



SEPTEMBER 2023 ACTIVITY CALENDAR				
Daily Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Monday Morning Bridge  9:30 Chair Yoga  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  1:00 Chair Volleyball	9:00 The Sewing Circle  9:30 Chair Yoga  10:00 Zumba Gold  11:00 Piedmont Rook  12:30 Knit Pickers  1:00 Beginning Line Dancing  2:00 Chair Yoga  2:00 Euchre	9:30 Chair Volleyball  1:00 Basic Spanish  1:00 Thursday Bridge  1:00 Mexican Train Dominoes	11:00 Zumba Gold
Special/Monthly Activities for September 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
				<sup>1</sup> Center closes at 12:00 pm
<sup>4</sup> Labor Day Center Closed	<sup>5</sup>	<sup>6</sup> Carolina Singers 10:00-11:00  Beginning Canasta 12:00-3:30	<sup>7</sup>	<sup>8</sup> Center closes at 12:00 pm
<sup>11</sup> Beginning Canasta 12:00-3:30	<sup>12</sup>	<sup>13</sup> "Mediterranean South" program (Part 1)	<sup>14</sup> Daytime Friends 10:00	<sup>15</sup> Center closes at 12:00 pm
<sup>18</sup> Beginning Canasta 12:00-3:30	<sup>19</sup> Wreath Making Class 12-3:00	<sup>20</sup> Carolina Singers 10:00-11:00  "Mediterranean South" program (Part 2)	<sup>21</sup>	<sup>22</sup> Center closes at 12:00 pm
<sup>25</sup> Beginning Canasta 12:00-3:30	<sup>26</sup> Ladies Support 10AM  Veteran's Coffee & Chat 10AM	<sup>27</sup> "Mediterranean South" program (Part 3)	<sup>28</sup> Daytime Friends 10:00	<sup>29</sup> Center closes at 12:00 pm



## ***"THE SENIOR INFORMER"***

### **September 2023**



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

### **Did you know...?**

Gossip and complaining make up approximately 80% of most people's conversations?



### **Just So You'll Know....**

The Neal Senior Center will be closed on Monday, September 4, 2023 for Labor Day.

The center will reopen on Tuesday, September 5, at 8:30am.



### **Something to think about**

**"For some reason, everything is funnier when you're not allowed to laugh"**

**-Anonymous**

**From the Executive Director's Desk...**

Paulette Putnam, Neal Center Executive Director

*September is the start of fall and so many things I love: the Fair will be here soon, cooler nights, Friday night football games and fall colors will start showing up. September at the Senior Center means new classes starting, and the staff working on the big October Car Show/Vendor Fair. This year will be bigger than ever, featuring inside and outside vendors, plenty of really cool cars and trucks, and food trucks. Reserve your vendor table soon for only \$15. Call Heather Ledbetter, if you're interested. We hope you will come and be a part of all the fun on Saturday, October 28. Call 704/482-3488 and ask for Paulette Putnam or Heather Ledbetter for more information.*



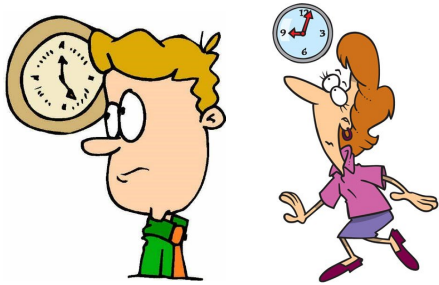
*Happy September,  
Paulette Putnam  
Executive Director*

**Neal Center Staff and Contact Information**  
**Have a question? A specific need? Not sure what to do?**

Neal Center main number: 704/482-3488

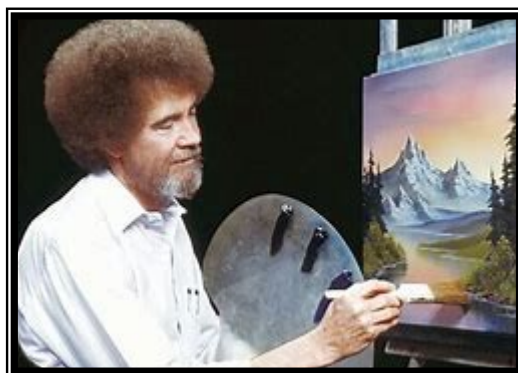
Paulette Putnam, Executive Director	Daniel Dedmon, Program Director
Teresia Ladd, Administrative Assistant	Dolores Ashworth, Volunteer Coordinator
Heather Ledbetter, Nutrition Coordinator	Jane Wright, Administrative Secretary
April Wheatley, Bookkeeper	Betsy Lavender, Housing/Rental Coordinator
Stephanie 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!**



***If Bob Ross could paint a beautiful piece of art in a short amount of time....***

**WHY CAN'T YOU?**



TAKE THE  
***"PAINT WITH BOB ROSS  
OIL PAINTING CLASS"***  
AND FIND OUT HOW **EASY** AND **FUN**  
PAINTING IS!

