



Upcoming Activities:

May 6

Hurricane Awareness & Severe Weather Preparedness with Frank Ballentine, Catawba County EMS

Newton Site

May 13

Cooking Class: Hawaiian Fruit Salad

Claremont Site

May 19

Musical performance by Golden Voices

Maiden Site

May 19

"Settlers of Catawba County" presentation with Catawba County Historical Association & Museum

East Hickory Site

May 27

Timeless Trivia 5: Cartoons, Comic Books, and Funny Papers with Jennifer Williams,

Hickory Public Library

North Hickory Site

Come Join Us!

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

May is Older Americans Month. This year, the Administration for Community Living's theme is Champion Your Health. The theme encourages you to "advocate for yourself, access preventive care, and make informed decisions that support independence."



Sunday, May 10th



Monday, May 25th

Our office and Seniors Morning Out sites will be closed on Monday May 25th for Memorial Day. We will reopen on Tuesday, May 26th on regular schedule.



May 5th



May 16th

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



Menu substitutes may occasionally have to be made of equal nutritional value.

Diabetic friendly options will be made in substitution of desserts.

1



4
Lemon Pepper Chicken
Rice
Stewed Tomatoes
Dinner Roll
Fresh Orange
Milk

5
Barbecue Boneless Pork
Rib
Lima Beans
Mashed Potatoes
Fruit Cocktail
Dinner Roll
Milk

6
Waffle
Scrambled Eggs
Sausage Links
Home Fries
Apple Juice
Milk

7
Beef Tacos
Black Beans
Lettuce & Tomato
Fresh Apple Slices
Soft Tortilla Shells
Milk

8



11
Chopped Steak w/
Brown Gravy
Green Beans
Carrots
Dinner Roll
Cranberry Juice
Milk

12
Fried Fish Filet
Okra & Tomatoes
Coleslaw
Bun
Peaches
Milk

13
Turkey w/Gravy
Cornbread Stuffing
Sweet Potatoes
Baked Apples
Grape Juice
Cranberry Sauce
Milk

14
Baked Chicken w/
Gravy
Mashed Potatoes
Green Peas
Dinner Roll
Pudding
Milk

15



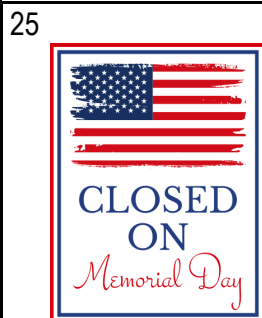
18
Cheeseburger
Lettuce & Tomatoes
Home Fries
Bun
Pasta Salad
Milk

19
Spaghetti & Meat Sauce
Corn
Garlic Bread
Pineapple w/ Cottage
Cheese
Milk

20
Chicken & Dumplings
Carrots
Coleslaw
Dinner Roll
Peaches
Milk

21
Meatloaf
Macaroni & Cheese
Lima Beans
Dinner Roll
Fresh Orange
Milk

22



26
Salisbury Steak w/gravy
Navy Beans
Broccoli
Dinner Roll
Fresh Apple Slices
Milk

27
Pinto Beans
Collards
Stewed Potatoes
Cornbread
Yogurt w/blueberries
Milk

28
Pepper Steak
Mashed Potatoes
Cucumber Salad
Dinner Roll
Pineapple
Milk

29





East Hickory SMO Activities

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

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



HAPPY BIRTHDAY!
 Steve R. 5/9
 Susan M. 5/12
 Carolyn C. 5/20
 Dennis B. 5/26
 Jim M. 5/30
 Bill B. 5/31



4
 9:00 Walk with Steve
 9:30 Bingo



5
 9:00 Exercise with Liz
 9:30 Adult Protection
 Services Information with
 Heather Weston,
 Catawba County APS
 Supervisor

Cinco de Mayo: Special
 Snack



6
 Field Trip
 9:00 Sunny Side for
 Breakfast
 10:00 Hospice Resale
 Shop

7
 9:00 Stretch with Betty
 9:30 Severe Weather
 Preparedness with Frank
 Ballentine, Catawba
 County EMS



11
 9:00 Walk with Steve
 Mother's Day Tea



12
 9:00 Exercise with Liz
 9:30 Memorial Day
 Bandana wreaths &
 poppy flowers

Commodities

13
 9:00 Exercise with Judy
 9:30 Take Control with
 Donna Mull "Controlling
 Sodium"



