

Upcoming Closure:

January 18th

Upcoming Activities:

“How to Protect Yourself” by NC Dept. of Justice:
W. Hickory, Jan. 5th

“Being Alzheimer’s Friendly”:
W. Hickory, Jan. 19th

“War Room” at the Library
Newton, Jan. 5th;
Catawba, Jan. 27th

“Baby, It’s Cold Outside” by Health First
Newton, Jan. 6th;
Catawba, Jan. 26th

Join us!

If we should have inclement weather, please do the following:

Listen to the following Catawba County radio stations:
WAIZ-630 AM (formerly WIRC)
WHKY-1290 AM, and WNNC-1230 AM.

Refer to Channel 3 WBTV (Cable Channel 2) and Channel 36 WCNC (Cable Channel 6) for announcements regarding Catawba County Seniors Morning Out and Home Delivered Meals Program closings.

The announcement will also be posted on the internet at wcnc.com and wbtv.com under Closings & Delays.



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!



1


4
 LEMON PEPPER BAKED CHICKEN BREAST
 BROCCOLI CASSEROLE
 MANDARIN ORANGES IN JELLO
 ROSEMARY POTATOES ROLL
 ANGEL CAKE MILK

5
 PORK RIBLET BBQ SAUCE
 COLESLAW BAKED BEANS BUN
 PINEAPPLE GRATIN MILK

6
 CHICKEN THIGH GRAVY
 GREEN BEANS WHIPPED POTATOES ROLL
 STRAWBERRY SHORTCAKE MILK

7
 HAMBURGER STEAK BROWN GRAVY
 GREEN PEAS AU GRATIN POTATOES ROLL
 PISTACHIO CREAM SALAD MILK

8


11
 CHEESEBURGER LETTUCE
 TOMATO COWBOY BEANS BUN
 MUSTARD/KETCHUP APPLE CRISP MILK

12
 CHICKEN BREAST BBQ SAUCE
 MIXED GREENS HOT APPLESAUCE
 POTATO SALAD ROLL
 OATMEAL COOKIE MILK

13
 BEEF A RONI LIMA BEANS
 ITALIAN BREAD TROPICAL FRUIT SALAD MILK

14
 PULLED TURKEY POULTRY GRAVY
 SQUASH CASSEROLE RICE ROLL
 STRAWBERRY SHORTCAKE MILK

15


18
CLOSED FOR THE MARTIN LUTHER KING HOLIDAY

19
 SMOTHERED CHICKEN MUSHROOM GRAVY
 BROCCOLI CASSEROLE RICE ROLL
 FRUIT CUP MILK

20
 HOT DOG ONION COLESLAW
 BANANA BAKED BEANS BUN MILK

21
 CHICKEN SALAD CUCUMBER SALAD
 PASTA SALAD WHEAT BREAD
 FRUIT COCKTAIL W/ YOGURT
 VANILLA WAFERS MILK

22


25
 CHICKEN CASSEROLE GLAZED CARROTS
 BLACKEYED PEAS WHEAT ROLL
 AMBROSIA SALAD MILK

26
 GREAT NORTHERN BEANS WITH HAM
 MIXED GREENS ROLL
 BLUEBERRY CRISP MILK

27
 SLICED ROAST TURKEY GRAVY
 GREEN PEAS WHIPPED POTATOES ROLL
 CRANBERRY SAUCE PISTACHIO CREAM SALAD MILK

28
 STEW BEEF WITH VEGETABLES
 BROWN GRAVY LIMA BEANS RICE ROLL
 STRAWBERRY SHORTCAKE MILK

29


West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

January 2016

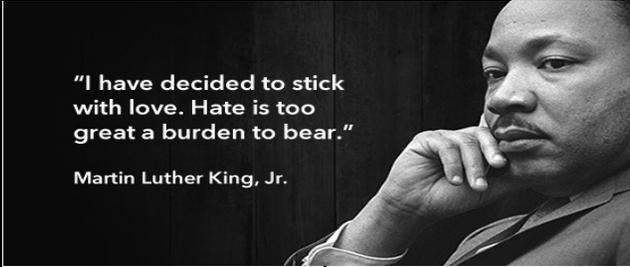
West Hickory Senior Center

400 17th St SW

Hickory, NC 28602



Happy Birthday!
Ruby Powell (1/11)
Dianne Nail (1/14)



4
9:15 Laughing Yoga with Judy Stowe
9:30 Craft with Site Supervisor—Sock Snowman!

