

Upcoming Closure:
Senior Nutrition Services will be closed on Monday, September 7th in observance of Labor Day!

Upcoming Activities:

Farmer's Market:
All Sites, Sept. 16th

Shopping at Hamricks:
W. Hickory, Sept. 17th;
Newton, Sept. 14th;
Catawba, Sept. 15th

Blood Pressure Checks:
W. Hickory, Sept. 29th;
E. Hickory, Sept. 1st;
Newton, Sept. 21st;
Catawba, Sept. 10th;
Maiden, Sept. 15th

Join us!



Left: The United Arts Council of Catawba County sponsored a performance by Eclectic Winds, a woodwind trio. Various genres of music were played ranging from Bach to ragtime! Thank you for attending!



Right: Pictured with Robyn Curtis is Newton SMO participant, Tommy Little. He is styling in Robyn's zebra print hat!



Above is one of the American Food Service drivers, Cindy! Senior Nutrition wanted to introduce you to one of the folks that assists us behind the scenes! We hope that you are enjoying our new caterer! Please let us know if you have any suggestions at 828-695-5617!



"True love blooms when we care more about another person than we care about ourselves"
 -Jeffrey R. Holland

Pictured above is Frank Killian & Carol Castaneda from Maiden SMO.

Seniors Morning Out is a program of Senior Nutrition Services of Catawba County. There is never a charge to participants, and there are no income limits. Donations are accepted. The only requirement is that you be 60 or better and live in Catawba County. Come prepared to have fun, meet new friends, and learn something new! For more information, call 828-695-5610, go to our website, catawbacountync.gov/dss/nurition.asp, or like us on Facebook!



Catawba County United Way
 Community Partner



	<p>1 HOT DOG WITH ONIONS COLESLAW W/ CARROTS PORK & BEANS HOT DOG BUN MUSTARD/KETCHUP CHERRY CRISP MILK</p>	<p>2 EGG SALAD SCANDANAVIAN SALAD TOMATO POTATO SALAD WHEAT BREAD HAWAIIAN SALAD MILK</p>	<p>3 SMOTHERED CHICKEN MUSHROOM SAUCE GREEN PEAS MANDARIN ORANGES SWEET POTATOES ROLL POUND CAKE MILK</p>	<p>4 </p>
<p>7 CLOSED FOR LABOR DAY</p>	<p>8 LEMON PEPPER BAKED CHICKEN BREAST GREEN PEAS ROSEMARY POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK</p>	<p>9 STEW BEEF BROWN GRAVY SQUASH CASSEROLE RICE ROLL AMBROSIA SALAD MILK</p>	<p>10 POLISH TURKEY SAUSAGE GREEN BEANS ORANGE JUICE CHEESE GRITS BISCUIT JELLY SLICED PEACHES MILK</p>	<p>11 </p>
<p>14 CHICKEN CASSEROLE MIXED GREENS TROPICAL FRUIT SALAD SWEET POTATO ROLL SUGAR COOKIES MILK</p>	<p>15 CUBED STEAK BROWN GRAVY BROCCOLI CASSEROLE MELON FRUIT SALAD RICE ANGEL FOOD CAKE MILK</p>	<p>16 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES MASHED POTATOES ROLL CRANBERRY SAUCE PEACHES W/ YOGURT MILK</p>	<p>17 SLICED HAM CHEESE CUCUMBER SALAD PASTA SALAD WHEAT BREAD MAYONNAISE PISTACHIO CREAM SALAD W/ FRUIT MILK</p>	<p>18 </p>
<p>21 CHICKEN SALAD BED OF LETTUCE TOMATOES PASTA SALAD WHEAT BREAD TROPICAL FRUIT SALAD MILK</p>	<p>22 CHOPPED PORK BBQ SAUCE COLESLAW W/ CARROTS PORK & BEANS HAMBURGER BUN BLUEBERRY CRISP MILK</p>	<p>23 CORNED BEEF STEAMED CABBAGE ROASTED RED SKINNED POTATOES ROLL PEACH COBBLER MILK</p>	<p>24 MEATBALLS SPAGHETTI SAUCE TOSSED SALAD W/ CARROTS & TOMATOES SLICED PEARS SPAGHETTI NOODLES ITALIAN BREAD RANCH DRESSING OATMEAL COOKIES MILK</p>	<p>25 </p>
<p>28 BAKED CHICKEN THIGH BROWN GRAVY TOMATO & OKRA WHIPPED POTATOES ROLL FRUIT SALAD MILK</p>	<p>29 CHILI TOSSED SALAD W/ CARROTS & CABBAGE CRUSHED PINEAPPLE CORNBREAD SALTINES RANCH DRESSING CHOCOLATE PUDDING MILK</p>	<p>30 BAKED PORK CHOP CALIFORNIA BLEND MACARONI & CHEESE WHEAT ROLL STRAWBERRY SHORTCAKE MILK</p>		

