

### Upcoming Activities:

**Bobbie Curtis: The Life Story of Fannie Crosby:**  
**W. Hickory, Newton, and Catawba, June 6**

**Human Trafficking in the Carolinas by Karen Birkedal:**  
**W. Hickory & E. Hickory, June 13**

**Legal Aid of NC:**  
**W. Hickory, June 14; E. Hickory, June 2; Newton, June 22; Catawba, June 21; Maiden, June 9**

**“90 Minutes in Heaven” Movie and Popcorn:**  
**Catawba, June 9**

**Elvis Tribute Artist:**  
**W. Hickory, June 23; Maiden, June 2**

**Senior Safety by Sgt J. Helton:**  
**E. Hickory, June 7**

## Come Join Us!



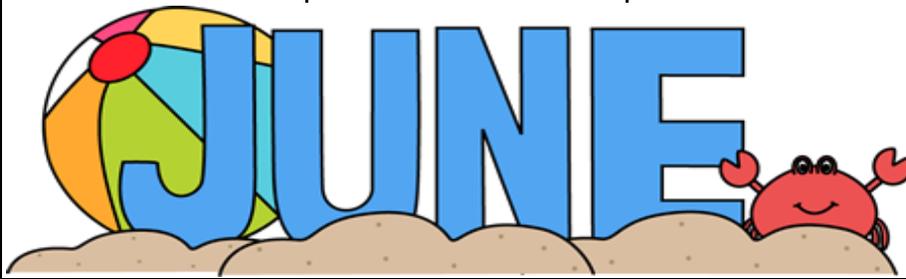
**Top picture:** Maiden Seniors Morning Out ladies celebrating Mother's Day and showing off their make-up treat bags!

**Bottom left:** West Hickory Seniors Morning Out participants and Site Supervisor, Lisa Adams, wearing their fancy hats to see the Titanic presentation by Road Scholar, Dr. Melinda Ratchford. Pictured from left to right: Robin Lail, Lisa Adams, Carolyn Lyda, and sitting, Ruth Pollard

**Bottom right:** Newton Seniors Morning Out participants with Elvis tribute artist, Ed Smith. From left to right: Doris Miller, Daisy Litman, Rachel Heavener, Sarah Costner.

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!



		1 CHICKEN CASSEROLE MIXED GREENS SWEET POTATOES BISCUIT CRANBERRY SAUCE PEACHES W/ YOGURT MILK	2 TURKEY SAUSAGE PATTIES WHITE GRAVY ROASTED RED POATOES GRITS BISCUIT MELON FRUIT SALAD MILK	3 
6 BAKED CHICKEN THIGH BROWN GRAVY TOMATO & OKRA MASHED POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK	7 HOT DOG W/ ONIONS COLWSLAW PORK & BEANS BUN MUSTARD/KETCHUP APPLE CRISP MILK	8 PEPPER STEAK BROWN GRAVY PEAS & CARROTS RICE ROLL PINEAPPLE GRATIN MILK	9 TUNA SALAD LETTUCE & TOMATO FRUIT SALAD POTATO SALAD WHEAT BREAD CHOCOLATE CHIP COOKIES MILK	10 
13 CUBED STEAK BROWN GRAVY CAPRI VEGETABLES MELON FRUIT SALAD RICE ANGEL FOOD CAKE MILK	14 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES SWEET POTATOES ROLL CRANBERRY SAUCE YOGURTW/ PINEAPPLE MILK	15 PORK RIBLET BBQ SAUCE COLESLAW PINTO BEANS BUN CHERRY CRISP MILK	16 HAM CHEESE CUCUMBER SALAD PASTA SALAD WHITE BREAD MAYO FRUIT SALAD MILK	17 
20 CUBED PORK WHITE GRAVY GREEN BEANS SWEET POTATOES ROLL PISTACHIO CREAM SALAD MILK	21 PIMENTO CHEESE MINISTRONE SOUP SALTINES WHEAT BREAD CHERRY CRISP MILK	22 BBQ CHICKEN BREAST BBQ SAUCE GREEN PEAS PINEAPPLE TIDBITS WHOLE KERNEL CORN ROLL CHOCOLATE PUDDING MILK	23 GREAT NORTHERN BEANS W/ HAM MIXED GREENS DICED POTATIES CORNBREAD STRAWBERRY SHORTCAKE MILK	24 
27 POT ROAST BROWN GRAVY SLICED CARROTS COLESLAW WHOLE POTATOES ROLL DICED PEARS MILK	28 BEEF A RONI TOSSED SALAD W/ RED CABBAGE & CARROTS LIMA BEANS ITALIAN BREAD RANCH DRESSING MANDARIN ORANGES IN JELLO MILK	29 LEMON PEPPER BAKED CHICKEN BREAST SQUASH CASSEROLE PARSLEY POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK	30 HAMBURGER STEAK BROWN GRAVY GREEN PEAS RICE ROLL MELON FRUIT SALAD MILK	