The class is taught by local artist Suzzette Proffit and  
will meet two Tuesdays  
monthly, from 12 Noon to 3 PM on the following  
dates:

September 5<sup>th</sup> & 12<sup>th</sup>  
October 3<sup>rd</sup> & 10<sup>th</sup>, November 7<sup>th</sup> & 28<sup>th</sup>, &  
December 5<sup>th</sup> & 12<sup>th</sup>

**For further information, please send a  
TEXT to Suzzette at 704/747-2844**



# **SAVE THE DATE**

**COUNCIL ON AGING/NEAL CENTER**

## **CAR SHOW & VENDOR FAIR**

**Saturday, October 28, 2023  
8:00 am - 2:00 pm**

**Cars must be registered by  
10:00 am to be judged**

**Car registration & Vendor Table  
\$15**

**Car Show/Vendor Fair  
Rain or Shine  
Certificates given to  
category winners**

**Phone: 704-482-3488  
100 T.R. Harris Drive Shelby, NC  
[www.nealseniorcenter.org](http://www.nealseniorcenter.org)**





## calling all vendors

We here at the Neal Senior Center are getting very excited about our upcoming Car Show/Vendor Fair.

You will want to contact us as soon as possible with your table reservations **all tables are priced at \$15.00 each.**  
The Vendor Fair hours are **Saturday, October 28, 2023**  
from **8:00 am** until **2:00 pm.**

We are looking for a wide variety of vendors such as yard sale items, wreaths, pottery, jewelry, yard art, antiques, paintings, collectibles, etc. for our shoppers to choose from.

For more information call Heather Ledbetter at  
704-481-7390 or email [hledbetter@agingcouncil.org](mailto:hledbetter@agingcouncil.org)

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





# HEALTHIER CHOICES AT YOUR CONVENIENCE.

This free 5 week, 5 session program, will help transform your Southern eating styles into healthier alternatives with Mediterranean cuisine and guidelines.



## CONTACT INFO.

HALEY CHURCH

(980) 484-5138

haley.church@clevelandcountync.gov

200 S Post Rd  
Shelby, NC 28152

The program will be at the Neal Senior Center, 100 T.R. Harris Dr., Shelby. The class meets from 10 AM-11 AM from Sept. 13 until Sept. 27, and from 1 PM-2 PM on Oct. 4 & 11. It's free of charge and limited to 10 participants. Please contact Daniel Dedmon, Neal Center Program Director, at 704/481-7387 to pre-register. \*(See incentives below)

## MEDITERRANEAN

### South

\*The incentives include a \$10 gift certificate to the Foothills Farmers Market for each session attended. If the participant completes all five sessions, an additional \$25 gift certificate to the Foothills Farmers Market will be included. The total is \$75!

"Southern Eating with :  
Mediterranean Twist"



Cleveland County  
NORTH CAROLINA





## **Ladies Support Coffee & Chat**

We are excited for our next meeting!

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

**When: Tuesday, September 26,  
2023**

**Time: 10:00 am**

**Where: Neal Senior Center**

**Please RSVP by calling 704-482-3488.**

**Deadline to sign-up is**

**September 22, 2023 by 12:00pm.**

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

**GET A HEAD-START ON PREPARING FOR THE  
HOLIDAYS BY MAKING YOUR OWN WREATHS!**



Once again, the Neal Center is offering classes in making holiday wreaths. There will be a series of five classes, each focusing on one project either for the fall season or the Christmas season. Artist Suzette Proffit will instruct the class and will meet on the following Monday afternoons from 9 am to 12 Noon: September 11, October 9, November 13, and December 11.

