

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

June 2023

Participant Don served in the United States Navy for 6 years. Today, Don enjoys spending time with fellow veterans, playing instruments, and increasing his mobility with daily exercise. Thank you for your service Don!



Did you know that veterans may be eligible for benefits that cover the cost of services provided by Life Enrichment Adult Day Care?

Serving Veterans Since 1980

Shelby 704.484.0405

Kings Mountain 704.739.4858

For 42 years doing "Whatever It Takes" to help families keep adult loved ones at home and in the community. Life Enrichment Center is designated a national model among adult day cares across the country.

Every Day Is Veterans Day At Life Enrichment!

Here at LEC, we proudly recognize those who have served our country. Veterans are given opportunities to share stories, serve a purpose, and enjoy being around other veterans while receiving the following:

- Quality Health Care
- Meaningful Activities
 - Baths/Showers
 - Nutritious Meals
- Meeting Fellow Veterans
- Transportation To LEC



(Above) Veteran Todd Carpenter, Marine Corps League N.C. Foothills Detachment, shakes hands with Veteran John as he presents him with a certificate of service. (Below) Veteran Mike chooses the perfect place to hang the plant he has grown.



Something For Everyone...



(Left) Veteran Michael salutes as the National Anthem is being played. (Right) Participants join in as Music Therapist Hannah plays songs of the 70's.

Physical exercise is a daily routine at LEC. Below, participant Harold works on his upper body strength.

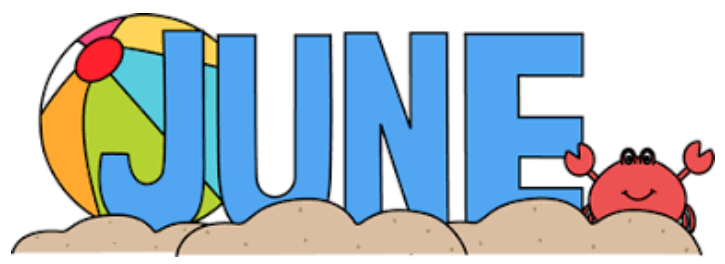


Participant Pauline is rocking to the beat during Music Therapy.



Participant Bill helps to arrange the beautiful flowers donated by Bessie Hopper.





Shelby Activity Highlights

Don't Forget!

June 16- Western Day (Dress Like A Cowboy)

June 20- LEC 2023 Prom (Dress To Impress)

June 30- Beach Day

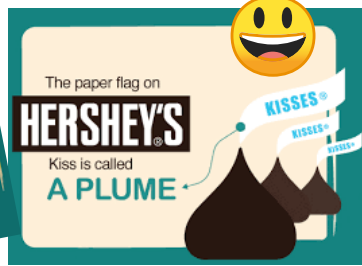
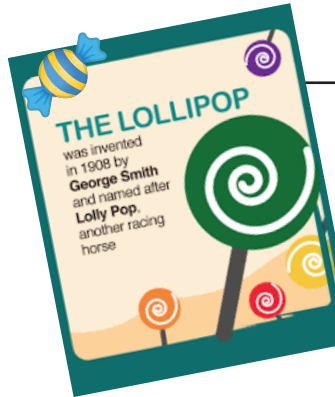
(Bring A Change Of Clothes If You Want To Get Wet)

