

Recreation & Entertainment



Boy Scouts of America 704-864-2694

1222 East Franklin Boulevard
Gastonia, NC 28053

Contact for information about Boy Scouting in your community. Designed to develop character, citizenship, and personal fitness.

Bunker Hill Covered Bridge 465-0383

Hwy. 70 East beyond Claremont. Historic covered bridge, trails, and picnic areas.

Catawba County 4-H Youth Programs 465-8242

NC Cooperative Extension Service
P.O. Box 389
Newton, NC 28658

Provides educational, social, and recreational activities for young children. Contact Livestock Agent for names of farms currently available for tours.

Catawba County Council for the Arts 324-4906

P.O. Box 1004
Hickory, NC 28603
www.catawba-arts.org

Provides the quarterly "Art Beat" publication which lists all art exhibits, theatre activities, library workshops, musical happenings, historical lectures, and other cultural interests.

Catawba County Firefighters Museum 466-0911

3957 Herman Sipe Road
Conover, NC 28613

Displays fire trucks, uniforms, and historical information about fighting fires in Catawba County.

Catawba County Historical Association 466-2471

30 North College Avenue
Newton, NC 28658
www.catawbahistory.org

Provides information and exhibits describing origins of Catawba County and surrounding area from prehistoric to present.

Catawba County Museum of History 465-0383

30 North College Avenue
Newton, NC 28658

In the 1924 Courthouse, on the square in Newton. Museum exhibits feature the history of the Catawba Valley, including folk art, a medical gallery, 1900's law office, jail cell, pottery, furniture, and Civil War gallery.

Catawba Science Center 322-8169

243 3rd Avenue NE
Hickory, NC 28601

www.catawbascience.org

Provides hands-on science and technology for all ages, special programs and exhibits. Also features a special play and learning center for preschool children.

Girl Scout Council of the Catawba Valley 328-2444

530 4th Street SW
Hickory, NC 28602

www.cvgirlscouts.org

Girl Scouting offers a variety of programs for girls ages 5-17 to build character and skills for future success; an accepting environment where girls discover the fun, friendship, and power of girls together.

Hickory Community Theatre 327-3855

30 3rd Street NW
Hickory, NC 28601

www.hct.org

Live drama theatre open to children and adults as audience or participants.

Hickory Museum of Art 327-8576

243 3rd Avenue NE
Hickory, NC 28601

www.hickorymuseumofart.org

Provides permanent art exhibits as well as themed, rotating exhibits. Children's activities available.

Libraries

Call or visit your closest library for information about story times, puppet shows, musical presentations, and more. **SMART START** has provided children's computers and software, parenting materials, multicultural collections, and other resources at all library locations in Catawba County.

Catawba County Library Branches

- **Newton - Main Branch**
465-8665
115 West C Street
Newton, NC 28658
- **Claremont**
459-9311
3288 East Main Street
Claremont, NC 28610
- **Conover**
466-5108
101 1st Street East
Conover, NC 28613
- **Maiden**
428-2712
11 South A Avenue
Maiden, NC 28650
- **Sherills Ford**
428-2729
8456 Sherrills Foard Road
Sherrills Ford, NC 28673
- **Southwest**
294-2343
2944 Highway 127 South
Hickory, NC 28602
- **St. Stephens**
256-3030
3225 Springs Road
Hickory, NC 28601

Hickory Public Library Branches

- **Patrick Beaver Memorial Library**
304-0500
375 Third Street NE
Hickory, NC 28603
- **Ridgeview**
327-2972
701 1st Street SW
Hickory, NC 28602

Maple Grove Home

322-4731

542 2nd Street NE
Hickory, NC 28601
www.hickorylandmarks.org
Historic home built in 1883, specially decorated at Christmas.

Murray's Mill Historic Site

241-4299

1489 Murray's Mill Road
Catawba, NC 28609
A working gristmill museum powered by a waterwheel, 1890's county store and folk art gallery.

Old St. Paul's Lutheran Church

464-9786

2035 Old Conover-Startown Road
Newton, NC 28658
Founded in 1757, the oldest church in the county.

Propst Victorian House

322-4731

3rd Avenue and 6th Street NE
Hickory, NC 28601
Historic house originally built in 1883.