# West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

June 2016

West Hickory Senior Center

400 17th St SW

Hickory, NC 28602



<p><b>Happy Birthday!</b> Isaiah Robinson (6/2) Mikalene Lyon (6/9) Helen Ferrell (6/12) Nancy Frady (6/17)</p>		<p>1 9:15 Morning Stretch w/ Betty Scott 9:30 The Amazing Cucumber! 10:00 BINGO!</p>	<p>2 8:45-11:00 Wal-Mart 10:00-11:00 Bible Study</p>	<p>3</p>
<p>6 9:00-12:30 Newton SMO—Fannie Crosby performance by Bobbie Curtis</p>	<p>7 9:15 Laughing Yoga w/ Judy Stowe 9:30 Ice Cream in a bag in celebration of Dairy Month!</p>	<p>8 9:15 Morning Stretch w/ Betty Scott 9:30 BINGO w/ Ernie Abernethy, Humana</p>	<p>9 9:30 Family Feud! 10:00 Dancing to the music of Sentimental Journey!</p> <p>**Commodities**</p>	<p>10</p>
<p>13 9:00-12:00 East Hickory SMO on Human Trafficking in the Carolinas w/ Karen Birkedal</p>	<p>14 9:15 Laughing Yoga w/ Judy Stowe 9:30 Legal Aid of NC w/ Barbara Degen</p>	<p>15 9:15 Morning Stretch w/ Betty Scott 9:30 Adult Coloring</p>	<p>16 8:45-11:00 Wal-Mart 10:00-11:00 Board Games</p>	<p>17</p>
<p>20 9:30 Nutrition Made Easier with Mary Mitchell Family Caregiver Support Specialist WPCOG Area on Agency on Aging and Rok Covalinski, Home Instead</p>	<p>21 9:00-12:00 Bowling at Pin Station</p>	<p>22 9:15 Morning Stretch w/ Betty Scott 9:30 Making S'mores with Site Supervisor in celebration of Great Outdoors Month</p>	<p>23 9:30 The Man. The Life. The Legend. Elvis Tribute Artist—Ed Smith!</p>	<p>24</p>
<p>27 9:15 Manna Monday 9:30 Hangman 10:00 JINGO w/ Lena Abernethy, Ridgeview Library</p>	<p>28 9:15 Laughing Yoga w/ Judy Stowe 9:30 Trivia 10:00 Blood Pressures and Migraine &amp; Headache Awareness w/ Carolyn Thompson, RN, CVMC</p>	<p>29 9:15 Morning Stretch with Betty Scott 9:30 Crafting with seashells with site Supervisor</p>	<p>30 9:30 Family Feud! 10:00 Birthday Party! Entertainment by Alexander County Old Time Pickers!</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



**Happy Birthday!**

Nancy Pope (6/2)  
Becky Shaw (6/14)  
Hazel Lovelace (6/24)



1  
9:45 Sentimental Journey  
and dancing!



2  
9:30 Legal Aid of North  
Carolina



6  
9:45 Move to the Beat  
10:00 BINGO



7  
9:30 Blood Pressures  
9:45 Stretches  
10:00 Senior Safety with  
Sergeant John Helton,  
Catawba County  
Sherriff's Department

8  
8:30-11:30 Walmart for  
the Day!



