



Meals on Wheels of Catawba County

SENIORS MORNING OUT JULY NEWSLETTER

2026 Farmer's Markets are Open

Beginning in July, our seniors will enjoy monthly visits to the Farmer's Markets. If you or someone you know would like 2026 Farmer's Market Vouchers, and you meet the eligibility criteria listed below, please call our office at 828-695-5610. We will also set up at the Public Health Famer's Markets on July 16th and 30th to take applications and distribute vouchers.

2026 NORTH CAROLINA
Seniors Farmers' Market Nutrition Program (SFMNP)

INFORMATION FOR PARTICIPANTS

Only 1 Voucher Booklet per Participant

PROGRAM OVERVIEW

The Seniors Farmers' Market Nutrition Program (SFMNP) is a summer-only program that provides eligible lower-income older adults with vouchers to purchase NC-grown fresh fruits and vegetables, raw honey, and fresh cut herbs at NC SFMNP certified farmers' markets. The SFMNP is designed to improve the nutrition of older adults and increase business for local farmers and farmers markets.

- Program Eligibility:** Ages 60+, resident of a SFMNP participating county with self-declared household incomes of no more than 185% of 2026 Federal poverty level (\$2,461/month for a 1-person household; \$3,337/month for a 2-person household).
- Season Dates:** July 1 through September 30, 2026.
- Eligible Products:** North Carolina grown fresh fruits, vegetables, raw honey, and fresh cut herbs may be purchased with SFMNP vouchers. (Vouchers CANNOT be used for eggs, meat, cooked or processed foods, baked goods, plants, crafts, or any non-food items.)

NOTE: The SFMNP is not an entitlement program, so SFMNP vouchers are not guaranteed. Even if a person meets the eligibility requirements, there may not be enough funds for all eligible persons to receive SFMNP vouchers.

Upcoming Activities

- July 1**
Musical performance by Cody Newton
Claremont Site
 - July 7**
Summer Sun Safety and Skin Cancer Risk with Carolyn Thompson, CVHS
Maiden Site
 - July 20**
Cooking Class: Ice Cream Cake
Newton Site
 - July 21**
Catawba County History Museum-The Revolution Era
East Hickory Site
 - July 30**
Preventing Crisis by Understanding Anger with Partners Health
North Hickory Site
- Come Join Us!**



Our office will be closed on Friday July 3rd and will reopen on Monday July 6th at 7am.

SATURDAY, JULY 4

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!



**Catawba County
United Way**

SMO MENU



meals on wheels
OF CATAWBA COUNTY

JULY

<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>	<p>1 Pinto Beans Collard Greens Stewed Potatoes Cornbread Yogurt w/blueberries Milk</p>	<p>2 Pepper Steak Mashed Potatoes Cucumber Salad Dinner Roll Pineapple Milk</p>	<p>3</p> 
<p>6 Sloppy Joe Home Fries Coleslaw Bun Fresh Orange Milk</p>	<p>7 Chicken Fajita w/onions & peppers Spanish Rice Pinto Beans Sour Cream Fruit Cocktail Soft Tortilla Shells Milk</p>	<p>8 Biscuit & Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk</p>	<p>9 Hot Dog w/chili Baked Beans Coleslaw Bun Peaches Milk</p> <p>10</p> 
<p>13 Lemon Pepper Chicken Rice Stewed Tomatoes Dinner Roll Fresh Orange Milk</p>	<p>14 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Fruit Cocktail Dinner Roll Milk</p>	<p>15 Waffle Scrambled Eggs Sausage Links Home Fries Orange Juice Milk</p>	<p>16 Beef Tacos Black Beans Lettuce & Tomato Fresh Apple Slices Soft Tortilla Shells Milk</p> <p>17</p> 
<p>20 Chopped Steak w/Brown Gray Green Beans Carrots Dinner Roll Cranberry Juice Milk</p>	<p>21 Fried Fish Filet Okra & Tomatoes Coleslaw Bun Peaches Milk</p>	<p>22 Turkey w/Gravy Cornbread Stuffing Sweet Potatoes Baked Apples Grape Juice Cranberry Sauce Milk</p>	<p>23 Baked Chicken w/Gravy Mashed Potatoes Green Peas Dinner Roll Pudding Milk</p> <p>24</p> 
<p>27 Cheeseburger Lettuce & Tomato Home Fries Pasta Salad Bun Milk</p>	<p>28 Spaghetti & Meat Sauce Corn Garlic Bread Pineapple w/Cottage Cheese Milk</p>	<p>29 Chicken & Dumplings Carrots Coleslaw Dinner Roll Peaches Milk</p>	<p>30 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Fresh Orange Milk</p> <p>31</p> 



