

### Upcoming Activities:

**Depression in the Elderly by Smokey Mountain Center:**

**Maiden, August 8, 15, & 22**

**Mountain Grit & Wit with Mike Harrell**

**W. Hickory & E. Hickory, August 16**

**Farmer's Market in Hickory:**

**W. Hickory, E. Hickory, Newton, Catawba, Maiden August 24**

**Carolina Beach & Shag Dance Party:**

**Newton, August 18**

**Sentimental Journey:**

**W. Hickory, August 18; E. Hickory, August 2; Newton, August 16; Catawba, August 30; Maiden, August 23**

**Risen Movie Viewing:**

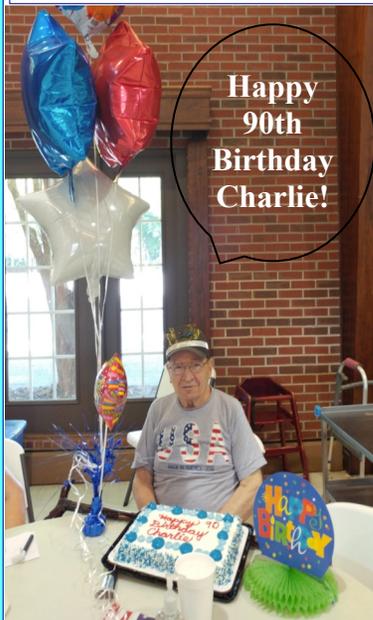
**Catawba, August 4**

**Come Join Us!**



Craft day at Catawba SMO! Everyone enjoyed a day of crafts with Tonya Jarnac and kids!

Please remember if you plan to attend a SMO site, the site supervisor needs to know by 10:00 a.m. the day before so she can order your meal. We appreciate your cooperation.



### *Sneak Some Zucchini Onto Your Neighbor's Porch Day—August 8th*

Experienced gardeners know that Zucchini is one of the most prolific plants in all of the gardening world. A single plant produces a seemingly endless supply of Zucchini. A small row of zucchini has the potential to end world hunger.

By the time August arrives, gardeners are reaping far more zucchini than they can possibly use. They use it daily in an untold number of recipes, from soups and stews, to breads and dips. Still, the fruit matures on the vine faster than anyone can even pick it. Zucchini growers become desperate, as they try to give zucchini away to family, friends and everyone they encounter. By August, even non-gardeners have had enough. Everyone avoids you, with your arms laden with giveaway fruit.

Desperate times calls for desperate measures. It's time to sneak over, under the cover of darkness, to your neighbors porch, and unload some zucchini. Today is that day. This may solve your problem for today. But, what will you do with the harvest tomorrow!?



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, [mealsonwheelsofcatawbacounty.org](http://mealsonwheelsofcatawbacounty.org), or like us on Facebook!



# AUGUST

1  
 SMOTHERED CHICKEN  
 MUSHROOM SAUCE  
 GREEN PEAS  
 MANDARIN ORANGES  
 SWEET POTATOES  
 ROLL  
 POUND CAKE  
 MILK

2  
 STEW BEEF  
 BROWN GRAVY  
 GREEN BEANS  
 AMBROSIA SALAD  
 RICE  
 ROLL  
 MILK

3  
 CHICKEN & DUMPLINGS  
 CAPRI VEGETABLES  
 COLESLAW W/ CARROTS  
 ROLL  
 APPLE CRISP  
 MILK

4  
 MEATBALLS  
 SPAGHETTI SAUCE  
 TOSSED SALAD W/  
 CARROTS & TOMATOES  
 SLICED PEARS  
 SPAGHETTI NOODLES  
 ITALIAN BREAD  
 RANCH DRESSING  
 OATMEAL COOKIES  
 MILK



