



Meals on Wheels of Catawba County

SENIORS MORNING OUT SEPTEMBER NEWSLETTER

**HAPPY
LABOR
DAY**



Our office and Seniors Morning Out Sites will be closed on Monday, Sept 7th for Labor Day. We will reopen on Tuesday Sept 8th on regular schedule.



Sunday, September 13th



Tuesday, September 22nd

Senior Nutrition Services still has Farmers' Market vouchers available for eligible seniors in Catawba County!

These vouchers are a great way to enjoy fresh, locally grown fruits and vegetables while supporting our local farmers.

If you or a senior you know may qualify, don't miss out on this wonderful opportunity.

For more information please call our office at 828-695-5610.



Upcoming Activities

September 1

Arts & Crafts

**Watercolor/Directed Drawing
with Lisa Krivacka
East Hickory Site**

September 8

**Musical performance by
Cameron Matthews
Newton Site**

September 14

**Fall Prevention with Melanie
Sigmon, Community
Engagement Specialist
North Hickory Site**

September 22

**Crafting with Tonya Jarnac
Claremont Site**

September 30

**Musical performance by
Sentimental Journey
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!



**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 September 2026 First United Methodist Church Hickory 311 3rd Ave NE Hickory, NC 28601			
	1 9:00 Exercise 9:15 Arts & Crafts Watercolor / Directed drawing with Lisa Krivacka 	2 Field Trip 9:00 Hickory Café and Arcade 10:15 Hickory Farmer's Market 	3 9:00 Stretches with Betty 9:30 Cooking up S'mores and singing campfire Songs with "Doc" Daryll Wells 	4 
7 	8 9:00 Exercises 9:30 Boredom Busters Board Games for a healthy brain! ***Commodities***	9 9:00 Exercises 9:30 Spirit Day- Tailgating with Corn Hole and BullzEye Buckets Special Snacks & Game Day crafts with your favorite team's colors	10 Field Trip 9:00 Firefighter's Museum 10:30 Lunch @ Cookout 	11 
14 9:00 Walk with Steve 9:30 Bingo 	15 9:00 Exercises 9:30 Pet Therapy with Sandy Matthews and Golden Faith Free Game Day 	16 9:00 Exercises 9:30 Know what you're putting in your mouth. How to Read Food Labels	17 9:00 Stretches with Betty 9:30 Happy Birthday Golden Gala: Come anyway you feel Golden!!! 	18 
21 9:00 Walk with Steve 9:30 Bingo 	22 9:00 Exercises 9:30 Name That Tune: 1970's with Jennifer Williams, Hickory Public Library	23 9:00 Exercises 9:30 Cooking Class: Pecan Fingers 	24 9:00 Stretches with Betty 9:30 Partner's Health: "Intro into Traumatic Brain Injury in Older Adults	25 
28 9:00 Walk with Steve 9:30 Cider and Crisp Apple Fest 	29 9:00 Exercises 9:30 Musical Performance by Cameron Matthews  	30 9:00 Exercises 9:30 Special Guests: Charles Hollar with a message and songs sung by Joanie Coppinger	<u>HAPPY BIRTHDAY!</u> Thu 9/1 Betty S. 9/2 Don R. 9/23 	

