

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

May 2023

Participant Rose Marie enjoys her coffee as she reads a book.



Looking For The Perfect Mother's Day Gift?

Life Enrichment Center offers meaningful programs, quality health care, and opportunities for socialization. Everyone has a purpose. Help your mother rediscover hers today!

Call for a **FREE** trial visit!

Life Enrichment Center

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 at LEC includes mental & physical exercise, a chance to be creative, spiritual enrichment, entertainment, reminiscing, fun, and laughter!



*(Left) Participants Vangie & Jane work together to design posters for LEC athletes participating in this year's Special Olympics.
(Bottom, left to right) Participant Gwyn claps to a song played by Music Therapist, Hannah, as Odessa sings along.*



"Let me win, but if I cannot win, let me be brave in the attempt."



The crowd cheered as each athlete took their place at the starting line, gave it their all, and received their medals. Despite the rain, athletes were able to compete indoors. Congratulations to all athletes that participated in the 2023 Special Olympic Spring Games.



LEC Athletes cheer from the sideline. Participant Heather is congratulated by friends after receiving her medal.

Life Enrichment Center
 110 Life Enrichment Blvd.
 Shelby, NC 28150
 704.484.0405



Shelby Activity Highlights

| | | | | |
|--|--|---|---|---|
| <p><i>1 Monday</i></p> <ul style="list-style-type: none"> ♦ May Day Bingo ♦ All About The Empire State Building ♦ Mother Goose Trivia  <p><i>Fish Sandwich w/Lettuce & Tomato-Tater Tots-Pineapple</i></p> | <p><i>2 Tuesday</i></p> <ul style="list-style-type: none"> ♦ National Sun Glasses Day: Wear Your Favorite Pair! ♦ Bible Trivia ♦ LEC Fashion Show  <p><i>Baked Spaghetti-Garden Salad-Garlic Bread-Pears</i></p> | <p><i>3 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Health Fair ♦ Making Cards For Our Local Firefighters ♦ Fire Safety Tips  <p><i>Baked Ham-Macaroni & Cheese-Broccoli-Roll-Applesauce</i></p> | <p><i>4 Thursday</i></p> <ul style="list-style-type: none"> ♦ Celebrating Firefighters With The Shelby Fire Department ♦ Star Wars Trivia ♦ Tai Chi  <p><i>Chicken Nachos w/Lettuce & Sour Cream-Black Beans-Mandarin Oranges</i></p> | <p><i>5 Friday</i></p> <ul style="list-style-type: none"> ♦ "Name That Animal Sound" ♦ All About Famous Mothers <p>Cinco de Mayo Celebration</p>  <p><i>Turkey Sub Sandwich-Vegetable Pasta Salad-Peaches</i></p> |
| <p><i>8 Monday</i></p> <ul style="list-style-type: none"> ♦ History Of The American Red Cross ♦ LEC Bowling Tournament  <p><i>Hamburger Casserole-Garden Salad-Roll-Fruit Cocktail</i></p> | <p><i>9 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Music With Tom Woods & Friends ♦ Making Cards For Mother's Day  <p><i>Tuna Salad Sandwich w/Lettuce & Tomato-Baked Chips-Pineapple</i></p> | <p><i>10 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Virtual Visit To The Hostess Factory ♦ Devotion