



"THE SENIOR INFORMER"

March 2023



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



Something to think about

“Laughing is the best medicine, but if you laugh without any reason, you need medicine.”
—Anonymous

From the Executive Director's Desk...

Paulette Putnam, Neal Center Executive Director



Hello!

Believe it or not, it's March! Seems like we just celebrated Christmas. What I love about March is "Daylight Savings Time" and celebrating St. Patrick's Day. Also, spring begins on March 20.

At the Senior Center, we will be celebrating all these things and more. Please join us on March 9 for "Breakfast With the Staff". Please be sure you call ahead and RSVP by March 3. Also, wear your green and come to the "St. Patty's Dance" on March 16. Hope to see you a lot in March at the Senior Center.

*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 Coord.

Mary Hamrick, Secretary

Charles Walls, Bookkeeper

Stephanie Baxter, Housekeeping

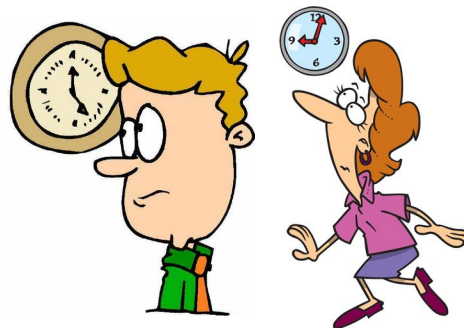
What are the hours for the Neal Senior Center?

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.

EARLY REGISTRATION ENDS MARCH 10. ALLREGISTRATION ENDS MARCH 17.

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

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 can be made now!**

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)****

**THIS OIL PAINTING CAN BE
COMPLETED IN JUST ONE DAY!**

AND YOU CAN LEARN HOW!



**Join the Neal Center's "One-Day Oil Painting Class",
meeting the 3rd Monday of each month.**

**The next class will meet
Monday, March 20, 2023
9AM-3PM**

**Cost is \$30 for each class and will be taught by local artist
Suzzette Proffit.**

**For further information, please contact Suzzette at
704/747-2844**

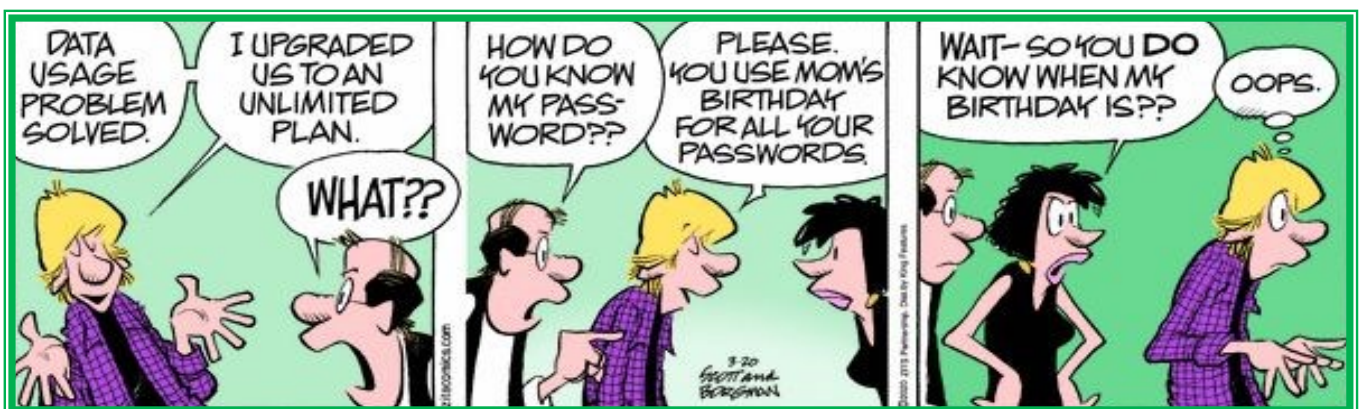
You'd Be Surprised!

