



# “The Senior Informer” August 2024



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



## Something to think about

“It takes nothing to join the crowd. It takes everything to stand alone.”

-Hans F. Hansen

## DID YOU KNOW?....

The filling in a “Kit Kat” candy bar is made from damaged “Kit Kats”?



The folks at the Kit Kat factory sure know how to recycle! Whenever a Kit Kat bar is somehow made imperfect during Production, like air bubbles or some other issue, the chocolate bar isn't thrown out. Instead, they are ground up into a fine paste and turned into a filling that's then incorporated back into the production process to create new Kit Kat bars!



**WHAT'S INSIDE?**

**“School Days of the Past”**

**“What Went On In.....”**

# The Neal Senior Center Board of Directors 2024-2025

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Sure, it's summertime...

***But we're still open!***



The Neal Senior Center is  
open Monday-Thursday,  
8:30 AM—4:00 PM  
And Friday,  
8:30 AM—12 Noon

## Neal Senior Center Staff

Paulette Putnam, Executive Director

Daniel Dedmon, Program Director

Teresa Ladd, Finance Director

Dolores Ashworth, Volunteer Coordinator

Heather Ledbetter, Nutrition Director

Jane Wright, Administrative Secretary

April Wheatley, Bookkeeper

Betsy Lavender, Housing Director

Stephanie Baxter, Maintenance

## 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, and medical equipment from July 2024.

-Lesa Hudson   -Elizabeth Baptist Church Sunday School Class  
-Kerrie & David Adams   -Julia A. Twitty   -Karen Burton  
-Beverly & Dave Cardwell

*And a special thanks to all our anonymous donors!*

## Let's get in another dance before the summer's over!



Join the Neal Senior Center for our "End-Of-Summer Dance", which will be held on Thursday, August 29, 2024, at the Neal Senior Center

Located at 100 T.R. Harris Drive, Shelby, beginning at 6:00 PM (Doors will open at 5:00 PM)

Music provided by "The Union Express"

Advanced tickets are \$6.00 each (The deadline to purchase is Tuesday, August 27, by 3:00 PM)

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

Concessions will be available for sale.

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

## Through the Pages of History

## “SCHOOL DAYS OF THE PAST”

Around this time of the year, while most children don't look forward to it too much, parents and caregivers of children are often eager to have their children back in the classroom so they can get some peace and quiet! Many parents and grandparents often think back to their school days while getting their children and grandchildren ready for a new school year. And like most of us, they have good memories of their school days. Of course, the school system today is nothing like it was in the past (just ask your older family members!) While students had plenty of rules to follow, teachers did too. Here's some examples of the requirements made for teachers to follow according to the year, and a few special memories of school years past...many of which are hard to believe today!

### **1872**

- Teachers each day will fill lamps and clean chimneys.
- Men teachers may take one evening each week for courting purposes, or two evenings a week if they go to church regularly.
- After ten hours in school, the teachers may spend the remaining time reading the Bible or other good books.
- Women teachers who marry or engage in unseemly conduct will be dismissed.
- Every teacher should lay aside from each pay a goodly sum of his earnings for his benefit during his declining years so that they will not become a burden on society.
- A teacher who performs their labor faithfully and without fault for five years will be given an increase of twenty-five cents per week in their pay, providing the Board of Education approves.
- You may ride in a buggy with a man, if he is your father or your brother.

### **1923 (female teachers only)**

- You are not to get married, otherwise, this contract become null and void immediately if the teacher marries.
- You are not to keep company with men.
- You are to be home between the hours of 8pm and 6am unless in attendance at school functions.
- You are not to dye your hair.
- You are not to wear dresses more than two inches above the ankle.
- You are not to loiter in downtown ice-cream stores.

### **What do adults remember from their school days?**

- “When I was in high school, the school offered “Physics” and “Girl’s Physics”. The girl’s class was easier since girls couldn’t understand science.”
- “When my Dad was in elementary school, as a reward for being good, students were allowed to play with mercury with their bare hands.”
- “Our Driver’s Ed teacher had a rolled up newspaper and when you, let’s say, didn’t stop all the way at a stop sign, he’d whack you on the head with it.”
- “Field trip days were amazing. There was no boring morning routine and the teacher wore blue jeans and sneakers all day. But we still had to act right on the bus. We went to zoos, science centers, museums, and plays, and absolutely believed that we would take field trips every single day of our lives, as soon as we didn’t have school anymore.”