A brochure is available that lists the necessary supplies to complete each project and where they may be purchased. It may be picked up at the Neal Center Reception Desk. Each class has a fee of \$2 per person and pre-registration is required. Please call the Neal Center at 704/482-3488 and provide your name and phone number. Have further questions? Please TEXT Suzette at 704/747-2844





**CONGRATULATIONS ARE EXTENDED TO THE 1ST PLACE WINNERS OF THE NEAL CENTER'S "3RD ANNUAL GOLF TOURNAMENT", HELD ON AUGUST 25TH. THE WINNING TEAM CONSISTS OF VINSON BLANTON, DONNIS HANSHAW, JAMES PAINTER, AND PROF. TIM HANSHAW.**

### **IMPORTANT INFORMATION**

**Does anybody need a used piano? The Neal Center has one that anyone is welcome to take, with no costs involved. New owner must make their own arrangements to have it moved. The center has limited storage space and it's got to go! For further information, please contact Paulette Putnam, Executive Director, at 704/481-7380.**





**FIND OUT WHAT THE LATEST IS IN HEALTH,  
NUTRITION, FINANCIAL MANAGEMENT AND  
PLANNING YOUR FUTURE!**



Come join us for free health information provided by local agencies!

There will also be health screenings,  
vaccinations, freebies, door prizes and more!

**SAVE THE DATE!**

**FRIDAY, OCTOBER 13, 2023**

**THE DOVER WING OF THE NEAL SENIOR  
CENTER**

**8:30AM-11:30AM**

**For further information, please contact  
Daniel Dedmon, Neal Center Program Director,  
at 704/481-7387.**

**THE NEAL CENTER’S CANASTA GAME IS CATCHING ON!**



**AND THERE’S STILL PLENTY OF ROOM TO JOIN!**

**If you think you’ve missed your chance to join the Neal Center’s new “Canasta” card game group, *you can still join!***

**The group will meet on these dates and times in September:**

DATE	DAY	MEETING HOURS	LOCATION
September 6	Wednesday	12:00-3:30	Rec. Room
September 11	Monday	12:00-3:30	Rec. Room
September 18	Monday	12:00-3:30	Rec. Room
September 25	Monday	12:00-3:30	Rec. Room

**The only fee is a suggested \$2 fee to help with the costs of water, power, etc.**

**Got questions? Please contact Daniel Dedmon, Neal Center Program Director, at 704/481-7387.**

**THANK YOU!**

**The Neal Center would like to express their sincere “thanks” to the following individuals and businesses that helped make the 2023 “Golf Tournament” a success!**

- 
- Senior TLC
- Peak Resources of Cherryville
- Terra Bella of Shelby
- Forest City Honda
- Showmar’s
- Rick Hord
- Riverbend Golf Course
- All the golf players
- Carswell’s Construction
- Helping Hands Nursing Service
- Turner Trucking
- Dedmon, Inc.-Deedie Dedmon
- Ted Alexander
- Cecil Burton Funeral Home
- Gale S. Elmore
- Tom McNichol
- HomeStar Financial
- Home Trust Bank
- PSU
- ReMax Select-Stephanie Williams
- The Venue at Turkey Ridge
- Roger & Peggy Wuest
- Phil & Sharon Jackson-Local Agents, United Health Care
- Chiropractic Physicians of the Carolinas
- Debra Blanton-BBB Winery
- SHIIP-Dick Strachan
- Engage at First Wesleyan Church-Teresia Ladd
- Brookdale Assisted Living of Shelby
- Bayada-Tom Minowicz



# WHO IS THE FOOTHILLS REGIONAL COMMISSION AREA AGENCY ON AGING ?



The Commission serves as the Area Agency on Aging (AAA) for Region C which includes the (4) counties of: Rutherford, Polk, McDowell, and Cleveland. Their goal is to help advocate, coordinate, plan, educate and provide services to and for seniors.

**HOME & COMMUNITY CARE BLOCK GRANT (HCCBG):** The HCCBG combines federal and state funding to support home and community based care for older adults. Services available in Region C include: Adult Day Care, Care Management, Congregate Nutrition, Health Promotion & Disease Prevention, Senior Center Operations, Transportation, Home Delivered Meals, Housing & Home Improvement, In-Home Aide, and Legal Services.

**OPTIONS CONSELING PROGRAM:** This program assists older adults, persons with disabilities, caregivers/family members explore available aging/disability services and supports in the community using an interactive decision-support process.

**FAMILY CAREGIVER SUPPORT SPECIALIST:** This service provides information and assistance on resources in the community that are available for caregivers. For example contracting with agencies in the community to provide respite services. To be eligible for these funds the caregiver must be providing unpaid care to a person 60 or old with functional disabilities. There is also services for persons 60 and older who are the primary caregiver for a child 18 and younger through the "Grandparents Raising Grandchildren Program."

