



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

September 2021



Serving Veterans Since 1980

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

Army Veteran Mike holds a watermelon grown by the Shelby LEC participants.

Adult Day Program

Call Today!

Shelby 704.484.0405
Kings Mountain 704.739.4858

*For 41 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 !!

While attending Life Enrichment Center, veterans receive:

Safety

All staff are trained in dementia care

Medical Care

Fulltime Nurses

Personal Care

Whirlpool, handicap accessible tub & showers, shaving, nail & hair care

Therapies

Occupational, speech, & physical therapy



Army Veteran Thom



Navy Veteran Horace



(Left) Participant Denver cooks up burgers for lunch. Participants enjoy coffee and conversation every day at LEC.

Meaningful & Stimulating Activities

(Left to right) Air Force veteran, Gary, shakes hands with Air Force veteran, Jim, during the 2020 LEC Veterans Day celebration. (Below) Participants work together to refinish a tiki-bar made from wooden pallets.



**"For your
bravery,
hard work,
and
dedication
to our
country,
we thank
you."**

Participant John served 4 years in the United States Air Force. (Left) Taken in Japan, John and a few of his USAF buddies enjoying "down-time". (Right) Today, John enjoys spending time outdoors in the LEC healing garden.

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

September

Shelby Activity Highlights

**Join us Tuesdays at 2pm for
"Cooking With Chad Roseboro,
Sr. and the LEC Participants"**



<p>6 Monday</p>  <p>CLOSED</p>		<p>1 Wednesday</p> <ul style="list-style-type: none"> ♦The History Of Labor Day ♦National No Rhyme Nor Reason Day <p>Horticultural Therapy with Debra</p> <p><i>Baked Ham-Sweet Potato Casserole-Black Eyed Peas-Roll-Peaches</i></p>	<p>2 Thursday</p> <ul style="list-style-type: none"> ♦"How Did I Ever Live Without..." Reminiscing ♦Anniversary Of V-J Day ♦"Piano Grooves" Sing-a-Long <p>Horticultural Therapy with Debra</p> <p><i>Swedish Meatballs Over Pasta-Spinach-Garlic Bread-Pineapple</i></p>	<p>3 Friday</p> <ul style="list-style-type: none"> ♦Fungi Science Experiment ♦LEC Escape Room ♦Working On Our Penmanship  <p><i>Tuna Salad On Rye-Sliced Tomatoes-Baked Chips-Fruit Cocktail</i></p>
<p>7 Tuesday</p> <ul style="list-style-type: none"> ♦Recognizing African American Artists ♦LEC Miss America Pageant <p>Cooking With Chad Roseboro, Sr. on Facebook LIVE</p> <p>Horticultural Therapy with Debra</p> <p><i>Chicken Tenders-Baked Potato-Green Beans-Roll- Pears</i></p>		<p>8 Wednesday</p> <ul style="list-style-type: none"> ♦History Of Star Trek ♦"Back To School" Reminiscing ♦"Play Ball" LEC Indoor Baseball Game  <p>Music Therapy with Hannah</p> <p><i>Grilled Salmon-Garden Salad-Garlic Bread-Applesauce</i></p>	<p>9 Thursday</p> <ul style="list-style-type: none"> ♦NFL Season Kick-off Party ♦Happy Birthday Colonel Sanders  <p>Music Therapy with Hannah</p> <p><i>Chicken & Grits-Peppers & Onions-Breadstick-Mandarin Oranges</i></p>	<p>10 Friday</p> <ul style="list-style-type: none"> ♦All About Local Honey ♦"Name That Smell" Guessing Game ♦Remembering September 11 <p>Horticultural Therapy with Debra</p> <p><i>Lasagna w/Meat Sauce-Caesar Salad-Garlic Bread-Mixed Fruit</i></p>