North Hickory SMO Activities

Site Supervisor: Cherie Grambow

828-323-8746

September 2026

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



meals on wheels
OF CATAWBA COUNTY

	1 9:00 Exercise: Goodbye Summer Walk Outside 9:30 Cooking Class: Dr. Pepper BBQ Chicken and Cowboy Beans 	2 9:00 Exercise: Bye Beach Ball Bump 9:30 Goodbye Summer Corn Hole Tournament Finale and Fun	3 Field Trip: 9:00 Breakfast and shopping at Cracker Barrel 	4 
7 	8 9:00 Exercise: Stretch It Out 10:00 Craft Time: Teacup Bird Feeders ***Commodities***	9 9:00 Exercise: Seated Yoga Poses 9:30 BINGO 	10 9:00 Coffee Social 9:30 Movie Day: Autumn in New York with Trivia and NY Pizza! 	11 
14 9:00 Exercise: Laughter Yoga 9:30 Fall Prevention with Melanie Sigmon, Community Engagement Specialist	15 9:00 Exercise: Wrists and Hands Squeeze Balls 9:30 BINGO 	16 9:00 Exercise: Pump It Up 9:30 Name That Tune: 1970's with Jennifer Williams, Hickory Public Library	17 9:00 Coffee Social 9:30 Intro to Traumatic Brain Injury in Older Adults with Partner's Health 	18 
21 9:00 Exercise: Stretch IT Out 9:30 BINGO 	22 9:00 Exercise: Yoga and Meditation 9:30 Cooking Class: Spiced Zucchini Apple Baked Oatmeal with Cinnamon Vanilla Glaze 	23 Field Trip: 9:00 Breakfast at Biscuitville 10:30 Hickory Farmers' Market 	24 9:00 Exercise: Wrists and Hands Squeeze Ball 9:30 Devotions with Pastor Bill 10:00 September Birthday Celebration and music with Seniors on the Move	25 
28 9:00 Coffee Chat: Hello October 10:00 All Fall Hangman Style 	29 9:00 Roll it Out! Wrist and Hand Exercises 9:30 Craft Time: Autumn Leaf Clay Trinket Dishes	30 9:00 Exercise: Deep Breathing and Meditation 10:00 BINGO 	<u>HAPPY BIRTHDAY!</u> Michael G. 09/02 Vickie S. 09/13	

 meals on wheels OF CATAWBA COUNTY	Newton SMO Activities Site Supervisor: Rachel Jackson Assistant: Jasper Walton, Debby Reynolds 828-455-4133 September 2026 First Presbyterian Church 701 N Main Ave Newton, NC 28658			
	1 9:00 Announcements 9:15 Exercise 9:30 Cornhole Games	2 9:00 Announcements 9:15 Exercise 9:30 Bingo 	3 9:00 Announcements 9:15 Exercise 9:30 Troll Craft with Ginger	4 
7 	8 9:00 Announcements 9:15 Exercise 9:30 Music with Cameron Mathews 	9 Field Trip: 9:00 Parkway House 10:30 Hickory Farmers Market 	10 9:00 Announcements 9:15 Exercise 9:30 Bingo 	11 
14 9:00 Announcements 9:15 Exercise 9:30 Library to Go with Allison 	15 9:00 Announcements 9:15 Exercise 9:30 Birthday Celebration ***Commodities***	16 9:00 Announcements 9:15 Exercise 9:30 Butterbean Auction	17 Field Trip: 9:00 Lunch and bowling at Bowling Pin Station 	18 
21 9:00 Announcements 9:15 Exercise 9:30 Bingo 	22 9:00 Announcements 9:15 Exercise 9:30 Cooking class: ice cream cone cupcakes 	23 9:00 Announcements 9:15 Exercise 9:30 Intro to Traumatic Brain Injury in Older Adults with Partner's Health	24 9:00 Announcements 9:15 Exercise 9:30 Jeopardy Game 	25 
28 9:00 Announcements 9:15 Exercise 9:30 Tie Dye Craft 	29 9:00 Announcements 9:15 Exercise 9:30 Bingo	30 9:00 Announcements 9:15 Exercise 9:30 Cody Newton performs 	<u>HAPPY BIRTHDAY!</u> Doris M. 9/8 Nina P. 9/11 Dennis B. 9/21 Neal S. 9/30 	

Claremont SMO Activities

Site Supervisor: Kayla Smith

828-320-0434

September 2026

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



	1 9:30 Morning Muffins 10:00 Mini Terrarium Craft 10:30 Morning Walk 	2 9:30 Cooking Class: Pie Crust Cookies 10:30 Chair Exercises 	3 9:30 Intro to Traumatic Brain Injuries on Older Adults by Partners Health 10:30 Morning Stretches	4 
7 	8 9:30 Announcements 9:45 Morning Walk 10:00 Bingo 	9 9:30 Musical Performance by Cody Newton! 10:30 Morning Walk ***Commodities***	10 Field Trip: 9:00 Breakfast L&L Bistro 10:30 Public Health Farmers market Bring bag to carry produce home 	11 
14 9:30 Announcements 9:45 Morning Walk 10:00 Bingo 	15 9:30 Fall Crafting with Kayla Smith 10:30 Chair Exercises	16 9:30 Noodle Ball 10:30 Morning Walk 	17 9:30 Morning Walk 10:00 Music with Keith Williams "Papa Grey Beard" 	18 
21 9:30 Announcements 9:45 Morning Walk 10:00 Library to Go with Catawba County Library Bring your library books to return	22 9:30 Crafting with Tonya Jarnac 10:30 Morning Stretches 	23 9:30 Morning Stretches 10:00 Activity with Sherrills Ford Library	24 9:30 Birthday Celebration! 10:00 Bingo 	25 
28 9:30 Announcements 9:45 Morning Walk 10:00 Bingo 	29 9:30 Morning Stretches 10:00 Play Rummikub and Board Games!	30 Field Trip: 9:00 Breakfast at Blue Sky Cafe 10:00 Tour at Hickory Aviation Museum 	<u>HAPPY BIRTHDAY!</u> James R 9/9 Roger M 9/13	

