"THE SENIOR INFORMER"

April 2023

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

Something to think about

"Going to church doesn't make you a Christian any more than standing in a garage makes you a car."

-Anonymous

From the Executive Director's Desk...

Paulette Putnam, Neal Center Executive Director

Spring is finally here!

As we celebrate Easter and all the many blessings we have, let's remember those who aren't as blessed. Check on a neighbor. Be nice to the people we run into while out and about. Donate to the food pantry at the Neal Senior Center to help those in need of food. Volunteer at the Senior Center to share your time and talents with our seniors. Are you interested in gardening? We would love to have volunteers to plant bulbs and seeds to enhance our beds at the Senior Center. Please call me at 704/481-7380.

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.
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!

Just So You'll Know...

The Neal Senior Center will be closed on Good Friday, April 7, for the Easter holiday. The center will reopen on Monday, April 10, at 8:30 am.

On The Lookout

The Neal Senior Center is hoping to start some new classes this spring! But, in order to make those classes possible, we need people who are willing to volunteer their time to be the instructor of the activity. Please note that these classes can be for those who are new to the activity or would like a "refresher", if they've had previous experience. The suggested meeting days and times are negotiable.

-Beginning Chess

If you know how to play this intriguing board game, we're looking to have the class weekly Tuesday afternoons, from either 1:00-2:00 pm or 2:00-3:00 pm.

-Ballroom Dancing

If you're experienced in the various ballroom dances, we're looking to have the class on Thursday afternoons, from 1:00-2:00 or 2:30 pm.

-Mahjong

A long-popular board game from China, we would welcome someone who can teach the game with patience and encouragement. We're looking to have the class weekly on Tuesday mornings, from either 9:00-10:00 am , 10:00-11:00 am, or 11:00-12 Noon.

Do you are anyone you know experienced in these activities and are willing to volunteer to instruct a group? Please contact Daniel Dedmon, Neal Senior Center Program Director, at 704/481-7387 or email at ddedmon@agingcouncil.org

LEARN HOW TO PAINT THIS OIL PAINTING…
IN JUST ONE DAY!

Join the Neal Center's "One-Day Oil Painting Class", meeting the 3rd Monday of each month.
The next class will meet
Monday, April 17, 2023
9AM-3PM
Cost is $30 for each class and will be taught by local artist Suzette Proffit.
For further information, please contact Suzzette at 704/747-2844

SOME PEOPLE HAVE THE WRONG IDEA ABOUT WHAT LINE DANCING IS….

LEARN EXACTLY WHAT IT IS AND HOW TO DO IT!

The Neal Senior Center is considering the start of a "Line Dancing Class For Beginners". It would be held Wednesdays, beginning April 5th, from 1:00-2:00 pm, at the Neal Senior Center. The class will be taught by Line Dancing experts Keith and Evelyn Kiser. If you have been interested in learning how to Line Dance, this is a great opportunity to learn! There is only a $2 charge for each class.

Please contact Daniel Dedmon, Neal Senior Center Program Director, at 704/481-7387 for further information and/or to pre-register for the class.

COA/Neal Center 100 T.R. Harris Dr. 28150

May 5, 2023

Celebrating

OLDER AMERICANS MONTH

AGING UNBOUND: MAY 2023

COA/Neal Center's Open House

Hotdog Supper—Begins @5:00PM

Free to all participants and contributors

All others $6.00.

Reverse drawing will begin @ 6:00PM

Tickets for Raffle
$100.00 ea. for a chance to win ($12,000.00 Grand Prize)

Tickets are now on sale at the COA/Neal Center
Call Charlie Walls @704-481-7382 for further infomation

Vendor Fair
8:30 AM—1:30PM

Information Fair
10:00 AM—12:00 noon

Medicare 101
11:00AM—1:00PM

Must be present for DOOR PRIZES
Do not have to be present for CASH PRIZES
(4-$500.00 - 1-$2,000.00)
****
($12,000.00 GRAND PRIZE)
(Taxes will be deducted)

Who Remembers?....