| | | | | |
|---|---|--|---|--|
| <p>1 Thursday</p> <ul style="list-style-type: none"> ◆Parachute Fun ◆National Nail Polish Day ◆Manicures ◆Men's Coffee Club: Sharing Stories Of Life In The Military <p><i>Taco Spaghetti-Garden Salad-Bread Stick-Mandarin Oranges</i></p> | | <p>2 Friday</p> <ul style="list-style-type: none"> ◆Beach Bingo ◆Chair Zumba ◆Making Homemade Doughnuts For National Doughnut Day  <p><i>Chicken Salad Sandwich w/Lettuce & Tomato-Tater Tots-Peaches</i></p> | | |
| <p>5 Monday</p> <ul style="list-style-type: none"> ◆Pet Appreciation Week ◆Pet Of The Day: Dog ◆Tai Chi ◆All About The Golden Retriever ◆Famous Dogs Of The White House  <p><i>Chili Burgers-Coleslaw-Baked Fries-Pears</i></p> | <p>6 Tuesday</p> <ul style="list-style-type: none"> ◆Pet Of The Day: Cat ◆History Of The Domestic House Cat ◆Chair Yoga ◆"Big" Cats Of The World  <p><i>Fish Sticks-Macaroni & Cheese-Broccoli-Roll-Pineapple</i></p> | <p>7 Wednesday</p> <ul style="list-style-type: none"> ◆Pet Of The Day: Snake ◆All About The Ball Python ◆Health Fair ◆A Visit With "Roscoe" The Bearded Dragon  <p><i>Beef Stroganoff-Garden Salad-Roll-Appleauce</i></p> | <p>8 Thursday 🎵</p> <ul style="list-style-type: none"> ◆Pet Of The Day: Goldfish ◆Virtual Trip To The Georgia Aquarium ◆Prom Decorating With Felicia Berry  <p><i>Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges</i></p> | |
| <p>12 Monday</p> <ul style="list-style-type: none"> ◆LEC Putt Putt ◆Tai Chi ◆Wayne Hendrick Brings His Volkswagen Bus  <p><i>Baked Ham-Potato Salad-Green Beans-Roll-Peaches</i></p> | | <p>13 Tuesday</p> <ul style="list-style-type: none"> ◆Music With Tom Woods & Friends ◆Celebrating Nursing Assistants ◆Junk Drawer Detective  <p><i>Hamburger Steak w/Mushroom Gravy-Onions-Mashed Potatoes-Roll-Pears</i></p> | <p>14 Wednesday 🎵</p> <ul style="list-style-type: none"> ◆Making Your Own Tye Dye Shirt ◆Devotion With Blessed Coverings  <p><i>Tuna Salad Sandwich w/Lettuce & Tomato-Baked Fries-Appleauce</i></p> | <p>15 Thursday</p> <ul style="list-style-type: none"> ◆LEC Paint & Sip ◆How To Make The Best Pound Cake ◆Summer Time Word Search  <p><i>Chicken Tenders-Mashed Potatoes-Spinach-Bread Stick-Pineapple</i></p> |
| <p>19 Monday</p> <ul style="list-style-type: none"> ◆Participant Council Meeting ◆Celebrating Juneteenth ◆LEC Monthly Birthday Party  <p><i>Baked Chicken-Caesar Pasta Salad-Garlic Bread-Fruit Cocktail</i></p> | | <p>20 Tuesday</p> <ul style="list-style-type: none"> ◆Summer Time Arts & Crafts ◆LEC Price Is Right ◆Bingo Bonanza  <p><i>Lasagna-Garden Salad-Bread Stick-Pineapple</i></p> | <p>21 Wednesday</p> <ul style="list-style-type: none"> ◆A Visit With Stan Lowery Of The Don Gibson Theatre ◆World Music Day ◆"Name That Instrument"  <p><i>Chicken Nachos-Lettuce & Sour Cream-Black Beans-Peaches</i></p> | <p>22 Thursday 🎵</p>  <p><i>Pot Roast-Mashed Potatoes-Peas-Roll-Pears</i></p> |
| <p>26 Monday</p> <p>LEC Wacky Wedding</p>  <p><i>Chicken Sandwich-Garden Salad-Mandarin Oranges</i></p> | | <p>27 Tuesday</p> <ul style="list-style-type: none"> ◆50 Wedding Traditions & Superstitions ◆Music With The McCurry Band & Friends  <p><i>Loaded Tater Tots w/Chili, Cheese, Broccoli & Sour Cream-Peaches</i></p> | <p>28 Wednesday</p> <ul style="list-style-type: none"> ◆Music With The Shelby Presbyterian Church Bell Choir ◆Parachute Fun  <p><i>Smoked Sausage w/Peppers & Onions-Boiled Potatoes-Garlic Bread-Pineapple</i></p> | <p>29 Thursday</p> <ul style="list-style-type: none"> ◆Balloon Volley ◆Making Light Houses ◆Chair Zumba  <p><i>Fish Sandwich-Coleslaw-Baked Fries-Pears</i></p> |
| | | <p>30 Friday</p> <p>Beach Day!</p>  <ul style="list-style-type: none"> ◆How To Make The Perfect Banana Split <p><i>Meatloaf-Broccoli & Cauliflower w/Cheese-Roll-Fruit Cocktail</i></p> | | |

JUNE

Neisler Center
by the Neisler Foundation
222 Kings Mountain Blvd.
Kings Mountain, NC 28086

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS 704-739-4858



June Is National Candy Month!