5 **Tutelage Tuesday!**
9:30 Hangman
10:00 "How to Protect Yourself" with Carol Young, Outreach Specialist, NC Department of Justice

6
National Soup Month
9:15 Morning Stretch with Betty Scott
9:30 BINGO
10:00 Spice Game



11
9:15 Laughing Yoga with Judy Stowe
9:30 Cooking with Site Supervisor—Enjoy some oatmeal in celebration of National Oatmeal Month!
10:00 Sing-a-long w/ Mabel Gabor

12 **Tutelage Tuesday!**
9:30 BINGO
10:00 National Glaucoma Awareness Month—Come and Learn about Glaucoma with Greg Morgan, MA—Services for the Blind

13
9:15 Morning Stretch with Betty Scott
9:30 Scientific Facts!
10:00 Making Cloud dough with Site Supervisor



14
9:30 Rebus Puzzle
10:00 Winter Categories

** Commodities



18
CLOSED FOR THE MARTIN LUTHER KING HOLIDAY

19 **Tutelage Tuesday!**
9:30 Martin Luther King Jr. Day "How Many Words"
10:00 "Being Alzheimer's Friendly" with Rik Covalenski of Home Instead and Tammy Jacobs of Supportive Solutions

20
9:15 Morning Stretch with Betty Scott
9:30 Geography Brain Teaser!
10:00 Bring in something nice and join in the fun! Butter Bean Auction!



25 **Manna Monday!**
9:15 Laughing Yoga with Judy Stowe
9:30 Share a Clean Joke!
10:00 JINGO with Lena Abernethy, Ridgeview Library

26 **Tutelage Tuesday!**
9:30 Come on in to see how you score as an "Oldies Fan!"
10:00 BP checks and Thyroid Awareness with Carolyn Thompson, RN—CVMC

27
9:15 Morning Stretch with Betty Scott
9:30 Game Day and Adult Coloring!



28
9:30 BINGO
10:00 Birthday Party with Entertainment by Charles Ballard



EHKY SMO Activities

Site Supervisor: Rita Pritchard

Assistant: Barbara White

828-320-5963

Huntington Hills Church of God

2123 5th Street NE

Hickory, NC 28601



<p>Happy Birthday! Doris Mathes (1/15) Eleanor Davis (1/20) Ellen Maddox (1/21)</p> <p>happy birthday</p>		<p>"I have decided to stick with love. Hate is too great a burden to bear."</p> <p>Martin Luther King, Jr.</p>		<p>1</p>
<p>4 9:30 Friend Walk 10:00 BINGO</p>	<p>5 Sentimental Journey</p>	<p>6 Walmart and Harbor Inn Seafood for the day!</p>	<p>7 8:45 Uno, Rummy 9:00 The taste of Tangerines and their nutrition!</p>	<p>8</p>
<p>11 9:30 Balloon Volleyball 10:00 BINGO</p>	<p>12 9:30 Jackie from Bayada to do Blood Pressure checks and fall prevention awareness</p>	<p>13 9:30 Cooking Class with Rita—Vegetable Soup. Everyone brings a can of veggies!</p>	<p>14 Sonny's for breakfast then back to the site</p> <p>**Commodities</p>	<p>15</p>
<p>18</p> <p>CLOSED FOR THE MARTIN LUTHER KING HOLIDAY</p>	<p>19 9:45 Stretch Band Exercise 10:00 Pastor Katie Jennings with Martin Luther King Jr.</p>	<p>20 9:30 Friend Walk 10:00 BINGO</p>	<p>21 Walmart for the day!</p>	<p>22</p>
<p>25 9:30 Stretch Band Exercise 10:00 BINGO</p>	<p>26 9:30 Would You Rather... game</p>	<p>27 9:45 Painting and Poetry</p>	<p>28 9:30 Neurobics 10:00 Sledding Stories</p>	<p>29</p>

Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

January 2016

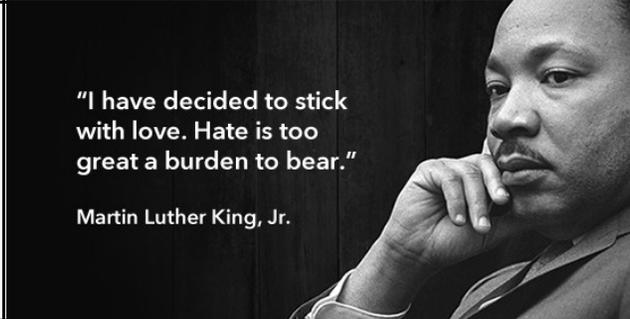
First Presbyterian Church

701 N. Main Street

Newton, NC 28658

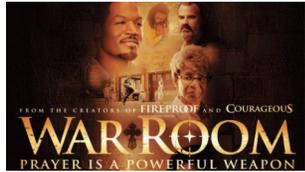


Happy Birthday!
 John Robinson (1/8)
 Kay Spurley (1/14)
 Barbara Farley (1/16)
 Pat Jonas (1/17)
 Boone Huffman (1/18)
 Earline Ijames (1/30)



4
 9:30 Walk & Stretches
 10:00 Cooking Class with Robyn—"Pecan Pie Cookies"
 10:00 Hangman

5
 9:00—1:00 Newton Library movie "War Room"



6
 9:30 "Baby It's Cold Outside" by Peggy Messick from Health First
 10:00 BINGO

7
 9:15 Walk & Stretch
 9:30 Celebrate MLK's birthday w/ Rev. George Coates—Pastor of Hartzell and McQueen United Methodist Church



11
 9:00 Blood Pressures with Peggy McLean from ResCare
 10:00 Craft—Greeting Cards

12
 9:30 Walk & Stretches
 10:00 BINGO



13
 9:30 Walk & Stretches
 10:00 Line Dancing with the Ridgeview Sliders

14
 9:30 Walk & Stretches
 10:00 Singing by the Prodigal Sons & Daughters



18
CLOSED FOR THE MARTIN LUTHER KING HOLIDAY

19
 Over 90 Birthday Party for Boone and Earline
 9:30 Walk & Stretches
 10:00 Sentimental Journey

20
 9:30 Walk & Stretches
 10:00 BINGO

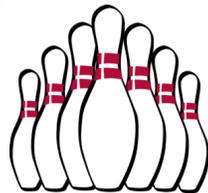


21
 9:30 Walk & Stretches
 10:00 Deputy John Helton on scams & fraud, R U Okay, & Project Life Saver



25
 9:30 Walk & Stretches
 10:00 Volleyball
 Healthy snack—Triscuit w/ cream cheese and cucumber. Nutrition facts on cucumbers.

26
 9:00-12:00 Bowling at Pin Station and shopping at Honey's



27
 9:30 Walk & Stretches
 10:00 BINGO

28
 9:00-12:00 "Rocking Rehab" at Conover Nursing Home



Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

January 2016

Center United Methodist Church

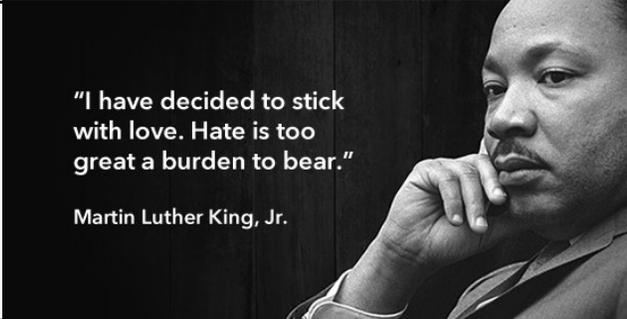
4945 Sherrills Ford Road

Catawba, NC 28609



Happy Birthday!
 Rosie Cook (1/2)
 Don Little (1/3)
 Ollie Lineberger (1/4)
 Dorothy Nurminen (1/4)
 Rhonda Welborn (1/10)
 Eugene Brown (1/13)
 Maxine Cline (1/14)

Carolyn Worley (1/14)
 James (Eddie) Sigmon (1/15)
 Evelyn Campbell (1/23)
 Hilda Deal (1/24)
 Sharon Carrigan (1/25)
 James Fishe (1/26)
 John Richardson (1/29)



4
 9:30 Morning Walk
 10:00 BINGO



5
 9:30 Pin Station and Honey's



6
 9:30 PACE Presentation and Nita Huitt
 10:15 Basketball & Kickball

7
 9:30 Winter crafts with Tonya Jarnac
 10:45 Poem of the day!



