

Upcoming Closures:

December 21st—28th
January 1st
January 18th

Upcoming Activities:

Catholic Conference Center Program & Luncheon:

W. Hickory, E. Hickory, Maiden, Dec. 17th

New Year's Eve Party:

W. Hickory, Catawba, Dec. 31st

Low Income Energy Assistance Program:

E. Hickory, Dec. 10th;
Newton, Dec. 7th;
Maiden, Dec. 8th

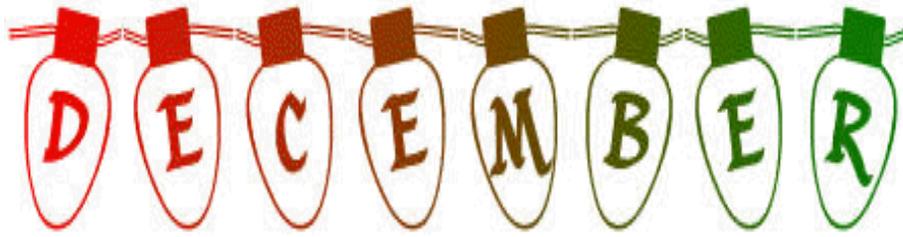
Join us!



Pictured above: W. Hickory participant, Herman M. and a guest dancing and singing to Sentimental Journey!

Pictured above: Newton Seniors Morning Out site experienced the Hmong New Year on November 11th! Members of True Life Alliance Church came to the site to educate and share about the Hmong New Year and what it is all about. The International Club at Challenger Early College High School preformed Hmong dancing as well!

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

2
 BEEF A RONI
 LIMA BEANS
 ITALIAN BREAD
 TROPICAL FRUIT SALAD
 MILK

3
 PULLED TURKEY
 POULTRY GRAVY
 SQUASH CASSEROLE
 RICE
 ROLL
 STRAWBERRY
 SHORTCAKE
 MILK

4



7
 CORNED BEEF
 STEAMED CABBAGE
 ROASTED RED
 POTATOES
 ROLL
 PEACH CRISP
 MILK

8
 SMOTHERED CHICKEN
 MUSHROOM GRAVY
 BROCCOLI CASSEROLE
 RICE
 ROLL
 FRUIT CUP
 MILK

9
 HOT DOG
 ONION
 COLESLAW
 BANANA
 BAKED BEANS
 BUN
 MILK

10
 CHICKEN SALAD
 CUCUMBER SALAD
 PASTA SALAD
 WHEAT BREAD
 FRUIT COCKTAIL W/
 YOGURT
 VANILLA WAFERS
 MILK



14
 CHICKEN CASSEROLE
 GLAZED CARROTS
 BLACKEYED PEAS
 WHEAT ROLL
 AMBROSIA SALAD
 MILK

15
 GREAT NORTHERN
 BEANS W/ HAM
 MIXED GREENS
 ROLL
 BLUEBERRY CRISP
 MILK

16
 SLICED ROAST TURKEY
 GRAVY
 GREEN PEAS
 WHIPPED POTATOES
 ROLL
 CRANBERRY SAUCE
 PISTACHIO CREAM
 SALAD
 MILK

17
 STEW BEEF W/
 VEGETABLES
 BROWN GRAVY
 LIMA BEANS
 RICE
 ROLL
 STRAWBERRY
 SHORTCAKE
 MILK



21
**CLOSED FOR THE
 CHRISTMAS HOLIDAY!**

22
**CLOSED FOR THE
 CHRISTMAS HOLIDAY!**

23
**CLOSED FOR THE
 CHRISTMAS HOLIDAY!**

24
**CLOSED FOR THE
 CHRISTMAS HOLIDAY!**



28
**CLOSED FOR THE
 CHRISTMAS HOLIDAY!**

29
 PIMENTO CHEESE
 LETTUCE
 TOMATO
 VEGETABLE BOWTIE
 SOUP
 WHEAT BREAD
 STRAWBERRY
 SHORTCAKE
 MILK

30
 PEPPER STEAK
 BROWN GRAVY
 ORIENTAL VEGETABLES
 PINEAPPLE W/ YOGURT
 RICE
 ROLL
 VANILLA WAFERS
 MILK

31
 CHICKEN BREAST
 PESTO SAUCE
 SCANDANAVIAN SALAD
 BOWTIE PASTA
 ITALIAN BREAD
 MANDARIN ORANGES
 MILK



West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

December 2015

West Hickory Senior Center

400 17th St SW

Hickory, NC 28602



1
9:30 Cooking Class w/
Lisa—Cream Cheese Roll
Up
10:00 Exercise & Talk
about Strokes w/ Sandy
Austin, Unifour Nursing

2
9:30 Christmas Trivia
10:00 BINGO



3
Walmart



7
9:15 Morning Stretch—
Led by Ms. Betty Scott
9:30 BINGO
10:00 Lauren Smith,
Author of "God's Got
This"



