

Upcoming Activities:

Spring Health Fair:
W. Hickory & Maiden, April 11th

Kellerhaus—Early Musical Instruments with the Keller Family:
E. Hickory, April 13;
Catawba, April 18th

Depression in Older Adults by Geriatric & Adult Mental Health Specialty Team, Smoky Mountain Center:
Newton, April 7th and 14th

R.M.S. Titanic by Road Scholar, Dr. Melinda Ratchford:
E. Hickory, Newton, & Catawba, April 21st

Carolina Chorus sponsored by United Arts Council:
Newton & Catawba, April 11th

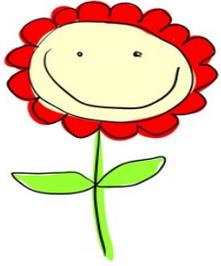


Sergeant J. Helton from the Catawba County Sheriff's Department came by West Hickory Seniors Morning Out to perform a brief Citizen's Academy class.



Rev It Up came out to Newton Seniors Morning Out to help the site get revved up for their Saint Patrick's Day celebration! We hope everyone found a lucky pot of gold!

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!



1



4
 POT ROAST
 BROWN GRAVY
 SLICED CARROTS
 COLESLAW
 WHOLE POTATOES
 ROLL
 DICED PEARS
 MILK

5
 BEEF A RONI
 TOSSED SALAD W/ RED
 CABBAGE & CARROTS
 LIMA BEANS
 ITALIAN BREAD
 RANCH DRESSING
 MANDARIN ORANGES IN
 JELLO
 MILK