## Around the House



Recently, a **“What Will They Think of Next?”** feature about the history of “Dawn” dishwashing detergent appeared. The response was very positive and as news-letter editor, I decided to research the ways to use “Dawn” for other household problems besides dishes. Here are some that can get you started, but **make sure to use the blue “Dawn” for these hints, as this is what was used in developing them.**

**-Pretreat clothing stains.** Oily stains from food, makeup, and automotive grease are no match for Dawn. Apply directly to the stain, let sit overnight if necessary, then wash as usual. You can add a little to the washing machine if laundering a full load of greasy gear, but be careful not to use too much or it will cause oversudsing .

**-Unclog a sink or toilet.** Pour 1/4 cup to 1/2 cup of Dawn into a clogged sink or toilet. Let it sit for about 15 minutes. For sinks, just run the hot water for a few minutes, and the water and soap should get the clog moving. For toilets, heat a pot of water until hot, but not boiling. Add the hot water to the toilet bowl, and let it sit for a few minutes before flushing.

**-Make a very effective bath and shower cleaner.** Use one part Dawn and two parts white vinegar in a spray bottle. Shake to mix. Spray on your bathtub and shower stall. Let stand for one hour, then use a sponge and plenty of water to help eliminate soap scum and hard water build-up. Your tub and shower stall will be spotless! **(Editor’s note: This works great! The original directions advised using equal amounts of Dawn and white vinegar but that makes the solution very sudsy and harder to rinse, so I suggest the proportions I gave.)**

**-Cleaning jewelry.** Mix a few drops of Dawn in a bowl of warm water. Add your jewelry and let it soak for five minutes. Rinse and buff dry with a microfiber cloth. If you need to give it a gentle scrub after soaking, use a new, unused baby toothbrush (a used toothbrush contains remnants of toothpaste and may have an abrasive residue).

**-Degreasing kitchen cabinets.** Dawn’s grease-cutting power works just as well on cabinets coated in cooking grease as it does on dishes. Just squirt some on a wet sponge, lather up, and wipe the grime away. Follow with a wet cloth to remove any residue, and dry with a clean cloth.

**-Cleaning the oven.** Mix baking soda, water, and a few drops of Dawn to make a paste. Spread the mixture inside the oven and spray with a 1:1 ratio of vinegar and water. Let sit for a few hours or overnight, then spray again. Scrub or wipe away the grime.

**-Carpet Cleaner.** To clean your carpet in an easy, yet effective way, is to make this carpet cleaning mixture: All you have to do is mix 1 teaspoon of Dawn dishwashing liquid, 1 tablespoon vinegar, and 1 gallon of warm water.

**-Remove Skunk Smell From Dogs.** You have heard all your life (or not) that you need to soak a dog in tomato juice to get rid of the skunk scent sprayed on them. That may be true, but you can use Dawn and have much less of a mess on your hands. All you need to do is soap your pup up with Dawn dishwashing liquid and rinse 2-3 times to get rid of the smell.

**-Ant repellent.** Just mix a couple of drops of Dawn dish soap with warm water in a spray bottle. Spray mixture on countertops and clean counters. The thin residue left on the counters repels any trail of ants.

**-Keep your glasses from fogging.** Fill a new spray bottle with 1/4 cup distilled white vinegar, 2 cups warm water, and a few drops of Dawn. Shake it to mix the solution then go to town on those smudgy surfaces, using a microfiber cloth to remove the soapy liquid. This also works great for bathroom mirrors!

**-Grill Cleaner.** Soak your grill racks overnight in Dawn mixed in a bucket of hot water, then finish the job with a wire brush. This is also a great way to clean other dirty tools.

**-Getting Rid of Weeds.** Mix 1 gallon of white vinegar, 1 cup of table salt & 1 teaspoon of Dawn and place in a spray bottle. Spray on weeds and this starts killing them within 15 minutes.

**-Kills Poison Ivy on the skin.** If you’ve been exposed to poison ivy, take a shower using Dawn as it helps wash off any of the poison ivy oils.

**(Sources: [groceryshopforfree.com](http://groceryshopforfree.com), [bhg.com](http://bhg.com))**



All Ladies 50+ and Veterans are invited to come to have “Coffee and Chat” with a Cop. We invite you to bring your questions. Light refreshments will be served.



What: “Coffee and Chat with a Cop”

When: August 27, 2024

Where: Neal Senior Center

Time: 10:00am—11:00am

Call to register by 3:00pm

August 21, 2024



Laff-A-Little!

“Oh, Brother!” by  
Bob Weber, Jr.  
and  
Jay Stevens

## What were the major headlines in 1962?

- In February, John Glenn becomes the first American to orbit the Earth.
- In March, the morning sickness drug "Thalidomide" was found to cause birth defects and was banned world-wide.
- In July, France transfers sovereignty to the new republic of Algeria.
- From October 16-28, the "Cuban Missile Crisis" took place when Russia planned to deploy missiles in Cuba, bringing the world to the brink of a world war.