Unknown truths about St. Patrick's Day

We all have been taught that St. Patrick's Day is all about leprechauns, shamrocks, wearing green, and numerous other traditions. However, St. Patrick's Day isn't all we have long believed it to be. For instance:

- While green is the color most associated with St. Patrick's Day, historians have indicated that the official color for the holiday is LIGHT BLUE.
- The people of Ireland like wearing green on the holiday because it makes them more visible in a crowd. In addition, green is the official color of Ireland.
- St. Patrick, for whom the holiday is named, wasn't Irish....he was Welsh.
- While the shamrock is often used for decoration at St. Patrick's Day, it was originally used to teach The Holy Trinity.
- Over 100 U.S. cities have a St. Patrick's Day parade.
- 15,000,000 St. Patrick's Day greeting cards are exchanged on St. Patrick's Day alone, with 10% of them being sold in New York only.
- In Ireland, there are about 60 churches and cathedrals named for St. Patrick.
- In Ireland, St. Patrick's Day had been viewed mostly as a religious observance, and up until the 1960s, they even had laws that forbid bars from being open that day.
- Traditionally, Catholic families go to church in the morning on St. Patrick's Day, and partake in a meal that includes cabbage and Irish bacon.
- St. Patrick's Day ranks as the fourth most popular drinking day, right behind New Year's Eve, Christmas Day, and July 4th.
- The New York City St. Patrick's Day parade lasts for over five hours. (sources: parade.com, meebily.com)

Laff-A-Little!



WARMING UP THE VINTAGE TV

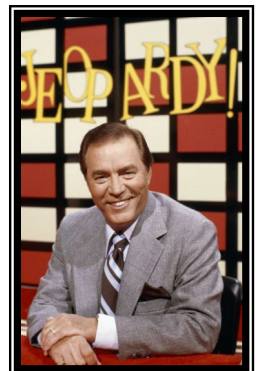
The show: “Jeopardy!”

The network: NBC

Broadcast history:
March 30, 1964–January 3, 1975;
October 2, 1978–March 2, 1979

Format: Color/30 minutes

Where to watch: YouTube



It's common knowledge that one of the most popular TV game shows on the air today is “Jeopardy!”. Back on television since 1984, this game has become a very respected and time-honored show, even to this day. But, before there were huge cash prizes, electronic category boards and high-tech special effects, “Jeopardy!” has a past....going back to 1964. NBC knew they were taking a chance on a game which was very different for its time: instead of being asked questions and giving correct answers, the premise was reversed—the cash awards were small, ranging from \$10 to \$100—the set was made of cardboard—plus, the show was hosted by someone most people had never heard of (a gentleman named Art Fleming). Yet, “Jeopardy!” became an NBC daytime favorite and is among the best loved TV shows ever.

In the early 1960's, America was still recovering from the “Quiz Show Scandals” that had shaken the television industry a few years earlier. All three major television networks, ABC, CBS, and NBC, were now required to keep their game shows under strict control. Talk-show host Merv Griffin, who at that time was a game show developer for NBC, was hoping to develop a game that would not lead the viewing audience to think there was any sign of the game being “fixed”. On a flight to New York in 1963, Griffin was discussing his thoughts with his wife, Julann. He was wondering how could he convince the network to take another chance on a trivia-based game show. “Why not just give them the answers to start with?” Julann replied jokingly. Though she was joking, it instantly got Merv's attention. Back in his office, he outlined the game: 10 subject categories, each containing 10 answers of varying difficulty, with a dollar value assigned to each. Griffin invited friends over to his Central Park West apartment for run-throughs, confident that he could create something special. He called his show, “*What's the Question?*” and presented it to NBC executives.

The network was intrigued, but nervous. To convince the executives, Griffin reminded them that, unlike in years past, there was little money at stake. Instead of tens of thousands of dollars in prize money, some clues were worth just \$10. Before long, he got the approval to move forward with the project. As Griffin refined the format, the network wanted to ensure that the show was compelling enough. What the game needed, one executive suggested, was “more jeopardies.” “I didn't hear another word he said,” Griffin later said. The word “jeopardy” caught his attention and he renamed his show “*Jeopardy!*” After months of tinkering, he presented his show for final approval to the NBC executives again. But this time, Merv made a few changes: the game was streamlined into six Categories and the gameplay divided into rounds. The rounds moved from Jeopardy, to Double Jeopardy, with harder questions worth more cash. In NBC's boardroom, Griffin pasted envelopes onto poster board and filled them with index cards revealing the answers. He emceed the run-through himself, with the NBC executives serving as the “contestants”, with one of those “contestants” being the head of the NBC Television Network!

