



### Upcoming Activities:

#### April 2

Musical performance by Cameron Matthews  
**Newton Site**

#### April 9

Music Trivia with Steve: Romancing the 80's  
**East Hickory Site**

#### April 15

Hazardous Material Awareness with Frank Ballentine, Catawba County Emergency Services  
**Maiden Site**

#### April 21

Adult Protective Services Information with Heather Weston, Catawba County APS supervisor  
**North Hickory Site**

#### April 30

Musical performance by Sentimental Journey  
**Claremont Site**

### Come Join Us!

Our office will be closed on Friday, April 3rd for Good Friday. We will reopen on Monday, April 6th at 7am.



Sunday, April 5th



Wednesday, April 22nd

### April 1st is National Walking Day

Here are some health benefits of daily walking:

- Improves heart health by lowering your blood pressure
- Improved and increased energy and stamina which improves overall cognitive function
- Helps to reduce or manage stress which allows for better sleep
- Helps with weight management
- Improves and strengthens your Immune system



*“Walking is man’s best medicine.”*

*—Hippocrates*

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](http://mealsonwheelsofcatawbacounty.org) or like us on Facebook!



Supported by  
Catawba County United Way

SMO MENU



# April

## HELLO

<p><b>Menu substitutes may occasionally have to be made of equal nutritional value.</b></p> <p><b>Diabetic friendly options will be made in substitution of desserts.</b></p>	<p>1 Barbecue Chicken Rice Stewed Tomatoes Dinner Roll Fruit Cocktail Milk</p>	<p>2 Philly Cheese w/ Peppers &amp; Onions Pasta Salad Corn Peaches Bun Milk</p>	<p>3</p> 	
<p>6 Chopped Steak w/ Brown Gravy Green Beans Carrots Wheat Roll Cranberry Juice Milk</p>	<p>7 Fried Fish Okra &amp; Tomatoes Coleslaw Bun Peaches Milk</p>	<p>8 Roast Turkey w/Gravy Cornbread Stuffing Pickled Beets Baked Apples Grape Juice Milk</p>	<p>9 Baked Chicken w/ Gravy Mashed Potatoes Green Peas Dinner Roll Pudding Milk</p>	<p>10</p> 
<p>13 Cheeseburger Lettuce &amp; Tomato Home Fries Bun Pudding Milk</p>	<p>14 Spaghetti &amp; Meat Sauce Corn Garlic Bread Pineapple Tidbits Milk</p>	<p>15 Chicken &amp; Dumplings Carrots Coleslaw Dinner Roll Peaches Milk</p>	<p>16 Meatloaf Macaroni &amp; Cheese Lima Beans Dinner Roll Pineapple-Orange Juice Milk</p>	<p>17</p> 
<p>20 Chicken Pie Rice Okra &amp; Tomatoes Dinner Roll Cranberry Juice Milk</p>	<p>21 Salisbury Steak w/Gravy Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk</p>	<p>22 Beef Tacos Black Beans Lettuce &amp; Tomato Soft Tortilla Shells Fruit Cocktail Milk</p>	<p>23 Pinto Beans Collard Greens Stewed Potatoes Cornbread Assorted Cookie Milk</p>	<p>24</p> 
<p>27 Sloppy Joe Home Fries Coleslaw Bun Fruit Cocktail Milk</p>	<p>28 Chicken Fajita w/onions &amp; peppers Spanish Rice Pintos Sour Cream Mixed Fruit Soft Tortilla Shells Milk</p>	<p>29 Biscuit &amp; Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk</p>	<p>30 Hot Dog w/Chili Corn Coleslaw Bun Peaches Milk</p>	



# East Hickory SMO Activities

Site Supervisor: Lee Ann Breen  
 Assistants: Steve Reep, Gayle Porcella  
 828-320-5963  
 April 2026

First United  
 Methodist  
 Church Hickory  
 311 3rd Ave NE  
 Hickory, NC 28601



