



"THE SENIOR INFORMER"

February 2023



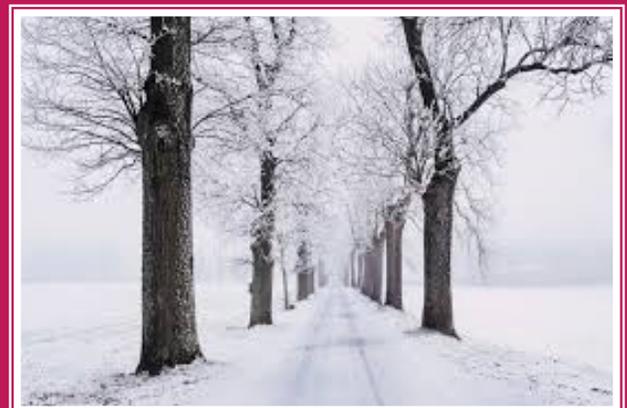
Your source of current news and information from The Neal Center, 100 T.R. Harris Drive, Shelby, NC 28150



Something to think about

“Love may be blind,
but marriage is a
real eye-opener.”

-Anonymous



From the Executive Director's Desk...

Paulette Putnam, Neal Center Executive Director

February, the month of love. I love Valentine's Day, with the flowers, candy and cards. It's the special time to show that special someone, friend or family member how much you care.



The Senior Center will start celebrating Valentine's Day early. We will have a Valentine's dance on Thursday, February 9, at 6PM. It will feature a live band and plenty of special Valentine food. Get your tickets in advance at the Senior Center's Reception Desk for only \$6.00. Also, come spend Valentine's Day with us as we will be having a Valentine's party on Tuesday, February 14. It will be in the Senior Center's front lobby, beginning at 9:30AM. We hope to see you for both events!

Have a "Happy February"!

*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 Director

Daniel Dedmon, Program Director

Teresia Ladd, Administrative Assistant

Dolores Ashworth, Volunteer Coordinator

Heather Ledbetter, Nutrition Coordinator

Linda Geter, Housing Director/Rental Coor.

Mary Hamrick, Secretary

Charles Walls, Bookkeeper

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!



IT'S ABOUT THAT TIME!.....

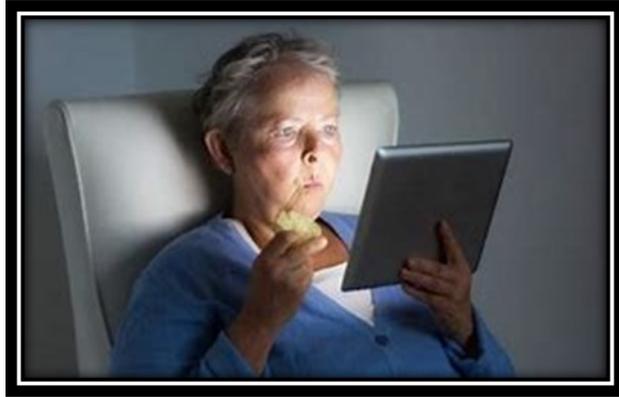
**TIME FOR THE 2023 CLEVELAND COUNTY
SENIOR GAMES/SILVERARTS!**



Registration for the 2023 Cleveland County Senior Games/SilverArts is now underway! The events are fun and exciting, whether you're an athlete or an artist. Make plans to join us! To find out more, please pick up a registration packet for either the Senior Games or SilverArts at the Neal Center's front lobby OR go to the Neal Center Website at www.nealcenter.org and click on the tabs for either Senior Games or SilverArts to download and print a registration packet. Follow the directions for completing the registration as provided.

Got questions? Contact Daniel Dedmon, Cleveland County Senior Games Director, at 704/481-7387 or email at ddedmon@agingcouncil.org

LOOKING FOR A WAY TO MAKE THESE COLD WINTER DAYS MORE INTERESTING?



TRY YOUR HAND AT **ACRYLIC PAINTING!**



The Neal Senior Center is offering a weekly acrylic painting class, taught by expert artist Suzette Proffit. Anyone age 50 or better is welcome to join, whether you've been painting for years or have never picked up a paint brush!

The class is free of charge, though each participant must provide their own supplies. A supply list is available upon request. For further information, please contact Daniel Dedmon, Neal Senior Center Program Director, at 704/481-7387.

ATTENTION CLEVELAND COUNTY RESIDENTS!

Need to get your taxes done?



