



“The Senior Informer” April 2024



Your source of current news and information from The Neal Center,
100 T.R. Harris Drive, Shelby, NC 28150



Did you know?

A person who just ate a banana is more likely to be bitten by a mosquito.



Something to think about

*"Don't go around saying the world owes you a living. The world owes you nothing. It was here first."
—Mark Twain "*



WHAT'S INSIDE?

- Cooking For One or Two
- Warming Up the Vintage TV

- Spring Allergies
- A Treasured Chocolate Recipe

From the Executive Director's Desk...

Paulette Putnam, Neal Center Executive Director

"April Showers Bring May Flowers"

April is jam-packed at the Senior Center this month! The Senior Games/Silver Arts will soon make their annual appearance at the Shelby City Park. The fun starts Monday, April 8th. Also, drop by the center to see the Silver Arts display starting Monday, April 22nd in our front lobby. Plus, get your tickets now for the April Dance on April 18th at 6 PM.

There's always fun and exciting activities going on at the center, with something for everyone, age 50+. Come see us!

*Paulette Putnam
Executive Director*

Neal Center Staff and Contact Information

Have a question? A specific need? Not sure what to do?

Neal Center main number: 704/482-3488

Paulette Putnam, Executive Dir.

Daniel Dedmon, Program Dir.

Teresia Ladd, Administrative Asst.

Dolores Ashworth, Volunteer Coor.

Heather Ledbetter, Nutrition Coor.

Jane Wright, Administrative Sec.

April Wheatley, Bookkeeper

Betsy Lavender, Housing Dir.

Stephanie Baxter, Housekeeping

What are the hours for the Neal Senior Center?

Monday-Thursday, 8:30am-4:00pm

Friday, 8:30am-12:00pm

**Not sure if the center is open? Call our
"Weather Line" at 704/481-7398!**





The Neal Center would like to thank Sheriff Alan Norman and the Cleveland County Sheriff's Dept. employees for the wonderful food drive for our food pantry. Pictured with the Sheriff's Dept. employees are Paulette Putnam, Neal Center Executive Director (left) and Heather Ledbetter, Neal Center Nutrition Coordinator (right).

Monday Night Bingo @ COA/Neal Senior Center

2024

January 2024

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February 2024

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November 2024

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December 2024

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PLEASE NOTE:

ALL Dates subject to change at the discretion of COA/Neal Senior Center.
Minimum player count must be met.

Holiday – COA/Neal Senior Center – CLOSED – NO Bingo

1/1 New Year's Day – 5/27 Memorial Day – 9/2 Labor Day

Monday Night Bingo – Regular Schedule

See calendar

Special Events



LET'S MEET A NEAL CENTER VOLUNTEER

When it comes to volunteers at the Neal Center, they are a varied bunch! They come from all parts of the country, with different backgrounds, experiences, and education. One of the long-time volunteers with the Neal Center, Caroline Dedmon, has been volunteering for over twelve years, teaching seniors how to stay active, therefore improving their quality of life. She's had lots of exposure to working with people, especially if they have a certain goal to reach with their personal health and fitness. Besides teaching yoga at the Neal Center, she's also an active participant in the annual Cleveland County Senior Games, where she serves as an ambassador. She helped organize the "Silver Belles" softball team and now plays for the "Golden Girls" softball team.



Caroline is a Cleveland County native and is the oldest of three children born to Thomas Hal and Sarah Blanton Dedmon. She has two younger brothers, Tom and Ted, who also live in the Cleveland County area. As a youngster, she enjoyed being with her parents and her grandparents. She recalls, "My Dad was the athletic director at the Shelby City Park. He started an exercise group called the 'Early Morning Milers', which was predominately adult men. They would meet at 5AM and I would go with him to help with the group. He was who influenced me to become interested in physical education". The group was perfectly fine with a young girl being there among them and they enjoyed having her. "There were prominent people in the community who were always there", she stated. "But, they were always welcoming", she added. Her mother was a sports buff also, having played on the basketball team with Lattimore High School and Appalachian Teacher's College. Her Dad also played on semi-pro baseball teams, including "The Boston Braves". However, Hal eventually decided that he had enough of living away from his family. "He got homesick and came back home", she added.

