



Catholic Charities  
Diocese of Charlotte



# SpringFling

Tuesday, May 14, 2024

## Catholic Conference Center

1551 Trinity Lane, Hickory, NC

9:00 a.m. - Check-In (Coffee & Snack)

9:45 a.m. - 2:30 p.m. - Program

2:40 p.m. - Closing Mass

Celebrated by Fr. Lawrence LoMonaco

*\$15 per person includes lunch*

Check payable to Catholic Charities

To Register send your name, address, phone number,  
parish affiliation and payment to:

**Attn: Sandra Breakfield**

Program Director Elder Ministry  
Catholic Charities Diocese of Charlotte  
1123 S. Church Street  
Charlotte, NC 28203-4003

**Deadline for Registration is Thursday, May 2**

For more information contact

**Sandra Breakfield at 704.370.3220 or email  
sandrab@ccdoc.org**

Entertainment and music throughout the day

Activities to choose from throughout  
the day include:

- Bingo with Don & Bob
- Crafts with Marie
- Fun & Fit Chair Exercise
- Information and Free Screenings provided by Catawba Valley Health System
- Joys, Challenges & Rewards in the Life of a Caregiver facilitated by Mary Mitchell, Piedmont Council of Government, AAA
- Healthy Cooking Tips for One or Two presented by Lindsie Covington MS, RDN, LDN Wellness Dietician
- Brain Boosting Tips for Seniors presented by Carolyn Thompson, RN, BSN Faith Community Nurse
- Eating on the Go or Away from Home presented by Liliana Adrian, BS, CHW Health Promotion Specialist
- Tips on Container Gardening presented by Sharon K. Abernethy & Joy Everett, Members of Catawba Valley Extension Master Gardening Association
- Plus More

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

Address: \_\_\_\_\_ Phone Number \_\_\_\_\_

Parish \_\_\_\_\_ Registration Fee Included \_\_\_\_\_