Laundry Bluing

If you remember the days before automatic washers and dryers, chances are you remember adding laundry bluing to a load of white laundry. And for what purpose? To make the whites appear whiter! Though liquid bluing is the most common form, it has been sold in a powder and in stick form. Some remember that bluing not only made whites whiter, but gave the finished laundry a special, clean scent. Widely used in laundry for years, some companies tried making it easier for the consumer to get the full effect of laundry bluing by adding it to laundry detergent. In turn, this would eliminate having to add bluing at a specific time. One of the first products to do this was "Cheer", a blue laundry detergent marketed by Procter & Gamble, beginning in 1950. This proved to be a winner with consumers. Since the bluing was already in the detergent, this would eliminate the need to have to return to the washer when it was time to add it. Is laundry bluing still available? Yes! There are two brands of liquid bluing still being sold: "Mrs. Stuart's Bluing" and "Bluette". Both are available at Amazon.com. One powder bluing from the past, "LaFrance Instant Bluing", was discontinued years ago.

So, what exactly is in laundry bluing? It's quite easy!.... water, a blue iron powder (a pigment), and a very, very small amount of an organic biocide / pH balancer that is added as a preservative and to keep algae from growing in our tanks. Is using it for laundry the only thing it can be used for? Not at all! Some use laundry bluing to make their white hair appear whiter! If you have a dog or cat with white fur, rinsing their fur in bluing makes the whiteness stand out. But a long-time fun craft idea with bluing is a "Salt Crystal Garden". Very popular for years, it's a fun and educational way to show how crystallization takes place. Here's the directions from "Mrs. Stuart's Bluing":

SALT CRYSTAL GARDEN

In a glass or plastic bowl, place **pieces of coal, porous brick, tile, cement or sponge**.

Day 1: Over the base material, pour **2 Tbls. Water, 2 Tbls. Salt (iodized or plain) and 2 Tbls. Liquid Laundry Bluing**

Day 2: Add **2 More Tbls. Salt**

Day 3: Pour into the bottom of the bowl (not directly on the base material) **2 Tbls. Water, 2 Tbls. Salt, 2 Tbls. Liquid Laundry Bluing. Add a few drop of Food Coloring to each piece.**

By this time, a beautiful flower-like growth should have appeared. To accelerate crystal growth, add **2 Tbls. Household Ammonia** with the other liquids, which will increase evaporation. A free circulation of air is necessary, and these formations will develop better when the air is dry.

To keep it growing: Add more laundry bluing, salt and water from time to time. It will "bloom" indefinitely into beautiful rosebuds, coral and crystal.

LET'S CELEBRATE SPRING WITH A DANCE!

