

Upcoming Activities:

Cookout at Winkler's Park:

W. Hickory & E. Hickory, July 5

Project Lazarus:

W. Hickory, July 6;
E. Hickory, July 14; Newton, July 18; Catawba, July 7; Maiden, July 12

Farmer's Market in Hickory:

W. Hickory, E. Hickory, Newton, Catawba, Maiden July 27

Bowling at Pin Station:

Newton, July 26; Catawba July 5 and 12

Sentimental Journey:

W. Hickory, July 5 and 14; E. Hickory, July 5; Newton, July 19; Maiden, July 26

Pizza Party:

Catawba, July 28

Come Join Us!



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, or like us on Facebook!

JULY



				1 
4 CLOSED FOR INDEPENDENCE DAY!	5 POLISH TURKEY SAUSAGE ORANGE JUICE HASHBROWN CASSEROLE BISCUIT JELLY PEACH COBBLER MILK	6 PIMENTO CHEESE LETTUCE TOMATO VEGETABLE SOUP WHEAT BREAD STRAWBERRY SHORTCAKE MILK	7 CHOPPED PORK BBQ SAUCE COLESLAW W/ CARROTS COWBOY BEANS HAMBURGER BUN BLUEBERRY CRISP MILK	8 
11 PORK RIBLET BBQ SAUCE COLESLAW PINTO BEANS HAMBURGER BUN APPLE COBBLER MILK	12 CUBED STEAK MUSHROOM GRAVY BROCCOLI CASSEROLE MELON FRUIT SALAD MASHED POTATOES ANGEL FOOD CAKE MILK	13 PINTO BEANS W/ ONIONS STEAMED CABBAGE COUNTRY TOMATOES CORNBREAD PINEAPPLE GRATIN MILK	14 LEMON PEPPER CHICKEN GREEN PEAS ROSEMARY POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK	15 
18 HAMBURGER SLICED CHEESE COLESLAW W/ CARROTS COWBOY BEANS HAMBURGER BUN MUSTARD/KETCHUP DICED PEACHES W/ YOGURT MILK	19 BBQ CHICKEN BREAST BBQ SAUCE MIXED GREENS MELON FRUIT SALAD CREAMED CORN ROLL OATMEAL COOKIES MILK	20 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES MASHED POTATOES ROLL CRANBERRY SAUCE FRUIT COCKTAIL MILK	21 BEEFARONI TOSSED SALAD W/ CARROTS & CABBAGE LIMA BEANS ITALIAN BREAD RANCH DRESSING MANDARIN ORANGES IN JELLO MILK	22 
25 BAKED PORK CHOP CALIFORNIA BLEND MACARONI & CHEESE WHEAT ROLL STRAWBERRY SHORTCAKE MILK	26 MEATLOAF TOMATO SAUCE WHOLE KERNAL CORN AU GRATIN POTATOES ROLL MANDARIN ORANGE FLUFF MILK	27 CHILI TOSSED SALAD W/ CARROTS & CABBAGE PINEAPPLE CORNBREAD SALTINES RANCH DRESSING MILK	28 HOT DOG ONIONS COLESLAW W/ CARROTS PORK & BEANS HOTDOG BUN MUSTARD/KETCHUP PEACH CRISP MILK	29 

West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

July 2016

West Hickory Senior Center

400 17th St SW

Hickory, NC 28602



<p>Happy Birthday! Peggy McGuire (7/3) Mary Jett (7/7) Allen May (7/10) Herman McCorkle (7/12) Maude Caldwell (7/15) Carolyn Nowell (7/15)</p>	<p>Mervin Sealy (7/16) Ernest Abernethy (7/22) Annie Williams (7/25) Peggy Whitener (7/27) Ruth Shepherd (7/27) Sharon Cannon (7/30) Gwen Derr (7/31)</p>			<p>1</p>
<p>4 CLOSED FOR INDEPENDENCE DAY</p>	<p>5 Let's celebrate Nation Picnic, National Watermelon, and National Grilling month! 9:00 East Hickory SMO & West Hickory SMO Cookout at Winkler's Park 9:30 Entertainment by Sentimental Journey</p>	<p>6 9:15 Senior Sez w/ Betty Scott 9:30 July Trivia Quiz 10:00 Project Lazarus w/ Michael Smith, Partners Behavioral Health and Jane Phillips, Managed Care Coordinator, CCDSS</p>	<p>7 8:45 Shopping at Walmart 10:00 Bible Study w/ Nancy Frady</p>	<p>8</p>
<p>11 9:15 Laughing Yoga w/ Judy Stowe 9:30 Ice Cream Sundae Social 10:00 Sing-a-long with Mabel Gabor</p>	<p>12 9:30 "Healthy Living " with Meghan Lawton w/ Alzheimer's Association</p>	<p>13 9:15 Morning Stretch with Betty Scott 9:30 BINGO! 10:00 What you need to know about Diabetes w/ Robin Tallent, BSN RN_BC</p>	<p>14 9:30 Dancing to the music of Sentimental Journey **Commodities**</p>	<p>15</p>
<p>18 9:15 Laughing Yoga w/ Judy Stowe 9:30 What would Emily Post say? 10:00 Who is it?</p>	<p>19 9:30 Creating a Butterfly Haven</p>	<p>20 9:15 Senior Sez w/ Betty Scott 9:30 Disney Movie Trivia 10:00 BINGO!</p>	<p>21 8:45 Shopping at Walmart! 10:00 Game Day!</p>	<p>22</p>
<p>25 9:15 Laughing Yoga with Judy Stowe 9:30 Cooking class—Butter in a jar w/ site supervisor 10:00 Jingo w/ Lena Abernethy, Ridgeview Library</p>	<p>26 9:30 BINGO! 10:00 BP checks and "Cornerstones of Good Health" with Carolyn Thompson, RN—CVMC</p>	<p>27 Take Your Pants for a Walk Day! 10:00-11:00 Farmer's Market</p>	<p>28 WWI Began—1914 9:15 Morning Stretch! 9:30 Hangman 10:00 Birthday Part with Entertainment by Charles Ballard</p>	<p>29</p>

