



“The Senior Informer” July 2024



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



Something to think about

“In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.”

-Les Brown

DID YOU KNOW?....

Sleeping in a cold room can help you slim down.



Just a single month of sleeping in a 66-degree room helped increase subjects' fat-burning ability by as much as 10 percent, according to research from Commonwealth University.



WHAT'S INSIDE?

- Treating Mosquito Bites
- Warming Up the Vintage TV

From the Desk of the Executive Director...

Happy July 4th!
I love all the red, white, and blue everything! July 4th takes me back to my childhood....grilling burgers and hot dogs, taking turns sitting on the ice cream churn while one of the adults continually turned the handle. There was also a sprinkler going in the yard while we kids ran round and round until we heard those magic words: "Ice cream's ready!" Peach, banana, blueberry...no matter what flavor, we were in Heaven! Then, as we finished and relaxed on the porch, we enjoyed the breeze while watching the sun start to go down. Mama got us a jar and we caught "lightening bugs". Those were great times. This July 4th, make some memories with your family. Treasure the time you have with them. We hope you will make some memories with us here at the Senior Center, too. Check us out! There's a lot of fun things to do, so come be part of it! See you soon!

Paulette Putnam
Executive Director
Neal Senior Center

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- General Information**
Hours of Operation:
Monday-Thursday,8:30am-4:00pm
Friday, 8:30am-12:00pm
Main Phone: 704/482-3488
Weather Line: 704/481-7398

We thank you!

The Neal Center would like to thank everyone who donated money, food, paper products, medical equipment, and anonymous donations from June 2024.

-NL Hunt Ross

-Johnny Adams

-Eastside Baptist Church

-Carol Earls

-Gloria Truett

-Doris Davis

-Double Shoals UMC

Social Bridging NC

According to the AARP Foundation, more than 8,000,000 adults aged 50 and older are affected by social isolation in the United States. Social isolation is a lack of meaningful and sustained communication for individuals. Life events such as retirement, death of loved ones, and decline in mental and physical health make it more difficult for older adults to connect with people socially. Without social support, isolated older adults are more vulnerable as they go through these stressful life events and can be even more negatively affected by them. Social Bridging NC is a central hub of information, resources, and programs available in North Carolina. These programs are dedicated to promoting social connectedness and engagement while addressing social isolation and loneliness.

Social Bridging NC aims to alleviate some of the difficulties associated with social isolation and loneliness by offering a one-stop shop of resources that includes a database of virtual programming resources in areas such as social, health promotion and wellness, art, and education. In addition to virtual classes offered, the website connects adults with resources and offers support and telephone-based reassurance through trained callers who provide friendly check-ins and assistance with telehealth services and other basic technology skills.

Have questions or want help getting connected to Social Bridging NC? Go to the link below to get more information or call (828) 250-2399.

<https://socialbridgingnc.org/>





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!

Let's Eat!

- 2 cups shredded cooked chicken breast
- 1 cup seedless red grapes, halved
- 1/2 cup chopped cashews
- 1 celery rib, chopped
- 1/3 cup grated Parmesan cheese
- 1 green onion, chopped
- 1/2 cup mayonnaise
- 1/3 cup buttermilk
- 2 teaspoons lemon juice
- 1 teaspoon dill weed
- 1 teaspoon dried parsley flakes
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 4 Croissants, split

Chicken Salad Croissant Sandwiches



A fabulous way to have a hearty lunch or dinner without heating up the kitchen this summer!

In a small bowl, combine the first six ingredients. In another bowl, whisk mayonnaise, buttermilk, lemon juice and seasonings. Pour over chicken mixture; mix well. Spoon chicken salad onto croissant bottoms and replace tops. Serves 6. (Source: Taste of Home)

Your Hint Parade

- When lighting a deep candle, light it with a piece of uncooked spaghetti. It can reach into those deep candles easily.
- Prevent your bathroom mirror from fogging up after a hot shower by applying a small amount of car wax to the mirror, let it dry, then buff with a soft, dry cloth.
- To make fire starters, stuff empty toilet paper tubes with dryer lint. They light quickly and easily and burn long enough to light up the kindling without having to resort to lighter fluid!
- If you accidentally write on a white board with a permanent marker, simply draw over your permanent marker artwork with a dry erase marker, and then wipe the marks away with an eraser or a dry cloth.
- To remove burn marks on your cookware, fill the pot or pan with cold water and two to three tablespoons of salt. Let it sit overnight. The next day, bring the water to a boil, pour it out, and do a final wash with soap. (Source: *Mentalfloss.com*)