6
 LEMON PEPPER BAKED
 CHICKEN BREAST
 SQUASH CASSEROLE
 PARSLEY POTATOES
 WHEAT ROLL
 STRAWBERRY
 SHORTCAKE
 MILK

7
 HAMBURGER STEAK
 BROWN GRAVY
 GREEN PEAS
 RICE
 ROLL
 MELON FRUIT SALAD
 MILK

8



11
 SMOTHERED CHICKEN
 MUSHROOM SAUCE
 GREEN PEAS
 MANDARIN ORANGES
 WHIPPED POTATOES
 ROLL
 POUND CAKE
 MILK

12
 BONELESS PORK CHOP
 TOMATOES & OKRA
 MACARONI & CHEESE
 WHEAT ROLL
 STRAWBERRY
 SHORTCAKE
 MILK

13
 CHEESEBUGER
 COLESLAW
 PORK & BEANS
 BUN
 MUSTARD/KETCHUP
 FRUIT COCKTAIL IN
 JELLO
 MILK

14
 EGG SALAD
 CHICKEN NOODLE
 SOUP
 MIXED VEGETABLES
 FRUIT SALAD
 WHITE BREAD
 CHOCOLATE CHIP
 COOKIES
 MILK

15



18
 CHOPPED PORK
 BBQ SAUCE
 COLESLAW
 BAKED BEANS
 BUN
 BLACKBERRY CRISP
 MILK

19
 STEW BEEF
 BROWN GRAVY
 GREEN BEAN
 CASSEROLE
 WHIPPED POTATOES
 ROLL
 AMBROSIA SALAD
 MILK

20
 CHICKEN CASSEROLE
 MIXED GREENS
 SWEET POTATOES
 BISCUIT
 CRANBERRY SAUCE
 PEACHES W/ YOGURT
 MILK

21
 TURKEY SAUSAGE
 PATTIES
 WHITE GRAVY
 ROASTED RED
 POTATOES
 GRITS
 BISCUIT
 MELON FRUIT SALAD
 MILK

22



25
 BAKED CHICKEN THIGH
 BROWN GRAVY
 TOMATO & OKRA
 MASHED POTATOES
 WHEAT ROLL
 STRAWBERRY
 SHORTCAKE
 MILK

26
 HOT DOG W/ ONIONS
 COLESLAW
 PORK & BEANS
 BUN
 MUSTARD/KETCHUP
 APPLE CRISP
 MILK

27
 PEPPER STEAK
 BROWN GRAVY
 PEAS & CARROTS
 RICE
 ROLL
 PINEAPPLE GRATIN
 MILK

28
 TUNA SALAD
 LETTUCE & TOMATO
 FRUIT SALAD
 POTATO SALAD
 WHEAT BREAD
 CHOCOLATE CHIP
 COOKIES
 MILK

29



West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

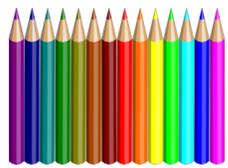
West Hickory Senior Center

400 17th St SW

April 2016

Hickory, NC 28602



<p>Happy Birthday! Millie Drum 4/3 Diane Gabor & Linda Yount 4/4 Phyllis Nemeth 4/6 Bill Hawfield 4/11 Forest Stillwell 4/12 Judith Penington 4/13</p>	<p>Liz Turner 4/15 Clara Mathe 4/18 Betty Buff 4/24 Diana Schorn 4/27</p> 		<p>1</p> 	
<p>4 Volunteer Appreciation! 9:30 In Honor of Muddy Waters' Birthday ~ Join in on the "I've got the Blues Social!" 10:00 Sing-a-long with Mabel Gabor</p>	<p>5 9:30 Praise with Prodigal Sons and Daughters</p> 	<p>6 9:30 Diabetes and Foot Care with Scott Garmon, Foot Solutions</p> 	<p>7 8:45-11:00 WalMart 10:00-11:00 Bible Study with Nancy Frady</p> 	<p>8</p> 
<p>11 Health Fair at Maiden SMO</p> 	<p>12 9:30 BINGO 10:00 Adult Coloring</p> 	<p>13 9:30 Cooking Class with Site Supervisor—Pina Colada Coconut Fluff 10:00 A Few of My Favorite Things</p>	<p>14 9:30 Family Feud! 10:00 Dancing with Sentimental Journey</p>	<p>15</p> 
<p>18 National Karaoke Week 9:30 Hangman 10:00 That's Fashion!</p>	<p>19 8:45 WalMart 10:00 Fun and Games!</p> 	<p>20 9:30 BINGO 10:00 "Partners in Care. Where to Turn for Help When Caring for Someone with Dementia." Rik Covalinski, Home Instead</p>	<p>21 9:15 Auction!</p> 	<p>22</p> 
<p>25 Manna Monday! 9:30 Family Feud 10:00 Jingo w/ Lena Abernathy</p> 	<p>26 National Stress Awareness Month 9:30 True Confessions Social 10:00 BP Checks and Stress Awareness with Carolyn Thompson, RN CVMC</p>	<p>27 9:30 Now and Then 10:00 Bean Auction</p>	<p>28 9:30 BINGO 10:00 Birthday Party—Gospel Music with 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

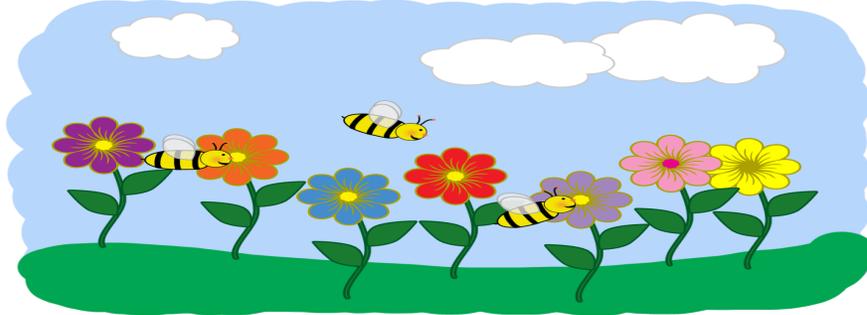


Happy Birthday!

Barney Cline 4/7

Dottie Vandenburg 4/10

Ray Sapp 4/12



1



4

9:45 Charles Ballard
Gospel Singing



5

Walmart for the day!



6

9:45 Block Walk
10:00 BP Checks
10:15 BINGO



7

9:30 Stretches
9:45 Peggy Messick w/
Common Visual
Changes of the Aging

8



11

9:30 Block Walk
10:00 BINGO



12

John 3:16 Sing-a-long



13

9:30 Kellerhaus: Early
Musical Instruments



14

9:30 Stretch to the Beat
9:45 Let the Games
Begin! Bottle Toss and
Basketball

15



18

National Lawn & Garden
Month! Bruce Hartsell
from Killians coming to
speak!

19

Walmart for the Day!

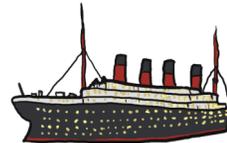


20

9:45 Book Discussion on
My Time in Heaven held
by Dorothy Demos

21

Titanic Presentation by
Road Scholar, Dr.
Melinda Ratchford at
Newton SMO



22

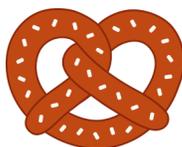


25

9:30 Dance, Dance,
Dance
10:00 Bottle Toss and
Basketball

26

National Pretzel Day!
9:30 Cooking Class with
Site Supervisor: Easy
Homemade Pretzels



27

9:45 Stretch to the Beat
10:00 BINGO



28

Birthday Party!