	<p><u>HAPPY BIRTHDAY!</u>          Liz T. 4/15          Betty B. 4/24</p>	<p>1          Field Trip          9:00 Breakfast @ Four          Peas in a Pod          10:00 Goodwill in Newton</p>	<p>2          9:00 Stretch with Betty          9:30 Butterbean Auction          Bring your goodies to          exchange.</p>	<p>3</p>
<p>6          9:00 Walk with Steve          9:15 Bingo</p>	<p>7          9:00 Tai Chi with Lee          9:30 "Which came First:          The chicken or the egg?"          Special Snack: Egg          Quesadillas</p>	<p>8          9:00 Exercise Dance with          Judy          9:30 Take Control          Nutrition Lesson with          Donna: Living Mindfully</p>	<p>9          9:00 Stretch with Betty          9:30 Music Trivia with          Steve: Romancing the          80's</p>	<p>10</p>
<p>13          9:00 Walk with Steve          9:30 Scrabble and          Scattergories Game Day</p>	<p>14          9:00 Exercise with Liz          9:30 Planting in the          Garden Day!</p> <p>***COMMODITIES***</p>	<p>15          9:00 Dance Moves with          Judy          9:30 Cooking up          Cheeseballs</p> <p>Wear Purple today!!!</p>	<p>16          9:00 Stretch with Betty          9:30 Blood Pressure          checks and discussion          on Stress with Carolyn          Thompson, RN, CVMC</p>	<p>17</p>
<p>20          9:00 Walk with Steve          9:15 Bingo</p>	<p>21          9:00 Stretch with Lee          9:30 "Safety from Scams"          with Lt. Page, Catawba          County Sheriff's Dept.</p>	<p>22          Field Trip          9:00 Putt-Putt @ 3 Little          Chicks          10:15 Picnic lunch @          Glen Hilton park (Subway          Box Lunch)</p>	<p>23          9:00 Stretch with Betty          9:30 Coping Strategies          for Anxiety and          Depression in Older          Adults Part 2 with          Partners Health</p>	<p>24</p>
<p>27          9:00 Walk with Steve          9:15 Bingo</p>	<p>28          9:00 Exercise with Liz          9:30 Sing Along with          Susie Q: Boots &amp; Hearts          with Jennifer Williams,          Hickory Public Library</p>	<p>29          9:00 Dance moves with          Judy          9:30 Spring Craft</p>	<p>30          9:00 Stretch with Betty          9:30 Kentucky Derby          Happy Birthday          celebration! Wear a          Fancy Hat Day!!!          We're off to the Races!</p>	



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OF CATAWBA COUNTY

# North Hickory SMO Activities

Site Supervisor: Cherie Grambow

828-323-8746

April 2026

Sandy Ridge Baptist  
Church  
3702 16th St NE  
Hickory, NC 28601



1  
9:00 Coffee Chat: The  
Origin of April Fool's Day  
9:45 BINGO

2  
**Field Trip**  
9:00 Gold Mine Cafe  
10:15 Conover Fire  
Fighters Museum



6  
9:00 Exercise: Stretch It  
Out  
9:45 Cooking Class:  
Carbonara for Natl  
Carbonara Day

7  
9:00 Exercise: Seated  
Yoga  
9:30 BINGO

8  
9:00 Coffee Social  
10:00 Horse Racing  
Game or Corn Hole  
Tournament Round 2

9  
9:00 Exercise: Deep  
Breathing  
9:30 Blood Pressure  
Checks with Carolyn  
Thompson, CVHS



13  
9:00 Exercise: A Mile  
without Running  
9:30 Driving with Melanie  
Sigmon, Community  
Engagement Specialist  
10:00 Introduction to  
Stephen Ministry with  
Lori Granger

14  
9:00 Coffee Social  
9:30 BINGO

15  
**Field Trip**  
9:00 Biscuitville  
10:15 Dollar Tree and Big  
Lots

16  
9:00 Exercise: Deep  
Breathing  
9:30 Coping Strategies  
for Anxiety and  
Depression in Older  
Adults with Bethany  
Ramos, Partner's  
Health



20  
9:00 Exercise: Curling  
Arms  
9:30 BINGO

21  
9:00 Exercise: Outside  
Walk/Weather Permitting  
9:30 Adult Protective  
Services Information with  
Heather Weston, Catawba  
County APS Supervisor  
10:15 Greenhouse  
Planning and Planting

22  
9:00 Coffee Social  
9:30 Sing Along with Suzi  
Q: Boots and Hearts with  
Jennifer Williams, Hickory  
Public Library

23  
9:00 Exercise: Outside  
Walk/Weather  
Permitting  
9:45 Natl Picnic Day  
with Food, Fun and  
Games and Corn Hole  
Tournament Round 3

