



“The Senior Informer” June 2024



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

Did you know?



KNITTING IS A HEALTHY ACTIVITY!

Knitting acts as a natural antidepressant. It can also help ease anxiety, depression, chronic pain, and protect the brain from aging



Something to think about

“It’s OK if people don’t like you...not everyone has good taste.”

— Anonymous



WHAT'S INSIDE?

• **Pets & Loud Noises**

• **A Cool, Summer Dessert**

From the Executive Director...

Welcome Summer!

Let's welcome summer with some of my favorites: homemade ice cream, watermelon and hamburgers right off the grill! Don't forget to come enjoy our new "Fun Friday Bingo", starting June 7th at 9:30 AM. Refreshments will be provided. Bring \$1.00 or a \$1.00 gift to donate to the door prize table. This will also be a great time to meet new people and hear about other events coming up. Hope to see you soon!

*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 Dir.

Daniel Dedmon, Program Dir.

Teresia Ladd, Administrative Asst.

Dolores Ashworth, Volunteer Coor.

Heather Ledbetter, Nutrition Coor.

Jane Wright, Administrative Sec.

April Wheatley, Bookkeeper

Betsy Lavender, Housing Dir.

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!**



We thank you!

The Neal Senior Center expresses their sincere thanks to these donors who made donations during May 2024:

-John Humphries

-Eastside Baptist Church

-Howard Parker

-Doris Davis

-Roger & Peggy Wuest

Diabetes can be treated.....but how do you keep from getting it?



“Diabetes Prevention & Support”

at the Neal Senior Center

Tuesday, June 18, 2024

10:00 am-11:30 am

Presented by Kate Crowell,

Community Health Care Worker,

Hopscotch Primary Care

**-A free information seminar open to
diabetics and non-diabetics**

-A snack will be provided

Reserve a seat by calling 704/482-3488
No later than Friday, June 14, 2024, at Noon.

Sponsored by



At Home

Keeping the kitchen cool this summer

Now that summer is about here, many home owners try to find ways to keep their home cool, especially the kitchen. It is possible to prepare good food with little or no electricity to cause the kitchen to be hotter than the outside. Not only does being mindful about using the kitchen in summer mean a cooler home, it also means you'll be cooler and there will be some savings on your power bill. Here's some thoughts on how to keep a cool kitchen this summer:



- **Avoid Using the Oven:** It's a no-brainer, but turning on the oven generates a lot of heat. Opt for recipes that don't require baking or roasting. Instead, consider using your grill, making cold salads, or preparing chilled dishes like gazpacho. If you must cook on the stovetop, choose recipes that use medium heat.
- **Embrace the Slow Cooker:** While slow cookers are often associated with hearty stews during winter, they're actually great for summer too. Use your slow cooker to prepare meals while you're away from home. When you return, you'll have a delicious dinner waiting, and your kitchen won't be overheated.
- **Clean Out Your Fridge and Freezer:** Hot days are perfect for decluttering your fridge and freezer. Take a few minutes to organize and discard any expired items. This not only keeps your kitchen cooler but also ensures your appliances work efficiently. Plus, you'll have a tidier space.
- **Cook Earlier in the Day:** If possible, do your cooking in the morning or evening when temperatures are lower. Then, when it's time to eat, you can quickly reheat your meal in the microwave without heating up the room.
- **DIY Air Conditioner:** Freeze a bottle of water and tape it to the back of a portable fan. As the fan blows air over the frozen bottle, it creates a makeshift air conditioner. It won't cool the entire kitchen, but it can provide some relief while you cook.

Source: www.thekitchn.com

Just So You'll Know....



The Neal Senior Center will be closed on Thursday, July 4 and Friday, July 5 for the Independence Day holiday. The center will reopen on Monday, July 8, 2024, at 8:30 AM.



Have a safe and happy holiday!

Scams and frauds never take a summer vacation...

...particularly for senior citizens!



It's an ongoing problem for everyone, but it hits the senior population particularly hard....scams and frauds. It doesn't show any signs of letting up so the best solution is to fight back!

