



**meals on wheels**  
OF CATAWBA COUNTY

# Seniors Morning Out

## June 2026 Newsletter

### Upcoming Activities:

#### June 4

Fraud & Scams with Lt. Stikeleather, Maiden PD  
**Maiden Site**

#### June 10

Taking Control Nutrition program with Donna Mull  
**East Hickory Site**

#### June 16

Cooking Class: Blueberry Cream Cheese Bread  
**Claremont Site**

#### June 24

Musical performance by Blue Ridge Quartet  
**Newton Site**

#### June 25

Cooking Class: Make your own Ice Cream Cake  
**North Hickory Site**

### Come Join Us!

Our Seniors had a great time visiting the Planetarium and Dinosaur Exhibit at the Catawba Science Center



Happy  
**Father's Day**

Sunday, June 21st

Happy 1st DAY  
**of SUMMER**

Sunday, June 21st





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!



## SMO MENU



# JUNE

<p>1 Sloppy Joe Home Fries Coleslaw Bun Fresh Orange Milk</p>	<p>2 Chicken Fajita w/onions &amp; peppers Spanish Rice Pinto Beans Sour Cream Fruit Cocktail Soft Tortilla Shells Milk</p>	<p>3 Biscuit &amp; Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk</p>	<p>4 Hot Dog w/chili Baked Beans Coleslaw Bun Peaches Milk</p>	<p>5 </p>
<p>8 Lemon Pepper Chicken Rice Stewed Tomatoes Dinner Roll Fresh Orange Milk</p>	<p>9 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Fruit Cocktail Dinner Roll Milk</p>	<p>10 Waffle Scrambled Eggs Sausage Links Home Fries Apple Juice Milk</p>	<p>11 Beef Tacos Black Beans Lettuce &amp; Tomato Fresh Apple Slices Soft Tortilla Shells Milk</p>	<p>12 </p>
<p>15 Chopped Steak w/ Brown Gravy Green Beans Carrots Dinner Roll Cranberry Juice Milk</p>	<p>16 Fried Fish Filet Okra &amp; Tomatoes Coleslaw Bun Peaches Milk</p>	<p>17 Turkey w/Gravy Cornbread Stuffing Sweet Potatoes Baked Apples Grape Juice Cranberry Sauce Milk</p>	<p>18 Baked Chicken w/ Gravy Mashed Potatoes Green Peas Dinner Roll Pudding Milk</p>	<p>19 </p>
<p>22 Cheeseburger Lettuce &amp; Tomatoes Home Fries Bun Pasta Salad Milk</p>	<p>23 Spaghetti &amp; Meat Sauce Corn Garlic Bread Pineapple w/ Cottage Cheese Milk</p>	<p>24 Chicken &amp; Dumplings Carrots Coleslaw Dinner Roll Peaches Milk</p>	<p>25 Meatloaf Macaroni &amp; Cheese Lima Beans Dinner Roll Fresh Orange Milk</p>	<p>26 </p>
<p>29 Chicken Pie Rice Okra &amp; Tomatoes Dinner Roll Cranberry Juice Milk</p>	<p>30 Salisbury Steak w/Gravy Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk</p>	<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>		



# East Hickory SMO Activities

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

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



1  
9:00 Walk with Steve  
Game Show Games  
Day in honor of National  
Game Show Day-Prizes

2  
9:00 Exercise  
9:30 Cooking Demo with  
Lee: Chicken Chili

COOKING CLASSES

3  
Field Trip  
9:00 Conover Wal-Mart &  
10:30 Diane's Dairy  
Center



4  
9:00 Morning Stretches  
9:30 The "BIG CHEESE"  
Birthday Party (take 2)  
National Cheese Day  
Make cheese boards



8  
9:00 Walk with Steve  
9:30 Bingo



9  
9:00 Exercise  
9:30 Discussion on  
Alzheimer's with Denise  
Young

\*\*\*COMMODITIES\*\*\*

10  
9:00 Exercise  
9:30 Taking Control  
nutrition program with  
Donna Mull : Controlling  
Sodium



