

# Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

[www.LifeEnrichmentCenter.org](http://www.LifeEnrichmentCenter.org)

September 2023

*Participant Eula enjoys the arts & crafts program.*



She gave  
you her best...  
now it's your  
turn!

*Schedule  
A FREE Trial  
Visit!*



# ADULT DAY PROGRAM

*(Shelby) 704-484-0405 (Kings Mountain) 704-739-4858*

*For 43 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.*

# Something For Everyone!



Building social networks and participating in social activities are like exercises for your brain.

They keep your mind agile and improve cognitive function.

Socialization can even help prevent mental decline and lower the risk of dementia.

Life Enrichment Center offers a variety of meaningful programs every day.

*Neisler Center participants make posters for an upcoming activity.*



*Participant Ernest and staff member Kenya lead a group in daily exercise.*



*(Left to right) Participant Regina shows her creativity during a paint & sip program. Participant Guy & June make wind chimes.*



*(Left to right) Joe, Werner, Jack, & Jeff met each other at LEC. They have become great friends.*

## Shelby Activity Highlights

**Football Fridays!** - Wear Your Team Colors Every Friday  
**LEC Spirit Week** - Sept. 11-15  
**Fall Color Days** - Sept. 25-28, Wear The Fall Color Of The Day  
**Pajama Day** - Sept. 29

1 Friday

- ◆ National Bird Watching Day
- ◆ All About North Carolina Birds
- ◆ Virtual Trip To The Sapsucker Woods Sanctuary

Roast Beef Sandwich w/ Lettuce & Tomato-Tater Tots-Pears

4 Monday

**CLOSED**

- 5 Tuesday
- ◆ LEC Price Is Right
  - ◆ Chair Zumba
  - ◆ Fun Facts: All About Labor Day



Baked Chicken-Caesar Salad w/ Pasta-Garlic Bread-Mixed Fruit

- 6 Wednesday
- ◆ Music With The Carolina Care Singers
  - ◆ History Of The Piggy-Wiggly



Fish Sandwich-Macaroni & Cheese-Broccoli-Pineapple

- 7 Thursday
- ◆ NFL Kickoff Trivia
  - ◆ Classical Guitar With Eddie Cook



Taco Spaghetti-Garden Salad-Garlic Bread-Applesauce

- 8 Friday
- ◆ Brown Paper Bag Arts & Crafts
  - ◆ National Grandparents Day
  - ◆ Friday Football Pep Rally
- Wear Your Team Colors!**

Baked Ham-Sweet Potato Casserole-Spinach-Roll-Mandarin Oranges

- 11 Monday
- ◆ LEC Spirit Week
  - ◆ Wear Your Favorite Hat
  - ◆ LEC Hat Fashion Show



Grilled Cheese Sandwich-Tomato Soup-Peaches

- 12 Tuesday
- ◆ Music With The Patrick Senior Center Choir
  - ◆ "Twin Tuesday"- Pick Any Person To Be Your Twin

Beef Stroganoff-Garden Salad-Bread Stick-Pears

- 13 Wednesday
- ◆ "Wacky Tacky" Wednesday
  - ◆ Mix & Match Your Wacky Tacky Outfit



Chicken Tenders-Potatoes-Green Beans-Roll-Pineapple

- 14 Thursday
- ◆ "Throw Back" Thursday Fashions From The Year You Were Born
  - ◆ Sing-a-Long With Rev. Coleman & Friends

Turkey & Cheese Hoagie w/ Lettuce & Tomato-Baked Fries-Peaches

- 15 Friday
- ◆ Wear Your Favorite High School Colors
  - ◆ Bingo Bonanza
  - ◆ Football Trivia



Chicken & Broccoli Pasta-Garden Salad-Bread Stick-Fruit Cocktail

- 18 Monday
- ◆ Participant Council Meeting
- LEC MONTHLY BIRTHDAY PARTY**

Cheeseburger w/ Lettuce & Tomato-Baked Beans-Peaches

- 19 Tuesday
- ◆ Fall Scavenger Hunt
  - ◆ Tai Chi
  - ◆ Junk Drawer Detective



Chicken Nachos w/ Lettuce & Sour Cream-Black Beans-Mixed Fruit

- 20 Wednesday
- ◆ Creative Writing: Fall Poetry
  - ◆ Parachute Fun
  - ◆ LEC Bowling Tournament