8
9:30 Hangman
10:00 Dynamic Adult
Choir—Morning Star First
Baptist Church



9
9:15 Laughing Yoga—Led
by Ms. Judy Stowe
9:30 Christmas Carols
and Party with Home
Schooled Children



10
"Friends Day"
9:30 Meet and Greet
New Friends!
10:00 Celebrating
Christmas through Music
w/ Charles Ballard
**Commodities



14
9:15 Morning Stretch—
Led by Ms. Betty Scott
9:30 Craft w/ Lisa
Adams— Angel
Necklaces

15
Walmart



16
National Chocolate
Covered Anything Day!
9:15 Laughing Yoga—Led
by Ms. Judy Stowe
9:30 BINGO
10:00 What to Expect as
We Age w/ Julie Packard,
Catawba Regional
Hospice

17
9:00 Christmas Program
& Luncheon at The
Catholic Conference
Center—Music by Steve
Townsend



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24
**CLOSED FOR THE
CHRISTMAS HOLIDAY!**



28
**CLOSED FOR THE
CHRISTMAS HOLIDAY!**

29
9:15 Sit and Be Sit
9:30 BINGO
10:00 Blood Pressure
Checks by Annie
Williams, LPN, Catawba
County Home Health

30
9:15 Laughing Yoga—Led
by Ms. Judy Stowe
9:30 Bring something nice
& join in on the fun! Butter
Bean Auction!

31
9:30 Welcome Catawba
SMO!
10:00 New Year's Eve
Party! Music by
Sentimental Journey!



EHKY SMO Activities

Site Supervisor: Rita Pritchard

Assistant: Barbara White

828-320-5963

December 2015

Huntington Hills Church of God

2123 5th Street NE

Hickory, NC 28601



<p>Happy Birthday! Betty Hill 12/9 Margie Beard 12/15 Bernie Taft 12/17</p> 	<p>1 9:30 Move to the Beat 9:45 Making Christmas Ornaments w/ Suzy Killian</p> 	<p>2 9:00 Making Christmas Cards with Suzy Kilian 9:35 National Mutt Day—Bring pictures of your dogs!</p>	<p>3 9:30 My most Memorable Christmas... 9:50 Stretches 10:00 BINGO</p> 	<p>4</p> 
<p>7 Walmart and Hamrick's</p> 	<p>8 9:30 Sentimental Journey 10:30 BP Checks with Jackie Saunders, Bayada Home Health</p> 	<p>9 9:30 Christmas Craft with the Hickory Jaycee's</p> 	<p>10 9:00 L.I.E.A.P with Karen Heffner, DSS 9:45 BINGO</p> <p>**Commodities</p>	<p>11</p> 
<p>14 9:30 PACE with Anita Huitt—bringing doughnuts and juice 9:55 Stretch Band Exercise 10:00 BINGO</p>	<p>15 9:45 Do the Peppermint Twist 10:00 Christmas Party—East Hickory Choir Singing!</p>	<p>16 Walmart for the day!</p> 	<p>17 9:00 Christmas Program & Luncheon at The Catholic Conference Center—Music by Steve Townsend</p>	<p>18</p> 
<p>21 CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>22 CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>23 CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>24 CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>25</p> 
<p>28 CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>29 9:45 John 3:16 Sing-A-Long</p> 	<p>30 9:30 Cooking Class with Site Supervisor—Snowmen Cookies 9:55 Move to the Beat 10:10 BINGO</p> 	<p>31 9:30 Birthday Party!</p> 	

Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

December 2015

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



Happy Birthday!
 Rita Robbins 12/1
 Clara Cochran 12/10
 Loretta Handlin 12/10
 Bobby Stafford 12/14
 Eva Watkins 12/19

HAPPY BIRTHDAY!

1
 9:30 Walk & Stretches
 10:15 Please join us for a Christmas musical with the Joymakers from Highland Baptist Church

2
 9:30 Walk & Stretches
 10:00 BINGO

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

3
 9:30 Safelink—Free Phone Program. Bring SS award letter, Food Stamps card, SSI, Medicaid card or W-2 form
 10:00 Stretch for Life



7
 9:00 Blood Pressure checks by Peggy Mclean, Rescare
 9:30 Walk & Stretches
 10:00 Low Income Energy Assistance Program with Karen Heffner, DSS

8
 9:15 Walk & Stretches
 10:00 Sign up for craft—Snowman with glass bowls
 10:00 Hangman

9
 9:30 Walk & Stretches
 10:00 BINGO
 10:30 Cooking Class—Variety of cheese balls

10
 9:30 Walk & Stretches
 10:30 Christmas singing with the Melodears



14
 9:00—10:45 Shopping at Hamrick's
 11:00—12:30 Catawba Valley Mall Food Court

15
 9:30 Walk & Stretches
 9:30 Sentimental Journey takes you down memory lane with music!