Your Good Health

Treating Mosquito Bites



There are many things about summer that are great: taking vacations, spending time with friends and family, swimming, grilling, playing outside...and the list goes on. Yet, summertime does have its drawbacks. Besides sudden thunderstorms and unbearably hot temperatures, getting a mosquito bite is also part of the list. Small as they are, mosquitos have the potential to cause big problems. Though mosquito bites are basically harmless, they can carry diseases and cause an allergic reaction. Over the years, there's been many recommendations for managing pesky mosquitos when you're trying to enjoy your summer activities outdoors, but some work and some don't. There are natural ways to deal with a mosquito bite, which uses ingredients most everyone has on hand in their own kitchen.

1. Oatmeal

It's a breakfast favorite for many people, but it can also help someone deal with a mosquito bite. Because oatmeal contains special compounds that have anti-irritant qualities, it can help relieve itching and swelling. Make a paste by mixing equal amounts of oatmeal and water. Apply to the irritation for 10 minutes, then wipe off. For multiple bites, try an oatmeal bath by combining 1 cup of oatmeal or ground oats in a bathtub full of warm water. Soak for 20 minutes.

2. Crushed Ice

Cold temperatures and ice can reduce inflammation. The cold also numbs the skin, which can give you immediate but short-term relief.

3. Honey

This sugary sweet substance is a common pick among home-remedy enthusiasts. Honey has been used for hundreds of years as a treatment for ailments like sore throats and dry skin. Medical-grade honey has many antibacterial and anti-inflammatory properties. Put a small drop on an itchy bite. This could potentially reduce the inflammation. It may also reduce your temptation to scratch, as scratching skin covered in honey can create a sticky mess.

4. Aloe Vera

A common household plant, aloe vera has many uses beyond shelf decoration. The gel has been shown to reduce pain from burns and help them heal faster. That's why it may be a good bet for healing a bug bite, too. To try this, cut open a small section of the plant. Apply the plant's gel to the area that's irritated. Let it dry, and apply again as needed.

5. Baking Soda

Found in virtually every kitchen, baking soda has a multitude of uses — from baking bread to clearing drains. Otherwise known as sodium bicarbonate, baking soda may also provide relief from a mosquito bite. The Centers for Disease Control and Prevention (CDC) suggests mixing 1 tablespoon of baking soda with just enough water to create a paste. Apply it to the bug bite, and let it sit for 10 minutes before washing it away. If skin irritation occurs, stop this treatment.

6. Vinegar

For centuries, apple cider vinegar has been used as a natural remedy to treat many medical conditions, from infections to blood glucose problems. If you have an itchy bite, dab a drop of vinegar on it. The vinegar can help reduce stinging and burning sensations. It can also act as a natural disinfectant if you've been scratching too much. Try soaking a washcloth in cold water and vinegar and then applying it to the bite. If you have many bites, dilute 2 cups of vinegar in a tepid bath and soak for 20 minutes. Beware—a hot bath may make itching worse. If skin irritation occurs, stop this treatment.

Many bites and stings cause only minor, mild reactions. In some cases, however, you can experience life threatening allergic symptoms that require medical attention. An allergy to mosquito bites is known as "skeeter syndrome", and it can result in anaphylaxis. If you are bitten, quickly stop the swelling and itching with a safe, cost-efficient homemade remedy. If you notice irritation or other negative reactions when using a home remedy, stop using it right away. *(Source: [healthline.com](https://www.healthline.com))*

Warming Up the Vintage TV

The Show: *"The Carol Burnett Show"*

Network: CBS

Broadcast History: September 11, 1967-March 29, 1978

Format: Color/60 minutes

Where to watch: DVD sets, MeTV, streaming channels



It's been named one of the most honored variety shows on television. It ran on CBS television for 11 seasons, not only establishing a television superstar, but it also made her regular supporting cast household names. It was nominated for 70 Emmy Awards and won 25 times. And its star is now 91 years of age, still going strong. All of this sums up Carol Burnett and her wonderfully entertaining variety TV program, "The Carol Burnett Show".

