



"THE SENIOR INFORMER"

June 2023

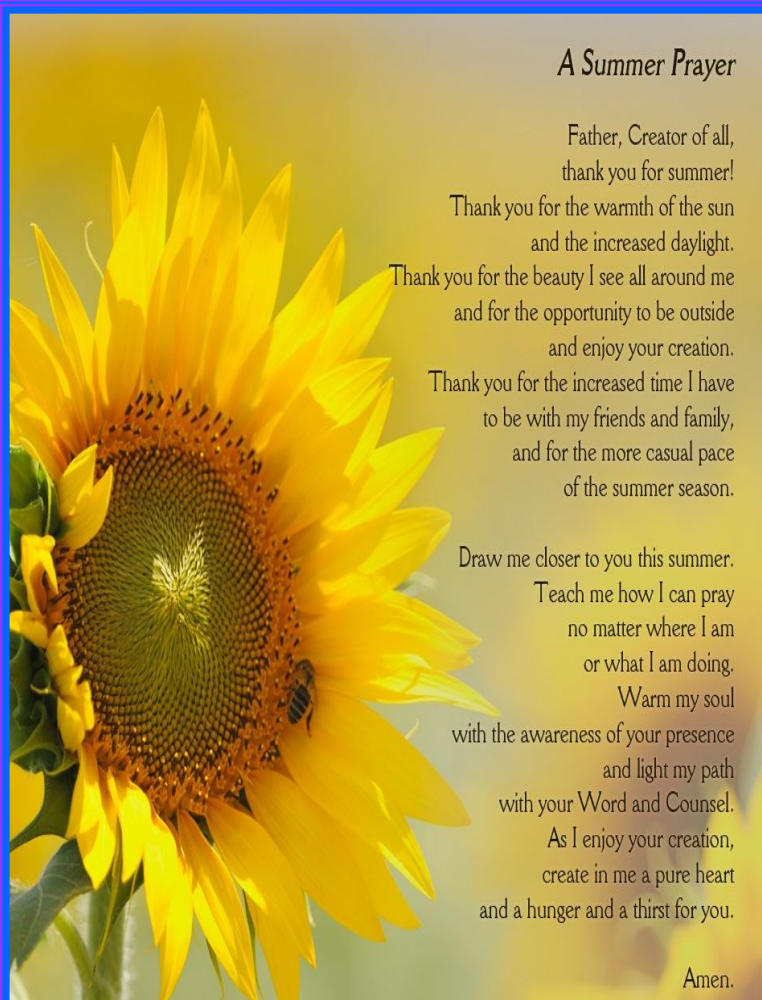


Your source of current news and information from The Neal Center, 100 T.R. Harris Drive, Shelby, NC 28150



Something to think about

“At every party there are two kinds of people – those who want to go home and those who don’t. The trouble is, they are usually married to each other.” — Ann Landers



A Summer Prayer

Father, Creator of all,
thank you for summer!
Thank you for the warmth of the sun
and the increased daylight.
Thank you for the beauty I see all around me
and for the opportunity to be outside
and enjoy your creation.
Thank you for the increased time I have
to be with my friends and family,
and for the more casual pace
of the summer season.

Draw me closer to you this summer.
Teach me how I can pray
no matter where I am
or what I am doing.
Warm my soul
with the awareness of your presence
and light my path
with your Word and Counsel.
As I enjoy your creation,
create in me a pure heart
and a hunger and a thirst for you.

Amen.



“I Love You, Dad!”

**HAPPY
FATHERS’
DAY**

From the Executive Director's Desk...

Paulette Putnam, Neal Center Executive Director



Hey Seniors,

Want to learn new ways to get a thrill? Have you tried “Chair Volleyball”? What about a game of pool? Our walking track here at the center is open 24/7 and is a great place to walk, jog, or run. Also, have you tried your chance at Bingo?

Every Monday night here at the center, you can grab a friend (or friends) and have the county’s best hot dogs and other treats for sale. Great volunteer opportunities , too. We have plenty to do here: learn Spanish, line dancing, painting, and many other fun things.

Hope to see you this month! Happy June!