With Blessed Coverings  <p><i>Vegetable Beef Soup-Caesar Salad-Bread Stick-Peaches</i></p> | <p><i>11 Thursday</i> 🎵</p> <ul style="list-style-type: none"> ♦ All About The Food Pyramid ♦ Scarf Exercise ♦ "Win, Lose, Or Draw"  <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Pears</i></p> | <p><i>12 Friday</i></p> <ul style="list-style-type: none"> ♦ Making Flower Vases With Tonya Robinson ♦ LEC Putt-Putt ♦ Sharing A "Mother's Day" Poem  <p><i>Baked Chicken-Caesar Pasta Salad-Garlic Bread-Applesauce</i></p> |
| <p><i>15 Monday</i></p> <ul style="list-style-type: none"> ♦ Participant Council Meeting ♦ History Of Chips Ahoy! <p>LEC Monthly Birthday Party</p> <p><i>Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges</i></p> | <p><i>16 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Creative Drawing To Music ♦ All About Native Trees In North Carolina ♦ Chair Zumba  <p><i>BBQ Chicken-Baked Beans-Tomato Slices-Roll-Peaches</i></p> | <p><i>17 Wednesday</i> 🎵</p> <ul style="list-style-type: none"> ♦ Telephones: Then & Now ♦ Month Of May Crossword Puzzles ♦ How It All Began: Internet Edition <p><i>Beef Stroganoff-Garden Salad-Roll-Pears</i></p> | <p><i>18 Thursday</i></p>  <p><i>Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Pineapple</i></p> | <p><i>19 Friday</i></p> <ul style="list-style-type: none"> ♦ Celebrating The Ringling Bros. And Barnum & Bailey Circus ♦ "Ring Master" Word Scramble <p><i>Chili Beans-Coleslaw-Cornbread-Applesauce</i></p> |
| <p><i>22 Monday</i></p> <p>OUTDOOR GAME DAY</p> <p><i>Smoked Sausage-Crowder Peas-Boiled Potatoes-Mandarin Oranges</i></p> | <p><i>23 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Cornhole Tournament ♦ LEC Price Is Right ♦ Summer Time Sing-a-Long  <p><i>Ham & Cheese Sandwich-Broccoli Cheddar Soup-Pineapple</i></p> | <p><i>24 Wednesday</i></p> <ul style="list-style-type: none"> ♦ National Scavenger Hunt Day ♦ Nature Walk In The LEC Healing Garden ♦ Bingo Bonanza  <p><i>Lasagna-Garden Salad-Bread Stick-Peaches</i></p> | <p><i>25 Thursday</i> 🎵</p> <ul style="list-style-type: none"> ♦ Virtual Trip To Nappa Valley ♦ Tai Chi ♦ National Tea Party Day  <p><i>Pot Roast-Mashed Potatoes-Roll-Pears</i></p> | <p><i>26 Friday</i></p> <ul style="list-style-type: none"> ♦ Paper Plane Competition ♦ "Road Trip" Reminiscing ♦ How To Make The Perfect Cheesecake  <p><i>Chicken Tenders-Tater Tots-Green Beans-Roll-Fruit Cocktail</i></p> |
| <p><i>29 Monday</i></p>  <p>CLOSED</p> | <p><i>30 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Creative Writing: Short Stories ♦ Remembering Our Fallen Heros  <p><i>Pulled Pork Sliders-Baked Beans-Coleslaw-Applesauce</i></p> | <p><i>31 Tuesday</i></p> <ul style="list-style-type: none"> ♦ LEC "I Spy" ♦ Senior Health & Fitness Day ♦ Healthy Tips From Dr. Oz <p><i>Meatloaf-Mashed Potatoes-Lima Beans-Roll-Pineapple</i></p> |  <p>MENTAL HEALTH AWARENESS MONTH MAY</p> | |



Neisler Center
 by the Neisler Foundation
 222 Kings Mountain Blvd.
 Kings Mountain, NC 28086
 704-739-4858

