



**Life Enrichment Center**

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

October 2021

# Is Mom Spending Too Much Time Alone?

*Life Enrichment  
Center  
is here to help!*



*Participant Jane prepares seeds in the LEC greenhouse.*

## A Day Program For Adults

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.*



# Something For Everyone!



Studies have shown that socialization seems to slow the progress of cognitive impairment. Every day at Life Enrichment participants are given opportunities to engage in meaningful programs, to build relationships, and to benefit from being around others.

Shelby participants enjoyed a full day of relaxation during the LEC Spa Day!



*Participant Myrna enjoys a facial.*



Facials, pedicures, manicures, and massages were given to all who participated.

*Participant Dottie relaxes during a pedicure.*



*Participant Ann enjoys a massage.*





# Disney

## Day at LEC!

"Theme Days" are a fun way for participants to showcase their creativity. Neisler Center participants used their artistic abilities to create games, design decorations, and even put together their own costumes for the 2021 LEC Disney Day. Participants enjoyed Disney movies, Disney themed snacks, and danced to the soundtracks of Disney Movie classics!



Participant Jennifer plays a game of "Ring The Basket."

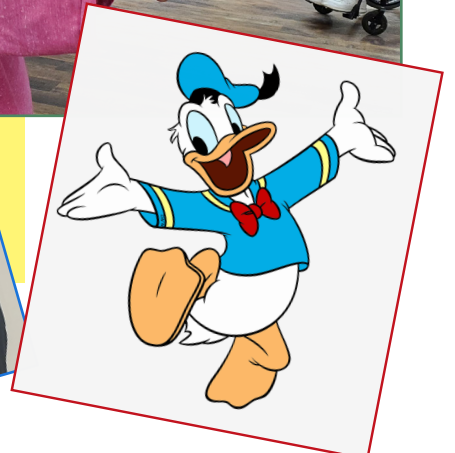


Participant Katrena is a Putt-Putt pro.

Participant Melissa wins a prize during "Disney Game Darts".



Participant Ian is all smiles as "Mickey the Mouse."





### LEC CARNIVAL WEEK WILL END WITH A "BOO" BANG!

*The LEC Halloween Costume contest & fashion show will be on Friday, October 29th!*

1 Friday

- ♦National Denim Day
- ♦National Smile Day
- ♦Magic Kingdom Celebration



Pot Roast-Mashed Potatoes-Peas-Wheat Roll-Pineapple

4 Monday

- ♦Junk Drawer Detectives
- ♦Word Search Games
- ♦Wheelchair Relay Race



Horticultural Therapy  
with Debra

Grilled Chicken-Baked Potato-Lima Beans-Wheat Roll-Peaches

5 Tuesday

- ♦History Of McDonalds
- ♦Making Cards For Local Teachers

Cooking With Chad Roseboro, Sr.  
on Facebook LIVE

Horticultural Therapy  
with Debra

Baked Ham-Black Eyed Peas-Macaroni & Cheese-Wheat Roll-Pears

6 Wednesday



Music Therapy with Hannah

Beef Tips w/Gravy-Peppers & Onions-Mashed Potatoes-Wheat Roll-Oranges

7 Thursday

- ♦Right Brain Exercise Activity
- ♦All About Stamp Collections



Music Therapy with Hannah

Pinto Beans-Onions & Cabbage-Combread-Applesauce

8 Friday

- ♦LEC Carwash
- "You Matter To Me"
- ♦Men's Coffee Social
- ♦Greenhouse Activities

Horticultural Therapy  
with Debra

Baked Salmon-Caesar Salad-Garlic Bread-Pineapple

11 Monday

- ♦Columbus Day
- ♦Who's Your Favorite Super Hero
- ♦What's Your Favorite Thanksgiving Dish



Lasagna w/Meat Sauce-Garden Salad-Bread Stick-Mixed Fruit

12 Tuesday

- ♦History Of The HBCU (Historically Black College & Universities)

Cooking With Chad Roseboro, Sr.  
on Facebook LIVE

Music Therapy with Hannah

Chicken Sandwich-Coleslaw-Baked Chips-Peaches

13 Wednesday

- ♦Making Plant Fossil Outlines
- ♦Happy Birthday United States Navy
- ♦Forrest Gump Trivia