She also loved spending time with her paternal grandparents, with whom she lived with the first two years of her life. "I was a Grandma's girl", she said with a laugh. They had two black and white English Setters, names "Jack" and "Jill". Caroline recalled that while her grandmother worked in the garden, Jack would lay at her carriage, keeping guard over Caroline. As she grew up, he followed her everywhere. Caroline and her Grandad had a weekly ritual of going to a small store in Lawndale, where he went to check on the farm and visit with friends. The highlight of these trips was that her grandad would always buy her a milkshake. "While he was enjoying his time with his friends, I was happily enjoying my milkshake", she said laughingly.

Though she lived in the Burns school district, Caroline attended the Shelby City Schools. She recalls, "Since Mom taught in the Shelby District, it was easier for her to load us up in the car instead of leaving us to wait on a bus." Caroline's mother was a fifth-grade school teacher in Shelby, too. Caroline was active throughout her school years, and was particularly active in junior high and high school. Caroline and her family loved to sing. She recalls, "I used to sit with Mom in the kitchen while she prepared our meals and we would sing hymns and school songs. Sometimes, we'd dance, too!", she remembered. In school, she became involved with the chorus as an extracurricular activity. Caroline was part of "The Good News Singers of America" and has many great memories from being in the group. One of her best memories was when the group went on a European tour in 1970. "We performed in Russia, England, France, and Portugal", she recalls. "The singing group wore matching outfits. The girls wore red dresses with blue and white stripe accents. The boys wore red trousers with blue and white stripes, and matching vests with white shirts. We were easy to pick out", she added.

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She tells of an interesting situation while in Russia: "We were all in a restaurant in Leningrad", she begins. "While we were wondering what we were eating, a woman walked past our tables, who looked like one of our teachers. We were chattering about how much that lady looked like our Biology teacher, Miss Forney." Much to their surprise, it WAS Miss Forney! Once the shock wore off, they found out why she was there. "She was there for a Biology conference and came by to check on us", Caroline explained.

Once Caroline graduated from Shelby High School, she attended East Carolina University, obtaining her BS Degree in Education. She then enrolled at East Carolina University, where she obtained her Master Degree as a Reading Specialist. She volunteered in working with disadvantaged children through a project with the Civitan Club, of which she was a member. Through this activity, she was motivated into doing this as a career, which she did for four years, working for the Shelby City, Cleveland County, and Gaston County school systems. Meanwhile, she picked up an AAS degree in Civil Engineering from Gaston College.

With this degree, she decided to go into another field completely. For 38 years, she was with the NC Dept. of Transportation, where she retired as the Cleveland County Maintenance Engineer. "I liked the outdoor challenge, plus it was something different", she said. Her work with the department kept her on the go. "Anything to maintain the highways, we did it", she declared. She had to be on call 24/7, handling any issue or problem connected with the area highways. Along the way, Caroline became a fitness instructor at the Dover YMCA, as well as a wellness coach and a personal trainer. She earned certification for aerobics, water aerobics, kick boxing, weight training, and lifeguard training.

When Caroline received her certification in yoga therapy, this became her signature activity and enabled her to teach classes at Cleveland Physical Therapy. Her experience, along with her education and strong interest in physical education, led her to teaching a class for the Neal Center. "The original instructor of the yoga class was adopting a child and decided to give it up, so I was invited to take the class over as instructor", Caroline stated. It's an activity that she's done for the center ever since and it's remained one of the most popular classes.