The Neal Senior Center, in association with the NC Department of Justice, is having a seminar on "Scams and Frauds-The Senior Population". Learn more about how to identify prevalent scams and frauds, how to respond if you think you've been scammed, and how to keep yourself and your information safe.



It will be led by Holly Jones, a NC Department of Justice representative.

It will be held on Wednesday, June 12, 2024 at 10:00 AM at the Neal Senior Center. Reservations are required.

Please contact the Neal Senior Center at 704/482-3488 no later than Wednesday, June 5, 2024 at 12 Noon.



ATTENTION TO ALL LADIES AGED 50+!

Join us for “Ladies Support Coffee and Chat”



All ladies aged 50+ are invited to our “Ladies Support Coffee and Chat”! We ask you to bring a good friend or family member to come with you as we are having a wonderful session on things we can do to prepare for our future.

What: Program provided by Jamie Richard, Financial Advisor
with Edward D. Jones

When: Tuesday, June 25, 2024—10:00am until 11:00am

Where: Neal Senior Center, 100 TR Harris Dr., Shelby, NC

Please reserve your seat before Wednesday, June 19, 2024 by calling
704-482-3488.

ARE YOU A VETERAN?

Please join us for “Veteran’s Coffee & Chat”, on Tuesday, June 25, 2024, at 10:00 AM at the Neal Senior Center. All veterans from all branches of service, aged 50 and better, are invited. It’s a great time to share your stories and experiences, and enjoy hot coffee and a snack, too! It’s free of charge and no registration is necessary...just show up!



Living Positively

Living alone for the first time can bring mixed emotions. For some it's a source of excitement while it's an intimidating experience for others. There are undoubtedly many benefits of living alone—you can choose the type of furniture and accessories you want, what and when you cook, and how little (or how much) you wear. But when you're used to sharing your home with someone else, suddenly living independently because of divorce or death of a partner, suddenly being on your own can also feel overwhelming: You're suddenly responsible for **everything**.

If you find yourself living alone for the first time, it's normal to start off feeling more startling than empowering. Things that might seem trivial to some may be more challenging for others. There will likely be a lot of firsts. Living on your own takes time to get used to. So while it can certainly be challenging, it helps to be prepared and adjust your perspective as needed. One major misconception about living alone is that you are always by yourself. That couldn't be further from the truth since we now live in a time when connecting and checking in is just a text message away.

Living Alone For the First Time



WAYS TO ADJUST LIVING ALONE

- **Have daily communication with family and friends.** Get to know your neighbors or find spaces in your community where you can interact with others.
- **At home, you can find hobbies to keep you occupied and busy.** It's a good time to finally pick up the bread baking or crocheting you've been meaning to learn.
- **Change the locks and give yourself a sense of security.** Fear is a common emotion when people live alone. Who among us hasn't spent the night in a new place, jumping at every creak of the floor or whistle of the wind? However, there are things you can do to feel safe. If possible, change the locks when you first move in. This step will help you feel secure, knowing no strangers can access your home. If you're renting, ask your landlord if they change the locks in between rentals. If they don't, make a request and offer to pay for it. If you are especially susceptible to fear, find a place to live that caters to a sense of security. Research neighborhoods with low crime rates. Also, seek out gated apartment complexes with security systems in place. The added cost may be worth the sense of security.
- **Decorate to your style.** One benefit of living alone is that you can decorate however you want without compromising. If you are living by yourself for the first time after a tough breakup or divorce, finding your design style can be invigorating. Don't think about what is trendy or what your friends say looks good. Channel your inner interior designer and pick out furniture and decor pieces that make you happy and comfortable.
- **Live within your means.** Living alone can be challenging because you're the only one contributing to the household income. You must pay all the bills and make sure all the chores are done. This basic task can become monumentally more stressful if you don't live within your means. Maintain a monthly budget and monitor your spending.

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Other ways you can spend less living alone include planning your grocery list in advance and using coupons, putting your utilities on a budget plan, maximizing space in a studio apartment instead of a one-bedroom, and buy second-hand furniture and clothing.

