



# Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

November 2020

# Serving Veterans Since 1980



**Call  
Today!**

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

Shelby 704.484.0405 Kings Mountain 704.739.4858

*For 40 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.*



# O Say Can You See...



*Retired Army veteran, Wayne, holds the flag during the daily Pledge of Allegiance.*

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

- ✓ Healthcare
- ✓ Therapies
- ✓ Baths/Showers
- ✓ Meaningful things to do
- ✓ No isolation at home



*Retired veterans work together to build and paint a tiki bar using recycled pallets.*





*Veterans Gary (above) and John (below) both served in the United States Air Force.*

*Gary is an avid fly fisherman and enjoys sharing his passion with other veterans. John also loves the outdoors, he enjoys spending time in the LEC healing garden and green house. We thank you both for your service!*



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

# November

## Shelby Activity Highlights



|  |  |  |   |   |
|--|--|--|---|---|
| <p>2 Monday</p> <ul style="list-style-type: none"> <li>♦ Celebrating All Souls Day</li> <li>♦ "Do You Remember Kermit The Frog?" Trivia</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Pinto Beans-Cabbage-Beets-Cornbread-Mandarin Oranges</p>   | <p>3 Tuesday</p> <ul style="list-style-type: none"> <li>♦ National Day Of Voting</li> <li>♦ LEC Elections</li> <li>♦ Voting For LEC Superlatives</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Chicken &amp; Broccoli-Alfredo-Caesar Salad-Garlic Bread-Applesauce</p>               | <p>4 Wednesday</p> <ul style="list-style-type: none"> <li>♦ Morning Word Search Group</li> <li>♦ Men's Wood Staining Group</li> <li>♦ Christmas Play Rehearsal</li> </ul> <p>Music Therapy with Hannah</p> <p>Macaroni &amp; Cheese w/ Ham-Roasted Broccoli-Roll-Fruit Cocktail</p>  | <p>5 Thursday</p> <ul style="list-style-type: none"> <li>♦ History Of Nat King Cole</li> <li>♦ Talk About The Heavy Weight Champion: George Foreman</li> </ul> <p>Music Therapy with Hannah</p> <p>Pork Tenderloin-Sweet Potatoes-Black Eyed Peas-Pineapple</p>   | <p>6 Friday</p> <ul style="list-style-type: none"> <li>♦ Making S'mores</li> <li>♦ LEC Indoor Volleyball</li> <li>♦ "Sound Of Music" Sing-a-long</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Grilled Salmon-Roasted Potatoes-Spinach-Roll-Peaches</p>                                     |
| <p>9 Monday</p> <ul style="list-style-type: none"> <li>♦ Wacky Tacky Day</li> <li>♦ "Tacky Train" Fashion Parade</li> <li>♦ Christmas Play Rehearsal</li> </ul>  <p>Music Therapy with Hannah</p> <p>Sloppy Joes-Tater Tots-Baked Beans-Pears</p> | <p>10 Tuesday</p> <ul style="list-style-type: none"> <li>♦ Pajama Day</li> <li>♦ Happy Birthday Marine Corps</li> <li>♦ Pajama Day Parade</li> </ul> <p>Music Therapy with Hannah</p> <p>Baked Chicken-Scalloped Potatoes-Peas-Roll-Mixed Fruit</p>  | <p>11 Wednesday</p>  <p>Fish Sandwich-French Fries-Green Beans-Mandarin Oranges</p>   | <p>12 Thursday</p> <ul style="list-style-type: none"> <li>♦ Wear Your Sunday Best</li> <li>♦ LEC Fashion Show</li> <li>♦ Men's Shoe Shine Club</li> <li>♦ Chicken Soup For Snack</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Hamburger Steak w/Gravy-Mashed Potatoes-Roasted Carrots-Roll-Peaches</p> | <p>13 Friday</p> <ul style="list-style-type: none"> <li>♦ Sports Day</li> <li>♦ Indoor Football Game &amp; Pep Rally</li> <li>♦ LEC Kickball Game</li> <li>♦ Baseball Trivia</li> </ul> <p>Music Therapy with Hannah</p> <p>Tomato Soup-Grilled Cheese Sandwich-Okra-Pineapple</p>                  |