When she's not teaching for the center, she keeps busy with camping, traveling, and seeing and trying new things. Caroline is a lifetime member of Ross Grove Baptist Church. She currently serves as an official for high school and recreational softball and volleyball teams, which she's done for more than 30 years. She volunteers with "Hearts & Hooves" at North Shelby School, the Cleveland County Arts Council and serves on various civic organizations, including the Board of Directors for the Western Piedmont Volleyball Officials and the Western Piedmont Softball Association. She has also won awards for her involvement in physical education, including the 1977 "Coach of the Year" in Women's Track at Shelby High School and the "Dick Knox Medal of Recognition" for officiating in high school volleyball and softball.

FUN FACT: Caroline sang at Carnegie Hall in New York City in 2016 with the Rutherford County Chorus. "It was an amazing and fabulous experience", she remembers. In addition to her musical talents, she also has had exposure as an actress, appearing in theatre productions.

INTERESTED IN BECOMING A NEAL CENTER VOLUNTEER?

The Neal Center is always looking for volunteers in various areas. Volunteers are needed in operating our gift shop, working with the "Meals-on-Wheels" program, and helping with the Monday Night Bingo games. To find out more, please contact Dolores Ashworth, Neal Center Volunteer Coordinator, at 704/481-7386.

Warming Up the Vintage TV

The show: "The French Chef"

The network: PBS

Broadcast history: 1963-1966 (black and white shows; 1970-73 (color shows); 207 broadcasts

Format: Black and White & Color/30 minutes

Where to watch: YouTube, DVD Sets



Until the early 1960's, America's food preferences were very traditional: meat loaf, macaroni and cheese, apple pie, and gelatin salads. Good as they were, the American cook never thought much about preparing and serving "foreign food". The most "foreign" of foods at that time were limited to pizza, spaghetti, lasagna, and Chicken Chow Mein. Yet, in 1963, a new and exciting TV chef proved how fun cooking the French way could be. It was here that Julia Child was introduced to TV audiences as "The French Chef".

Julia Child has long been a favorite TV personality that a major goal in mind: to take the fear out of French cooking. Until she demonstrated how it can be done easily and fearlessly, very few Americans attempted it. With her constant assurance directed to her TV audience, mixed with some entertaining on-the-air goofs, Julia won America over with her vibrant personality and proof that French cooking could be affordable, fun, and appeal to an American palate.

The National Educational Television network, then known as NET (later renamed PBS), never had a cooking show on its primitive TV schedule in 1962. Julia had just published "Mastering the Art of French Cooking", a enormously popular French cookbook for its time. She was soon invited to appear on NET's book review program "I've Been Reading", in which authors were interviewed about their books. In addition to discussing her book, Julia did a simple cooking demonstration on how to prepare an omelet. The broadcast received very positive feedback from viewers. This prompted WGBH-TV, a giant PBS affiliate in Boston, Massachusetts, to consider producing a "test series" of shows with Julia demonstrating French cooking.

But, there was a major problem: the previous year, a fire had destroyed the entire WGBH building and production studios, so shooting the pilot shows with no studio kitchen was out of the question. Nonetheless, while plans were being made to rebuild the station, the Cambridge Electric Company generously offered WGBH the use of one of their display kitchens to record the test episodes. Fortunately, the station had a mobile TV unit that could be driven to any location to shoot TV footage. The mobile unit was set up outside the electric company building in downtown Boston with cables going up a fire escape and through a window, into the room where the display kitchen was. With some makeshift lighting and technical adjustments, the kitchen was made suitable for producing a TV show. WGBH completed the test shows and aired them as a limited series in the summer of 1962. The response was so positive, the WGBH-TV executives then decided to make the show a series, with the first show airing on February 11, 1963.