14
 Field Trip
 9:00 All sites to Catawba
 Science Center/ Subway
 lunch



18
 9:00 Walk with Steve
 9:30 Bingo
 10:00 Fire Drill



19
 9:00 Exercise with Liz
 9:15 "Settlers of Catawba
 County" presentation with
 Catawba County
 Historical Association
 and Museum

20
 9:00 Exercise with Judy
 9:30 Cooking Demo:
 Smoothies
 Food Borne Illness: Food
 Safety in a Disaster



21
 9:00 Stretch with Betty
 Strawberry Social
 Happy Birthday Party!!!!
 9:30 Joni & Charles
 music and message



26
 9:00 Exercise with Liz
 9:30 Timeless Trivia 5:
 Cartoons, Comic Books
 and Funny Papers with
 Jennifer Williams,
 Hickory Public Library



27
 9:00 Exercise with Judy
 9:30 "Where's the Beef?"
 Wear black, white and /or
 brown to celebrate "HOLY
 COW" day

28
 9:00 Stretch with Betty
 9:30 "Chronic Stress
 Prevention" with
 Partners Health





meals on wheels
OF CATAWBA COUNTY

North Hickory SMO Activities

Site Supervisor: Cherie Grambow
828-323-8746
May 2026

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



HAPPY BIRTHDAY!
Faye F. 5/5



4
9:00 Exercise: Seated
Yoga Poses
9:30 Food Borne Illness
Information
9:45 Cooking Class:
Make Truffles for Natl
Truffle Day

5
9:00 Coffee Chat: The
History of Cinco De Mayo
9:30 Cinco De Mayo
Celebration



6
9:00 Exercise: Stretch It
Out!
9:30 Fire Drill
9:45 BINGO



7
9:00 Field Trip to Bruce
Meisner Park for
Mother's Day Picnic and
Celebration



11
Natl Stamp Out Hunger
Food Drive
9:00 Exercise: Wrist and
Hand Movements for
Flexibility
9:30 BINGO



12
Natl Stamp Out Hunger
Food Drive
9:00 Exercise: Follow the
Leader Movements for
Endurance
9:30 Summer Safety with
Melanie Sigmon,
Community Engagement
Specialist

Commodities

13
Natl Stamp Out Hunger
Food Drive
9:00 Deep Breathing and
Stretching
9:30 Craft Time: VBS
Illumination Be The Light
Project (Community
Service)



14
9:00 Field Trip: All sites
to Catawba Science
Center



18
9:00 Exercise: Deep
Breathing
9:30 May Birthday
Celebration/Birthday
Hangman

19
9:00 Exercise: Run A Mile
without Running
9:45 BINGO



20
9:00 Coffee Chat: Hello
June
9:45 June Mad Libs and
Scrabble Scurry



21
9:00 Exercise Follow
the Leader Movements
9:30 Chronic Stress
Prevention with
Partners Health



26
9:00 Coffee Chat Social:
Memorial Day Trivia and
Fun Facts
10:00 MEMORIAL DAY
BINGO



27
9:00 Exercise: Stretch It
Out
9:30 Timeless Trivia 5:
Cartoons, Comic Books
and Funny Papers with
Jennifer Williams,
Hickory Public Library

28
9:00 Exercise: Follow
the Leader Movements
9:30 Devotion and
Prayer with Pastor Bill
10:00 Music with
Seniors on The Move
for Christ



Newton SMO Activities

Site Supervisor: Krystal Rosario

Assistant: Jasper Walton,

Debby Reynolds

828-455-4133

May 2026

First Presbyterian

Church

701 N Main Avenue

Newton, NC 28658



meals on wheels
OF CATAWBA COUNTY



HAPPY BIRTHDAY!

Ronald M. 5/11
Crystal W. 5/17
Danny H. 5/21
Felicia H. 5/28
Sarah A. 5/30



4
9:00 Announcements
9:15 Exercise
9:30 BINGO

National Candied Orange Peel Day



5
9:00 Announcements
9:15 Exercise
9:30 Cooking class
Homemade Mayonnaise and Deviled Eggs and Food Borne Illness with Krystal



6
9:00 Announcements
9:15 Exercise
9:30 Hurricane Awareness & Severe Weather Preparedness, Frank Ballentine, Catawba County EMS
10:00 Fire Drill

7
9am Announcements
9:15 Exercise
9:30 Photo frame decoration
MOTHERS DAY CELEBRATION (Bring a photo of your mom)
*National Day of PRAYER



