



"THE SENIOR INFORMER"

August 2023



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



Something to think about

**"If it's important to you,
you will find a way. If not,
you will find an excuse."**

-Anonymous



Did you know...?

Not every country has the same school days as we do here in North America. In Brazil, school runs from 7 a.m. to noon because students go home to share lunch (the most important meal) with their family. And in Mexico, students go to school Monday through Friday with elective classes on Saturdays, too.



From the Executive Director's Desk...

Paulette Putnam, Neal Center Executive Director

Too hot for ya? Come hang out at the Neal Senior Center. Check out all the neat classes and activities we have inside in the cool! Workout in our recreation room, bring a friend and shoot pool, or play board games. Like some quiet time alone? We have great jigsaw puzzles to work. Join us! We would love to have you!



*Sincerely,
Paulette Putnam
Executive Director*

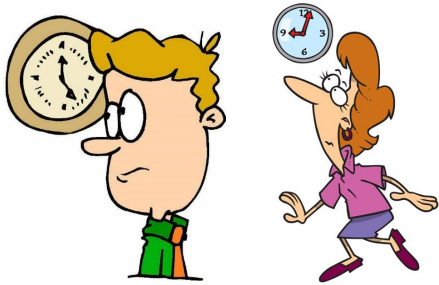
Neal Center Staff and Contact Information
Have a question? A specific need? Not sure what to do?

Neal Center main number: 704/482-3488

Paulette Putnam, Executive Director
Teresa Ladd, Administrative Assistant
Heather Ledbetter, Nutrition Coordinator
April Wheatley, Bookkeeper

Daniel Dedmon, Program Director
Dolores Ashworth, Volunteer Coordinator
Jane Wright, Administrative Secretary
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 may be summer, but remember...
...the need for food NEVER takes a break!



The Neal Center has served so many in need, so...

PLEASE HELP US REFILL IT!



Thank you to everyone in the community who answered the call in supporting the Neal Center's food distribution programs with your monetary and food donations! Currently, we are in need of these items for our homebound:

Vienna sausages, miniature canned hams, salmon, beef stew, corned beef, saltine crackers, canned fruits and vegetables, shelf-stable pasta, spaghetti sauce, rice, noodles, cereal, and oatmeal.

Please be sure that the items being donated are well within their expiration dates on the item. Items donated to the center that have expired cannot be given out. We are unable to accept refrigerated items. If you'd prefer to make a cash donation, it would be very welcome! When writing your check, be sure to indicate that your donation is for "The Food Pantry".

We accept donations Monday – Thursday, from 8:30 am – 2:30 pm. Please call us at 704-482-3488 to arrange a time to drop off your donation.

Let's Eat!

"Fire and Ice" Tomatoes

This refreshing and tasty salad gets its name in that it starts as a hot dish (from a heated marinade), then it's served cold! It's very low in calories and can help use the extra supply of fresh tomatoes and bell peppers that many are growing right now!

- **2 large Vidalia onions, sliced and separated into rings**
- **6 large tomatoes, quartered**
- **1 large green bell pepper, cut into strips**
- **¾ cup white vinegar**
- **1 ½ teaspoons celery seed**
- **1 ½ teaspoons mustard seed**
- **½ teaspoon salt**
- **¾ cup water**
- **2 tablespoons sugar**
- **¼ teaspoon black pepper**



In a large, shallow dish, arrange the onions, tomatoes, and green pepper. In a saucepan, place the remaining ingredients. Stir and bring to a boil. Immediately pour over prepared vegetables. Let cool to room temperature, then cover and chill at least 3-4 hours. Serves 6.

Variation: Peel and slice a large cucumber and arrange with the other vegetables.

Laff-A-Little!



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.



***AWAKEN THE ARTISTIC TALENTS YOU HAVE
HIDDEN...EVEN IF YOU BELIEVE YOU DON'T
HAVE ANY!***



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:

August 1st & 8th, September 5th & 12th,
October 3rd & 10th, November 7th & 28th, &
December 5th & 12th

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

Announcing the 3rd Annual Neal Senior Center/COA GOLF TOURNAMENT

Presented by:



Sponsored by-



When: Friday, August 25, 2023

Where: River Bend YMCA Golf Course

Format: 4-man Captain's Choice

Time: Tee-Time Start (Call Rick Hord at 704/482-4286)

Cost: \$75/

Deadline: Friday, August 18, 2023

Box Lunch provided by: Bayada Home Health Care

Drinks provided by: Brookdale Senior Living of
Patrons:

50/50
Raffle



For more information, call Rick Hord of Tumbleweed Marketing at 704/473-6744
or email at rick.tumbleweed@gmail.com. All proceeds benefit the Council on
Aging.

Who Remembers.....?