29



Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

April 2016

First Presbyterian Church

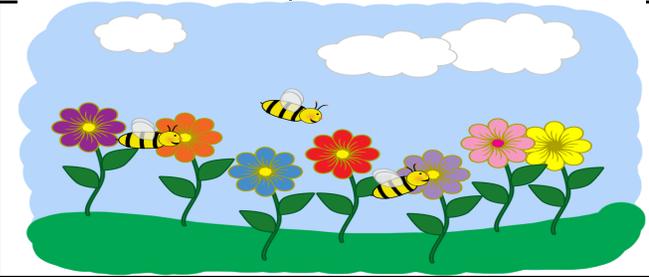
701 N. Main Street

Newton, NC 28658



Happy Birthday
Daisy Litman 4/1
Joyce Clemons and Cheryl McKeen 4/3
Ophelia Coulter 4/4
Phyllis Drum 4/6

Joann Baker and Brenda Strang 4/10
Kathleen Edwards 4/17
Cecilia Germida 4/25



4
9:30 Walk & Stretches
10:00 Come watch Brad Thompson, Newton resident, carve a bear from a log!

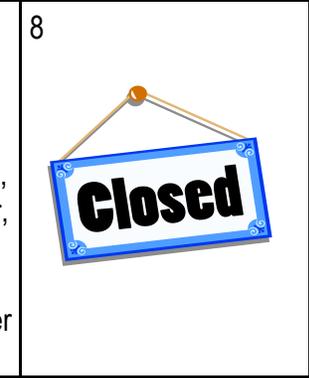
5
9:00-12:00 Shopping at Hickory Walmart



6
9:15 Cooking Lesson—Very Berry Squares
9:30 Walk & Stretches
10:00 BINGO



7
9:15 Walk & Stretches
9:45 Depression in Older Adults, Part 3 of 4 “Getting Treatment” by Thelma Horton, BA, QMHP and Terry Spencer, MSW, LCSW from Geriatric & Adult Mental Health Specialty Team, Smoky Mountain Center



11
9:45 Walk & Stretches
9:30 Carolina Chorus, United Arts Council Grant



12
9:30 Walk & Stretches
9:45 Nutrition on apples and snack (peanut butter and apple slices)
10:00 BP Checks by Peggy McLean, Rescare
10:00 Craft—Marbled Flower Pot

13
9:15 Walk & Stretches
9:30 Peggy Messick from Health First on Common kidney Disorders
10:00 BINGO

14
9:15 Walk & Stretches
9:45 Depression in Older Adults, Part 4 of 4 “What Can You Do?” by Thelma Horton, BA, QMHP and Terry Spencer, MSW, LCSW from Geriatric & Adult Mental Health Specialty Team, Smoky Mountain Center



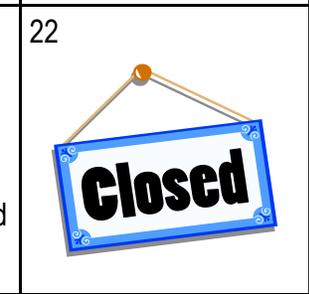
18
Volunteer Appreciation Day Celebration
9:30 Walk & Stretches
10:00 Rev. Daniel Brank to sing

19
9:15 Walk & Stretches
9:30 Enjoy music from the past with Sentimental Journey

20
9:30 Walk & Stretches
10:00 BINGO



21
9:15 Walk & Stretches
9:30 “Have You Ever Wanted to Know More About the R.M.S. Titanic?” by Road Scholar, Dr. Melinda Ratchford



25
9:15 Walk & Stretches
9:45 Cynthia Harmon with the Division of Services for the Deaf & Hard of Hearing

26
9:30 Walk & Stretches
10:00 BINGO

27
9:00-10:50 Roses
11:00-12:30 CaptainD's

28
9:30 Walk & Stretches
10:00 Elvis tribute artist, Ed Smith



Catawba SMO Activities

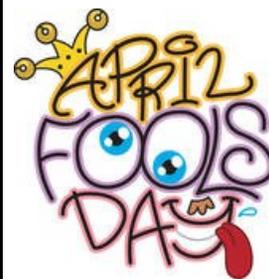
Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

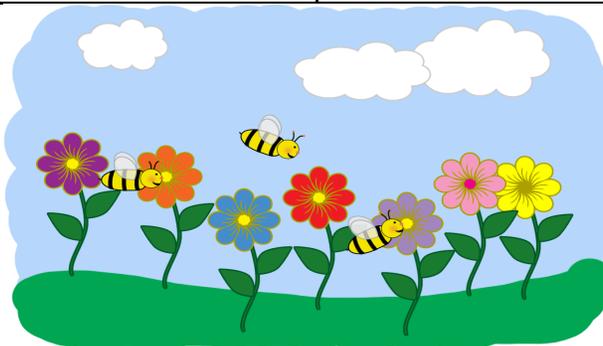
April 2016

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



Happy Birthday
Oswald Turner 4/1
Diana Baker and Lester
Carnathan 4/3
Ella England 4/5
Roy Minor 4/6
Jerry Clark 4/12
Wanda Propst 4/15
Shirly Langford 4/17

