



Upcoming Activities:

February 3

No Sew Fabric Landscapes with Hickory Museum of Art with Karla
North Hickory Site

February 9

Cooking Class:
Flatbread Pizzas with
Lee Ann
East Hickory Site

February 12

Musical performance by
Cameron Matthews
Newton Site

February 18

Emergency Kits with
Frank Ballentine,
Catawba County
Emergency Management
Maiden Site

February 25

Heart Health with
Melanie Sigmon,
Community Engagement
Specialist
Claremont 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!

Happy Valentine's Day!



CANDY
HEART
HUG
LOVE
KISS
SWEET



L	O	V	E	S	X	I
W	V	G	R	H	U	G
S	E	H	E	A	R	T
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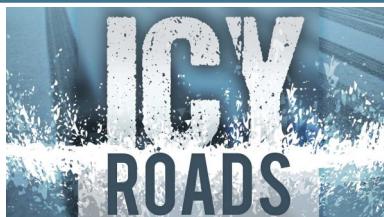
February 2nd



February 14th



February 16th



If road conditions become unsafe for travel, our Seniors Morning Out sites will be closed. Also, there will be no Meals on Wheels routes delivered.

If we close the Seniors Morning Out sites, we will call each of the participants.



You can also call our main office for questions at 828-695-5610.

facebook

Weather related closings and delay information will also be available on our Facebook page:
Meals on Wheels of Catawba County



Supported by
Catawba County United Way

SMO MENU



FEBRUARY

2 Barbecue Chicken Green Peas Glazed Carrots Apple Juice Dinner Roll Pudding Milk	3 Beef Tacos Black Beans Lettuce & Tomato Soft Tortilla Shells Fruit Cocktail Milk	4 Smoked Sausage w/ Cabbage Crowder Peas Dinner Roll Peaches Milk	5 Biscuit & Gravy Scrambled Eggs Tomato Wedges Baked Apples Milk	6 
9 Cheeseburger w/Chili Baked Beans Lettuce & Tomato Peaches Bun Milk	10 Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Coleslaw Bun Fruit Cocktail Milk	11 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/Crackers Fresh Orange Pudding Milk	12 Spaghetti w/Meat Sauce Green Beans Tossed Salad w/ Ranch Dressing Garlic Bread Pears Milk	13 
16 Chicken Pie Blackeye Peas Peaches Dinner Roll Assorted Cookie Milk	17 Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Pudding Milk	18 Chicken Parmesan Tossed Salad Fruit Cocktail Dinner Roll Assorted Cookie Milk	19 Hamburger Steak w/ Gravy Mashed Potatoes Broccoli Casserole Applesauce Dinner Roll Orange Juice Milk	20 
23 Sliced Turkey w/Gravy Cornbread Stuffing Green Beans Peach Cobbler Dinner Roll Milk	24 Sloppy Joe Home Fries Coleslaw Bun Applesauce Milk	25 Hot Dog w/Chili Lima Beans Barbecue Slaw Fresh Apple Slices Bun Assorted Cookie Milk	26 Pancakes w/syrup Scrambled Eggs Sausage Links Home Fries Orange Juice Milk	27 
			<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>	



meals on wheels
OF CATAWBA COUNTY

East Hickory SMO Activities

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

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



2 9:00 Walk with Steve 9:30 Bingo Fire Drill  Happy Ground Hog's Day	3 9:00 Exercise with Liz 9:30 Arts & Crafts Valentine's cards (for card exchange) mailboxes & mice ***Commodities***	4 Field Trip: 9:00 Ollies of Hickory 10:15 Granny's Kitchen 	5 9:00 Stretch with Betty 9:30 Super Bowl Tailgate Party: Corn Hole, Bullz Eye Pitch, Football Target Throw Table Top Pickle Ball & more Wear your Team Gear!!!	6 
9 9:00 Walk with Steve 9:30 Cooking Class: Flatbread Pizzas for National Pizza Day Food Born Illness: The 4 C's of cooking	10 9:00 Exercise with Liz 9:15 Music Trivia with Steve -Classic Country Volume 2 	11 9:00 Exercise with Judy 9:30 Nutrition Lesson with Donna Mull 	12 9:00 Stretch with Betty 9:30 Make Dog Biscuits for Animal Shelter (service project) Valentine's Treat	13 
16 9:00 Walk with Steve 9:30 Bingo 	17 9:00 Exercise with Liz 9:30 Happy Birthday Party - Mardi Gras Masquerade Party 	18 9:00 Exercise with Judy 9:30 Music Performance by Cameron Matthews 	19 9:00 Stretch with Betty 9:30 Catawba County History Museum presents Murray's Mill from the 1930's	20 
23 9:00 Walk with Steve 9:30 Bingo 	24 9:00 Exercise with Liz 9:30 Timeless Trivia 4: Lives and Legends of the Old West with Jennifer Williams, Hickory Public Library	25 Field Trip 9:00 Bowling and lunch at Pin Station 	26 9:00 Stretch with Betty 9:30 Understanding Dementia with Partners Health	27 
			HAPPY BIRTHDAY! Eleanor B. 2/15 Ed L. 2/18 Lee Ann B. 2/22 John L. 2/26	