*Sincerely,
Paulette Putnam
Executive Director*

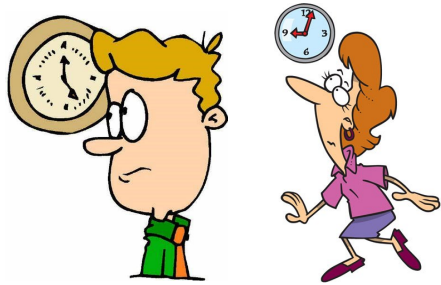


Neal Center Staff and Contact Information
Have a question? A specific need? Not sure what to do?

Neal Center main number: 704/482-3488

Paulette Putnam, Executive Director	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	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!

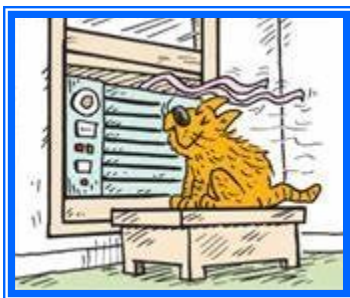


ATTENTION ALL VETERANS!
You're invited to be part of the Neal Senior Center's
"Coffee & Conversation" event.
Tuesday, June 20, 2023
at the Neal Senior Center,
located at 100 T.R. Harris Drive, Shelby beginning at
10AM.

No reservations required, just show up!
Come have coffee with us!



If you avoid yard sales in the summer because of the heat, come to the Neal Center's INSIDE YARD SALE!



Shop inside the Neal Center in cool comfort and have a look at some great merchandise priced VERY economically! Stay cool and save money at the same time! To be held at the Neal Center on Friday, June 30th, from 8 AM until 11 AM, at 100 T.R. Harris Drive, in Shelby.

AND! Any purchase from the yard sale or our gift shop puts your name in the drawing for a door prize!



The Neal Senior Center

COA Board & Staff

Would like to thank

The following

Contributors and Sponsors

**Green River Adventures
Bob Cabaniss
The Gorge Zipline
YMCA—Shelby
Chetola Resort Blowing Rock
Foothills Public Shooting Complex
The American Legion World Series
Jammin J's
Mi Pueblito Mexican Restaurant
Stacy's Garden World
Poteats Front-End and Brake Shop
Wal-Mart
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Peggy and Roger Wuest
Shearra Miller
The New You Salon
Don and Robin Costner
Janice Morton
CenterWell Home Health
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Dick Strachan
Neal Senior Center/COA
All Who Purchased Raffle Tickets
Helping Hands Nursing Referral Services
Arnold's Gift Gallery
Pepsico Corporation
Ingles East Dixon Blvd.**

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Hospice of the Carolina
Foothills**



YOUR GOOD HEALTH



SUMMER FOOD SAFETY



After spending the cold months indoors, it's a treat to spend the spring and summer doing outdoor activities. And naturally, cooking outdoors is a favorite activity! However, the summer is the most common time of the year for food-related illnesses. No one wants to get sick, especially if it means missing out on summer fun. And while food safety is important year-round, summer's heat and sun make it vitally important during grilling and picnic season. To help you keep your food safe even when you're packing a picnic basket or at a neighborhood cookout, below are some "must-know" reminders. Keep these summer food safety precautions in mind the next time you're cutting up fresh fruit for a snack, firing up the grill, or heading to a pot-luck.

1. *Thoroughly Wash Produce*

By all means, don't skip this simple step! It only takes a minute. Several of our favorite summer foods make the list of those most contaminated by pesticides: strawberries, nectarines, grapes, peaches, cherries, spinach, kale, and tomatoes are on that list and should be washed thoroughly. But, that doesn't mean you only need to wash those foods. There are many opportunities during growing, picking, packing, and transporting for food to become contaminated (just think of how many people touch your produce at the grocery store). To keep produce safe, follow these pointers:

- Store perishable produce in the refrigerator (at 40°F or below) until you're ready to use it. Always store pre-cut fruits and vegetables in the refrigerator, too.
- Wash your hands with soap and warm water before and after handling fresh produce.
- Wash the produce before you peel it or cut through it. That way, contaminants will not be transferred from your knife to the fruit or vegetable. This applies to fruits like kiwis, melons, and avocados that you don't eat the rind or peel. You're still cutting through it, so anything on the outside will be pushed into the fruit by your knife.
- Hold the fruit or vegetable under cool running tap water, gently rubbing it as you rinse it. For firm produce, such as melons, use a clean vegetable brush to scrub the surface as you rinse.
- Use a clean cloth or paper towel to dry the produce before using or serving it.