BACK-TO-SCHOOL PREPARATION

For most children, hearing about “Back-to-School” sales on TV or in the newspaper circulars was often classified as “using bad language”. While the thoughts of returning to school after being off for the summer are typically a major turn-off for most children, there’s still a bit of excitement with going “back-to-school” shopping! Just the thoughts of getting new school clothes, notebooks, writing paper, pencils, and book covers was enough to excite even the most “anti-school” children. It was always great fun to get fresh, new things to start a school year with.



When it came to choosing school supplies, most parents wanted their children to pick something that would last the entire school year, if at all possible. Normally, a notebook with a woven, canvas-like blue cover, was designed to last about the entire school year. “Blue Horse” was a school-day standard synonymous with notebook paper and composition books. And who can ever forget the yellow No. 2 pencils? (If you ever wanted to get on a teacher’s bad side, just show up to class without paper and pencil and watch the confrontations go!)

Most often, parents chose the new clothes their school-age children would wear to school. The choices were very conservative that weren’t full of “loud” colors or advertised something offensive. This sometimes drew disapproval from the child, feeling that if they wore (or didn’t wear a certain item, they would feel excluded, out of place, or “not with it”.

What are some of the favorite memories of “back-to-school” adults have?

“I remember my mom taking the requisite awkward first day of school picture of my brother, sister, and me every single year from K-12.”

“Meeting up with my best friend at the front of the school and walking in together - we did this every year from 1st grade to 12th grade!”

“I loved the surprise of opening up my lunchbox to find a note from my mom and a special back to school treat.”

“I remember memorizing my schedule and mapping out when I would be able to stop at my locker to switch out books!”

But it wasn’t just the students who got into the preparation for a new school year: teachers were doing the very same thing! What sort of things do retired teachers remember about getting things ready for that first day of school?

“Clapping the chalkboard erasers together with teachers outside as we made sure our classrooms were sparkling for the new students.”

“I spent just about every Monday morning scouring the ads for book bins, stickers, and other classroom supplies.”

“I remember countless trips to crafts stores and teacher supplies stores to make sure I got my room just right. Coming up with the theme for the bulletin board outside my classroom was always a big decision!”

“Right around the end of July, I started to get so excited to head back to school. That feeling was always marked by getting a new teacher planner and planning out the first few weeks!”

“I remember looking over my student rosters again and again, willing myself to memorize every name before I even had a face to put to it, so every student would feel known and important.”

(Source: www.edelements.com)

SAVE THE DATE!

***IF YOU'RE A U.S. VETERAN,
YOU'RE INVITED TO OUR
"VETERAN'S COFFEE & CHAT"
TUESDAY, AUGUST 22, 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!

