



Meals on Wheels of Catawba County

SENIORS MORNING OUT AUGUST NEWSLETTER

August 21st we celebrate National Senior Citizens Day and honor the incredible senior citizens who have enriched our communities through their sacrifices, contributions, and wisdom.

We are deeply grateful for you and all you have given and continue to share. Your strength, resilience and kindness have helped shape our communities and have made a lasting impact on countless lives.



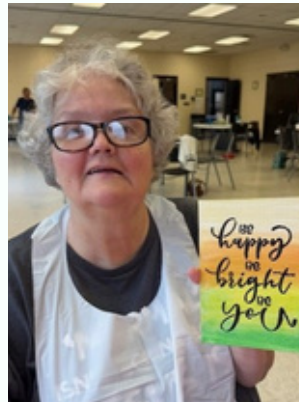
East Hickory SMO makes a new furry friend - Meet Faith



Summer is
in full
bloom in
Claremont.



Maiden has
some
words of
wisdom



Upcoming Activities

August 4

Catawba Valley Bee Association to present "The Honeybee: A Unique Superhero"
East Hickory Site

August 10

Cooking Class: No-cook Summer Gazpacho
North Hickory Site

August 19

Beach Music by Cody and Wayne Newton
Maiden Site

August 27

Musical performance by Sentimental Journey
Claremont Site

August 31

Musical performance by Tim Heafner
Newton Site

Come Join Us!

Seniors Morning Out is a program of Senior Nutrition Services of Catawba County. There is never a charge to participants, & there are no income limits. Donations are accepted. The only requirement is that you be age 60 or older & live in Catawba County. Come prepared to have fun, meet new friends, & learn something new! Call us at 828-695-5610, go to our website at mealsonwheelsofcatawbacounty.org or like us on Facebook!



 meals on wheels OF CATAWBA COUNTY	East Hickory SMO Activities Site Supervisor: Lee Ann Breen Assistants: Gayle Porcella 828-320-5963 August 2026 First United Methodist Church Hickory 311 3rd Ave NE Hickory, NC 28601			
3 9:00 Walk 9:30 Bingo 	4 9:00 Exercise 9:30 CVBA to present "The Honeybee; A Unique superhero."	5 9:00 Main Chick Jammin Biscuits 10:00 Field Trip to Hickory Farmer's Market 	6 9:00 Stretch with Betty 9:30 Arts & Crafts: oyster shell painting 	7 
10 9:00 Walk 9:30 Hot Weather Awareness with Melanie Sigmon, Community Engagement Specialist 	11 9:00 Exercise 9:30 Donna Mull is "WRAPPING IT UP" on Nutrition with a "Wrap Bar" ***Commodities***	12 9:00 Exercise 9:30 Bingo 	13 9:00 Exercise 9:30 "Building Brain Healthy Habits" with Denise Young, Alzheimer's Association Fire Drill	14 
17 9:00 Walk 9:30 Bingo 	18 9:00 Exercise 9:30 Happy Birthday Luau Party	19 9:00 Exercise 9:30 Celebrating National Senior Citizens Day (Aug. 21st) and National Potato Day with a Baked Potato Bar	20 Field Trip: 9:00 Shop at Banana Box Grocery 10:30 Lunch @ Pin Station 	21 
24 9:00 Walk 9:30 Bingo 	25 9:00 Exercise with Liz 9:30 Timeless Trivia; Advertising, Slogans & Jingles with Jennifer Williams, Hickory Public Library	26 9:00 Exercise 9:30 Cooking Class: Cooking up Breakfast Pizzas & Burritos Food Borne Illness Salmonella Poison Prevention 	27 9:00 Stretch with Betty 9:30 Partner's Health: Medication Safety	28 
31 Camping Week 9:00 Walk- Going on an indoor scavenger hunt 9:30- Camp Games: Hide & Seek, Checkers, Tic Tac Toe, Yahtzee, Cards & Bingo			<u>HAPPY BIRTHDAY!</u> Judy S. 8/1 Eileen P. 8/17 Gayle P. 8/20 Charlotte S. 8/23	