<p>13 Monday</p> <ul style="list-style-type: none"> ♦Good Morning Dance Party ♦Happy Birthday Hershey Kiss ♦How To Make The Perfect Chocolate Milk Shake  <p><i>Chicken Sandwich-Tater Tots-Coleslaw-Pineapple</i></p>		<p>14 Tuesday</p> <ul style="list-style-type: none"> ♦Golden Girls Trivia ♦How To Pack The Perfect School Bagged Lunch <p>Cooking With Chad Roseboro, Sr. on Facebook LIVE</p> <p><i>Spaghetti w/Meatballs-Italian Salad-Garlic Bread-Mixed Fruit</i></p>	<p>15 Wednesday</p> <ul style="list-style-type: none"> ♦Word Game Wednesday ♦Making Homemade Peach Preserves ♦LEC Bingo <p>Horticultural Therapy with Debra</p> <p><i>Pinto Beans-Cabbage-Combread-Applesauce</i></p>	<p>16 Thursday</p> <ul style="list-style-type: none"> ♦Mexican Independence Day ♦How To Make Homemade Churros ♦Celebrating BB King <p>Horticultural Therapy with Debra</p> <p><i>Grilled Cheese Sandwich-Tomato Basil Soup-Mandarin Oranges</i></p>
<p>20 Monday</p> <ul style="list-style-type: none"> ♦Participant Council Meeting ♦Sign Language 101 ♦All About The Harvest Moon <p>LEC Monthly Birthday Party</p> <p>Horticultural Therapy with Debra</p> <p><i>Baked Chicken Legs-Macaroni & Cheese-Steamed Broccoli-Fruit Cocktail</i></p>		<p>21 Tuesday</p> <ul style="list-style-type: none"> ♦World Alzheimer's Recognition ♦Sign Language 101 ♦All About The Autumn Moon <p>Cooking With Chad Roseboro, Sr. on Facebook LIVE</p> <p>Horticultural Therapy with Debra</p> <p><i>Fish Sandwich-Tater Tots-Coleslaw-Pineapple</i></p>	<p>22 Wednesday</p> <ul style="list-style-type: none"> ♦Autumn Season Begins ♦Virtual Zoo Visit ♦Making Homemade Ice Cream  <p><i>Sloppy Joes-Baked Beans-Tomato Slices-Applesauce</i></p>	<p>23 Thursday</p> <ul style="list-style-type: none"> ♦"Name That Musician" Jazz Edition ♦Happy Birthday Ray Charles ♦Cranberry Creations  <p><i>Roasted Turkey w/Gravy-Mashed Potatoes-Carrots-Roll-Peaches</i></p>
<p>27 Monday</p> <ul style="list-style-type: none"> ♦Show Me Your Family Tree ♦National Meatloaf Day ♦Making LEC Punch  <p><i>Meatloaf-Scalloped Potatoes-Roasted Broccoli-Roll-Peaches</i></p>		<p>28 Tuesday</p> <ul style="list-style-type: none"> ♦"Ask A Stupid Question" Game Time ♦Word Search Fun <p>Cooking With Chad Roseboro, Sr. on Facebook LIVE</p> <p>Music Therapy with Hannah</p> <p><i>Chicken & Waffles-Roasted Potatoes-Strawberries</i></p>	<p>29 Wednesday</p> <ul style="list-style-type: none"> ♦Writing Letters To The Shelby Star Journalist ♦Women's Health Information ♦How To Make Biscotti <p>Horticultural Therapy with Debra</p> <p><i>Chicken Salad Sandwich-Baked Fries-Cucumber Salad-Pineapple</i></p>	<p>30 Thursday</p> <ul style="list-style-type: none"> ♦Frisbee Throwing Contest ♦All About Babe Ruth ♦Zumba Dance Party <p>Horticultural Therapy with Debra</p> <p><i>Pork Chops-Sweet Potato Casserole-Spinach-Roll-Peaches</i></p>
				