11  
9:00 Morning Stretches  
9:30 Craft: Time to Tie-  
Dye T-shirts at the Tie-  
Dye Party

Arts & Crafts



15  
9:00 Walk with Steve  
9:30 Bingo



16  
9:00 Exercise  
9:30 Taking Control  
nutrition program with  
Donna Mull : Controlling  
Fats

17 Field Trip:  
9:00 Breakfast at Blue  
Sky Café  
10:00 Aviation Museum of  
Hickory for a Guided Tour



18  
9:00 Morning Stretches  
9:30 Discussion on  
Internet and Phone  
Scams with Catawba  
County Sherriff's  
Department



22  
9:00 Walk with Steve  
9:30 Happy Father's  
Day "Donuts with Dad" &  
Game Day

23  
9:00 Exercise  
9:30 Name That Tune:  
1950's with Jennifer  
Williams, Hickory Public  
Library



24  
9:00 Exercise  
9:30 Musical performance  
by Cody Newton



25  
9:00 Morning Stretches  
9:30 Insight to  
Alzheimer's with  
Partners Health



29  
9:00 Walk with Steve  
9:30 Bingo



30  
9:00 Exercise  
9:30 Music Trivia 60's  
70's & 80's with Steve



HAPPY BIRTHDAY!  
Charles H. 6/10  
Lynn I. 6/15  
Nancy F. 6/17  
Joan C. 6/19  
Cindy P. 6/24  
Henry M. 6/28  
Linda S. 6/29





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# North Hickory SMO Activities

Site Supervisor: Cherie Grambow

828-323-8746

June 2026

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



1  
9:00 Exercise:  
STRETCH IT OUT  
9:30 Craft Time: Write  
Letters in Honor of Natl  
Pen Pal Day/Community  
Outreach

2  
9:00 Exercise: Follow the  
Leader Movements  
9:30 Music with Cameron  
Matthews



3  
9:00 Exercise: Enhancing  
Balance and Stability  
9:30 BINGO



4  
Field Trip:  
9:00 Breakfast at First  
Watch  
10:15 Shopping at  
Rose's



8  
9:00 Exercise: Seated  
Yoga Poses  
9:30 Cooking Class:  
Summer Berry Social



9  
9:00 Exercise: Wrist and  
Hand Movements for  
Flexibility  
9:30 BINGO



\*\*\*Commodities\*\*\*

10  
9:00 Coffee Chat: The  
History of Flag Day  
9:30 Craft Time: Flag  
Painted Rocks



11  
9:00 Exercise:  
Stretching and Deep  
Breathing  
9:30 Catawba County  
HazMat Capabilities  
with Frank Ballentine,  
Catawba County EMS



15  
9:00 Exercise: Mindful  
Meditation and Deep  
Breathing  
9:30 CPR/AED with  
Melanie Sigmon,  
Community Engagement  
Specialist

16  
9:00 Exercise: Pump It Up  
9:30 Insight into  
Alzheimer's with Partners  
Health

17  
9:00 Exercise: Hand and  
Wrist Movements for  
Flexibility  
9:30 BINGO



18  
9:00 Coffee Social: The  
Importance of Fathers  
9:30 Father's Day  
Celebration with  
"Cookout" and Games



22  
9:00 Exercise: Run a  
Mile without Running  
9:30 BINGO



23  
9:00 Exercise: Stretching  
and Deep Breathing  
9:30 Craft Time: Part One  
Pressed Flower Art Project

24 Field Trip  
9:00 Breakfast at Four  
Peas in a Pod  
10:15 Shopping at  
Walmart Supercenter  
Conover



25  
9:00 Exercise: Oodles  
of Noodles  
9:30 Prayer & Devotion  
with Pastor Bill  
9:45 Cooking Class:  
Make Your Own Ice  
Cream Cake for  
Nat'l Ice Cream Cake  
Day



29  
9:00 Exercise: Outdoor  
Walk  
9:30 Craft Time: Let's  
Make a Mural in Honor  
of Natl Mural Day!



