Meals on Wheels of Catawba County

SENIORS MORNING OUT NOVEMBER NEWSLETTER

Our office and Seniors Morning Out sites will be closed on Thursday Nov. 26th. Our office will be closed on Friday Nov. 27th for Thanksgiving holiday.





November 1st

Fall is here, and now it's that time of year when we fall back one hour. Be sure to set your clocks back one hour .

Our seniors had a great time at the Fall Cookout!










Upcoming Activities

November 2
Preparing for Winter with Melanie Sigmon, Community Engagement Specialist
North Hickory Site

November 12
Musical performance by Over the Hill Group
Newton Site

November 12
Veteran's Day Celebration Breakfast along with special guests: St. Stephen's High School ROTC
East Hickory Site

November 16
Library to Go with Catawba County Library
Claremont Site

November 23
Coffee and Conversation with Pastor Nathaniel Austin
Maiden Site

Come Join Us!

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!

United Way

Catawba County United Way

meals on wheels
OF CATAWBA COUNTY

East Hickory SMO Activities

Site Supervisor: Lee Ann Breen
Assistants: Gayle Porcella
828-320-5963
November 2026

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



2 8:30 Walk 9:00 Movie and Popcorn 	3 9:00 Exercise 9:30 Nat'l Sandwich Day - Making Your Own Sandwich & learning about the history of the sandwich & the dangers of the Food Born Illness: Listeria	4 9:00 Exercise 9:30 Thanksgiving Centerpiece craft with Lisa Kravacka 	5 9:00 Stretches 9:30 Butter Bean Auction	6 
9 8:30 Walk 9:30 Bob Hollar Music 	10 9:00 Exercise 9:30 Whoopie! It's Pie Day! Let's make some pies cooking activity *** COMMODITIES****	11 	12 8:30 Stretches 9:00 Veteran's Day Celebration Breakfast, along with special guests: St. Stephen's High School ROTC.	13 
16 8:30 Walk 9:15 Bingo 	17 9:00 Exercise 9:30 Cooking For 1 or 2 class with Donna Mull 	18 Field Trip: 9:00 Shopping at Roses 10:30 – Mountain Fried Chicken for Lunch 	19 9:00 Stretches 9:30 Partner's Health: Preventing Loneliness Around the Holidays Fire Drill	20 
23 8:30 Walk 9:30 "Wait A Cotton-Picking Minute!" Day Enjoy a day learning about a textile that shaped the county and its economy. (Followed by Coffee Hour)	24 9:00 Exercise 9:30 Timeless Trivia Episode 7: Explore the Explosive Era of Baby Boomers with Jennifer Williams, Hickory Public Library	25 9:00 Stretches 9:30 Gobbler Sunrise Friendsgiving (Followed by Coffee Hour) 	26 	27 
30 8:30 Walk 9:15 Bingo 			HAPPY BIRTHDAY! Paula 11/6 Edith 11/22 Deanna 11/22 Sally 11/24 Kathy 11/25 Dwayne 11/27	

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North Hickory SMO Activities

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

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



2 9:00 Exercise: Stretch It Out 9:30 Preparing for Winter with Melaine Sigmon, Community Engagement Specialist	3 9:00 Coffee Social 9;30 Exercise: Hands and Wrists with Squeeze Ball 10:00 BINGO 	4 9:00 Coffee Social 9:30 Exercise: Follow the Leader Outside/Weather Permitting 10:00 November Birthday Celebration	5 Field Trip 9:00 Biscuitville 10:15 Shopping at Hamrick's 	6 
9 9:00 Coffee Social 9:30 Exercise: Mindful Meditation 10:00 Cooking Class: One Pan Thanksgiving Dinner and Food Borne Illness	10 9:00 Coffee Chat: Honoring our Veterans 10:00 Game Day  ***Commodities***	11 	12 9:00 Coffee Social 9:30 Exercise: Stretch It Out! 10:00 BINGO 	13 
16 9:00 Coffee Social 9:30 Craft Time: Making Thanksgiving/Fall Cards with Jerri and Joann 	17 9:00 Coffee Social 9:30 Exercise: Laughter Yoga 10:00 BINGO 	18 9:00 Exercise: Deep Breathing and Stretching 9:30 Timeless Trivia Episode 7: Explore the Explosive Era of Baby Boomers with Jennifer Williams, Hickory Public Library	19 9:00 Exercise: Hands and Wrists with Squeeze Balls 9:30 Preventing Loneliness around the Holidays with Partner's Health	20 
23 9:00 Coffee Chat: The Healthy Benefits of Gratitude 10:00 BINGO 	24 9:00 Coffee Social 9:30 Hello December Calendar 10:00 Exercise: Parachute Bounce and Fly Swat Tennis 10:30 Fire Drill	25 9:00 Thanksgiving Breakfast Social 	26 	27 
30 9:00 Coffee Social 9:30 Follow the Leader Obstacle Course 10:00 Full of Turkey (and PIE!) Hangman			<u>HAPPY BIRTHDAY!</u> Terry R. 11/01 James R. 11/08 Marian S. 11/23	