(continued on the next page)

During the run-through, the head of NBC became frustrated, claiming “It’s too hard!” because he hadn’t gotten one question right. His assistant leaned over to him and said, “Buy it.” Soon enough, Griffin had ironed out the details. Art Fleming, a game show novice, was selected to host, and for the background “think” music, Griffin composed a rather suspenseful tune. Yet, the real test would be the type of ratings it would receive. “Jeopardy!” made its debut at 11:30 a.m. EST on March 30, 1964, pitted against reruns of “The Dick Van Dyke Show” on CBS.....and “Jeopardy!” was an almost instant hit! Within weeks, it had grabbed 40 percent of the viewers in its time slot. People were playing along on college campuses and during lunch breaks. Between 1964 and 1975, “Jeopardy!” taped more than 2,500 broadcasts with the show regularly beating the competition of reruns and soap operas on ABC and CBS.

The show even had “special event” shows throughout its run. An annual tradition was the “Tournament of Champions”, in which nine of the previous year’s undefeated champions returned to compete in a week-long tournament. The grand prize, was usually a trip and a cash prize. Occasionally, celebrities appeared on the show and played for charities. In 1967, the show hosted a week-long “College Scholarship Contest” where graduating high school students played for cash to use at the college of their choice. The Milton Bradley company came out with ten editions of the “Jeopardy!” home game, which are now collectables.

The show was a daytime favorite for eleven years, until NBC wanted to appeal to a younger, female demographic audience. So, in 1975, despite solid ratings, the network abruptly cancelled “Jeopardy!” Feeling the show was cancelled too early, the show was updated, revised and returned to NBC daytime in 1978. However, due to much stronger competition across the TV airwaves as compared to 1964, “Jeopardy!” was canceled again, less than six months into its run.

It was a common practice during the 1960’s and ‘70s for networks to “wipe” or “erase” their video tapes after a show was broadcast to reuse the tape. Unfortunately, because of this practice, very few recordings of the 1964-75 version of the show exist. Some existing broadcasts from 1967, 1971, 1972, and 1975 are in storage at the UCLA Film Archive in Los Angeles, California. The 1964 test pilot show was uncovered in 2022. The broadcasts of the 1978-79 version are said to be fully intact, but are in storage. Thankfully, YouTube has a number of clips from both versions of the Art Fleming shows.

After giving the show a rest for a few years, the show returned in 1984, in which Alex Trebek took the duties of host. Now hosted by Ken Jennings and Mayim Bialik, the show has been thriving ever since and doesn’t seem to show any signs of slowing down anytime soon.....but that’s another story!

Let’s Eat!

“St. Patrick’s Day” Punch

- **1 2-litre bottle Ginger Ale, chilled**
- **1 quart Lime Sherbet**

Place a scoop of lime sherbet in a chilled glass and pour chilled ginger ale over sherbet to fill the glass. By using the full measurements listed, this may be prepared in a punch bowl for a party.



*CELEBRATE ST. PATRICK'S DAY AT THE NEAL SENIOR
CENTER WITH A DANCE!*

Music provided by "Union Express"

Thursday, March 16, 2023, at 6PM

\$6.00 advanced tickets

*(The deadline to purchase advanced tickets is
Tuesday, March 14, at 3 PM)*

\$8.00 at the door

*(a minimum of 50 tickets must be sold in advance
to hold the event)*



Getting to Know the Neal Senior Center

The Volunteer Program

Often, when an individual retires from their professional career, they usually have a list of future plans. That usually includes traveling, spending more time with family and friends, or even finding some part-time employment. One thing that many retired individuals enjoy doing is volunteering their time with a church, hospital, or numerous other places. Volunteering is said to be a positive influence on a person's physical and mental health. Staying busy has often proved to be beneficial for older adults, as it keeps them socially engaged and provides personal satisfaction.

