

Upcoming Activities:

“Darkness to Light” Children’s Advocacy & Protection Center:
W. Hickory, March 24th

Kellerhaus—Early Musical Instruments with the Keller Family:
W. Hickory, March 15;
Maiden, March 21

Depression in Older Adults by Geriatric & Adult Mental Health Specialty Team, Smoky Mountain Center:
Newton, March 3rd and 10th

Art with Folk Artist—Theresa Gloster sponsored by Hickory Museum of Art:
W. Hickory, March 22; E. Hickory, March 17; Newton, March 24; Catawba, March 15; Maiden, March 29

Join us!



From Left to Right: William B. and Kathy T. from East Hickory Seniors Morning Out all made a Valentine’s Day card for someone special to them! Stanley S. and Shirley L. are from the Catawba Seniors Morning Out site and bowling at Pin Station is one of their favorite activities.



Don’t forget to turn your clocks ahead one hour on March 13th. The time change means that there will be more light in the evening, but also means darker mornings.

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!



West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746 West Hickory Senior Center
400 17th St SW
Hickory, NC 28602



<p>Happy Birthday! Peggy Hunter 3/2 Joyce Salter 3/3 Reba Abernethy 3/10 Thelma Fields 3/18 Vera Withers 3/27 Frances Beckom 3/22</p>	<p>1 9:30 Cooking with Lisa— Butterfinger Smoothies! 10:00 Linda Gibson on Food Stamps</p> 	<p>2 9:15 Morning Stretch with Betty Scott 9:30 Craft—Baby Chicks</p>	<p>3 8:45 Walmart 10:00-10:45 Bible Study with Nancy Frady</p> 	<p>4</p> 
<p>7 9:15-11:15 Movie at Patrick Beaver Library “The War Room” 11:30-12:15 Lunch</p>	<p>8 9:15-10:30 Hamrick’s 10:40 Lunch at Wendy’s</p> 	<p>9 9:15 Morning Stretch with Betty Scott 9:30 BINGO! 10:00 Citizen’s Academy with Sergeant John Helton, Catawba County Sheriffs Department</p>	<p>10 9:15 Laughing Yoga with Judy Stowe 9:30 St. Patrick’s Family Feud! 10:00 Dance to the music of Sentimental Journey **Commodities**</p>	<p>11</p> 
<p>14 9:15 Morning Stretch with Betty Scott 9:30 BINGO! 10:00 Sing along with Mable Gabor</p>	<p>15 9:30 Kellerhaus</p> 	<p>16 9:15 Laughing Yoga with Judy Stowe 9:30 St. Patrick’s Trivia 10:00 Family Feud!</p>	<p>17 8:45 Wear your green to Walmart! 10:00-10:45 Fun and Games!</p> 	<p>18</p> 
<p>21 9:15 Morning Stretch with Betty Scott 9:30 Craft—Sock Bunnies!</p> 	<p>22 9:30 Art with Folk Artist Theresa Gloster, Hickory Museum of Art</p>	<p>23 9:15 Laughing Yoga with Judy Stowe 9:30 Family Feud! 10:00 “Breaking Point— Removing Clutter to Create a Safer Home” with Rik Covalinski, Home Instead</p>	<p>24 9:30 Darkness to Light</p> 	<p>25</p> 
<p>28 Manna Monday! 9:15 Morning Stretch with Betty Scott 9:30 Hangman 10:00 JINGO! With Lena Abernethy—Ridgeview Library</p>	<p>29 9:30 Pickle Tasting Party! National Kidney Disease Month! 10:00 Kidney Disease Awareness and BP checks with Carolyn Thompson, RN—CVMC</p>	<p>30 9:15 Laughing Yoga with Judy Stowe 9:30 Tic Tac Toe 10:00 Word Pictures 10:25 Trivia—Thank Your Lucky Stars</p>	<p>31 9:30 Family Feud 10:00 Birthday Party— Gospel Music with Charles Ballard</p> 	