30  
9:00 Coffee Chat: Hello  
July  
9:45 Exercise: Parachute  
Bounce to Strengthen  
Arms and Fly Swat Tennis



HAPPY BIRTHDAY!  
CG Good 6/13



# Newton SMO Activities

Site Supervisor: Krystal Rosario

Assistant: Jasper Walton,

Debby Reynolds

828-455-4133



















June 2026



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First Presbyterian  
Church  
701 N Main Avenue  
Newton, NC 28658



<p>1 9:00 Announcements 9:15 Exercise 9:30 FAMILY FEUD game</p> <p>National Say Something Nice Day</p>	<p>2 9:00 Announcements 9:15 Outdoors walk 9:30 Bingo</p> 	<p>3 9:00 Announcements 9:15 Exercise 9:30 Field Trip: Bowling &amp; Lunch at Pin Station</p> 	<p>4 9:00 Announcements 9:15 Exercise 9:30 DIY toxic free Beauty Products</p> <p>National Clean Beauty Day</p>	<p>5</p> 
<p>8 9:00 Announcements 9:15 Exercise 9:30 Library to Go with Jenny Gerami-Markham</p>	<p>9 9:00 Announcements 9:15 Outdoors walk 9:30 BINGO</p> 	<p>10 9:00 Announcements 9:15 Exercise 9:30 Cooking Class, Deviled Strawberries and dark chocolate covered bananas</p> 	<p>11 9:00 Announcements 9:15 Exercise 9:30 Musical performance by Tim Hefner</p> 	<p>12</p> 
<p>15 9:00 Announcements 9:15 Exercise 9:30 Extreme Heat Safety with Frank Ballentine, Catawba County EMS</p> 	<p>16 9:00 Announcements 9:15 Outdoors walk 9:30 Creative Gift Wrapping Techniques</p> <p>***COMMODITIES***</p>	<p>17 9:00 Announcements 9:15 Exercise 9:30 Field Trip to Bakers Mountain Trail, Lunch at Sunny Side</p> 	<p>18 9:00 Announcements 9:15 Exercise 9:30 Music Performance by Cameron Matthews</p> 	<p>19</p> 
<p>22 9:00 Announcements 9:15 Exercise 9:30 Horse Race Game</p>	<p>23 9:00 Announcements 9:15 Outdoors walk 9:30 BINGO</p> 	<p>24 9:00 Announcements 9:15 Exercise 9:30 Musical performance by Blue Ridge Edition Quartet</p> 	<p>25 9:00 Announcements 9:15 Exercise 9:30 Air-Dry Clay Crafts</p> 	<p>26</p> 
<p>29 9:00 Announcements 9:15 Exercise 9:30 Board games</p> 	<p>30 9:00 Announcements 9:15 Outdoors walk 9:30 Butterbean auction</p>		<p>HAPPY BIRTHDAY! Nancy B. 6/1 Glenda D. 6/7 Becky S. 6/14</p>	



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# Claremont SMO Activities

Site Supervisor: Kayla Smith


828-320-0434

June 2026

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



1  
9:30 Announcements  
9:45 Morning Walk  
10:00 Bingo




2  
9:30 Crafting: Plastic Egg Bird Feeder  
10:30 Morning Stretches



3  
9:30 Morning Muffins  
10:00 Cornhole Tournament

Enjoy cider for World Cider Day




4  
9:30 Insight into Alzheimer's Disease by Partners Health  
10:30 Chair Exercises



5



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



9  
9:30 Supporting Brain Health in Our Community with Denise Young, Alzheimer's Association  
10:30 Chair Exercises

10  
Field Trip:  
9:00 Shopping at Walmart Conover  
10:30 Lunch at Zaxbys



11  
9:30 Chair Exercises  
10:00 Library to Go with Catawba County Library

Bring your library books to return

12



15  
9:30 Announcements  
9:45 Morning Walk  
10:00 Come Hear Charles Ballard Perform!