 meals on wheels OF CATAWBA COUNTY	North Hickory SMO Activities Site Supervisor: Cherie Grambow 828-323-8746 August 2026 Sandy Ridge Baptist Church 3702 16th St NE Hickory, NC 28601			
3 9:00 Exercise: The Watermelon Crawl Line Dance in Honor of Natl Watermelon Day 9:30 BINGO 	4 9:00 Exercise: Stretch It Out 9:30 Craft Time: Lighthouse Paintings 	5 9:00 Coffee Social 9:30 GAME DAY	6 Field Trip 9:00-11:30 Lunch and Bowling at Pin Station 	7 
10 9:00 Exercise: Balance and Stillness 9:30 Cooking Class: No-Cook Summer Gazpacho And Food Borne Illness Information 	11 9:00 Exercise: Wrist and Hand Exercises 9:30 Corn Hole Tournament Round 4/Board Games ***Commodities***	12 9:00 S'more Coffee Social in Honor of Natl S'more Day 9:30 S'more BINGO 	13 9:00 Exercise: Outdoor Walk 9:30 Parachute Bounce 10:30 Fly Swat Tennis 	14 
17 9:00 Exercise: Wrist and Hand 9:30 BINGO 	18 9:00 Exercise: Outdoor Walk 9:30 Fire Drill 9:45 Corn Hole Tournament Round 5/Horse Racing Game	19 9:00 Coffee Social 9:30 Timeless Trivia and Advertising Slogans, Jingles and Taglines with Jennifer Williams, Hickory Public Library	20 9:00 Exercise: Deep Breathing 9:30 Medication Safety with Partners Health 	21 
24 9:00 Exercise: 9:30 Medicare Scams and Fraud with Diane Trainor, Program Specialist NC Senior Medicare Patrol 	25 9:00 Exercise 9:30 Mental Health Awareness with Melanie Sigmon, Community Engagement Specialist	26 Field Trip: 9:00 Breakfast at Golden Coral 10:30 Hickory Farmers Market 	27 9:00 Coffee Social: Hello September 9:30 Prayer and Devotion with Pastor Bill 10:00 Just Because Day Affirmations and Encouragements Hangman Style!	28 
31 9:00 Exercise: Outdoor Walk 9:30 BINGO 			<u>HAPPY BIRTHDAY!</u> Nellie B. 8/7 Teresa P. 8/8	

 meals on wheels OF CATAWBA COUNTY	Newton SMO Activities Site Supervisor: Rachel Jackson Assistant: Jasper Walton, Debby Reynolds First Presbyterian Church 828-455-4133 701 N Main Ave August 2026 Newton, NC 28658			
3 9:00 Announcements 9:15 Exercise 9:30 Bingo 	4 9:00 Announcements 9:15 Exercise National Chocolate Chip Cookie Day 9:30 Cooking with Anita (Cookies and Cream) 	5 9:00 Announcements 9:15 Exercise 9:30 Music with Cameron Mathews 	6 9:00 Announcements 9:15 Exercise 9:30 Senior Summer Games round 2	7 
10 9:00 Announcements 9:15 Exercise 9:30 Library to Go	11 9:00 Announcements 9:15 Exercise 9:30 Painting Wood Bird house	12 Special Trip 9:00 Breakfast at Parkway House Restaurant 10:30 Hickory Farmers Market 	13 9:00 Announcements 9:15 Exercise 9:30 Bingo 	14 
17 9:00 Announcements 9:15 Exercise 9:30 Food Borne Illness Bingo 	18 9:00 Announcements 9:15 Exercise 9:30 Birthday Party ***Commodities***	19 9:00 Announcements 9:15 Exercise 9:30 Family Feud 	20 9:00 Announcements 9:15 Exercise 9:30 Handmade Card Exchange	21 
24 9:00 Announcements 9:15 Exercise 9:30 Fire Drill and Fire Safety with Cameron City of Newton Fire Department	25 9:00 Announcements 9:15 Exercise 9:30 Bingo 	26 9:00 Announcements 9:15 Exercise 9:30 Medication Safety with Partners Health	27 Special Trip 9:00 Shopping at Hamrick's 10:30 Lunch at Mountain Fried Chicken 	28 
31 9:00 Announcements 9:15 Exercise 9:30 Music Tim Heafner 			<u>HAPPY BIRTHDAY!</u> Doris L. 8/10 Patty M. 8/16 Debra A. 8/22 Sandra H. 8/23	

Claremont SMO Activities

Site Supervisor: Kayla Smith

828-320-0434

August 2026

Mt. Calvary Lutheran
Church
3180 W Main St.
Claremont, NC 28610



3
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



4
9:30 Ice Cream Cone
Bird Feeding Craft
10:30 Morning
Stretches
**Bring cookies to share
National Chocolate
Chip Cookie Day**

5
9:30 Cooking Class:
Chicken Pie Casserole
10:30 Foodborne Illness
10:45 Chair Exercises



6
9:30 Medication Safety
by Partners Health
10:30 Chair Exercises



10
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



11
9:30 Chair Exercises
10:00 Library to Go with
Catawba County Library

**Bring your library
books to return**

12
9:30 Fire Drill
10:00 Play Rummikub
10:30 Morning
Stretches

Commodities

13 Field Trip:
9:00 Breakfast at
Granny's Kitchen-
Viewmont
10:15 Crafting at
Azalea Design & Craft



17
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



18
9:30 Steppingstone
Craft with Kayla Smith
10:30 Chair Exercises

19 Field Trip:
9:00 Breakfast at
Cracker Barrel
10:45 Downtown
Hickory Farmers Market
**Bring your bag to
carry produce home**



20
9:30 Birthday
Celebration!
10:00 Cornhole
Tournament



24
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



25
9:30 Crafting with
Tonya Jarnac
10:30 Morning
Stretches



26
9:30 Morning Stretches
10:00 Activity with
Sherrills Ford Library

27
9:30 Morning Walk
10:00 Music with
Sentimental Journey
Band!