Pot Roast-Potatoes-Peas-Roll-Pineapple

- 21 Thursday
- ◆ Making Fall Collages
  - ◆ Musical Chair Exercise
  - ◆ LEC Karaoke Contest



Chicken Sandwich w/ Lettuce & Tomato-Baked Fries-Mandarin Oranges

- 22 Friday
- ◆ Staff Appreciation Day
  - ◆ "Name That Staff Member" Trivia
  - ◆ LEC "Car Wash"



Pulled Pork Sliders-Coleslaw-Tater Tots-Applesauce

- 25 Monday
- ◆ All About The Changing Leaves
  - ◆ Virtual Trip To The Blue Ridge Mountains

**Wear Your Red**

Chili Beans w/ Cheese & Sour Cream-Combread-Pears

- 26 Tuesday
- ◆ Fall Nature Walk
  - ◆ Chair Yoga
  - ◆ Music With The McCurry Band & Friends

**Wear Your Green**

BBQ Chicken-Red Beans-Vegetable Medley-Roll-Fruit Cocktail

- 27 Wednesday
- ◆ Painting To Music: Fall Edition
  - ◆ Upper Body Exercise

**Wear Your Orange**

Hamburger Casserole-Garden Salad-Roll-Peaches

- 28 Thursday
- ◆ National Good Neighbor Day
  - ◆ All About Mr. Rogers

**Wear Your Yellow**

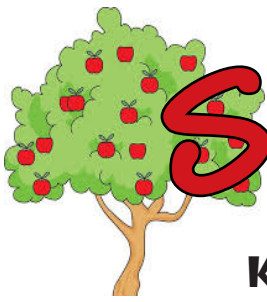
Tuna Salad Sandwich-Tomato Slices-Baked Chips-Pineapple

- 29 Friday
- Pajama Day**

- ◆ Pajama Fashion Show



Smoked Sausage-Peppers & Onions-Black Eyed Peas-Bread Stick-Applesauce



# September

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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

### Dates To Remember!

Labor Day Holiday - Sept. 04 - **CLOSED**

Fall Color Week - Sept. 04-08 - **Wear Your Fall Colors**

World Alzheimer's Day - Sept. 21 - **Wear Your Purple**



1 Friday

- ♦Painting By Numbers
- ♦Scarf Exercise
- ♦Making Homemade Hand Scrub With Madison

**Spa Day**

*Roast Beef Sandwich w/Lettuce & Tomato-Tater Tots-Pears*

8 Friday

- ♦Marshmallow Snowman Contest
- ♦Baking With Valarie Best
- ♦Happy Grandparents Day
- ♦Making Grandparent Treat Bags

**Wear Your Red**

*Baked Ham-Sweet Potato Casserole-Spinach-Roll-Mandarin Oranges*

15 Friday

- ♦Hispanic Heritage Day
- ♦"Amigo" Bingo
- ♦"Walk Across America" Exercise
- ♦LEC Price Is Right



*Chicken & Broccoli Pasta-Garden Salad-Bread Stick-Fruit Cocktail*

22 Friday

- ♦LEC Staff Appreciation Day
- ♦Senior Yoga
- ♦Water Color Painting



*Pulled Pork Sliders-Coleslaw-Tater Tots-Applesauce*

29 Friday

- ♦LEC Wheel Of Fortune
- ♦LEC Monthly Birthday Party
- ♦Health Fair



*Smoked Sausage-Peppers & Onions-Black Eyed Peas-Bread Stick-Applesauce*

4 Monday



**CLOSED**

5 Tuesday

- ♦LEC Price Is Right
- ♦Tai Chi
- ♦Let's Play Ready, Steady, & Roll
- ♦Health Fair

**Wear Your Brown**

*Baked Chicken-Caesar Salad w/Pasta-Garlic Bread-Mixed Fruit*

6 Wednesday

- ♦Picture Taking For Photo Booth Day
- ♦Arts & Crafts: Making A Button Tree

**Wear Your Yellow**

*Fish Sandwich-Macaroni & Cheese-Broccoli-Pineapple*

7 Thursday

- ♦Arts & Crafts: Making Fall Trees
- ♦Chair Yoga
- ♦Music With Demetric Allen

**Wear Your Green**

*Taco Spaghetti-Garden Salad-Garlic Bread-Applesauce*

11 Monday

- ♦Celebrating Gunsmoke's Anniversary
- ♦Old West Trivia
- ♦Baseball Trivia
- ♦LEC Relay Race

