

Upcoming Activities:

R.M.S. Titanic by Road Scholar, Dr. Melinda Ratchford:
W. Hickory & Maiden, May 9

Senior Games at Huntington Hills Church of God:
W. Hickory, E. Hickory, Newton, & Catawba, May 17

Senior Games at Maiden Park:
Maiden, May 26

Woodlawn Movie Presentation:
Newton, May 11; Catawba, May 5

“Superfoods from the Garden” by NC Cooperative Extension:
W. Hickory, May 4, E. Hickory, May 19

Bobbie Curtis: The Life Story of Fannie Crosby:
E. Hickory & Maiden, May 19



Catawba County Deputy Dale Lail stopped by Maiden Seniors Morning Out to teach a little bit about self defense. Pictured to the left is Ms. Lisa B. and Deputy Lail. It looks like he taught her a good chokehold technique!



April is National Volunteer Month. Senior Nutrition Services as a whole takes this time to celebrate those who dedicate their time to our programs. Pictured above are many but not all of the volunteers that take time out of their week to help out at the Newton Seniors Morning Out location.

From left to right: Bobby S., Rachel H., Earline I., Vickie and Paul W., Tommy L., Mary P., Viola H., Hannah S., Crystal W., Barbara S., Diana M., Anita M., and Katherine L.

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!



Catawba County United Way
 Community Partner



2
 CUBED STEAK
 BROWN GRAVY
 CAPRI VEGETABLES
 MELON FRUIT SALAD
 RICE
 ANGEL FOOD CAKE
 MILK

3
 SLICED ROASTED
 TURKEY
 WHITE GRAVY
 MIXED VEGETABLES
 SWEET POTATOES
 ROLL
 CRANBERRY SAUCE
 YOGURT W/ PINEAPPLE
 MILK

4
 PORK RIBLET
 BBQ SAUCE
 COLESLAW
 PINTO BEANS
 BUN
 CHERRY CRISP
 MILK

5
 HAM
 CHEESE
 CUCUMBER SALAD
 PASTA SALAD
 WHITE BREAD
 MAYO
 FRUIT SALAD
 MILK



9
 CUBED PORK
 WHITE GRAVY
 GREEN BEANS
 SWEET POTATOES
 ROLL
 PISTACHIO CREAM
 SALAD
 MILK

10
 PIMENTO CHEESE
 MINISTRONE SOUP
 SALTINES
 WHEAT BREAD
 CHERRY CRISP
 MILK

11
 BBQ CHICKEN BREAST
 BBQ SAUCE
 GREEN PEAS
 PINEAPPLE TIDBITS
 WHOLE KERNEL CORN
 ROLL
 CHOCOLATE PUDDING
 MILK

12
 GREAT NORTHERN
 BEANS WITH HAM
 MIXED GREENS
 DICED POTATOES
 CORNBREAD
 STRAWBERRY
 SHORTCAKE
 MILK



16
 POT ROAST
 BROWN GRAVY
 SLICED CARROTS
 COLESLAW
 WHOLE POTATOES
 ROLL
 DICED PEARS
 MILK

17
 BEEF A RONI
 TOSSED SALAD W/ RED
 CABBAGE & CARROTS
 LIMA BEANS
 ITALIAN BREAD
 RANCH DRESSING
 MANDARIN ORANGES IN
 JELLO
 MILK

18
 LEMON PEPPER BAKED
 CHICKEN BREAST
 SQUASH CASSEROLE
 PARSLEY POTATOES
 WHEAT ROLL
 STRAWBERRY
 SHORTCAKE
 MILK

19
 HAMBURGER STEAK
 BROWN GRAVY
 GREEN PEAS
 RICE
 ROLL
 MELON FRUIT SALAD
 MILK



23
 SMOTHERED CHICKEN
 MUSHROOM SAUCE
 GREEN PEAS
 MANDARIN ORANGES
 WHIPPED POTATOES
 ROLL
 POUND CAKE
 MILK

24
 BONELESS PORK CHOP
 TOMATOES & OKRA
 MACARONI & CHEESE
 WHEAT ROLL
 STRAWBERRY
 SHORTCAKE
 MILK

25
 CHEESEBURGER
 COLESLAW
 PORK & BEANS
 BUN
 MUSTARD/KETCHUP
 FRUIT COCKTAIL IN
 JELLO
 MILK

26
 EGG SALAD
 CHICKEN NOODLE
 SOUP
 MIXED VEGETABLES
 FRUIT SALAD
 WHITE BREAD
 CHOCOLATE CHIP
 COOKIES
 MILK



31
 STEW BEEF
 BROWN GRAVY
 GREEN BEAN
 CASSEROLE
 WHIPPED POTATOES
 ROLL
 AMBROSIA SALAD
 MILK



West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

West Hickory Senior Center

400 17th St SW

Hickory, NC 28602



2
9:15 Laughing Yoga with Judy Stowe
9:30 Craft—Mexican Paper Flowers

3
9:30 Yes, You “May”
10:00 BINGO

4
9:15 Morning Stretch with Betty Scott
9:30 May the 4th be with you! Celebrate National Star Wars Day!
10:00 Superfoods From the Garden with Ann Simmons, NC Cooperative Extension

