



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

January 2021

When You Care Enough To Choose The Best...



Choose Life Enrichment

Schedule a **FREE** Trial Visit Today!

*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.*

TIME FLIES...when you're having fun!

What a year! Life Enrichment Center offers something for everyone. Socialization, quality healthcare, meaningful programs, and a sense of community. At Life Enrichment, participants make new friends, re-connect with old friends, and re-discover their passions. Whether mom was an excellent baker, or dad grew the best vegetables in town, they are sure to find their purpose at LEC! Here are a few of our favorite memories from last year!



Getting ready for the Super Bowl!- January 2020



(Left to right) Participants Kimmie & Cindy- February 2020



Participant Cathleen- July 2020



"Until We Meet Again!"- COVID-19 Drive by parade



(Left to right) Participants Gary & Jim- August 2020

2020



Participants enjoy a virtual music program!- September 2020



Participants Melissa & David- October 2020



Participant Zach- November 2020



Participant Lorraine- December 2020

January

Shelby Activity Highlights



Important Dates!

Life Enrichment Will Be **Closed** On

The Following Days:

Friday, January 1, 2021

Monday, January 18, 2021

Friday, January 15,
Wear Your Favorite
Hat Day!

1 Friday

Happy
New
Year
Closed

<p>4 Monday</p> <ul style="list-style-type: none"> ♦National Spaghetti Day ♦Winter Wonderland Trivia ♦Share Your "Secret Sauce" Recipe <p>Horticultural Therapy with Debra</p> <p>Spaghetti w/Meat Sauce-Caesar Salad-Garlic Bread-Fruit Cocktail</p>	<p>5 Tuesday</p> <ul style="list-style-type: none"> ♦Can You Guess The Bird Call? ♦All About Exotic Birds ♦Making Pine Cone Bird Feeders <p>Horticultural Therapy with Debra</p> <p>Macaroni & Cheese w/ Ham-Roasted Broccoli-Roll-Mixed Fruit</p>	<p>6 Wednesday</p> <ul style="list-style-type: none"> ♦Winter Word Games ♦LEC's "Price Is Right" ♦Participant Council Meeting ♦Making Homemade Pimento Cheese <p>Music Therapy with Hannah</p> <p>Chicken Broccoli Alfredo-Caesar Salad-Garlic Bread-Applesauce</p>	<p>7 Thursday</p>  <ul style="list-style-type: none"> ♦Can You Guess The Spice? ♦Indoor Relay Races ♦All About The Zodiac <p>Music Therapy with Hannah</p> <p>Pork Tenderloin-Sweet Potatoes-Black Eyed Peas-Pineapple</p>	<p>8 Friday</p> <ul style="list-style-type: none"> ♦Weights On The 8's ♦LEC Spa Day ♦National Bubble Bath Day  <p>Horticultural Therapy with Debra</p> <p>Grilled Salmon-Roasted Potatoes-Spinach-Roll-Peaches</p>