Carol Burnett had been a popular veteran of television for twelve years, appearing in 1955 on "The Paul Winchell Show" and the sitcom "Stanley", starring comedian Buddy Hackett. In 1959, she became a regular supporting cast member on the CBS variety series "The Garry Moore Show". When Carol left Garry's show in the spring of 1962, she pursued other projects in film, Broadway productions, and headlining her own television specials. Burnett signed a contract with CBS for ten years which required her to do two guest appearances and a TV special each year. Within the first five years of this contract, she had the option to exercise her clause with CBS and be put on the air in 30 one-hour, pay-or-play variety shows.

After discussion with her then-husband Joe Hamilton, Carol decided to call Michael Dann, the head of CBS and make an offer. Explaining that variety is a "man's genre", he offered Carol a sitcom that she would star in called "Here's Agnes". However, she had no interest in doing a sitcom, and because of the contract, CBS was obliged to give Carol her own variety show. A format for the show was developed and a supporting cast put in place. The show began on Monday, September 11, 1967 at 10:00 PM, broadcasting from CBS Television City in Studio 33. The cast of the show consisted of whom Carol referred to as "her family", including Vicki Lawrence, Lyle Waggoner, and Harvey Korman (Tim Conway would often be a guest on the show, eventually becoming a regular in Season 9).

Carol's show traditionally began with a favorite feature that consisted of an unrehearsed question-and-answer segment with the audience, lasting about three to four minutes at the start of most shows. Carol stated that she borrowed the concept from Garry Moore, who did the same on his variety show, but it was never included as part of the show. Carol would ask for the lights to be turned up ("Let's turn up the lights...") and then randomly pick audience members who raised their hands. Carol often ad-libbed funny answers, but occasionally ended up as the straight woman. For example:

Young woman: "Have you ever taken acting lessons?"

Carol: "Yes, I have."

Young woman: "Do you think it did any good?"

At the end of its first season and through the spring of 1971, it consistently ranked among the top-30 programs. (For the 1969–70 season, it posted its highest rating ever, ranking at number 13.) For season five, CBS moved the show to Wednesdays at 8:00 pm (EST). Despite the schedule change, the show continued to do well until the fall of 1972, when the ratings slipped. In December 1972, CBS again moved the show to Saturdays at 10:00 pm (EST) where, for the next four years, it not only received solid ratings, but was also part of a powerhouse Saturday-night lineup of primetime shows that included "All In the Family", "M*A*S*H", "The Mary Tyler Moore Show", and "The Bob Newhart Show". Carol had many major guest stars on her show throughout its run. Yet, she always had Jim Nabors (from "Gomer Pyle") to guest on the first show of every season her show ran. Carol later stated that she did this for good luck.

For 11 seasons, Carol and her crew would develop some of the most memorable characters and sketches. Among them were take-off's of TV commercials; "As the Stomach Turns", a soap opera parody taking place in the fictional town of Canoga Falls with Carol as the main character "Marian Clayton"; "Mrs. Wiggins & Mr. Tudball", with Tim Conway as "Mr. Tudball", a businessman who speaks in a mock Romanian accent, putting up with his empty-headed secretary, "Mrs. Wiggins", played by Carol; and Carol's signature character, an unnamed cleaning woman, whose animated image has been used in the opening credits. However, one of the most popular sketches was based on a high-tempered Southern family, entitled "The Family", created and written by Dick Clair and Jenna McMahon. This sketch was about noisy "Eunice" and her husband, "Ed", and their unwelcome houseguest who only adds to the drama: Eunice's catty elderly mama. "Mama", "Eunice", and "Ed" often have uproarious verbal wars over petty issues, such as how to play board games, how much butter was put on the bread, what exactly happened 30 or 40 years ago, etc. The final "Family" sketch had "Eunice" talking to a psychiatrist trying to figure out what went wrong with her life. Originally, the creators had Carol in mind to play "Mama" and have a guest star to play "Eunice". Carol decided that she would rather play "Eunice" and the part of "Mama" go to her co-star, Vicki Lawrence, and that the sketch be presented as a southern family because of her own Texas background. The writers were very displeased with these adjustments, fearing that the revised sketch would offend the viewers in the Southeastern part of the nation. After airing to an enormously favorable viewer response, however, Clair and McMahon wrote the sketches for the rest of the run of the show. (Continued on the next page)

(Continued from the previous page)