When the series began, the show's budget was so low that volunteers had to be recruited to do some of the show's "housekeeping" like washing dishes. The food prepared on the show was sometimes auctioned after the taping to cover expenses. In 1964, the show moved into the new WGBH production center, completed with a beautiful, new TV kitchen and the most modern of production equipment. This enabled the show to eventually begin broadcasting in color in 1970. The show was produced "live on tape", meaning it was recorded as it happened, mistakes and all. Yet, many mistakes weren't edited out so Julia could stress that it was all right to make mistakes in the kitchen...and some of them were memorable. In a 1965 show, the "Apple Charlotte" collapsed unexpectedly at the end of the show. In the "French Onion Soup" show, Julia moved through the recipe so quickly that there was still ten minutes left on the clock when she finished.

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In a disastrous show on preparing a "Buche De Noel", (a Christmas roll cake filled and frosted with chocolate buttercream icing and decorated to look like a wooden log), the roll cake portions of the dessert were made in advance and frozen. For unknown reasons, the production staff failed to remove them from the freezer in enough time to thaw before the taping began (the frozen cakes would break when they tried unrolling them). As a result, the staff of volunteer cooks worked frantically baking new cake portions. During the taping, Julia was demonstrating how to frost and decorate the cake, but because the cake was still warm, the icing wouldn't stick to the cake when applied! Julia reassured her audience, saying "Never mind how it looks now, it will look great when it's finished!" True to her word, Julia managed to create a beautiful, luscious buche"...with only 1-1/2 minutes left on the clock!

In 1964, Julia received a Peabody Award, crediting her for doing "more than show us how good cooking is achieved; by her delightful demonstrations, she has brought the pleasures of good living into many American homes." In May 1966, her show won a Primetime Emmy Award for Achievements in Educational Television, which was the first time a PBS show ever won an Emmy. In 1971, it also became the first show to be captioned for the hearing impaired.

For ten years, up until 1973, Julia shared many classic French recipes with her TV audience, including Genoise Layer Cake, Non-Collapsible Cheese Soufflé, Chicken with Wine Sauce, and homemade French Bread. Of all of her recipes, she's best known for her Chocolate Mousse (the recipe is below). She took a break from her series and returned in 1978 with a new show for PBS, "Julia Child & Company". It was followed by "Julia Child and More Company" and numerous other cooking series, ranging from cooking with well-known chefs to baking intricate desserts. She also wrote additional books, including volume two of "Mastering the Art of French Cooking" and books based on the recipes demonstrated on her TV shows.

Julia stayed active in producing TV shows, writing, and making appearances until her death on August 13, 2004 at the age of 91. Her kitchen from her Cambridge, Massachusetts home has been donated to the Smithsonian Institute in Washington, DC and is still on display. Her legacy continues as her TV series are still enjoyed by new generations of viewers through DVD sets, streaming channels, YouTube, and online websites.

Let's Eat!

Julia Child's Chocolate Mousse

- ◆ 1 Cup Semi-Sweet Chocolate Chips
- ◆ 1/4 C. Strong Coffee
- ◆ 4 Egg Yolks
- ◆ 3/4 cup Granulated Sugar ("instant superfine" works very well)
- ◆ 1/4 C. Strong Coffee
- ◆ 1 1/2 sticks (6 ounces) Unsalted Butter, softened
- ◆ 4 Egg Whites, room temperature, and a Pinch of Salt
- ◆ 2 tablespoons Granulated Sugar
- ◆ Sweetened Whipped Cream for serving



In a small saucepan, place the chocolate with the first 1/4 cup of strong coffee. Cover the pan and set it in a larger pan of hot water. Let stand about 10 minutes, then stir until mixture is completely smooth. Place the egg yolks in a bowl and beat with an electric mixer until thick. In another small saucepan, dissolve the sugar and the second 1/4 cup of strong coffee until boiling and is clear. Add this in a thin stream to the egg yolks and continue beating until mixture is completely combined. Set the bowl in a pan of almost simmering water and beat constantly at low speed with electric mixer for 8-12 minutes or until the mixture has doubled in volume and is warm to the touch. Transfer the mixture to a large bowl. With electric mixer, beat the mixture for about 5 minutes at medium speed. It should be the consistency of a thick, creamy mayonnaise.