Horticultural Therapy  
with Debra

Roasted Turkey-Sweet Potato Casserole-Green Beans-Wheat Roll-Pineapple

14 Thursday

- ♦All About The War Hawk & Black Hawk Planes
- ♦A "Crantastic Day"
- All About Cranberries

Horticultural Therapy  
with Debra

Beef Nachos-Lettuce & Sour Cream-Refried Beans-Pears

15 Friday

- ♦Celebrating National Boss's Day
- ♦70th Anniversary: "I Love Lucy"
- ♦Preparing Homemade Pizza For Lunch

Matt's Famous Pepperoni Pizza-Garden Salad-Mixed Fruit

18 Monday

- ♦Participant Council Meeting
- ♦National "Tell A Funny Story Day"
- ♦LEC Monthly Birthday Party

Horticultural Therapy  
with Debra

Chicken Pot Pie-Garden Salad-Wheat Roll-Applesauce

19 Tuesday

- ♦Mix & Match Sock Day
- ♦History Of The NAACP

Cooking With Chad Roseboro, Sr.  
on Facebook LIVE

Horticultural Therapy  
with Debra

Grilled Cheese Sandwich-Tomato Basil Soup-Fruit Cocktail

20 Wednesday



Music Therapy with Hannah

Chicken Broccoli Alfredo-Caesar Salad-Garlic Bread-Pineapple

21 Thursday

- ♦Happy Birthday Ronald McNair
- ♦LEC Nobel Peace Prize
- ♦Reptile Awareness Day: A Visit With Bearded Dragons, Roscoe & Vinny

Music Therapy with Hannah

Hamburger Steak w/Gravy-Potatoes & Carrots-Wheat Roll-Pears

22 Friday

- ♦Ford Motors Day
- ♦A "Texas" Dance Off
- ♦Ladies Red Hat Tea Party

Horticultural Therapy  
with Debra

White Chicken Chili-Combread-Coleslaw-Peaches

25 Monday



Vegetable Beef Soup-Spinach Salad-Bread Stick-Oranges

26 Tuesday

Chicken Tenders-Broccoli-Tater Tots-Wheat Roll-Mixed Fruit

27 Wednesday

Meatloaf-Scalloped Potatoes-Lima Beans-Wheat Roll-Applesauce

28 Thursday

Three Cheese Potato Soup-Ham Sandwich-Peaches

29 Friday



Spaghetti w/Meat Sauce-Garden Salad-Garlic Toast-Pears

# LEC Carnival Week!





# October

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

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

### Friday, October 29

## LEC Costume Parade & Haunted House!

1 Friday

- ♦ Let's Build A Model T
- ♦ Pool Noodle Exercise
- ♦ Health Fair
- ♦ Win, Lose, Or Draw
- Charades
- Horticultural Therapy with Debra

Pot Roast-Mashed Potatoes-Peas-Wheat Roll-Pineapple

4 Monday

- ♦ World Space Day:  
Let's Talk NASA
- ♦ Space Jam Exercise
- ♦ Art's & Crafts:  
Let's Make A Solar System



Grilled Chicken-Baked Potato-Lima Beans-Wheat Roll-Peaches

5 Tuesday

- ♦ Waking Down Memory Lane
- ♦ Riddle Me This:  
The Great Outdoors Edition
- ♦ Bingo Bucks & Sweat Swag



Music Therapy with Hannah

Baked Ham-Black Eyed Peas-Macaroni & Cheese-Wheat Roll-Pears

6 Wednesday

- ♦ Painting By Numbers
- ♦ Indoor Volleyball
- ♦ Health Fair
- ♦ Italian Dinner Detective
- ♦ Spa Day