- **Cultivate independence and self-reliance.** If you've lived with family or roommates your whole life, in all honesty, living alone can feel empty and hard. There's no one to vent to when you've had a rough day at work. There's no one to mow the lawn. Or worst yet, no one can help open that always-stuck jar of peanut butter. It takes time, but cultivating independence and problem-solving will help make a living alone less overwhelming. When you can self-soothe and manage minor problems and tasks on your own, you will not only feel stronger, but you'll also get to know yourself better in the process. This self-reliance can lead to a lot of growth and maybe make you a more compassionate person in the long run. Ways to cultivate self-reliance can include learning how to fix a leaky sink on your own, cooking meals for one person and enjoying them, taking a hot bath when you're feeling stressed out, and keeping your apartment clean and your laundry folded.
- **Appreciate the perks of living alone.** Think about some positive things you'll gain from living alone. If everything seems stressful now, try to find at least one silver lining. This could be as simple as watching a guilty pleasure TV show that your family or spouse previously hated. You might have a newfound appreciation for your privacy and the ability to treat yourself however you want without any outside judgment. You can even skip the dishes for a night or two. Create a home you absolutely love when you live alone, and eventually, the time might come when you want to share it with someone. And if not, that's okay too.

Whether you've chosen to live alone or life circumstances have dealt you this hand, there's no denying that the transition to solo living is a challenge. But, like many things, living by yourself isn't always going to be hard. There are just as many benefits as challenges, and you'll learn to love it. You'll find a routine and a community. Your home will slowly turn into a warm stress-free refuge. You've got this!

LET'S EAT!

Oreo Cookie Freeze

-28 Oreo Cookies
-1/4 c Melted Butter
-1/2 gallon of **either** coffee,
chocolate or vanilla ice cream
-1 C. Sugar
-1 small Can Evaporated Milk

-1 Tsp. Vanilla Extract
-4 Squares Semi-Sweet Chocolate
-6 Tbls. Butter
-1 large carton Cool Whip, thawed
-1 C. Chopped Toasted Pecans

Crush Oreos and mix with 1/4 cup melted butter; press into a 9×13 pan and freeze. Soften ice cream and spread on top of the cookies.

Refreeze. In a saucepan, bring to a boil the sugar, evaporated milk, vanilla, chocolate and butter; boil for 1 minute, then cool. Pour over ice cream and refreeze. Mix Cool Whip with nuts and spread over chocolate. Keep frozen until ready to serve. (If desired, let dessert stand at room temperature about ten minutes before serving to soften for easier cutting.) Yield: About 12 servings.



Rich and luscious, this will become a treat you'll make again and again!



Council on Aging
of Cleveland County

100 T. R. Harris Drive * Shelby, NC 28150 * 704-482-3488



*Thank you for supporting the Neal Senior Center during our
2024 Open House Event held on May 3, 2024.*

Door Prize Sponsors

American Legion World Series
Angie Brooke Boutique
Arnold's Jewelry
Bob Cabiniss, Pilot
Chetola Resort & Shooting Reserve
Cleveland YMCA
Cline's Nursery
Deer Brook Golf Club
The Don Gibson Theatre
Foothills Public Shooting Complex
Great Smoky Mountains Railroad
Halcyon Salon & Emporium
Hannah's Coffee House
Hats Off Salon & Spa
Helping Hands Nursing
Laughlin's Furniture
NASCAR Hall of Fame
The New You Salon
Norris Merchandise
Royster Memorial Golf Course
The Schiele Museum
Showmars
Sky Valley Zip Tours
Stacy's Garden World
Turnaround Nutrition
Uptown Sweets & Treats
Walmart
ZUMBA by Toni Heberlig

Food Sponsors

Peak Resources - Cherryville
PEPSICO
COA Board Members
TACC
Senior TLC
CenterWell

Thank you to our participants:

Community Members, Ticket Purchases
Janice Morton, Fundraising
Hopper's Soul Food & Catering, Food Truck
Outdoor Vendors
Information Fair Vendors
State of NC, Shred Truck
Cleveland County Animal Services, Pet Adoption
City of Shelby

IN CONJUNCTION WITH:



POWERED BY CONNECTION: MAY 2024

2024 SENIOR GAMES/SILVERARTS WINNERS

This is part one of the list of winners from the 2024 Senior Games & SilverArts. The remaining list of winners will be published in the July 2024 newsletter.