In late 1976, the series' tenth year, Carol's show presented what would become one of its best-known and most well-regarded sketches: "Went with the Wind!" a parody of the 1939 film "Gone with the Wind", which had its television debut on NBC the week before. It parodies a scene where an impoverished "Scarlett" refashions a set of green curtains into a dress to wear. The script called for the dress to be hanging off Carol, but Bob Mackie, the show's costume designer, did not find it funny. He asked the art director for a real curtain rod and green fabric and made the dress on a mannequin. Carol said that when she came to be fitted for her costume and saw the curtain rod, she said it was the most brilliant sight gag ever. When "Ratt Butler" first sees "Starlett" in her improvised garment, he calls it "gorgeous" and she replies, "Thank you. I saw it in a window, and I just couldn't resist it." In 2009, Mackie and Burnett donated the dress to the national Museum of American History.

In the fall of 1977, while the series was still running in prime time, the comedy sketches of the show were re-edited into freestanding programs. The resulting show enjoyed success for many years in syndicated reruns as "Carol Burnett and Friends", a half-hour edition of selected 1972–77 material. At the end of the 1977-78 season, the show's eleventh, CBS wanted to renew the show for another year. But by this time, Carol had grown tired of the weekly grind and wanted to explore acting roles outside of the comedy genre, despite her success in it. Along with mediocre ratings, she felt that television was undergoing a transition and that the variety series format was on its way out. Therefore, Carol decided to end the series on her own rather than be canceled by the network later. Thus, on March 29, 1978, in a special two-hour finale entitled "A Special Evening with Carol Burnett". Reruns were aired during the summer of 1978.

What became of the cast of “The Carol Burnett Show”?

Carol Burnett: After her show ended, she appeared in several dramatic roles, most notably in the television movie, "Friendly Fire". She appeared as "Beatrice O'Reilly" in the film "Life of The Party: The Story of Beatrice", a story about a woman fighting her alcoholism. Her other film work includes "A Wedding" (1978), Alan Alda's romantic comedy, "The Four Seasons" (1981), John Huston's musical film "Annie" (1982), and Peter Bogdanovich's comedy "Noises Off " (1992). Carol had long been a fan of the soap opera "All My Children" and realized a dream when show writer Agnes Nixon created the role of "Verla Grubbs" for her in 1983. In the 1980s and 1990s, she also appeared briefly on the Carol Burnett Show's "The Family" sketches' spinoff, "Mama's Family" as her stormy character, Eunice Higgins. She later starred in the TV movie "Plaza Suite" with Dabney Coleman and Hal Holbrook and with Julie Andrews in the ABC special "Julie & Carol: Together Again". She returned to television with the comedy series "Carol & Company" from 1990 to 1991. She guest starred as herself in "The Larry Sanders Show" in 1992 and in the sitcom "Mad About You". In 1995, after an absence of 30 years, she was back on Broadway in "Moon Over Buffalo", and four years later, she appeared in the Broadway revue "Putting It Together". She co-starred in the Apple TV+ comedy series "Palm Royale", in March 2024. Now at age 91, Carol doesn't show any signs of slowing down.

Vicki Lawrence: Vickie went on to play "Mama", as she did in "The Family" sketches in the spin-off show "Mama's Family". She also hosted the daytime NBC version of the game show "Win, Lose or Draw "(1987-1990), and has also appeared often as a popular celebrity player on numerous game shows. She had her own talk show, "Vicki!", but the show ended after two seasons amid creative battles with her syndicator. Now 75 years of age, she currently tours the country with her "two-woman" show with the first half as herself and the second half done as "Mama."

Harvey Korman: In 1980, he played "Captain Blythe" in the Disney comedy, "Herbie Goes Bananas" and in 1981, he portrayed "Count de Monet" in Mel Brooks' "History of the World, Part 1". In later years, he did voice work for the live-action film "The Flintstones" and also starred in the short-lived Mel Brooks TV series "The Nutt House" and in his final Mel Brooks film, as the zany "Dr. Seward" in "Dracula: Dead and Loving It." He continued on the spin-off series, "Mama's Family" in addition to introducing each episode of the series during its initial two-season NBC network run, portraying fictional television host "Alistair Quince" as well as directing 31 episodes of the series. He also reunited with Tim Conway, making a guest appearance on Conway's 1980–1981 comedy-variety series "The Tim Conway Show". The two later toured the U.S., reprising skits from the show and performing new material. He died on May 29, 2008, as the result of complications from a ruptured abdominal aortic aneurysm he had suffered four months earlier, at the age of 81.

