



## NOVEMBER 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  11:00 Tai-Chi  1:00 Chair Volleyball	9:00 The Sewing Circle  9:30 Chair Yoga  11:00 Zumba Gold  10:00 Beginner Spanish  11:00 Piedmont Rook  12:30 Knit Pickers  1:00 Beg. Line Dancing (through Nov. 15)  2:00 Chair Yoga Euchre	9:30 Chair Volleyball  1:00 Thursday Bridge  1:00 Mexican Train Dominoes	11:00-12:00 Zumba Gold

### Special/Monthly Activities for November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Carolina Singers 10:00-11:00	2	3 Center closes at 12:00 pm
6 Beginning Canasta 12:00-3:30	7	8 Beginning Canasta 12:00-3:30	9 Daytime Friends 10:00	10 Center closes at 12:00 pm
13 Beginning Canasta 12:00-3:30	14	15 Carolina Singers 10:00-11:00	16	17 Center closes at 12:00 pm
20 Beginning Canasta 12:00-3:30	21 Wreath Making Class 12-3:00	22 CENTER CLOSED	23 	24 CENTER CLOSED
27 Beginning Canasta 12:00-3:30	28 Ladies Support 10AM  Veteran's Coffee & Chat 10AM	29	30	



# "THE SENIOR INFORMER" November 2023



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

## Something to think about

*Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*

*- Leo Buscaglia*

## Did you know...?

It takes an average of 9.6 hours for a host to prepare a full Thanksgiving meal....and only 16 minutes to eat it!



## Just So You'll Know...

The Neal Center will be closed November 22-24, 2023 in observance of the Thanksgiving holidays. Normal hours will resume on Monday, November 27, 2023 at 8:30 A.M.

The Center will also be closed December 22-26, 2023 in observance of the Christmas holidays. Normal hours will resume on Wednesday, December 27, 2023 at 8:30 A.M.

The Center will also be closed December 29-January 1, 2024 in observance of the New Year's holidays. Normal hours will resume on Tuesday, January 2, 2024 at 8:30 A.M.



*Wishing you a  
Happy Thanksgiving*



*from the staff of the Neal Senior Center*

**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 Coord.

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!**



### LET'S MEET A NEAL CENTER VOLUNTEER



It's interesting to learn about the volunteers that help make the Neal Senior Center operate each day. Our center is blessed to have a variety of people from different backgrounds to share their time in making a difference in the lives of others. This month, let's meet another Neal Center volunteer, Judy Henley. Judy has been with the Neal Center ten years now, going on eleven. And what has she done at the center all those years? "Everything you've got and everything you have done away with!" she said laughing. "I haven't cleaned toilets, but I have done everything else".

Judy was born in Charlotte, NC and is the middle child of three children in her family, having an older brother and a younger sister. When Judy was in the 4<sup>th</sup> grade, her family relocated to Hickory. Her father's job would require quite a bit of moving over the next several years. From Hickory, her and her family moved to Hildebran, then to Icard, then back to Hildebran, then to Waco, followed by Hampton, VA, an area just outside of Washington, DC, then to Richmond, VA, then to Roanoke Rapids, before finally settling in Polkville, where her sister lived.

"My first husband worked for a railroad. While in Richmond, I owned my own store, "Alterations by Judith". When I remarried and lived in Roanoke Rapids, I started doing missionary work in addition to being a district manager of a Piece Goods shop", she recalled. It was during this time that Judy became a single parent, raising a son all alone. She had opened Piece Goods shops all up and down the eastern seaboard while continuing to do work in missions. "I studied for my licensure to become a minister, attending Halifax Community College," she stated. However, it was around this time that her faith was put to a serious test. The Piece Goods shop she managed went bankrupt and then came some much unexpected news. Judy went to get a flu shot, which made her so terribly sick, that she wound up in the hospital's Emergency Room. The doctors working with her ran a series of X-rays to further explore if there were any issues related to her reaction. It was discovered that Judy had a brain tumor that covered  $\frac{1}{4}$  of her brain. "I never dreamed something like this would happen to me. This was in January and I was told that I'd be dead by Easter or would become a vegetable. At the same time, I was also dealing with a terminally ill husband". Then, Judy received a revelation. "God told me that I would be raised up in three days. Three days later, I walked out of the hospital." She was able to continue her studies and was doing "super good", as she described. She became a CNA and kept on working.