1 Thursday

- ♦ Good Health Education
- ♦ Paper Plate Exercise
- ♦ Happy Birthday Andy Griffith
- ♦ National Pen Pal Day

Taco Spaghetti- Garden Salad- Bread Stick- Mandarin Oranges

2 Friday

- ♦ Summer Word Games
- ♦ Tai Chi
- ♦ National Doughnut Day

Health Fair

Chicken Salad Sandwich w/Lettuce & Tomato- Tater Tots- Peaches

5 Monday

- ♦ Hot Air Balloon Day
- ♦ Musical Chairs Exercise
- ♦ Pet Appreciation Week: Remembering Our Furry Friends

Chili Burgers- Coleslaw- Baked Fries- Peas

6 Tuesday

- ♦ LEC Price Is Right
- ♦ Scarf Exercise
- ♦ America's Funniest Home Videos: Pet Edition

Health Fair

Fish Sticks- Macaroni & Cheese- Broccoli- Roll- Pineapple

7 Wednesday

SPA DAY

Beef Stroganoff- Garden Salad- Roll- Applesauce

8 Thursday

- ♦ Ghost Buster Trivia
- ♦ Famous Celebrity Pets
- ♦ Chair Zumba
- ♦ Famous White House Pets

Grilled Cheese Sandwich- Tomato Soup- Mandarin Oranges

9 Friday

- ♦ Music With First Baptist Church Of Shelby
- ♦ All About Donald Duck
- ♦ LEC Walking Club

BBQ Chicken- Macaroni Salad- Tomato Slices- Garlic Bread- Fruit Cocktail

12 Monday

- ♦ Participant Council Meeting
- ♦ Bartending 101 With Kaitlyn Evans
- ♦ National Peanut Butter Cookie Day

Baked Ham- Potato Salad- Green Beans- Roll- Peaches

13 Tuesday

- ♦ LEC Cornhole Tournament
- ♦ Arts & Crafts: Vacation Collages
- ♦ Celebrating Nursing Assistants

Hamburger Steak w/ Mushroom Gravy- Onions- Mashed Potatoes- Roll- Peas

14 Wednesday

- ♦ Celebrating 248 Years Of The US Army
- ♦ Virtual Tour Of The Smithsonian: US Military
- ♦ Chair Yoga

Tuna Salad Sandwich w/Lettuce & Tomato- Baked Fries- Applesauce

15 Thursday

- ♦ Making Father's Day Cards
- ♦ Who Can Tell The Best "Dad Joke?"
- ♦ Upper Body Exercise

Chicken Tenders- Mashed Potatoes- Spinach- Bread Stick- Pineapple

16 Friday

- ♦ National Blue Day
- ♦ Cracker Jacks: America's Famous Snack
- ♦ Music Trivia: Blues Edition

Wear Your Blue

Cheeseburger w/Lettuce & Tomato- Baked Beans- Mandarin Oranges

19 Monday

- ♦ History Of Juneteenth
- ♦ "Garfield" Trivia
- ♦ Tai Chi
- ♦ How To Make The Best Banana Pudding

Baked Chicken- Caesar Pasta Salad- Garlic Bread- Fruit Cocktail

20 Tuesday

- ♦ How To Plant The Perfect Garden
- ♦ Parachute Fun
- ♦ Nature Walk In The LEC Healing Garden

Lasagna- Garden Salad- Bread Stick- Pineapple

21 Wednesday

- ♦ Activity Connection: "Name That Instrument"
- ♦ Balloon Volley

Health Fair

Chicken Nachos- Lettuce & Sour Cream- Black Beans- Peaches

22 Thursday

- ♦ Board Game Fun
- ♦ LEC Bowling
- ♦ How To Make A Perfect Peach Cobbler

Pot Roast- Mashed Potatoes- Peas- Roll- Peas

23 Friday

SPA DAY

Turkey Sub w/Lettuce & Tomato- Baked Fries- Apple Slices

26 Monday

- ♦ History Of The Canoe
- ♦ Virtual Canoe Tour Of The French Broad River
- ♦ Paperplate Exercise

Chicken Sandwich- Garden Salad- Mandarin Oranges

27 Tuesday

- ♦ National Sunglasses Day
- ♦ LEC Price Is Right
- ♦ Creative Writing: Summertime Sonnets