Tim Conway: Tim appeared in "The Apple Dumpling Gang Rides Again(1979), with his work with the Walt Disney company earning him a "Disney Legend" award in 2004. He starred in the 1977 comedy film "The Billion Dollar Hobo". Tim also co-starred with Don Knotts in "The Prize Fighter" (1979) and "The Private Eyes" (1980). He starred in the 1986 equestrian comedy, "The Longshot." Conway also appeared with Dick Martin in "Air Bud: Golden Receiver "(1998) He was postal employee in the 1996 film, "Dear God". He also guest-starred on "CSI: Crime Scene Investigation", "Hot in Cleveland", "Mike & Molly", "Major Crimes" and "Two and a Half Men". Tim died on May 14, 2019, from complications of normal pressure hydrocephalus at a care facility in Los Angeles at the age of 85.

Lyle Waggoner: A year after leaving "The Carol Burnett Show", Lyle landed the role of "Steve Trevor" for the pilot and first season of the television series "Wonder Woman" starring Lynda Carter. He made guest appearances on numerous television series including "Charlie's Angels", "The San Pedro Beach Bums", "Happy Days", "Mork & Mindy", "The Golden Girls", "The Love Boat", "Fantasy Island" and "Murder, She Wrote" throughout their respective runs. Waggoner died in his home in the Los Angeles area on March 17, 2020, from cancer at the age of 84. ***(Sources: Wikipedia, People.com)***

2024 SENIOR GAMES/SILVERARTS WINNERS

This is part two of the list of winners from the 2024 Senior Games & SilverArts. Part one is in the June issue.

Ronnie	Basketball Shooting	1
Fullenwider	Standing Long Jump	1
Gail	Acrylics	1
Gabrysh	Acrylics	2
Steven	Pickleball Doubles	1
Goforth	Pickleball Mixed Doubles	2
Bryon	50 Yd. Breaststroke	1
Gragg	100 Yd. Individual Medley	1
	200 Yd. Individual Medley	1
	200 Yd. Breaststroke	1
	100 Yd. Breaststroke	1
	50 Yd. Butterfly	1
George	Basketball Shooting	1
Hamrick	Pickleball Doubles	1
	Badminton Doubles	1
	Corn hole Singles	1
	Pickleball Mixed Doubles	2
	Table Tennis Doubles	1
	Table Tennis Mixed Doubles	2
	Pickleball Singles	2
Sue	Basketball Shooting	1
Hamrick	Softball Throw	2
	Discus Throw	3
	Bocce	1
	Pickleball Doubles	2
	Badminton Doubles	1
	Croquet	2
	Table Tennis Doubles	1
Antionette	Crocheting	2
Heberlig		
Robert	Essay	1
Hebert	Life Experiences	2

Pam	Basketball Shooting	3
Helms	Softball Throw	1
	Pickle ball Doubles	1
	Table Tennis Mixed Doubles	2
	Badminton Singles	3
	Pickle ball Mixed Doubles	3
Marie	Pickle ball Doubles	2
Hendrick	Cornhole Singles	2
Diony	Basketball Shooting	1
Hernandez	Cornhole Singles	1
	Pickleball Singles	2
	Table Tennis Singles	1
	Table Tennis Doubles	1
Arthur	Badminton Singles	1
Holland	Badminton Doubles	1
	Badminton Mixed Doubles	1
	Table Tennis Singles	2
	Table Tennis Doubles	1
	Table Tennis Mixed Doubles	1
	Tennis Singles	1
	Tennis Doubles	1
Denna	Badminton Mixed Doubles	1
Holland	Table Tennis Mixed Doubles	1
Candace	Badminton Doubles	1
Hurtig		
Doug	Pickle ball Doubles	1
Ingle		
Rowan		
Johnson	Pickleball Singles	1
	Pickleball Mixed Doubles	1