Alverta Stephens 4/18
Terri Richardson 4/19
Pearl Wilson 4/22
Linda Fishe and Erma
Weber 4/24
Wade Lail 4/28
Phyllis Waugh 4/30



4
9:30 Chair Exercises w/
Susie Chafin
10:00 Sample Fun
Snacks w/ Celery &
Health Benefits of
Celery

5
9:30 Bowling at Pin
Station and Shopping at
Honey's



6
9:30 Morning Walk
10:00 BINGO



7
9:30 Music by
Sentimental Journey
10:30 Joke of the Day!



11
9:30 The Carolina
Chorus sponsored by
the United Arts Council
at Newton SMO

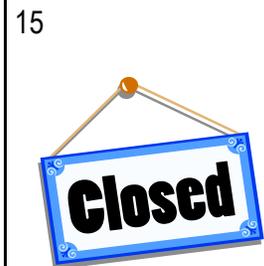


12
9:30 Bowling at Pin
Station and shopping at
Honey's

13
9:30 Basketball
10:00 BINGO



14
9:30 Morning Walk
9:45 Crafts w/ Tonya
Jarnac



18
9:30 Early Musical
Instruments by
Kellerhaus
10:30 Poem of the Day!



19
9:30 Morning Walk
10:00 Restless Leg
Syndrome by Peggy
Messick, CVMC

20
9:30 Morning Walk
10:00 BINGO



21
9:30 R.M.S. Titanic—
What Happened? By
Road Scholar, Dr.
Melinda Ratchford and
Newton SMO



25
9:30 Chair Exercises by
Susie Chafin
10:00 Memory Game



26
9:00 Bandys High School
Jazz Band
9:45 BP Checks and
Effects of High Blood
Pressure/Heart by Annie
Williams

27
10:45 Volunteer
Appreciation and Lunch at
Snack Bar



28
9:30 Morning Walk
10:00 BINGO



Maiden SMO Activities

Site Supervisor: Loretta Hefner

Assistant: Delphia Mullen

828-320-5966

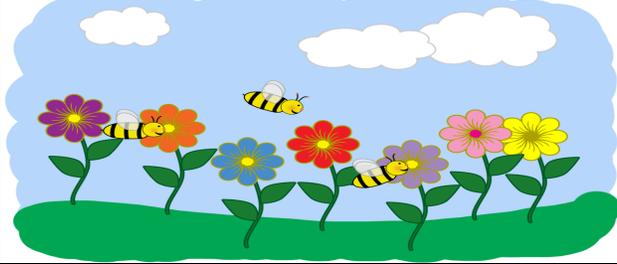
April 2016

Maiden Community Center
E. 2nd St. & Klutz Street



Happy Birthday!
Phyllis Wilkinson 4/19
Thelma Auton 4/25
Bob Hollar and Willa Vay Queen 4/26
Lisa Brothers 4/27

Carl Beard and Marjorie Cline 4/29



4
9:30
Group Walking & Is a variety of foods the way to lose weight?

5
9:30
Bible Study with Pastor Eddie Roush & Basket Ball Game

6
9:30
Group Exercise & Spelling Bee



7
9:30
Volunteer Appreciation Day & BINGO



11
8:00 a.m.—12 noon
Health Fair w/ CVMC Stroke Team, Free Cholesterol Screenings & Blood Pressure Checks. Compression CPR w/ Lisa Hefner. Falls Class w/ Carol Robinson. Scams with Carol Young, NC DOJ Office

12
8:30
BINGO & Do you need an Advance Directive?



13
9:30
Corn Hole Game & What is Seasonal Affective Disorder



14
9:30
Group Walking & In recognition of World Health Day!



World Health Day



18
9:00
Group Walking & The Myths of Honey!



19
9:30
Blood Pressures w/ Catawba County Home Health & Group Walking

20
9:30
Corn Hole Game & Elderly Crime Statistics!



21
9:30
Group Walking & BINGO



25
9:30
Cooking Class: Cucumber Hors d'oeuvres w/ Site Supervisor & BINGO



26
9:30
Sentimental Journey Band & Group Walking

27
9:30
Medication Safety & Corn Hole Game



28
9:30
Group Singing & Group Exercise

