



Meals on Wheels of Catawba County

SENIORS MORNING OUT OCTOBER NEWSLETTER

Welcome Regina!

Regina is our new Office Support Specialist. Regina will be supporting our Seniors Morning Out programs and assisting in our office. With her experience working with seniors, she brings valuable skills and a passion for serving others. She is looking forward to working with everyone, and we are excited to welcome her to the team!



Upcoming Activities

October 1

Cooking Class: Going wild for Chicken and Wild Rice with Lee and Gayle
East Hickory Site

October 6

Blood Pressure Checks and Cardiac Arrest Awareness with Carolyn Thompson, CVHS
Maiden Site

October 12

Musical performance by Tim Hefner
Newton Site

October 19

Fire Prevention with Melanie Sigmon, Community Engagement Specialist
North Hickory Site

October 29

Musical performance by Sentimental Journey
Claremont Site

Come Join Us!



Check out what's happening at our Seniors Morning Out!



Maiden SMO celebrating Aida's 93rd birthday!



NHKY SMO



Claremont & EHKYSMO



Newton SMO

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**

 meals on wheels OF CATAWBA COUNTY	East Hickory SMO Activities Site Supervisor: Lee Ann Breen Assistants: Gayle Porcella 828-320-5963 October 2026 First United Methodist Church Hickory 311 3rd Ave NE Hickory, NC 28601			
	<u>HAPPY BIRTHDAY!</u> Judy H. 10/8 Robbie W. 10/11 Nancy S. 10/26 Randy V. 10/29 Illa C. 10/31		1 9:00 Stretch exercises 9:30 Going Wild for Chicken and Wild Rice cooking activity with Lee & Gayle <i>Let's get cooking</i>	2 
5 9:00 Walk 9:30 National Coffee with Cops Day: Hickory Police Dept. to come spend the morning with our Seniors for coffee and conversation	6 9:00 Exercise 9:30 Bingo 	7 9:00 Exercise 9:30 Fall Crafts: Leaf painting, scarecrow spoons, fabric acorns	8 9:00 Stretch Exercises 9:30 Mixing up Mocktails at the Happy Birthday Monster Mash Mixer Villain Trivia TRIVIA	9 
12 9:00 Walk 9:30 Bingo 	13 9:00 Exercise 9:30 FREE CHOICE DAY Games, puzzles, arts and crafts ***Commodities***	14 9:00 Exercise 9:30 Musical Performance by Cody Newton 	15 9:00–11:30 All Sites Fall Festival and Cookout at Henry Fork River Park 	16 
19 9:00 Walk 9:30 The Great Pumpkin Escape and other pumpkin Activities 	20 9:00 Exercise 9:30 Blood Pressure Checks and Diabetes Education with Nurse Ashley	21 Field Trip: 9:00 Hamrick's 10:30 Golden Corral for Lunch 	22 9:00 Stretch exercises 9:30 Partners Health: Types of Dementia	23 
26 9:00 Walk 9:30 Halloween Bingo 	27 9:00 Exercises 9:30 Halloween Trivia with Jennifer Williams, Hickory Public Library TRIVIA	28 9:00 Exercises 9:30 Halloween fall carnival with the FUMC pre-school	29 9:00 Stretch exercises 9:30 Site Halloween Party 	30 

North Hickory SMO Activities

Site Supervisor: Cherie Grambow

828-323-8746

October 2026

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



meals on wheels
OF CATAWBA COUNTY



HAPPY BIRTHDAY!

Nancy B. 10/25

Jeff B. 10/26

Gail A. 10/30

1 Field Trip
9:00-11:30 Bruce
Meisner Park for our
October Birthday
Celebration!



2



5

9:00: Exercise: Hands
and Wrists for Grabbing
Apples
9:30 Types of Dementia
with Partners Health

6

9:00 Exercise: Deep
Breathe in that Fall Air!
9:30 SMO SURVEYS
10:00 Cooking Class:
Single Serve Apple
Crisp

Let's get
cooking

7

9:00 Exercise:
Crunching Leaves
under our Marching
Feet
9:30 BINGO



8

9:00 Exercise: Deep
Stretching to get
Ready for those
Heavy Sweaters
9:30 Social Time: Pick
Your Teammates and
Create a Tale for the
Halloween Bon(e)fire

9



12

9:00 Exercise: Hay Bale
Curls
9:30 BINGO



13

9:00 Exercise: Bouncing
"apples" on our
Parachute
9:30 Craft Time: Let's
Make Lanterns for our
Bon (e) Fire

Commodities

14

9:00 Exercise: Bean
Bag Toss to get ready
for the Fall Festival
9:30 Halloween Trivia
with Jennifer Williams,
Hickory Public Library



15

Field Trip
9:00-11:30 All Sites
Fall Festival and
Cookout at Henry
Fork River Park



16



19

9:00 Exercise: Mummy
Yoga
9:30 Fire Prevention
with Melaine Sigmon,
Community Engagement
Specialist