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OF CATAWBA COUNTY

North Hickory SMO Activities

Site Supervisor: Cherie Grambow

828-323-8746

February 2026

Sandy Ridge Baptist Church

3702 16th St NE

Hickory, NC 28601



2
9:00 Exercise: Deep Breathing for a Healthy Heart
9:30 Heart and Stroke Prevention with Melaine Sigmon, Catawba County EMS

3
9:00 Exercise: Stretch It Out and Open that Heart
9:30 No Sew Fabric Landscapes with Karla, Hickory Museum of Art



4
9:00 Coffee Chat: Fun February Facts
9:15 Fire Drill
9:30 BINGO



5
9:00 Field Trip to Golden Coral and Hammricks



9
9:00 Exercise: Oodles of Noodles
9:30 Craft Time: Winding Hearts Craft

10
9:00 Exercise: Easy Movements for Better Stability
9:30 Valentine's BINGO



11
9:00 Exercise Stretch It Out
9:30 Craft Time: Valentine Craft with Michele

12
9:00 Coffee Chat Social Time
10:00 Valentine's Celebration with Seniors on the Move



16
9:00 Exercise: Stretching for Flexibility
9:30 Cooking Class: Cajun Stuffed Peppers
10:00 Food Borne Illness with Cherie

17
9:00 Coffee Chat: The History of Mardi Gras
9:30 Mardi Gras BINGO



18
9:00 Field Trip: Lunch and Bowling at Pin Station



19
9:00 Exercise: Chair Yoga Poses
9:30 Managing Chronic Illness and Mental Health with Bethany Ramos, Partner's Health



23
9:00 Exercise: Oodles of Noodles
9:30 February Birthday Celebration

24
9:00 Exercise: Deep Breathing
9:30 BINGO



25
9:00 Exercise: Stretch It Out
9:30 Timeless Trivia 4: Lives and Legends of the Old West with Jennifer Williams, Hickory Public Library

26
9:00 Coffee Social Time
Nat'l Letter to an Elder Day-Let's send some letters!
9:30 Game Day! Corn Hole, Horse Racing, One Minute Games



HAPPY BIRTHDAY!

Ann J. 2/08
Janie W. 2/08
Hazel F. 2/20
Linda H. 2/21
Ruby S. 2/27



Newton SMO Activities

Site Supervisor: Rachel Jackson
Assistant: Jasper Walton,
Debby Reynolds
828-455-4133
February 2026

First Presbyterian
Church
701 N Main Avenue
Newton, NC 28658



2 9:00 Announcements 9:15 Exercise 9:30 Snack-Tater Tots 9:45 Groundhog Day Craft 10:00 Pen Pal Valentine Letter/Craft *National Ground Hog and Tater Tot Day	3 9:00 Announcements 9:15 Exercise 9:30 BINGO	4 9:00 Announcements 9:15 Exercise 9:30 Special Trip 4 Peas in a Pod and Ollie's Bargain Outlet	5 9:00 Announcements 9:15 Exercise 9:30 Cooking Class-Homemade Soup *National Homemade Soup Day	6
9 9:00 Announcements 9:15 Exercise 9:20 Snack-Pizza 9:30 Library to Go with Sam Woolhiser	10 9:00 Announcements 9:15 Exercise 9:30 Water-color Craft	11 9:00 Announcements 9:15 Exercise 9:30 Heart Ornaments *National Giving Hearts Day	12 9:00 Announcements 9:15 Exercise 9:20 Snack-Mini Quesadillas 9:30 Performance by Cameron Matthews	13
16 9:00 Announcements 9:15 Exercise 9:30 President's Day Trivia 9:45 Self Portrait Craft	17 9:00 Announcements 9:15 Exercise 9:30 Snack-Coleslaw 9:45 Rock Painting Craft *National Random Acts of Kindness ***Commodities***	18 9:00 Announcements 9:15 Exercise 9:30 Lunch and Bowling at Pin Station	19 9:00 Announcements 9:15 Exercise 9:30 Managing Chronic Illness and Mental Health (Heart Health Awareness month) w/Partners Health	20
23 9:00 Announcements 9:15 Exercise 9:30 Cooking Class-Dog Biscuits *National Dog Biscuits	24 9:00 Announcements 9:15 Exercise 9:20 Snack-nachos 9:30 Butter Bean Auction	25 9:00 Announcements 9:15 Exercise 9:30 Cody Newton performing	26 9:00 Announcements 9:15 Exercise 9:30 Birthday Party 9:45 Snack: Toast Bar *National Toast Day	27
			HAPPY BIRTHDAY! Steve M. 2nd Charles L. 2nd Ginger R. 5th Nancy 5th Brenda G. 20th Gail K. 23rd Fay S. 23rd	