## What happened in sports?

- Ground was broken for the "Houston Astrodome", and the "Cincinnati Reds" agreed to stay in Cincinnati for 10 more years.
- Jackie Robinson became the first African-American to be elected to the "Baseball Hall of Fame".
- "The Boston Celtics" were the NBA champs, the "New York Yankees" won the World Series, and the "Toronto Maple Leafs" clinched the Stanley Cup.

## What else happened across the country?

- In January, U.S. military personnel launched "Operation Ranch Hand", a chemical warfare program that involved spraying "defoliating herbicides over rural areas of South Vietnam in an attempt to deprive the Viet Cong of food and vegetation cover."
- In February, the first "Saint Jude Children's Research Hospital" opened in Memphis, Tennessee.
- In February, first lady Jackie Kennedy gives a televised tour of the White House, drawing about 56 million viewers.
- From May 14-31, a total of 188 tornadoes were confirmed in Connecticut, Vermont, Pennsylvania, Texas, Oklahoma, Kansas, North and South Dakota, and Nebraska, causing three fatalities, 168 injuries, and \$33.450 million in damage.
- In June, Albert DeSalvo, better known as "The Boston Strangler", murdered his first victim.
- In July, Sam Walton opened the first "Wal-Mart" in Rogers, Arkansas.
- In August, actress Marilyn Monroe dies from an overdose of sleeping pills at the age of 36.
- In October, "Dr. No", the first James Bond film, was released.

## What were the Top 10 songs of 1962?

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 1962?

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 1962?

- **A new house: \$12,000**
- **Gasoline: 31 cents/gallon**
- **Admiral 6-transistor pocket radio: \$14.97**
- **Admiral 23" console television: \$169**
- **A visit to the doctor: \$5.00**
- **Movie ticket: 50 cents**
- **Popcorn at the movies: 20 cents**
- **A pair of tennis shoes: \$5.00**
- **Men's Slim-Line Trousers: \$3.87/pair**
- **Sugar: 59 cents/5 lbs.**
- **Ground Coffee: 85 cents/lb.**
- **A loaf of white bread: 21 cents/loaf**

# Save the Date



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

### 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.

## Let's Eat!

- 6 cups thinly-sliced Cucumbers
- 2 cups thinly-sliced Onions
- 1-1/2 cups Sugar
- 1-1/2 cups Cider Vinegar
- 1/2 tsp. Salt
- 1/2 Tsp. Mustard Seed
- 1/2 Tsp. Celery Seed
- 1/2 Tsp. Ground Turmeric
- 1/2 Tsp. Ground Cloves



## Easy Refrigerator Pickles

Anyone can make these easy-to-do pickles! There's no need for canning equipment, either! Just 20 minutes of preparation time and 24 hours of refrigeration and they are ready to be enjoyed!

Place cucumbers and onions in a large bowl; set aside. Combine remaining ingredients in a saucepan; bring to a boil. Cook and stir just until the sugar is dissolved. Pour over cucumber mixture; cool. Cover tightly and refrigerate for at least 24 hours before serving. Keeps for two weeks.

Hints: Choose thin cucumbers, which are tender, flavorful and easy to slice. Homegrown cucumbers, farmer's market cucumbers or English cucumbers from the grocery store are the best if you plan to leave the skin on your pickles. Cider vinegar is the best to use in this recipe, since it has a bright, fruity flavor. White vinegar can be used, but it is stronger and has a more sour flavor. For the onion, a Vidalia onion is perfect since it's sweet. If desired, these pickles can be made in 3-4 pint glass jars.



**When:** Thursday, August 29, 2024, from 10:00 AM – 11:00 AM

**Where:** the Neal Senior Center, 100 T.R. Harris Dr., Shelby

**Cost:** None! Supplies are provided, along with snacks and non-alcoholic beverages.

**How:** To make a reservation, please call the Neal Senior Center at 704/482-3488.

This event is being sponsored by:



## Let's talk about our Monday Night Bingo!



The Neal Senior Center greatly appreciates your participation in our Monday Night Bingo games. The attendance is on the increase, which we hope will continue. Whether you're a new player or a long-time participant, please be aware of these rules when you come to one of our games:

- Participants must be at least age 12 to play. Those aged 12-17 must be accompanied by an adult. **NO EXCEPTIONS!**
- No observers are allowed.
- All participants must purchase a minimum of \$19 worth of cards to play.
- Please be sure to review the Bingo rules, which are on a large bulletin board in the Neal Senior Center's lobby before entering.
- Most importantly, please be patient and courteous with the Bingo staff and other participants. The Bingo staff strives to serve everyone quickly and efficiently. Your patience and courtesy can help make it more fun and more pleasant for everyone!