Join us on Thursday, April 20th at 6 pm at the Neal Senior Center

Music by Union Express

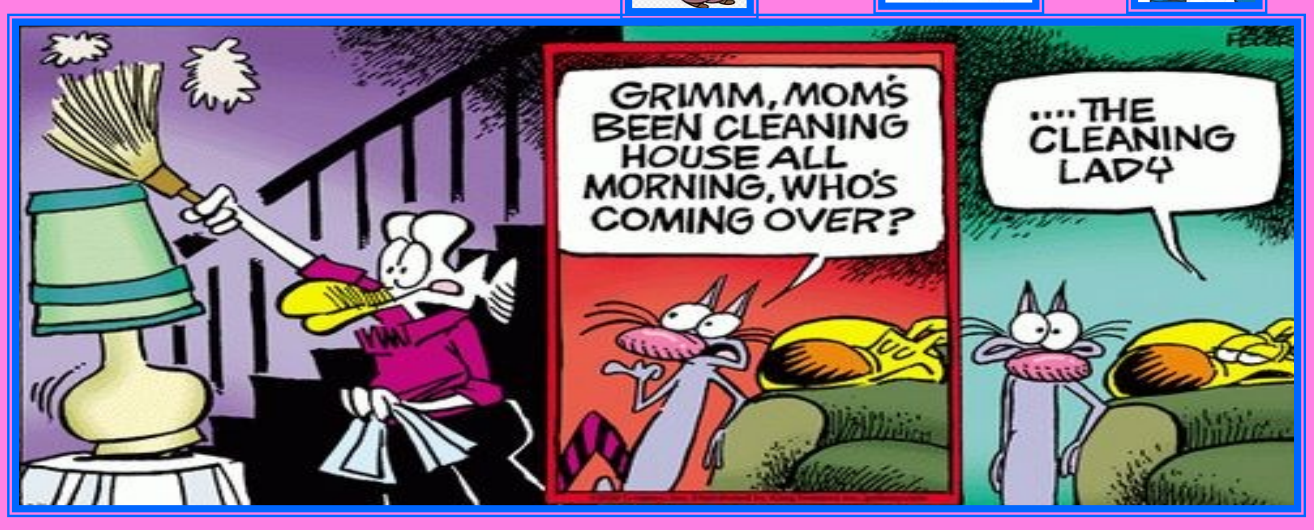
Tickets are $6.00 each and are available until April 18th at 3 pm, at the Neal Senior Center Reception Desk

Afterwards, tickets will be $8.00 and sold at the door.

(NO RESERVING TICKETS!)

A minimum of 50 tickets must be sold to hold the dance.

Laff-A-Little!



Let's Eat!

Mustard Sauce for Easter Ham

This mustard sauce is a must have when you're serving ham! Easy to make, it keeps for a long time, and it's perfect as a dipping sauce or on a sandwich!

- **2 large egg yolks**
- **1/2 cup granulated sugar**
- **2 teaspoons dry mustard**
- **1/3 cup white vinegar**

In a small saucepan (not an iron pan!), whisk the egg yolks until they are smooth and have lightened a bit in color. Add the sugar, dry mustard and vinegar and whisk together until smooth and well combined. Bring the mixture to a boil over medium heat, whisking constantly. Lower the heat and simmer, whisking constantly, until the sauce thickens slightly. Remove the pan from the heat. Serve the mustard sauce either hot or cold. Store it in an airtight container in the refrigerator.

Ladies Support
Coffee & Chat

We are excited to bring back our
Ladies Support Group!

We invite women age 50 and over to come
out and join us for Coffee & Chat.

When: Tuesday, April 25, 2023
Time: 10:00 am
Where: Neal Senior Center

Please RSVP by calling 704-482-3488.
Deadline to sign-up is
April 21, 2023 by 12:00 pm.

Neal Senior Center 100 T.R. Harris Drive Shelby, NC 28150

WHAT DO YOU CALL A CROSS BETWEEN LINE DANCING AND SQUARE DANCING?

HOW ABOUT COUNTRY-WESTERN PATTERN PARTNER DANCING?

The Neal Senior Center is considering starting a class in "Country-Western Pattern Partner Dancing". The class would meet Monday evenings, beginning April 17th, from 7:00-8:00 pm at the Neal Senior Center. The class will be taught by expert dancers Keith and Evelyn Kiser. There is a $2 charge per class.

To pre-register, please contact Daniel Dedmon, Neal Senior Center Program Director, at 704/481-7387