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

Appointments will begin **February 1, 2023**

To make a tax preparation appointment, call Dolores Ashworth at the Neal Senior Center at **704/481-7386**

Appointments will be scheduled Tuesdays, Wednesdays and Thursdays from 8:30am-3:00pm

(No appointments made between 11:00am to 12Noon)

Getting to Know the Neal Senior Center

Three Successful Marriages

In the Bible, there is a scripture from I Corinthians 13:4-8 that begins with “Love is patient, love is kind, it does not envy, it does not boast....” The emotion of love can be rather complicated. However, it’s the elements stated in this scripture that have proven the success of three married couples associated with the Neal Senior Center. With this being Valentine’s month, it was decided to have them tell their own stories. Teresia Ladd, the Neal Center’s Administrative Assistant, Linda Geter, the center’s Housing and Rental Coordinator, and Charlie Wall, the center’s Financial Assistant, along with their respective spouses, agreed to share their stories of their marriages. Most importantly, they shared what made their marriages very successful.

TERESIA AND DARRELL LADD

Teresia and Darrell Ladd have many reasons for celebrating their marriage: complete devotion to each other, successful careers, two children, and four grandchildren. However, they have an especially important reason that is special to them: On April 1, 2023, they will celebrate their 50th wedding anniversary.

THEIR FIRST ENCOUNTER

Well before Teresia and Darrell even met, Teresia’s sister and Darrell’s brother were getting married. Darrell remembered, “I saw Teresia at the wedding rehearsal for the first time. I asked my brother Ronnie, ‘Who is that?’ pointing to Teresia.” Teresia added: “After the rehearsal, we went to my parent’s home for a cake-cutting party and this was where we started talking to each other.” He graduated from Hunter Huss High School in 1968 and she from Kings Mountain High School in 1971. As they continued to date, she worked at the daycare of Gastonia’s YMCA and he was with Burlington industries. Two weeks before marriage, Darryl began working for Western Auto in their warehouse.

TO PROPOSE...OR NOT TO PROPOSE!

When Darrell first brought up the subject of marriage, Teresia insisted that he propose in the correct manner. Teresia recalled how frustrated she became! “We started arguing back and forth! I told him he had to get down on his knees and formally propose!” Darrell continued by saying, “I told HER she would have to get down on HER knees!” Finally, after this argument had gone on for a long while, Darrell decided to propose the way she asked. Teresia wasn’t sure if he meant it and reacted with “Are you serious??? I didn’t know whether he was serious about marrying me or not!” Once Teresia was convinced that his proposal was genuine, Darryl began visiting her very regularly. Darryl recalled, “She couldn’t get rid of me! Even when it snowed, I would intentionally be at her house, not caring if I was snowed in, and her parents would try to get me to leave!”

THEIR WEDDING DAY

The set their wedding date for April 1, 1973. Darrell and Teresia remember it being the perfect day. Darrell explained, “It was a beautiful Sunday afternoon. But, it was so windy that Teresia’s wedding veil stood straight up in the air! We got married at an old country church with all of our family and friends there.” Teresia remembered, “We thought we had a big wedding at that time, since there were five bridesmaids, a flower girl and five groomsmen.” They had a traditional wedding ceremony. Since they had a cake-cutting party the previous night after the wedding rehearsal, they didn’t have a reception. Because both were working and trying to set up housekeeping in their new mobile home, they didn’t take a honeymoon trip right away. But, that summer, they did take a beach trip, which they named as their honeymoon. (Continued on the next page)

FUNNY STUFF

Not long after Darrell and Teresia were married, this began a series of doctor's visits for both of them! Between the two of them, they made four visits for various injuries. Teresia recalled, "Our doctor thought we were having some serious fights for us to be coming to see him so often!" One visit involved Teresia being in a fall that split one of her hands open and requiring stitches. In one unforgettable incident, Darrell, along with a good friend of his, went hunting one day. Just as he brought the shotgun up to his shoulder to fire at a squirrel, he accidentally fired the shotgun too early, causing the butt of the shotgun to kick back on his face, injuring him. Darrell had long had a deviated septum, causing his nose to appear slightly off center. As a nurse was checking him, she innocently asked, "What knocked your nose sideways?" Teresia burst into loud laughter, to which Darrell's friend tried to get her to quieten down. "I was too dumbfounded to say anything by that point", Darrell recalled.

THE FAMILY TREE

Darrell and Teresia are the proud parents of two boys and four grandchildren. When asked if there are any great-grandchildren yet, Teresia quickly answered, "No, and they can't have them, either!"

WHAT'S MADE THEIR MARRIAGE LAST

Darrell firmly stated: "We tell each other we love each other before bed, when we wake up, and throughout the day. It's constant. She looks after me, especially my eyesight" (Darrell suffers from vision issues). When Teresia was asked this question, she added, "We never keep a loaded gun in the house!" Seriously, she said "We normally don't end our day angry with each other." Darrell added, "We enjoy each other, laugh and joke, go on trips. Spend lots of time with family, taking trips every year. Teresia feeds the family all the time. The grands come down to our house and they help themselves to any food in the kitchen. They don't have to ask permission." Teresia also stated, "Our children and grands are very respectful. We have two fine young men who raised their own families to be good and respectful, bringing them up in the word of God."