At this point, her son and his four children moved in with Judy. "It took a lot to be able to help support four grandchildren." Just as things were looking up, it was discovered that Judy had a second brain tumor, followed by a stroke, which left her paralyzed on her left side. She went through a lot of physical therapy, which kept her in the hospital for a long while. She never let her faith weaken and she again turned to God. "I told God that if He would please let me get out of that bed, I would serve him the rest of my life." (Continued on the next page)

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She eventually recovered, though she continues to have some trouble walking. "God had raised me up too many times to give up now. It didn't beat me and I kept on going", she added. "All I had was God to depend on."

Judy continued her ministry work and once her son and grandchildren were able to be on their own again, she relocated to Shelby and began volunteering for the Neal Center. By now, she was the minister of a mission church in Maggie Valley. Judy recalled working with the food donations back then. "Big trucks of groceries would come into the Rec Room and people would sign up to receive them. I preached on Sunday, drove two hours back on Monday morning, and helped with the packing out so they would be ready go. I was volunteering five days a week, and worked there like a real job, so it was like I never retired." Even when her husband passed away in 1999, she never stopped. She added, "If I got sick, I got over it and kept on going". In addition to volunteering at the center, she also did some volunteer work with Hospice and became the leader of the local Red Hats chapter.

What are her thoughts about the Neal Center? "I must like it to have stuck it out as long as I have! I wish I could do more, but right now, everyone's hands are pretty well tied. You can only do so much for people. People think you can do things that you humanly can't do. We can only do with what we have. If it doesn't come it, you can't give it out. Some think you can pull it out of thin air, but you cannot. I just love people and love to help people. Even though I have a temper and pick on people, the ones that I pick on the most are the ones I love the most." She concludes with, "I've done so much in my 75 years, it's not even funny! "

FACT: Judy is a licensed, ordained minister of the Pentecostal faith. "I can marry people and bury people!" according to Judy.

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

### **Things to Be Thankful For**

Be thankful for the clothes that fit a little too snug, because it means you have enough to eat.

Be thankful for the mess you clean up after a party, because it means you have been surrounded by friends.

Be thankful for the taxes you pay, because it means that you're employed.

Be thankful that your lawn needs mowing and your windows need fixing, because it means you have a home.

Be thankful for your heating bill, because it means you are warm.

Be thankful for the laundry, because it means you have clothes to wear.

Be thankful for the space you find at the far end of the parking lot, because it means you can walk.

Be thankful for the lady who sings off-key behind you in church, because it means you can hear.

Be thankful people complain about the government, because it means we have freedom of speech.

Be thankful for the alarm that goes off in the early morning hours, because it means you're alive.

-Ann Landers

Join us for  
"Ladies Support"  
Coffee & Chat

Women age 50+ are invited to come out and join us!

When: Tuesday, November 28, 2023

Time: 10:00 am

Where: Neal Senior Center

Please RSVP by calling 704/482-3488.