2. *Grill Smart*

Did summer even happen if you didn't eat food with grill marks?! Burgers, brats, hot dogs, corn on the cob, and even pizza take on bigger flavor when cooked on the grill. Keep these grilling safety tips in mind:

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(Continued from the previous page)

- Defrost safely. Allow enough time (ideally overnight) to thaw frozen meat in the refrigerator on a plate or in a pan to catch any juices. Do not thaw meat at room temperature.
- If you're making anything that gets marinated, always marinate meat in the fridge (and not on the counter or outside). And if you want to use some of the marinade as a sauce, set aside some before adding your meat or seafood.
- Take the meat thermometer with you. Use a meat thermometer to make sure your foods are cooked to a safe internal temperature and don't partially cook or grill food with the intent of finishing the cooking later.
- Don't get the meat out until you're ready to grill. If you're grilling in batches, keep the food not being grilled in the fridge or cooler.
- Don't forget clean utensils and platters. Always have clean plates and utensils to place the cooked food on (different from the ones you used to bring out the raw meat; you don't want any cross-contamination).

3. *Plan a Safe Potluck*

Eating outside with family and friends is one of summer's pleasures. Follow these hints at your picnic, potluck, barbecue, or garden party:

- Follow the “two-hour rule”. Never serve food that's been out of the refrigerator, off the stove or grill, or out of the oven longer than two hours. (If it's over 90°F outside, that two-hour rule becomes a “one-hour rule”.) For safety's sake, follow the old adage of keeping hot food hot and cold food cold. Harmful bacteria thrive at temps between 40°F and 140°F.
- Make side dishes that don't need refrigeration. The easiest way to make a potluck safe dish is to avoid sides like seven-layer salads that contain ingredients that need refrigeration (hard-cooked eggs, cheese, sour cream, etc).
- Keep cold foods on ice. If you've gotta have that creamy macaroni salad at your potluck, keep it on ice: Set your serving bowl inside a larger bowl filled with ice to keep the food temperature under 40°F.
- Keep hot foods hot. When serving hot foods at a potluck, keep them at 140°F or higher by serving in chafing dishes or slow cookers. When toting hot foods to a party, use heavy-duty foil or a heavy towel to wrap the cooking dish; then place in an insulated container.
- If you can, keep beverages in one cooler and food in another. That way, when picnickers are digging for a drink, they're not opening and closing the cooler with food in it. This can let the cold air out and make your picnic foods warmer than they should be. And in general, limit the number of times you open your cooler so everything stays cold longer.

(Source: bhg.com)

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 for Tee-Time
704/482-4286)

Cost: \$75/player, \$300/team

Deadline to register: Friday, August 18, 2023

Box Lunch provided by: Bayada Home Health Care

Drinks provided by: Brookdale Senior Living of
Shelby

Patrons:



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.



Laff-A-Little!



Let's Eat!

"Bean & Bacon Slaw"

Here's a salad that's rather different from the traditional coleslaw we see at summer barbecues and cookouts. This can also be a "main dish" salad.

- **4 Cups Shredded Cabbage**
- **2 Tbls. Minced Onion**
- **8 Strips Bacon, fried crisp & crumbled**
- **1 Tsp. Sugar**
- **1/2 Tsp. Salt**
- **1/2 C. Mayonnaise**
- **1 Tbls. Vinegar**
- **1 can (15 oz.) Red Kidney Beans, rinsed and drained**



In a large bowl, toss together the cabbage, onion, bacon, and kidney beans. In a second bowl, combine the mayonnaise, vinegar, sugar and salt and mix well. Pour over vegetable mixture and stir to combine. Cover and chill 3-4 hours. Yield: 6 servings

A decorative border featuring a repeating pattern of watermelon slices and green leaves, framing the central text area.

Ladies Support Coffee & Chat

We are excited for our next meeting!
We have a special guest, Monique Clay from
Visiting Angels that will be joining us!

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

When: Tuesday, June 27, 2023

Time: 10:00 am

Where: Neal Senior Center

Please RSVP by calling 704-482-3488.

Deadline to sign-up is

June 23, 2023 by 12:00 pm.