16  
9:30 Cooking Class: Blueberry Cream Cheese Bread  
10:00 Blueberry Facts by Kayla Smith  
10:30 Chair Exercises



17  
9:30 Tornado Safety and Drill with Frank Ballentine, Catawba County EMS  
10:30 Morning Stretches

\*\*\*Commodities\*\*\*

18  
9:30 Music Bingo!  
10:00 Chair Exercises  
10:30 Ice cream Sundaes for Father's Day



Bring your favorite toppings to share

19




22  
9:30 Announcements  
9:45 Morning Walk  
10:00 Bingo




23  
9:30 Crafting: DIY Garden Wind Chimes  
10:30 Morning Stretches

24 Field Trip:  
9:00 Breakfast at Cracker Barrel  
10:30 Shopping at Ollies Bargain Outlet



25  
9:30 Birthday Celebration!  
9:45 Morning Walk  
10:00 Music with Sentimental Journey Band!



26



29  
9:30 Announcements  
9:45 Morning Walk  
10:00 Butter Bean

30  
9:30 Morning Muffins  
10:00 Play Rummikub  
10:30 Morning Stretches




HAPPY BIRTHDAY!  
Julie B 6/19



# 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



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1  
9:00 Exercise w/Suzan  
9:30 Bingo  
10:00 Family Feud



2  
9:00 Exercise w/Suzan  
9:30 Insight into  
Alzheimer's Disease w/  
Partners Health

3  
9:00 Exercise w/Suzan  
9:15 Picture Day  
9:30 Musical  
Performance by Cody &  
Wayne Newton



4  
9:00 Exercise w/Suzan  
9:30 Fraud & Scams w/  
Lt. Josh Stikeleather w/  
Maiden PD



8  
9:00 Exercise w/Suzan  
9:30 Hazmat Program w/  
Frank Ballentine,  
Catawba County EMS

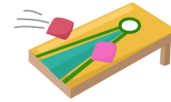
9  
9:00 Exercise w/Suzan  
9:30 Bingo  
10:00 Hangman



10  
9:00 Breakfast at Four  
Peas in a Pod  
10:30 Shopping at  
Conover Walmart



11  
9:00 Coffee and  
Conversation w/  
Nathaniel Austin  
9:30 Corn Hole



15  
9:00 Exercise w/Suzan  
9:15 Cooking w/Teresa  
Slaughter – Hawaiian  
Roll Cheesy Garlic Bread  
9:30 Bingo  
10:00 Hangman

COOKING CLASSES

16 National Cannoli Day  
9:00 Exercise w/Suzan  
9:30 Dirty Indoor or  
Outdoor Plant Swap Day

\*\*\*Commodities\*\*\*

17  
9:00 Exercise w/Suzan  
9:30 Bring in a clean tin  
can for a craft.

Arts & Crafts

18  
9:00 Breakfast at  
Granny's Kitchen in  
Hickory  
10:30 Glenn Hilton Park

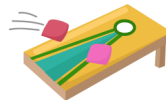


22  
9:00 Exercise w/Suzan  
9:30 Balloon Volleyball



23  
9:15 Bring your goodies  
from home for the  
Butterbean Auction

24  
9:00 Exercise w/Suzan  
9:30 Corn Hole



25  
9:00 Birthday Party w/  
Cameron Matthews  
Performing



29  
9:00 Exercise w/Suzan  
9:30 Bingo  
10:00 Scattergories



30  
9:00 Exercise w/Suzan  
9:30 CPR/AED with  
Melanie Sigmon,  
Community Engagement  
Specialist



HAPPY BIRTHDAY!

Teresa S. 6/1  
Wanda Y. 6/1  
Suzan P. 6/8  
Janice L. 6/11  
Brian Y. 6/15  
Charles A. 6/24