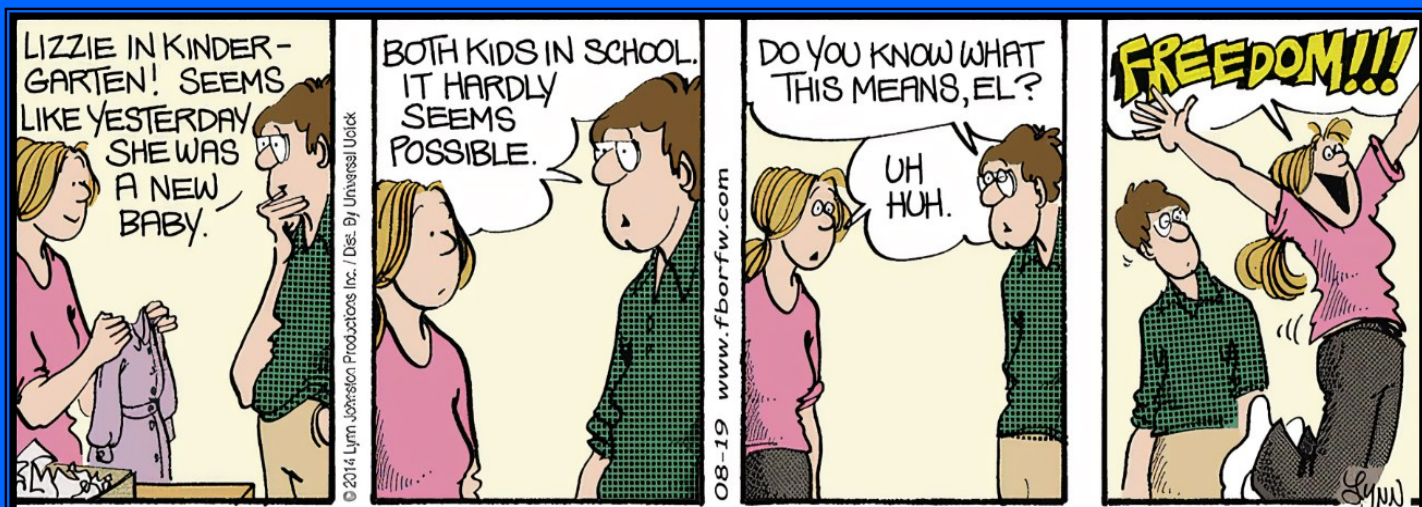
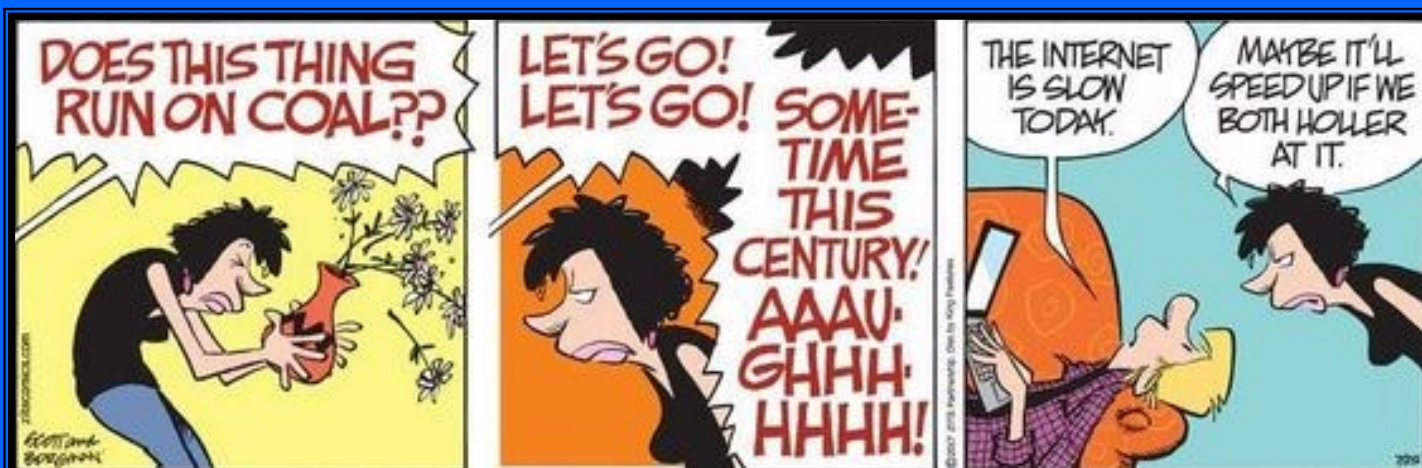


Want to get a back-issue of "The Senior Informer" that you may have missed, lost or that has flat-out disappeared?

ALL ISSUES FROM OCTOBER 2020 TO THE PRESENT ARE AVAILABLE, EITHER IN PRINTED OR EMAIL FORMAT.

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

Laff-A-Little!



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

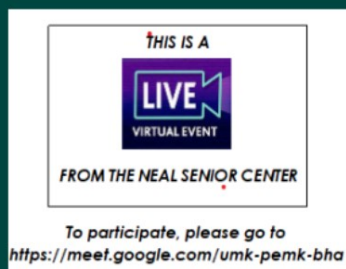
SOCIAL SECURITY DISABILITY



LEGAL AID
OF NORTH CAROLINA

**THURSDAY,
AUGUST 3RD
2:30 - 4:30 PM**

Attend our free Social Security Disability Clinic to learn about the types of adult Social Security Disability benefits, how to qualify, the application process, and what you will need to show to prove that you are entitled to benefits. At the clinic, you will watch an instructional video. A volunteer attorney will be available to answer general questions.



LIVE WEBINAR WITH Q&A
NEAL SENIOR CENTER
NEALSENIORCENTER.ORG
100 T R HARRIS DR, SHELBY,
NC 28150
QUESTIONS? CALL THE
LIBRARY AT 704-487-9069
EX.140



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, Aug 22, 2023

Time: 10:00 am

Where: Neal Senior Center

Please RSVP by calling 704-482-3488.

Deadline to sign-up is

August 18, 2023 by 12:00 pm.

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

EVERYONE WANTS TO FEEL NEEDED!
IF YOU **EVER** FEEL LIKE NOBODY NEEDS YOU,



STOP RIGHT THERE!

THE NEAL SENIOR CENTER REALLY NEEDS VOLUNTEERS!

The Neal Senior Center is in serious need of volunteers in different areas. These areas include helping with Monday Night Bingo, assisting with our gift shop, and managing our Reception Desk. It's a great way to help the center, our participants, our activities....

....and YOURSELF!

For information on becoming a Neal Senior Center volunteer, please contact Dolores Ashworth, Volunteer Coordinator, at 704/481-7386 or by email at dashworth@agingcouncil.org

What Went On In.....

1970

What were some “firsts” in 1970?

- The first home VCR (Video Cassette Recorder) was invented.
- The first “Earth Day” is celebrated in April.
- Actress Gail Fisher became the first African-American actress to win a Emmy Award. She won for her role in CBS-TV’s “Mannix”
- The Colgate-Palmolive Company introduces “Irish Spring” deodorant soap for the first time.