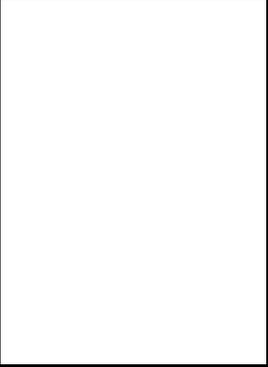


27  
9:00 Exercise: Strong  
Legs  
9:30 Cooking Class:  
Vegetarian Stir-Fry Rice  
Bowl

28  
9:00 Exercise: Stretching  
9:45 Horse Racing Game

29  
9:00 Coffee Chat: The  
History of Peace Roses  
9:30 Craft Time: Peace  
Rose Project in Honor of  
Natl Peace Rose Day

30  
9:00 Exercise: Laughter  
Yoga  
9:30 BINGO



# Newton SMO Activities

Site Supervisor: Krystal Rosario

Assistant: Jasper Walton,

Debby Reynolds

828-455-4133

April 2026



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First Presbyterian  
Church  
701 N Main Avenue  
Newton, NC 28658



	<p><b>HAPPY BIRTHDAY!</b> Rebecca D. 04/14 Jasper W. 04/14</p>	<p>1 Field Trip 9:00 Ashure Ministry Tour and Volunteering 10:15 Lunch at Valley Hills Mall Food Court</p>	<p>2 9:00 Announcements 9:15 Exercise 9:30 Musical performance by Cameron Matthews</p> <p>*National PB&amp;J Day</p>	<p>3</p>
<p>6 9:00 Announcements 9:15 Exercise 9:30 Word games and Spanish lesson</p> <p>*National Caramel Popcorn Day</p>	<p>7 9:00 Announcements 9:15 Exercise 9:30 BINGO</p>	<p>8 9:00 Announcements 9:15 Exercise 9:30 Cooking class with Nancy Bryant</p>	<p>9 9:00 Announcements 9:15 Exercise 9:30 Movie day &amp; popcorn</p>	<p>10</p>
<p>13 9:00 Announcements 9:15 Exercise 9:30 Library to Go with Sam Woolhiser, Painted Sea Shells.</p>	<p>14 9:00 Announcements 9:15 Exercise 9:30 Flag Ministry with Normandy</p> <p>*National Gardening Day</p>	<p>15 Field Trip 9:00 Breakfast at Golden Corral 10:15 Shopping at Ollies and Dollar Tree</p>	<p>16 9:00 Announcements 9:15 Exercise 9:30 Tim Hefner performs</p>	<p>17</p>
<p>20 9:00 Announcements 9:15 Exercise 9:30 Safe Driving with Melanie Sigmon, Community Engagement Specialist</p>	<p>21 9:00 Announcements 9:15 Exercise 9:30 BINGO</p> <p>***Commodities***</p>	<p>22 9:00 Announcements 9:15 Exercise 9:30 Coping Strategies for Anxiety and Depression in Older Adults, with Partners Health</p>	<p>23 9:00 Announcements 9:15 Exercise 9:30 First Presbyterian Church Historic Tour</p>	<p>24</p>
<p>27 9:00 Announcements 9:15 Exercise 9:30 Virtual Trip to England</p>	<p>28 9:00 Announcements 9:15 Exercise 9:30 BINGO</p>	<p>29 9:00 Announcements 9:15 Exercise 9:30 Musical performance by Cody Newton</p>	<p>30 9:00 Announcements 9:15 Exercise 9:30 Horse Race Game</p>	