FUTURE PLANS

When asked about any future plans, Darrell stated, "It will be the same as we're doing now, except better." They enjoy traveling and going on cruises, though Darrell often wants to take the whole family with them. "If the family can't go, nobody goes!" says Darrell. They also are planning to take an anniversary trip at some point. What final words did Darrell want to add? "I love her more and more every day."

Let's Eat!

"Cherry Supreme"

**A luscious treat to celebrate
"President's Day!"**

1-1/2 C. Graham Cracker Crumbs	1 tsp Vanilla Extract
1 stick Butter, melted	2 Tbsp. Granulated Sugar
2 Tbs. Granulated Sugar	1 cup Whipped Topping, such as Cool Whip
2 8-oz pkg Cream Cheese, softened	1 can Cherry Pie Filling
3 Tbsp Milk	1/2 Tsp. Almond Extract
1-1/2 C. Powdered Sugar	



Combine the graham cracker crumbs, melted butter and the first 2 tbs. granulated sugar and mix well. Press in bottom of a 7 x 11 x 1 1/2" pan. Set aside. Cream together the cream cheese, powdered sugar and milk until smooth and well blended (this mixture will be very thick.) Spread over the graham cracker layer. Fold the vanilla and the other 2 tbs. granulated sugar into the whipped topping and spread over the cream cheese layer. Combine the cherry pie filling with the almond extract and carefully spread over the whipped topping mixture. Cover and chill overnight. Serves 16.

Charlie and Garnette Walls

Many married couples say that their marriage is “made in Heaven”. Charlie and Garnette Walls have been married for 55 years and can vouch for that statement. Through the many personal and professional challenges they have encountered through their marriage, they credit God and their faith for getting through each one.

OPPOSITE WORKING AREAS ATTRACT

Charlie and Garnette first met while working for Sealtest Foods. While they worked in the same company, they each worked on different levels. Charlie was in the Charlotte office and Garnette was in the accounting department. The company had a bowling league, which was where they actually met for the first time, though they were on opposite teams. Charlie recalled, “Once we noticed each other, she started smart mouthing me...and I liked her for it.” Garnette added, “One time while we were bowling, Charlie decided after I made a “Double Pinochle” that he liked me.” Once they began dating, Charlie felt it was time for him to introduce Garnette to his family. But, Charlie issued a stern warning to his family first: “Don’t go to war with wits over her!” Charlie had a smart-mouthed brother and was concerned how he and Garnett would get along, since they were much alike. Charlie stated, “She put him down right away!” For a while, their careers took them in opposite directions. He worked in Charlotte while Garnette worked in Winston-Salem. They alternated going to see each other on the weekends, with Charlie going to Winston-Salem one weekend and Garnette going to Charlotte the next weekend. Eventually, they settled in Winston-Salem.

MARRIAGE? SURE, WHY NOT....

As their relationship grew, the topic of marriage came up casually, though Charlie never officially proposed to Garnette. Garnette remembered, “We grew to the point where we were saying, ‘let’s get married’. And we knew we would. I didn’t have an engagement ring, but we had matching wedding rings.” Charlie recalled some complications in getting their wedding ceremony planned. “My Dad was in Maryland and I took her up to meet him for the first time. He was dying of cancer so we agreed to be married in Hyattsville, MD. What was unique was that we had applied for a marriage license and had to wait a week before actually getting married”. Meantime, Charlie and Garnette stayed with his Dad and stepmother at their home. Charlie added “As he was dying, we were telling him he needed to go to the hospital and we could get married in the church chapel. He wouldn’t hear of it and said we were going to be married in his church...but he did agree to go to the hospital once the ceremony was over”.

On September 23, 1967, Charlie and Garnette had a small wedding, with the only ones in attendance being a few friends of Charlie’s father. Because they were married so far away from Garnette’s family, none of her family was able to attend their service. Charlie explained, “We knew we had to plan things in the event of my father’s death.”

After the ceremony, everyone celebrated with a reception at his father’s home. True to his word, Charlie’s father agreed to go to the hospital after the wedding. Charlie stated, “Once we had him admitted to the hospital, we had a one-night honeymoon, staying at the Howard Johnson’s in Washington, DC. We had each been off from work a week and we knew we had to get back.” Sadly, Charlie’s father died that November. Charlie recalled, “We got there just in time, as he died the evening we got there.”

DESTROYED EVIDENCE

When asked about any funny incidences they encountered early in their marriage, Charlie remembered a situation that would have devastated most newlyweds: “My father was a camera guy and asked two of his friends to record the wedding. One was to film it, and the other to make photos.” What happened? Charlie explained, “Nothing worked! The video camera jammed and the camera batteries were dead. In fact, we have just one photo from our wedding itself which was made outside the church.” But, this didn’t bother the newlyweds at all. Garnette explained, “I had the real thing, so I really didn’t want pictures”. (Continued on the next page)

However, Charlie's father was quite upset that there were "mechanical failures" and that there was little recorded evidence of their marriage. Charlie added, "We didn't think much of it."