West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

West Hickory Senior Center

400 17th St SW

September 2015

Hickory, NC 28602



	<p>1 9-12 Vision Van Eye Screening w/ Greg Morgan 9:30 National Wilderness Month—Survival Skills 101 w/ Lisa 10:00 Healthy Aging Month—What's Your Aging IQ?</p>	<p>2 9:15 Sit and Be Fit! 9:30 BINGO 10:00 Legal Eagle w/ Lisa—You Be the Judge!</p>	<p>3 Walmart</p>	<p>4</p>
<p>7 CLOSED FOR LABOR DAY</p>	<p>8 9:30 BINGO 10:00 Music by Sentimental Journey</p>	<p>9 9:15 Sit and Be Fit! 9:30 What's in the Mystery Box? 10:00 Music by Sycamore Bones</p>	<p>10 9:00 Stock Sale at American Legion Fairground **Commodities</p>	<p>11</p>
<p>14 9:15 Morning Stretch 9:30 Celebrating National Chocolate Day with Annie Williams 10:00 Sing-A-Long with Mabel Gabor</p>	<p>15 9:30 Trivia w/ Lisa—Nutrition and Exercise 10:00 BINGO w/ Jennifer Dyson, Conover Nursing</p>	<p>16 Farmer's Market</p>	<p>17 8:15 Breakfast at Snack Bar 9:45 Shopping at Hamricks</p>	<p>18</p>
<p>21 9:15 Morning Stretch 9:30 Tissue Paper Leaves—Bulletin Board in the Making!</p>	<p>22 9:30 Congress Established the United States Treasury (1789) - Money Trivia w/ Lisa 10:00 International People Skills Month—Culture Shock w/ Lisa</p>	<p>23 9:15 Sit and Be Fit! 9:30 Enjoy Apple Cider and Donuts on this First Day of Autumn Social 10:00 Photographs in My Mind by Nancy Frady</p>	<p>24 9:30 BINGO 10:00 Birthday Party with Entertainment by Shirley Hudson and Charles Wyke!</p>	<p>25</p>
<p>28 9:15 Morning Stretch 9:30 Cooking w/ Lisa Peanut Butter Fruit Dip 10:00 Celebrating Ed Sullivan's Birthday with a Talent Show!</p>	<p>29 9:30 Bible Trivia w/ Lisa 10:00 Peripheral Artery Disease Awareness and BP Checks by Carolyn Thompson, RN—CVMC</p>	<p>30 9:15 Sit and Be Fit! 9:30 BINGO 10:00 Brainteasers and Trivia w/ Lisa</p>	<p>Happy Birthday!</p> <p>Grady Costner (9/2) Betty Scott (9/2)</p>	