31
9:30 Announcements
9:45 Morning Walk
10:00 Butter Bean
Auction



HAPPY BIRTHDAY!
Kim R. 8/9
Kayla S. 8/23
Joyce G. 8/26



Maiden SMO Activities

Site Supervisor: Lisa Adams

Assistant: Sue Cooke,

Morgan Blankenship

828-320-5966

August 2026

Maiden
Community Center
207 E Klutz St
Maiden, NC 28650



meals on wheels
OF CATAWBA COUNTY

3 National Watermelon Day
9:00 Announcements
9:15 Exercise w/Suzan
Fire Drill
Food Borne Illness
9:30 Bingo



4
9:00 Exercise w/Suzan
9:30 Medication Safety
w/Partners Health

5
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Corn Hole



6
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Mental Health
Awareness w/Melanie
Sigmon, Community
Engagement Specialist

7



10
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Bingo
10:00 Scattergories



11
9:00 Announcements
9:15 Exercise w/Suzan
9:30 BP Checks and
Summer Sun Safety
w/Carolyn Thompson,
RN, CVHS

12
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Beach Volleyball



13 Field Trip
9:00 Breakfast at 4
Peas in a Pod
10:00 Public Health
Farmer's Market



14



17
9:00 Announcements
9:15 Exercise w/Suzan
9:15 Teresa Slaughter
preparing another
culinary delight" Are
You Kidding Me Cake"
9:30 BaNanA Bingo-
bring one item for table
-Lisa will bring bananas



18
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Self Defense
w/Deputy Dale Lail with
Catawba County
Sheriff's Department

Commodities

19
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Beach Music
Performed by Cody
and Wayne Newton



20
9:00 Coffee &
Conversation with
Pastor Nathaniel Austin
9:30 Bring Something
from Home for "Show
and Tell"



21



24
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Bingo
10:00 Hangman



25
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Craft with Morgan –
Water Bottle Firefly
(Bring in a Water Bottle)

26 Field Trip
9:00 Breakfast at Olde
Hickory Station
10:00 Hickory Farmer's
Market



27
9:30 Live Music with
Papa Gray Beard aka
Keith Williams
Performing



28



31
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Bingo
10:00 Hangman



August 21st is
National Senior
Citizens Day



SMO MENU		 		
3 Chicken Pie Rice Okra & Tomatoes Dinner Roll Cranberry Juice Milk	4 Salisbury Steak w/Gravy Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk	5 Pinto Beans Collard Greens Stewed Potatoes Cornbread Yogurt w/blueberries Milk	6 Pepper Steak Mashed Potatoes Cucumber Salad Dinner Roll Pineapple Milk	7 
10 Sloppy Joe Home Fries Coleslaw Bun Fresh Orange Milk	11 Chicken Fajita w/onions & peppers Spanish Rice Pinto Beans Sour Cream Fruit Cocktail Soft Tortilla Shells Milk	12 Biscuit & Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk	13 Hot Dog w/Chili Baked Beans Coleslaw Bun Peaches Milk	14 
17 Lemon Pepper Chicken Rice Stewed Tomatoes Dinner Roll Fresh Orange Milk	18 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Fruit Cocktail Dinner Roll Milk	19 Waffle Scrambled Eggs Sausage Links Home Fries Orange Juice Milk	20 Beef Tacos Black Beans Lettuce & Tomato Fresh Apple Slices Soft Tortilla Shells Milk	21 
24 Chopped Steak w/Brown Gravy Green Beans Carrots Dinner Roll Cranberry Juice Milk	25 Fried Fish Filet Okra & Tomatoes Coleslaw Bun Peaches Milk	26 Turkey w/Gravy Cornbread Stuffing Sweet Potatoes Baked Apples Grape Juice Cranberry Sauce Milk	27 Baked Chicken w/Gravy Mashed Potatoes Green Peas Dinner Roll Pudding Milk	28 
31 Cheeseburger Lettuce & Tomato Home Fries Pasta Salad Bun Milk	Menu substitutes may occasionally have to be made of equal nutritional value. Diabetic friendly options will be made in substitution of desserts			