The Neal Senior Center encourages volunteering! It's those special people that provide immeasurable assistance to not only the center staff, but to the participants, as well. There's always plenty of volunteer opportunities available. Dolores Ashworth, Neal Senior Center Volunteer Coordinator, is always on the lookout for volunteers and volunteer opportunities to which they are interested. Many people don't fully understand the process for volunteering, which the Neal Senior Center takes very seriously. When an individual expresses interest in volunteering, they complete a volunteer application. The individual is called in for an interview, much like a traditional job interview for a paid position. The references are checked and if everything checks out well, then the volunteer is assigned to a position that the applicant has expressed interest in. This could be with the Monday Bingo games, managing the reception area, working in the library or the gift shop, or making phone calls to check on Neal Senior Center participants. There is also a need for volunteers to help with special events throughout the year.

For further information about volunteering with the Neal Senior Center, reach out to Dolores Ashworth, Neal Senior Center Volunteer Coordinator, at 704/481-7386 or email to dashworth@agingcouncil.org.



Toni Heberlig (foreground) enjoys volunteering with the "Knitpickers", a social group that works on knitting projects and other handiwork.

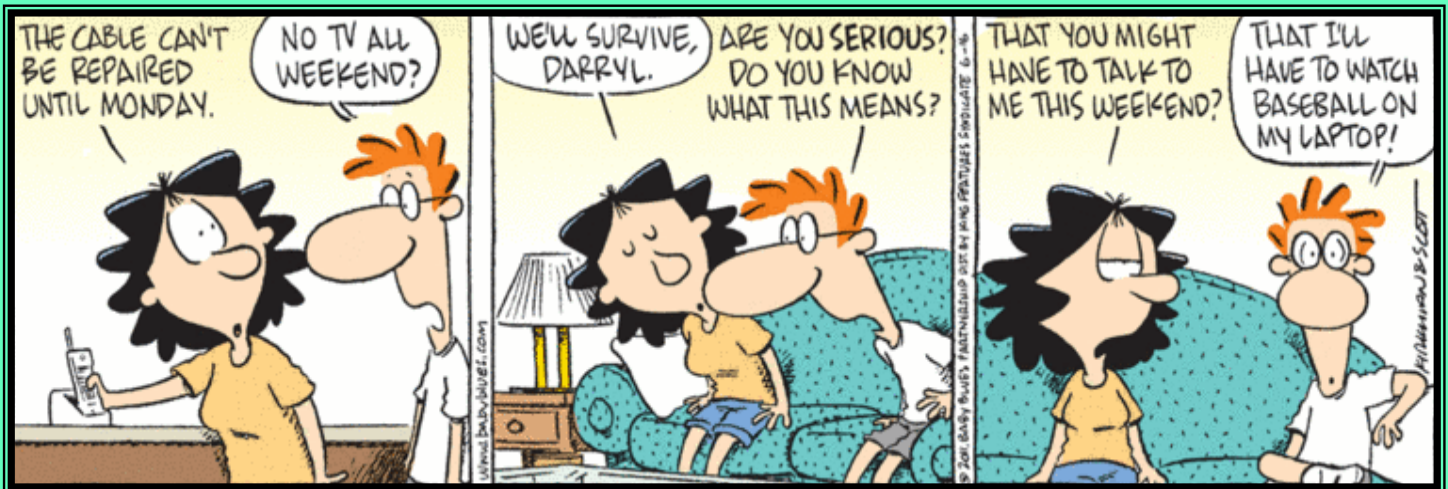


"The Carolina Line Dancers" volunteer their time demonstrating their dancing talents to area rest homes and assisted-living centers.



Jan Dumas (far left) has great fun volunteering to direct the Neal Senior Center's "Mexican Train Dominoes", a long-popular game for Neal Center participants.

Laff-a-Little!



Let's Eat!