Carlos	Badminton Singles	2
Aeschlimann	Table Tennis Doubles	1
	Table Tennis Singles	1
Jack	Pickle ball Doubles	1
Allen	Badminton Singles	3
	Pickle ball Mixed Doubles	1
Edward	Basketball Shooting	2
Anderson	Croquet	1
	Horseshoes	1
	Shuffleboard	1
	Darts-Local Only	1
	Mini-Golf	1
Patricia	Bowling Singles	2
Bess	Discus Throw	2
	Shot Put	2
	Croquet	1
	Shuffleboard	2
	Mini-Golf	2
Jason	Pickle ball Doubles	1
Blair		
Robert	Pickle ball Doubles	3
Borders	Pickle ball Singles	1
	Table Tennis Singles	2
David	Bowling Singles	1
Bowen	Bowling Doubles	1
Randall	Basketball Shooting	3
Bowen	Bowling Singles	1
	Bowling Doubles	1
	Corn hole Singles	3
	Croquet	3
	Horseshoes	3
	Shuffleboard	3
	Mini-Golf	2

Suzy	Quilting (Machine Stitched)	1
Bridges	Chair Volleyball	1
Cynthia	50 Yd. Breaststroke	1
Briggs	100 Yd. Freestyle	1
	200 Yd. Freestyle	1
	200 Yd. Breaststroke	1
	100 Yd. Breaststroke	1
	50 Yd. Freestyle	1
Beth	Softball Throw	3
Cameron	Discus Throw	2
	Football Throw	2
	Shot Put	1
	Pickle ball Doubles	1
	Pickle ball Mixed Doubles	1
	Badminton Singles	2
	Badminton Doubles	1
	Shuffleboard	1
	Table Tennis Doubles	1
	Table Tennis Singles	3
Bill	Running Long Jump	1
Cameron	Softball Throw	1
	Discus Throw	1
	Football Throw	1
	Shot Put	1
	Standing Long Jump	1
	Pickle ball Doubles	2
	Pickle ball Mixed Doubles	1
	Pickle ball Singles	1
	50 Meter Dash	1
Jean	Corn hole Singles	1
Canipe	Chair Volleyball	3
Sharon	Pickle ball Doubles	1
Caralli	Corn hole Singles	1
	Pickle ball Mixed Doubles	1
	Shuffleboard	2
Alison	Chair Volleyball	1
Carswell		

Ronda	Tennis Doubles	1
Champion		
Melba	Croquet	3
Chandler	Mini Golf	2
Trudy	Pickle ball Doubles	2
Clary	Pickle ball Mixed Doubles	2
	Badminton Singles	1
	Table Tennis Doubles	1
	Table Tennis Mixed Doubles	1
	Badminton Mixed Doubles	1
Bobby	100 Meter Dash	1
Clifton	200 Meter Dash	1
	50 Meter Dash	1
Jerry	Basketball Shooting	2
Clontz	Running Long Jump	1
	Softball Throw	3
	Discus Throw	3
	Football Throw	3
	Shot Put	3
	Bocce	1
	Standing Long Jump	2
	100 Meter Dash	1
	Badminton Singles	2
	Badminton Doubles	1
	Corn hole Singles	2
	Croquet	1
	Horseshoes	2
	Shuffleboard	2
	Table Tennis Mixed Doubles	1
	Table Tennis Doubles	1
	Darts-Local Only	1
	50 Meter Dash	1
	Badminton Mixed Doubles	1
	Table Tennis Singles	1
Michael	Tennis Doubles	2
Coker	Tennis Singles	2
Paul	Watercolor	1
Couey	Watercolor	3
	Watercolor	2