meals on wheels
OF CATAWBA COUNTY

East Hickory SMO Activities

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

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



	<p><u>HAPPY BIRTHDAY!</u> Mary J. 07/07 Gail S. 0721</p>	<p>1 Field Trip: 9:00 Breakfast at Biscuitville 10:15 Hickory Farmer's Market</p> 	<p>2 9:00 Stretches 9:30 Bees, Bugs and Blueberries: Cooking up Honey Blueberry Crisp</p> <p>Let's get cooking</p>	<p>3</p> 
<p>6 9:00 Walk with Gayle 9:30 Christmas in July Bingo</p> 	<p>7 9:00 Exercise 9:30 Nutrition with Donna Mull: Whole Grains</p>	<p>8 9:00 Exercises 9:30 National Love Your Skin Day: Satin Hands and Lips with Gail and Lee</p> 	<p>9 9:00 Stretching 9:30 Partners Health: Preventing Crisis by Understanding Anger</p>	<p>10</p> 
<p>13 Dog Days of Summer 9:00 Walk with Gayle 9:30 Hound Doggy Bingo</p> 	<p>14 Dog Days of Summer 9:00 Exercises 9:30 Visit from a mobile Dog Grooming Service</p> <p>***Commodities***</p>	<p>15 Dog Days of Summer 9:00- Pet Therapy with Sandy Matthews and special guest 10:00 - Exercise</p>	<p>16 Dog Days of Summer 8:45 Stretches 9:00 Movie – Max or Marmaduke Hot Diggity-Dog Bar</p> 	<p>17</p> 
<p>20 9:00 Walk with Gayle 9:30 Sing Along with Susie Q: America Sings with Jennifer Williams, Hickory Public Library</p>	<p>21 9:00 Exercises 9:30 Catawba County History Museum – The Revolution Era</p> 	<p>22 9:00 Celebrating National Day of the Cowboy with a Wild West Party with exercise games, skits and trivia. Come dressed for the part</p> 	<p>23 Field Trip: 9:00 Breakfast at Gold Mine Cafe 10:15 Public Health Farmer's Market</p> 	<p>24</p> 
<p>27 9:00 Walk with Gayle 9:30 National Bingo Day Bingo</p> 	<p>28 9:00 Exercises 9:30 Blood Pressure Checks and Summer Sun Safety and Skin Cancer Risks with Carolyn Thompson, CVHS</p>	<p>29 9:00 Exercises 9:30 Happy Birthday Party!</p>	<p>30 9:00 Stretches 9:30 Music by Seniors on the Move</p> 	<p>31</p> 



North Hickory SMO Activities

Site Supervisor: Cherie Grambow

828-323-8746

July 2026

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



HAPPY BIRTHDAY!
O'Dell M. 07/13
Vera L. 07/27

1
9:00 Exercise: Going Off Like a Firework
9:30 Star Spangled BINGO



2
9:00 - 11:30 Field Trip
Coffee, Pastries, and Miniature Golf at 3 Little Chicks Coffee and Bakery



6
9:00 Exercise: Stretch It Out
9:30 Cooking Class: Fireworks Pasta Salad



7
9:00 Exercise: Rock It Out in Honor of Natl Rock n Roll Day
9:30 GAME DAY: Horse Racing Game or Fly Swat Tennis

8
9:00 Exercise: Wrists and Hand Exercises with Squeeze Balls
9:30 BINGO



9
9:00 Coffee Chat Social
10:00 Summer Corn Hole Tournament Round 1/Board Games



13
9:00 Exercise: Stretching and Balance
9:30 BINGO



14
9:00 Exercise: Hit It Out of the Park!
9:30 Blood Pressure Checks and Summer Safety with Carolyn Thompson, CVHS

*** Commodities***

15
9:00 Coffee Social
9:30 Sing Along with Susie Q: America Sings with Jennifer Williams, Hickory Public Library

16
9:00 Exercise: Walk the Red Carpet like a Movie Star!
9:30 MOVIE AND MOVIE TRIVIA DAY!



20
9:00 Exercise: Oodles of Noodles
9:30 Summer Corn Hole Tournament Round 2/One Minute Games

21
9:00 Exercise: Wrists and Hand Exercises with Squeeze Balls
9:30 July Beach Party Birthday Celebration with Cameron Matthews



22
Field Trip:
9:00 Breakfast at Biscitville
10:30 Hickory Farmers Market



23
9:00 Coffee Social
9:30 Prayer and Devotions with Pastor Bill
10:00 BINGO



27
9:00 Exercise: Wrists and Hand Exercises with Squeeze Balls
9:30 Craft Time: Prayer Boxes or Journals for Natl Love is Kind Day

28
9:00 Coffee Social: Hello August
9:30 Summer Corn Hole Tournament Round 3/Horse Racing Game



29
9:00 Exercise: Outdoor Walk
9:30 BINGO



30
9:00 Exercise: Pump It Up and Stretch It Out
9:30 Preventing Crisis by Understanding Anger with Partners Health





Newton SMO Activities

Site Supervisor: Rachel Jackson

Assistant: Jasper Walton,

Debby Reynolds

828-455-4133

July 2026

First Presbyterian Church

701 N Main Ave
Newton, NC 28658



HAPPY BIRTHDAY!