Salvation Army Boys and Girls Club

322-3066 ext. 229

750 3rd Avenue Place SE
Hickory, NC 28602
Provides sports activities, recreation, after-school tutoring for community youth, and more.

YMCA

Puts Christian principles into practice through programs to build strong kids, families, and communities.

- **Adrian Shuford YMCA**
464-6130
1104 Conover Boulevard East in Conover.
- **Hickory Foundation YMCA**
324-2858
701 1st Street NW in Hickory.
- **Valley Connection YMCA**
322-7690
Highway 70 SE and Startown Road In Hickory.

Parks and Public Recreation Facilities

Catawba County Parks

P.O. Box 389
100 A South West Boulevard
Newton, NC 28658
www.catawbacountync.gov/depts/parks
Opportunities for fishing, hiking, and wildlife observation, plus horseback riding trails, mountain biking trails, and canoe/kayak access to the Catawba River. Check in at the ranger station.

- **River Bend Park**
256-9157 or 312-4834
6700 NC Hwy. 16 North in Conover
Follow Hwy. 16 North from Hickory; take the last driveway to the right before crossing the Oxford Dam Bridge.
- **Bakers Mountain Park**
324-8461 or 312-4844
6680 Bakers Mountain Road
Bakers Mountain can be seen off Highway 127 in Mountain View. The park entrance is located on Bakers Mountain Road just off Old Shelby Road.

Conover City Parks

- 464-1191**
101 1st Street East
Conover, NC 28613
Provides playgrounds, picnic facilities, walking trails, basketball courts, ball fields.
- **Downtown Park**
2nd Avenue NE in Conover (behind Post Office).
 - **Hines Park**
4th Street SW in Conover (across from Boyles Furniture).
 - **Hunsucker Park**
8th Avenue NE in Conover (off of Highway 16N, before I-40 interchange).
 - **Southwest Park**
4th Street Place SW and 2nd Street SW in Conover.
 - **Travis Park**
6th Street Court NW (off of County Home Road) in Conover.

Hickory Parks and Recreation

322-7046

Highland Recreation Center
1451 8th Street Drive NE
Hickory, NC 28601
Provides public parks with such recreational activities as basketball courts, playgrounds, picnic shelters, sports competition fields, walking and fitness trails, swimming pools, boat docks and ramps, and others.

- **Brown Penn Recreation Center**
328-4890
115 7th Avenue SW in Hickory.
- **Civitan Park**
327-9737
460 17th Avenue NE in Hickory.
- **Cliff Teague Park**
1125 C Avenue SE in Hickory.
- **Fairbrook Optimist Park**
323-1961
1560 4th Avenue SE in Hickory.
- **Glenn C. Hilton, Jr. Memorial Park**
322-1989
2000 6th Street NW in Hickory.
- **Henry River Regional Recreation Park**
322-7046
5655 Sweet Bay Lane in Hickory.
- **Hickory City Park**
322-1989
1515 12th Street Drive NW in Hickory.
- **Hickory Optimist Park**
328-1553
751 2nd Avenue SW in Hickory.
- **Highland Recreation Center**
328-3997
1451 8th Street Drive NE in Hickory (with Stanford Park).
- **Jaycee Park**
322-7046
1515 12th Street Drive NW in Hickory.
- **Geitner-Rotary Park**
328-8240
2035 12th Avenue Dr. NW in Hickory.
- **Kiwanis Park**
322-7636
805 6th Street SE in Hickory.

- **McComb Park / Patrick Beaver Memorial Garden**
421 5th Avenue Place NE in Hickory.
- **Neill W. Clark, Jr. Recreation Park 324-6990**
3404 6th Street Drive NW in Hickory.
- **Ridgeview Recreation Center 324-8007**
115 7th Avenue SW in Hickory (with Taft Broome Park and Brown Penn Recreation Center).
- **Southside Heights Park**
1400 2nd Street SW in Hickory.
- **St. Stephens Park and Pool 256-9014**
2250 36th Avenue NW in Hickory.
- **Stanford Park 328-3997**
1451 8th Street Drive NE in Hickory, with Highland Recreation Center.
- **Taft Broome Park and Pool**
115 7th Avenue SW in Hickory (at Brown Penn Recreation Center and Ridgeview Recreation Center).
- **West Hickory Park and Pool 327-2253**
830 16th Street SW in Hickory
- **Westmont Recreation Center 328-9804**
1316 Main Avenue Drive NW in Hickory.
- **Winkler Park**
2500 Clement Blvd. NW in Hickory (next to L.P. Frans Stadium).