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Newton SMO Activities

Site Supervisor: Rachel Jackson
Assistant: Debby Reynolds
828-455-4133
November 2026

First Presbyterian Church
701 N Main Ave
Newton, NC 28658



2 9:00 Announcements 9:15 Exercises 9:30 Ornament Craft 	3 9:00 Announcements 9:15 Exercises 9:30 Sandwich Trivia National Sandwich Day	4 Field Trip 9:00 Shopping at Roses 10:30 Lunch at Cookout 	5 9:00 Announcements 9:15 Exercises 9:30 Bingo 	6 
9 9:00 Announcements 9:15 Exercises 9:30 Library to Go with Allison	10 9:00 Announcements 9:15 Exercises 9:30 The Project life saver program & Care Reassurance Program w/Sergeant Brandie Trouille Catawba County Sheriff's Office	11 	12 9:00 Announcements 9:15 Exercises 9:30 Music with Over the Hill Group 	13 
16 9:00 Announcements 9:15 Exercises 9:30 Bingo 	17 ***Commodities*** 9:00 Announcements 9:15 Exercises 9:30 Cooking Class: Apple Dumplings 10:00 Food Borne Illness: Food Safety Tips for a Healthy Holiday Gathering	18 9:00 Announcements 9:15 Fire drill 9:30 Preventing loneliness around the holidays with Partners Health	19 9:00 Announcements 9:15 Exercises 9:30 "Building Brain Healthy Habits" with Denise Young, Alzheimer's Association	20 
23 9:00 Announcements 9:15 Exercises 9:30 Pillow Craft with Callie 	24 9:00 Announcements 9:15 Exercises 9:30 Music with Cameron Mathews 	25 9:00 Announcements 9:15 Exercises 9:30 Friendsgiving Lunch; site providing Ham; store bought food items only; NOTHING HOMEMADE WILL BE SERVED	26 	27 
30 9:00 Announcements 9:15 Exercises 9:30 Bingo 			HAPPY BIRTHDAY! Ehtel C. 11/6 Anita M. 11/6 Cindy C. 11/7 Charles M. 11/9 Paul W. 11/10 Kim B. 11/17 Walter S. 11/22 Judy L. 11/30	

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Claremont SMO Activities

Site Supervisor: Kayla Smith
828-320-0434
November 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 Crafting: Christmas Ornaments for SMO Christmas Party! 10:30 Chair Exercises	4 9:30 Musical Performance by Cody Newton! 10:30 Morning Walk 	5 9:30 Preventing Loneliness Around the Holidays by Partners Health 10:30 Morning Stretches	6 
9 9:30 Announcements 9:45 Morning Walk 10:00 Bingo 	10 9:30 Morning Stretches 10:00 Cooking Class: Apple Cider Donut Cake 10:30 Foodborne Illness 	11 	12 9:30 Ice Cream Social: Birthday Celebration! 10:00 Cornhole Tournament 	13 
16 9:30 Announcements 9:45 Morning Walk 10:00 Library to Go with Catawba County Library **Bring your library books to return**	17 9:30 Crafting with Tonya Jarnac 10:30 Morning Stretches 	18 9:30 Announcements 9:45 Morning Walk 10:00 Bingo  ***Commodities***	19 Field Trip: 9:00 Shopping at Hamrick's 10:30 Lunch at Jason's Deli 	20 
23 9:30 Announcements 9:45 Morning Walk 10:00 Bingo 	24 9:30 Fire Drill! 10:00 Thanksgiving Celebration **Sign up for snacks to share**	25 9:30 Morning Stretches 10:00 Activity with Sherrills Ford Library	26 	27 
30 9:30 Announcements 9:45 Morning Walk 10:00 Butter Bean 			<u>HAPPY BIRTHDAY!</u> Sharon P 11/05 MaryAnn W 11/07 Roger A 11/10 Cody N 11/28	