| <p>16 Monday</p> <ul style="list-style-type: none"> <li>♦ History Of Rhythm &amp; Blues</li> <li>♦ What's Your Favorite Fast Food?</li> <li>♦ Christmas Play Rehearsal</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Beef Stew-Garden Salad-Biscuit-Applesauce</p>   | <p>17 Tuesday</p> <ul style="list-style-type: none"> <li>♦ LEC Bowling Tournament</li> <li>♦ Making Homemade Bread</li> <li>♦ Christmas Play Rehearsal</li> </ul> <p>Horticultural Therapy with Debra</p> <p>White Chicken Chili-Coleslaw-Cornbread-Pears</p>                                | <p>18 Wednesday</p> <ul style="list-style-type: none"> <li>♦ Happy Birthday Mickey Mouse</li> <li>♦ Weights On The Eights</li> <li>♦ Where Were You Born?</li> </ul>  <p>Music Therapy with Hannah</p> <p>Baked Ham-Black Eyed Peas-Macaroni &amp; Cheese-Pineapple</p> | <p>19 Thursday</p> <ul style="list-style-type: none"> <li>♦ Learning To Read An "Old School" Clock</li> <li>♦ Anniversary Of The Gettysburg Address</li> </ul> <p>Music Therapy with Hannah</p> <p>Spaghetti w/Meat Sauce-Caesar Salad-Garlic Toast-Fruit Cocktail</p>  | <p>20 Friday</p> <ul style="list-style-type: none"> <li>♦ "Garbage Bag" Fashion Show</li> <li>♦ Writing Our Kings Mountain LEC Pen Pals</li> <li>♦ Corn Hole Tournament</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Grilled Chicken Sandwich-Lettuce &amp; Tomato-Baked Beans-Peaches</p> |
| <p>23 Monday</p> <ul style="list-style-type: none"> <li>♦ Putt Putt Tournament</li> <li>♦ Christmas Play Rehearsal</li> <li>♦ Handel's Messiah Lunch Serenade</li> </ul> <p>Music Therapy with Hannah</p> <p>Loaded Baked Potatoes w/Chili, Broccoli, Cheddar, &amp; Sour Cream-Mixed Fruit</p>                                    | <p>24 Tuesday</p> <ul style="list-style-type: none"> <li>♦ All About "King Rag Time" Music</li> <li>♦ Morning Sing-a-long</li> <li>♦ "Taste Of The South" Blind Taste Test</li> </ul> <p>Music Therapy with Hannah</p> <p>Broccoli Cheddar Soup-Turkey Sandwich-Beets-Mandarin Oranges</p>   | <p>25 Wednesday</p> <ul style="list-style-type: none"> <li>♦ Making Homemade Pumpkin Pies</li> <li>♦ "Hat Day" Fashion Show</li> <li>♦ Crossword Puzzle Time</li> </ul> <p>Horticultural Therapy with Debra</p> <p>LEC Thanksgiving Feast!</p>   | <p>26 Thursday</p>  <p>Closed</p>  | <p>27 Friday</p>  |
| <p>30 Monday</p> <ul style="list-style-type: none"> <li>♦ Indoor LEC Volleyball</li> <li>♦ Making Chocolate Mousse</li> <li>♦ Christmas Play Practice</li> </ul> <p>Monthly Birthday Party</p> <p>Tuna Casserole-Garden Salad-Bread Stick-Mixed Fruit</p>  | <div style="border: 2px dashed red; padding: 10px; text-align: center;"> <p>Veterans Day Celebration</p> <p>November 11</p> <p>Life Enrichment will be <b>CLOSED</b></p> <p>November 26, 27</p> </div>  |  |   |   |