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

| | | | | |
|---|---|--|---|--|
| <p><i>1 Monday</i></p> <ul style="list-style-type: none"> ◆Health Fair ◆"Days On The Farm" Reminiscing ◆Music With Tom Woods & Friends <p><i>Fish Sandwich w/Lettuce & Tomato-Tater Tots-Pineapple</i></p> | <p><i>2 Tuesday</i></p> <ul style="list-style-type: none"> ◆LEC Family Feud ◆Tai Chi ◆How To Make The Perfect Tuna Salad  <p><i>Baked Spaghetti-Garden Salad-Garlic Bread-Pears</i></p> | <p><i>3 Wednesday</i></p> <ul style="list-style-type: none"> ◆Designing The LEC Kentucky Derby Jerseys ◆Making Fancy Hats For The Derby  <p><i>Baked Ham-Macaroni & Cheese-Broccoli-Roll-Applesauce</i></p> | <p><i>4 Thursday</i></p>  <ul style="list-style-type: none"> ◆"All About Star Wars" Trivia ◆Indoor Volley Ball <p><i>Chicken Nachos w/Lettuce & Sour Cream-Black Beans-Mandarin Oranges</i></p> | <p><i>5 Friday</i></p> <ul style="list-style-type: none"> ◆History Of Churchill Downs ◆Famous Horses Of The Kentucky Derby <p>Cinco de Mayo Celebration</p>  <p><i>Turkey Sub Sandwich-Vegetable Pasta Salad-Peaches</i></p> |
| <p><i>8 Monday</i></p> <p>LEC ANNUAL</p>  <p><i>Hamburger Casserole-Garden Salad-Roll-Fruit Cocktail</i></p> | <p><i>9 Tuesday</i></p> <ul style="list-style-type: none"> ◆National Golf Day ◆Tai Chi ◆LEC Putt Putt ◆"Name That Famous Golfer"  <p><i>Tuna Salad Sandwich w/Lettuce & Tomato-Baked Fries-Pineapple</i></p> | <p><i>10 Wednesday</i></p> <ul style="list-style-type: none"> ◆History Of The Hostess Cupcake ◆Upper Body Exercise ◆"Spring Cleaning" For National Clean Your Room Day <p><i>Vegetable Beef Soup-Caesar Salad-Bread Stick-Peaches</i></p> | <p><i>11 Thursday</i></p> <ul style="list-style-type: none"> ◆Creating LEC Prom Day Decorations ◆"Name That Animal Sound" ◆All About Famous Mothers  <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Pears</i></p> | <p><i>12 Friday</i></p> <ul style="list-style-type: none"> ◆Writing Mother's Day Poems ◆Nurse Appreciation Day ◆Music With The South Mountain Bluegrass Band  <p><i>Baked Chicken-Caesar Pasta Salad-Garlic Bread-Applesauce</i></p> |
| <p><i>15 Monday</i></p>  <ul style="list-style-type: none"> ◆National Chocolate Chip Day ◆Participant Council Meeting ◆How To Make Homemade Chocolate Chip Cookies <p><i>Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges</i></p> | <p><i>16 Tuesday</i></p> <ul style="list-style-type: none"> ◆Name That Instrument ◆"Hot Shot" Exercise ◆"Riddle Me This" Great Outdoors Edition  <p><i>BBQ Chicken-Baked Beans-Tomato Slices-Roll-Peaches</i></p> | <p><i>17 Wednesday</i></p> <ul style="list-style-type: none"> ◆Creative Writing: Spring Poetry Contest ◆Hula-Hoop Exercise ◆Sounds Of The Flute With Roger Perry <p><i>Beef Stroganoff-Garden Salad-Roll-Pears</i></p> | <p><i>18 Thursday</i></p> <ul style="list-style-type: none"> ◆Virtual Tour Of The Worlds Most Famous Museums ◆History Of Reeses Chocolate ◆Chair Zumba  <p><i>Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Pineapple</i></p> | <p><i>19 Friday</i></p> <ul style="list-style-type: none"> ◆Virtual Tour Of The NASCAR Hall Of Fame ◆All About Dale Earnhardt Jr.  <p><i>Chili Beans-Coleslaw-Combread-Applesauce</i></p> |
| <p><i>22 Monday</i></p> <ul style="list-style-type: none"> ◆Who Is Sherlock Holmes? ◆Junk Drawer Detective ◆"Solve The Clues" Word Game  <p><i>Smoked Sausage-Crowder Peas-Boiled Potatoes-Mandarin Oranges</i></p> | <p><i>23 Tuesday</i></p> <ul style="list-style-type: none"> ◆Health Fair ◆National Neighbor Day ◆A Virtual Visit To The Karen Beasley Sea Turtle Rescue Hospital <p><i>Ham & Cheese Sandwich-Broccoli Cheddar Soup-Pineapple</i></p> | <p><i>24 Wednesday</i></p> <ul style="list-style-type: none"> ◆LEC Price Is Right ◆Indoor Seated Soccer ◆Paper Plate Exercise ◆"Where In The World?" -Island Edition <p><i>Lasagna-Garden Salad-Bread Stick-Peaches</i></p> | <p><i>25 Thursday</i></p> <ul style="list-style-type: none"> ◆Health Fair ◆Parachute Fun ◆Spring Garden Reminiscing ◆Getting Ready For The LEC Prom <p><i>Pot Roast-Mashed Potatoes-Roll-Pears</i></p> | <p><i>26 Friday</i></p> <p>"Land Of Oz" LEC Annual Prom</p>  <p><i>Chicken Tenders-Tater Tots-Green Beans-Roll-Fruit Cocktail</i></p> |
| <p><i>29 Monday</i></p>  <p>CLOSED</p> | <p><i>30 Monday</i></p> <ul style="list-style-type: none"> ◆LEC Monthly Birthday Party ◆Word Search Fun  <p><i>Pulled Pork Sliders-Baked Beans-Coleslaw-Applesauce</i></p> | <p><i>31 Monday</i></p> <ul style="list-style-type: none"> ◆Let's Travel To Costa Rica ◆Sittersize ◆Musical Scattergories  <p><i>Meatloaf-Mashed Potatoes-Lima Beans-Roll-Pineapple</i></p> |  | |