AN UNEXPECTED MIRACLE

Sometime later, Charlie and Garnette talked about having family. However, some unforeseen medical complications led them to believe that they wouldn't have any children of their own. "We did talk about adoption," Charlie added. "We were living in Winston-Salem at that time, when Garnette suddenly got sick, thinking she had a stomach virus", Charlie said. After seeing her doctor, Garnette was given unexpected news: she was pregnant! Garnette stated, "We called our daughter our 'miracle child'....and she still is!" Their daughter was born nine months and five days after they were married. Their family remained small but their daughter later married and became the mother of two boys.

THE FIRST YEARS ARE ALWAYS THE HARDEST

In the first year of their marriage, Charlie and Garnette moved twice, lost three parents and gained a daughter. Charlie explained, "This was when our lives really turned around, as we said we wanted to get off the merry-go-round. We turned to our early beginnings when we went to church and after we moved from Augusta, Georgia to Columbia, SC, where our daughter was born. We started attending a little church, which led to my going to seminary."

They would relocate again, living in five states and thirteen cities. Charlie later began attending Southern Baptist Theological seminary in Kentucky, while also serving Brush Fort Baptist Church, located in Switzerland County, Indiana. Charlie remembers, "There were about thirty people in the worship service, including a student pastor, his wife, Garnette and me and our daughter." Garnette and the student pastor's wife decided to make a nursery for children of the church. Soon after, the five of them were having Sunday lunch at the home of one of the church's members. During the meal, an older member of the host family had his say about the nursery: "A cow always takes care of its calf!" Garnette stated, "We didn't care. We pressed on to get the nursery completed anyway." Charlie and Garnette have said that many of those relationships they made while working in the different parts of the country gave them friendships that continue even to present time.

After graduation, Charlie and his family relocated to Charleston, SC, then to Thomaston, Ga, then to Spartanburg, SC. He eventually left full time ministry, moving back to Thomaston and doing part-time work for a church there. Then, they came to Shelby and have been residents for 35 years.

A CAREER WITH THE YOUTH

Charlie and Garnette were very much involved with the youth at the churches in Thomaston and Spartanburg. "I would take a bunch of kids on mission trips to Boston, New Haven, CT., and Florida." Garnette was there to assist. Their first trip took them to New Haven, and they lodged at the University of New Haven dorm. Charlie added, "There was a heatwave that July and we had no air conditioning in our dorm." Garnette was the "mother" of 13 kids that went on this trip. She made sure that their clothes were washed and did many things to make sure the children were looked after. However, while heading to Charlotte, Garnett experienced sharp chest pains, thinking she was having a heart attack. "I took her to the hospital when we first arrived in Charlotte. I stayed with her until the next morning, when the youth had a puppet show at one of the local churches", said Charlie. Fortunately for Garnette, it turned out that she had pleurisy instead of a heart attack.

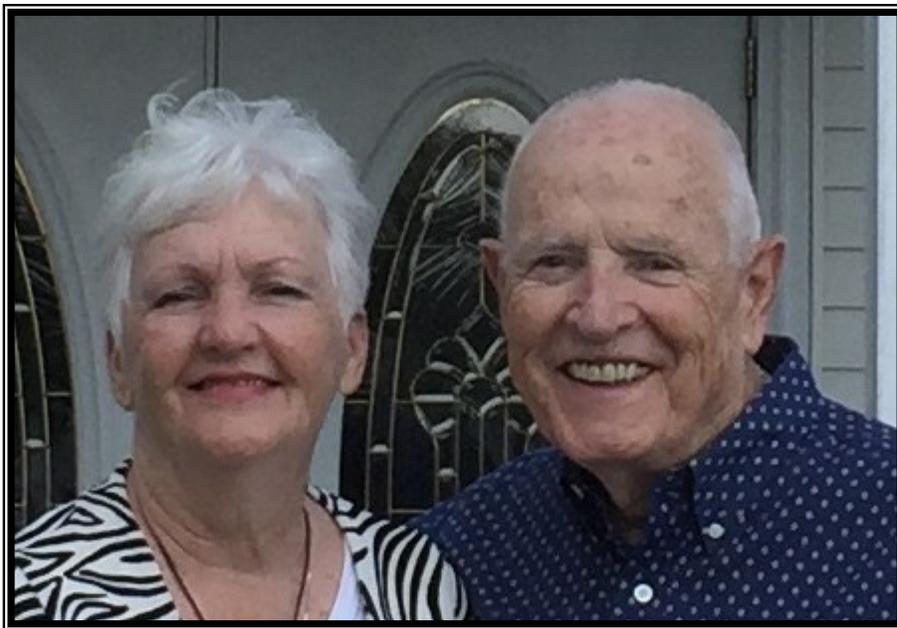
MAKING A STRONG MARRIAGE

When asked what they credit for the success of their marriage, Charlie explained: “Love has to have a major part. We have always been able to work out any differences we have and made a pact that we don’t go to bed angry with each other. We can talk out our feelings. We’re honest with each other. God has played a major part in our marriage. We accept each other’s faults. We have been able to accept each other for who we are rather than who we would want them to be.”