20

9:00 Exercise: Monster
Mash
9:30 BINGO



21

9:00 Exercise: Fly Swat
Witches Brooms
10:00 Social Time:
Practice your
Scary/Funny
Halloween Tale and
Complete the Set

22

9:00 Coffee Social
10:00 Hello
November!
10:30 Autumn
Guessing Game



23



26

9:00 Exercise:
Frankenstein Arms
March
9:30 Halloween BINGO



27

9:00 Exercise: Clap for
the Wolfman Arms and
Legs
9:30 Halloween
Hangman

28

9:00 Exercise: Howl
Like a Werewolf
Breathing Exercises
9:30 Halloween Movie
Day and Trivia: Hocus
Pocus

29

9:00 Coffee Social
9:30 Halloween "Bon
(e) Fire" Celebration
with Skits and
Funny/Scary Stories



30



 meals on wheels OF CATAWBA COUNTY	Newton SMO Activities Site Supervisor: Rachel Jackson Assistant: Jasper Walton, Debby Reynolds 828-455-4133 October 2026 First Presbyterian Church 701 N Main Ave Newton, NC 28658			
	<u>HAPPY BIRTHDAY!</u> Barbara Y 10/17 Kim W 10/22 Debby R 10/30		1 9:00 Announcements 9:15 Exercises 9:30 Cornhole Games 	2 
5 9:00 Announcements 9:15 Exercises 9:30 Bingo 	6 9:00 Announcements 9:15 Exercises 9:30 Parachute Ball Toss 10:00 Fall Trivia 	7 Field Trip 9:00 4 Peas's in a Pod 10:30 Hammicks 	8 9:00 Announcements 9:15 Exercises 9:30 Fall Craft with Ginger	9 
12 9:00 Announcements 9:15 Exercises 9:30 Tim Hefner Music 	13 9:00 Announcements 9:15 Exercises 9:30 Cooking Class: Trail Mix National M&M Day 	14 9:00 Announcements 9:15 Exercises 9:30 Bingo 	15 9:00-11:30 All Sites Fall Festival and Cookout at Henry Fork River Park 	16 
19 9:00 Announcements 9:15 Exercises 9:30 Library to Go with Allison 	20 9:00 Announcements 9:15 Exercises 9:30 BP Checks and Cardiac Arrest Awareness w/ Carolyn Thompson, CVHS ***Commodities***	21 9:00 Announcements 9:15 Exercises 9:30 Cameron Mathews Music 	22 9:00 Announcements 9:15 Exercises 9:30 Cold Weather Preparedness with Frank Ballentine, Catawba County EMS	23 
26 9:00 Announcements 9:15 Exercises 9:30 Halloween Treat Bags Craft *Bring a bag of individually wrapped candy to share with others	27 9:00 Announcements 9:15 Exercises 9:30 Bingo 	28 9:00 Announcements 9:15 Exercises 9:30 Types of Dementia with Partners Health 	29 9:00 Announcements 9:15 Exercises 9:30 Halloween/Birthday Party Wear your costume if you like	30 

Claremont SMO Activities

Site Supervisor: Kayla Smith

828-320-0434

October 2026

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



HAPPY BIRTHDAY!

Margaret B 10/1
George R 10/4
Stanley S 10/4
Debbie B 10/16
Dorothy C 10/27

1
9:30 Types of
Dementia by Partners
Health
10:30 Morning
Stretches



5
9:30 Announcements
9:45 Morning Walk
10:00 Library to Go
with Catawba County
Library

**Bring your library
books to return**

6
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



7
9:30 BP Checks and
Cardiac Arrest
Awareness w/ Carolyn
Thompson, CVHS
10:30 Chair Exercises

**Bring your BP
machines to calibrate**

8
9:30 Cornhole
Tournament
10:30 Morning Walk



12
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



13
9:30 Fall Crafting with
Kayla Smith
10:30 Chair Exercises



14
9:30 Dessert for
breakfast
10:00 Activity with
Sherrills Ford Library

National Dessert Day

****commodities****

15 Field Trip:
9:00 – 11:30 All Sites
Fall Festival and
Cookout at Henry Fork
River Park



19
9:30 Announcements
9:45 Morning Walk
10:00 Bingo



20
9:30 Cooking Class:
Fall Doughnuts with
Roger
10:30 Pumpkin Nutrition
Facts
10:45 Chair Exercises

21
9:30 Crafting with
Darlene Gilbert
10:30 Morning Stretches



22
9:30 Birthday
Celebration!
10:00 Music with
Seniors on the Move



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



27
9:30 Crafting with
Tonya Jarnac
10:30 Morning
Stretches

28
Field Trip:
9:00 Brunch and Bowling
at Pin Station
11:00 Carpe Crustum
Bakery



29
9:30 Halloween Party!
10:00 Come hear
Sentimental Journey
Band!
**Dress in costume
and bring snacks to
share!**



Maiden SMO Activities

Site Supervisor: Lisa Adams

Assistant: Sue Cooke,

Morgan Blankenship

828-320-5966

October 2026

Maiden Community

Center

207 E Klutz St

Maiden, NC 28650



HAPPY BIRTHDAY!