Lynn	Discus Throw	1
Daves	Football Throw	3
	Shot Put	2
	Chair Volleyball	2
Jason	Basketball Shooting	2
Drum	Corn hole Singles	1
	Pickle ball Doubles	2
	Table Tennis Mixed Doubles	2
	Pickle ball Singles	1
	Table Tennis Singles	1
Christopher	200 Meter Dash	1
Eason	400 Meter Dash	1
	800 Meter Dash	1
Donna	Basketball Shooting	2
Faries	Running Long Jump	1
	Softball Throw	1
	Discus Throw	1
	Football Throw	1
	Shot Put	1
	Standing Long Jump	1
	Pickle ball Doubles	2
	Badminton Singles	1
	Shuffleboard	1
	Pickle ball Singles	1
	Chair Volleyball	2
Sandra	Pickle ball Doubles	1
Faucett		
Rodney	Pickle ball Doubles	1
Fitch		
Katherine	Basketball Shooting	2
Foster	Softball Throw	1
	Discus Throw	1
	Shot Put	1
	Shuffleboard	1
	Table Tennis Singles	3

**Check back in next month's
newsletter to see the rest of
the winner's list!**

TLC for Pets

Your Pet Vs. Loud Noises



It seems the summer months are “noisier” than the other months of the year, particularly with fireworks and thunderstorms. While loud noises may not bother some pets, dogs appear to me much more sensitive to a sudden, loud noise. If your dog's fear of loud noises is not extreme, noise anxiety may only cause shaking or clingy behavior. However, if your dog falls on the extreme end of the spectrum, loud noises like thunder and fireworks may cause high levels of stress, destructive chewing, defecating indoors, panicked running, or even jumping through a window. Noise anxiety in dogs is a common problem that makes pets uncomfortable, and in rare cases, may be the gateway to other health issues related to anxiety. Yet, there are ways you can help relieve your dog's noise phobia. It might be close to impossible for owners to determine what originally caused your dog's fear of noises. The trauma could be the result of being too close to a lightning strike or loud fireworks earlier, but the reason is rarely obvious. Some recent studies found that dogs can have genetic predisposition to noise anxiety. For example, if you own a breed such as a Collie, Golden Retriever or German Shepherd, you may experience a higher incidence of canine noise anxiety than owners of other breeds. When left untreated, noise phobia and anxiety in dogs is likely to get worse, leading to more serious problems. Oftentimes, pet owners do not even realize that a specific noise is scaring their pet. For example, if your dog reacts negatively to you taking a photo of him with a flash, it could be that he is afraid of the sound flash makes. When it comes to treatment of noise anxiety in dogs, a single treatment may not always work. It is not unusual to use a combination of several anxiety aids to help a fearful dog before, during and after the stressful event. Below are some of the best ways to help a dog with a fear of loud noises.

1. Have a Safe Spot

-If you see a thunderstorm approaching or know that an event with fireworks is happening soon, prepare an area for your dog where you know he feels safe and secure. For example, you can have a dedicated room with no windows and better noise isolation, or put him in a covered crate (only if he's crate trained). The goal is to minimize exposure to sounds.

2. Check the Home Environment

-Look into environmental modifications that are available to you in your home, such as using a noise bathroom fan (which your dog is likely used to) to mask the sound of thunderstorm or fireworks. To counter visual stimuli like exploding fireworks, get the dog to where he cannot see them or use blackout blinds. For dogs that have been trained, a Pet Calming Cap can also help with this.

3. Distract Your Dog

-This rarely works but sometimes it may: see if your dog's love for fetch, tug-of-war or other games will outweigh his fear of loud noises. If you notice that he can't focus and looks worried, stop and do not continue. It's worth a quick try, but you also do not want your pet to associate fun things with things that scare him.

4. Try a Calming Collar

-Anxious dogs can be calmed down using pheromones, and “Calming Collars”, also known as D.A.P. collars, release dog appeasing pheromones that will have a calming effect on your dog. It's one of the very few dog anxiety treatments that have been scientifically proven to work.