9  
8:30 Trip to Tennessee  
  
\*\*Commodities\*\*



13  
9:45 Human Trafficking  
by Karen Birkedal

14  
Wear red, white, and  
blue!  
9:40 Block walk  
10:00 Flag Day  
Celebration with Suzy  
Killian

15  
9:45 Stretches  
10:00 BINGO



16  
9:00 Roses for  
shopping!  
10:45 Father's Day  
lunch at the Snack Bar



20  
9:30 Block Walk  
10:00 BINGO



21  
9:45 Stretches  
10:00 Inspirational Words  
with Mary Hawkins

22  
9:30 Nutrition in  
Blueberries  
9:45 Cooking Class w/  
Rita—How to make a flag  
cake



23  
8:30-11:30 Walmart for  
the Day!



27  
9:45 Dancercise  
10:00 BINGO

28  
9:45 Wear blue for Men's  
Health Awareness Month



29  
9:45 Friend Walk  
10:00 Basket Ball or  
Apples to Apples

30  
9:30 Birthday Party



# Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

June 2016

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



**Happy Birthday!**  
 Jerry Baker (6/11)  
 Garry Baker (6/11)  
 Barbara Bumgarner (6/14)  
 Viola Hooker (6/16)  
 Rachel Heavener (6/28)



1  
 9:30 Walk & Stretch  
 10:00 BINGO



2  
 9:30 Walk & Stretch  
 10:00 Let's play volleyball!

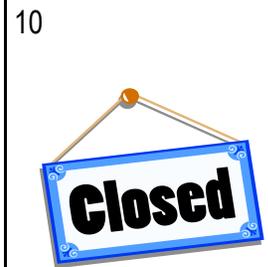


6  
 9:30 Gospel Singer  
 Karen Kondas  
 10:30 Catawba and West Hickory SMO to join us for a dramatic performance about blind hymn writer Fannie Crosby by Bobbie Curtis.

7  
 Ice Cream bar—bring your favorite topping!  
 9:30 Walk & Stretch  
 9:45 What you need to know about arthritis by Robyn Curtis

8  
 9:30 Walk & Stretch  
 10:00 BINGO  
 10:30 Bible Trivia

9  
 9:00-12:00 Shopping at Walmart scavenger hunt



13  
 Celebrate Viola's over 90th birthday!  
 9:30 Walk & Stretch  
 10:00 Blood Pressures by Jamie Dugo from Comfort Keeper

14  
 Celebrate Father's Day at Western Steer Steakhouse in Newton  
 11:00-1:00 Rev. Daniel Brank to sing

15  
 9:30 Walk & Stretches  
 10:00 BINGO



16  
 9:30 Walk & Stretches  
 10:00 Come play hover soccer!

\*\*Commodities\*\*



20  
 9:30 Walk & Stretches  
 10:00 BINGO



21  
 9:30 Music from yonder years with Sentimental Journey  
 10:15 Walk & Stretch

22  
 9:30 Legal Aid of NC—Benefit Enrollment Center Grant Outreach  
 10:00 Hangman

23  
 9:30 Walk & Stretch  
 10:00 Damascus Road to sing Gospel



27  
 9:30 Walk & Stretch  
 9:45 Food Allergies by Robyn Curtis  
 10:15 Gospel sing with Uncle Larry

28  
 9:00-12:00 Shopping at Honey's and bowling at Pin Station



29  
 9:30 Walk & Stretch  
 10:00 BINGO

30  
 9:30 Hawaiian Luau!  
 Come experience music, lei making, & cooking class on Hawaiian food!



# Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

June 2016

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



<p><b>Happy Birthday!</b> Vie Purcell (6/1) Ella Brown (6/2) Nell Sherrill (6/9) Dennis Drum (6/10) Jean Gabriel (6/10) George Morrell (6/12) Ruth Bolick (6/14) Harold Killian (6/14)</p>	<p>Mary Eller (6/16) Thomas Young (6/16) Mary Compton (6/17) Nancy Cleary (6/20) Hazel Greenard (6/26) Vickie Nixon (6/27) Gertrude Gabriel (6/28) Patty Mauney (6/29) Danny Phillips (6/29)</p>	<p>1 9:30 Morning Walk 10:00 BINGO</p> 	<p>2 9:30 Indoor Beach Party with snacks &amp; games (corn hole, volleyball, horseshoes)!</p>	<p>3</p> 
<p>6 9:30 Exercise with Robyn Curtis 10:30 Performance by Bobbie Curtis, Dramatic Actress</p>	<p>7 9:30 Pin Station &amp; Shopping at Honey's!</p> 	<p>8 9:30 Morning Walk 10:00 BINGO</p>	<p>9 9:30 Popcorn &amp; Movie at Sherrills Ford Library "90 Minutes in Heaven"</p> 	<p>10</p> 
<p>13 9:30 Chair Exercises w/ Susie Chafin 10:00 BINGO</p>	<p>14 9:30 Pin Station &amp; Shopping at Honey's</p> 	<p>15 9:30 Cookout! Music by Sentimental Journey</p> 	<p>16 9:15 Morning Walk 9:30 BP Checks and "Safe Travel Tips for Older Adults" by Jackie Saunders, Bayada Home Health</p>	<p>17</p> 
<p>20 9:30 Father's Day Celebration! 10:00 Morning Walk 10:15 Hangman</p>	<p>21 9:30 Legal Aid of NC Benefit Enrollment by Elaine Bivens 10:00 Puzzle Day</p> 	<p>22 9:30 Fresh Fruit &amp; Vegetable Dips with Site Supervisor 10:00 Basketball 10:30 Poem of the Day</p>	<p>23 9:30 Morning Walk 10:00 BINGO</p> 	<p>24</p> 
<p>27 9:30 Chair Exercises by Susie Chafin 10:00 Anagram</p> 	<p>28 9:30 Morning Walk 10:00 BINGO</p> 	<p>29 9:30 "Top 10 Men Killers" by Peggy Messick, CVMC 10:20 Laughter is the Best Medicine</p>	<p>30 9:30 Craft Day 10:30 Sun Safety by Wendy Thomas</p> 	

# Maiden SMO Activities

Site Supervisor: Loretta Hefner

Assistant: Delphia Mullen

828-320-5966

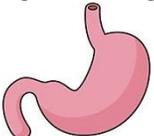
June 2016

Maiden Community Center

E. 2nd St. & Klutz Street

Maiden, NC 28650



<p><b>Happy Birthday!</b> Cyril Drum (6/21) Delphia Mullen (6/24) Joe Miles (6/28) Mamie Gerold (6/28) Jynell Abernathy (6/30)</p>		<p>1 9:30 Bean Auction Game &amp; Group Exercise</p>	<p>2 9:30 A tribute to Elvis with Ed Smith &amp; Group Singing</p> 	<p>3</p> 
<p>6 9:30 Group Walking &amp; Does our digestive system change as we age?</p> 	<p>7 9:30 Bible Study w/ Pastor Eddie Roush &amp; Group Singing</p>	<p>8 9:30 BINGO &amp; Group Exercise</p> 	<p>9 9:30 Elaine Bivens w/ Legal Aid of NC &amp; Group .Singing</p> 	<p>10</p> 
<p>13 9:30 Group Walking &amp; Effective Communication Strategies for Dementia w/ Meghan Lawton, Alzheimers Association</p>	<p>14 9:30 Ice Cream Social &amp; Corn Hole Game</p> 	<p>15 9:30 Group Exercise &amp; Wheel of Fortune Game</p>	<p>16 9:30 BINGO &amp; Honor Fathers: Nachos &amp; Cheese Cooking Class with Site Supervisor</p> <p><b>**Commodities**</b></p>	<p>17</p> 
<p>20 9:30 Can you understand the Dietary Guidelines? &amp; BINGO</p>	<p>21 9:30 Group Walking &amp; Blood Pressures</p>	<p>22 9:30 Bowling Game &amp; Recognition: This day in history</p> 	<p>23 9:30 Group Walking &amp; Out to lunch at Butcher Boys</p>	<p>24</p> 
<p>27 9:30 Group Exercise &amp; Proper Herbs &amp; Spices as we age</p> 	<p>28 9:30 Corn Hole Game &amp; Sentimental Journey Band</p> 	<p>29 9:30 Group Singing &amp; Basketball Shoot</p>	<p>30 9:30 BINGO &amp; Group Walking</p> 	