September

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

		1 Wednesday <ul style="list-style-type: none"> ◆Name That Smell ◆Plate Exercise ◆Fall Leaf Impressions Spa Day <p>♪♪ Music Therapy with Hannah <i>Baked Ham-Sweet Potato Casserole-Black Eyed Peas-Roll-Peaches</i></p>	2 Thursday <ul style="list-style-type: none"> ◆Let's Make An Invention ◆Scarf Exercise ◆Bingo ◆Manicures & Pedicures <p>♪♪ Music Therapy with Hannah <i>Swedish Meatballs Over Pasta-Spinach-Garlic Bread-Pineapple</i></p>	3 Friday <ul style="list-style-type: none"> ◆Name That Instrument ◆Indoor Kickball ◆Labor Day Thank You Cards <p>Horticultural Therapy with Debra <i>Tuna Salad On Rye-Sliced Tomatoes-Baked Chips-Fruit Cocktail</i></p>
6 Monday  <p>CLOSED</p>	7 Tuesday <ul style="list-style-type: none"> ◆Let's Learn About German Heritage ◆Folk Music Exercise ◆"Wonderbar" Party <p>♪♪ Music Therapy with Hannah <i>Chicken Tenders-Baked Potato-Green Beans-Roll- Pears</i></p>	8 Wednesday <ul style="list-style-type: none"> ◆Participant Council Meeting ◆Seated Soccer Game ◆How To Air Fry Green Tomatoes <p>Horticultural Therapy with Debra <i>Grilled Salmon-Garden Salad-Garlic Bread-Applesauce</i></p>	9 Thursday <ul style="list-style-type: none"> ◆"Who Am I?" Celebrity Edition ◆Balloon Volley <p>Health Fair</p> <p>Horticultural Therapy with Debra <i>Lasagna w/Meat Sauce-Caesar Salad-Garlic Bread-Mixed Fruit</i></p>	10 Friday <ul style="list-style-type: none"> ◆"Where In The World" On Activity Connection ◆LEC Cornhole ◆Fall Hat Fashion Show <p>♪♪ Music Therapy with Hannah <i>Lasagna w/Meat Sauce-Caesar Salad-Garlic Bread-Mixed Fruit</i></p>
13 Monday <ul style="list-style-type: none"> ◆Seed Artwork ◆Chair Yoga ◆LEC Jeopardy ◆Health Fair <p>Horticultural Therapy with Debra <i>Chicken Sandwich-Tater Tots-Coleslaw- Pineapple</i></p>	14 Tuesday <ul style="list-style-type: none"> ◆Virtual Travel To Brazil ◆Brazilian Rain Dance ◆LEC Price Is Right <p>Horticultural Therapy with Debra <i>Spaghetti w/Meatballs-Italian Salad-Garlic Bread-Mixed Fruit</i></p>	15 Wednesday <ul style="list-style-type: none"> ◆Analogies Trivia ◆LEC Cake Walk ◆"Finish The Lyric" Song Game <p>♪♪ Music Therapy with Hannah <i>Pinto Beans-Cabbage-Combread-Applesauce</i></p>	16 Thursday <ul style="list-style-type: none"> ◆Celebrating Mexican Independence Day ◆Let's Learn Spanish ◆Pinata Fun <p>♪♪ Music Therapy with Hannah <i>Grilled Cheese Sandwich-Tomato Basil Soup-Mandarin Oranges</i></p>	17 Friday <ul style="list-style-type: none"> ◆"Riddle Me This" Trivia ◆Indoor T-Ball Game ◆Fall Arts & Crafts <p>Horticultural Therapy with Debra <i>Hamburger Steak w/Gravy-Green Beans-Garlic Bread-Pears</i></p>
20 Monday <ul style="list-style-type: none"> ◆"Cranium Crunchies" Word Games ◆Tai Chi ◆Junk Drawer Detective "Camping Trip" <p><i>Baked Chicken Legs-Macaroni & Cheese-Steamed Broccoli-Fruit Cocktail</i></p>	21 Tuesday <ul style="list-style-type: none"> ◆Paper Towel Art ◆Disco Chair Exercise ◆"Wacky Wordies" Trivia <p>Health Fair</p> <p>♪♪ Music Therapy with Hannah <i>Fish Sandwich-Tater Tots-Coleslaw-Pineapple</i></p>	22 Wednesday <ul style="list-style-type: none"> ◆Shopping Scavenger Hunt ◆Indoor Volleyball Game ◆Name That Celebrity Shadow <p>Horticultural Therapy with Debra <i>Sloppy Joes-Baked Beans-Tomato Slices-Applesauce</i></p>	23 Thursday <ul style="list-style-type: none"> ◆"Sing-a-long" Hits From The 60's ◆Chair Zumba ◆Wine & Cheese Tasting <p>Horticultural Therapy with Debra <i>Roasted Turkey w/Gravy-Mashed Potatoes-Carrots-Roll-Peaches</i></p>	24 Friday <ul style="list-style-type: none"> ◆Happy Birthday Johnny Appleseed ◆Indoor Kickball Game ◆Musical Scattergories <p>LEC Monthly Birthday Party <i>Beef Nachos-Mexican Salad-Refried Beans-Pears</i></p>
27 Monday <ul style="list-style-type: none"> ◆Magazine Scavenger Hunt ◆LEC Let's Make A Deal ◆Creative Writing Contest <p>Horticultural Therapy with Debra <i>Meatloaf-Scalloped Potatoes-Roasted Broccoli-Roll-Peaches</i></p>	28 Tuesday <ul style="list-style-type: none"> ◆Balloon Art ◆Making Snow Cones ◆Pie Eating Contest <p>Horticultural Therapy with Debra <i>Chicken & Waffles-Roasted Potatoes-Strawberries</i></p>	29 Wednesday <ul style="list-style-type: none"> ◆Sharing Our Favorite Recipes ◆Participant History Guessing Game <p>♪♪ Music Therapy with Hannah <i>Chicken Salad Sandwich-Baked Fries-Cucumber Salad-Pineapple</i></p>	30 Thursday <ul style="list-style-type: none"> ◆LEC Win, Lose, Or Draw ◆"Thirsty Thursday" Tea Party ◆All About Famous Artists <p>♪♪ Music Therapy with Hannah <i>Pork Chops-Sweet Potato Casserole-Spinach-Roll-Peaches</i></p>	

Thank You!

