



meals on wheels
OF CATAWBA COUNTY

Seniors Morning Out

February 2026 Newsletter

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!

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
O	S	W	E	E	T	K
S	H	K	I	S	S	E
C	A	N	D	Y	I	Q
T	Q	G	A	O	M	G



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

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



FEBRUARY

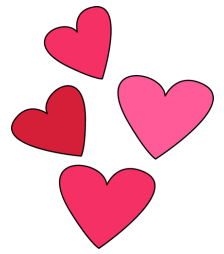
2 Barbecue Chicken Green Peas Glazed Carrots Apple Juice Dinner Roll Pudding Milk	3 Beef Tacos Black Beans Lettuce & Tomato Soft Tortilla Shells Fruit Cocktail Milk	4 Smoked Sausage w/ Cabbage Crowder Peas Dinner Roll Peaches Milk	5 Biscuit & Gravy Scrambled Eggs Tomato Wedges Baked Apples Milk	6 
9 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>	



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!!!



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



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



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



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

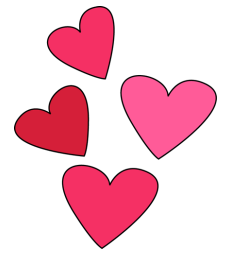
North Hickory SMO Activities



Site Supervisor: Cherie Grambow

828-323-8746

February 2026

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



<p>2 9:00 Exercise: Deep Breathing for a Healthy Heart 9:30 Heart and Stroke Prevention with Melaine Sigmon, Catawba County EMS</p>	<p>3 9:00 Exercise: Stretch It Out and Open that Heart 9:30 No Sew Fabric Landscapes with Karla, Hickory Museum of Art</p> 	<p>4 9:00 Coffee Chat: Fun February Facts 9:15 Fire Drill 9:30 BINGO</p> 	<p>5 9:00 Field Trip to Golden Coral and Hammicks</p> 	<p>6</p> 
<p>9 9:00 Exercise: Oodles of Noodles 9:30 Craft Time: Winding Hearts Craft</p>	<p>10 9:00 Exercise: Easy Movements for Better Stability 9:30 Valentine's BINGO</p> 	<p>11 9:00 Exercise Stretch It Out 9:30 Craft Time: Valentine Craft with Michele</p>	<p>12 9:00 Coffee Chat Social Time 10:00 Valentine's Celebration with Seniors on the Move</p> 	<p>13</p> 
<p>16 9:00 Exercise: Stretching for Flexibility 9:30 Cooking Class: Cajun Stuffed Peppers 10:00 Food Borne Illness with Cherie</p>	<p>17 9:00 Coffee Chat: The History of Madri Gras 9:30 Madri Gras BINGO</p> 	<p>18 9:00 Field Trip: Lunch and Bowling at Pin Station</p> 	<p>19 9:00 Exercise: Chair Yoga Poses 9:30 Managing Chronic Illness and Mental Health with Bethany Ramos, Partner's Health</p>	<p>20</p> 
<p>23 9:00 Exercise: Oodles of Noodles 9:30 February Birthday Celebration</p>	<p>24 9:00 Exercise: Deep Breathing 9:30 BINGO</p> 	<p>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</p>	<p>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</p>	<p>27</p> 
			<p><u>HAPPY BIRTHDAY!</u> Ann J. 2/08 Janie W. 2/08 Hazel F. 2/20 Linda H. 2/21 Ruby S. 2/27</p>	

Newton SMO Activities

Site Supervisor: Rachel Jackson

Assistant: Jasper Walton,

Debby Reynolds

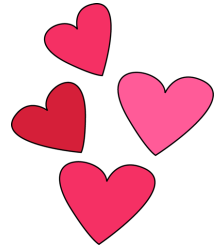
828-455-4133

February 2026



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OF CATAWBA COUNTY

First Presbyterian
Church
701 N Main Avenue
Newton, NC 28658



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



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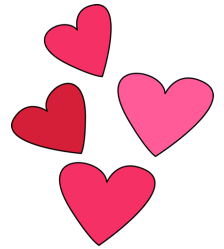
Claremont SMO Activities

Site Supervisor: Kayla Smith

828-320-0434

February 2026

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



<p>2 9:30 Announcements 9:45 Morning Walk 10:00 Bingo</p> 	<p>3 9:30 Cooking Class: Raspberry Thumbprint Cookies 10:30 Food Borne Illness video</p>	<p>4 9:30 No Sew Fabric Landscapes with Karla Starnes, Hickory Museum of Art 10:30 Morning Stretches</p> 	<p>5 9:30 Chair Exercises 10:00 Library to Go with Sam Woolhiser Bring your library books to return</p>	<p>6</p> 
<p>9 9:30 Announcements 9:45 Morning Walk 10:00 Bingo</p> 	<p>10 9:30 Morning Stretches 10:00 Valentine's Crafting with Kayla Smith 10:30 Fire Drill</p> 	<p>11 Field Trip: 9:00 Shopping at Safe Harbor Resource Warehouse 10:30 Lunch at Mountain Fried Chicken</p> 	<p>12 9:30 Managing Chronic Illness and Mental Health with Partners Health 10:30 Snacks for Valentine's Day Heart Health Awareness Month</p>	<p>13</p> 
<p>16 9:30 Announcements 9:45 Morning Walk 10:00 Bingo</p> 	<p>17 9:30 Morning Stretches 10:00 Crafting with Tonya Jarnac</p> 	<p>18 9:30 Morning Walk 10:00 Activity with Sherrills Ford- Terrell Branch Library ***Commodities***</p>	<p>19 9:30 Birthday Celebration! 9:45 Morning Walk 10:00 Come Hear Sentimental Journey Band Perform</p> 	<p>20</p> 
<p>23 9:30 Announcements 9:45 Morning Walk 10:00 Bingo</p> 	<p>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</p>	<p>25 9:30 Heart Health with Melanie Sigmon, Community Engagement Specialist 10:30 Morning Stretches Heart Health Awareness Month</p>	<p>26 Field Trip: 9:00 Shopping at Ollies 10:30 Lunch at Bob Evans</p> 	<p>27</p> 
			<p><u>HAPPY BIRTHDAY!</u> Betty H 2/15</p>	

Maiden SMO Activities

Site Supervisor: Lisa Adams

Assistant: Sue Cooke, Morgan Blankenship

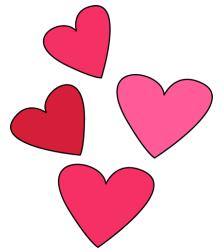
828-320-5966

February 2026

Maiden Community Center

207 E Klutz St

Maiden, NC 28650



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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



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



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



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



HAPPY BIRTHDAY!

Morgan B. 2/3

Sarah H. 2/4