Stir the chocolate again until smooth and gradually beat in the softened butter. When all the butter has been added, add this mixture to the egg yolk mixture and combine completely. In a clean, dry bowl, beat the egg whites on the low speed of an electric mixer. Increase the speed and beat until soft peaks form. Sprinkle with the 2 tbs. sugar and the salt, beating until stiff peaks form. Fold 1/4 of the egg whites into the chocolate mixture to lighten it. Scoop the remaining egg whites on top and carefully fold them in. Turn mixture into eight serving dishes or one large bowl. Cover and chill several hours or overnight. Serve with sweetened, whipped cream. Serves 8.

Overwhelmed by trying to do your own taxes?

You don't have to face it alone!



The Neal Center's Tax Preparation Service can help....and do it while you wait!

BUT....

Time is running out!

To make a tax preparation appointment, call the Neal Senior Center at 704/482-3488

Appointments will be scheduled Tuesdays, Wednesdays, and Thursdays from 8:30 am-2:30 pm.



Spring is nature's way of saying
"Let's Dance"!

What better way than at the next
Neal Senior Center dance!

April 18, 2024

6:00pm

Music Provided by Union Express.

Refreshments sponsored by Summit
Place of Kings Mountain| Phoenix Senior
Living Community.

Advanced Tickets are \$6 each
(Deadline to purchase advanced tickets
is Tuesday, April 16 by 3:00pm)

Tickets will be sold at the door for \$8
each.

*A minimum of 50 tickets must be sold in
advanced to have the dance.*

 PSL Phoenix Senior Living.

Senior Survival

Cooking For One or Two

When you have spent decades cooking for a houseful of growing children, it can be challenging to scale back your cooking and recipes to feed just yourself or you and another person. A recipe that fed your family of 4 or 6 could now last you a week. By day 3, you've probably lost total interest and by day 4 or 5, it really isn't safe to eat any longer. The problem is worse when you're on a fixed budget and you have to be careful of your spending habits. Cooking for one or two can be done, though you just have to know how to plan and make a few adjustments!



Avoid TV dinners and convenience foods at all costs!

If you're feeling lonely or sad, struggling to find your motivation or where you belong at this stage in life, eating a sad frozen TV dinner or can of canned pasta is only going to leave you feeling worse. When you sit down with a healthy, home-cooked meal, you'll not only feel better emotionally, your body will feel better! Many foods can also make you more prone to depression by depriving the brain of certain hormones or by causing overproduction of others. Likewise, the absence of vital nutrients while eating a highly processed, high fat diet lowers your mood and leaves you feeling tired and sluggish. Eating home-cooked meals has many health benefits. According to a recent study by Johns Hopkins University, people who cook more at home consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all. This is critical if you are treating diabetes, high blood pressure, or heart disease. Studies have also shown that complex carbohydrates, sugar, and processed foods cause inflammation in the brain and can impair brain functioning, even increasing the risk of Alzheimer's. Eating out or buying processed foods may be tempting because it's easy and there's no waste... but it's not healthy!

Control food waste and saving money.

Buying individual servings of meat or even produce can be impossible or at the very least, more expensive per unit. If you prefer buying ingredients as packaged or in bulk quantity, this is okay. But, you must know how to store it properly so that it will last you weeks, even months. Most meats can be frozen so buy the bulk package that's less expensive per pound and freeze it in quart size freezer bags in 1 or 2 portion sizes. When you need a chicken breast for dinner or some ground beef for a taco salad, you can pull just the portion you want from the freezer. Bonus – because it's a small portion it will thaw much faster as well! When it comes to fresh produce, the trick to using produce before it rots is knowing how to use ingredients across your meals. For example, you could use half an avocado as part of your breakfast, then use the other half for a salad at lunch. Spinach and strawberries can be blended into a healthy breakfast smoothie. Breads, such as leftover pitas, can be used as a dipper in hummus for a snack or as the base for a lunch pizza later in the week. Leftover tortillas can be used for breakfast burritos or in place of bread for sandwiches. Plan meals around a few ingredients at a time and you'll enjoy the variety of ways it can be served. Plus you'll waste less food and save more money!