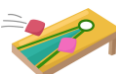
Maiden SMO Activities

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

Maiden Community
Center
207 E Klutz St
Maiden, NC 28650



meals on wheels
OF CATAWBA COUNTY

	1 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Intro into Traumatic Brain Injury in Older Adults (Fall Safety Month) with Partners Health	2 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Bingo 10:00 Family Feud 	3 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Presentation on Churches, Cemeteries, and Campgrounds with Jennifer Marquardt, Catawba County Historical Association	4 
7 	8 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Cooking Class with Lisa and Charlie – Ice Cream Sandwich Cake 9:40 Bingo 	9 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Crafting w/Lisa – DIY Plant Hanger 	10 9:00 Coffee and Conversation with Pastor Nathaniel Austin 9:30 Scattergories	11 
14 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Bingo 10:00 Hangman 	15 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Marshmallow Challenge 9:45 Name that Song ***Commodities***	16 Field Trip; 9:00-11:30 Picnic at Winkler's Park 	17 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Fall Prevention w/Melanie Sigmon, Community Engagement Specialist	18 
21 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Teresa Slaughter preparing (are you ready for this?) Boston Cream Pie Cookie cups 9:40 Bingo	22 National Girls' Night in Day 9:00 Announcements 9:15 Exercise w/Suzan 9:00 Guys and Gals, get ready for a little fun 	23 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Corn Hole 	24 Field Trip: 8:50 Breakfast at Granny's Country Kitchen 10:00 Guided Tour of the Hickory Aviation Museum 	25 
28 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Foil Art w/Lisa 	29 9:00 Announcements 9:15 Exercise w/Suzan 9:30 Foil Art w/Lisa	30 9:00 Announcements 9:30 Birthday Party with Sentimental Journey Performing 	<u>HAPPY BIRTHDAY!</u> Barbara R – 9/11 Aida G – 9/20 Nancy H – 9/26 Maria R – 9/30	

SMO MENU  meals on wheels OF CATAWBA COUNTY	September			
	1 Spaghetti & Meat Sauce Corn Pineapple w/Cottage Cheese Garlic Bread Milk	2 Chicken & Dumplings Carrots Coleslaw Dinner Roll Peaches Milk	3 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Fresh Orange Milk	4 
7 	8 Salisbury Steak w/Gravy Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk	9 Pinto Beans Collard Greens Stewed Potatoes Cornbread Yogurt w/blueberries Milk	10 Pepper Steak Mashed Potatoes Cucumber Salad Dinner Roll Pineapple Milk	11 
14 Sloppy Joe Home Fries Coleslaw Bun Fresh Orange Milk	15 Chicken Fajita w/onions & peppers Spanish Rice Pinto Beans Sour Cream Fruit Cocktail Soft Tortilla Shells Milk	16 Biscuit & Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk	17 Hot Dog w/Chili Baked Beans Coleslaw Bun Peaches Milk	18 
21 Lemon Pepper Chicken Rice Stewed Tomatoes Dinner Roll Fresh Orange Milk	22 Barbecue Boneless Pork Rib Mashed Potatoes Lima Beans Dinner Roll Fruit Cocktail Milk	23 Waffle Scrambled Eggs Sausage Links Home Fries Orange Juice Milk	24 Beef Tacos Black Beans Lettuce & Tomato Fresh Apple Slices Soft Tortilla Shells Milk	25 
28 Chopped Steak w/Brown Gravy Green Beans Carrots Dinner Roll Cranberry Juice Milk	29 Fried Fish Filet Okra & Tomatoes Coleslaw Bun Peaches Milk	30 Turkey w/Gravy Cornbread Stuffing Sweet Potatoes Baked Apples Grape Juice Cranberry Sauce Milk	Menu substitutes may occasionally have to be made of equal nutritional value. Diabetic friendly options will be made in substitution of desserts	