8  
 EGG SALAD  
 BROCCOLI SALAD  
 TOMATO  
 POTATO SALAD  
 WHEAT BREAD  
 HAWAIIAN SALAD  
 MILK

9  
 PULLED TURKEY  
 WHITE GRAVY  
 SQUASH CASSEROLE  
 RICE  
 ROLL  
 STRAWBERRY  
 SHORTCAKE  
 MILK

10  
 BAKED CHICKEN THIGH  
 BROWN GRAVY  
 TOMATO & OKRA  
 WHIPPED POTATOES  
 ROLL  
 FRUIT SALAD  
 MILK

11  
 CORNED BEEF  
 STEAMED CABBAGE  
 ROASTED RED SKINNED  
 POTATOES  
 ROLL  
 APPLE CRISP  
 MILK



15  
 HAMBURGER STEAK  
 BROWN GRAVY  
 CALIFORNIA BLEND  
 MACARONI & CHEESE  
 ROLL  
 FRUIT SALAD  
 MILK

16  
 POLISH TURKEY  
 SAUSAGE  
 ORANGE JUICE  
 HASHBROWN  
 CASSEROLE  
 BISCUIT  
 JELLY  
 PEACH COBBLER  
 MILK

17  
 PIMENTO CHEESE  
 LETTUCE  
 TOMATO  
 VEGETABLE SOUP  
 WHEAT BREAD  
 STRAWBERRY  
 SHORTCAKE  
 MILK

18  
 CHOPPED PORK  
 BBQ SAUCE  
 COLESLAW W/  
 CARROTS  
 COWBOY BEANS  
 HAMBURGER BUN  
 BLUEBERRY CRISP  
 MILK



22  
 PORK RIBLET  
 BBQ SAUCE  
 COLESLAW  
 PINTO BEANS  
 HAMBURGER BUN  
 APPLE COBBLER  
 MILK

23  
 CUBED STEAK  
 MUSHROOM GRAVY  
 BROCCOLI CASSEROLE  
 MELON FRUIT SALAD  
 MASHED POTATOES  
 ANGEL FOOD CAKE  
 MILK

24  
 PINTO BEANS W/ ONIONS  
 STEAMED CABBAGE  
 COUNTRY TOMATOES  
 CORNBREAD  
 PINEAPPLE GRATIN  
 MILK

25  
 LEMON PEPPER  
 CHICKEN  
 GREEN PEAS  
 ROSEMARY POTATOES  
 WHEAT ROLL  
 STRAWBERRY  
 SHORTCAKE  
 MILK



29  
 HAMBURGER  
 CHEESE  
 COLESLAW W/  
 CARROTS  
 COWBOY BEANS  
 HAMBURGER BUN  
 MUSTARD/KETCHUP  
 DICED PEACHES W/  
 YOGURT  
 MILK

30  
 BBQ CHICKEN BREAST  
 BBQ SAUCE  
 MIXED GREENS  
 MELON FRUIT SALAD  
 CREAMED CORN  
 ROLL  
 OATMEAL COOKIES  
 MILK

31  
 SLICED ROASTED  
 TURKEY  
 WHITE GRAVY  
 MIXED VEGETABLES  
 MASHED POTATOES  
 ROLL  
 CRANBERRY SAUCE  
 FRUIT COCKTAIL  
 MILK