Greg B. 10/23

Phyllis T. 10/31

1
9:00 Coffee and
Conversation with
Pastor Nathaniel
Austin
9:30 Corn Hole



5
9:00 Announcements
9:15 Exercise w/ Suzan
9:30 Bingo
10:00 Melting Snowman



6
9:00 Announcements
9:15 Exercise w/Lisa
9:30 BP Checks and
Cardiac Arrest
Awareness w/ Carolyn
Thompson, CVHS

7
9:00 Announcements
9:15 Exercise w/ Suzan
9:30 Customer
Satisfaction Surveys
9:45 Seated Volleyball



8 Field Trip:
9:00-10:15 Tour
Maiden Fire Dept
w/Luke Shoffner, Fire
Chief
10:30-11:45 Lunch at
Brookwood Cafe



12
9:00 Announcements
9:15 Exercise w/ Suzan
9:30 Fire Prevention
w/Melanie Sigmon,
Community
Engagement Specialist



13
9:00 Announcements
9:15 Exercise w/ Suzan
9:30 Health Benefits of
Pumpkins
9:45 Taste Test Healthy
Pumpkin Dips
9:45 Bingo

14
9:00 Announcements
9:15 Exercise w/ Suzan
9:30 Ageism with
Christy Wilcox, Vaya
Partners



15 Field Trip:
9:00 – 11:30 All Sites
Fall Festival and
Cookout at Henry Fork
River Park



19
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Cooking with
Teresa Slaughter - Easy
& Delicious Sausage
Cups
9:40 Crafting Boo-tiful
Ghosts w/Lisa

20
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Crafting Scary
Skull Serving Plates
w/Lisa



Commodities

21
9:00 Announcements
9:15 Exercise w/ Suzan
9:30 Birthday Party w/
Cody and Wayne
Newton performing



22
9:00 Announcements
9:15 Exercise w/
Suzan
9:30 Bingo
10:00 Scattergories



26
Pumpkin Palooza!
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Crafting Acrylic
Pumpkins w/Lisa



27
Pumpkin Palooza!
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Tie Dye Pumpkins
with Alcohol Ink w/Lisa

28
Pumpkin Palooza!
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Decoupage
Pumpkins w/Lisa



29
9:00 Announcements
9:15 Exercise w/Suzan
9:30 Come dressed in
Costume – win a prize!
Fun-filled morning of
snacks, rats, trivia, &
games



SMO MENU



meals on wheels
OF CATAWBA COUNTY

October

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

Diabetic friendly options will be made in substitution of desserts

1
Baked Ham
Broccoli w/Cheese
Sauce
Mashed Potatoes
Fresh Orange
Cornbread
Pudding
Milk

2



5
Lemon Pepper
Chicken
Rice
Stewed Tomatoes
Dinner Roll
Fresh Orange
Milk

6
Beef Tacos
Black Beans
Lettuce & Tomato
Fruit Cocktail
Milk
Soft Tortilla Shells

7
Smoked Sausage
w/Cabbage
Crowder Peas
Dinner Roll
Peaches
Milk

8
Biscuit & Gravy
Scrambled Eggs
Fresh Tomato Slices
Baked Apples
Milk

9



12
Low Sodium Teriyaki
Chicken
Rice
Broccoli & Cheese
Dinner Roll
Tropical Fruit
Milk

13
Fried Fish Filet
w/Tartar Sauce
Okra & Tomatoes
Coleslaw
Bun
Fruit Cocktail
Milk

14
1/2 Pimento Cheese
Sandwich on Wheat
Bread
Vegetable Beef Soup
w/crackers
Fresh Orange
Pudding
Milk

15
Spaghetti w/Meat
Sauce
Green Beans
Tossed Salad
w/Ranch Dressing
Garlic Bread
Pears
Milk

16



19
Chicken Pie
Blackeye Peas
Peaches
Dinner Roll
Assorted Cookie
Milk

20
Meatloaf
Diced Potatoes
Broccoli
Wheat Roll
Orange Juice
Pudding
Milk

21
Chicken Parmesan
Tossed Salad
Fruit Cocktail
Dinner Roll
Assorted Cookie
Milk

22
Hamburger Steak
w/Gravy
Mashed Potatoes
Broccoli Casserole
Applesauce
Dinner Roll
Milk

23



26
Sliced Turkey
w/Gravy
Cornbread Stuffing
Green Beans
Peaches w/Cottage
Cheese
Dinner Roll
Milk

27
Sloppy Joe
Home Fries
Coleslaw
Bun
Applesauce
Milk

28
Hot Dog w/chili
Barbecue Slaw
Lima Beans
Fresh Apple Slices
Bun
Assorted Cookie
Milk

29
Pancakes w/syrup
Scrambled Eggs
Sausage Links
Home Fries
Orange Juice
Milk

30