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# Claremont SMO Activities

Site Supervisor: Kayla Smith

828-320-0434

April 2026

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



	<p><b>HAPPY BIRTHDAY!</b> Sherry W 4/4</p>	<p>1 9:30 Bring snacks to share for Easter 10:00 Spring Crafting with Kayla Smith 10:30 Morning Stretches</p> 	<p>2 9:30 Anxiety and Depression in Older Adults Part 2 with Partners Health 10:30 Chair Exercises</p>	<p>3</p> 
<p>6 9:30 Announcements 9:45 Morning Walk 10:00 Bingo</p> 	<p>7 9:30 Cooking Class: Coffee Cake 10:00 Noodle Ball 10:30 Chair Exercises</p>  <p><b>National Coffee Cake Day</b></p>	<p>8 9:30 Field Trip: Shopping Walmart Conover 10:45 Lunch Zaxby's Conover</p> 	<p>9 9:30 Chair Exercises 10:00 Library to Go with Sam Woolhiser</p> <p><b>Bring your library books to return</b></p>	<p>10</p> 
<p>13 9:30 Announcements 9:45 Morning Walk 10:00 Bingo</p> 	<p>14 9:30 Crafting with Tonya Jarnac 10:30 Morning Stretches</p> 	<p>15 9:30 Blood pressure checks 10:00 Stress and your health with Carolyn Thompson</p> <p><b>***Commodities***</b></p>	<p>16 9:30 Birthday Celebration! 9:45 Morning Walk 10:00 Music with Keith Williams "Papa Grey Beard"</p> 	<p>17</p> 
<p>20 9:30 National Financial Capability Month with Frank Ballantine, Catawba County Emergency Services 10:30 Morning Walk</p>	<p>21 9:30 Announcements 9:45 Chair Exercises 10:00 Bingo</p> 	<p>22 9:30 Morning Walk 10:00 Activity with Sherrills Ford- Terrell Branch Library</p>	<p>23 9:30 Adult Protective Services presentation with Heather Weston 10:30 Morning Stretches</p> 	<p>24</p> 
<p>27 9:30 Announcements 9:45 Morning Walk 10:00 Bingo</p> 	<p>28 9:30 Morning Stretches 10:00 Sand Art craft (reschedule) with Kayla Smith</p>	<p>29 9:15 Field Trip: Shopping at Rural King 10:30 Lunch at Four Peas in a Pod</p> 	<p>30 9:30 Come hear Sentimental Journey Band! 10:30 Chair Exercises</p> 	

# Maiden SMO Activities

Site Supervisor: Lisa Adams

Assistant: Sue Cooke, Morgan Blankenship

828-320-5966

Maiden Community Center

207 E Klutz St

Maiden, NC 28650



	<p><b>HAPPY BIRTHDAY!</b> James F – 4/9</p>	<p>1 8:30 Boil eggs for Thursday 9:00 Group Stretch and Walk 9:30 Easter Fun and Games</p>	<p>2 9:00 Group Stretch &amp; Walk 9:15 History of the Greek Red Easter Egg 9:30 Dying Red Easter Eggs</p>	<p>3</p>
<p>6 9:00 Exercise w/Lisa 9:30 Bunny Bingo Bash</p>	<p>7 Celebrating National Coffee Cake Day! 9:00 Exercise w/Lisa 9:30 Carolyn Thompson, Stress, RN, CVHS</p>	<p>8 9:00 Shopping at L.O.V. Thrift Store 10:00 Lunch at Untouchables</p>	<p>9 9:00 Exercise w/Lisa 9:30 Coping Strategies for Anxiety and Depression in Older Adults Pt 2 w/Christy Wilcox, Partner's Health</p>	<p>10</p>
<p>13 9:00 Exercise w/Lisa 9:15 Cooking w/Teresa Slaughter – Peach Cobbler –National Peach Cobbler Day 9:30 Health Benefits of Peaches 9:45 Bingo</p>	<p>14 9:00 Exercise w/Lisa 9:30 Planting seeds in honor of National Gardening Day</p>	<p>15 9:00 Exercise w/Lisa 9:30 Hazardous Material Awareness w/Frank Ballentine, Catawba County Emergency Services</p>	<p>16 9:00 Group Stretch &amp; Walk 9:30 Corn Hole</p>	<p>17</p>
<p>20 9:00 Exercise w/Lisa 9:30 Technology Bingo w/Brenda &amp; Ashley w/ Catawba County Library</p>	<p>21 9:00 Exercise w/Lisa 9:30 Driving w/Melanie Sigmon, Community Engagement Specialist</p> <p>***Commodities***</p>	<p>22 Field Trip: 9:00 Breakfast at Bojangles 10:15 Shopping at Goodwill</p>	<p>23 9:00 Exercise w/Lisa 9:30 Crafting with Lisa, bring in a bottle of Nail Polish to make something pretty</p>	<p>24</p>
<p>27 9:00 Coffee and Conversation w/ Nathaniel Austin 9:30 Bingo</p>	<p>28 9:00 Exercise w/Lisa 9:30 Presentation on Adult Protective Services Information by Heather Weston, Catawba County APS supervisor</p>	<p>29 9:00 Exercise w/Lisa 9:30 Show and Tell Day: Bring something special to share</p>	<p>30 9:00 Group Stretch &amp; Walk 9:30 Corn Hole</p>	