



**Upcoming Activities:**

**March 5**

No Sew Fabric Landscapes with Hickory Museum of Art with Karla  
**East Hickory Site**

**March 9**

Poison Prevention/ Medication Management with Melanie Sigmon, Community Engagement Specialist  
**North Hickory Site**

**March 16**

Cooking Class: Lemon Croissants with Teresa Slaughter  
**Maiden Site**

**March 23**

Visit with River, the Service Dog  
**Newton Site**

**March 26**

1950's & 1960's Classics with Eukelele Ensemble with Liam Bailey, Hickory Music Factory  
**Claremont Site**

**Come Join Us!**

Shamrock Lime Sherbert Punch

Ingredients:

- 7 Up or Sprite
- Lime Kool-Aid Mix
- Lime Sherbert
- 20 oz. can of Pineapple Juice (can use juice out of can of pineapple chunks)



Directions:

1. Prepare Lime Kool-Aid mix per instructions on package.
2. Add the juice to the Kool-Aid.
3. In a glass, scoop 2 scoops of Lime Sherbert.
4. Fill 1/3 of glass with Kool-Aid mix. Then fill rest of glass with 7 Up or Sprite leaving about an inch for the third scoop of Lime Sherbert.
5. Scoop 3rd scoop of Lime Sherbert, and add straw and Lime wedge if desired.



St. Patrick's Day—3/17



1st Day of Spring—3/20



*An Irish Blessing:*

*"May your troubles be less and your blessings be more, and nothing but happiness come through your door."*

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!



Supported by  
Catawba County United Way

SMO MENU



# March

<p>2 Lasagna Tossed Salad w/Green Peppers &amp; Tomatoes Mixed Fruit Garlic Bread Milk</p>	<p>3 Chicken &amp; Dumplings Buttered Carrots Dinner Roll Orange Juice Apple Cobbler Milk</p>	<p>4 Baked Ham w/ Pineapple Juice Broccoli-Rice Casserole Sweet Potatoes Pineapple Slices Dinner Roll Milk</p>	<p>5 Chicken Fajita w/ onions &amp; peppers Spanish Rice Pinto Beans Sour Cream Fruit Cocktail Soft Tortilla Milk</p>	<p>6 </p>
<p>9 Baked Chicken w/Gravy Green Beans Corn Cranberry Juice Dinner Roll Assorted Cookie Milk</p>	<p>10 Cheeseburger w/Chili Baked Beans Lettuce &amp; Tomato Bun Peaches Milk</p>	<p>11 Chicken Pie Collard Greens Baked Apples Dinner Roll Assorted Cookie Milk</p>	<p>12 Baked Ham Broccoli w/Cheese Sauce Mashed Potatoes Fresh Orange Cornbread Pudding Milk</p>	<p>13 </p>
<p>16 Seasoned Chicken Green Peas Glazed Carrots Apple Juice Dinner Roll Pudding Milk</p>	<p>17 Beef Tacos Black Beans Lettuce &amp; Tomato Soft Tortilla Shells Fruit Cocktail Milk</p>	<p>18 Smoked Sausage w/ Cabbage Crowder Peas Dinner Roll Peaches Milk</p>	<p>19 Biscuit &amp; Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk</p>	<p>20 </p>
<p>23 Buffalo Chicken Rice Broccoli w/Cheese Pineapple Slices Dinner Roll Milk</p>	<p>24 Fried Fish Filet w/Tartar Sauce Okra &amp; Tomatoes Coleslaw Bun Fruit Cocktail Milk</p>	<p>25 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/Crackers Fresh Orange Pudding Milk</p>	<p>26 Spaghetti w/Meat Sauce Green Beans Tossed Salad w/ Ranch Dressing Garlic Bread Pears Milk</p>	<p>27 </p>
<p>30 Chicken Pie Blackeye Peas Peaches Dinner Roll Assorted Cookie Milk</p>	<p>31 Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Pudding 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  
March 2026

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



2  
9:00 Walk with Steve  
9:30 Bingo



3  
9:00 Tai Chi with Lee  
9:30 This Little Piggy  
Farm Fun Day with Lee  
Ann

Get Creative & Dress the  
Part!