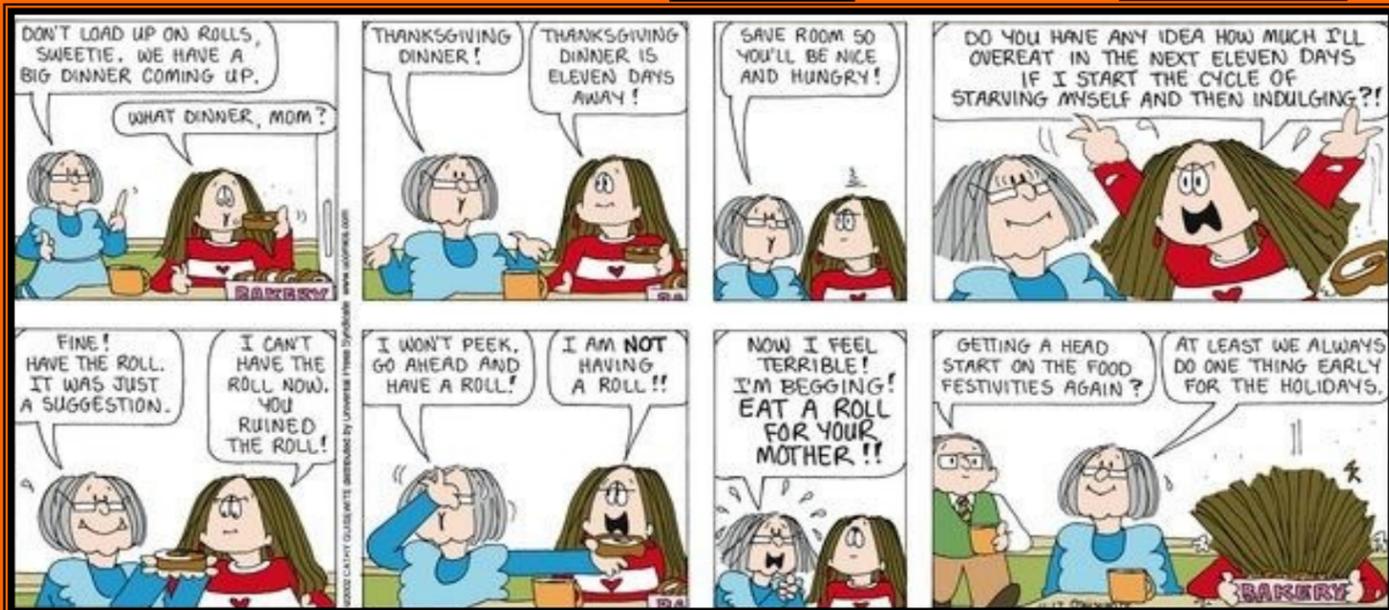
Deadline to sign up is

November 17, 2023 by 12 Noon.

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



**laff-a-little**

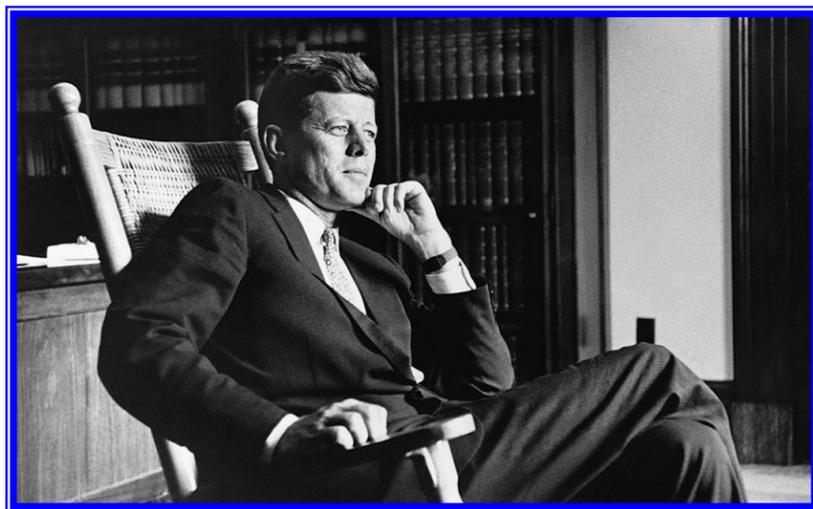


## THROUGH THE PAGES OF HISTORY

## The Assassination of President John F. Kennedy

November 22 of this year will mark the 60th anniversary of the assassination of President John F. Kennedy. Many remember what they were doing that day or that moment upon hearing the news that Kennedy has been assassinated. November 22, 1963 was declared as a "Day of Mourning" by newly installed president Lyndon Johnson. There are many stories and theories about what exactly took place that tragic day. Here's a list of facts in connection with the death of President Kennedy:

1. On Nov. 11, 1963, President Kennedy laid a Veteran's Day wreath at the "Tomb of the Unknown Soldier" in Arlington National Cemetery. He would be buried at this same cemetery exactly two weeks later.
2. Jacqueline Kennedy rarely traveled with her husband on political trips but decided to fly with him to Texas on Nov. 21.
3. A priest administered last rites to Kennedy, as he was the first Roman Catholic U.S. president.
4. Lyndon B. Johnson took the oath of President of the United States aboard Air Force One, 99 minutes after Kennedy's death. Judge Sarah Hughes wept as she administered the oath of office.
5. Jackie Kennedy refused to take off her pink Chanel suit, stained with her husband's blood. She told Lady Bird Johnson, "I want them to see what they have done to Jack." Her suit has never been cleaned and is in the National Archives. It will not be seen in public until at least 2103, according to the wishes of the Kennedy family.
6. The Texas School Book Depository's sixth floor, where assassin Lee Harvey Oswald had positioned himself for the shooting, is today a museum dedicated to JFK's assassination.
7. The murder weapon Oswald used was a 6.5 mm Italian carbine rifle that Oswald had bought for \$19.95.
8. The secretary of Dallas businessman Abraham Zapruder urged him to go home and get his 8 mm home movie camera to film the presidential parade. With it, he was able to film the assassination. Zapruder's film was later bought by *Life* magazine for \$150,000.
9. Although Jackie Kennedy would eventually remarry, she is buried next to President Kennedy, along with two of their children, an infant son and daughter.
10. The day of Kennedy's funeral, November 25th, was also John Jr.'s third birthday. After the funeral service, Jackie had a birthday party for John Jr. Caroline would turn six two days later.



It's **new** and **improved!**  
Come to the Neal Senior Center's  
Gift Shop and see what's **new!**



### The Gift Shop has...

- Merchandise from **NEW** vendors
- A new supply of greeting cards, including holiday, get-well, sympathy, and “thinking-of-you” cards
- A brand-new selection of kitchen knives
- Just in time for the holiday cooking...a full line of “Happy Home” flavorings and colorings
- Antiques and vintage

The Neal Senior Center Gift Shop is open Monday-Thursday,  
8:30 am-4:00 pm and Friday,  
8:30 am-12 Noon

This is a great time to get a jump-start on your Christmas shopping!

Drop in and see what's **new!**

## Let's Eat!

### *Cranberry Pineapple Salad*

- 1-3/4 cups boiling water
- 2 packages (3 ounces each) raspberry gelatin
- 1 can (14 ounces) jellied cranberry sauce
- 1 can (8 ounces) crushed pineapple, undrained
- 3/4 cup orange juice
- 1 tablespoon lemon juice
- 1/2 cup chopped walnuts
- Lettuce leaves, optional
- Miracle Whip, optional



*Add boiling water to gelatin; stir until dissolved, about 2 minutes. Stir in cranberry sauce. Add pineapple, orange juice and lemon juice. Refrigerate until thickened, about 30 minutes. Stir in nuts. Pour into an 11x7-in. dish. Refrigerate until set. Cut into 12 squares. If desired, serve each with a lettuce leaf and a spoon of Miracle Whip. Yield: 12 servings.*

*There are lots of ways to enjoy the season of fall....*

*Let's include a "Fall Dance"!*



*To be held Thursday, November 16, 2023, at 6 p.m. at the  
Neal Senior Center, 100 T.R. Harris Drive, Shelby  
Music provided by "Union Express" – Snacks will be available for sale  
Advanced tickets are \$6 each  
(The deadline to purchase advanced tickets is Tuesday, November 14  
at 3 pm)*

*Or, they may be purchased at the door for \$8 each*

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

**SPOTLIGHT ON Foothills Regional Commission Area Agency on Aging**

The goal for Region C Area Agency on Aging is to help advocate, coordinate, plan, educate and provide services to and for senior adults in the four-county region which includes: Cleveland, McDowell, Polk, and Rutherford.

An example of the Area Agency on Aging services is The Evidence Based Health Management Program.

The program has the responsibility to plan, coordinate and implement disease prevention and health promotion programs that are based on scientific evidence and have been demonstrated to improve the health of older adults.

We offer free workshops to help improve a person's confidence in their health and learn the many ways chronic health conditions impact their lives.

Examples of workshops include:

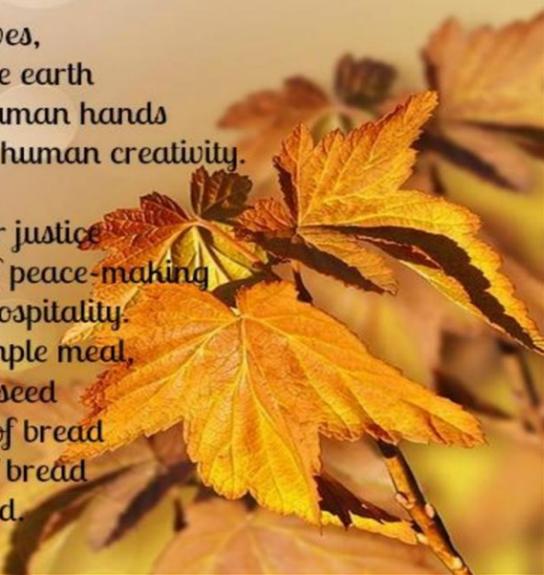
- Living Healthy with Chronic Disease
- Living Healthy with Chronic Pain
- Living Healthy with Diabetes
- Powerful tools for Caregiving
- Tai Chi for Arthritis and Fall Prevention
- A Matter of Balance