Goldie Russell- Magazines
Florence & Penny Eury- Bingo Prizes
Susan Cook- Personal Care Items
Ashley Mercer- Personal Care Items
Otho West- Personal Care Items
Dottie Parker- Misc. Items
Elizabeth Oliver- Misc. Items
Travis Mangum- Garden Vegetables
Dianne Thackerson- Ensure
Julia Smith- Misc. Items
Elizabeth Baptist
Women's Mission- Bingo Prizes
Marlene Willis- Fresh Peaches

In Memory:

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

Jane Rosberg

by

Sara Ellen Hamrick

Dr. Doug Boyette &

Denver Parker

by

Jo Ann Richards

In Honor:

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

Emily Rountree

by

Allan & Tricia Propst

Friends:

The following has given a gift to Life Enrichment Center

Barbara Blackburn

David Wilkison

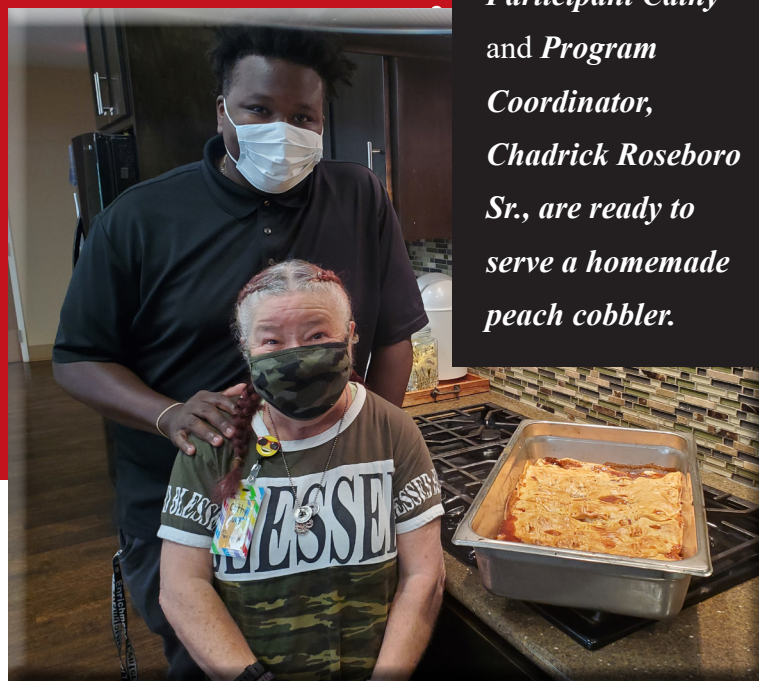


*Army Veteran
Johnny as the
"Bride to be" and
participant Ann
as the ring bearer
at this years LEC
Wacky Wedding!*



THE DON GIBSON THEATRE
318 South Washington Street • Shelby, NC 28150

FRIDAY, SEPTEMBER 17TH
Doors Open at 6pm • Show Starts at 7pm



Participant Cathy and Program Coordinator, Chadrick Roseboro Sr., are ready to serve a homemade peach cobbler.



As cooking involves weighing and measuring, mixing and stimulating smell and taste, it is an excellent way to keep both the body and the brain active. Participants enjoy sharing recipes, cake baking competitions, and working together to prepare lunch and snacks at LEC.

Visit www.facebook.com/lecwhateverittakes/, **Tuesdays at 2pm**, to see what Program Coordinator Chadrick Roseboro Sr. and the Shelby participants are cooking next!

Your Gift Will Help Families Stay Together... 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



*With Cooler
Weather Approaching,
Please Remember To
Label All Coats, Jackets,
And Sweaters!!*

In Loving Memory...



Monty Thornburg was Life Enrichment Center's very first intern. This lead him to become the director of the H. Lawrence Patrick Senior Center of Kings Mountain. Monty served on the original campaign committee for the Neisler Center. He currently served on the Life Enrichment Center Advisory Board, as secretary, also as a member of the Neisler Center's current expansion & rennovation capital campaign. He has always been a wonderful supporter of Life Enrichment and our mission. He will be dearly missed.



**2021 Life
Enrichment Remaining
Holiday Closings:**

September 6, Labor Day	December 24-27, Christmas Holiday
November 25-26, Thanksgiving Holiday	December 31, New Years Holiday