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

NEWSPAPER NOSTALGIA

NEWSPAPER ERRORS

Though newspapers don't always like to admit it, they make mistakes, too! And some of those mistakes are unintentionally hilarious! Here's some actual news headlines from years past that are examples of bad choices of words:

- "Potato Chip Factory Burned to a Crisp"
- "Big Rig Carrying Fruit Crashes on 210 Freeway, Creates Jam"
- "Federal Agents Raid Gun Shop, Finds Weapons"
- "Committee Appoints Committee To Appoint Committee"
- "One-Armed Man Applauds Kindness of Strangers"
- "Hispanics Ace Spanish Test"
- "Florida Couple Arrested for Selling Tickets to Heaven"
- "Terrified Neighbors Call Police to Domestic Dispute—But Find Man Alone Screaming at a Spider"
- "Arizona Psychic Hit By a Car—Says He Never Saw It Coming"
- "Woman Falls In Hospital, Told to Call Ambulance"
- "Man Competent Enough to Be Declared Insane"
- "Lost: White Male Cat, Yellowish Eyes. Deaf. Answers to Spike"
- "Scientists To Kill Ducks To See Why They're Dying"
- "World Bank Says Poor Need More Money"
- "Arsenic In City Water Nothing to Worry About"
- "Safety Meeting Ends in An Accident"
- "Funeral Homes Bring Cheer to Senior Citizens"
- "Dead Man Remains Dead"
- "Death Is Nation's Top Killer"
- "Voters to Vote On Whether to Vote"
- "Jail Time Can Hinder Job Hunt"
- "Miracle Cure Kills Fifth Patient"
- "Midget Sues Grocer, Cites Belittling Remarks"

GETTING TO KNOW THE NEAL CENTER

THE “REC ROOM”

The Neal Center offers something for everyone! Whether your interests are in arts and crafts, card and board games, music, dance, or obtaining useful information, the Neal Center makes every effort to touch on all interests expressed by our older population. But what if your interests go outside these categories? What if you would like to play a friendly game of pool or table tennis? How about strengthening your muscles and getting a good work-out? Then, the Neal Center’s “Rec Room” is the very answer!

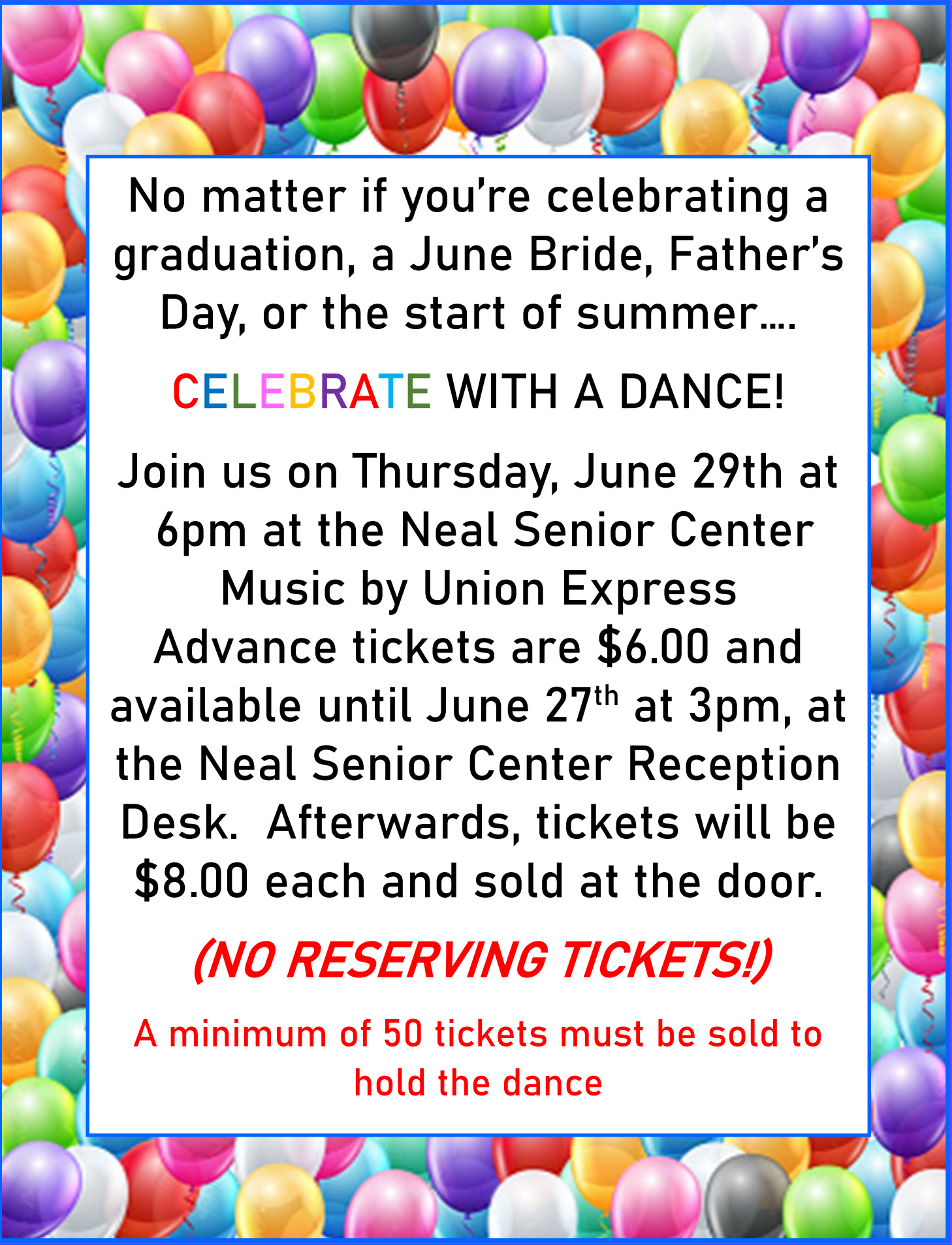
Many aren’t familiar with the “Rec Room”, but it has numerous fun things going on there all the time. If you enjoy playing pool, why not round up some of your pool-playing friends age 50+ and have great fun competing with each other? There’s not many places in our area that have pool tables, so this would be a great place to meet people and share your interest with them!