As a last resort, if nothing still works, it's time to discuss your dog's fear of loud noises, his noise phobia and noise anxiety issues with a canine expert. Talk about this with your veterinarian and a canine behaviorist. A vet will be able to prescribe a good anxiety medication for this, and a dog trainer will teach you some effective tricks to deal with this problem. Just don't leave your dog's fear of loud noises unattended.

Sip & Paint

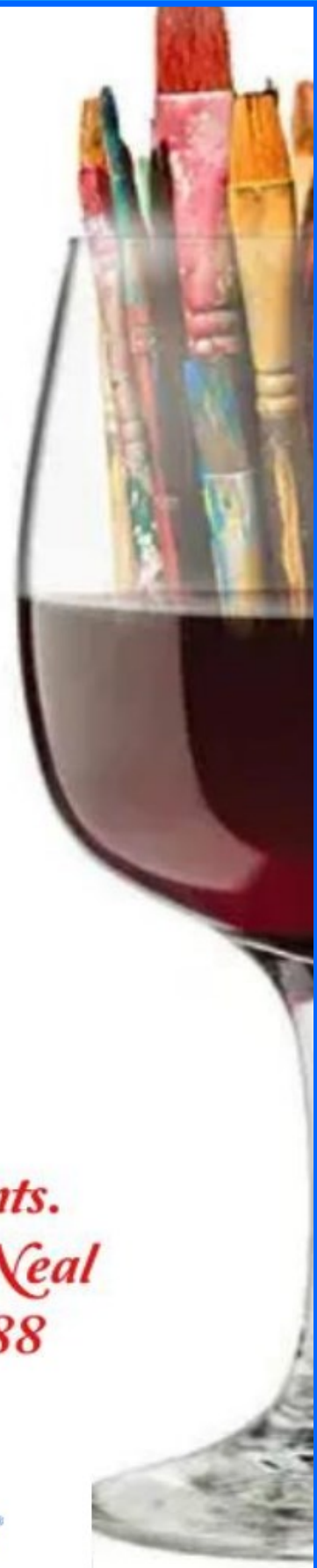
*Thursday,
June 13, 2024
at the Neal Senior Center*

10 AM – 11 AM

Supplies Provided

***There is a limit of 25 participants.
To make a reservation, call the Neal
Senior Center at 704/482-3488***

Sponsored by





This summer
a June bug
taught me
to dance.

Join the
Neal Senior Center
for our June Dance on
Thursday, June 27,
at 6 PM.

Advanced tickets are
for sale at \$6.00
through Tuesday,
June 25, at 3 PM.
After that, tickets will
be available at the
door for \$8.00.

Music will be provided by
Union Express.

A minimum of 50 tickets must be sold in order to have the dance.

Attention seniors aged 50+.....Join us for



Friday

Fun

Bingo

Friday, June 7
and 21

Beginning at
9:30 AM

Bring \$1.00 OR
a \$1.00 gift

To reserve a seat, call the Neal Senior Center at 704/482-3488
by Wednesday, June 5, at 3 PM. Walk-ins are welcome.

What Went On In....?

1966

What were some "firsts" in 1966?

- The Chevrolet Camaro is introduced.
- The first "Best Buy" opens in St. Paul, Minnesota.
- The TV specials "It's the Great Pumpkin, Charlie Brown" and "How the Grinch Stole Christmas" are first shown and are still repeated annually.

What happened in sports?

- The AFL-NFL merger in football is approved by the U.S. Congress.
- The National Hockey League awards the Twin Cities area a franchise, the Minnesota North Stars.
- The Texas Western Miners defeat the Kentucky Wildcats with five African American starters, ushering in desegregation in athletic recruiting.

What were the headlines in 1966?

- In January, a wildcat strike by public transportation workers in New York City lasts for eleven days.
- In March, demonstrations are held across the U.S. against the Vietnam War.
- In April, President Lyndon Johnson signs the "1966 Uniform Time Act," dealing with daylight savings time.
- In June, Topeka, Kansas is devastated by a tornado that registers as an F5 on the Fujita Scale, the first to exceed \$100 million in damages. Sixteen people are killed, hundreds more injured, and thousands of homes damaged or destroyed.
- In August, Caesars Palace hotel and casino opens on the Las Vegas Strip.
- In August, groundbreaking takes place for the World Trade Center in New York City.
- In September, the classic science fiction series *Star Trek* premieres on NBC .
- In November, screen actor Ronald Reagan, a Republican, is elected Governor of California.
- In December, film producer Walt Disney dies while producing "The Jungle Book", the last animated feature under his personal supervision.