4  
9:00 Field Trip to Ollies of  
Hickory  
10:15 Lunch @ Granny's  
Kitchen



5  
9:00 Stretch with Betty  
9:30 No-Sew Fabric  
Landscapes with Karla,  
Hickory Museum of Art



9  
9:00 Walk with Steve  
9:30 Cooking Demo:  
Meatballs in honor of  
National Meatball Day



10  
9:00 Exercise with Liz  
9:30 CPR/AED – hands  
only with Melanie  
Sigmon, Community  
Engagement Specialist

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

11  
9:00 Exercise with Judy  
9:30 Performances by  
Joni Coppinger and  
Charles



12  
9:00 Stretch with Betty  
9:30 National Plant a  
Flower Day: Make  
decorated planters to  
plant flowers in



16  
9:00 Walk with Steve  
9:30 Bingo



17  
9:00 Tai Chi with Lee  
9:30 The BIG Cheese  
Happy Birthday Party  
Happy St. Patrick's Day

18  
9:00 Exercise with Judy  
9:30 Take Control  
Program with Donna Mull  
Today's Topic: Moving  
More

19  
9:00 Stretch with Betty  
9:30 Performance by St.  
Joseph's Irish Step  
Dancers



23  
9:00 Walk with Steve  
9:30 1950's and 1960's  
Classics with Ukelele  
Ensemble with Liam  
Bailey, Hickory Music  
Factory



24  
9:00 Exercise with Liz  
9:30 Name That Tune:  
1960's with Jennifer  
Williams, Hickory Public  
Library

25  
9:00 Field Trip to Bob  
Evans for Breakfast  
10:00 Shopping at  
Hamrick's of Hickory



26  
9:00 Stretch with Betty  
9:30 Anxiety and  
Depression in Older  
Adults with Partners  
Health



30  
9:00 Walk with Steve  
9:30 Virtual Vacation  
Day 1  
Destination: Italy

31  
8:45 Tai Chi with Lee  
9:00 Music Trivia with  
Steve  
Classic Country Volume  
2



HAPPY BIRTHDAY!  
Carolyn B. 3/7  
Liane Ching 3/7  
Bernice H. 3/8  
Thelma F. 3/18



meals on wheels  
OF CATAWBA COUNTY

# North Hickory SMO Activities

Site Supervisor: Cherie Grambow

828-323-8746

March 2026

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



2  
9:00 Coffee Chat: The Benefits of Bananas/ Welcome March!  
9:30 Cooking Class: Banana Cream Pie in Honor of Natl Banana Cream Pie Day

3  
9:00 Exercise: Seated Marching with Arm Exercises  
9:45 BINGO



4  
9:00 Exercise: Standing March with Arm Exercises  
9:45 Craft Time: Fruit and Grain Birdfeeders

5  
9:00 Field Trip Shopping at Hamrick's and Lunch at Golden Corral



6

9  
9:00 Exercise: Full Body March & Arm Exercises  
9:30 Poison Prevention/ Medication Management with Melanie Sigmon, Community Engagement Specialist

10  
9:00 Coffee Social  
9:30 No Sew Fabric Landscapes with Karla, Hickory Museum of Art



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

11  
9:00: Exercise: Seated March Exercises  
9:45 SMO Surveys  
10:00 BINGO



12  
9:00 Exercise: March It Out and Stretch It Out!  
9:30 It's Not Luck with Frank Ballentine, Catawba County EMS

13

16  
9:00 Coffee Chat: Saint Patrick  
9:30 ST. PATRICK'S DAY BINGO



17  
9:00 Exercise: Standing March and Arm Exercises  
9:30 Name That Tune 1960's with Jennifer Williams, Hickory Public Library

18  
9:00 Field Trip: Breakfast at Biscuitville  
10:30 Shopping at Target



19  
9:00 Exercise: March and Stretch  
9:30 Anxiety and Depression in Older Adults Part 1 with Partner's Health

20

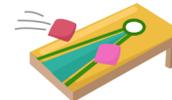
23  
9:00 Exercise: Seated Marching Exercises  
9:30 Medicare Scams and Fraud with Dianne Trainor

24  
9:00 Exercise: Stomp It Out!  
9:45 BINGO



25  
9:00 Coffee Chat: Here Comes April!  
9:45 Chip It or Dip It Guessing Games in Honor of Natl Chip and Dip Day

26  
9:00 Exercise: March It Out!  
9:45 Spring Corn Hole Tournament Begins!



