



meals on wheels
OF CATAWBA COUNTY

Seniors Morning Out

December 2025 Newsletter

Important Holiday Information

Upcoming Activities:

December 3

Loneliness and Social Isolation at the holidays with Partners Health
Claremont Site

December 9

Musical performance by The Golden Voices
Maiden Site

December 17

Christmas Special Trivia with Jennifer Williams, Hickory Public Library
North Hickory Site

December 29

Cooking Class: Three Ingredient Apple Cake
Newton Site

December 29

Sims Country Cloggers Dance Studio Performance
East Hickory Site

Come Join Us!

Seniors Morning Out sites will be closed December 22nd through December 26th. Sites will be open on December 29 through December 31st. We will close on January 1st for the holiday.

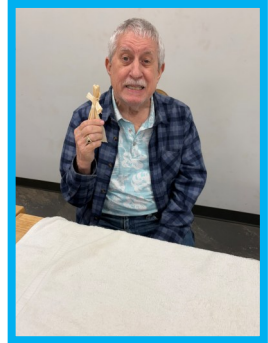
Participants have the option to receive a special delivery of 5 frozen meals on Wednesday, December 17th. If you have questions or are interested in receiving this special delivery, please contact your site supervisor by Wednesday, November 26th.



SMO Christmas Luau
Thursday, December 4th



Thursday, December 25th








*As we say Good-Bye to 2025,
we want to thank you all for
the wonderful memories! We
hope you all have a very
Merry Christmas!*



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!

SMO MENU



1 Chicken Parmesan Green Beans Fruit Cocktail Dinner Roll Assorted Cookie Milk	2 Sloppy Joe Home Fries Coleslaw Bun Applesauce Milk	3 Hot Dog w/chili Barbecue Slaw Lima Beans Apple Juice Bun Oatmeal Cookie Milk	4 Waffle w/syrup Scrambled Eggs Sausage Patty Home Fries Orange Juice Milk	5 
8 Lasagna Tossed Salad w/Green Peppers & Tomatoes Garlic Bread Mixed Fruit Milk	9 Chicken & Dumplings Buttered Carrots Dinner Roll Orange Juice Apple Cobbler Milk	10 Baked Ham w/ Pineapple Juice Broccoli-Rice Casserole Sweet Potatoes Pineapple Slice Dinner Roll Milk	11 Chicken Fajita Spanish Rice Pinto Beans Fruit Cocktail Salsa Milk	12 
15 Baked Chicken w/Gravy Green Beans Corn Dinner Roll Cranberry Juice Assorted Cookie Milk	16 Cheeseburger w/Chili Baked Beans Lettuce & Tomato Bun Peaches Milk	17 Chicken Pie Collards Baked Apples Dinner Roll Assorted Cookie Milk	18 Baked Ham Broccoli w/Cheese Mashed Potatoes Orange Juice Cornbread Pudding Milk	19 
22 	23 	24 	25 	26 
29 Buffalo Chicken Rice Broccoli w/Cheese Pineapple Slices Dinner Roll Milk	30 Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Coleslaw Bun Fruit Cocktail Milk	31 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/crackers Fresh Orange Pudding Milk	<p>Menu substitutes may occasionally have to be made of equal nutritional value.</p> <p>Diabetic friendly options will be made in substitution of desserts.</p>	



East Hickory SMO Activities

Site Supervisor: Lee Ann Breen
 Assistants: Steve Reep
 828-320-5963
 December 2025

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



1
 9:00 Walk with Steve
 9:30 Holiday Sip and Make
 Hot Chocolate/ Hot Cider Bar and Christmas crafts choice board (2 day event)

2
 9:00 Exercise with Liz
 9:30 Holiday Sip and Make
 Hot Chocolate/ Hot Cider Bar and Christmas crafts choice board (2 day event)

3
 9:00 Dance with Judy
 9:30 Movie Day with Popcorn Bar



4
 9:00 All Sites Christmas Luau at NHKY



8
 9:00 Walk with Steve
 9:30 Bingo



9
 9:00 Exercise with Judy or Liz
 9:30 Oh Christmas Tree! "Can Christmas Trees Bring Health Benefits?" With Lee Ann
 **** Commodities****

10
 9:00 Dance with Judy
 9:30 Musical performance by Cody Newton - Christmas Variety

11
 9:00 Stretch with Betty
 9:30 Birthday Party



15
 9:00 Walk with Steve
 9:30 Christmas Bingo Special

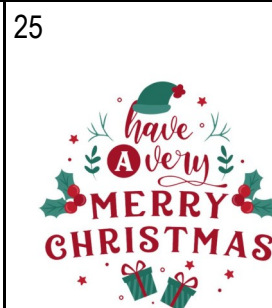
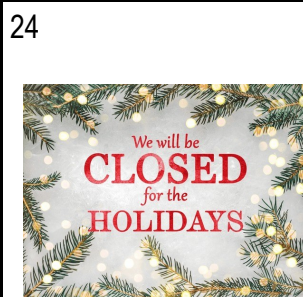
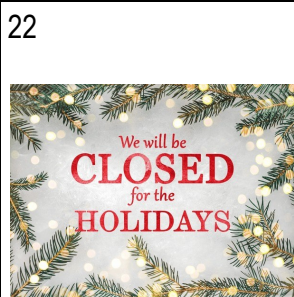