16
 9:30 Walk & Stretches
 10:00 BINGO

Celebrate Eva Watkin's 91st Birthday!

17
 Celebrate Christmas with us at the site! Pizza Hut Pizza Party. Bring \$5.00 gift if you want to participate in Dirty Santa.

**Commodities



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24
CLOSED FOR THE CHRISTMAS HOLIDAY!



28
CLOSED FOR THE CHRISTMAS HOLIDAY!

29
 9:00—12:00 Bowling at Pin Station and shopping at Honey's!

30
 9:30 Walk & Stretches
 10:00 BINGO

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

31
 9:30 Walk & Stretches
 10:00 Enjoy hearing Rev. Daniel Brank sing God's Gift Ministries

Happy Birthday!
 Edna Millsaps 12/21
 Bill Frye 12/23
 Peggy Mitchum 12/25
 Barbara Stubbs 12/28
 Sarah Costner 12/30

HAPPY BIRTHDAY!

Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

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



<p>Happy Birthday! Betty Robinson 12/2 Elizabeth Payne 12/3 Roger Britt 12/3 Brenda Farris 12/4 Gloria Sigmon 12/11 Brenda Elmore 12/20 Alton Johnson 12/20</p>	<p>1 9:30 Pin Station and Honey's</p> 	<p>2 9:30 Morning Walk 9:45 Sentimental Journey</p> 	<p>3 9:30 Christmas craft w/ Tonya Jarnac</p> 	<p>4</p> 
<p>7 9:30 Flu & Pneumonia by Tracey Paul, CC Health Dept. 10:00 Chair Exercise w/ Susie Chafin</p>	<p>8 9:30 Hardees 10:30 Hamrick's</p> 	<p>9 9:30 Morning Walk 10:00 BINGO</p> 	<p>10 9:30 Making Green Smoothies w/ Herbalist Lucinda Robinson</p> 	<p>11</p> 
<p>14 9:30 Sleeping Habits for Seniors and BP checks by Jackie Sanders, Bayada Home Health 10:00 Chair Exercises by Susie Chafin</p>	<p>15 9:30 BHHS Chorus 10:00 Catawba SMO Gift Exchange</p> 	<p>16 9:30 Morning Walk 10:00 BINGO</p> 	<p>17 10:45 Lunch at Golden Corral</p> 	<p>18</p> 
<p>CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>25</p> 
				
<p>28 CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>29 9:30 Morning Walk 10:00 BINGO</p> 	<p>30 9:30 Making Holiday Bean Dip & Nachos 10:15 Volleyball</p> 	<p>31 9:30 New Year's Party with West Hickory SMO</p> 	<p>Happy Birthday! Claude Cook 12/24 Mary DeMark 12/25 Marion White 12/26 Coyte Setzer 12/26 Russell Shuford 12/30 Millard Gibson 12/30 Ned Rowe 12/31 HAPPY BIRTHDAY!</p>

Maiden SMO Activities

Site Supervisor: Loretta Hefner

828-320-5966

December 2015



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



<p>Happy Birthday! Mary Miles 12/1 James Heffner 12/9 Carlton Fletus Poston 12/13 Terrell Bumgarner 12/14 Gaye Painter 12/14 Gene Sites 12/17</p>	<p>1 9:30 Group Exercise, Bible Study w/ Pastor Eddie Roush</p> 	<p>2 9:30 Mt. Ruhama Senior Choir to perform & Group Singing</p> 	<p>3 9:30 BINGO & Christmas Craft Class w/ Mae Nell</p> 	<p>4</p> 
<p>7 9:30 BINGO & Christmas Program w/ Charles Ballard</p> 	<p>8 9:30 Group Exercise & Sign up for Energy Assistance w/ Karen Heffner</p>	<p>9 9:30 Grieving during the Holiday's w/ Annette Walker: Catawba County Hospice</p>	<p>10 9:30 West Side Baptist Church Choir to sing for us & Group Singing</p> 	<p>11</p> 
<p>14 9:30 Cooking Class: Mason Jar Cocoa Mix w/ Site Supervisor & Maiden Christmas Party</p>	<p>15 9:30 Group Exercise & Blood Pressures w/ Catawba County Home Health</p>	<p>16 9:30 Importance of Assisted Living & BINGO w/ Susie: Carillon in Newton and Recognition & History of The Christmas Ornament!</p>	<p>17 9:30 Christmas Party @ Catholic Conference Center in Hickory **Commodities</p>	<p>18</p> 
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<p>28 CLOSED FOR THE CHRISTMAS HOLIDAY!</p>	<p>29 9:30 Group Walking & Bean Auction</p> 	<p>30 9:30 Corn Hole Game & How much do you know about Biblical Moms?</p> 	<p>31 9:30 Group Walking & What is your New Years Resolution?</p>	<p>Happy Birthday! Mae Nell Poston 12/20 Deborah Garner 12/21 Dorothy Hudson 12/25 Gay Reynolds 12/28</p> 