Helga B. 07/06
Colleen W. 07/11
Vickie W. 07/25
Callie L. 07/26

1
9:00 Announcements
9:15 Exercise
9:30 Family Feud
10:45 Shut the box



2
9:00 Announcements
9:15 Exercise
9:30 Star Spangled
Bingo
10:45 4th of July Puzzles



6
9:00 Announcements
9:15 Exercise
9:30 Summer Games
Tournament Round 1
10:45 Puzzles



7
9:00 Announcements
9:15 Exercise
9:30 Name That Tune
Game
10:45 Rock 'n' Roll
Quiz

8
9:00 Announcements
9:15 Exercise
9:30 Field trip:
Dianne's Dairy Center &
Conover Walmart



9
9:00 Announcements
9:15 Exercise
9:30 Reverse Tie-Dye
Banner Craft
10:45 Would you
rather?



13
9:00 Announcements
9:15 Exercise
9:30 Library to Go with
Allison Hilton
10:45 Shut the box

14
9:00 Announcements
9:15 Exercise
9:30 Bingo
10:45 Hangman



15
9:00 Announcements
9:15 Exercise
9:30 Slide Tic-Tac-Toe
10:45 Trivia



16
9:00 Announcements
9:15 Exercise
9:30 Stars and Stripes
Craft
10:45 Puzzles



20
9:00 Announcements
9:15 Exercise
9:30 Cooking Class-Ice
Cream Cake
10:45 Ice Cream Trivia -
Nat'l Ice Cream month



21
9:00 Announcements
9:15 Exercise
9:30 Summer Sun
Safety and Skin Cancer
Risk with Carolyn
Thompson, CVHS
10:45 Hangman

Commodities

22
9:00 Announcements
9:15 Exercise
9:30 Preventing Crisis
By Understanding Anger
With Partners Health
10:45 Would you rather

23
9:00 Announcements
9:15 Exercise
9:30 BINGO
10:45 Picnic Basket
Memory Game
National Picnic Month



27
9:00 Announcements
9:15 Exercise
9:30 Kindness Rocks-
painted rock craft
10:45 Thank you cards

28
9:00 Announcements
9:15 Exercise
9:30 Bingo
Birthday Celebration



29
9:00 Announcements
9:15 Exercise
9:30 Music by Cody
Newton
10:45 Puzzles



30
9:00 Announcements
9:15 Exercise
9:30 Field Trip:
Breakfast at Four Peas
in a Pod
10:30 Hickory Farmer's
Market





Claremont SMO Activities

Site Supervisor: Kayla Smith

828-320-0434

July 2026

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





meals on wheels
OF CATAWBA COUNTY

Maiden SMO Activities

Site Supervisor: Lisa Adams

Assistant: Sue Cooke,

Morgan Blankenship

828-320-5966

July 2026

Maiden
Community Center
207 E Klutz St
Maiden, NC 28650



HAPPY BIRTHDAY!

Penny C. 07/17

Irene F. 0721

1
9:00 Exercise w/Suzan
9:30 Ladder Ball



2
9:15 July 4th Trivia
9:30 Corn Hole



3



6
9:00 Exercise
w/Suzan
9:30 Leslie Hulbert
w/Malorie's Place

7
9:00 Exercise w/Suzan
9:30 BP checks,
Summer Sun Safety, w/
Carolyn Thompson, RN,
CVHS



8
9:00 Exercise w/Suzan
9:30 Bingo
10:00 Scattergories



9
9:00 Four Peas in a
Pod
10:00 Farmer's
Market @ Health
Department



10



13
9:00 Exercise
w/Suzan
9:30 Ombre Painting
on Canvas w/Lisa

14
9:00 Exercise w/Suzan
9:30 Stenciling on
Canvas w/Lisa



15 Field Trip
9:00 Mountain Creek
Park
10:30 5th Quarter Food
Truck Park



16
9:00 Exercise
w/Suzan
9:30 Presentation on
Early Settlers of
Catawba County by
Alyssa Ball
w/Catawba County
Historical Association

17



20
9:00 Exercise
w/Suzan
9:15 Cooking Class:
Cucumber and Cream
Cheese Sandwich
Rolls w/Teresa
9:30 Bingo
10:00 Hangman

21
9:00 Exercise w/Suzan
9:30 Mini Concert
Starring Penny Conner!



Commodities

22
9:00 Exercise w/Suzan
9:30 Balloon Volleyball

23
9:00 Coffee and
Conversation with
Nathaniel Austin
9:30 Corn Hole



24



27
9:00 Exercise
w/Suzan
9:30 Preventing Crisis
by Understanding
Anger w/Partner's
Health

28
9:00 Exercise w/Suzan
9:30 Diamond Art w/Lisa



29
9:00 Exercise w/Suzan
9:30 Diamond Art
w/Lisa

30
9:30 Birthday Party
with Sentimental
Journey Performing



31