16
 9:00 Exercise with Judy or Liz
 9:30 Christmas Special Trivia with Jennifer Williams, Hickory Public Library

17
 9:00 Dance with Judy
 9:30 East Hickory Site Christmas Party
 10:00 Christmas Jeopardy



18
 9:00 Stretch with Betty
 9:30 Partners Health "The Impact of Social Isolation"



29
 9:00 Walk with Steve
 9:30 Sims Country Cloggers Dance Studio Performance



30
 9:00 Exercise with Liz or Judy
 9:30 Cooking: Celebration Bread (A New Year's Treat)

31
 9:00 Dance with Judy
 9:30 New Year's Eve Party with special musical performance by Kathy Duke and husband, Kenny



HAPPY BIRTHDAY!
 Valerie 12/23
 Hazel 12/30



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North Hickory SMO Activities

Site Supervisor: Cherie Grambow

828-323-8746

December 2025

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



1
9:00 Exercise: Holly Jolly
Laughter Yoga
9:30 Craft Time: Holiday
Cards with Jerri and
Joanne

2
9:00 Exercise: Catch
Those Snowflakes on
Your Tongue Stretching
9:30 Grief and the
Holidays with Partners
Health

3
9:00 Exercise: Dancing
with the Elves, Music
Movement
9:30 BINGO



4
9:00 All Sites Christmas
Luau at NHKY



8
9:00 Exercise: Deep
Breathing Exercises for
Holiday Stress Release
9:45 BINGO



9
9:00 Coffee Chat: Are You
Ready for the Holidays?
9:30 Craft Time: Button
Christmas Crafts

10
9:00 Exercise: Fly Swat
Tennis
10:30 Holiday Word
Puzzles

11
9:00 Exercise: Birthday
Dance Off
9:30 December Birthday
Celebration



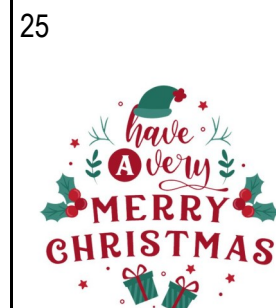
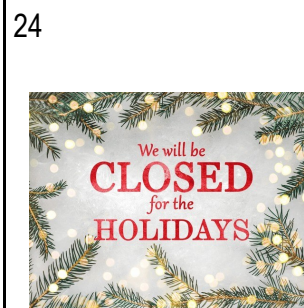
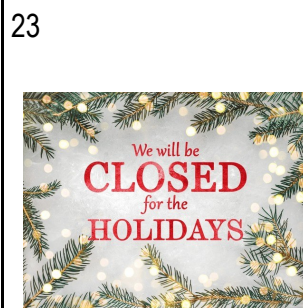
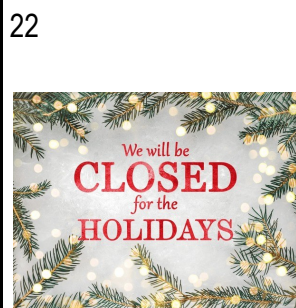
15
9:00 Exercise: Holly Jolly
Laughter Yoga
9:30 BINGO



16
9:00 Coffee Chat Social
9:30 Craft Time: Whisk
You a Merry Christmas
with Tammy and Whisk Up
Pancakes with Cherie

17
9:00 Exercise: Rockin
Around the Christmas
Tree
9:30 Christmas Special
Trivia with Jennifer
Williams, Hickory Public
Library

18
9:00 Exercise Reach for
Those Stockings
Stretches
9:30 Holiday
Celebration: Hot Cocoa
Bar



29
9:00 Exercise: Stretch It
Out!
9:45 Cooking Class:
Cheesy Scalloped
Potatoes and Ham
Stacks
Let's get
cooking

30
9:00 Exercise: Seated
Yoga Poses with Deep
Stretching
9:30 BINGO



31
9:00 Exercise: Let's Get
Ready for the New Year
and Our January Fitness
Challenge
9:45 New Year's Eve
Celebration!