Make a weekly plan and write it down.

Sit down on the weekend and plan out yours or you and your loved one's meals for the entire week. This will help you avoid making several trips to the grocery store during the week, especially if you still work. Write down the menu for the week and put it in a place where you and your loved one can easily access it. Knowing ahead of time what is planned will make it less overwhelming for seniors, regardless of who's cooking.

Make meal prep a group project.

If there's two in your household, enlist your loved one's help in prepping for the week's meals. Not only will you get assistance (and company), but they'll feel more invested in what they are eating and will enjoy having a weekly project to look forward to.

Prep versatile ingredients for the week. Meal prep is supposed to make your life easier, not more difficult. Instead of trying to prep each meal individually, start by prepping certain foods that make more than one appearance in the week's meal plan. For instance, cook enough quinoa for the week or wash and chop vegetables and put them in tightly sealed containers in the refrigerator. This will ensure that no one is starting from zero when they begin cooking the meal.

Now Get Cooking!

Check out these helpful websites for a variety of recipes already measured out to feed 1-2 people!

www.allrecipes.com (search under "Cooking For One")
www.foodnetwork.com (search under "Recipes For One")

YOUR GOOD HEALTH

SPRING ALLERGIES

Spring is thought of as a season of rejuvenation and renewal, but for many seniors, it brings with it a host of something unpleasant: seasonal allergies. As we age, our immune system becomes weaker, making us more susceptible to allergies. Seniors with allergies may experience symptoms such as sneezing, coughing, itching, and wheezing, making it difficult for them to enjoy spring at all. It's important to understand what causes spring allergies. Most often, spring allergies are caused by pollen, which is naturally released by trees, grasses, and weeds during the spring season. When it's inhaled, the immune system mistakes it as harmful, releases histamines to fight it. Histamines cause inflammation, which leads to symptoms such as sneezing, coughing, itching, and wheezing.



So, what are some practical ways to keep spring allergies at a minimum?

- **Stay Indoors During Peak Pollen Times**

One of the best ways to manage spring allergies is to avoid exposure to pollen as best you can. Seniors should stay indoors during peak pollen times, which are usually in the morning and evening. It's especially important to keep windows and doors closed to prevent pollen from entering their home.

- **Use Air Purifiers**

Air purifiers can help seniors breathe easier by removing pollen and other allergens from the air. A high-efficiency particulate air (HEPA) filters in an air purifier works best to capture pollen and other particles.

- **Clean Your Home Regularly**

Make it a regular practice to clean your home regularly to remove pollen and other allergens. This includes vacuuming all carpets and upholstery, dusting the furniture, and wash bedding regularly.

- **Avoid Certain Foods**

Some foods can trigger allergic reactions in those with spring allergies. Avoid foods such as bananas, melons, and cucumbers, which can cross-react with pollen.

- **Use Over-the-Counter Medications**

Over-the-counter medications such as antihistamines, decongestants, and nasal sprays are a great help to manage spring allergies. However, it's imperative to consult a doctor before taking any medication, as some medications can interact with other medications an individual may be taking.

- **Use Essential Oils**

Essential oils such as peppermint, eucalyptus, and lavender can help manage spring allergies. Use a diffuser or mix the essential oils with carrier oil and apply it to the skin.

- **Use Acupuncture**

Acupuncture can help manage spring allergies by reducing inflammation and improving immune function. Make sure to consult an acupuncturist to determine the best treatment plan.

Spring allergies in seniors can be a nuisance, but with the correct information and remedies, people can manage their allergies and enjoy the beauty of spring. Senior adults should consult their doctor before trying any new remedies or medications, and follow directions carefully.