For more information, please call Evidence Based Program coordinator, Danielle Williams at 828-351-2370, Monday through Friday – 8:30am – 5:00pm

God, giver of all life and of our lives,  
Blessed are You in the fruits of the earth  
Blessed are You in the work of human hands  
Blessed are You in the harvest of human creativity.  
God of the poor and hungry,  
Blessed are You in the striving for justice  
Blessed are You in the fragility of peace-making  
Blessed are You in the grace of hospitality.  
God of the great feast and the simple meal,  
Blessed are You in the sowing of seed  
Blessed are You in the breaking of bread  
Blessed are You in the sharing of bread  
Blessed are you in our daily bread.

Amen



## SHARING LIFE'S EXPERIENCES

## The Purpose Behind the "Veteran's Coffee and Chat"

Those who served in the US armed forces over the years have plenty to tell about their experiences. Some of those experiences were positive and life-changing while others were tragic and emotionally traumatic. Not all veterans have someone that they can share their experiences with that genuinely understands what they've seen and faced. This is the reason why the Neal Center began a "Coffee & Chat" for US veterans. This is to encourage veterans to share their positive and negative experiences with other veterans, providing an outlet to which the participants can relate and support each other.

The group is very informal, meeting monthly over coffee and snacks. The participants have served in various branches of the military and in different time periods. One of the most common discussions was their involvement in the Vietnam War. Some remember being drafted into service while some volunteered, particularly when the US was involved in a critical event.

It's very interesting to hear the participant's stories. Recently, I was invited to act as "host" for the group and to encourage the participants to tell about the pros and cons of their service. There were about eight participants, all having served either during World War II, the Korean War, the Vietnam War, and during Desert Shield and Desert Storm in the early 1990's. It was fascinating to hear these veterans tell about their experiences being in the US military and what impact it left on them.

With the anniversary of the assassination of former president John F. Kennedy this month, some of the veterans explained what they felt would have happened to our nation had Kennedy not been killed. Another similar topic was when American was on full alert during the 1962 Cuban Missile Crisis and how these veterans dealt with the stress and tension of those difficult days. A few remembered the protests that occurred during the Vietnam War in which many who were opposed to the US even being in Vietnam at all.

The stories are told in a way that you feel like you're almost there when it took place. Everyone's stories are different, just as their experiences were. Some served in their branches for two years, while some literally made a career out of serving all their professional lives. Some of their stories were humorous while some were more serious and thought-provoking. Regardless of what branch they served and for how long, the "Veteran's Coffee and Chat" is fulfilling a purpose for veterans: to ensure them that they're NOT alone and that there is a place for them to share their experiences as they served their country.

### *WANT TO TAKE PART?*

**IF YOU'RE A U.S. VETERAN,  
YOU'RE INVITED TO OUR NEXT  
"VETERAN'S COFFEE & CHAT" ON  
*TUESDAY, NOVEMBER 28, 2023, AT  
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!***

**If you're a senior citizen and take a number of medications,  
that cost is already outrageous!**



**Medicare or Medicaid can provide some help, but for many, it's  
often not enough.**



**Is there another option? YES! It's called SHIIP!**

Seniors' Health Insurance Information Program (SHIIP) is a consumer information division of the North Carolina Department of Insurance that assists people with Medicare, Medicare Part D, Medicare supplements, Medicare Advantage, and long-term care insurance questions. We also help citizens recognize and prevent Medicare billing errors and possible fraud and abuse through our NC Senior Medicare Patrol (NCSMP) Program.

**OPEN ENROLLMENT BEGINS OCTOBER 15 AND ENDS DECEMBER 7**

To find out more about the SHIIP program and to see if it will benefit you, please contact either Heather Ledbetter at 704/481-7390 or Daniel Dedmon at 704/481-7387 to arrange for a consultation at the Neal Center. Once your consultation is scheduled, you have the option of having your session done in person or virtually by computer or phone, whichever you prefer.