What happened in sports?

- Super Bowl IV had the Kansas City Chiefs (AFL) win 23–7 over the Minnesota Vikings (NFL).
- Joe Frazier wins the undisputed World Heavyweight title with the knock out of Jimmy Ellis in five rounds.
- Dock Ellis of the Pittsburgh Pirates throws a no-hitter against the San Diego Padres. It is later revealed that he did so while under the influence of LSD.

What were the headlines in 1970?

- In February, Guyana becomes a Republic within the Commonwealth of Nations.
- In March, the “Expo '70 World's Fair” opens in Suita, Osaka, Japan .
- In April, actress Inger Stevens (of TV’s “The Farmer’s Daughter”) dies at the age of 34 from an overdose of barbiturates. Though originally ruled as a suicide, later reports suspect she was murdered.
- In April, Paul McCartney announces that he is leaving “The Beatles” for personal and professional reasons.
- In May, four students at Kent State University in Ohio, are killed and nine wounded by Ohio National Guardsmen, at a protest against the U.S. incursion into Cambodia.
- In May, an F5 tornado struck Lubbock, Texas, killing 26 and causing \$250 million in damage.
- In late July/early August, Hurricane Celia slams into Western Cuba, Coastal Florida and Texas, causing 28 fatalities and \$930 million in damage.
- In October, US President Richard Nixon announces that the United States will withdraw 40,000 more troops from Vietnam before Christmas
- In October, the Public Broadcasting Service (PBS) was founded.

What were the Top 10 songs of 1970?

1. "Bridge Over Troubled Water"-Simon & Garfunkel
2. "(They Long to Be) Close to You"-The Carpenters
3. "American Woman"-The Guess Who
4. "Raindrops Keep Fallin' on My Head"-B.J. Thomas
5. "War"-Edwin Starr
6. "Ain't No Mountain High Enough"-Diana Ross
7. "I'll Be There"-The Jackson 5
8. "Get Ready"-Rare Earth
9. "Let It Be"-The Beatles
10. "Band of Gold"-Freda Payne

What were the Top 10 TV Shows of 1970?

Rank	Show	Network	Ratings
1.	"Marcus Welby, M.D."	ABC	29.6
2.	"The Flip Wilson Show"	NBC	27.9
3.	"Here's Lucy	CBS	26.1
4.	"Ironside	NBC	25.7
5.	"Gunsmoke	CBS	25.5
6.	"ABC Movie of the Week"	ABC	25.1
7.	"Hawaii Five-O"	CBS	25.0
8.	"Medical Center"	CBS	24.5
9.	"Bonanza"	NBC	23.9
10.	"The F.B.I."	ABC	23.0



Friday, August 4, 2023
9 am - 2 pm

Mt Zion Baptist Church
Kings Mountain
220 N Watterson St.
Kings Mountain, NC 28086

FREE
OTC MEDICINE
Giveaway

STOCK YOUR MEDICINE CABINET FOR FREE!

Free OTC medicine items include cold, cough, flu medicine, pain relief, vitamins, children's medicine, etc.

HOW IT WORKS:

- Stop by from 9 AM - 2 PM for FREE OTC products.
- If you want to request specific medications, you can pre-order online:
www.medassist.org/mobile or scan the QR Code.
- ***ONLINE REGISTRATION OPENS - 7/4/2023 @12:00 AM**
- ***ONLINE REGISTRATION CLOSES - 7/28/2023 @1:00 PM**
- You may pick up your pre-order during our event.
- Pick up items for a friend or family member.



NO APPOINTMENT OR PRE-REGISTERING REQUIRED.

If you do not pre-order your medications, you can come by and shop for your free OTCs.
All event participants will be able to choose up to eight items, while supplies last.

THIS EVENT IS OPEN TO EVERYONE

All NC residents are welcome. No income requirements to receive products.
No I.D. required. Must be 18 years or older. This event is rain or shine.

SPONSOR & BROUGHT TO YOU BY:



PARTICIPATING COMMUNITY PARTNERS:



NC MedAssist is a nonprofit pharmacy providing access to prescription medications to qualified uninsured North Carolina residents. We also provide over-the-counter (OTC) medications at no charge to all through Mobile Free Pharmacy events or at our store location in Charlotte.

Learn how to receive free prescription medication at www.medassist.org.

AUGUST 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				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 Center closes at 12:00 pm
7	8	9	10 Annual Birthday Party 10:30AM	11 Center closes at 12:00 pm
14	15	16	17	18 Center closes at 12:00 pm
21	22 Ladies Support 10AM Veteran's Coffee & Chat 10AM	23	24	25 Annual Golf Tournament River Bend Golf Course
28	29	30	31	