

Upcoming Activities:

Mountain Wit and Grit
sponsored by Catawba
County United Arts
Council:
Newton and Catawba,
November 3

Preserving Balance:
Preventing Falls with
Kayla Bumgarner, BS
CVMC:
W. Hickory, November 8

Valley Hills Mall:
E. Hickory, November 15

Veterans Office:
Recognition of Veterans
Day & update on Veterans
benefits with Cindy Travis:
Maiden, November 7

Movie at Sherrills Ford
Library—*Miracles from*
Heaven:
Catawba, November 10

Come Join Us!

"If I Live To See Tomorrow"

If I live to see tomorrow, I will thank the lord above.
I will praise his name forever for his sacrifice & love.

If I live to see tomorrow, I will pray that God will see.
That I know he'll always be there, thru all troubles I
may see.

If I live to see tomorrow, I will love like Jesus loved.
I will sing with love and caring like the angels up above.

- Jim Phillips (9-14-16)

I'm Thankful For...

The love of children.—Betty Buff I'm thankful to the Good Lord everyday that I'm alive and able to take care of myself.—Ruth Pollard For my eyesight.—Becky Shaw For the Lord bringing me here today.—Helen Clawson Very thankful for my Savior and my sons. Thankful for SMO for being there for me after my husband died.—Diana Montgomery Salvation, family, waking up each day, healthy children and grandchildren, 50 years of marriage, and SMO.—Vickie Williams Everyday that I am not in a wheelchair.—Nedra Hayes Thankful to live where we do instead of storm ridden areas.—Maiden SMO Thankful to still walk about and able to enjoy life.—Maiden SMO

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!

November

	1 PINTO BEANS DICED ONION OKRA & TOMATOES CUCUMBER SALAD CORNBREAD APPLE CRISP MILK	2 CUBED PORK PORK GRAVY GREEN BEANS SWEET POTATOES ROLL YOGURT W/ PINEAPPLE MILK	3 STEW BEEF BROWN GRAVY LIMA BEANS MASHED POTATOES ROLL STRAWBERRY SHORTCAKE MILK	4 
7 LEMON PEPPER CHICKEN BREAST BROCCOLI CASSEROLE MANDARIN ORANGES IN JELLO ROSEMARY POTATOES ROLL ANGEL FOOD CAKE MILK	8 HAMBURGER STEAK BROWN GRAVY GREEN PEAS AU GRATIN POTATOES ROLL PISTACHIO CREAM SALAD MILK	9 PULLED TURKEY POULTRY GRAVY SQUASH CASSEROLE MASHED POTATOES ROLL STRAWBERRY SHORTCAKE MILK	10 CHOPPED PORK BBQ SAUCE COLESLAW HOT GINGER PEARS BAKED BEANS BUN ICE CREAM MILK	11 
14 MEATLOAF BROWN GRAVY MIXED VEGETABLES AU GRATIN POTATOES ROLL STRAWBERRY CREAM SALAD MILK	15 CHICKEN & DUMPLINGS MIXED GREENS MASHED POTATOES ROLL HAWAIIAN SALAD MILK	16 BAKED TURKEY W/ CORNBREAD DRESSING GREEN BEANS W/ PEARL ONIONS CRANBERRY/APPLE JUICE WHIPPED POTATOES WHEAT ROLL MARGARINE PUMPKIN PIE MILK	17 HOT DOG DICED ONION COLESLAW BAKED BEANS HOT DOG BUN FRESH BANANA MILK	18 
21 CUBED STEAK BROWN GRAVY GREEN PEAS WHIPPED POTATOES WHEAT ROLL HAWAIIAN SALAD MILK	22 VENETIAN CHICKEN THIGH VENETIAN TOMATO SAUCE SUCCOTASH FETTUCCINI NOODLES ROLL FRUIT SALAD MILK	23 BAKED HAM GREEN BEANS SWEET POTATOES WHEAT ROLL MANDARIN ORANGE FLUFF MILK	24 CLOSED FOR THANKSGIVING!	25 
28 BEEF STROGANOFF MIXED VEGETABLES EGG NOODLES ROLL PEACH COBBLER MILK	29 PIMENTO CHEESE LETTUCE TOMATO CHICKEN NOODLE SOUP WHEAT BREAD STRAWBERRY SHORTCAKE MILK	30 BAKED PORK CHOP GLAZED CARROTS MACARONI & CHEESE WHEAT ROLL AMBROSIA SALAD MILK		