<p>11 Monday</p> <ul style="list-style-type: none"> ♦What Is Morse Code? ♦Biscuit Making Competition ♦Men's Coffee Corner  <p>Music Therapy with Hannah</p> <p>Sloppy Joes-Baked Beans-Tater Tots-Pears</p>	<p>12 Tuesday</p> <ul style="list-style-type: none"> ♦National Hot Tea Day ♦LEC Tea Party ♦Making Tea Cakes For Snack <p>Music Therapy with Hannah</p> <p>Baked Chicken-Scalloped Potatoes-Peas-Roll-Mixed Fruit</p>	<p>13 Wednesday</p> <ul style="list-style-type: none"> ♦Men's Woodworking Program ♦Wordsearch With The Ladies ♦"Name That Tune" <p>Horticultural Therapy with Debra</p> <p>Fish Sandwich-French Fries-Green Beans-Mandarin Oranges</p>	<p>14 Thursday</p> <ul style="list-style-type: none"> ♦Winter's Day Reminiscing ♦Making Paper Snowflakes ♦LEC Indoor Kickball <p>Horticultural Therapy with Debra</p> <p>Hamburger Steak w/Gravy-Mashed Potatoes-Roasted Carrots-Roll-Peaches</p>	<p>15 Friday</p> <ul style="list-style-type: none"> ♦Making Homemade Bagels For National Bagel Day ♦Wear Your Favorite Hat ♦LEC Hat Fashion Show <p>Music Therapy with Hannah</p> <p>Tomato Soup-Grilled Cheese Sandwich-Okra-Pineapple</p>
<p>18 Monday</p>  <p>Closed</p>	<p>19 Tuesday</p> <ul style="list-style-type: none"> ♦History Of Martin Luther King Jr. ♦"I Have A Dream" Video Discussion ♦Making Popcorn For National Popcorn Day <p>Horticultural Therapy with Debra</p> <p>White Chicken Chili-Coleslaw-Cornbread-Peas</p>	<p>20 Wednesday</p>  <ul style="list-style-type: none"> ♦LEC Family Feud ♦Winter Collages ♦Indoor Snowball Fight <p>Music Therapy with Hannah</p> <p>Baked Ham-Black Eyed Peas-Macaroni & Cheese-Pineapple</p>	<p>21 Thursday</p> <ul style="list-style-type: none"> ♦Health Fair ♦Indoor Snowball Scavenger Hunt ♦LEC's "Compliment" Car Wash <p>Music Therapy with Hannah</p> <p>Spaghetti w/Meat Sauce-Caesar Salad-Garlic Toast-Fruit Cocktail</p>	<p>22 Friday</p> <ul style="list-style-type: none"> ♦Travel Hour To Hawaii ♦"All About Me" Poems ♦Making Blonde Brownies For National Blonde Brownie Day <p>Horticultural Therapy with Debra</p> <p>Grilled Chicken Sandwich-Lettuce & Tomato-Baked Beans-Peaches</p>
<p>25 Monday</p> <ul style="list-style-type: none"> ♦LEC Monthly Birthday Party ♦"Name That Logo" Trivia ♦Making Homemade Hot Chocolate <p>Music Therapy with Hannah</p> <p>Loaded Baked Potato w/Chili, Broccoli, Cheddar, & Sour Cream-Mixed Fruit</p>	<p>26 Tuesday</p>  <ul style="list-style-type: none"> ♦Travel Hour To Australia ♦History Of The Sydney Opera House <p>Music Therapy with Hannah</p> <p>Broccoli Cheddar Soup-Turkey Sandwich-Beets-Mandarin Oranges</p>	<p>27 Wednesday</p> <ul style="list-style-type: none"> ♦National Chocolate Cake Day ♦Chocolate Icing Taste Testing ♦Making Chocolate Cupcakes For Snack <p>Horticultural Therapy with Debra</p> <p>Turkey Pot Pie-Peas & Carrots-Biscuit-Peaches</p>	<p>28 Thursday</p> <ul style="list-style-type: none"> ♦Weights On The 8's ♦Campfire Favorites Sing-along ♦Health Fair <p>Horticultural Therapy with Debra</p> <p>Pork Tenderloin-Roasted Potatoes & Carrots-Roll-Mixed Berries</p>	<p>29 Friday</p> <ul style="list-style-type: none"> ♦Word Puzzle Games ♦Jigsaw Puzzle Competition ♦Making Jigsaw Puzzle Picture Frames <p>Music Therapy with Hannah</p> <p>Vegetable Soup-Hot Ham & Cheese-Garden Salad-Pears</p>

January

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

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

Friendly Reminder!

Life Enrichment Will Be **Closed** On

The Following Days:

Friday, January 1, 2021

Monday, January 18, 2021



1 Friday



Closed

<p>4 Monday</p> <ul style="list-style-type: none"> ♦ Winter's Day Trivia ♦ LEC Bingo ♦ Health Fair  <p>Horticultural Therapy with Debra</p> <p>Spaghetti w/ Meat Sauce-Caesar Salad- Garlic Bread-Fruit Cocktail</p>	<p>5 Tuesday</p> <ul style="list-style-type: none"> ♦ Group Puzzle Social ♦ Chair Tai Chi ♦ Watercolor Painting <p>Horticultural Therapy with Debra</p> <p>Macaroni & Cheese w/ Ham- Roasted Broccoli-Roll-Mixed Fruit</p>	<p>6 Wednesday</p> <ul style="list-style-type: none"> ♦ Virtual Sing-a-long With Debbie Vaughan ♦ Chair Yoga ♦ Let's Make A Blizzard In A Bottle <p>🎵 Music Therapy with Hannah</p> <p>Chicken Broccoli Alfredo-Caesar Salad- Garlic Bread-Applesauce</p>	<p>7 Thursday</p> <ul style="list-style-type: none"> ♦ Travel Hour Trip To Italy ♦ Seated Soccer Game ♦ Gospel Sing-a-long  <p>🎵 Music Therapy with Hannah</p> <p>Pork Tenderloin-Sweet Potatoes- Black Eyed Peas-Pineapple</p>	<p>8 Friday</p> <ul style="list-style-type: none"> ♦ "How Good Can I Look?" Fashion Show ♦ Jam Fest Exercise ♦ Happy Birthday Elvis Presley <p>Horticultural Therapy with Debra</p> <p>Grilled Salmon-Roasted Potatoes- Spinach-Roll-Peaches</p>
<p>11 Monday</p>  <ul style="list-style-type: none"> ♦ LEC Smart Auction ♦ Follow The Leader Exercise ♦ "Big Buck" Hunt Game <p>🎵 Music Therapy with Hannah</p> <p>Sloppy Joes-Baked Beans-Tater Tots-Pears</p>	<p>12 Tuesday</p> <ul style="list-style-type: none"> ♦ Shopping Spree Scavenger Hunt ♦ Parachute Games ♦ Health Fair <p>🎵 Music Therapy with Hannah</p> <p>Baked Chicken-Scalloped Potatoes-Peas- Roll-Mixed Fruit</p>	<p>13 Wednesday</p> <ul style="list-style-type: none"> ♦ Virtual Sing-a-long With Debbie Vaughan ♦ LEC's Walk Across America ♦ Gambling For Gifts <p>Horticultural Therapy with Debra</p> <p>Fish Sandwich-French Fries-Green Beans- Mandarin Oranges</p>	<p>14 Thursday</p> <ul style="list-style-type: none"> ♦ Musical Scattergories ♦ Chair Zumba ♦ Drumming Rythmic With Folklore Songs <p>Horticultural Therapy with Debra</p> <p>Hamburger Steak w/ Gravy-Mashed Potatoes- Roasted Carrots-Roll-Peaches</p>	<p>15 Friday</p> <ul style="list-style-type: none"> ♦ Happy Birthday Martin Luther King Jr. ♦ "I Have A Dream" Writing Contest <p>🎵 Music Therapy with Hannah</p> <p>Tomato Soup-Grilled Cheese Sandwich- Okra-Pineapple</p>
<p>18 Monday</p>  <p>Closed</p>	<p>19 Tuesday</p> <ul style="list-style-type: none"> ♦ Senior Scattergories ♦ LEC Box Hockey ♦ Remembering Your Wedding Reception <p>Horticultural Therapy with Debra</p> <p>White Chicken Chili-Coleslaw- Cornbread-Peas</p>	<p>20 Wednesday</p> <ul style="list-style-type: none"> ♦ Virtual Sing-a-long With Debbie Vaughan ♦ Plate Exercises ♦ LEC's Luxury "Price Is Right" <p>🎵 Music Therapy with Hannah</p> <p>Baked Ham-Black Eyed Peas- Macaroni & Cheese-Pineapple</p>	<p>21 Thursday</p> <ul style="list-style-type: none"> ♦ History Of The Hershey Bar ♦ Virtual Travel To Hersheyville, Pennsylvania  <p>🎵 Music Therapy with Hannah</p> <p>Spaghetti w/ Meat Sauce-Caesar Salad- Garlic Toast-Fruit Cocktail</p>	<p>22 Friday</p> <ul style="list-style-type: none"> ♦ Winter Carnival ♦ "Do You Want To Build A Snowman?" Contest ♦ LEC's Monthly Birthday Party <p>Horticultural Therapy with Debra</p> <p>Grilled Chicken Sandwich-Lettuce & Tomato- Baked Beans-Peaches</p>
<p>25 Monday</p> <ul style="list-style-type: none"> ♦ Making Winter Collages ♦ Indoor Snowball Fight ♦ Making Chocolate Chip Cookies <p>🎵 Music Therapy with Hannah</p> <p>Loaded Baked Potato w/ Chili, Broccoli, Cheddar, & Sour Cream-Mixed Fruit</p>	<p>26 Tuesday</p> <ul style="list-style-type: none"> ♦ Winter Bifolkals ♦ Chair Yoga ♦ Snowflake Art  <p>🎵 Music Therapy with Hannah</p> <p>Broccoli Cheddar Soup-Turkey Sandwich- Beets-Mandarin Oranges</p>	<p>27 Wednesday</p> <ul style="list-style-type: none"> ♦ Virtual Sing-a-long With Debbie Vaughan ♦ National Chocolate Cake Day <p>Horticultural Therapy with Debra</p> <p>Turkey Pot Pie-Peas & Carrots- Biscuit-Peaches</p>	<p>28 Thursday</p> <ul style="list-style-type: none"> ♦ Today In History: Explosion Of The Challenger ♦ Imagination Jogging ♦ Participant Council Meeting <p>Horticultural Therapy with Debra</p> <p>Pork Tenderloin-Roasted Potatoes & Carrots- Roll-Mixed Berries</p>	<p>29 Friday</p>  <ul style="list-style-type: none"> ♦ National Puzzle Day ♦ Jigsaw Competition ♦ Word Puzzle Relay Race <p>🎵 Music Therapy with Hannah</p> <p>Vegetable Soup-Hot Ham & Cheese- Garden Salad-Pears</p>