If you have additional questions or would be interested in volunteering as a Bingo worker, please contact Paulette Putnam, Neal Senior Center Executive Director, at 704/481-7380.

*Just so you'll know...*

**The Neal Senior Center will be closed on Monday, September 2, 2024 in observance of Labor Day. The center will reopen on Tuesday, September 3, 2024 at 8:30 AM.**



**Since it's much too hot to be outdoors, enjoy some card games indoors!**



**There is plenty of space available if you play “Rook” or “Bridge”! Both groups are needing players, so if you're age 50+ and like playing either of these games, then there's a place for you!**

**Come to the Neal Senior Center, at 100 T.R. Harris Drive, in Shelby for the “Party Bridge” games. They are played Mondays, 9 AM – 12 Noon and Thursdays, 1 PM – 3 PM.**

**The “Rook” game is played on Wednesdays, from 11 AM – 3 PM.**

**Have questions? Please contact Daniel Dedmon, Neal Senior Center Program Director, at 704/481-7387.**

## Let's Eat!

## Fruit-Filled Pineapple

- ◆ 1 medium Fresh Pineapple
- ◆ 1/2 C. Orange Marmalade
- ◆ 1/2 C. Maraschino Cherries
- ◆ 1 (11 oz.) can Mandarin Oranges, drained
- ◆ 1/2 C. Toasted Sliced Almonds
- ◆ 1 C. Flaked Coconut



A luscious summer treat filled with fresh fruits! Just as beautiful to look at as it is to eat!

Slice the pineapple in half lengthwise, including the crown. Using a small knife, pare the pineapple flesh out of both halves, leaving the shell intact. Remove core and cut the pineapple in bite-sized pieces into a large bowl. Add the remaining ingredients and toss carefully to combine. Spoon into the hollowed pineapple shells. Serves 6-8.

**TO SERVE HOT:** Cover with waxed paper and microwave on HIGH power (100%) for 10-12 minutes (if using a temperature probe, it must reach 120 degrees). Serve immediately.

**TO SERVE COLD:** After cooking the pineapple, let cool. Cover with plastic wrap and refrigerate and serve chilled.

This is equally delicious hot or cold, so choose whichever way suits your personal tastes.

## 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.

**There's lots you can do in the comfort of your own home....**



**including learning a foreign language!**



**Join us for “Virtual Basic Spanish”**

**each Thursday morning from 10:00 – 10:30 AM**

**on Facebook Live, [www.facebook.com/nealseniorcenter](http://www.facebook.com/nealseniorcenter)**

**Each week will feature a basic lesson in the Spanish language, which includes conversation and grammar. There will also be lessons in counting, colors, expressions, and numerous other practical and useful topics.**



If you are a diabetic, you know how important a blood sugar check is.....



But, are you so busy that you DON'T check it at all?



**The Neal Senior Center can help you!**

The Neal Senior Center will offer free blood sugar tests on the first Wednesday of each month, starting August 7, from 9 AM to 11 AM. Sponsored by Peachtree Centre, a senior can check their blood sugar with a Peachtree medical representative free of charge!

Sponsored by



### **The North Carolina Assistive Technology Program**

The North Carolina Assistive Technology Program (NCATP) is a state and federally funded program that provides assistive technology services statewide to people of all ages and abilities. NCATP provides device demonstration, short-term device loans, training, and re-utilization of assistive technology.



Assistive Technology is any item, piece of equipment, or product, that is used to increase, maintain, or improve the functional capabilities of an individual with a disability. Examples of assistive technology devices include caption call telephone for the hearing impaired, audio labeling pen for the visually impaired, reachers/grabbers and memory aids to name a few.

If you believe you can benefit from assistive technology, please contact a center near you.

Charlotte Center 980-296-6790      Morganton Center 828-608-5686



COME JOIN US FOR

# Neal Senior Center's 4th Annual Golf Tournament

Presented by:



With a chance to win a new car  
with a hole in one!

Sponsored by:



**When:** Friday, September 20, 2024

**Where:** Deer Brook Golf Course

**Format:** 4-man Captain's Choice

**Time:** Tee-Time Starting at 10:30 am

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

**Deadline to register:** Friday, September 13

**Lunch provided by:** Bayada Home Health Care



**Drinks provided by:** Hopscotch Primary Care



Special thanks to our  
sponsors:



Exceptional Nursing and Rehabilitation Care



For more information, call Rick Hord at 704-473-6744 or email at rick.tumbleweed@gmail.com.  
All proceeds benefit the Neal Senior Center.

# AUGUST 2024 ACTIVITY CALENDAR

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

## Laff-A-Little!

## "Baby Blues" by Ron Kirkman and Jerry Scott

