1:00</b> Wii Games - Game Party 3 	<b>23</b> <b>1:30</b> Virtual Bingo 	<b>24</b> <b>9:00-12:00</b> Senior Games - Checkers <b>1:30</b> Trivia 	<b>25</b> <b>9:00-12:00</b> Senior Games - Chess <b>1:00</b> Catawba County Association of the Blind 
<b>28</b> <b>2:00</b> Chorus Practice 	<b>29</b> <b>1:00</b> Game Time! - Qwixx 	<b>30</b> 	 <b>The West Hickory Senior Center</b> will be closed on April 18 in observance of Good Friday.	



# 08 DONATIONS & MEMORIALS



## THANK YOU

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

Anonymous, in honor of Vickie Blevins & staff

Allen & Corinne Barwick

Dr. Ken Bates & Chris Bates

Beaver Family Foundation Inc.

Richard & Donna Bunton, in honor of NJL Church Pastor Cauble and organist Carolyn Miller and in memory of Hope Clontz & Kristi B Thomas

Support from Catawba Valley Community Endowment, an affiliate of the North Carolina Community Foundation

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Eugene & Adriana Hilmu

Staley & Kathy Keener, supporter at Gold Level during Fall Fund Drive

Judith Lilly

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Benny Yount/The Yount Foundation, supporter at Gold Level during Fall Fund Drive

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828.327.7037 • [ctoney.cvcc.edu](mailto:ctoney.cvcc.edu)



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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

If you **DO NOT** want to receive a thank you letter/receipt, please check the box.



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





## NEW TO MEDICARE SEMINAR WEST HICKORY SENIOR CENTER

THURS, MARCH 6, 10:00 AM

**Are you, a friend, or loved one turning 65?** It is very important for everyone becoming eligible for Medicare to get accurate, unbiased information about coverage options as they approach age 65. **Seniors' Health Insurance Information Program (SHIIP)** counselors, trained by the NC Department of Insurance, will lead the information session to answer your questions.



**Registration is required at 328-2269.**



MARCH 25 - MAY 15

Senior Games is an annual event coordinated by the City of Hickory to help promote health and wellness. The opening ceremony will be April 15 at the Highland Recreation Center. Applications will be available at the West Hickory Senior Center or online at [www.ncseniorgames.org/unifour](http://www.ncseniorgames.org/unifour). **The deadline to register is March 14.** You can participate in as many events as you want! For any questions, call 828-324-1200. **The Council on Aging is a sponsor and will be hosting Checkers (April 24) and Chess (April 25) at the West Hickory Senior Center.**



# 988

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*The COA does not support or endorse any advertiser in this newsletter.*

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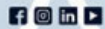
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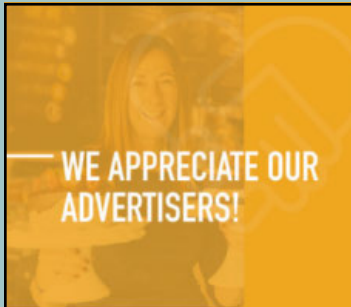
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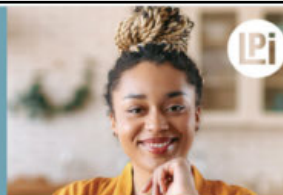
"Lowered blood sugar (HbA1c) from 6.7 to 6.2%. I am now off cholesterol and blood pressure medication. I have lost 6 inches off my waist and 25 pounds. Very pleased with the results!"  
*Joann R., 68 y.o*



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PO BOX 835 HICKORY, NC 28603-0835  
West Hickory Senior Center

*Serving older adults for over 49 years*

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**BITS 'N' PIECES**

If you would like this newsletter by mail or email, call 828-328-2269.

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

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 make a donation, the link is: [amzn.to/3uoo1Zr](https://www.amazon.com/wishlist/ref=ast_wishlist_text?list_id=A3U001ZR).

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.



**Support the COA!**

Stop by the front office the next time you visit the West Hickory Senior Center and view the many items we have available to purchase, including handmade quilts, cards, and ongoing raffle opportunities. All proceeds benefit the COA.