In Memory...

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

Ruby Friday

by

Mr. & Mrs. Christopher S. Currence

John Bussian

Daniel & Tammy Williams

Robert & Margie D. Lamar

Leroy Hopper & Lou Ann Hannah

Hunter Huss-Class of 1982

Howard S. Wright

by

Beth Gilstrap

Susan Coiner

by

Rich Coiner

Anne Shaw

by

Janet Woy & Family

Dr. Jack Williams

by

Ann & Kevin Klein

Brenda Goforth

by

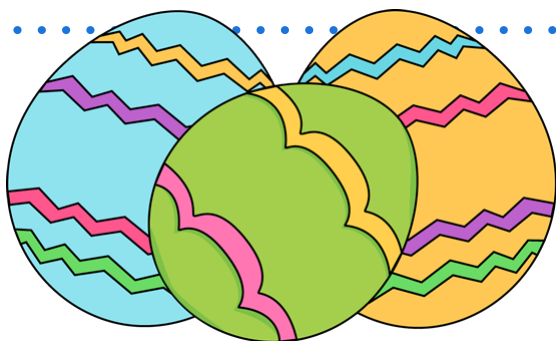
Debbie Vaughan

Judy Scism

J.D & Classec Wyatt

by

Nancy W. Biggers



In Honor...

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

Neisler Center Staff &

Volunteers

by

Linda F. Rome



*Participants Cathy
& Willie race to
find the most
Easter Eggs.*



*Participant
Wesley gives a big
thumbs up
during the LEC
Easter Egg Hunt.*

Friends...

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

Mike & Kim Bridges

Enerpac Tool Group

June P. Miller



(Left to right) Participants E'Sheika and Lisa show off their Easter eggs found during the Neisler Center Annual Easter Celebration. Participants were excited to find candy and winning raffle tickets. Each ticket found was redeemed for a special prize at the end of the hunt.

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 _____

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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.



*Participants tap their toes and sing a long as The Golden Chorus performs.
If you would like to share your talent with LEC, give us a call today!*

THANK YOU!

Bessie Hopper-Flower Arrangements, Kathryn Sawyer-Stuffed Animals,
Harold Davis & Family-Sweet Treats, Lucinda Ross-Bingo Prizes,
Betty Stroud-Sweet Treats