*Grilled Cheese Sandwich-Tomato Soup-Peaches*

12 Tuesday

- ♦Good Morning Soul Train Line
- ♦Name That Instrument
- ♦Parachute Fun
- ♦How To Make The Best Chocolate Milkshake



*Beef Stroganoff-Garden Salad-Bread Stick-Pears*

13 Wednesday

- ♦Antique Toy Reminiscing
- ♦Paper Plate Exercise
- ♦Nature Scavenger Hunt
- ♦Health Fair



*Chicken Tenders-Potatoes-Green Beans-Roll-Pineapple*

14 Thursday

- ♦How To Make Apple Cider Caramel Cookies
- ♦Seated Soccer Game
- ♦LEC Jeopardy



*Turkey & Cheese Hoagie w/Lettuce & Tomato-Baked Fries-Peaches*

18 Monday

- ♦History Of Oktoberfest
- ♦"KEG" Bowling
- ♦Celebrating Adult Day Service Week
- ♦Balloon Volley

*Cheeseburger w/Lettuce & Tomato-Baked Beans-Peaches*

19 Tuesday

- ♦Brain Tease Guessing Game
- ♦Pool Noodle Exercise
- ♦LEC Pictionary
- ♦Participant Council Meeting



*Chicken Nachos w/Lettuce & Sour Cream-Black Beans-Mixed Fruit*

20 Wednesday

- ♦Name That Sitcom
- ♦Indoor Volleyball
- ♦Let's Play Charades



*Pot Roast-Potatoes-Peas-Roll-Pineapple*

21 Thursday

- ♦Wear Your **PURPLE** For World Alzheimer's Day
- ♦Snack Time With Tuesday Cochran
- ♦Health Fair



*Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Mandarin Oranges*

25 Monday

- ♦"Do You Hear What I Hear?" (Name That Sound)
- ♦Upper Body Exercise
- ♦Art With Beads



*Chili Beans w/Cheese & Sour Cream-Combread-Pears*

26 Tuesday

- ♦Ruby Comes To Visit
- ♦Musical Chair Exercise
- ♦Scrapbooking 101



*BBQ Chicken-Red Beans-Vegetable Medley-Roll-Fruit Cocktail*

27 Wednesday

- ♦Sing-a-Long Sessions
- ♦Lower Body Stretches
- ♦Arts & Crafts: Fall Leaves

**Spa Day**

*Hamburger Casserole-Garden Salad-Roll-Peaches*

28 Thursday

- ♦Activity Connections: "Who, What, When, & Where"
- ♦Baseball Exercise
- ♦Making Participant Brochures

*Tuna Salad Sandwich-Tomato Slices-Baked Fries-Pineapple*

At LEC, volunteers hold a special place in our hearts! If you, or someone you know, would like to make a difference in the lives of others, we would love to have you visit!

# YOU CAN MAKE A DIFFERENCE



*Participant Brayden (right) stands with volunteer Ashley beside his sports car.*

*Participant Cindy (left) plays the spoons with volunteer Brenda.*



*(Left) Participant Zach holds his nephew Lawson as his sister, Becca, plays guitar.  
(Right) Volunteers Dianne & Rachel host Bingo Bonanza.*



## In Memory:

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

**Linda Rome**

by  
Judy Scism

**Richard Ivester**

**Warren Shuford**

by  
Polkville High School  
Class Of 1959



Participant Daniel decorates a  
flower pot.

## Friend:

The following has given a gift to  
Life Enrichment Center:

**Barbara Blackburn**

# Wish List

Shelby Location - New or Lightly  
Used Treadmill  
-Coffee Mugs

## 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

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Life Enrichment Center  
110 Life Enrichment Blvd.  
Shelby, North Carolina 28150

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*This institution is an equal opportunity provider/employer.*

## 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.

## 2023 Remaining Holiday Closings:

September 4, Labor Day  
November 23-24, Thanksgiving  
December 25-26, Christmas



*(Left to right) Staff member Emily & participants Betty, Reagan, & Katrena had a blast at the LEC Luau.*