Table Tennis has been a long-popular game of competition, but it is hard to find others who enjoy it, also. What to do? Reach out to some of those who are table-tennis enthusiasts and make it a regular, fun-filled event! Once a base group has been formed, then it can grow from there, creating more teams of other enthusiasts!

Many say they would “work out” more, if they had someone to do it with. Bring a 50+ aged friend with you and workout on any of the exercise machines of your choice! Many exercise enthusiasts are more likely to stay with a regular exercise program, if they have someone to do it with.

To use any of the equipment in the “Rec Room”, you don’t have to bring anything with you, since all the needed items are provided. It’s available Monday thru Thursday, from 8:30am-4:00 pm and on Friday from 8:30am to 12 Noon. Have questions? Please reach out to Daniel Dedmon, Neal Center Program Director, at 704/481-7387.





No matter if you're celebrating a graduation, a June Bride, Father's Day, or the start of summer....

CELEBRATE WITH A DANCE!

Join us on Thursday, June 29th at 6pm at the Neal Senior Center
Music by Union Express

Advance tickets are \$6.00 and available until June 27th at 3pm, at the Neal Senior Center Reception Desk. Afterwards, tickets will be \$8.00 each and sold at the door.

(NO RESERVING TICKETS!)

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

**Even though the cost of living is soaring,
there IS a way to get
affordable health screenings!**



There is a simple and affordable way for you to get preventive health screenings and learn your risk for stroke, heart disease and other chronic conditions. That is with LifeLine Screening!

These painless screenings go beyond your regular checkup to identify dangerous plaque buildup or blockage, a major risk factor for stroke and heart disease. The screenings are accurate, giving you valuable information about your health that you can share with your doctor.

The Neal Center is pleased to host Life Line Screening, who will be on site on Wednesday, June 21, 2023 to conduct these valuable screenings. These 5 vital screenings are offered for only \$149 and take 60-90 minutes to complete.

**Pre-registration is required for screenings by calling
1-800-772-8260 OR you may register online by visiting**

www.lifelinescreening.com/communitycircle

What Went On In....?

1958

What were some “firsts” in 1958?

- The "Cha-Cha" becomes a dance craze.
- Mattel introduces the "Barbie" doll, becoming an instant success.
- "Hula Hoops" become a national craze among youngsters.
- Stereo recordings become available.

What happened in sports?