**SHIIP SERVICES ARE ALL FREE OF CHARGE**

**Though you can't help everyone in the world who needs food this  
Thanksgiving....**

**...could you help with 160 homebound seniors?!**



**PLEASE DONATE TO THE NEAL CENTER'S  
"MEALS-ON-WHEELS THANKSGIVING FOOD DRIVE"**

During the Thanksgiving holidays, our "Meals-On-Wheels" participants don't receive a meal. They rely on support from the Neal Center, which relies on food and cash donations to provide food for these participants during the Thanksgiving holidays.

**What is needed?** 18 oz. jars of creamy peanut butter & individual packets of instant oatmeal

**Want to help in other ways?** Cash donations are also welcome!

**How to get the donations to us:** Contact the Neal Center at 704/482-3488 and arrange a time with Paulette Putnam, Neal Center Executive Director, to bring them by.

**When is the deadline?** [Monday, November 13, at 3 PM](#)

**By working together, we can make this Thanksgiving  
especially thankful for our participants!**



Some people can't stand it, while others think of it as a holiday within itself...It's "Black Friday", the busiest shopping day of the year! With all that our lives have faced the last few years, many are wondering what 2023's "Black Friday" will hold. While the pandemic isn't of major concern right now, inflation is, as well as supply issues. Regardless of your concern, start getting things together for "Black Friday 2023" right away! To make the most of "Black Friday" shopping, as well as throughout the rest of the holiday shopping season, here's some ways to help with managing your funds, finding great deals and making shopping easier to deal with:

### 1. Set your budget immediately.

Setting a budget is a crucial task any year for Black Friday, but it's incredibly important for 2023. While we may not be seeing issues with the supply chain this year, there are still other factors to consider. While inflation has reportedly been falling for much of 2023, most consumers haven't seen the lower prices that's supposed to bring. Many families are still feeling the financial strain, and this is causing them to reevaluate spending in general.

Decide first on how much you can afford to spend this holiday season. Nail down the items you must have, including holiday gifts and other purchases you've been saving for. And be sure to leave room for incidentals, like last-minute gifts. Once you've put together this list, calculate the absolute maximum amount you can afford to spend—and prepare to stick to it. Then, make a list of all the people you're shopping for. This helps you dole out appropriate amounts for each gift. Then get an idea of what you'd like to buy for your recipients. Keep things as nonspecific as you can, and be flexible with your shopping; doing so will help shield you from missing deals, mediocre savings, or even inventory selling out.

### 2. Check prices *before* Black Friday.

This may seem like a waste of time, but by checking up on pricing for the items on your list now, you'll have more confidence in the offers you see during Black Friday. And since some retailers have pushed early Black Friday deals the last couple of years, you may even be able to snag these offers ahead of time to avoid website crashes and crushing crowds on the big day itself.

### 3. Study the ads to find the best 2023 Black Friday deals.

Take the time to look over the Black Friday ads as soon as they're released. Check the circulars for your favorite stores first, but don't ignore the ones from places you might not normally shop! While it's easy to buy a new Echo device from Amazon, stores like Staples or Best Buy could have better savings locally. Be sure to also make note of any restrictions, including deals that only run until a certain time or on a certain day.

### 4. Consider online shopping.

In the last few years, retailers have equalized online and in-store shopping. In fact, we rarely see any in-store-only deals now for Black Friday. Don't expect many in-store-only doorbusters in 2023 — if there are any at all—and be aware that online shopping can come with a few drawbacks. Watch out for short-lived deals that sell out fast, a lack of inventory transparency, and website crashes (or outright refusals for sites to load). Additionally, price comparisons are an absolute must if you want to be sure you're getting the best deals possible, so be ready to jump from one site to another before adding something to your cart.

### 5. Bookmark pages ahead of time.

If you're planning on shopping online, bookmarking a product page ahead of time can often save you precious seconds when sales go live; just note that sometimes stores will have products at different, Black Friday specific URLs. In these cases, you could find yourself staring at a 404 error message. If you'd rather not risk that, bookmark the homepage of the store's website — you'll still save at least a little time.