Longview Recreation Center 322-3921
2404 1st Avenue SW
Hickory, NC 28602
Recreation center includes adult and kiddie pool, snack bar, and lockers.

Maiden Recreation Center 428-5023
207 East Klutz Street
Maiden, NC 28650
Provides sports activities for youth, walking trail, picnic area, playground, and more.

Newton Recreation Department 695-4317
P.O. Box 550
Newton, NC 28658
Provides sporting activities, playgrounds, picnic facilities, swimming facilities, walking trails, playing fields/courts, and more.

- **Central Recreation Facilities 465-7477**
South Ervin Avenue in Newton.
- **East Park**
South Ervin Avenue and East "E" Street in Newton.
- **Little Brook Park**
US Hwy. 321 and South College Avenue in Newton.
- **Newton Recreation Center 695-4317**
23 South Brady Avenue in Newton.
- **Northside Park**
East 22nd Street at College Avenue in Newton.
- **Southside Community Building**
1771 South US 321 Business (also known as the "Fireman's Hut").
- **Southside Park**
South on Business 321, behind NG Armory in Newton
- **Westside/Jaycee Park**
US Hwy. 321 and West "J" Street in Newton.



Eat Smart, Move More!

Childhood obesity is a growing problem in our nation, our state ... and right here in Catawba County. Here are some quick and easy ideas and resources to encourage you and your family to embrace healthy behaviors. Make a decision to **Eat Smart** and **Move More** today!

Tame the Tube...

Plan how much TV you and your family are going to watch. Set clear limits and be a good role model for your children. Make a list of activities you want to do instead of watching TV. Don't keep the TV on all of the time at your home. When you do watch, talk about what you've seen with your kids.



Prepare More Meals at Home...

Plan meals for your family for a week, two weeks, or longer - whatever works for you. Make a list of all of the food you will need, and then stick to your healthy plan. Keep it simple! Eat together as a family, without the TV, and talk to each other as you eat. Eating at home equals eating healthy!

Right-Size your Portions...

If you order take-out, don't super-size! Otherwise, remember that the secret to a "serving size" is in your hand. Here are some general rules:

- A fist or cupped hand = 1 cup of food (1 serving equals $\frac{1}{2}$ cup of cereal, rice or pasta, 1 cup of raw leafy green vegetables, or $\frac{1}{2}$ cup of raw vegetables or fruit)
- A thumb = 1 ounce (1 serving equals $1\frac{1}{2}$ -2 ounces of low-fat cheese)
- A handful = about 1-2 ounces (1 serving equals 1 ounce of nuts or 2 ounces of pretzels)
- Palm of your hand = about 3 ounces (1 serving equals 3 ounces of meat)
- Tip of your thumb = 1 teaspoon (Keep high fat foods such as peanut butter and mayonnaise at a minimum by measuring the serving with the tip of your thumb, from the knuckle up.)
- Tennis ball = 1 serving of fruit (Healthy diets include 2-4 servings of fruit daily.)



Choose to Move More Everyday...

Commit to take a walk every day - even if it's just for 10 minutes. Choose the stairs instead of the elevator. Park farther away and walk. Have fun with your kids - dance in the living room or kick a ball in the yard. Simply put - move more!



Re-Think your Drink...

Limit juice and soft drinks. Encourage your family to drink water, at least 6-8 eight-ounce glasses each day. Children 1-2 years old need 2 cups of whole milk a day. Older children and adults should drink fat-free or low-fat milk.

Enjoy More Fruits and Veggies...

Eat 2-3 servings of fruit per day, and 3-5 servings of vegetables a day. To maximize the health benefits, choose fruits and vegetables in a variety of colors. Depending on the color, they offer a wide variety of nutrients that your body needs to be healthy.

For more information, go to www.eatsmartmovemorenc.com. To find out the childhood obesity prevention efforts that are happening here in Catawba County, call the Catawba County Health Partners at 695-5818 or go to www.catawbacountyhp.org.