Crock-Pot Corned Beef & Cabbage

- 4 medium Potatoes, peeled and quartered
- 1 lb. Carrots, peeled and cut into large pieces
- 1 medium Onion, quartered
- 3 C. Water
- 2 Tbs. Sugar
- 2 Tbls. Cider Vinegar
- 3 cloves Garlic, minced
- 1/2 tsp. Black Pepper
- 1 Bay Leaf
- 3 lb. Corned Beef Brisket, halved (with spice packet)
- 1 small head Cabbage, cut into wedges



Place potatoes, carrots, and onion into a 5-quart slow cooker. Combine water, sugar, vinegar, garlic, black pepper, bay leaf, and contents of spice packet in a small bowl; pour over vegetables. Top with beef brisket and cabbage. Cover and cook on Low until beef and vegetables are tender, 8 to 9 hours. Remove bay leaf before serving. Serves 6.

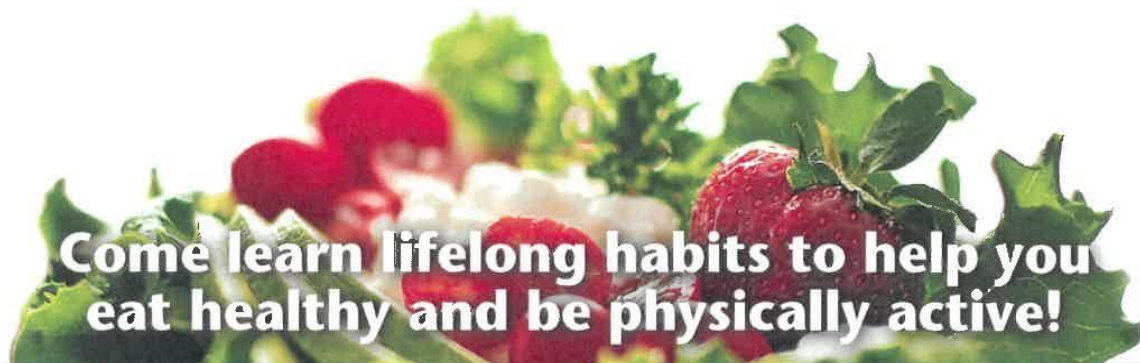


Nutrition Program for Adults

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!



NC STATE
EXTENSION



SAVE THE DATE!

JOIN THE NEAL SENIOR CENTER FOR
“BREAKFAST WITH THE STAFF”



THURSDAY, MARCH 9, 2023

BEGINNING AT 9:30AM

AT THE NEAL SENIOR CENTER

TO MAKE RESERVATIONS,

CALL 704/482-3488

NO LATER THAN FRIDAY, MARCH 3

THE NEAL SENIOR CENTER IS DEALING WITH AN **URGENT** SITUATION!



VOLUNTEERS ARE **URGENTLY** NEEDED FOR:

- RECEPTION DESK
- GIFT SHOP
- MONDAY BINGO GAMES-CHECK RUNNERS,
FLOOR RUNNERS AND KITCHEN ASSISTANCE
- LIBRARY
- SPECIAL EVENTS

If you have time to fill and would be willing to volunteer with the Neal Senior Center, we would love to have you! Please contact Dolores Ashworth, Neal Senior Center Volunteer Coordinator, at 704-481-7386 to obtain details about becoming a volunteer. All volunteers are interviewed and trained in their area of interest.



MARCH 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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	2 Crocheting For Charity 9:00-10:30 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	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 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	7 Carolina Line Dancers 9:45-10:45 Acrylic Painting 10:00-12:00 Chair Volleyball 1:00-2:30	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 Breakfast with the Staff 9:30-10:30 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	10 Zumba Gold 11:00-12 Noon Closing at 12 Noon
13 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 5:00-8:30 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	15 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	16 Crocheting For Charity 9:00-10:30 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	17 Zumba Gold 11:00-12 Noon Closing at 12 Noon
20 Monday Morning Bridge 9:00-12:00 Third Monday 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 5:00-8:00 Zumba 5:30-6:30	21 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 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	23 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	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 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	28 Carolina Line Dancers 9:45-10:45 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00	29 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	30 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	31 Zumba Gold 11:00-12 Noon Closing at 12 Noon