5
8:45 Walmart
10:00 Bible Study with Nancy Frady

6

9
Wear Fancy Hats and Peals!
8:45 Maiden SMO
9:30 Titanic: Ship of Dreams with Dr. Melinda Ratchford, Road Scholar

10
9:15 Fire Drill
9:30 Famous TV Moms
10:00 Safe at Home—Food Borne Illness

11
9:15 Morning Stretch with Betty Scott
9:30 BINGO
10:00 Adult Coloring

Commodities

12
9:30 Family Feud
9:45 Sentimental Journey

13

16
9:16 Laughing Yoga with Judy Stowe
9:30 Cooking Class w/ Site Supervisor—Chocolate Crockpot Candy
10:00 Sing-a-long with Mable Gabor

17
8:15 Senior Games at East Hickory SMO! Entertainment by Rev It Up!

18
9:15 Morning Stretch with Betty Scott
9:30 Bring an item in from home for the Butter Bean Auction!

19
8:45 Walmart
10:00 Fun and Games!

20

23
“Lucky Penny Day”
9:15 Laughing Yoga with Judy Stowe
9:30 Family Feud
10:00 JINGO with Lena Abernathy, Ridgeview Library

24
9:30 Now and Then
10:00 Tic Tac Toe

25
9:15 Morning Stretch with Betty Scott
9:30 Benefits of Beet Juice
10:00 BINGO

26
9:30 Family Feud
9:45 Birthday Party Entertainment by Charles Ballard

27

30

31
9:30 Memorial Day—How much do you know about this important holiday?
10:00 Hepatitis Awareness and BP Checks with Carolyn Thompson, RN CVMC

Happy Birthday
Virginia Wilson (5/2)
Claire Howard (5/4)
Lillian Menton (5/22)
Phyllis Perez (5/23)
Mable Gabor (5/25)
Elizabeth Clemons and Priscilla Wilfong (5/26)

Mildred Surratt (5/30)
Portia Harris (5/31)

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



2
9:30 May Days with Suzy Killian
9:45 Sentimental Journey and dancing!

3
9:40 Block Walk
10:00 BINGO



4
9:30 Walmart for the day!



5
9:45 Mother's Day Makeovers



6



9
9:45 Weatherization by Wendy Crawley, Blue Ridge Community Action

10
9:30 Move to the Beat!
9:45 Blood Pressure Checks and Dementia program by Jackie Saunders, Bayada

11
9:45 Stretches
10:00 BINGO

Commodities

12
9:30 Herman Fish Lake for Fishing



13



16
9:30 Joining Maiden SMO for program by Bobbie Curtis of Lenoir, NC: The Life Story of Fannie Crosby

17
8:30 Senior Games!



18
9:30 Walmart for the day!



19
9:45 Stretch band exercise
10:00 Superfoods From the Garden by Ann Simmons, Cooperative Extension

20



23
9:30 Stretch
9:45 Fire Safety and Drill by Terri Byers

24
9:45 Clontz Family



25
9:30 Proper attire when working in the kitchen—FBI
9:40 Block Walk
10:00 BINGO

26
9:30 Birthday Party



27



30



31
9:30 Cooking Class w/ Site Supervisor: Strawberry Delight
9:45 Stretches
10:00 Nutritional Facts on Strawberries by Gary Beach with Fresh Air Galaxy

Happy Birthday!
Lamont Smith and James "Jim" Phillips (5/3)
Faye Floyd (5/5)
Virginia Bishop (5/13)



Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

May 2016

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



2
Celebrate Mother's Day!
10:00 Rainbow Tea,
Clontz Family to sing

3
9:30 Walk & Stretch
10:00 Let's Play Family
Feud



4
9:30 Walk & Stretches
9:45 Fire Drill
10:00 BINGO



5
Celebrate Cinco de
Mayo!
9:30 Walk & Stretches
10:00 Cooking Class
with Site Supervisor:
Taco Salad



9
9:30 Walk & Stretches
10:00 Cynthia Harmon,
Specialist from Division
of Services for the Deaf
& Hard of Hearing

10
9:30 Walk & Stretches
9:45 Nutritious Snack
and Facts—Celery &
Cream Cheese
10:00 BINGO

11
9:00-1:00 Movie at the
Newton Library—
Woodlawn



12
9:00 Newton Flea
Market at Fairgrounds
9:15 Walmart



16
8:45 Walk & Stretches
9:00 Blood Pressure
Checks by Annie
Williams
10:00 BINGO

17
8:00-12:00 Senior
Games and Cookout!
Fun and Games at East
Hickory SMO (Huntington
Hills Church of God)

18
9:00 Walk & Stretches
9:30 Music from Yonder
Years, Sentimental
Journey

19
9:00 Walk & Stretches
9:30 Bandys High
School Concert Choir



23
9:00 Walk & Stretches
9:30 Come watch Brad
Thompkins carve a
bear!