Loaded Tater Tots w/Chili, Cheese, Broccoli & Sour Cream- Peaches

28 Wednesday

- ♦ All About Insects
- ♦ Summertime Scavenger Hunt
- ♦ LEC Walking Club

Smoked Sausage w/Peppers & Onions- Boiled Potatoes- Garlic Bread- Pineapple

29 Thursday

- ♦ Gardening Tips With Martha Stewart
- ♦ Vegetable Garden Reminiscing
- ♦ Chair Yoga

Fish Sandwich- Coleslaw- Baked Fries- Peas

30 Friday

LEC Monthly Birthday Party

Meatloaf- Broccoli & Cauliflower w/Cheese- Roll- Fruit Cocktail

In Memory...

*The following have been remembered with a gift to
Life Enrichment Center:*

Brenda Goforth

*by
Pete Gilbert
Dianne Harrison
Emily Littlejohn & Family*

Brent McSwain

*by
Judy Scism*

Betty Weaver

*by
Robyn W. Putnam*

Anne Shaw

*by
Ray & Mary Martin*



Friends...

*The following have given a gift to
Life Enrichment Center:*

Kandice Hullender

**Shelby Presbyterian
Church**

Ruby McKinney- Art Supplies
Trevelen Winebarger- Bingo Prizes
Anita Friday- Sweet Treats
Jan Welborn- Art Supplies
Judy Franks- Greeting Cards
Tamecia Wilson- Bingo Prizes
Marie Harrill- Bingo Prizes
Girls In Grace- Bingo Prizes
Pat Darty- Sweet Treats
Janet Harrill- Sweet Treats
Pam Merritt- Sweet Treats



*The Belwood & Cleveland
County Extension & Association
members hosted the LEC May
Birthday Party. Participants
enjoyed ice cream, cake, & chips
along with fun & fellowship.
Thank you to all members for
making this party so very
special!*



As the Neisler Center doors open, each participant is greeted with a smile. Volunteer Judy Scism has devoted 14 years of service to Life Enrichment. (Below) Participant Jamie presents her with a gift on Volunteer Appreciation Day. Thank you Judy, for all you do and the difference you make every day in the lives of participants, families, caregivers, & staff.



"The joy I receive every day at Life Enrichment is truly something special!"

-Volunteer, Judy Scism



Looking for an opportunity to help others? Please Give!

Memorials, Honorariums, and Gifts

I want to support the work of the Life Enrichment Center...

By becoming a:

- Friend \$25-\$100
- Supporter \$101-\$500
- Sponsor \$501-\$1,000
- Patron \$1,001-\$2,500
- Benefactor \$2,501-\$4,999
- Major Benefactor \$5,000 +

Make checks payable to:

*Life Enrichment Center
110 Life Enrichment Blvd.
Shelby, NC 28150*

Name _____

Address _____

City _____ State _____ Zip _____

In memory of _____

In honor of _____

Send a notice to: _____

Address _____

City _____ State _____ Zip _____

You can also use your credit card, please call Patti at 704.484.0405 or fill out the following:

Visa/ MC (Circle one)



Card No. _____ Expiration Date _____

Amount _____ Signature _____

Security Code _____

Board of Directors

Suzanne Amos, *President*
Tommy Brooks, *Vice-President*
Donna Beringer, *Treasurer*
Tonya Arrington
Hannah Cyr
Larry Dooley
Pete Gilbert
Rev. Eddie Gray
Dr. Carolyn Jackson
Jodi Jennings
Kirsten Martin
Tom Martin
Russ Putnam
Paula Ramsey
Jonathan Rhodes

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Jesse Bone
Honorable Forrest D. Bridges
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Tom Brooks
Cecil Burton
Wade Carpenter
David Cline
Chris Gash
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Jennipher Harrill
Kitty Hoyle
Patsy Irvin
Dr. Jane King
Tyler Leonhardt
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Life Enrichment Center
110 Life Enrichment Blvd.
Shelby, North Carolina 28150

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Important Announcements:

Important announcements will be made through the "**One Call Now**" service, our Facebook page, and on WBTV television. Should it be necessary to close early, caregivers will be notified by telephone.

We Need Your Help!

Tis' the season! The LEC healing gardens are in need of a few "green thumbs". If you, or someone you know, would like to help with pruning, shaping, or planting... give us a call!

Shelby 704.484.0405

Kings Mountain 704.739.4858