STILL YET TO COME

Charlie and Garnette were asked about what the future held for them. Charlie stated right away, “Retiring for the fourth time”. Asked if they each had a “bucket list” of things they wanted to do before the end of their lives, Charlie added, “I also want a pontoon boat and to go to Wimbledon to watch tennis.” He continued to say, “For us, the fact that in our 55 years, we have moved so many times but we have generated a bunch of friends and relationships that are priceless to us.” They have been able to do a lot of traveling, having seen 80% of the United States. Garnette included, “I don’t have a bucket list and don’t really need one. I am happy with what all I have in my life.” Charlie shows that age is just a number and that it has no bearing on what an older person can still do. For instance, Charlie purchased his first Harley at age 70. This led to him and Garnette taking a motorcycle trip from Key West, Florida to Indiana! At the age of 77, Charlie drove a NASCAR race car around the Charlotte Motor Speedway for seven laps. The two of them have always been active, though Charlie’s only regret is that “I can’t do what I used to do and that’s painful.” But, they’re still active!

After 55 years, what is there to say? “I wouldn’t trade a single day of it. The main thing is that once we found our faith again, we have fully relied on God. He’s come through for us so many times. He’s also given us a peace of mind that far exceeds anything we possibly had.”



Charlie and Garnette

LINDA AND DARYL GETER

All marriages have good times, bad times, triumphs and tragedies. For 36+ years, Linda and Daryl Geter have experienced all of these things, just like all married couples. Yet, they keep a positive outlook, a strong sense of humor, and an unfailing faith in God to make any situation better, including their marriage.

UNUSUAL INTRODUCTIONS

When asked how the two of them met, Daryl immediately replied jokingly, "SHE met ME!" Linda explained, "We met in June 1986. Daryl was just out of military service and was in training to become an insurance salesman. A cousin who was my mother's insurance agent, David Tuft, was training Daryl. I had been going to clubs to meet people, but I gave that up. One day, I was at home on the sofa relaxing. My brother, Calvin (now deceased) was talking to Daryl as they entered the room. I overheard Calvin ask Daryl, "Are you looking for a woman?" I then turned over to see who he was talking to and abruptly said, "I don't want that little short man!!!" At first, they didn't talk to each other. But soon, Daryl went over to his mother's house. His mother would say, "These ladies from Bessemer City are here to meet you!" That was enough to convince Daryl to pursue Linda! Linda recalls the first date they went on. "He took me out to Barnette's Beehive. He treated me to two hot dogs and a cup of iced tea. Daryl added, "We weren't boyfriend and girlfriend, but we did boyfriend and girlfriend things".

IF MARRIAGE SOUNDS GOOD, DO IT!

Linda recalls when Daryl proposed to her, though it wasn't a traditional proposal. "I proposed to her in August 1986. I came in the house and just asked if she wanted to get married. She was very casual and replied, "Yeah, sure." Daryl recalls that the reality of it all didn't hit him right away at first. "Linda put it in the newspaper and I freaked when I saw it! I knew it was a commitment that I would have to follow from then on!" he recalled. Their wedding consisted of 14 bridesmaids. Linda continued, "I bought my wedding dress at Chadwick's and that's where the men's suits came from, too."

THERE GOES THE GROOM

Linda and Daryl were married at Mt. Calvary Baptist Church on November 29, 1986. Pastor Sam Raper presided over the service. "We had invited just close family and friends", Linda stated. The wedding was followed by a family gathering, rather than a traditional reception. However, during the gathering, Daryl had to make a fast exit: that same day of his marriage, he was set to become a Mason through the Sonic Lodge...without Linda's knowledge! "We had a limo bring us to the family gathering. I left the gathering and that same limo had to take me to the Masonic Lodge!" Linda noticed that he had seemingly disappeared from the gathering. Daryl continued, "I got a third degree Master Mason, and have been with the group since being married. In about an hour, I returned to the gathering."

SCARED INTO LABOR AND OTHER FUNNY STUFF

Daryl remembers some funny instances from early in their marriage. He explained, "Linda was pregnant and I was in the National Guard. She was very close to her due date and I was home on a two-week leave from Honduras. One particular day, she was doing laundry and just for the fun of it, I jumped out from behind a door and scared her!" The result of that? Linda recalled, "He scared me to where an hour later, I was in labor!"

Another incident involved fireworks at a July 4th celebration. "We had a family gathering and I bought some Roman Candles. I put them inside a bottle to hold them so I could light them, but once they were lit, the bottle fell over and the bursts shot everywhere!" Fortunately, nobody was hurt, but it scared the guests to where tables of food and people were going everywhere in a panic! Linda remembers her reaction: "It turned the gathering into a disaster! All I could say to him was "you're crazy!" The next year, Daryl decided to try the Roman Candles again at Linda's mother's house...and the same thing happened again! "I don't mess with them now", Darryl concluded.