What were the Top 10 songs of 1966?

1.	"California Dreamin'"	"The Mamas & the Papas"
2.	"96 Tears"	"? and the Mysterians"
3.	"What Becomes of the Brokenhearted?"	Jimmy Ruffin
4.	"Last Train to Clarksville"	"The Monkees"
5.	"Reach Out I'll Be There"	"The Four Tops"
6.	"These Boots Are Made for Walkin'"	Nancy Sinatra
7.	"Cherish"	"The Association"
8.	"Strangers in the Night"	Frank Sinatra
9.	"Kicks"	"Paul Revere & the Raiders"
10.	"The Ballad of the Green Berets"	S.Sgt Barry Sadler

What were the Top 10 TV shows of 1966?

Rank	Program	Network	Rating
1.	"Bonanza"	NBC	29.1
2.	"The Red Skelton Hour"	CBS	28.2
3.	"The Andy Griffith Show"	CBS	27.4
4.	"The Lucy Show"	CBS	26.2
5.	"The Jackie Gleason Show"	CBS	25.3
6.	"Green Acres"	CBS	24.6
7. (tie)	"Daktari"	CBS	23.4
7. (tie)	"Bewitched"	ABC	23.4
7. (tie)	"The Beverly Hillbillies"	CBS	23.4
10. (tie)	"Gomer Pyle, U.S.M.C."	CBS	22.8
10. (tie)	"The Virginian"	NBC	22.8
10. (tie)	"The Lawrence Welk Show"	ABC	22.8

What did things cost in

1966?

- Crest Toothpaste: **.50/tube**
- Tide Laundry Detergent: **.59/box**
- Eggs: **.45/dozen**
- Iceberg Lettuce: **.25/head**
- Porterhouse Steak: **\$1.19/lb.**
- Jell-O Gelatin: **.89/10 boxes**
- Duncan Hines Cake Mixes: **.66/2 pkg.**
- Fresh Apple or Cherry Pie: **.49 each**
- 45 RPM record: **.45**
- 33-1/3 RPM record album: **\$4.00**
- A New Home: **\$14,200**
- Gasoline: **.32/gallon**
- Men's Lightweight Sports coat: **\$18.50**
- Ladies Cotton Dress: **\$3.90**
- First-Class Postage Stamp: **.05**
- Average Weekly Earnings: **\$60/week**
- One Year of College: **\$2,222/public;**

JUNE 2024 ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Monday Morning Bridge	9:45 Carolina Line Dancers	9:00 The Sewing Circle	9:30 Chair Volleyball	11:00-12:00 Zumba Gold
9:00 One-Day Oil Painting (3rd Monday)	10:00 Acrylic Painting	9:30 Chair Yoga	10:00 Daytime Friends (2nd & 4th Thurs.)	Center closes at 12:00 pm
9:30 Chair Yoga	Ladies Support (4th Tues.)	10:00 Beginner Spanish	12:00 Canasta For Beginners	
12:00 Beginning Canasta	Veteran's Coffee & Chat (4th Tues.)	10:00 Carolina Singers (1st & 3rd Weds.)	1:00 Thursday Afternoon Bridge	
12:30 Monday Afternoon Bridge	11:00 Tai-Chi	11:00 Zumba Gold	1:00 Mexican Train Dominoes	
2:00 Chair Yoga	12:00 Canasta For Beginners	11:00 Piedmont Rook	4:00 Dine-Around (4th Thurs.)	
5:00 Monday Night Bingo	1:00 Chair Volleyball	12:30 Knit Pickers		
5:30 Zumba		1:00 Packing Out		
		2:00 Chair Yoga		
		2:00 Euchre		

Laff-A-Little!