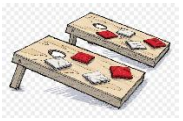
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Maiden SMO Activities

Site Supervisor: Lisa Adams
Assistant: Sue Cooke
Morgan Blankenship
828-320-5966
November 2026

Maiden Community Center
207 E Klutz St
Maiden, NC 28650



2 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Fire Drill 9:40 Bingo 	3 Field Trip 9:00 Resource Warehouse 10:30 L&L Catering and Bistro 	4 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Preventing Loneliness Around the Holidays w/Partner's Health	5 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Preparing for Winter Months w/Melanie Sigmon, Community Engagement Specialist 	6 
9 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Food Borne Illness 9:45 Scattergories	10 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Crafting Christmas Cards for Meals on Wheels Clients 	11 	12 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Corn Hole 	13 
16 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Cooking w/Teresa Slaughter – Irresistible Iowa Party Bites 9:40 Crafting Ornaments for Senior Gift Exchange	17 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Crafting Ornaments for Senior Gift Exchange ***Commodities***	18 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Bring Something from Home for the Butterbean Auction 	19 9:00 Announcements 9:30 Birthday Party with Sentimental Journey Performing 	20 
23 9:00 Announcements 9:15 Exercise w/Suzan 9:00 Coffee and Conversation with Pastor Nathaniel Austin 9:30 Bingo 	24 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Horse Race Game	25 9:00 Friendsgiving Breakfast 	26 	27 
30 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Fresh Rosemary Mini-Wreaths w/Lisa 			HAPPY BIRTHDAY! Betty R. 11/2 Cindy P. 11/18	

SMO MENU

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OF CATAWBA COUNTY

November

2 Lasagna Tossed Salad w/Ranch Dressing Garlic Bread Yogurt w/Blueberries Milk	3 Chicken & Dumplings Buttered Carrots Orange Juice Dinner Roll Apple Cobbler Milk	4 Baked Ham w/Pineapple Juice Broccoli Rice Casserole Sweet Potatoes Pineapple Slices Dinner Roll Milk	5 Chicken Fajita Spanish Rice Pinto Beans Fruit Cocktail Milk Soft Tortilla Shells Sour Cream	6 
9 Lemon Pepper Chicken Rice Stewed Tomatoes Dinner Roll Fresh Orange Milk	10 Beef Tacos Black Beans Lettuce & Tomato Fruit Cocktail Milk Soft Tortilla Shells	11 Smoked Sausage w/Cabbage Crowder Peas Dinner Roll Pears Milk	12 Biscuit & Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk	13 
16 Low Sodium Teriyaki Chicken Rice Broccoli & Cheese Dinner Roll Tropical Fruit Milk	17 Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Coleslaw Bun Fruit Cocktail Milk	18 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/crackers Fresh Orange Pudding Milk	19 Spaghetti w/Meat Sauce Green Beans Tossed Salad w/Ranch Dressing Garlic Bread Pears Milk	20 
23 Chicken Pie Blackeye Peas Peaches Dinner Roll Assorted Cookie Milk	24 Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Pudding Milk	25 Sliced Turkey w/Gravy Cornbread Stuffing Green Beans Peaches w/Cottage Cheese Dinner Roll Milk	26 	27 
30 Chicken Parmesan Tossed Salad Fruit Cocktail Dinner Roll Assorted Cookie Milk		Menu substitutes may occasionally have to be made of equal nutritional value. Diabetic friendly options will be made in substitution of desserts		