HAPPY BIRTHDAY!
Jeanette B. 12/19
Jaffer D 12/21
Pam B. 12/23



Newton SMO Activities

Site Supervisor: Rachel Jackson

Assistant: Jasper Walton,


















Debby Reynolds

828-455-4133

December 2025

First Presbyterian
Church
701 N Main Avenue
Newton, NC 28658



1 9:00 Announcements 9:15 Exercise 9:30 Cold Weather Safety with Melanie Sigmon, Community Engagement Specialist 10:00 Trivia	2 9:00 Announcements 9:15 Exercise 9:30 Bingo 	3 9:00 Announcements 9:15 Exercise 9:30 Christmas Painting	4 9:00 All Sites Christmas Luau at NHKY 	5 
8 9:00 Announcements 9:15 Exercise 9:30 Library to Go with Sam Woolhiser 10:00 Decorate Ornaments with Sam Woolhiser	9 Trip to Maiden for Golden Voices Concert 	10 9:00 Announcements 9:15 Exercise 9:30 Cameron Matthews Performing 	11 9:00 Announcements 9:15 Exercise 9:30 Birthday Party	12 
15 9:00 Announcements 9:15 Exercise 9:30 Erica Derr mini toboggan candy holder craft	16 9:00 Announcements 9:15 Exercise 9:30 Bingo  ***Commodities***	17 9:00 Announcements 9:15 Exercise 9:30 Discussion with Partners Health	18 9:00 Announcements 9:15 Exercise 9:30 Site Christmas Party bring \$5 gift wrapped for activity 	19 
22 	23 	24 	25 	26 
29 9:00 Announcements 9:15 Exercise 9:30 Cooking Class- Three Ingredient Apple Cake 	30 9:00 Announcements 9:15 Exercise 9:30 Trivia 10:00 Horserace	31 9:00 Announcements 9:15 Exercise 9:30 New Years Party Dress to impress 		
				<u>HAPPY BIRTHDAY!</u> Gerry M. 12/6 Steve R. 12/17 Cheryl C. 12/23



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Claremont SMO Activities

Site Supervisor: Kayla Smith

828-320-0434

December 2025

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



1
9:30 Announcements
10:00 Library to Go with
Sam Woolhiser

Bring your library books to
return

2
9:30 Birthday
Celebration!
9:45 Morning Walk
10:00 Bingo



3
9:30 Loneliness and
Social Isolation at the
Holidays with Partners
Health
10:30 Chair Exercises

4
9:00 All Sites Christmas
Luau at NHKY



8
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



9
9:30 Oxford Elementary
Handbells Performance
10:30 Morning Stretches

10
9:30 Cooking Class:
Rolo Ritz Cookies
10:30 Noodle Ball



11
9:30 Musical
performance by Bob
Hollar
10:30 Chair Exercises



15
9:30 Announcements
9:45 Morning Walk
10:00 Christmas Bingo



16
9:30 Morning Stretches
10:00 Crafting with
Tonya Jarnac

17
9:30 Morning Walk
10:00 Activity with
Sherrills Ford- Terrell
Branch Library

Commodities

18
9:30 Christmas
Celebration & gift
exchange
10:30 Morning Stretch
Bring \$5 gift to
exchange



22



23



24



25



26



29
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



30
9:30 Crafting with Kayla:
2026 Photo Frame
10:30 Morning Stretches

31
9:30 Snacks for 2026
New Year
10:30 Take a 2026
Photo for Photo Frame



HAPPY BIRTHDAY!
Cheryl W 12/8
Debbie G 12/20
Janet C 12/20
Pearl C 12/28

Maiden SMO Activities






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Site Supervisor: Lisa Adams
Assistant: Sue Cooke, Morgan Blankenship

828-320-5966
December 2025

Maiden Community Center
207 E Klutz St
Maiden, NC 28650



<p>1 9:00 Exercise w/Lisa 9:30 Craft – Snowman Top Hat</p> 	<p>2 9:00 Exercise w/Lisa 9:30 Craft – Angel Necklace 10:00 Blood Pressure checks with Lisa</p>	<p>3 9:00 Exercise w/Lisa 9:30 Cork Reindeer Ornaments</p>	<p>4 9:00 All Sites Christmas Luau at NHKY</p> 	<p>5</p> 
<p>8 9:00 Exercise w/Lisa 9:30 Discussion with Ashley and Brenda, Digital Navigators Catawba County Library</p>	<p>9 9:00 Exercise w/Lisa 9:30 Musical performance by The Golden Voices w/Newton SMO joining</p> 	<p>10 9:00 Exercise w/Lisa 9:30 Grief and the holidays w/Partners Health</p> 	<p>11 9:00 Coffee and Conversation w/ Nathaniel Austin 9:30 Corn Hole ***Please turn in Pizza Money by Today***</p>	<p>12</p> 
<p>15 9:00 Exercise w/Lisa 9:15 Cooking w/Teresa Slaughter – Mini Chicken Pot Pies 9:30 Snowman Mason Jar Lid Ornament Craft w/Lisa</p>	<p>16 9:00 Exercise w/Lisa 9:30 Craft – Miniature Gumball Machine Ornament</p>  <p>* **Commodities****</p>	<p>17 9:00 Exercise w/Lisa 9:30 Birthday Party w/ musical performance by Cody and Wayne Newton</p>	<p>18 9:00 SMO Christmas Party Bring in a Store- Bought Snack and A \$5.00 Wrapped Christmas Ornament</p> 	<p>19</p> 
<p>22</p> 	<p>23</p> 	<p>24</p> 	<p>25</p> 	<p>26</p> 
<p>29 9:00 Exercise w/Lisa 9:30 Bingo Let's Talk</p> 	<p>30 9:00 Exercise w/Lisa 9:30 Board Games</p>	<p>31 9:00 PaJaMa and PiZZa PaRtY! \$5.00 per person for Pizza</p> 		<p><u>HAPPY BIRTHDAY!</u> Gaye M 12/3 Judy L 12/11 Fletus P 12/13</p>