- In April, Golf pro Arnold Palmer won his first “Masters Tournament”.
- In July, Wimbledon Tennis was won by Ashley Cooper and Althea Gibson.
- In October, the World Series Baseball event was won by the “New York Yankees.”

What were the headlines in 1958?

- In March, singer Elvis Presley is inducted into the U.S. Army.
- In April, the Brussels World's Fair, also known as “Expo 58”, opens in Belgium.
- In June, massive tornadoes kill 30 in a five-county area in northwestern Wisconsin.
- In August, the CBS quiz show, “Dotto”, is abruptly pulled off the air when it’s discovered that the show was rigged. This caused a major investigation into what turned into “The Game Show Scandals”.
- In September, television station WBTV in Charlotte, NC became the first TV station in the world to video tape a local show in color and play it back the same day. The show was “The Betty Feezor Show”, a very popular homemaking show.
- In December, a major fire at “Our Lady of Angels” grade school in Chicago leaves 94 children and four nuns dead.

What were the Top 10 songs of 1958?

1. “Volare” - Domenico Modugno
2. “All I Have To Do Is Dream” - Everly Brothers
- 3 “Don’t” - Elvis Presley
4. “Witch Doctor” - David Seville
5. “Patricia” - Pérez Prado
6. “Sail Along Silvery Moon” - Billy Vaughn
7. “Catch a Falling Star” - Perry Como
8. “Tequila” - The Champs
9. “It's All In The Game” - Tommy Edwards
10. “Return To Me” - Dean Martin

What were the Top 10 TV shows of 1958?

Rank	Program	Network	Rating
1.	“Gunsmoke”	CBS	39.6
2.	“Wagon Train”	NBC	36.1
3.	“Have Gun – Will Travel”	CBS	34.3
4.	“The Rifleman”	ABC	33.1
5.	“The Danny Thomas Show”	CBS	32.8
6.	“Maverick”	ABC	30.4
7.	“Tales of Wells Fargo”	NBC	30.2
8.	“The Real McCoys”	ABC	30.1
9.	“I've Got a Secret”	CBS	29.8
10.	“The Life and Legend of Wyatt Earp”	ABC	29.1

What did things cost in 1958?

- Gasoline – 24 cents/gallon
- Postage stamp – .04/each
- Tuition at Harvard University- \$1,250/year
- Round-trip airfare from London to New York -\$453
- Ground Beef - 57 cents/pound
- Loaf of Bread - 19 cents/loaf
- Eggs – 28 cents/dozen
- Butter - 79 cents/pound
- T-Bone Steak – 79 cents/pound
- Home-Delivered Milk - 51 cents/half-gallon
- A ride on the New York Subway – 15 cents
- To see a Broadway show - \$8.05
- A new house -\$10,450

**Are you age 50+ and have dinner with your TV set
regularly?**



Let's change that and ***DINE-AROUND!***

The Neal Senior Center is looking to revive "Dine Around", a monthly event where participants eat, talk, laugh, and pray together. Interested in taking part? We will meet at "Kelly's Seafood" on Thursday, June 22th, at 4pm (It's "Dutch Treat" for everyone)

So that a reservation can be made in advance, you must RSVP by contacting Daniel Dedmon, Neal Senior Center Program Director, at 704/481-7387 by Friday, June 16th, at 12 Noon.

WANT TO LEARN HOW TO PAINT? FEEL YOU HAVE NO TALENT?



TAKE THE ***"PAINT WITH BOB ROSS OIL 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:

June 6th & 13th, July 11th & 25th, 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

JUNE 2023 ACTIVITY CALENDAR				
Daily Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Monday Morning Bridge 9:30 Chair Yoga 12:30 Monday Afternoon Bridge 1:00 Video Tai-Chi 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 Center closes at 12:00 pm
5	6	7 10:00 Carolina Singers	8 10:00 Daytime Friends	9 Center closes at 12:00 pm
12	13	14	15	16 Center closes at 12:00 pm
19 9:00 One - Day Oil Painting	20 10:00 Veteran's Coffee & Chat	21 10:00 Carolina Singers	22 10:00 Daytime Friends 4:00 Dine-Around	23 Center closes at 12:00 pm
26	27 10:00 Ladies Support	28	29 6:00 June Dance	30 Inside Yard Sale 8:00 am-11:00am Center closes at 12:00 pm