

Upcoming Activities:

Hamrick's:

W. Hickory, September 13;
Newton, September 15

Art with Ellen Ball
sponsored by the United
Arts Council:

Catawba, September 20

Pneumonia Booster Shot
& Flu Shot Clinic:

Maiden, September 15

Actress Bobbie Curtis on
Appalachian woman
Birdell "Birdie" Tolley at
Huntington Hills:

E. Hickory & Newton,
September 20

Trip to Valle Crucis:

Maiden, September 29

Hickory Farmer's Market:

All Sites, September 28

Come Join Us!



Senior Nutrition Services will be closed Monday, September 5th in observance of Labor Day.

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.



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!

September



			1 BEEF A RONI TOSSED SALAD W/ CARROTS & CABBAGE LIMA BEANS ITALIAN BREAD RANCH DRESSING MANDARIN ORANGES IN JELLO MILK	2 
5 CLOSED IN OBSERVANCE OF LABOR DAY	6 MEATLOAF TOMATO SAUCE WHOLE KERNAL CORN AU GRATIN POTATOES ROLL MANDARIN ORANGE FLUFF MILK	7 CHILI TOSSED SALAD W/ CARROTS & CABBAGE PINEAPPLE CORNBREAD SALTINES RANCH DRESSING MILK	8 HOTDOG ONIONS COLESLAW W/ CARROTS PORK & BEANS HOT DOG BUN MUSTARD/KETCHUP PEACH CRISP MILK	9 
12 SMOTHERED CHICKEN MUSHROOM SAUCE GREEN PEAS MANDARIN ORANGES SWEET POTATOES ROLL POUND CAKE MILK	13 STEW BEEF BROWN GRAVY GREEN BEANS AMBROSIA SALAD RICE ROLL MILK	14 CHICKEN & DUMPLINGS CAPRI VEGETABLES COLESLAW W/ CARROTS ROLL APPLE CRISP MILK	15 MEATBALLS SPAGHETTI SAUCE TOSSED SALAD W/ CARROTS & TOMATOES SLICED PEARS SPAGHETTI NOODLES ITALIAN BREAD RANCH DRESSING OATMEAL COOKIES MILK	16 
19 EGG SALAD BROCCOLI SALAD TOMATO POTATO SALAD WHEAT BREAD HAWAIIAN SALAD MILK	20 PULLED TURKEY WHITE GRAVY SQUASH CASSEROLE RICE ROLL STRAWBERRY SHORTCAKE MILK	21 BAKED CHICKEN THIGH BROWN GRAVY TOMATO & OKRA WHIPPED POTATOES ROLL FRUIT SALAD MILK	22 CORNED BEEF STEAMED CABBAGE ROASTED RED SKINNED POTATOES ROLL APPLE CRISP MILK	23 
26 HAMBURGER STEAK BROWN GRAVY CALIFORNIA BLEND MACARONI & CHEESE ROLL FRUIT SALAD MILK	27 POLISH TURKEY SAUSAGE ORANGE JUICE HASHBROWN CASSEROLE BISCUIT JELLY PEACH COBBLER MILK	28 PIMENTO CHEESE LETTUCE TOMATO VEGETABLE SOUP WHEAT BREAD STRAWBERRY SHORTCAKE MILK	29 CHOPPED PORK BBQ SAUCE COLESLAW W/ CARROTS COWBOY BEANS HAMBURGER BUN BLUEBERRY CRISP MILK	30 

West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

September 2016

West Hickory Senior Center

400 17th St SW

Hickory, NC 28602



Happy Birthday!

- Grady Costner (9/2)
- Betty Scott (9/2)
- Peggy Duke (9/4)
- Ruby Heavner (9/12)
- Wayne Wallace (9/17)
- Elaine Hallman (9/24)
- Agnes Wright (9/25)
- Jennie Ritch (9/29)

1
8:45 Walmart
10:00 Bible Study w/
Nancy Frady



CLOSED IN OBSERVANCE OF LABOR DAY

5

6
9:15 Laughing Yoga w/
Judy Stowe
9:30 Benefits of Okra
10:00 BINGO

7
9:15 Morning Stretch w/
Betty Scott
9:30 Name That Tune!
10:00 Mama's Scrapbook
w/ Nancy Frady

8
9:30 Family Feud
10:00 Music and
Dancing with
Sentimental Journey!

Commodities



12
9:15 Morning Stretch w/
Betty Scott
9:30 Cooking Class—
Pineapple Lush Dip
10:00 Sing-a-long with
Mabel Gabor

13
8:45-10:10 Breakfast at
Granny's Country
Kitchen
10:30-11:30 Shopping at
Hamrick's



14
9:15 Laughing Yoga w/
Judy Stowe
9:30 Bible Trivia!
10:00 I have Diabetes,
what can I eat? w/ Ann
Simmons, Extension
Agent, Family and
Consumer Sciences

15
8:45-9:45 Neighborhood
Walmart
9:30 Wacky Wordies!
10:00 BINGO



19
9:15 Morning Stretch w/
Betty Scott
9:30 Cranium Crunch!
10:00 Gospel Music with
Damascus Road

20
9:30 National Park
Knowledge
10:00 The Graying of
HIV/AIDS by Zoe Jones,
Health Educator, ALFA

21
9:15 Laughing Yoga with
Judy Stowe
9:30 Craft—Bring in some
scrap yarn and an old
CD!