Your Hint Parade

- To remove an ink stain from a shirt, soak the shirt in a bowl or shallow pan filled with milk for about 10 minutes. Discard the milk, then put the shirt in the laundry and run a normal cycle.
- If you need to iron some laundry and your iron isn't working, just bring water to a boil in a covered pot, then run the bottom of the pot over your clothes for wrinkle-free perfection.
- If you have a zipper that refuses to budge, rub a bit of lip balm on the zipper teeth. .
- When you receive a business card from someone, make a photo of it with your phone in case you lose the card.
- If your alarm clock isn't loud enough to wake you in the morning, program your cell phone's alarm to the time you'll need to get up. Place the phone in a drinking glass and this will amplify the sound of the alarm so that you'll hear it.
- When hard-cooking eggs, add a teaspoon of baking soda to the water and the eggs will peel much easier.
- So that you don't lose your spot on a roll of tape, use a bread tab to hold your place.
- When coming up with a password for a computer website or account, include an accented letter to make your password impossible to guess.
- When reheating pizza in the microwave, set a glass of water beside the pizza first. This prevents the crust from becoming soft and chewy.
- Get in the habit of never leaving a room without taking *something* with you, whether it's an old coffee cup, a water glass, a newspaper, or a magazine. Then, when it's time to clean that room each week, there will be less clutter to have to deal with.

Laff-a-Little!

THROUGH THE PAGES OF HISTORY

Many traditions of Easter, a religious holiday, have their origins in pagan rituals and beliefs. The result is lots of legends and lore behind the popular icons, symbols and customs that are part of the Easter celebration. Hallmark historian and archivist Sharman Robertson explains the meaning of the word "Easter" and highlights the origin of Easter customs:

The Word "Easter"

Centuries before Christ, the pagan tribes of Europe worshipped a beautiful goddess of spring named Eostre (EE-ah-tra). Festivals celebrating the end of winter and the birth of spring were held in her honor at the end of March, the time of the vernal equinox. Some historians believe the word Easter is a variation of her name. Others see a connection between Easter and the rising of the sun in the east.

Easter Eggs

The egg has been called nature's most perfect container. It also is the world's most popular secular symbol for Easter, and the most popular symbol on Hallmark Easter cards. In all cultures, the egg symbolizes the beginning of life or the universe. A Latin proverb says, "All life comes from an egg." Eggs were dyed and eaten during spring festivals in ancient Egypt, Persia, Greece and Rome and colored eggs were given as gifts to celebrate the coming of spring. These cultures regarded the egg as an emblem of the universe, the work of the supreme divinity, the germination of life.

Christians of the Near East adopted this tradition and the egg became a religious symbol – it represented the tomb from which Jesus broke forth. The various customs associated with Easter eggs were not recorded in Western Europe until the 15th century. Speculation is that missionaries or knights of the Crusades were responsible for bringing the tradition of coloring eggs westward. In medieval times, eggs often were colored red to symbolize the blood of Christ. More than one billion Easter eggs are hunted in the United States each year in parks, back yards, and on the White House lawn. Chocolate or candy eggs emerged in the late 1800s. Plastic Easter eggs made their debut in the early 1960's. More than 100 million plastic eggs are purchased for Easter.

Easter Bunny

The Easter bunny has its origins in pre-Christian fertility lore. Hares and rabbits served as symbols of abundant new life in the spring season. It really is a hare – not a rabbit – that symbolizes Easter. From antiquity hares have been a symbol for the moon, and the first full moon after the vernal equinox determines the date for Easter. Hares are born with their eyes open, while rabbits are born blind. The hare was thought never to blink or close its eyes, and it is a nocturnal creature, like the moon. The hare also carries its young a month before giving birth – like the changing moon erupting into fullness monthly. According to one legend, the Easter bunny was originally a large, handsome bird belonging to the goddess Eostre. One day she magically changed her pet bird into a hare. Because the Easter bunny is still a bird at heart, he continues to build a straw nest and fill it with eggs.

Legend of the Easter Lily

The lily is a symbol of purity because of its whiteness and delicacy of form. It also symbolizes innocence and the radiance of the Lord's risen life. It is called the Easter lily because the flowers bloom in early spring, around Easter time. The Bermuda, or white trumpet, lily was brought to the United States from Bermuda in the 1880s by Mrs. Thomas P. Sargent of Philadelphia, Pa., and it has become the mainstay of Easter floral arrangements and church decorations.

