



THE SCOPE

JAN/FEB 2025 ISSUE

Volume 47, Number 4

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!

MLK DAY OF SERVICE PROJECT



In commemoration of Martin Luther King Jr. Day, the Council on Aging will host a **FOOD DRIVE** for our 2025 MLK Day of Service Project. During the month of January, you can contribute by donating non-perishable food and canned goods to the West Hickory Senior Center Food Pantry. Additionally, incontinence supplies, canned meat products, Boost, and Ensure are also in high demand. Donations are being accepted at the West Hickory Senior Center throughout January, or you can contribute directly from our Amazon Wishlist ([amzn.to/3uoo1Zr](https://www.amazon.com/wishlist/ref=ast_wishlist_title)). For more information or to donate, please contact the COA at 328-2269.

AARP TAX-AIDE

APPOINTMENTS CAN BE MADE **STARTING JAN 13** BY CALLING 828-358-4669.

Schedulers will be available Monday—Friday, 9:00 am - 1:00 pm, until all available appointments are filled.

AARP Tax-Aide offers **FREE TAX PREPARATION** for your federal and state income taxes and will be available by appointment. **Appointments will only be made by phone at 828-358-4669.** Please be patient when calling to make your appointment and do not attempt to leave a message. If at first you don't get through, please try again until you reach a live volunteer.



MYACTIVECENTER INFO SESSION

THURS, JAN 16, 10:00 AM—12:00 PM

Starting in January, the West Hickory Senior Center will begin allowing our participants to register for select activities through your smartphone or computer! Make sure to look for the gold star symbol (★) beside programs in the newsletter that will allow registration through MyActiveCenter. **If you would like to learn more about using the MyActiveCenter feature, there will be an info session at the West Hickory Senior Center showing you how to create an account and register for events. Call to register for the information session at 828-328-2269.**



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

Published bi-monthly by:

Vickie Blevins, Executive Director
Courtney Bowman, Assistant Director
Bea Heavener, Admin. Assistant

02 YOU'RE INVITED TO...

★ Program available to register through MyActiveCenter.

FIRE PREPAREDNESS

THURS, JAN 30, 11:00 AM—12:00PM



Are you prepared in the event of a fire? Terri Byers, Fire Education Specialist with the City of Hickory, will speak on home fire safety. Learn how you can implement safety measures in your home such as fire drills, escape routes, and smoke detectors. **Call 328-2269 to register.**

VALENTINE CRAFT

WED, FEB 5, 11:00 AM—12:00 PM

Join Visiting Angels at the West Hickory Senior Center for a heartwarming Valentine's Day wreath-making workshop! Get creative and make a beautiful wreath to decorate your home or give as a gift. You will be guided through a step-by-step process, ensuring a fun and enjoyable experience. All materials will be provided by

Visiting Angels. While you craft, savor light refreshments and socialize with fellow seniors.

This event is free but spaces are limited!

Call to register at 828-328-2269.

VALENTINE TEA

MON, FEB 10, 2:00 PM—3:30 PM



You're invited to an afternoon tea in celebration of Valentine's Day. This event is free, but spaces are limited and registration is required.

Call 328-2269 to register.

THANK YOU to our Jan & Feb Bingo sponsors:



★ JANUARY BINGO

WED, JAN 15, 2:00 PM—3:30 PM

Our January in-person Bingo will be held at the West Hickory Senior Center! Prizes will be awarded! **Registration required!**



★ VALENTINE'S DAY BINGO

WED, FEB 12, 10:00 AM - 11:30 AM

Celebrate Valentine's Day with a festive game of Bingo at the West Hickory Senior Center!

♥ **Registration required!**

GAMETIME!

TUES, JAN 28 & FEB 25, 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. **January will be Farkle and**

February will be Skip-Bo. Register at 828-328-2269.

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 **Feb 17 & 24**. 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.



BUDGETING 101

THUR, JAN 23, 11:00 AM - 12:00 PM

Want to learn more about budgeting your finances, or just looking to get back on track after the holiday season? Amy Morton, Vice President and Business Center Manager at People's Bank in Conover, will be at the West Hickory Senior Center sharing information to get your budget in order!

Registration is required at 328-2269.



SENIOR ADVOCACY

THUR, FEB 20, 2:00 PM

Are you ready to advocate for the seniors in our area?

Cliff Moone, Catawba County Senior Tar Heel Legislature Delegate, will be at the West Hickory Senior Center to share information about legislative priorities affecting seniors. There will also be an opportunity to share your thoughts and concerns regarding senior issues in North Carolina.

Contact the Council on Aging to register at 828-328-2269.

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:

- January 9th** - "Senior Services: Understanding Eligibility and Managing Paperwork"
- February 13th** - "Advanced Planning: Your Parents' Legal and Financial Documents"

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



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

EXERCISE

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

Morning Exercise **FREE!**

Tue, Wed, & Thurs 8:30 am

No Class Jan 1

Absolute Beginner Line Dance

\$1 suggested donation

Tuesdays 9:30 am

No class Jan 14 & 21

Line Dance \$1 suggested donation

Tuesdays 10:00 am

No class Jan 14 & 21

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

No class Jan 1 & 20, & Feb 17

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. No Class Jan 20. 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.