27

30  
9:00 Exercise: Shadow Boxing with Marching  
9:30 1950's and 1960's Classics with Ukelele Ensemble with Liam Bailey, Hickory Music Factory



31  
9:00 Exercise: One Last March and Stretch  
10:15 Cooking Class: PIZZA! With Tammy and Cherie



# Newton SMO Activities

Site Supervisor: Rachel Jackson

Assistant: Jasper Walton,

Debby Reynolds

828-455-4133

March 2026

First Presbyterian

Church

701 N Main Avenue

Newton, NC 28658



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<p>2 9:00 Announcements 9:15 Exercise 9:30 Cooking Class, Fruit Compote (served on Waffles)  *National Old Stuff Day</p>	<p>3 9:00 Announcements 9:15 Exercise 9:30 Mental Health and Financial Safety for Seniors with Normandy Schenck  *National Anthem Day</p>	<p>4 9:00 Field Trip: Breakfast at Hen and Egg 10:30 Shopping at Walmart Super Center, Conover  </p>	<p>5 9:00 Announcements 9:15 Exercise 9:30 Cameron Matthews performs  <i>Live Music</i></p>	<p>6  </p>
<p>9 9:00 Announcements 9:15 Exercise 9:30 Library to Go with Sam Woolhiser, (Button Broche)</p>	<p>10 9:00 Announcements 9:15 Exercise 9:30 Yard Sale Bingo  </p>	<p>11 9:00 Announcements 9:15 Exercise 9:30 Beaded Felt Bowl Craft</p>	<p>12 9:00 Announcements 9:15 Exercise 9:30 Planting a flower and craft  *National Plant a Flower Day</p>	<p>13  </p>
<p>16 9:00 Announcements 9:15 Exercise 9:30 Scribble Art and Spring Wreath craft  </p>	<p>17 9:00 Announcements 9:15 Exercise 9:30 Monogram craft *St. Patrick Day Wear something GREEN  ***Commodities***</p>	<p>18 9:00 Announcements 9:15 Exercise 9:30 Field Trip: Lunch and Bowling at Pin Station  </p>	<p>19 9:00 Announcements 9:15 Exercise 9:30 Anxiety and Depression in Older Adults Part 1 with Partner's Health  3/20 First day of Spring</p>	<p>20  </p>
<p>23 9:00 Announcements 9:15 Exercise 9:30 Visit with River, the Service Dog  *National Puppy Day</p>	<p>24 9:00 Announcements 9:15 Exercise 9:30 1950's and 1960's Classics with Ukelele Ensemble with Liam Bailey, Hickory Music Factory </p>	<p>25 9:00 Announcements 9:15 Exercise 9:30 Bird Feeder craft  </p>	<p>26 9:00 Announcements 9:15 Exercise 9:30 Seniors on the Move performance  <i>Live Music</i></p>	<p>27  </p>
<p>30 9:00 Announcements 9:15 Exercise 9:30 Cooking Class, Pita Bread with hummus  </p>	<p>31 9:00 Announcements 9:15 Exercise 9:30 Virtual Trip to France</p>			



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# Claremont SMO Activities

Site Supervisor: Kayla Smith

828-320-0434

March 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 Morning Stretches  
10:00 St Patrick's  
Crafting with Kayla  
Smith

4  
9:30 Come Hear Cody  
Newton perform!  
10:30 Morning Walk



5  
9:30 Anxiety and  
Depression in Older  
Adults Part 1with  
Partners Health  
10:30 Chair Exercises

National Cheese  
Doodle Day

6



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



10  
9:30 Cooking Class:  
Water Gate Salad  
10:00 Nut nutrition facts!  
10:30 Chair Exercises



11  
9:00 Field Trip:  
Breakfast at Cracker  
Barrel  
10:30 Shopping at  
Hamrick's



12  
9:30 Chair Exercises  
10:00 Library to Go with  
Sam Woolhiser

Bring your library  
books to return

13



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



17  
9:30 Snacks for St.  
Patrick's Day  
10:00 Crafting with  
Tonya Jarnac  
10:30 Morning Stretches  
**Bring your favorite  
green snack to share!**