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! Theresa Stone (7/6) William Beal (7/7) William "Bud" Jonas (7/11) Patsy McCrey (7/23)</p>				<p>1</p>
<p>4 CLOSED FOR INDEPENDENCE DAY</p>	<p>5 Let's celebrate Nation Picnic, National Watermelon, and National Grilling month at Winkler's Park with West Hickory SMO! 9:00 Stretches 9:30 Entertainment by Sentimental Journey</p>	<p>6 9:40 Stretch and Walk 10:00 BINGO</p>	<p>7 9:00 Walmart for the Day</p>	<p>8</p>
<p>11 9:45 Stretch to the Beat 10:00 BINGO</p>	<p>12 9:45 Benefits of Watermelon 10:00 Watermelon Seed Spitting Contest 10:30 Blood Pressure Checks, Bayada</p>	<p>13 9:45 Game Day—Horse Shoes, Ring Toss, Basketball</p>	<p>14 9:45 Project Lazarus w/ Michael Smith, Partners Behavioral Health and Jane Phillips, Managed Care Coordinator, CCDSS</p>	<p>15</p>
<p>18 9:40 Block Walk 10:00 National UV Protection—Get Out Those Sunglasses!</p>	<p>19 9:45 Sing-A-Long with Slim Jim Phillips</p>	<p>20 9:45 Dancercise 10:00 BINGO!</p>	<p>21 9:00 Walmart for the Day</p>	<p>22</p>
<p>25 9:40 Block Walk 10:00 BINGO!</p>	<p>26 9:40 Dancercise 10:00 Cooking with Rita—Mini Caprese Salad Skewers</p>	<p>27 10:00 Farmer's Market</p>	<p>28 9:45 Birthday Party</p>	<p>29</p>

Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

July 2016

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



<p>Happy Birthday! Charlie Major (7/1) Peggy Cagle (7/1) Ken Calloway (7/9) Vonda Lake (7/10) Martha Scronce (7/11) Kathy Leatherman (7/14)</p>	<p>Charlie Hillman (7/21) Vickie Williams (7/25) Callie Laffon (7/26) Doris Miller (7/28) Coleen Hoyle (7/28)</p> 			<p>1</p> 
<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY</p> 	<p>5</p> <p>Celebrate Charlie Major's 90th Birthday! Wear red, white, & blue! *Bring Snacks 10:00 Rev. Daniel Brank to sing</p>	<p>6</p> <p>9:30 Walk & Stretches 10:00 BINGO</p> 	<p>7</p> <p>9:00-12:00 Valley Hills Mall</p> 	<p>8</p> 
<p>11</p> <p>9:30 Walk & Stretches 9:45 Blood Pressure Checks, Jamie Dugo from Comfort Keeper 10:00 Cooking Class, California Spaghetti Salad</p>	<p>12</p> <p>9:30 Walk & Stretches 10:00 Family Feud</p> 	<p>13</p> <p>9:30 Walk & Stretches 10:00 BINGO 10:30 Benefits of Cucumbers</p> 	<p>14</p> <p>9:30 Walk & Stretches 10:00 Homemade Ice Cream—Bring toppings! 10:30 Frisbee Golf</p>	<p>15</p> 
<p>18</p> <p>9:15 Walk & Stretches 9:30 Presentation on Lazarus Project with Michael Smith with Partners Behavioral Health</p>	<p>19</p> <p>9:15 Walk & Stretches 9:30 Tunes from Yonder Years with Sentimental Journey</p> 	<p>20</p> <p>9:30 Walk & Stretches 10:00 BINGO with Agape Day camp from St. Paul Lutheran</p> 	<p>21</p> <p>9:30 Walk & Stretches 10:00 Benefits of Celery and Nutritious Snack</p>	<p>22</p> 
<p>25</p> <p>9:30 Walk & Stretches 10:00 BINGO</p> 	<p>26</p> <p>9:00-12:00 Bowling at Pin Station & Shopping at Honey's</p> 	<p>27</p> <p>10:15-11:30 Farmer's Market in Hickory</p> 	<p>28</p> <p>9:30 Walk & Stretches 10:00 Home Instead on Forgetfulness, When Should You Be Concerned? By Tammy Jacobs & Rik Covalinski</p>	<p>29</p> 

Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

July 2016

Center United Methodist Church

4945 Sherrills Ford Road

Catawba, NC 28609



<p>Happy Birthday! Ikie Woodruff (7/2) Jimmy Willis (7/2) Phyllis Deal (7/4) Hilda Smith (7/6) Geraldine Friday (7/7) Margaret Sigmon (7/12)</p>	<p>Lucy Lail (7/20) Nancy Murray (7/21) Linda Little (7/23) John Love (7/24) Norma (Jeanie) Minor (7/26) Nancy Simpson (7/27)</p>			<p>1</p> 
<p>4 CLOSED FOR INDEPENDENCE DAY</p> 	<p>5 9:30 Pin Station & Honeys</p> 	<p>6 9:30 Morning Walk 10:00 BINGO</p> 	<p>7 9:30 Morning Walk 10:00 The Lazarus Project by Michael Smith, Partners Behavioral Health</p>	<p>8</p> 
<p>11 9:30 Chair Exercises by Susie Chafin 10:00 BINGO</p>	<p>12 9:30 Pin Station & Honeys</p> 	<p>13 9:30 "Depression & Aging" by Tammy Jacobs, Supportive Solutions 10:30 Morning Walk</p>	<p>14 9:30 Crafts w/ Tonya Jarnac 10:30 Poem of the Day</p>	<p>15</p> 
<p>18 9:30 Peaches & Cream Ice Cream Social 10:15 Basketball & Kickball</p> 	<p>19 9:30 Music by Clontz Family & Friends 10:30 Joke of the Day</p>	<p>20 National Lollipop Day 9:30 Morning Walk 10:00 BINGO</p> 	<p>21 9:30 Blood Pressure Checks & "Exercises for Seniors", by Jackie Saunders, Bayada Home Health</p>	<p>22</p> 
<p>25 9:30 Chair Exercises by Susie Chafin 10:00 BINGO</p> 	<p>26 9:30 Morning Walk 9:45 Music by Lonesome Road</p>	<p>27 10:30 Farmer's Market</p> 	<p>28 9:30 Pizza Party (\$3.00) Cornhole, Horse shoes, Birdie Toss games!</p> 	<p>29</p> 

Maiden SMO Activities

Site Supervisor: Loretta Hefner

Assistant: Delphia Mullen

828-320-5966

July 2016

Maiden Community Center

E. 2nd St. & Klutz Street

Maiden, NC 28650



<p>Happy Birthday! Dorothy Josey (7/1) Peggy Whitener (7/27) Revonda Sigmon (7/29) Arnold Campbell (7/31)</p> 				<p>1</p> 
<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY</p> 	<p>5</p> <p>9:30 Bible Study w/ Preacher Eddie Roush & Group Singing</p>	<p>6</p> <p>9:30 BINGO & Group Walking</p> 	<p>7</p> <p>9:30 Group Singing & Group Exercise</p>	<p>8</p> 
<p>11</p> <p>9:30 Vegetable Bouquet with Thu Ngo & Group Exercise</p> 	<p>12</p> <p>9:30 Lazarus Project with Michael Smith: Partners Behavioral Health & This Day in History!</p>	<p>13</p> <p>9:30 Red, White, & Blue Fruit Salad Cooking Class with Site Supervisor & Living with Osteoarthritis!</p> 	<p>14</p> <p>9:30 Group Walking & Out to Lunch at Newton Carillon. Carillon will pick up Seniors on a bus.</p>	<p>15</p> 
<p>18</p> <p>9:30 Living with Diabetes: Robin Tallent w/ CVMC & Do you know how to eat right?</p> 	<p>19</p> <p>9:30 Blood Pressures w/ Ruby Radford: Interim Health Care & Frisbee Game</p>	<p>20</p> <p>9:30 BINGO & Dislocation or Torn Rotator Cuff?</p> 	<p>21</p> <p>9:30 Marsha Lynn, RN w/ Hospice: How to Pet a Porcupine—Don't Get Stuck with Stress!</p>	<p>22</p> 
<p>25</p> <p>9:30 Rik Covalinski with Home Instead Senior Care & Tammi Jacobs with Supportive Solutions: "Alzheimer's Disease...What you need to know"</p>	<p>26</p> <p>9:30 Sentimental Journey Band & Group Singing</p> 	<p>27</p> <p>9:30 Farmer's Market Trip</p> 	<p>28</p> <p>9:30 Group Walking & BINGO</p> 	<p>29</p> 