# West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

August 2016

West Hickory Senior Center

400 17th St SW

Hickory, NC 28602



<p>1 9:15-10:45 Hearing Loss—From Discovery to Good Communication with Cynthia Harmon, Health &amp; Human Services Specialist, NC Division of Services for the Deaf and the Hard of Hearing</p>	<p>2 9:15 Laughing Yoga with Judy Stowe 9:30 BINGO with Ernie Abernethy, Humana</p> 	<p>3 9:15 Senior-Sez with Betty Scott National Watermelon Day! 9:30 Watermelon Social 10:00 Gospel Music w/ The Dynamic Adults of Morning Star First Baptist Church</p>	<p>4 8:45-11:00 Wal-Mart 10:00-11:00 Bible Study w/ Nancy Frady</p> 	<p>5</p> 
<p>8 9:15 Fire Drill 9:30 Cooking w/ Site Supervisor, Breakfast Pear Empanadas! 10:00 Sing-a-long with Mabel Gabor</p>	<p>9 9:30 Odd Man Out 10:00 Gospel Music with Morning Star First Baptist Church Youth Group</p>	<p>10 9:15 Senior-Sez with Betty Scott 9:45 Crispano Grands Dance! 10:00 BINGO</p>	<p>11 9:15 Laughing Yoga with Judy Stowe 9:30 Family Feud 10:00 Dancing to the music of Sentimental Journey! **Commodities**</p>	<p>12</p> 
<p>15 9:15 Laughing Yoga w/ Judy Stowe 9:30 Endings &amp; Beginnings 10:00 Medicare Fraud and Scams with Dianne Trainer</p>	<p>16 Welcome East Hickory SMO! 9:30 Mountain Grit and Wit with Mike Harrell, Songwriter and Storyteller</p>	<p>17 Luau day! 9:15 Senior-Sez with Betty Scott 9:30 Cooking with Site Supervisor—Watermelon Salsa! 10:00 BINGO</p>	<p>18 8:45-9:45 Shopping at Wal-Mart Neighborhood Store 9:30 FBI—How Clean is Your Refrigerator? 10:00 BINGO</p>	<p>19</p> 
<p>22 9:15 Senior-Sez with Betty Scott 9:30 Hangman 10:00 Path to Independence with Randy VanderWeit as Patrick Henry</p>	<p>23 9:15 Laughing Yoga with Judy Stowe 9:30 BINGO w/ Ernie Abernethy, Humana</p>	<p>24 10:00-11:00 Farmer's Market</p> 	<p>25 9:30 Family Feud 9:45 Birthday Party and Gospel Singing with Charles Ballard</p>	<p>26</p> 
<p>29 <b>Manna Monday</b> 9:15 Senior-Sez with Betty Scott 9:30 Slippery Slope 10:00 JINGO w/ Lena Abernethy, Ridgeview Library</p>	<p>30 9:30 Group Therapy 10:00 Healthy Snacking and BP Checks w/ Carolyn Thompson, RN—CVMC</p>	<p>31 9:15 Laughing Yoga w/ Judy Stowe 9:30 Bring in an item from home for the Butter Bean Auction!</p>	<p><b>Happy Birthday!</b> Judy Stowe (8/1) Linda Bertke (8/9) Rosita Boatright (8/12) Ruth Pollard (8/17) Marian Bennett (8/18) Irene Heavner (8/18) Mary Eckard (8/21)</p>	<p>Adrena Phillips (8/21) Linda Walker (8/21) Samuel Hunt (8/27) James Patterson (8/31)</p> 

# EHKY SMO Activities

**Site Supervisor: Rita Pritchard**

**Assistant: Barbara White**

**828-320-5963**

**Huntington Hills Church of God**

**August 2016**

**2123 5th Street NE**

**Hickory, NC 28601**



1  
9:45 Stretches  
10:00 BINGO

2  
9:45 Sentimental Journey  
Song & Dance



3  
9:45 Penny Ante

4  
8:45 Wal-mart for the  
Day!



8  
9:45 Block Walk  
10:00 BINGO



9  
9:45 National  
Immunization Month!  
Importance of  
Immunizations, RHA



10  
9:30 Stretches  
9:45 Forgetfulness,  
When Should You Be  
Concerned? Rik  
Covalinski, Home Instead

11  
9:45 Laughter is the  
Best Medicine &  
Laughing Yoga  
  
\*\*Commodities\*\*



15  
9:45 Come On Baby  
Let's Do the Twist  
10:00 BINGO



16  
9:30 Joining West  
Hickory SMO!  
9:30 Mountain Grit and  
Wit with Mike Harrell,  
Songwriter and Storyteller

17  
9:45 Penny Ante Game  
10:30 Nutrition of  
Peaches



18  
8:45 Wal-Mart for the  
Day!