# November

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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

|  |   |  |   |   |
|--|---|--|---|---|
| <p>2 Monday</p> <ul style="list-style-type: none"><li>♦National Alzheimer's Disease Month (Wear Purple)</li><li>♦Plate Exercise</li><li>♦Apple Taste Testing</li></ul> <p>🎵 Music Therapy with Hannah<br/>Pinto Beans-Cabbage-Beets-Combread-Mandarin Oranges</p>  | <p>3 Tuesday</p> <ul style="list-style-type: none"><li>♦Thanksgiving Handprint Turkeys</li><li>♦Balloon Volley</li><li>♦Pumpkin Seed Roast</li></ul> <p>🎵 Music Therapy with Hannah<br/>Chicken &amp; Broccoli-Alfredo-Caesar Salad-Garlic Bread-Applesauce</p>       | <p>4 Wednesday</p> <ul style="list-style-type: none"><li>♦Chair Yoga</li><li>♦Participant Council Meeting</li><li>♦Battle Of The Nerf Guns</li></ul> <p>Horticultural Therapy with Debra<br/>Macaroni &amp; Cheese w/ Ham-Roasted Broccoli-Roll-Fruit Cocktail</p> | <p>5 Thursday</p> <ul style="list-style-type: none"><li>♦Travel Hour To India</li><li>♦Scarf Exercise</li><li>♦Thanksgiving Scavenger Hunt</li></ul> <p>Horticultural Therapy with Debra<br/>Pork Tenderloin-Sweet Potatoes-Black Eyed Peas-Pineapple</p>               | <p>6 Friday</p> <ul style="list-style-type: none"><li>♦Celebrating Adolphe Sax (Inventor of the saxophone)</li><li>♦Football Friday</li><li>♦Painting Seashells</li></ul> <p>🎵 Music Therapy with Hannah<br/>Grilled Salmon-Roasted Potatoes-Spinach-Roll-Peaches</p>       |
| <p>9 Monday</p> <ul style="list-style-type: none"><li>♦Lets Make A Family Tree</li><li>♦Balloon Volley</li><li>♦Butterfly Collages</li></ul> <p></p> <p>Horticultural Therapy with Debra<br/>Sloppy Joes-Tater Tots-Baked Beans-Pears</p> | <p>10 Tuesday</p> <ul style="list-style-type: none"><li>♦Tongue Twister Contest</li><li>♦Plate exercise</li><li>♦Paper Mache Pumpkins</li></ul> <p>Health Fair</p> <p>Horticultural Therapy with Debra<br/>Baked Chicken-Scalloped Potatoes-Peas-Roll-Mixed Fruit</p> | <p>11 Wednesday</p> <p>Veterans Day Celebration</p> <p></p> <p>Fish Sandwich-French Fries-Green Beans-Mandarin Oranges</p>  | <p>12 Thursday</p> <ul style="list-style-type: none"><li>♦Charlie Brown "The Great Pumpkin"</li><li>♦LEC Relay Races</li><li>♦Making Sock Puppets</li></ul> <p>🎵 Music Therapy with Hannah<br/>Hamburger Steak w/Gravy-Mashed Potatoes-Roasted Carrots-Roll-Peaches</p> | <p>13 Friday</p> <ul style="list-style-type: none"><li>♦Scarecrow Button Art</li><li>♦Box Hockey</li><li>♦Football Friday</li><li>♦Leaf Stamp Art</li></ul> <p>Horticultural Therapy with Debra<br/>Tomato Soup-Grilled Cheese Sandwich-Okra-Pineapple</p>                  |