EHKY SMO Activities

Site Supervisor: Rita Pritchard

Assistant: Barbara White

828-320-5963

September 2015 Huntington Hills Church of God

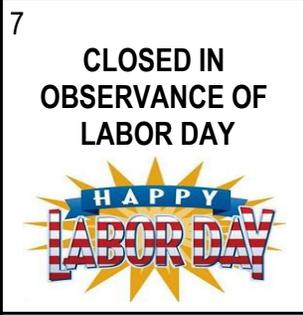
2123 5th Street NE
Hickory, NC 28601



1
9:30 Stretches
10:00 Blood Pressure Checks w/ Jackie Saunders, RN, Bayada



3
9:00 Nutrition of Apples
9:30 Do You Wanna Dance?
10:00 BINGO



7
CLOSED IN OBSERVANCE OF LABOR DAY

8
9:00 Friend Walk
9:45 Annie Williams on Benefits of Onions

9
Walmart for the Day

10
Asheville Trip to the Farmers Market and Dillards Outlet

**Commodities

14
9:30 Stretch Band Exercise
10:00 BINGO

11
9:00 Friend Walk
9:45 Annie Williams on Benefits of Onions

12
Walmart for the Day

13
Asheville Trip to the Farmers Market and Dillards Outlet

**Commodities



14
9:30 Stretch Band Exercise
10:00 BINGO

15
9:30 Aging Survey with Tina Miller, WPCOG

16
Farmer's Market

17
9:00 Friend Walk
9:30 National Apple Dumplings Day: Site Supervisor makes Apple Dumplings



21
9:30 Stretch Band Exercise
10:00 BINGO

22
9:00 Stretches
9:30 Football Trivia—Wear your team shirt!

23
Walmart for the Day

24
Birthday Party



28
9:00 Friend Walk
9:30 Sport your fall hat—National Fall Hat Day
10:00 BINGO

29
9:30 Sentimental Journey

30
9:00 Stretches
9:30 Rita and Suzy—Fall Creations Craft

Happy Birthday!
Suzy Killian (9/2)



Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

September 2015

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



	<p>1 9:30 Walk & Stretches 9:45 Aging Survey by Sarah Evitt, Area Agency Western Piedmont of Government</p>	<p>2 9:30 Walk & Stretches 10:00 BINGO</p>	<p>3 9:00-12:00 Conover Walmart</p>	<p>4</p>
<p>7 CLOSED FOR LABOR DAY</p>	<p>8 9:30 Walk & Stretches 10:00 Fall Prevention, Sarah from Bayada Health</p>	<p>9 9:30 Walk & Stretches 10:00 BINGO</p>	<p>10 9:00 Walk & Stretches 9:30-11:30 Green Smoothie Class, Lucinda Robinson, Herbalist</p>	<p>11</p>
<p>14 9:00-10:45 Bus Week at Hamricks 11:00-12:30 Cici's Pizza</p>	<p>15 9:30 Walk & Stretches 10:00 Enjoy music from yonder years with Sentimental Journey</p>	<p>16 10:00-11:30 Hickory Farmer's Market</p>	<p>17 National Apple Dumpling Day 9:30 What does SMO mean to you? 10:00 BINGO 10:30 Cooking Class: Apple Dumplings **Commodities</p>	<p>18</p>
<p>21 9:30 Walk & Stretches 10:00 Blood Pressures 10:30 Bible Trivia by Site Supervisor, Robyn Curtis</p>	<p>22 9:30 Walk & Stretches 10:00 Weatherization Program by the Blue Ridge Community Action, Inc., Wendy Poteat</p>	<p>23 9:30 Walk & Stretches 10:00 BINGO</p>	<p>24 9:30 Walk & Stretches 10:00 Rev. Daniel Brank with God's Gifts Ministries</p>	<p>25</p>
<p>28 9:30 Walk & Stretches 10:00 Gospel Singing w/ Clontz Family & Friends</p>	<p>29 9:00-12:00 Bowling at Pin Station and Shopping at Honey's</p>	<p>30 9:30 Walk & Stretches 10:00 BINGO</p>	<p>Happy Birthday!</p> <p>Ron Spencer (9/2) Ted Whisnant (9/4) Shirley Green (9/13) Doris Howard (9/15) Dorothy Bell (9/17)</p>	

Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

September 2015 Center United Methodist Church
4945 Sherrills Ford Road
Catawba, NC 28609