meals on wheels
OF CATAWBA COUNTY

Claremont SMO Activities

Site Supervisor: Kayla Smith

828-320-0434

February 2026

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



2
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



3
9:30 Cooking Class:
Raspberry Thumbprint
Cookies
10:30 Food Borne Illness
video



4
9:30 No Sew Fabric
Landscapes with Karla
Starnes, Hickory
Museum of Art
10:30 Morning Stretches



5
9:30 Chair Exercises
10:00 Library to Go with
Sam Woolhiser

Bring your library books
to return

6



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



10
9:30 Morning Stretches
10:00 Valentine's
Crafting with Kayla
Smith
10:30 Fire Drill



11
Field Trip:
9:00 Shopping at Safe
Harbor Resource
Warehouse
10:30 Lunch at Mountain
Fried Chicken



12
9:30 Managing Chronic
Illness and Mental
Health with Partners
Health
10:30 Snacks for
Valentine's Day

Heart Health
Awareness Month

13



16
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



17
9:30 Morning Stretches
10:00 Crafting with
Tonya Jarnac



18
9:30 Morning Walk
10:00 Activity with
Sherrills Ford- Terrell
Branch Library

Commodities

19
9:30 Birthday
Celebration!
9:45 Morning Walk
10:00 Come Hear
Sentimental Journey
Band Perform



20



23
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



24
9:30 Chips and Dip Bar
10:00 Sand Art Bottle
Craft with Kayla Smith
10:30 Chair Exercises
**National Tortilla Chip
Day** -Share your favorite
chip dip recipes

25
9:30 Heart Health with
Melanie Sigmon,
Community Engagement
Specialist
10:30 Morning Stretches
**Heart Health
Awareness Month**

26
Field Trip:
9:00 Shopping at Ollies
10:30 Lunch at Bob
Evans



27



HAPPY BIRTHDAY!
Betty H 2/15



meals on wheels
OF CATAWBA COUNTY

Maiden SMO Activities

Site Supervisor: Lisa Adams

Assistant: Sue Cooke, Morgan Blankenship

828-320-5966

February 2026

Maiden Community Center

207 E Klutz St

Maiden, NC 28650



2 9:00 Exercise w/Lisa 9:15 Fire Drill 9:30 Valentine Boxes 	3 9:30 Heart and Stroke Prevention with Melanie Sigmon, Community Engagement Specialist	4 9:00 Exercise w/Lisa 9:30 Biscuits for our local furry shut-ins (bring in some cookie cutters) 	5 9:00 Exercise w/Lisa 9:15 Hot Coca Social 9:30 Food Borne Illness w/Lisa 9:45 Balloon Volleyball	6
9 9:00 Exercise w/Lisa 9:30 Ashley and Brenda, Catawba County Digital Navigators	10 9:00 Exercise w/Lisa 9:30 Valentine Paper Quilling 	11 9:00 Exercise w/Lisa 9:30 Managing Chronic Illness and Mental Health w/Partners Health	12 9:00 Coffee and Conversation w/ Nathaniel Austin 9:30 Corn Hole 	13
16 9:00 Exercise w/Lisa 9:15 Cooking w/Teresa Slaughter – Mini Meatball Cupcakes 9:30 Valentines Bingo 	17 9:00 Exercise w/Lisa 9:30 Wheels on the bus go round, and round, but where am I going??? ***Commodities***	18 9:00 Exercise w/Lisa 9:30 Emergency Kits w/ Frank Ballentine, Catawba County Emergency Management	19 9:00 Exercise w/Lisa 9:30 Let's Paint 	20
23 9:00 Exercise w/Lisa 9:30 Bingo 	24 9am SHARP! Indoor Yard Sale—Paid with Butter Beans	25 9:00 Field Trip: Shopping at Burke Outlet & Big Lots 10:30 Lunch at Dianne's Dairy Center 	26 9:30 Birthday Party w/ Keith William for entertainment 	27
			HAPPY BIRTHDAY! Morgan B. 2/3 Sarah H. 2/4	