Gene	500 Yd. Freestyle	2
Summey	200 Meter Dash	2
	100 Meter Dash	1
	50 Meter Dash	1
Charlotte	Pickleball Mixed Doubles	3
Teague	Pickleball Doubles	1
Douglas	Pickleball Mixed Doubles	3
Teague	Pickleball Doubles	3
Helen	Softball Throw	2
Thrift	Football Throw	2
Team/Group: Cardinals	Chair Volleyball	1
Joseph	Dance Large Group	1
Tittjung		
Team/Group: Carolina Line Dancers		
Karen	Dance Large Group	1
Tittjung		
Team/Group: Carolina Line Dancers		
Paul	400 Yd. Individual Medley	1
Trivette	100 Yd. Individual Medley	1
	200 Yd. Breaststroke	1
	200 Yd. Freestyle	1
	100 Yd. Freestyle	1
	50 Yd. Freestyle	1
Stephen	200 Yd. Individual Medley	1
Waldrep	100 Yd. Individual Medley	1
	100 Yd. Breaststroke	1
	50 Yd. Breaststroke	1
	50 Yd. Butterfly	1
	25 yd. Butterfly	1
	200 Yd. Freestyle	1
	100 Yd. Freestyle	1
	50 Yd. Freestyle	1

Brian	Table Tennis Singles	1
Weatherford	Table Tennis Doubles	1
	Table Tennis Mixed Doubles	1
	Pickleball Mixed Doubles	1
	Pickleball Doubles	2
	Pickleball Singles	1
	Badminton Doubles	1
Robin	Table Tennis Singles	2
Weathers	Table Tennis Doubles	2
	Basketball Shooting	3
	Pickleball Mixed Doubles	1
	Pickleball Doubles	1
Rachel	200 Yd. Backstroke	1
White	100 Yd. Backstroke	1
	50 Yd. Backstroke	1
	100 Yd. Freestyle	1
	50 Yd. Freestyle	1
Bobby	Cornhole Singles	3
Willis	Softball Throw	1
	Discus Throw	2
	Shot Put	2
	Pickleball Doubles	2
	Pickleball Singles	3
Linda	Dance Large Group	1
Wilson		
Team/Group: Carolina Line Dancers		
Christopher	Billiards	1
Wright		
Luther	Billiards	3
Wright		
Peggy	Crocheting	1
Wuest	Crocheting	3
	Life Experiences	1

Susan	50 Yd. Freestyle	1
Jones	50 Yd. Breaststroke	1
	100 Yd. Freestyle	1
	200 Yd. Breaststroke	1
Jan	Table Tennis Mixed Doubles	1
Kendrick	Pickleball Mixed Doubles	1
James	Pickleball Doubles	1
King		
Kevin	Tennis Singles	2
Kirk	Tennis Doubles	1
Evelyn	Badminton Mixed Doubles	2
Kiser	Dance Large Group	1
Carolina Line Dancers		
Keith	Running Long Jump	2
Kiser	Standing Long Jump	1
	Softball Throw	2
	Football Throw	1
	Discus Throw	1
	Shot Put	1
	Basketball Shooting	1
	Shuffleboard	1
	Badminton Mixed Doubles	2
	Badminton Singles	1
Alfred	Cornhole Singles	1
Knight	Horseshoes	1
	Billiards	2
	Softball Throw	1
	Football Throw	2
	Discus Throw	2
	Shot Put	2
	Croquet	2
	Bowling Singles	2
	Mini Golf	1

Sylvia	Table Tennis Singles	1
Knight	Cornhole Singles	3
	Billiards	2
	Running Long Jump	1
	Shot Put	3
	Basketball Shooting	2
	Croquet	1
	Bowling Singles	1
	Mini Golf	1
Barry	Horseshoes	1
Latham	Basketball Shooting	1
Judy	Table Tennis Singles	1
Latham	Table Tennis Mixed Doubles	1
	Horseshoes	1
	Softball Throw	1
	Basketball Shooting	1
	Shuffleboard	1
	Badminton Mixed Doubles	1
	Badminton Doubles	1
	Badminton Singles	1
	Mini Golf	1
Orioles	Chair Volleyball	3
Carolina Line Dancers	Dance Large Group	1
Larry	Table Tennis Singles	2
Ledbetter	Cornhole Singles	2
	Table Tennis Mixed Doubles	1
	Running Long Jump	2
	Standing Long Jump	2
	Softball Throw	2
	Pickleball Singles	3
	Badminton Mixed Doubles	1
	Badminton Singles	1
	50 Meter Dash	2
	Football Throw	2
	Discus Throw	2
	Shot Put	2
	Basketball Shooting	3
	Shuffleboard	2
	Pickleball Doubles	2