18  
9:30 Morning Muffins  
10:00 Surveys  
10:30 Noodle Ball

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

19  
9:30 Birthday  
Celebration!  
9:45 Morning Walk  
10:00 Music with Bob  
Hollar



20



23  
9:30 Catawba County  
Library Digital Navigators:  
Learn about online  
grocery shopping and  
food delivery services  
10:30 Morning Walk

24  
9:30 Announcements  
9:45 Chair Exercises  
10:00 Bingo



25  
9:30 Morning Walk  
10:00 Activity with  
Sherrills Ford- Terrell  
Branch Library

26  
9:30 1950's and 1960's  
Classics with Ukelele  
Ensemble with Liam  
Bailey, Hickory Music  
Factory  
10:30 Morning  
Stretches



27



30  
9:30 Announcements  
9:45 Morning Walk  
10:00 Butter Bean  
Auction!



31  
9:30 Morning Muffins  
10:00 Learn to play  
Rummikub (reschedule)  
10:30 Chair Exercises



HAPPY BIRTHDAY!  
Beverly F 3/22  
MaryAnn Y 3/24  
Terri C 3/26  
JoAnn I 3/27

# Maiden SMO Activities

Site Supervisor: Lisa Adams

Assistant: Sue Cooke, Morgan Blankenship

828-320-5966

Maiden Community Center

207 E Klutz St

March 2026

Maiden, NC 28650



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<p>2 9:00 Exercise w/Lisa 9:30 Performance by the Sims Country Cloggers Dance Studio!</p> 	<p>3 9:00 Visiting Newton SMO 9:30 Mental Health and Financial Safety for Seniors with Normandy Schenck</p>	<p>4 9:00 Exercise w/Lisa 9:15 Celebrating National Pound Cake Day 9:30 Discover what your Name means</p> 	<p>5 9:00 Exercise w/Lisa 9:15 Celebrating Nat'l Cheese Doodle Day 9:30 Poison Prevention/ Medication Management w/Melanie Sigmon Community Engagement Specialist</p>	<p>6</p> 
<p>9 9:00 Exercising w/Lisa 9:15 Celebrating National Meatball Day! 9:30 "It's Not Luck" w/ Frank Ballentine, Catawba County EMS</p>	<p>10 9:00 Exercise w/Lisa 9:15 Share a Joke! 9:30 Bring a Prize from home for the Banana Bingo</p> 	<p>11 9:00 Field Trip: Breakfast at Four Peas in a Pod 10:30 Shopping at Hamrick's</p> 	<p>12 9:00 Exercise w/Lisa 9:30 Anxiety and Depression in Older Adults Pt 1 w/Partners Health</p>	<p>13</p> 
<p>16 9:00 Exercise w/Lisa 9:15 Cooking w/Teresa – Lemon Croissants 9:30 Reverse Painting (pt 1) on Plexiglass</p>	<p>17 9:00 Exercise w/Lisa Wear Your Green for St Patrick's Day! 9:30 Bingo Games and Trivia</p>  <p>***Commodities***</p>	<p>18 9:00 Exercise w/Lisa 9:15 Blood Pressure Checks w/Lisa 9:30 Completing the Reverse Painting (pt 2) on Plexiglass</p> 	<p>19 9:00 Exercise w/Lisa 9:30 Easter Craft w/Lisa and Barbara</p> 	<p>20</p> 
<p>23 Celebrating National Chip and Dip Day 9:00 Coffee and Conversation w/ Nathaniel Austin 9:30 Bingo</p> 	<p>24 9:00 Exercise w/Lisa 9:30 Corn Hole</p>	<p>25 9:30 1950's and 1960's Classics with Ukelele Ensemble with Liam Bailey, Hickory Music Factory</p> 	<p>26 Wear Purple Day 9:30 Musical performance by Sentimental Journey</p> <p><i>Live Music</i></p>	<p>27</p> 
<p>30 9:00 Exercise w/Lisa 9:30 Bingo</p> 	<p>31 9:00 Exercise w/Lisa 9:30 Decoupage Easter Bunny Rabbits w/Lisa</p>		<p><u>HAPPY BIRTHDAY!</u> Ivey H 3/4 Virginia C 3/23 Susan C 3/28</p>	