22
9:30 Let's have an Ice
Cream Cone in celebra-
tion of National Ice
Cream Cone Day!
10:00 Gospel w/ Barbie
Hollar



26
Manna Monday
9:15 Morning Stretch w/
Betty Scott
9:30 Hangman
10:00 JINGO w/ Lena
Abernethy

27
9:30 Laughing Yoga w/
Judy Stowe
9:30 Anne Frank Code
Message
10:00 BP Checks and
Prostate Health w/
Carolyn Thompson,
RN—CVMC

28
10:00-10:45 Farmer's
Marker



29
9:30 Camping
Crossword Puzzle
10:00 Birthday Party—
Gospel Music w/
Charles Ballard



EHKY SMO Activities

Site Supervisor: Rita Pritchard

Assistant: Barbara White

828-320-5963

Huntington Hills Church of God

September 2016

2123 5th Street NE

Hickory, NC 28601



<p>Happy Birthday Suzy Killian (9/2) Rietha Sims (9/4)</p> 			<p>1 9:45 Friend Walk 10:00 BINGO</p> 	<p>2</p> 
<p>5</p> <p>CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>6 9:00 Walmart for the day!</p> 	<p>7 9:45 Block Walk 10:00 BINGO</p>	<p>8 9:45 Celebrating Grandparents Day</p> <p>**Commodities**</p>	<p>9</p> 
<p>12 9:45 Move to the Beat 10:00 BINGO</p> 	<p>13 9:45 Stretches 10:00 Healthy Aging by Annie Williams</p>	<p>14 9:45 National Live Creative Day: Creating Art</p>	<p>15 9:45 Slim Jim "Pickin' and a Grinnin'" sing-a-long and dance</p> 	<p>16</p> 
<p>19 9:45 Stretches 10:00 BINGO</p>	<p>20 9:30 Come see a play acted by actress Bobbie Curtis about an Appalachian woman, Birdell "Birdie" Tolley 11:00 Lunch</p>	<p>21 9:30 Sentimental Journey & Dancing</p> 	<p>22 9:00 Walmart for the day!</p> 	<p>23</p> 
<p>26 9:45 Dancercise 10:00 BINGO</p>	<p>27 9:45 Stretches 10:00 Nutrition in Raisins & Cooking Class—Ants on a Long 10:30 Blood Pressure Checks</p>	<p>28 10:00 Farmer's Market</p> 	<p>29 9:45 Birthday Party</p> 	<p>30</p> 

Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

September 2016

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



<p>Happy Birthday Ted Whisnant (9/4) Shirley Green (9/13) Doris Howard (9/15) Mamie Robinson (9/15) Dorothy Bell (9/17)</p> 			<p>1 9:30 Walk & Stretches 10:00 Melanie Sigmon from Catawba County EMS on Poisoning Prevention</p>	<p>2</p> 
<p>5</p> <p>CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>6 9:30 Walk & Stretches 10:00 Singing by Rev. Daniel Brank</p>	<p>7 9:30 Walk & Stretches 10:00 BINGO</p> 	<p>8 9:30 Walk & Stretches 10:00 Come hear "Rev It Up" - Various Lutheran Pastors</p>	<p>9</p> 
<p>12 Celebrate Chocolate Milkshake Day! 9:30 Walk & Stretches 10:00 Cooking Class: Chocolate Milkshake!</p>	<p>13 9:30 Walk & Stretches 10:00 Music from yonder years - Sentimental Journey</p> 	<p>14 9:30 Walk & Stretches 10:00 BINGO</p>	<p>15 9:00-10:30 Bus week at Hamrick's. 10:45-12:00 Valley Hills Mall Food Court</p> <p>**Commodities**</p>	<p>16</p> 
<p>19 9:30 Walk & Stretches 9:45 Helping City of Newton making signs for Foothills Folk Art Festival 10:00 Hangman</p>	<p>20 Come see a play acted by actress Bobbie Curtis about an Appalachian woman, Birdell "Birdie" Tolley at East Hickory SMO!</p>	<p>21 9:30 Walk & Stretches 10:00 BINGO</p> 	<p>22 9:00 Walk & Stretches 9:30 Blood Pressure Checks, Jamie Dugo, Comfort Keepers 10:15 Program on "Senior Make a Wish" by Jamie Dugo, Comfort Keepers</p>	<p>23</p> 
<p>26 9:30 Walk & Stretches 10:00 Craft by Robyn Curtis & Martha Scronce—Origami Flow- ers</p>	<p>27 9:00-12:00 Bowling at Pin Station & Shopping at Honeys</p> 	<p>28 10:00-10:45 Hickory Farmer's Market</p> 	<p>29 9:30 Walk & Stretches 10:00 BINGO</p>	<p>30</p> 

Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

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



<p>Happy Birthday! Joe Gabriel (9/9) William Curry (9/10) Bertie Lineberger (9/10) Judy Cook (9/11) Cindy Herr (9/11) Rebecca Gibbs (9/13)</p>	<p>Bobby Finley (9/27) Pat Monsrud (9/28) Merle Frankie (9/29)</p> 		<p>1 9:30 Laughter is the Best Medicine 10:00 Music by "Seniors on the Move"</p> 	<p>2</p> 
<p>5 CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>6 9:30 Bowling at Pin Station and Shopping at Honeys</p> 	<p>7 9:30 Morning Walk 10:00 BINGO</p>	<p>8 9:30 Morning Stretches 10:00 Cholesterol & You by Kayla Hefner, CVMC</p>	<p>9</p> 
<p>12 9:30 Chair Exercises by Susie Chafin 10:00 Family Feud</p>	<p>13 9:30 Bowling at Pin Station and Shopping at Honeys</p> 	<p>14 9:30 Morning Walk 10:00 BINGO</p>	<p>15 9:30 BP Checks & Program on Hypertension by Jackie Saunders, Bayada Home Health</p>	<p>16</p> 
<p>19 9:30 Fruits & Vegetables More Matters by Wendy Thomas 10:00 Horse Racing Game</p>	<p>20 9:30 Art w/ Ellen Ball, United Arts Council</p>	<p>21 9:30 Morning Walk 10:00 BINGO</p> 	<p>22 9:30 Come enjoy a biscuit for National Biscuit Day! 10:00 Basketball & Kick-ball</p>	<p>23</p> 
<p>26 9:30 Chair Exercises w/ Susie Chafin 10:00 BINGO</p> 	<p>27 9:30 Poem of the Day 10:00 Music by "Lonesome Road"</p>	<p>28 10:30 Farmer's Market</p> 	<p>29 9:30 Morning Walk 9:45 Crafts w/ Tonya Jarnac</p>	<p>30</p> 

Maiden SMO Activities

Site Supervisor: Loretta Hefner

Assistant: Delphia Mullen

828-320-5966

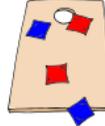
September 2016

Maiden Community Center

E. 2nd St. & Klutz Street

Maiden, NC 28650



<p>Happy Birthday Sandra Scronce (9/1) Shirley Jarrett (9/7) Christine Mayberry (9/10) Lorraine Christenbury (9/26)</p>	<p>Nancy Hartsoe (9/26) Harvey Rhyne (9/27) William Painter (9/29) Larry Jarrett (9/30)</p> 	<p>1</p> <p>9:30 Group Walking & Group Singing</p> 	<p>2</p> 	
<p>5</p> <p>CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>6</p> <p>9:30 Bible Study w/ Pastor Eddie Roush & Group Exercise</p>	<p>7</p> <p>9:30 BINGO & Is Cancer & Nutrition related?</p> 	<p>8</p> <p>9:30 Group Walking & Group Singing</p>	<p>9</p> 
<p>12</p> <p>9:30 BINGO & Maintaining our weight with the Miracle Diet</p>	<p>13</p> <p>9:30 Group Exercise & This Day in History</p>	<p>14</p> <p>9:30 Living w/ Diabetes: Robin Tallent w/ CVMC & Maintaining Proper Care of our Knees</p>	<p>15</p> <p>9:00 Megan: Importance of a Pneumonia Booster Shot & Flu Shot Clinic w/ Walgreens in Conover (704) 462-0768 & Group Walking</p>	<p>16</p> 
<p>19</p> <p>9:30 Cooking Class with Site Supervisor: Saltine Cracker Smores & Group Exercise</p>	<p>20</p> <p>9:30 Blood Pressures w/ Ruby Radford: Interim Health Care & BINGO</p>	<p>21</p> <p>9:30 Corn Hole Game & Is the Pneumonia Vaccine Important?</p> 	<p>22</p> <p>9:30 Group Walking & Group Singing</p>	<p>23</p> 
<p>26</p> <p>9:30 Nutrition Facts & Fiction & Group Exercise</p>	<p>27</p> <p>9:30 Group Walking & Sentimental Journey Band</p> 	<p>28</p> <p>9:30 Farmer's Market Trip!</p> 	<p>29</p> <p>9:30 Mt. Ruhama Church trip to Valle Crucis: Mast General Store, Apple House, Dollar Tree Store, & Cracker Barrel for lunch.</p>	<p>30</p> 