Linda recalled another situation regarding the birth of one of their children: "When our baby D.J. was born, Daryl had taken me to the fair the night before. We walked around and I came home. At 2:00 the next morning, I went to labor. He was taking me to the hospital, and my mother-in-law lived three to four blocks away. (Continued on the next page)

He was taking his time taking our daughter to his Mom's, then taking me to the hospital. While waiting to deliver, Daryl went outside to smoke. In the meantime, I was taken to delivery without his knowing it." Soon after, he was shown the footprint of the baby's foot, which left him wondering what it was. Linda added, "He didn't realize that he had been born and has his foot stamped!" Besides their children, there are ten grandchildren, which Linda and Daryl take great pride in.

GOD IS IN THE MIDDLE

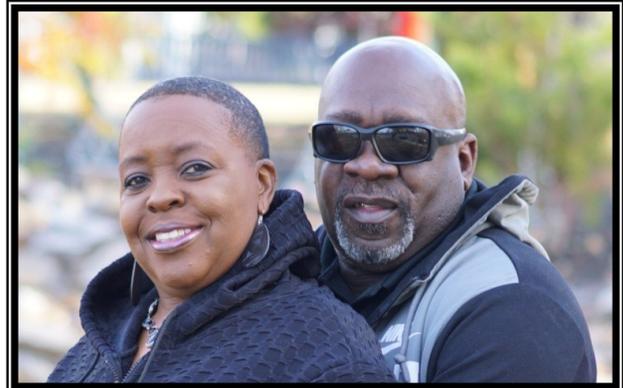
What do they credit for making their marriage successful? Linda explained, "God made our marriage successful, keeping him at the center and keeping negatives at a distance. We pray for and with each other daily. We communicate positively. He prays before going to work and after he gets home at night". Daryl added, "We surround our marriage around positive things. We trust God. We settle our problems before bed." Linda added, "He isn't the arguing type but I will have the last word with me standing there!" An example of putting their faith in the middle of the marriage came from a disagreement. Daryl stated, "Linda was fussing at me about something and I walked out of the house to our storage building." Linda continued, "I was still fussing and he came back to the house with a ladder. He put it up against the house and said he was going to get on the roof". Daryl added, "I reminded her of a Bible verse that I read in that I'd rather be on the roof than inside with a nagging woman!" This prompted both of them to laugh and they settled their dispute right away.

FUTURE PLANS

Daryl stated, "I want to spend the rest of my life with her and work as long as I can, with vacations included, and let God direct our lives." Linda continued, "I plan to love him now as I did then and keep Christ in the center." They enjoy traveling and spending the holidays with their family. Linda concluded with, "Pray for me, because I'm married to him! But, I wouldn't have it any other way!"

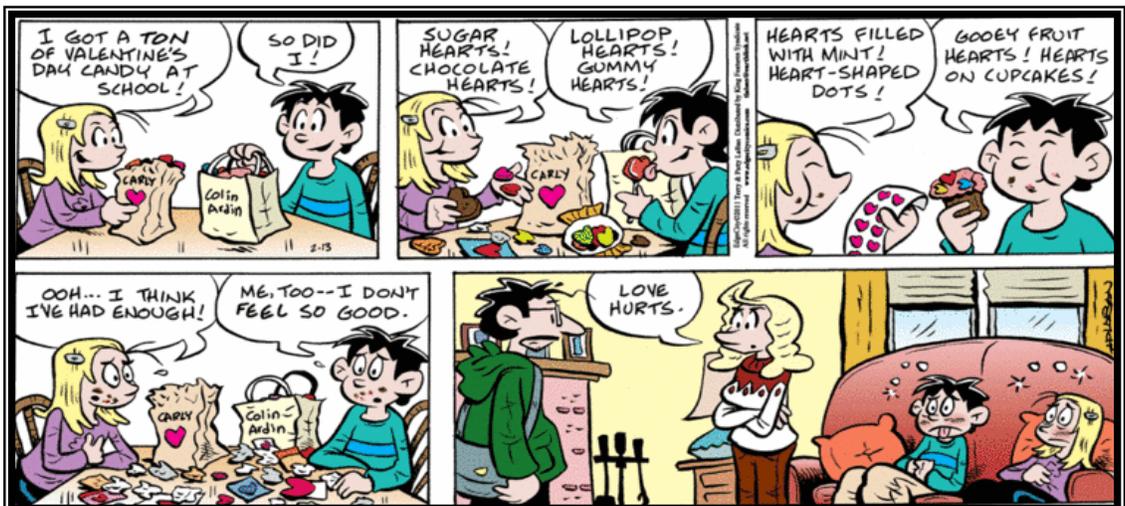


Linda & Daryl on their wedding day in 1986



Linda & Daryl today

**Laff-
a-
Little!**



**WHAT'S ONE WAY TO CELEBRATE
VALENTINE'S DAY?**



DANCE!