West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

November 2016

West Hickory Senior Center

400 17th St SW

Hickory, NC 28602



<p>1 9:15 Fire Drill 9:30 BINGO 10:00 Dear Abby</p> 	<p>2 9:15 Exercise with Judy Stowe 9:30 Cooking Class w/ Site Supervisor-Deviled Eggs for National Deviled Eggs Day 10:00 Eggs and Food Borne Illness by Site Supervisor</p>	<p>3 9:00-10:45 Walmart 10:00-11:00 Bible Study</p> 	<p>4</p> 
<p>7 9:15 Morning Stretch with Betty Scott 9:30 Craft—Pinecone Turkeys with Site Supervisor</p>	<p>8 Election Day 9:30 Thanksgiving Word Mining 10:00 Preserving Balance: Preventing Falls with Kayla Bumgarner, BS CVMC</p>	<p>9 9:15 Exercise with Judy Stowe 9:30 BINGO 10:00 Just the Way You Are!</p> 	<p>10 9:30 Family Feud 9:45 Dancing to the music of Sentimental Journey! **Commodities**</p> 
<p>14 9:15 Morning Stretch with Betty Scott 9:30 BINGO 10:00 Sing-A-Long with Mabel Gabor</p>	<p>15 9:30 Craft—Puzzle Ornaments with Site Supervisor</p> 	<p>16 9:15 Exercise with Judy Stowe 9:30 Hangman 10:00 Country Buffoonery Fun</p>	<p>17 8:45-10:00 Walmart 9:30 Craft—Holiday Gift Bags with Site Supervisor</p>  
<p>21 9:15 Morning Stretch with Betty Scott 9:30 Thanksgiving Riddles 10:00 Scavenger Hunt</p>	<p>22 10:30 "The Love Machine" at The Barn Dinner Theater</p> 	<p>23 9:15 Exercise with Judy Stowe 9:30 Bring in a Thanksgiving Poem to share 10:00 Giving God Thanks with Rev. Ted Powell</p>	<p>24 CLOSED FOR THANKSGIVING!</p> 
<p>28 Manna Monday 9:15 Morning Stretch with Betty Scott 9:30 Family Feud 10:00 JINGO</p>	<p>29 9:30 BINGO 10:00 BP Checks and Osteoporosis Education with Carolyn Thompson, RN CVMC</p>	<p>30 9:15 Exercise with Judy Stowe 9:30 Birthday Party</p> 	<p>Happy Birthday! Marta Hendrix (11/7) Uwe Geertz (11/10) Mary Annebelo (11/11) Rosie Haynes (11/12) Shern Smith (11/17) Robin Lail (11/26) Nancy Smith (11/27)</p>