June	Cornhole Singles	3
Lees	Shuffleboard	3
	Croquet	2
	Badminton Doubles	1
Kendall	Cornhole Singles	2
Lees	Horseshoes	1
	Billiards	1
	Running Long Jump	1
	Standing Long Jump	1
	Discus Throw	1
	Shot Put	1
	Shuffleboard	1
	Bocce	1
	100 Meter Dash	1
	50 Meter Dash	1
	Darts-Local Only	2
Team/Group: Eagles (M)	Chair Volleyball	2
Grace	Dance Large Group	1
Letchford		
Team/Group: Carolina Line Dancers		
Susan	Shuffleboard	3
Letchford	Pickleball Doubles	2
Cheryl	Shuffleboard	1
Leu	Croquet	2
Janet	Cornhole Singles	1
Lindeman	Softball Throw	1
	Football Throw	1
	Shuffleboard	1
	Bowling Singles	1
	Mini Golf	1
	Bowling Doubles	1
Team/Group: Cardinals	Chair Volleyball	1

Virginia	Basketball Shooting	1
Littlejohn	Bowling Singles	1
	Mini Golf	1
Lori	Tennis Doubles	1
Martinez		
Terry	200 Yd. Breaststroke	1
Maskin	100 Yd. Breaststroke	1
	50 Yd. Breaststroke	1
	25 yd. Breaststroke	1
William		
McCord	200 Yd. Freestyle	1
	100 Yd. Freestyle	1
	50 Yd. Freestyle	1
	25 yd. Freestyle	1
Ann	Horseshoes	1
McSwain	Softball Throw	1
	Football Throw	1
	Discus Throw	1
	Shot Put	1
	Basketball Shooting	1
	Shuffleboard	2
	Pickleball Doubles	1
	Croquet	1
	Bocce	1
	Mini Golf	1
Mary	Cornhole Singles	2
Minorik	Horseshoes	1
	Billiards	1
	Football Throw	1
	Shuffleboard	2
	Bowling Singles	2
	Darts-Local Only	1
	Mini Golf	3
	Bowling Doubles	1
Team/Group: Orioles	Chair Volleyball	3

Janice	Cornhole Singles	1
Morton	Chair Volleyball	2
Team/Group: Eagles		
Annie	Photography-Digital	3
Oberle	Photography-Digital	2
	Photography-Digital	1
Arnold	Billiards	1
Padgett		
Joyce	Dance Solo	2
Parrish		
Stacie	200 Yd. Individual Medley	1
Pasco	100 Yd. Individual Medley	1
	100 Yd. Breaststroke	1
	50 Yd. Breaststroke	1
	50 Yd. Butterfly	1
	50 Yd. Freestyle	1
Albert	Softball Throw	2
Patterson	Darts-Local Only	1
	Mini Golf	1
Phil	Pickleball Doubles	1
Peeler		
Linda	Billiards	1
Pfister	Softball Throw	2
	Mini Golf	1
Team/Group: Eagles	Chair Volleyball	2
Donna	Pickleball Doubles	1
Poston		
Steven	Chair Volleyball	3
Powell		
Team/Group: Orioles (M)		

Becky	Badminton Doubles	1
Pruett	Chair Volleyball	1
Team/Group: Cardinals		
MaryAnn	Basketball Shooting	1
Rogers	50 Meter Dash	1
Randy	Pickleball Mixed Doubles	3
Sarratt	Pickleball Doubles	2
Thomas	100 Yd. Individual Medley	2
Sealey II	200 Yd. Backstroke	1
	100 Yd. Backstroke	1
	500 Yd. Freestyle	1
	200 Yd. Freestyle	1
	25 yd. Freestyle	1
	200 Meter Dash	3
	800 Meter Run	2
	Bowling Singles	1
Mary	50 Yd. Freestyle	1
Sheppard	100 Yd. Freestyle	1
	200 Yd. Freestyle	1
Beth	Dance Large Group	1
Shull		
Team/Group: Carolina Line Dancers		
AJ	Table Tennis Singles	1
Simmons	Cornhole Singles	1
	Table Tennis Doubles	1
	Table Tennis Mixed Doubles	2
	Pickleball Mixed Doubles	2
	Pickleball Doubles	2
Rusty	Tennis Singles	1
Stroupe	Tennis Doubles	2

ARE YOU A VETERAN?

Please join us for “Veteran’s Coffee & Chat”,
on Tuesday, July 23, 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!



LET’S EAT!