Source: considracare.com

ATTENTION ALL U.S. VETERANS, AGE 50+!!!



YOU'RE INVITED TO OUR
"VETERAN'S COFFEE & CHAT"
TUESDAY, April 23, 2024, 10 AM
AT THE NEAL SENIOR CENTER
100 T.R. HARRIS DRIVE, SHELBY
704/482-3488

A great opportunity to have coffee with other veterans and discuss the many issues veterans deal with in today's world.



**The Neal Center would like to thank WoodmenLife, Chapter 518,
for their very generous donation recently to our Food Pantry.**



Calling All Volunteers!

We are in need of volunteers for Monday night
Bingo!

Volunteer opportunities include:

- Check Runners (deliver prize money to winners)
- Floor Runners (sell Bingo Cards on the floor)
- Kitchen Assistance (preparing and serving concessions)

Hours are typically from 4:30—8:30 pm.

Contact Dolores Ashworth, Volunteer Coordinator
for more information at 704-481-7386.

*Bingo is an ongoing fundraiser for the Neal Center.
We are located at 100 T. R. Harris Drive, Shelby, NC 28150.*



ATTENTION: All Ladies 50+

Are invited to Ladies Support Coffee & Chat.
All ladies 50+ are welcome! Come and enjoy
conversation, coffee and a fun program.

Date: April 23, 2024

Time: 10:00am—11:00am

Place: Neal Senior Center

Program: Sharlene Houser, Program

Consultant with Blue Cross Blue Shield



RSVP BY APRIL 17, 3:00PM 704-482-3488



Grandparents Raising Grandchildren

According to the federal Administration for Community Living, there are more than 2.7 million children in this country being raised by older family members. American Community Survey data reveals that there are more than 87,000 grandparents raising their grandchildren in North Carolina.

The North Carolina Cooperative Extension of Cleveland County hosts a “Grandparents Raising Grandchildren” support group designed specifically for older adults in Cleveland County, aged 55 and over who provide kinship care, or in other words, are raising a minor relative. Meetings are held two times monthly that will include the opportunity to discuss both the challenges and joys of kinship care with peers in a safe and supportive environment. If you are interested in joining the support group or would like additional information please contact the North Carolina Cooperative Extension of Cleveland County at 704-482-4365.





When: Friday, May 3, 2024

Where: Council on Aging, Neal Senior Center
100 TR Harris Drive Shelby, NC 28150

Time: 8:30 am - 2:00 pm

Follow signs to drive up to the Shred Truck.
For more information, call 704-482-3488.

APRIL 2024 ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Monday Morning Bridge 9:00 One-Day Oil Painting (3rd Monday) 9:30 Chair Yoga 12:00 Beginning Canasta 12:30 Monday Afternoon Bridge 2:00 Chair Yoga 5:00 Monday Night Bingo 5:30 Zumba	9:45 Carolina Line Dancers 10:00 Acrylic Painting Ladies Support (4th Tues.) Veteran's Coffee & Chat (4th Tues.) 11:00 Tai-Chi 12:00 Canasta For Beginners 1:00 Chair Volleyball	9:00 The Sewing Circle 9:30 Chair Yoga 10:00 Beginner Spanish 10:00 Carolina Singers (1st & 3rd Weds.) 11:00 Zumba Gold 11:00 Piedmont Rook 12:30 Knit Pickers 1:00 Packing Out 2:00 Chair Yoga 2:00 Euchre	9:30 Chair Volleyball 10:00 Daytime Friends (2nd & 4th Thurs.) 12:00 Canasta For Beginners 1:00 Thursday Afternoon Bridge 1:00 Mexican Train Dominoes 4:00 Dine-Around (3rd Thurs.)	11:00-12:00 Zumba Gold Center closes at 12:00 pm

Laff-A-Little!