In Honor...

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

By

Vance & Nathalie Suttle

Mr. and Mrs. Frank Beam

Mr. and Mrs. Cecil Burton

Mrs. Vincent Carpenter

Mr. and Mrs. Paul Ellison

Mr. John M. Gardner

Dr. John C. Hamrick

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Mr. and Mrs. Julian Wray

Mr. and Mrs. Don Yelton

Dr. and Mrs. Jack Williams

Dr. and Mrs. Frank Bonner

Mr. Richard Craver

Dr. and Mrs. Brent Ferrell

Mr. and Mrs. Loyd B. Smith

Mr. and Mrs. Loyd B. Smith, Sr.

Mr. and Mrs. David Schweppe

Mr. and Mrs. John V. Schweppe

Mr. and Mrs. Richard Fletcher

Mrs. W.B. Harry

Mr. and Mrs. Roger Holland

Mr. and Mrs. John Kennedy

Mr. and Mrs. Jim Morgan

Mr. and Mrs. Ali Paksoy

Dr. and Mrs. Will Plaster & Family

Mrs. Dave Rupprecht

Mr. and Mrs. Will Rucker

Mr. and Mrs. David Royster



(Left to right) Participants Sandy & Cathleen enjoy the exercise program. - September 2020



Participant Zach enjoys the snow! - January 2020



Participant and cancer survivor; Claudia, shows her support during Breast Cancer Awareness week. - October 2020

In Memory:

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

Wanda Propst
by

Dennis & Wanda Conner
Bob & Jackie McRae
William & Barbara Fulton
Jeff Mauney & Family
Shirley Austin
Ernest & Linda Rome
Mr. & Mrs. Barry Brogdon
Jean Harris & Charles Yelton

Richard Ivester
by
Mary Ivester

Friends:

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

David Wilkison

Dorothy Edwards Sunday School Class
Boiling Springs Baptist Church

Jim & Sandra Lucas

Don & Marianne Miller

Paul & Margaret Porter Foundation

Scot & Myra Dixon

**Dorcas Sunday School Class Of First
Wesleyan Church**

Mike Royster

Betty J. Robinson

Thank You!!

Cheryl Leu - Bingo Prizes

Jessie Ogburn - Misc. Items

Charlene Cody & Estelle Ross - Christmas Cookies

American Restoration - Christmas Treats

Otho West & Family - Personal Care Items

Carol Lyke - Greeting Cards

Kay Carlisle - 2021 Calendars

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

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!!**



*Participant
Merline
shows off
her new hat!*



**Life Enrichment Center
will be **CLOSED**, Monday,
January 18, 2021
in observance of
Martin Luther King Jr. Day**