**(Continued on the next page)**

## 6. Craft a curbside pickup plan.

With pandemic-related restrictions gone in the U.S., consumers are happy to shop in-store like normal. But that doesn't mean they'll enjoy it, especially if the crowds are on the larger side. Though it was designed to help shoppers during the pandemic, some stores like Target and Wal-Mart continue to offer curbside pickup, and are even branching out into curbside returns now, too. Other stores will likely follow suit with their own curbside pickup options, but even in-store pickup can save you time over shopping in a more traditional manner. The great thing about in-store, curbside, or even drive-up pickup is that they combine the best of both worlds. You can still shop online, but you can also get your items quickly, rather than having to wait for them to be delivered. We might not see the same delivery delays this year that we've seen in the past, but there's still a big convenience factor to these shopping methods, and you may not want to risk waiting for your items to be delivered if you don't have to.

## 7. Have a back-up plan for gifts.

In a normal year, inventory can still sell out if it's in high demand, but there's also the risk of items you want not dropping far enough in price to fit your budget. To avoid disappointment, it's best to have backup gifts planned for those on your list. That way, if a deal doesn't meet your standards — or there simply is no deal — you have a plan and can avoid buying a random product out of panic.

## 8. Avoid impulse purchases.

Avoiding impulse purchases might be easier to do if you're shopping exclusively online, as you won't have the items right in front of you while you wait for a cashier to scan your purchases. When you're saving a lot of money during the shopping holiday, it's easy to feel like a couple of extra items won't matter. But this kind of thinking will destroy your Black Friday budget! Avoid any so-called "freebies" that come with minimum thresholds you weren't planning to spend, like a free tote with a \$75 purchase.

## 9. Plan for shipping delays.

It's a good idea to pad your shopping time frame with the potential for shipping delays, especially if you're buying online. Most retailers will alert you to order deadlines to ensure that your items arrive in time for the holidays — often via a banner on their homepage. But it's still good to account for the possibility of items arriving later than expected, so you aren't frantically trying to come up with an alternate plan at the last minute. (That's where the backup-plan tip above can come in handy!) If you're cutting it close and ordering a few days before the holiday itself, you may want to plan on spending extra for expedited shipping — if it's in your budget. That'll increase the odds of your gifts arriving in time.

## 10. Beware of final sale items.

Plenty of Black Friday promotions claim to offer the lowest prices of the season. But before you rush to buy anything — especially a big-ticket item — check to see if it's a "final sale." Products with that designation typically can't be exchanged or returned, and if they can be, they could incur a restocking fee of at least 15%. Familiarize yourself with the store's policy before you add that new TV to your cart — especially if you aren't sure you need it.

## 11. Be ready to wait.

You might not be standing in a physical line this year, but if you're utilizing some method of store pickup, be prepared to wait. If you can, opt for drive-up in these cases; then you can at least wait in the comfort of your car. If you do have to wait inside, remember to follow any rules the store has in place for where you have to pick up your order, and also remember to be patient and kind to those around you. Whether you're inside the store or waiting in your car, you'll need material to keep you entertained. The amount of time you'll have to wait will vary, so be prepared with something to do. For example, take a book with you to read or listen to podcasts on your phone. That way, you won't be standing around plagued by boredom — and the temptation to give in to impulse purchases.

## 12. Be Kind to Everyone.

Please be nice to sales associates. True, some retail employees jump at the chance to earn holiday overtime pay by working on Thanksgiving or Black Friday, but they still have to face long lines, temperamental customers, and possibly even co-workers who have zero desire to be there. And even if more people shop online overall, they'll still have to face these obstacles at some point. You won't be able to control the people around you, but you can definitely be a bright spot in someone else's stressful day.

**LET'S SAY "THANKS" TO THOSE WHO DON'T  
RECEIVE ENOUGH THANKS....**

**....OUR VETERANS**



**The Neal Senior Center is honoring all veterans with  
a "Veteran's Drive-Thru Lunch"**

**To be held on Thursday, November 9, 2023  
at the Neal Senior Center  
100 T.R. Harris Drive, Shelby  
from 11:30 AM - 12:30 PM**

**Please RSVP no later than November 6, 2023  
by calling Jane Wright at 704/481-7385.  
Be prepared to give your name and phone number.**

**Sponsored by:**