EHKY SMO Activities

Site Supervisor: Rita Pritchard

Assistant: Ocie Price

828-320-5963

Huntington Hills Church of God

2123 5th Street NE

November 2016

Hickory, NC 28601



	<p>1 9:45 Sentimental Journey and Dancing</p> 	<p>2 9:45 National Deviled Egg Day! Nutrition of Eggs and Cooking Class with Rita making Deviled Eggs</p>	<p>3 9:45 Stretches 10:00 BINGO</p>	<p>4</p> 
<p>7 11:00 Harbor Inn 12:30 Walmart</p> 	<p>8 9:45 EHKY Presidential Election</p> 	<p>9 9:30 Block Walk 9:45 Family Feud</p>	<p>10 9:45 Dancercise 10:00 BINGO</p> <p>**Commodities**</p>	<p>11</p> 
<p>14 9:45 Block Walk 10:00 BINGO</p>	<p>15 10:00 Valley Hills Mall</p> 	<p>16 9:45 Blood Pressure Checks and Diabetes Care with Jamie Dugo, Comfort Keepers</p>	<p>17 9:45 Stretches 10:00 What I Am Most Thankful For</p> 	<p>18</p> 
<p>21 9:30 Laughing Yoga 10:00 Medicare Fraud, Diane Trainor</p> 	<p>22 9:00 Walmart for the day!</p> 	<p>23 Fire Drill 9:45 Food Borne Illness—Proper Hand Washing</p>	<p>24</p> <p>CLOSED FOR THANKSGIVING!</p>	<p>25</p> 
<p>28 9:45 Stretches 10:00 BINGO</p> 	<p>29 9:45 National Peanut Butter Month! Bring Peanut Butter recipes/cookies!</p>	<p>30 9:45 Birthday Party</p> 	<p>Happy Birthday! Patsy Rippy (11/9) Richard Clark (11/12) Judy Armstrong (11/15) Kathy Thomas (11/25)</p>	

Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

November 2016

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



	<p>1 Fire Drill 9:30 Walk & Stretches 10:00 BINGO</p> 	<p>2 9:30 Walk & Stretches 10:00 Medicare 101 & AARP by Renee Smith, Independent Licensed Agent</p>	<p>3 9:30 Walk & Stretches 10:00 Come hear Michael Reno Harrell, an award winning songwriter and veteran story teller and entertainer</p>	<p>4</p> 
<p>7 9:30 Walk & Stretches 10:00 Sandi Hood from Catawba County Hospice on "Hospice Vs. Life Transitions"</p>	<p>8 9:00-12:00 Shopping at Hickory Walmart</p> 	<p>9 9:30 Walk & Stretches 9:50 Food Borne Illness education 10:10 BINGO</p>	<p>10 9:30 Walk & Stretches 10:00 Come hear the Melodears sing!</p> 	<p>11</p> 
<p>14 9:30 Walk & Stretches 10:00 Cooking Class— Sweet Potato Pie with Almond Crust</p> 	<p>15 9:30 Come hear music from the yonder years— Sentimental Journey!</p>	<p>16 9:30 Walk & Stretches 10:00 BINGO</p>	<p>17 9:30 Walk & Stretches 10:00 "Winter Safety" by Kayla Bumgarner, Health First</p>	<p>18</p> 
<p>21 11:00-1:00 Celebrate Thanksgiving at Golden Corral</p>	<p>22 9:00 Walk & Stretches 9:30 Blood Pressure Checks by Jamie Dugo, Comfort Keepers 10:00 Soccer</p>	<p>23 9:30 Walk & Stretches 10:00 BINGO</p> 	<p>24 CLOSED FOR THANKSGIVING!</p>	<p>25</p> 
<p>28 9:30 Walk & Stretches 10:00 Volleyball</p> 	<p>29 9:00-11:00 Bowling at Pin Station 11:15-12:15 Shopping at Bi-Lo</p> 	<p>30 9:30 Walk & Stretches 10:00 BINGO</p>	<p>Happy Birthday! Rick Hardin (11/1) Judy Fincannon (11/4) Dorothy Foote (11/5) Anita Mapes (11/6) Ruby Gibson (11/6) Paul Williams (11/10) Betty Greenard (11/11)</p>	<p>Ella Yount (11/15) Edith Clemons (11/22) Diana Montgomery (11/25) Rachel Gaither (11/29) Judy Leatherman (11/30)</p>

Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434 Center United Methodist Church
November 2016 4945 Sherrills Ford Road
Catawba, NC 28609