Dogwood Tree/Cross

As one legend goes, at the time of Christ's crucifixion, the dogwood tree was as tall as the oak and other forest trees. Its wood was so strong and firm that it was chosen for the cross. The tree was very distressed to be used for such a purpose and Jesus understood. He told the tree, "Because of your regret and pity for my suffering, I promise this: never again shall the dogwood tree grow large enough to be used for a cross. Henceforth it shall be slender and bent and twisted, and its blossoms shall be in the form of a cross. And in the center of the outer edge of each petal there will be nail prints. And in the center of the flower, brown with rust and stained with blood, will be a crown of thorns – so that all who see it will remember it was upon a dogwood tree that I was crucified, and this tree shall not be mutilated nor destroyed, but cherished and protected as a reminder of my agony and death upon the cross."

Easter Sunrise Service

The Easter custom of the sunrise religious service was brought to America by Protestant immigrants from Moravia who held the first such service in Bethlehem, Pa., in 1741. Origins of the early morning time stem from a passage in the Bible from the book of Luke: "…but on the first day of the week, at early dawn" women visited Jesus' tomb and found it empty. Sunrise services also may be related to the Easter fires held on hilltops in continuation of the New Year fires – a worldwide observance in antiquity. Those rites were performed at the vernal equinox, welcoming the sun and its great power to bring new life to the world. The famous sunrise service on Mount Rubidoux in California was first held in 1909. Reportedly Theodore Roosevelt and philanthropist Jacob Riis organized the service. One of the best-known sunrise services is at the Hollywood Bowl, which began in 1921.

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Monday Morning Bridge 9:00-12:00 Chair Yoga 9:30-10:30 Steps to Health 10:30-11:30 Monday Afternoon Bridge 12:30-3:30 Video Tai-Chi 1:00-2:00 Chair Yoga 2:00-3:00 Monday Night Bingo 5:00-8:30 Zumba 5:30-6:30	4 Carolina Line Dancers 9:45-10:45 Acrylic Painting 10:00-12:00 Chair Volleyball 1:00-2:30	5 The Sewing Circle 9:00-12:00 Chair Yoga 9:30-10:30 The Carolina Singers 10:00-11:00 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	6 Chair Volleyball 9:30-11:00 Basic Spanish 1:00-2:00 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00	7 *Center Closed*
10 Monday Morning Bridge 9:00-12:00 Chair Yoga 9:30-10:30 Monday Afternoon Bridge 12:30-3:30 Video Tai-Chi 1:00-2:00 Chair Yoga 2:00-3:00 Monday Night Bingo 5:00-8:30 Zumba 5:30-6:30	11 Carolina Line Dancers 9:45-10:45 Acrylic Painting 10:00-12:00 Veteran's Coffee & Chat 10:00 Chair Volleyball 1:00-2:30	12 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 Performing Arts Rehearsal 2:00 Chair Yoga 2:00-3:00 Euchre 2:00-3:00	13 Chair Volleyball 9:30-11:00 Basic Spanish 1:00-2:00 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00 Performing Arts Presentation 2:00	14 Zumba Gold 11:00-12 Noon Closing at 12 Noon
17 Monday Morning Bridge 9:00-12:00 One-Day Oil Painting 9:00-3:00 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 Monday Night Bingo 5:00-8:30 Zumba 5:30-6:30	18 Carolina Line Dancers 9:45-10:45 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00	19 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	20 Chair Volleyball 9:30-11:00 Basic Spanish 1:00-2:00 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00 April Dance 6:00	21 Zumba Gold 11:00-12 Noon Closing at 12 Noon
24 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 Monday Night Bingo 5:00-8:00 Zumba 5:30-6:30	25 Carolina Line Dancers 9:45-10:45 Ladies Support Coffee & Chat 10:00 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00	26 The Sewing Circle 9:00-12 Noon Chair Yoga 9:30-10:30 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	27 Chair Volleyball 9:30-11:00 Daytime Friends 10:00-11:00 Basic Spanish 1:00-2:00 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00	28 Zumba Gold 11:00-12 Noon Closing at 12 Noon