11
9:00 Announcements
9:15 Exercise
9:30 Library to Go

12
9:00 Announcements
9:15 Exercise
9:30 BINGO



13
9:00 Announcements
9:15 Exercise
9:30 Musical performance by Cameron Matthews



14
9:00 All sites: Catawba Science Center



18
9:00 Announcements
9:15 Exercise
9:30 Butterbean Auction

19
9:00 Announcements
9:15 Exercise
9:30 Crafts: Macrame Leaf & Watercolor painting



Commodities

20
9:00 Announcements
9:15 Exercise
9:30 Musical performance by Cody Newton



21
9:00 Announcements
9:15 Exercise
9:30 Adult Protective Services Information with Heather Weston, Catawba County APS supervisor



26
9:00 Announcements
9:15 Exercise
9:30 BINGO



27
9:00 Special Trip to Newton Library, "The Duchess" (movie) and English Style Tea Party



28
9:00 Announcements
9:15 Exercise
9:30 Birthday Party Seniors Olympic Games





meals on wheels
OF CATAWBA COUNTY

Claremont SMO Activities

Site Supervisor: Kayla Smith

828-320-0434

May 2026

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



HAPPY BIRTHDAY!

Betty A. 5/3
Albert P. 5/7
Elba C. 5/23
Carol C. 5/23
Kenny H. 5/24
Velma A. 5/25



1



4
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



5
9:30 Mother's Day
Crafting with Kayla
Smith
10:30 Taco Tuesday and
Salad Celebration



6
9:30 Come Hear Cody
Newton Perform!
10:30 Morning Walk



7
9:30 Managing Chronic
Stress by Partners
Health
10:30 Chair Exercises

8



11
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



12
9:30 Chair Exercises
10:00 Library to Go with
Catawba County Library

**Bring your library
books to return**

13
9:30 Cooking Class:
Hawaiian Fruit Salad
10:00 Foodborne Illness
by Kayla Smith
10:30 Chair Exercises

Commodities

14
9:00 Field Trip: All sites
to Catawba Science
Center



15



18
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



19
9:30 Fire Drill
10:00 Play Rummibuk
10:30 Morning Stretches

20
9:00 Shopping at
Graceful Geese
Mercantile
10:30 Lunch at L&L
Bistro



21
9:30 Birthday
Celebration!
9:45 Morning Walk
10:00 Cornhole
Tournament



22



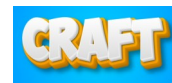
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26
9:30 Warm Weather
Safety with Melanie
Sigmon, Community
Engagement Specialist
10:30 Morning Stretches

27
9:30 Morning Walk
10:00 Activity with
Sherrills Ford- Terrell
Branch Library

28
9:30 Crafting with
Tonya Jarnac
10:30 Morning
Stretches



29



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

May 2026



meals on wheels
OF CATAWBA COUNTY



HAPPY BIRTHDAY!

Sandra W. 5/13
Jean L. 5/17
Adela D. 5/25
Ruby F. 5/25



4
9:00 Exercise w/Suzan
9:15 Cooking w/Teresa
Slaughter - Lemon
Croissants
9:30 Bingo



5
9:00 Exercise w/Suzan
9:30 Chronic Stress
Prevention w/Christy
Wilcox Partners Health

6
9:00 Exercise w/Suzan
9:15 Food Borne Illness
9:30 Mosaic Coasters w/
Lisa



7 **Sandwich Money
Needs to be in by
today!**
9:00 Exercise w/Suzan
9:30 Corn Hole



11
9:00 Exercise w/Suzan
9:15 Fire Drill
9:30 Bingo
10:00 Hangman



12
9:00 Exercise w/Suzan
9:30 Year of the
Invention
10:00 Scattergories

13
9:00 Exercise w/Suzan
9:30 The Price is Right



14
9:00 Field Trip: All sites
to Catawba Science
Center



18
9:00 Coffee and
Conversation w/
Nathaniel Austin
9:40 Bingo



19
9:30 Musical
performance by Golden
Voices



Commodities

20
9:00 Exercise w/Suzan
9:30 Corn Hole

21
9:00 Exercise w/Suzan
9:30 Summer Safety w/
Melanie Sigmon,
Community Engagement
Specialist



26
9:00 Exercise w/Suzan
9:45 Ladder Ball

27
Field Trip:
9:00 Mountain Creek
Park
10:30 5th Quarter Food
Truck Park



28
9:30 Musical
performance by
Sentimental Journey