	<p>1 9:30 Breakfast @ Cindy's Starlite Café 11:00 Shop @ Dollar General</p>	<p>2 9:30 Thyroid Cancer Awareness by Peggy Messick @ CVMC 10:20 Word Scramble</p>	<p>3 9:30 Nat'l 5 a day month—Fruit & Veggie Samples 10:00 Basketball/Kickball game</p>	<p>4</p>
<p>7 CLOSED FOR LABOR DAY</p>	<p>8 9:30 Bowling @ Pin Station and Shopping @ Honeys</p>	<p>9 9:30 Morning Walk 9:45 BINGO</p>	<p>10 9:15 BP Checks by Bayada 9:45 Fall Risks & Prevention by Jackie Saunders from Bayada Home Health</p>	<p>11</p>
<p>14 9:30 Grandparents Celebration. Please bring photos to share of grandchildren 10:00 Chair Exercises w/ Susie Chaffin</p>	<p>15 9:30 Shopping @ Hamricks for their Bus Week 11:00 Lunch @ Wendys</p>	<p>16 10:30 Farmer's Market</p>	<p>17 9:30 Morning Walk 9:45 BINGO</p>	<p>18</p>
<p>21 9:30 Life of the Honeybee by Alton Johnson. Come & get a taste of honey today!</p>	<p>22 9:30 Morning Walk 9:45 BINGO</p>	<p>23 9:30 Pinto Bean Game 10:00 Horse Racing Game</p>	<p>24 9:30 Morning Walk 9:45 Catawba County Aging Survey by Sarah Evitt, Aging Specialist 10:30 Laughter is the best medicine</p>	<p>25</p>
<p>28 9:30 Morning Walk 9:45 BINGO</p>	<p>29 9:30 Music by Karen Kondas 10:30 Poem of the Day</p>	<p>30 9:30 Anagram 10:00 Chair Exercises by Susie Chaffin 10:30 Sing-a-long</p>	<p>Happy Birthday!</p> <p>Joe Gabriel (9/9) William Curry (9/10) Bertie Lineberger (9/10) Judy Cook (9/11) Cindy Herr (9/11) Rebecca Gibbs (9/13)</p> <p>Bobby Finley (9/27) Pat Monsrud (9/28) Merle Franklin (9/29)</p>	

Maiden SMO Activities

Site Supervisor: Loretta Hefner

Assistant: Pamela Howell

828-320-5966

September 2015

Maiden Community Center

E. 2nd St. & Klutz Street

Maiden, NC 28650



1
9:30
Bible Study w/ Pastor
Eddie Roush & Group
Exercise

2
9:30 Ice Cream Social w/
Anita Mckinney:
Brookdale Living & Group
Walking

3
9:30 BINGO & Out to
Lunch at Brookwood in
Maiden

B	17	31	49	71
3	35	52	69	
13	26	58	63	
2	25	38	66	
14	16	44	57	



8
9:30
Group Exercise & Group
Singing

9
9:30
Horse Race Game &
BINGO

10
9:30
Group Walking & Craft
Class w/ Mae Nell and
Cleo



14
9:30
Chocolate Rice Pudding
Cooking Class w/ Site
Supervisor & BINGO

15
9:30
Group Exercise & Blood
Pressures w/ Catawba
County Home Health

16
9:30
Last Trip to Farmers
Market in Hickory

17
9:30
Catawba County
Attorney's to visit.
Sentimental Journey
Band to play and sing &
Commodities



21
9:30
How much do you know
about Diabetic
Exercise? & The latest
on Scams with Maiden
Police Department

22
9:30
Group Walking & BINGO

23
9:30
Corn Hole Game & Group
Singing

24
9:30
Group Walking &
Musical Chairs Game



28
9:30
Charles Ballard to sing &
Group Exercise

29
9:30
BINGO & Bowling Game

30
9:30
Group Walking & Name
That Tune Game

Happy Birthday!

Sandra Scronce (9/1)
Shirley Jarrett (9/7)
Christine Mayberry
(9/10)
Lorraine Christenbury
(9/26)
Nancy Hartsoe (9/26)

Harvey Rhyne (9/27)
William Painter (9/29)
Larry Jarrett (9/30)