22  
9:45 Dancercise  
10:00 BINGO

23  
Fire Drill  
9:45 Basketball,  
Ring toss, Game of  
Choice



24  
10:00 Farmer's Market



25  
9:30 Food Borne  
Illness—Cross  
Contamination by Rita  
9:45 Cooking Class with  
Site Supervisor, Grilled  
Cheese & Tomato  
Sandwich



29  
9:45 Stretches  
10:00 BINGO



30  
9:45 National Toasted  
Marshmallow Day! Let's  
make s'mores!

31  
9:30 Friend Walk  
9:45 Family Feud  
10:30 Blood Pressure  
Checks

**Happy Birthday!**  
Betty Overcash (8/3)  
Dorothy Demos (8/16)  
Delzie Williams (8/21)  
Auncie Austin (8/30)  
Anna Moeses (8/31)



# Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

August 2016

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



1  
9:30 Walk & Stretches  
10:00 What you need to know about Diabetes, Robin Tallent, RN-BC

2  
9:30 Celebrate Ice Cream Sandwich Day. Come have an ice cream sandwich and history on it.  
10:00 Rev. Daniel Brank to sing

3  
9:30 Walk & Stretches  
10:00 BINGO



4  
9:00-12:00 Shopping at Hickory Wal-Mart



5



8  
9:30 Walk & Stretches  
10:00 Blood Pressures with Jamie Dugo from Comfort Keepers  
10:30 Hangman

9  
August is Peach Month!  
9:30 Walk & Stretch  
9:45 How to buy, store, & eat peaches and their nutritional value.  
10:00 Cooking Class—Perfect Peach Smoothie

10  
Fire Drill  
9:00 Discussion & Quiz on Food Borne Illness  
9:30 Walk & Stretches  
10:00 BINGO

11  
9:30 Walk & Stretch  
10:00 Craft—Bird in a nest. \$5 per person  
10:0 Anagrams



12



15  
9:30 Walk & Stretches  
10:00 Come hear Gospel with The Clontz Family & Friends



16  
9:30 Walk & Stretches  
9:45 Sentimental Journey singing songs from yonder years

17  
9:30 Walk & Stretches  
10:00 BINGO



18  
9:00-11:00 Carolina Beach and Shag Dance Party! Come learn to shag dance with Ron Spencer and Carole Huffman! Wear beach attire!

19



22  
9:30 Walk & Stretches  
10:00 "Nutrition Made Easier" by Mary Mitchell, Family Caregiver Specialist from Area Agency on Aging

23  
9:30 Walk & Stretches  
10:00 BINGO

24  
10:00-11:15 Farmer's Market in Hickory



25  
9:30 Walk & Stretches  
10:00 "Prolonging the Shelf Life of Produce" by Ann Simmons, FCS Agent

26



29  
More Herbs and Less Salt Day!  
9:30 Walk & Stretches  
10:00 Education on cooking with herbs by Site Supervisor

30  
9:00-12:00 Bowling at Pin Station and shopping at Honey's



31  
9:30 Walk & Stretches  
10:00 BINGO

**Happy Birthday!**  
Earl Beal (8/2)  
Nellie Bridges (8/7)  
Eileen Ramsey (8/25)



# Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

Center United Methodist Church

August 2016

4945 Sherrills Ford Road

Catawba, NC 28609



1  
9:30 Chair Exercises w/  
Susie Chafin  
10:00 "Do you know  
your neighbor?"



2  
9:30 Pin Station &  
Shopping at Honey's



3  
9:30 Morning Walk  
10:00 BINGO

4  
9:30 Popcorn & Movie  
*Risen* at the Sherrills  
Ford Library

5



8  
9:30 Morning Walk  
10:00 BINGO

9  
9:30 Pin Station and  
shopping at Honey's



10  
9:30 National S'mores  
Day—Making S'mores  
10:15 Basketball &  
Kickball

11  
9:30 Morning Walk  
9:45 Music by Karen  
Kondas

12



15  
9:30 Chair Exercises  
with Susie Chafin  
10:00 Pinto Bean Game

16  
9:30 Food Borne Illness—  
Botulism  
10:00 Noodle Volleyball

17  
9:30 Morning Walk  
10:00 BINGO



18  
9:00 BP Checks and  
"How to Use Medications  
Safely" by Jackie  
Saunders, Bayada Home  
Health