**Join the Neal Senior Center for a
"Valentine Dance"**

**Thursday, February 9, 2023 at 6pm
Music provided by "Union Express"**

Refreshments will be served!

**Tickets are \$6.00 in advance-\$8.00 at the door
Deadline to purchase advanced tickets is
Tuesday, February 7, at 3PM**

**A minimum of 50 tickets must be sold in
order to have the event.**

**Even though the cost of living is soaring,
there IS a way to get
affordable health screenings!**



There is a simple and affordable way for you to get preventive health screenings and learn your risk for stroke, heart disease and other chronic conditions. That is with LifeLine Screening!

These painless screenings go beyond your regular checkup to identify dangerous plaque buildup or blockage, a major risk factor for stroke and heart disease. The screenings are accurate, giving you valuable information about your health that you can share with your doctor.

The Neal Center is pleased to host Life Line Screening, who will be on site on Wednesday, February 15, 2023 to conduct these valuable screenings. These 5 vital screenings are offered for only \$149 and take 60-90 minutes to complete.

**Pre-registration is required for screenings by calling
1-800-772-8260 OR you may register online by visiting**

www.lifelinescreening.com/communitycircle

Start your Super Bowl weekend with a party!



Join the Neal Senior Center for a ***“Pre-Super Bowl Weekend Blast”!***

**Wear the colors of your supporting Super Bowl team!
Snacks will be provided and our Zumba Gold class will be
dressed in their cheerleading attire for entertainment!
To be held at the Neal Senior Center on Friday, February
10, 2023 at 9:30am.**

Please RSVP to Daniel Dedmon, Neal Center Program Director at 704/481-7387 before Tuesday, February 7, 2023 at 12 Noon.

THIS VALENTINE'S DAY, SPREAD THE LOVE!



The Neal Senior Center is inviting you to send a Valentine's Day card to one of our 160 homebound recipients. It's fun and easy to do!

- Simply get a Valentine card (either homemade or purchased) that can be given to either a man or a woman.
- Write a message in the card that would bring good cheer to the receiver of your card.
- Place it in an envelope and bring it by the Neal Senior Center. No postage is required!
- The cards will be hand-delivered on Valentine's Day, February 14th. It's that easy!

The deadline for turning in the cards is Friday, February 10th at 12 Noon. If you have questions, please contact Paulette Putnam, Neal Senior Center Executive Director, at 704/481-7380.

**FEELING ALL ALONE THIS VALENTINE'S
DAY?**



**THEN COME JOIN US AT THE NEAL SENIOR
CENTER FOR A "VALENTINE'S DAY
CELEBRATION"!**

**Come by on Tuesday, February 14th, 2023
between 9:30am-10:30am and enjoy coffee
and sweet treats!**

**PLEASE RSVP BY FRIDAY, FEBRUARY 10TH,
2023 AT 12 NOON.**

BE ON THE LOOKOUT FOR SOMETHING

NEW!

Whenever the Neal Senior Center has a special event that will be available virtually, all the promotional items for the event will contain this logo:



This will be an easy reminder that lets everyone know that they can participate in that event online!

BE PREPARED FOR WINTER WEATHER!



Winter weather is here! In case of snow, ice, sleet, or freezing rain, call the Neal Center's "Weather Line" to see if we are open, delayed or closed. Call 704-481-7398 and the information will be updated as conditions change.



ATTENTION NEAL SENIOR CENTER INSTRUCTORS:
Anytime that you must cancel your class due to the weather, illness, or other reasons, it's YOUR responsibility to contact your participants to let them know of the cancellation. Please be sure to have contact information for all of your participants so they may be notified of any schedule change.

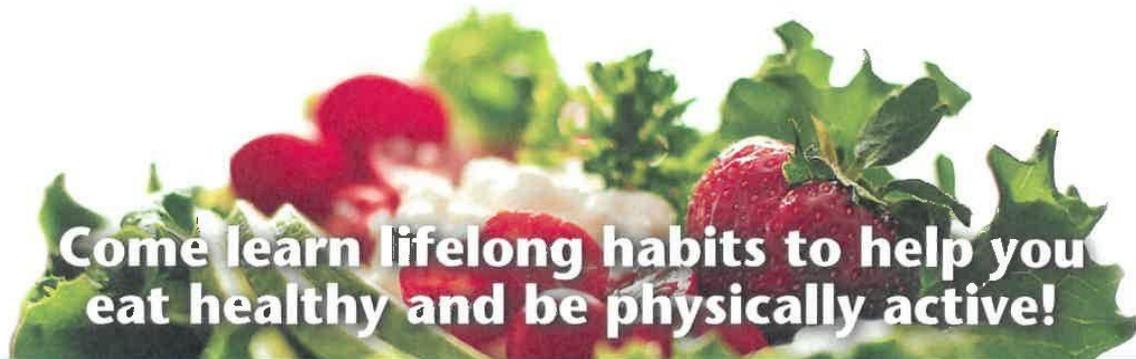


Nutrition Program for Adults

Take control
NOW to prevent
or manage
chronic
disease!