EHKY SMO Activities

Site Supervisor: Rita Pritchard

Assistant: Barbara White

828-320-5963

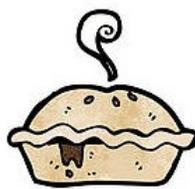
Huntington Hills Church of God

2123 5th Street NE

March 2016

Hickory, NC 28601



<p>Happy Birthday! Tony Abernathy 3/14 Marvin Sigmon and Robert Clark 3/20</p> 	<p>1 9:45 Move to the Beat 10:00 BINGO</p> 	<p>2 9:30 How to Sneak Fruits and Veggies In Your Recipes by Rita 9:45 Jim Phillips/Buddy Holly Impressionist</p>	<p>3 9:45 I Want You To Be Happy Day: Do Something To Make Someone Happy - Bring A Joke!</p>	<p>4</p> 
<p>7 9:00 Walmart for the Day!</p> 	<p>8 9:45 Stretches 10:00 BINGO</p>	<p>9 9:00 Hamrick's & Chick- Fil-A</p> 	<p>10 9:30 Block Walk 9:45 Pastor Harve and Kelly Turner with Words of Encouragement</p> <p>**Commodities**</p>	<p>11</p> 
<p>14 9:45 Block Walk 10:00 BINGO</p> 	<p>15 9:45 Sleeping Well As You Age and BP Checks by Jackie Saunders, Bayada Home Health</p>	<p>16 9:30 Move to the Beat 9:45 Wear Your Green for St. Patrick's Day Celebration—Feeling Lucky?</p>	<p>17 9:30 Art by Folk Artist Theresa Gloster, Hickory Museum of Art</p>	<p>18</p> 
<p>21 9:45 Stretch Band Exercise 10:00 BINGO</p>	<p>22 9:45 Cooking Class: Gypsy Shepherd's Pie</p> 	<p>23 9:30 Stretches 9:45 Rummy, Dominos, Checkers, & Uno</p>	<p>24 9:00 Walmart for the Day!</p> 	<p>25</p> 
<p>28 9:45 Move to the Beat 10:00 BINGO</p>	<p>29 9:30 Sentimental Journey and Dancing!</p> 	<p>30 9:30 Dancercise 9:45 Colorectal Cancer Awareness & Word Search</p>	<p>31 Birthday Party!</p> 	

Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

March 2016

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



<p>Happy Birthday! Mary Pugh (3/2) Vernell Clark (3/8) Jean Kirksey & Lois Daniels (3/11) Louella Phillips (3/13) Mattie Ikard (3/17) Doug Howard (3/22) Vera Withers (3/27) Hattie Ramsey (3/29)</p>	<p>1 9:00-12:00 Shopping at the Hickory Walmart</p> 	<p>2 9:30 Walk & Stretches 10:00 BINGO</p> 	<p>3 9:15 Walk & Stretches 9:45 Depression in Older Adults, Part 1 of 4 "What Does Depression Look Like?" by Thelma Horton, BA, QMHP & Terry Spencer, MSW, LCSW from Geriatric & Adult Mental Health Specialty Team, Smoky Mountain Center</p>	<p>4</p> 
<p>7 9:00 Cooking Lesson—Chocolate Lava Cake in Crockpot 9:30 Walk & Stretches 10:00 Volleyball with a punch balloon</p>	<p>8 9:00-10:45 Bus Week at Hamrick's 11:00 –12:15 Lunch at NY Hibachi Buffet</p>	<p>9 9:30 Walk & Stretches 10:00 BINGO</p> 	<p>10 Depression in Older Adults, Part 2 of 4 "Principles for Delivering Care" by Thelma Horton, BA, QMHP & Terry Spencer, MSW, LCSW from Geriatric & Adult Mental Health Specialty Team, Smoky Mountain Center</p>	<p>11</p> 
<p>14 9:30 Walk & Stretches 9:45 Glaucoma by Greg Morgan, Social Worker for the Blind</p>	<p>15 9:30 Walk & Stretches 9:45 Music by Sentimental Journey</p> 	<p>16 9:30 Walk & Stretches 10:00 BINGO</p>	<p>17 9:30 Walk & Stretches 10:00 Celebrate St. Patricks Day with green treat and optional of wearing green. "Rev It Up" a group of pastors to come sing for us **Commodities**</p>	<p>18</p> 
<p>21 9:30 Walk & Stretches 9:45 Julie Packer from Hospice, "The Scoop on Being a Senior" changes to expect as we age.</p>	<p>22 9:00 Walk & Stretches 9:30 Blood Pressures, Peggy McLean from ResCare 10:00 Bandys High School Hand Bells</p>	<p>23 9:30 Walk & Stretches 10:00 BINGO</p> 	<p>24 9:00 Walk & Stretches 9:30 Art with Folk Artist, Theresa Gloster, sponsored by Hickory Museum of Arts</p>	<p>25</p> 
<p>28 9:30 Walk & Stretches 10:00 Hangman with Vickie Williams</p> 	<p>29 8:30-11:00 Bowling at Pin Station 11:00-12:00 Shopping at Honey's IGA</p>	<p>30 9:30 Walk & Stretches 10:00 BINGO</p>	<p>31 9:30 Walk & Stretches 9:45 Facts about bed bugs by Site Supervisor, Robyn Curtis 10:00 Let's play basketball!</p> 	<p>Happy Easter!</p> 

Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

March 2016

Center United Methodist Church

4945 Sherrills Ford Road

Catawba, NC 28609



<p>Happy Birthday! Max Sherrill 3/1 Joe Anne Harbinson 3/2 Carolyn Bradshaw 3/7 Clay Henderson 3/8 Ruth Keeslar 3/8 Bob Eller 3/18 William Fisher 3/19 Ernestine Kilian 3/20 Aileen Little 3/24</p>	<p>1 9:30 Pin Station and Honeys</p> 	<p>2 9:30 Morning Walk 10:00 BINGO</p>	<p>3 9:30 Music by Sentimental Journey 10:30 Poem of the day</p> 	<p>4</p> 
<p>7 9:30 Morning Walk 10:00 BINGO</p>	<p>8 9:30 Pin Station and Honeys</p> 	<p>9 9:30 Shopping at .Hamrick's 11:00 Lunch at Wendy's</p> 	<p>10 9:30 St. Patrick's Day Craft with Tonya Jarnac 10:00 Baking Lemon Squares</p>	<p>11</p> 
<p>14 9:30 Chair Exercises by Susie Chafin 10:00 BINGO</p>	<p>15 9:30 Morning Walk 9:45 Art with Theresa Gloster Sponsored by Hickory Museum of Art</p>	<p>16 9:30 Kidney Diseases and How To Have A Healthy Kidney by Peggy Messick 10:15 St. Patrick's Day Celebration</p>	<p>17 10:45 Lunch at Harbor Inn Seafood</p> 	<p>18</p> 
<p>21 9:30 Easter Trivia Game 10:00 Basketball and Kickball</p>	<p>22 9:30 Dying Easter Eggs and Decorating Easter Baskets</p>	<p>23 9:30 Morning Walk 10:00 BINGO</p> 	<p>24 9:30 BP Checks 10:00 Smell, Taste, Spice of Life by Jackie Saunders, Bayada Home Health</p>	<p>25</p> 
<p>28 9:30 Chair Exercises by Susie Chafin 10:15 Anagram</p> 	<p>29 9:30 Music by the Clontz Family & Friends</p>	<p>30 9:30 Laughter is the Best Medicine 10:00 Volleyball</p> 	<p>31 9:30 Morning Walk 10:00 BINGO</p>	

Maiden SMO Activities

Site Supervisor: Loretta Hefner

Assistant: Delphia Mullen

828-320-5966

March 2016

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



<p>Happy Birthday! Sylvia Jeannie Newton 3/9 Pat Laney 3/11 Nina Lineberger 3/13 Betty Gilleland 3/23</p>	<p>1 9:00 Group Exercise & Wheel of Fortune Game</p> 	<p>2 9:30 Group Walking & Corn Hole Game</p> 	<p>3 9:30 BINGO & Group Singing</p> 	<p>4</p> 
<p>7 9:30 Honey Vs. Sugar; Is There A Difference? & Bowling Game</p>	<p>8 8:30 Green Fruit Kabobs with Anita McKinney, Brookdale Living & Corn Hole Game</p>	<p>9 9:30 Group Walking & BINGO with Ernie Abernathy</p> 	<p>10 9:00 Group Exercise & Group Singing</p>	<p>11</p> 
<p>14 9:00 This Day in History! Stages of Seniors, Resources to Expect, and Home Care Industry with Rik Covalinski, Home Instead</p>	<p>15 9:00 Group Exercise & Blood Pressures with Catawba County Home Health</p> 	<p>16 9:30 BINGO with Ernie Abernathy & Spelling Bee</p> 	<p>17 10:00 Healthy Popcorn w/ Annie Williams & St. Patrick's Day Green Party</p> <p>**Commodities</p>	<p>18</p> 
<p>21 9:00 Kellerhaus Program with Keller Family</p>	<p>22 9:30 Group Walking & Entertainment w/ Sentimental Journey Band</p> 	<p>23 9:30 Kick Ball Game & Good Communication with our MD</p>	<p>24 9:30 Group Walking & Easter Party and Craft</p> 	<p>25</p> 
<p>28 9:00 Hang Man Game & Providing Safe Food for Seniors</p>	<p>29 9:00 Art with Folk Artist Theresa Gloster with Hickory Museum of Art</p> 	<p>30 9:30 On This Day in History & Kick Ball Game</p> 	<p>31 9:30 Do You Suffer from Late Life Depression? & Group Exercise</p>	