19



22  
9:30 Morning Walk  
9:45 Fire Drill  
10:00 BINGO

23  
9:30 Crafts by Tonya  
Jarnac  
10:30 Laughter is the Best  
Medicine

24  
10:30 Farmer's Market



25  
9:45 Living with Chronic  
Illness by Kayla Hefner,  
CVMC  
10:30 Morning Walk

26



29  
9:30 Ice Cream Floats  
10:00 Birdie Toss Game



30  
9:30 Sentimental Journey

31  
9:30 Morning Walk  
10:00 BINGO



**Happy Birthday!**  
Carol Kennedy (8/2)  
Donna Mundy (8/6)  
Marlene Epps (8/7)  
Betty Raper (8/11)  
Norma Wright (8/12)  
Vicky Lowrey (8/12)  
Kathy Fox (8/24)

Sue Christenbury  
(8/25)  
Bernice Drum (8/26)  
Linda McCaslin (8/27)  
Libby Wike (8/27)  
Susan Cole (8/28)  
Marsha Owens (8/28)



# Maiden SMO Activities

Site Supervisor: Loretta Hefner

Assistant: Delphia Mullen

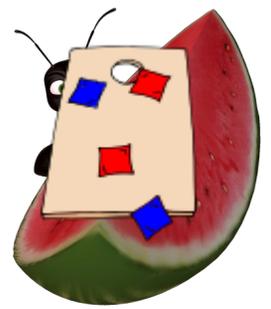
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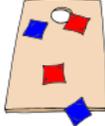
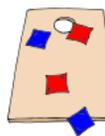
August 2016

Maiden Community Center

E. 2nd St. & Klutz Street

Maiden, NC 28650



<p>1 9:30 Proper ways to cook and reheat food &amp; BINGO</p> 	<p>2 9:30 Bible Study w/ Pastor Eddie Roush &amp; Group Singing</p>	<p>3 9:30 Cornhole Game &amp; Is Aspirin good for us?</p>	<p>4 9:30 Group Walking &amp; Senior Fitness as we age</p> 	<p>5</p> 
<p>8 9:30 Depression in the Elderly: Thelma Horton w/ Smokey Mountain Center &amp; Group Walking</p>	<p>9 9:30 Cooking Class with Site Supervisor: Ritz Crackers w/ Peanut Butter dipped in chocolate &amp; BINGO</p>	<p>10 9:30 Recognition Day: On this day in History &amp; Cornhole Game</p> 	<p>11 9:30 Group Walking &amp; Group Singing</p>	<p>12</p> 
<p>15 9:30 Depression in the Elderly: Thelma Horton w/ Smokey Mountain Center &amp; Group Walking</p>	<p>16 9:30 Blood Pressures with Ruby Radford, Interim Health Care &amp; Does loss of sleep affect our personality?</p>	<p>17 9:30 Bowling Game &amp; Is Alzheimer's Genetic?</p>	<p>18 9:30 Group Singing &amp; BINGO</p> 	<p>19</p> 
<p>22 9:30 Depression in the Elderly: Thelma Horton w/ Smokey Mountain Center &amp; Group Walking</p>	<p>23 9:30 Sentimental Journey Band &amp; Group Exercise</p> 	<p>24 9:30 2nd Farmer's Market Trip</p> 	<p>25 9:30 BINGO &amp; Group Walking</p>	<p>26</p> 
<p>29 9:30 Group Exercise &amp; BINGO</p> 	<p>30 9:30 Group Walking &amp; Bean Auction</p>	<p>31 9:30 Cornhole Game &amp; Do you have an overactive bladder?</p> 	<p><b>Happy Birthday!</b> Herby Vanhoy (8/1) Jack Hefner (8/4) Wilfred Parker (8/19) Deanna Courtney (8/22) Donald Wilkinson (8/31)</p>	