**REGIONAL LONG TERM OMBUDSMAN:** The Ombudsman's role is to advocate for residents living in long term care facilities. They also assist in answering questions residents, family, or facilities may have, offer training with facilities, and assist in conflict, resolution between residents and providers.

**LOCAL CONTACT AGENCY:** Provides assistance to residents that have stated they are interested in returning home. Staff works with resident and the nursing home to discuss options for transitioning to the community and offering contact information that may help with the transition.

**EVIDENCE BASED HEALTH MANAGEMENT PROGRAMS:** Provides workshops to help improve a person's confidence in their health and learn the many ways chronic health conditions impact a person's life. These workshops are 2 1/2 hours long, one day a week, for 6 weeks. Examples of workshops include:

- |                                      |  |
|--------------------------------------|--|
| *Living Healthy with Chronic Disease | *Powerful Tools for Caregiving           |
| *Living Healthy with Chronic Pain    | *Tai-Chi for Arthritis & Fall Prevention |
| *Living Healthy with Diabetes        | * A Matter of Balance                    |

## WANT TO KNOW MORE?

If you have any questions, please contact the Foothills Regional Commission Area Agency on Aging at **828-287-2281**. Their physical address is: 111 West Court Street in Rutherfordton.

**SAVE THE DATE!**

**IF YOU'RE A U.S. VETERAN,  
YOU'RE INVITED TO OUR  
"VETERAN'S COFFEE & CHAT"  
TUESDAY, SEPTEMBER 26, 2023, 10 AM  
AT THE NEAL SENIOR CENTER  
100 T.R. HARRIS DRIVE, SHELBY**

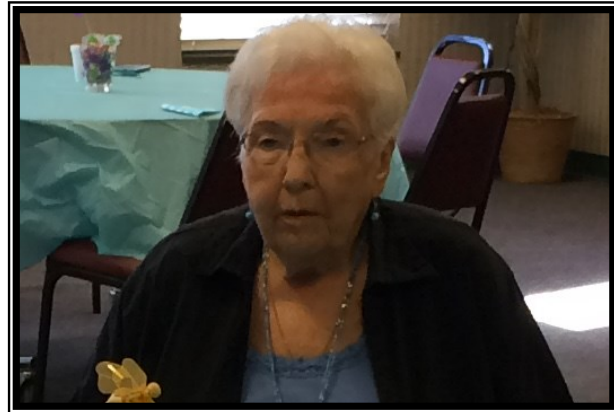


**A great opportunity to have coffee with other veterans and  
discuss the many issues veterans deal with in today's  
world.**

**FREE OF CHARGE....JUST SHOW UP!**

### **LET'S MEET A NEAL CENTER VOLUNTEER**

One of the Neal Center's most dedicated volunteers is Rachel Dixon. At age 96, she doesn't show any signs of slowing down! Throughout her life, she's done many things that have helped her become a dedicated volunteer with the Neal Center.



Rachel was born in Cherryville, and at the time of her birth, she weighed twelve pounds! Because of her large size, her baby clothes had to be altered just to fit her. Like all children, she went to school and was very active. She graduated from Cherryville High School in 1943. As of now, she is the only surviving member of her graduating class.

As a young working girl, she did a number of clerical positions. She worked for Carolina Freight, Shelby Supply, as well as the local Draft Board during World War II. However, her greatest achievement was working as a switchboard operator for the Executive Office of Dover Mill for thirty years. She used to enjoy sewing, but no longer does it. She and her husband, the late Raymon Dixon, had two children, which are still living: Bill, aged 70, and Chuck, aged 65.

She has been a member of Shelby's First Baptist Church for 63 years and a volunteer with the Neal Center for more than twenty years. As a volunteer, she is a Reception Desk volunteer and helps with the Neal Center's monthly dances. She also works the Reception Desk for the annual Car Show/Flea Market that is held each October.

What are her thoughts about the Neal Center? "If it wasn't for the Senior Center, I wouldn't have anything to do or anywhere to go." She enjoys coming to "Meals-On-Wheels", where she loves conversing with the other participants. She feels that there are things to do to help the elderly. What would she say the one thing that has helped her since being a volunteer? "You learn how to get along with each other."

**SURPRISING FACT:** Rachel and her husband gave swimming lessons for the center at the home of Mrs. Boyce Hannah.

**Interested in being a Neal Center volunteer? Simply contact Dolores Ashworth, Neal Center Volunteer Coordinator, at 704/481-1386.**