| <p>16 Monday</p> <ul style="list-style-type: none"><li>♦Making Smores</li><li>♦LEC Indoor Volleyball</li><li>♦"Sound Of Music" Sing-a-long</li></ul> <p>🎵 Music Therapy with Hannah<br/>Beef Stew-Garden Salad-Biscuit-Applesauce</p>  | <p>17 Tuesday</p> <ul style="list-style-type: none"><li>♦Making Cornucopia Centerpieces</li><li>♦Chair Zumba</li><li>♦Thanksgiving Wacky Word Trivia</li></ul> <p>🎵 Music Therapy with Hannah<br/>White Chicken Chili-Coleslaw-Combread-Pears</p>                     | <p>18 Wednesday</p> <ul style="list-style-type: none"><li>♦Happy Birthday Mickey Mouse</li><li>♦Disney Games</li><li>♦Mickey Mouse Parade</li></ul> <p>Horticultural Therapy with Debra<br/>Baked Ham-Black Eyed Peas-Macaroni &amp; Cheese-Pineapple</p>          | <p>19 Thursday</p> <ul style="list-style-type: none"><li>♦Puzzle Time!</li><li>♦Walking Club</li><li>♦LEC Price Is Right</li></ul> <p>Horticultural Therapy with Debra<br/>Spaghetti w/Meat Sauce-Caesar Salad-Garlic Toast-Fruit Cocktail</p>                          | <p>20 Friday</p> <p>Pajama Day!</p> <ul style="list-style-type: none"><li>♦History Of Pajamas</li><li>♦Pajama Day Parade</li><li>♦Pajama Day Dance Party</li></ul> <p>🎵 Music Therapy with Hannah<br/>Grilled Chicken Sandwich-Lettuce &amp; Tomato-Baked Beans-Peaches</p> |
| <p>23 Monday</p> <ul style="list-style-type: none"><li>♦Making "Blessing Jars"</li><li>♦LEC Horse Shoes</li><li>♦Arts &amp; Crafts: Making Fall Leaf Napkin Rings</li></ul> <p>Horticultural Therapy with Debra<br/>Loaded Baked Potatoes w/Chili, Broccoli, Cheddar, &amp; Sour Cream-Mixed Fruit</p>                     | <p>24 Tuesday</p> <ul style="list-style-type: none"><li>♦Making Thanksgiving Place Mats</li><li>♦Apple Cider Doughnut Making</li></ul> <p>Horticultural Therapy with Debra<br/>Broccoli Cheddar Soup-Turkey Sandwich-Beets-Mandarin Oranges</p>                       | <p>25 Wednesday</p> <ul style="list-style-type: none"><li>♦History Of Thanksgiving</li><li>♦"Sweet Potato Roll" Relay Races</li><li>♦"Candy Corn Shake" Game</li></ul> <p>🎵 Music Therapy with Hannah<br/>LEC Thanksgiving Feast!</p>                              | <p>26 Thursday</p> <p>27 Friday</p> <p></p>  |   |
| <p>30 Monday</p> <ul style="list-style-type: none"><li>♦"Let's Go Fishing" Saint Peter's Fishing Hole</li><li>♦Scarf Exercise</li><li>♦LEC "Wheel Of Fortune"</li></ul> <p>Horticultural Therapy with Debra<br/>Tuna Casserole-Garden Salad-Bread Stick-Mixed Fruit</p>  |   |  |   |   |
| <p>.....</p> <p>Veterans Day Celebration November 11</p> <p>Pajama Day November 20</p> <p>Life Enrichment will be CLOSED</p> <p>November 26, 27</p> <p>.....</p>   |   |  |   |   |