Microwave “in a mug” recipes

“Bacon & Eggs In a Mug” : 2 Eggs, 2 tablespoons Milk, 1 tablespoon Real Bacon Bits, 1 tablespoon Kraft Shredded Three Cheese

Beat eggs and milk with fork in large microwaveable mug until blended. Stir in bacon bits. Microwave on HIGH 1 min. and 15 sec. to 1 min. and 30 sec. or until eggs are almost set. Top with cheese. Let stand 1 minute, then enjoy immediately!

“Pizza In a Mug” : 1 slice Bread, 1 Egg, 1 teaspoon Italian Seasoning, 3 tablespoons Pizza Sauce, 1/3 cup Cheddar Cheese, Pizza Toppings (like pepperoni, mushrooms, or onions)

Tear the bread into bite-sized pieces and place in the mug. Whisk the egg in a small bowl. Pour into the bread and mix. Add pizza sauce, Italian seasoning, cheese, and toppings (if using) to the mug. Mix well. Microwave on HIGH for 2-3 minutes, until egg is set.

“Brownie In a Mug”: 3 tablespoons all-purpose flour, 3 tablespoons Dutch-process cocoa powder, 3 tablespoon granulated sugar, pinch of salt, 1/4 teaspoon vanilla extract, 3 tablespoon milk, 3 tablespoon vegetable oil, 2 tablespoons chocolate chunks or chips, 1 tablespoon beaten egg

Stir together the dry ingredients in a 6-8 oz. microwave-safe mug. Add vanilla, milk, and vegetable oil to the mug and stir to make a batter. In a separate bowl, thoroughly beat one egg. Measure out 1 tablespoon of the beaten egg and add it into the mug. Mix in 1/2 of the chocolate chunks and sprinkle the other half over the top. Microwave 1 minute – 1 minute & 15 seconds. The mug cake is done when it no longer appears wet across the top of the mug cake.



Whether you need a super-fast breakfast, lunch, dinner, or a late-night snack, just get out a coffee mug and have the microwave ready....with these recipes, your appetite will be satisfied in just a minute!

ATTENTION LADIES, AGED 50+

You are invited to our “Ladies Support Coffee and Chat”! We ask that you bring a good friend or family member as we are having a wonderful session!

When: Tuesday, July 23, 2024—10:00am
until 11:00am

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

Please reserve your seat before
Wednesday, July 17, 2024 by calling
704-482-3488.



**... for these upcoming
events at the Neal
Senior Center!**

July:

-Friday Fun Bingo, July 19

August:

-Annual Birthday Party, August 8

-“Coffee & Chat With a Cop”, August 27

September:

-Closed for Labor Day, September 2

-3rd Annual Golf Tournament, September 20

October:

-Annual Health Fair, October 4

-Annual Car Show, October 26



Have questions about any of these events? Just contact the Neal Senior Center at 704/482-3488 for further information.

CLEANING OUT YOUR HOUSE THIS SUMMER?



IF YOU HAVE ITEMS STILL IN GOOD CONDITION,
THE NEAL SENIOR CENTER WILL TAKE THEM!



EXCEPT FOR CLOTHES AND SHOES, PLEASE BRING ANY ITEMS TO THE
NEAL SENIOR CENTER TO GO IN OUR FLEA MARKET THIS FALL!
PLEASE CALL 704/482-3488 TO MAKE AN APPOINTMENT TO BRING
YOUR ITEMS. HOURS ARE MONDAY-THURSDAY, 8:30 AM-4:00 PM.



Come in where it's cool...and dance!

Please come to our July Dance!

July 25, 2024

The Neal Senior Center

100 T.R. Harris Drive, Shelby

6:00 PM

Music provided by the Union Express

Advance tickets- \$6.00 each

(Deadline to purchase is Tuesday, July 23,
by 3:00 PM)

Tickets will be sold at the door for \$8.00
each.

*A minimum of 50 tickets must be sold
in advance to hold the dance.*

JULY 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 Carolina Singers (1st & 3rd Weds.)	12:00 Canasta For Beginners	
12:00 Beginning Canasta	Veteran's Coffee & Chat (4th Tues.)	11:00 Zumba Gold	1:00 Thursday Afternoon Bridge	
12:30 Monday Afternoon Bridge	11:00 Tai-Chi	11:00 Beginner Spanish	1:00 Mexican Train Dominoes	
2:00 Chair Yoga	12:00 Canasta For Beginners	11:00 Piedmont Rook	4:00 Dine-Around (3rd 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!

“Foxtrot” by Bill Amend