Program Benefits

- Recipes, water bottle, and spice jar for you to keep
- Information to help you control sodium, fat, and added sugar
- 8 engaging and interactive sessions available virtually
- Complete the sessions at your convenience online
- Optional weekly web-based office hours with your county agent to ask questions, brainstorm solutions and get feedback



**Come learn lifelong habits to help you
eat healthy and be physically active!**

Start Date (Days): Mondays, February 13, 20, 27, March 6, 13, 20, 27, & April 3, 2023

Location: In-Person & Virtual Sessions - NC State Extension Cleveland County Center and The Neal Center, 100 T.R. Harris Dr, Shelby, NC 28150, 10:30-11:30a.m.

For more information or to sign up, contact:

Daniel Dedmon, Program Director, Neal Sr. Center, 704-481-7387, interactive sessions. Registration is Free of Charge. Session materials will be provided at each session and for pick-up at The Neal Center for virtual participants. YOU are invited to join us as we Take Control with Steps for Better Health!





FEBRUARY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 The Sewing Circle 9:00-12 Noon Chair Yoga 9:30-10:30 The Carolina Singers 10:00-11:00 Piedmont Rook 11:00-3:30 Zumba Gold 11:00-12 Noon Knit Pickers 12:30-2:30 Chair Yoga 2:00-3:00 Euchre 2:00-3:30	2 Chair Volleyball 9:30-11:00 Basic Spanish 12:30-1:30 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00	3 Zumba Gold 11:00-12 Noon Closing at 12 Noon
6 Monday Morning Bridge 9:00-12:00 Chair Yoga 9:30-10:30 Monday Afternoon Bridge 1:00-3:30 Video Tai-Chi 1:00-2:00 Chair Yoga 2:00-3:00 Zumba 5:30-6:30	7 Carolina Line Dancers 9:45-10:45 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00	8 The Sewing Circle 9:00-12:00 Chair Yoga 9:30-10:30 Piedmont Rook 11:00-3:30 Zumba Gold 10:00-12:00 Knitpickers 12:30-2:30 Chair Yoga 2:00-3:00 Euchre 2:00-3:00	9 Chair Volleyball 9:30-11:00 Basic Spanish 12:30-1:30 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00 Valentine Dance 6:00	10 Pre-Super Bowl Party 9:30 Zumba Gold 11:00-12 Noon Closing at 12 Noon
13 Monday Morning Bridge 9:00-12:00 Chair Yoga 9:30-10:30 "Steps to Health" 10:30-11:30 Monday Afternoon Bridge 1:00-3:30 Video Tai-Chi 1:00-2:00 Chair Yoga 2:00-3:00 Zumba 5:30-6:30	14 Carolina Line Dancers 9:45-10:45 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00 Valentine's Party 9:30	15 The Sewing Circle 9:00-12 Noon LifeLine Screening 9:00-3:30 Chair Yoga 9:30-10:30 The Carolina Singers 10:00-11:00 Piedmont Rook 11:00-3:30 Zumba Gold 11:00-12 Noon Knit Pickers 12:30-2:30 Euchre 2:00-3:30	16 Chair Volleyball 9:30-11:00 Basic Spanish 12:30-1:30 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00	17 Zumba Gold 11:00-12 Noon Closing at 12 Noon
20 Monday Morning Bridge 9:00-12:00 Chair Yoga 9:30-10:30 "Steps to Health" 10:30-11:30 Monday Afternoon Bridge 1:00-3:30 Video Tai-Chi 1:00-2:00 Chair Yoga 2:00-3:00 Zumba 5:30-6:30	21 Third Monday Oil Painting 9:00-3:00 Carolina Line Dancers 9:45-10:45 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00	22 The Sewing Circle 9:00-12 Noon Chair Yoga 9:30-10:30 Estate Planning Seminar 11:00 Piedmont Rook 11:00-3:30 Zumba Gold 11:00-12 Noon Knit Pickers 12:30-2:30 Euchre 2:00-3:30	23 Chair Volleyball 9:30-11:00 Basic Spanish 12:30-1:30 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00	24 Zumba Gold 11:00-12 Noon Closing at 12 Noon
27 Monday Morning Bridge 9:00-12:00 Chair Yoga 9:30-10:30 "Steps to Health" 10:30-11:30 Monday Afternoon Bridge 1:00-3:30 Video Tai-Chi 1:00-2:00 Chair Yoga 2:00-3:00 Zumba 5:30-6:30	28 Carolina Line Dancers 9:45-10:45 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00			