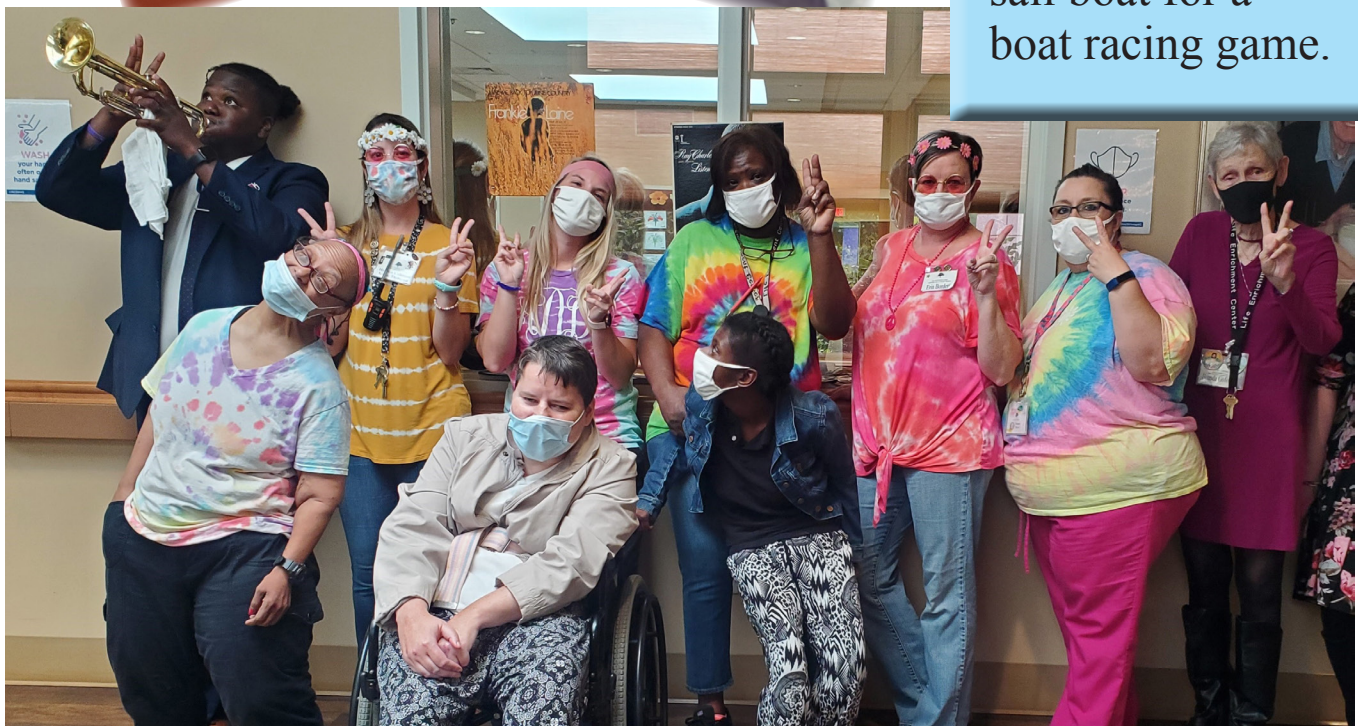


# Something for EVERYONE



(Left to Right) Kings Mountain participants E'Sheika and Ockie show off their clay creations.

(Above) Participant Melissa works on a sail boat for a boat racing game.



*Shelby participants & staff had a "groovy" time during Era Week!*



## In Memory:

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

**Lillian Bridges**  
*by*

Mrs. Ray Webb Lutz

*The LEC Plant Sale was  
a huge success! We would  
like to thank our friends,  
families, and caregivers for  
supporting the Life  
Enrichment Horticultural  
Therapy Program!*

## Thank You!

We would like to thank the  
following for their COVID-19 relief  
contributions. Because of you,  
Life Enrichment Center is able to  
keep its doors open and continue the  
mission to support caregivers.

**David & Marie Brinkley**



## 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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Evelyn Ribadeneyra, *Secretary*  
Donna Beringer, *Treasurer*  
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Life Enrichment Center  
110 Life Enrichment Blvd.  
Shelby, North Carolina 28150

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## IMPORTANT ANNOUNCEMENTS

Announcements of closings due to bad weather will be made on LEC's telephone answering machine, our Facebook page, WBTV television, and through the "One Call Now" service. Should it be necessary to close early, caregivers will be notified by telephone.

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



## 2020 Life Enrichment Remaining Holiday Closings:

Thanksgiving Day: November 26  
Thanksgiving Friday: November 27  
Christmas Eve: December 24  
Christmas Day: December 25

# Thank You!

Tracy Gaddis - Miscellaneous Items  
Peggy Wurster - Veterans Day Gifts  
Otho West - Personal Care Items  
Gloria Lyles - Potted Plants  
Roger Hoyle - Items for the LEC plant sale  
Cindy Bumgardner - Personal Care Items  
Jean Moore - Fabric Samples  
Rebecca Wright - Food Items  
Travis Mangum - Fresh Corn  
Ed Patterson - Baked Goods