11
 9:30 Chair exercises with Susie Chafin
 10:00 BINGO

12
 9:30 Pin Station and Honey's



13
 9:30 Morning Walk
 9:45 Music by Sentimental Journey



14
 9:30 Blood Pressure checks. Dementia and games by Jackie Saunders from Bayada Home Health



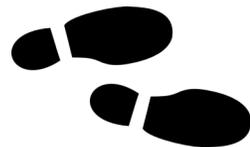
18
CLOSED FOR THE MARTIN LUTHER KING HOLIDAY

19
 9:30 Cooking Day: Hot Chocolate and Peanut Butter Cookies.
 Game Day! Uno, Dominoes, Puzzles

20
 9:30 Volleyball
 10:00 Hangman game



21
 9:30 Morning Walk
 10:00 BINGO
 **Commodities



25
 9:30 Chair exercises with Susie Chafin
 10:00 Bible Trivia



26
 9:30 "Baby, It's Cold Outside" Cold weather safety by Peggy Messick, CVMC
 10:30 Joke of the day!

27
 9:30 Movie at Sherrills Ford Library and popcorn. "War Room"



28
 9:30 Morning Walk
 10:00 BINGO



Maiden SMO Activities

Site Supervisor: Loretta Hefner

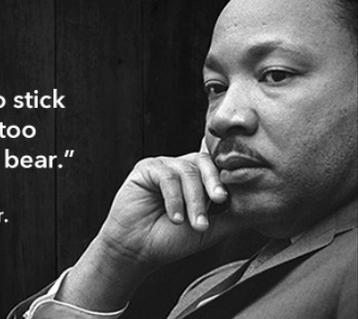
828-320-5966

January 2016



Maiden Community Center
E. 2nd St. & Klutz Street
Maiden, NC 28650



<p>Happy Birthday! Donald Barrett (1/2) Bernice Goode (1/6) Jo Hoyle (1/7) Thelma Anderson (1/10) Cleo Beard (1/16) Oneda Barrett (1/17)</p>	<p>Ted Sain (1/17) T.D. Willis (1/31)</p> 	 <p>"I have decided to stick with love. Hate is too great a burden to bear." Martin Luther King, Jr.</p>	<p>1</p> 	
<p>4 9:30 BINGO & Do we have to be on a Miracle Diet to lose weight?</p> 	<p>5 9:30 Group Exercise & Bible Study with Pastor Eddie Roush</p>	<p>6 9:00 Blood Pressures w/ Fred T. Foard students & Corn Hole Game</p>	<p>7 9:30 Group Exercise & How to stay at home long with PACE@Home</p>	<p>8</p> 
<p>11 9:30 "Effective Communication Strategies for Alzheimer's" with Meghan Lawton & Group Walking</p>	<p>12 9:30 BINGO & FBI: How much do you know about Food Safety?</p>	<p>13 9:30 Kick Ball & How to remove Dark Spots</p> 	<p>14 9:30 Group Walking & Recognition of Winter Sports</p> 	<p>15</p> 
<p>18 CLOSED FOR THE MARTIN LUTHER KING HOLIDAY</p>	<p>19 9:30 Group Exercise & Blood Pressures w/ Catawba County Home Health</p> 	<p>20 9:30 BINGO & How much does the weather affect you and your health?</p>	<p>21 9:30 Group Exercise & Group Singing</p> 	<p>22</p> 
<p>25 9:30 Group Exercise & How to cook Veggies properly Cooking Class with Site Supervisor</p>	<p>26 9:30 Group Exercise & Sentimental Journey Band to perform</p> 	<p>27 9:30 Corn Hole Game & Is there a proper exercise for your age group?</p> 	<p>28 9:30 BINGO & Group Singing</p> 	<p>29</p> 