24
9:30 Walk & Stretches
10:00 Craft –String
Basket & Hangman
Game

25
9:30 Walk & Stretches
9:45 Food Borne Illness
10:00 BINGO



26
9:15 Walk & Stretches
9:30 Diane Trainor on
Medicare, Fraud Abuse
& Scams



30
CLOSED FOR
MEMORIAL DAY
HOLIDAY



31
9:00-12:00 Bowling at Pin
Station



Happy Birthday
Doug Shakeshaft 5/4
Anna Slone 5/5
Pat Hurley 5/10
Katherline Lingafeldt and
Crystal Wright 5/17
Marie Harden 5/28



Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

May 2016

Center United Methodist Church

4945 Sherrills Ford Road

Catawba, NC 28609



2
9:30 Morning Walk
10:00 Music by Charles Ballard
10:30 Poem of the Day

3
9:30 Shopping at Walmart
11:00 Shopping at Dollar Tree



4
9:30 Morning Walk
10:00 BINGO
10:30 Mother's Day Celebration

5
9:30 Movie and popcorn at the Sherrills Ford Library - *Woodlawn*



6



9
9:30 Chair Exercises by Susie Chafin
10:00 BINGO

10
9:30 Pin Station & Honey's



11
9:00 Stroke Awareness by Peggy Messick, CM
10:00 Basketball & Kickball

12
9:30 Craft Day with Tonya Jarnac
10:30 Joke of the Day

13



16
9:30 Morning Walk
9:45 Family Feud
10:30 Fire Drill

17
9:30 Senior Games and Cookout at East Hickory SMO



18
9:30 Morning Walk
10:00 BINGO



19
9:30 BP Checks & "What you need to know about Shingles" by Jackie Saunders, Bayada Home Health

20



23
9:30 Chair Exercises w/ Susie Chafin
10:00 BINGO



24
9:30 Morning Walk
10:00 Medicare Fraud by Diane Trainor

25
10:30 Lunch at Golden Corral



26
9:30 Cooking Mini Pine-apple Upside Down Cakes
10:00 Horse Racing Game
10:30 FBI—"Listeria"

27



30



31
9:30 Morning Walk
10:00 Music by Millard Gibson



Happy Birthday
Hilda Eckard (5/4)
Denise Arndt (5/9)
June Pittman (5/11)
Carol Ann Rowe (5/11)
Alma Jean Setzer (5/11)
Marvin Waugh (5/16)
Bill Hollar (5/16)
Maggie English (5/19)

Lester Petty (5/19)
Ruth Ann Carnathan (5/20)
Becky Britt (5/23)
Velma Armstead (5/25)
Karen Clark (5/25)
Earnest Willis (5/29)
Glen McKay (5/31)
William Bradshaw (5/31)



Maiden SMO Activities

Site Supervisor: Loretta Hefner

Assistant: Delphia Mullen

828-320-5966

May 2016



Maiden Community Center
E. 2nd St. & Klutz Street
Maiden, NC 28650



2
9:30
Fire Drill, Food Borne
Illness, & BINGO

17	31	49	71
3	35	52	69
13	26	58	63
2	25	38	66
14	16	44	57

3
9:30
Bible Study with Pastor
Eddie & Group Walking

4
9:30
Spelling Bee Contest &
Group Walking

ABC DEF
MNO GHI JKL
PQR STU WXYZ

5
9:30
Honor Mothers &
Cooking Class with Site
Supervisor: Exotic Fruit
Tasting



9
9:30
Story of the Titanic with
Dr. Melinda Ratchford,
Road Scholar: NC
Humanities Council &
Group Walking

10
9:30
Medicare Fraud with
Diane Trainor
(828) 299-0698 &
Dangers of Over the
Counter Medications

11
9:30
Corn Hole Game & Can
we improve our longevity?

12
9:30
Senior Programs with
Sergeant John Helton &
Group Singing



16
9:30
Bobbie Curtis from
Lenoir, NC on The Life
Story of Fannie Crosby

17
9:30
Bean Auction Game & Is it
Memory Loss or Memory
Recall?, & BP Checks

18
9:30
Group Exercise & BINGO

17	31	49	71
3	35	52	69
13	26	58	63
2	25	38	66
14	16	44	57

19
9:30
Group Walking & Group
Singing



23
9:30
BINGO & Important
Diabetic Foods

24
9:30
How often should we get
our eyes checked? &
Group Walking

25
9:30
Group Exercise & On This
Day in History!

26
9:30
Senior Games! Fun
Walk, Cookout in Maiden
Park, & Sentimental
Journey Band to
perform!



31
9:30
Importance of Calcium as
we age & BINGO

Happy Birthday!
Albert Ron Peyron (5/7)
Christine Burgess (5/14)
Christopher Williams
(5/14)
Frank Killian (5/15)
Betty Willis (5/18)
Carol Castaneda (5/23)
Thelma Drum (5/24)

Larry Miles (5/27)
Louise Drum (5/29)
Gary Sigmon (5/29)
Pat Keener (5/30)