	<p>1 9:30 Pin Station 10:30 Conover Walmart</p>	<p>2 9:15 Fire Drill 9:30 Morning Walk 10:00 BINGO</p> 	<p>3 9:30 Join Newton SMO for walk & stretches and entertainment by Mike Harrell, storyteller and songwriter</p>	<p>4</p> 
<p>7 9:30 Chair Exercises w/ Susie Chafin 10:00 BINGO</p>	<p>8 9:30 Pin Station 10:30 Conover Walmart</p> 	<p>9 9:30 Anagram 10:00 FBI—Handwashing Hygiene 10:15 Basketball</p>	<p>10 9:30 Movie at Sherrills Ford Library—<i>Miracles from Heaven</i></p> 	<p>11</p> 
<p>14 9:30 Morning Walk 10:00 BINGO</p>	<p>15 9:30 Relaxation Exercises 10:00 Cancer Awareness & Screening by Kim Atkinson, CVMC Imaging Center</p>	<p>16 9:30 Poem & Short Story 10:00 Music by “Seniors on the Move”</p>	<p>17 9:15 Morning Walk 9:45 Crafts by Tonya Jarnac</p> 	<p>18</p> 
<p>21 9:30 Chair Exercises 10:00 BINGO</p> 	<p>22 9:30 Cooking Day “Autumn Apple Cake” 10:00 Birdie Toss Game</p>	<p>23 9:30 BP Checks 10:00 Stress Management for the Holidays by Kayla Hefner, CVMC</p>	<p>CLOSED FOR THANKSGIVING!</p>	<p>25</p> 
<p>28 9:30 Morning Walk 10:00 BINGO</p>	<p>29 9:30 Joke of the Day! 10:00 Music by Lonesome Road</p>	<p>30 9:45 Bible Trivia 10:15 Volleyball</p> 	<p>Happy Birthday! Evelyn Stutts (11/1) Mary Ann Winebarger (11/7) Sarah Hughey (11/10) Kathleen Loftin (11/13) Carol Hollar (11/15)</p>	<p>Betty Williams (11/17) Weddie Lewis Gabriel (11/17) Walter Smith (11/22)</p>

Maiden SMO Activities

Site Supervisor: Loretta Hefner

Assistant: Delphia Mullen

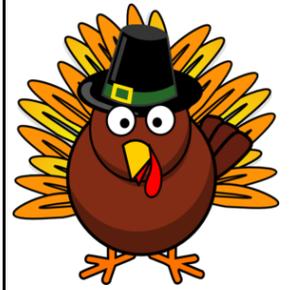
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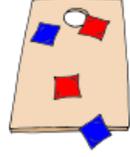
November 2016

Maiden Community Center

E. 2nd St. & Klutz Street

Maiden, NC 28650



	1 9:30 Bible Study with Pastor Eddie Roush & Group Walking	2 9:30 FBI & Fire Drill & Recognition of the cucumber & BINGO	3 9:30 What I am thankful for craft class & Group Walking 	4 
7 9:30 Cindy Travis w/ Veterans Office: Recognition of Veterans Day & update on Veterans Benefits	8 9:30 Election Day BINGO in gym & out to eat at Startown Road Truck Stop—leave time: 10:30 a.m.	9 9:30 Robbie Bennett w/ Bennett's Funeral Home: Prepared Planning & Group Walking 	10 9:30 Ann Simmons w/ Agriculture Extension: Healthy Holiday Eating & Group Walking	11 
14 9:30 Do you need a CapTel phone w/ Kim Calabretta from Sprint & Group Walking	15 9:30 Cooking Class: Thanksgiving Kabobs w/ Site Supervisor, BINGO & Blood Pressures w/ Ruby Radford: Interim Health Care	16 9:30 Scrapbooking Class w/ Pansey Helderman & Group Exercise 	17 9:30 Christmas Earring craft class & On This Day in History	18 
21 9:30 Donated Christmas BINGO & Group Walking	22 9:30 Group Walking & Entertainment by: Sentimental Journey Band	23 9:30 BINGO & Group Exercise 	24 CLOSED FOR THANKSGIVING	25 
28 9:30 Group Exercise & Frisbee Toss Game	29 9:30 Corn Hole Game & Pictionary Game 	30 9:30 Group Walking & BINGO	Happy Birthday! Betty Rhyne (11/2) Sharon Peyron (11/5) Bob Miller (11/12) Earl McElveen (11/15) Mattie Beal (11/18) Larry Hartsoe (11/19) Phyllis Vanhoy (11/27) Donald Anderson (11/30)	