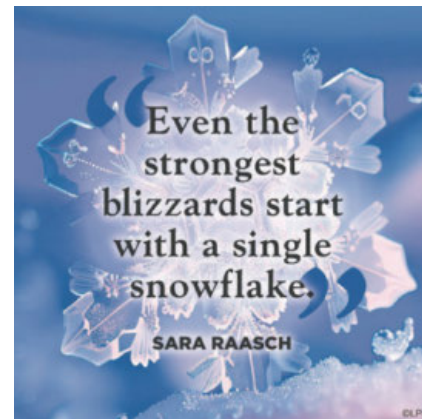
MOVIE MATINEE

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 class is scheduled to run Jan 22 – Mar 12. To register, contact Cheri Toney at 828-327-7000 ext: 4320 or ctoney@cvcc.edu.**

MONTHLY ACTIVITIES 05

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 **Jan 14 & Feb 11**

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

Jan 9 & Feb 13. The cost is **\$15**

and includes all supplies. **Registration required!**

VIRTUAL BINGO

WED, JAN 8 & WED, FEB 19, 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 January & February Virtual Bingo sponsor:



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 **Jan 6 & Feb 3**.

Bring your device and ask questions.

Registration required!



VIP LIONS CLUB

2ND FRIDAYS, 1:00 PM

The Visually Impaired Lions Club (VIP) will meet on **Jan 10 & Feb 14**. 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 **Jan 24 & Feb 28** 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 **Jan 23 & Feb 27**. **Call to register!**



WII GAMES

TUES, JAN 21 & FEB 18, 1:00 PM

We will be playing a different game each month. **January will be participant's choice and February will be Game Party. Call to register at 328-2269**



CORNHOLE

TUES, JAN 7 & FEB 4, 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!**



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.










JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Holiday Hours</i></p> <p>The West Hickory Senior Center will be closed on January 1st and 20th in observance of New Year's Day and Martin Luther King Jr Day.</p>		<p>1 Senior Center Closed</p> 	<p>2</p> 	<p>3</p> 
<p>6 2:30 Maximize Your Smartphone</p> 	<p>7 1:00 Cornhole</p> 	<p>8 1:30 Virtual Bingo</p> 	<p>9 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards</p> 	<p>10 1:00 VIP Lions</p> 
<p>13</p> 	<p>14 1:00 Caregiver Support</p> 	<p>15 2:00 Bingo</p> 	<p>16 10:00 MyActiveCenter Info Session</p> 	<p>17</p> 
<p>20 Senior Center Closed</p> 	<p>21 1:00 Wii Games - Participant's Choice</p> 	<p>22</p> 	<p>23 11:00 Budgeting 101 1:30 Trivia</p> 	<p>24 1:00 Catawba County Association of the Blind</p> 
<p>27</p> 	<p>28 1:00 Game Time! - Farkle</p> 	<p>29</p> 	<p>30 11:00 Fire Preparedness</p> 	<p>31</p> 

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 2:30 Maximize Your Smartphone 	4 1:00 Cornhole 	5 11:00 Valentine Craft 	6 	7 
10 2:00 Valentine Tea 	11 1:00 Caregiver Support 	12 10:00 Valentine's Day Bingo 	13 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards 	14 1:00 VIP Lions  
17 2:00 Chorus Practice  	18 1:00 Wii Games - Game Party 	19 1:30 Virtual Bingo 	20 1:00 Cliff Moone-Catawba Co Senior Tar Heel Legislature Delegate 	21 
24 2:00 Chorus Practice 	25 1:00 Game Time! - Skip-Bo 	26 	27 1:30 Trivia 	28 1:00 Catawba County Association of the Blind 

SYMBOL KEY—SEE PAGE 4 FOR DETAILS:

-  Exercise Opportunities
-  Catawba Crafters
-  CVCC Art Class
-  Rummikub
-  Hand & Foot
-  Movie Matinees
-  Samba
-  Quilting Class
-  Tech Made Easy



08 DONATIONS & MEMORIALS



THANK YOU TO ALL WHO DONATED TO OUR FALL FUND DRIVE

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

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Wayne Wallace - In honor of Vivian Wallace

Lynda Walter
Rebecca Huffman
Jeanne Gerhardt
Richard & Nancy McGhee

thank you



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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

Inclement Weather Policy

Building closures due to weather are communicated via the Council on Aging website (www.catawbacoa.org) and Facebook page at 'Catawba Council on Aging'. You can also call the center at 828-328-2269, **during normal operating hours**, to see if the phone message says we are closed.



GRACE CARE MINISTRY

Lakeview Baptist Church Grace Care Ministry provides **FREE** Medical Mobility Equipment when it is not covered by Medicare or other insurance. All equipment is used, but items are cleaned, inspected, and sanitized before being offered to the public. The inventory includes large and small wheelchairs, walkers, regular and transitional shower chairs, and portable toilets. **Please call the Grace Care Ministry at 324-8085 for more information.**

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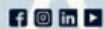
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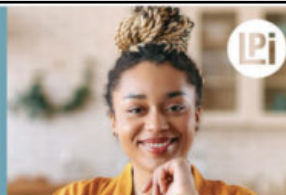
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West Hickory Senior Center

Serving older adults for over 47 years

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**JANUARY/
FEBRUARY
2025**



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.

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.



**Medicare Advantage
Open Enrollment
Period**

January 1 - March 31

If you are enrolled in a Medicare Advantage plan, there are certain changes you are able to make during the first quarter of the year.

Call for an appointment with a SHIP counselor for more information at 828-328-2269.