Horticultural Therapy with Debra

Beef Tips w/Gravy-Peppers & Onions-Mashed Potatoes-Wheat Roll-Oranges

7 Thursday

- ♦ Alphabet Noodle Songs
- ♦ Paper Plate Exercise
- ♦ Let's Make Our Own Drums



Horticultural Therapy with Debra

Pinto Beans-Onions & Cabbage-Cornbread-Applesauce

8 Friday

- ♦ Universal Music Day
- ♦ LEC Drum Circle
- ♦ "Name That Instrument" Trivia



Music Therapy with Hannah

Baked Salmon-Caesar Salad-Garlic Bread-Pineapple

11 Monday

- ♦ Pumpkin Patch Bingo
- ♦ LEC Cornhole
- ♦ How To Make Personal Pan Pizzas



Horticultural Therapy with Debra

Lasagna w/Meat Sauce-Garden Salad-Bread Stick-Mixed Fruit

12 Tuesday

- ♦ Earth Science Day
- ♦ Experimenting Through Science
- ♦ Outdoor Nature Walk
- ♦ Let's Make A Volcano

Horticultural Therapy with Debra

Chicken Sandwich-Coleslaw-Baked Chips-Peaches

13 Wednesday

- ♦ Art's & Crafts:  
Making Pasta Garland
- ♦ Health Fair
- ♦ LEC Walking Club
- ♦ Do You Believe In Ghosts?

Music Therapy with Hannah

Roasted Turkey-Sweet Potato Casserole-Green Beans-Wheat Roll-Pineapple

14 Thursday

- ♦ LEC Drama Club
- Halloween Skits
- ♦ "Pumpkin Chuck" Exercise
- ♦ Making Jack-O-Lanterns



Music Therapy with Hannah

Beef Nachos-Lettuce & Sour Cream-Refried Beans-Pears

15 Friday

- ♦ "Who, What, & When" Trivia
- ♦ Total Body Stretch & Strength Exercise
- ♦ Making A Halloween Wreath

Horticultural Therapy with Debra

Chicken Tenders-Scalloped Potatoes-Green Beans-Wheat Roll-Pineapple

18 Monday

- ♦ Fun Facts About Alaska
- ♦ Balloon Volley
- ♦ LEC Monthly Birthday Party
- ♦ Virtual Tour To Alaska



Chicken Pot Pie-Garden Salad-Wheat Roll-Applesauce

19 Tuesday

- ♦ Men's Group:  
World Series Fun Facts
- ♦ Ladies Group:  
Tea Party Social

Music Therapy with Hannah

Grilled Cheese Sandwich-Tomato Basil Soup-Fruit Cocktail

20 Wednesday

- ♦ Monster Mash Day
- ♦ Famous Monster's In Movies
- ♦ "Monster Mash" Exercise
- ♦ Making Monster Cupcakes

Horticultural Therapy with Debra

Chicken Broccoli-Alfredo-Caesar Salad-Garlic Bread-Pineapple

21 Thursday

- ♦ Creative Writing Project
- ♦ "Traffic Light" Exercise
- ♦ Health Fair



Horticultural Therapy with Debra

Hamburger Steak w/Gravy-Potatoes & Carrots-Wheat Roll-Pears

22 Friday

- ♦ Sports Day  
(Wear Your Best Sports Gear)
- ♦ LEC Gametime
- ♦ Sports Trivia



White Chicken Chili-Cornbread-Coleslaw-Peaches

25 Monday

- ♦ National Magic Day
- ♦ Dumbell Exercise
- ♦ LEC Magic Show
- ♦ Health Fair

Horticultural Therapy with Debra

Vegetable Beef Soup-Spinach Salad-Bread Stick-Oranges

26 Tuesday

- ♦ World Pasta Day
- ♦ Chair Zumba
- ♦ Making Homemade Pasta

Horticultural Therapy with Debra

Chicken Tenders-Broccoli-Tater Tots-Wheat Roll-Mixed Fruit

27 Wednesday

- ♦ Making Halloween Costumes
- ♦ Participant Council
- ♦ Decorating For The LEC Haunted House

Music Therapy with Hannah

Meatloaf-Scalloped Potatoes-Lima Beans-Wheat Roll-Applesauce

28 Thursday

- ♦ Making Halloween Treat Bags
- ♦ Pumpkin Hunt
- ♦ Spa Day



Music Therapy with Hannah

Three Cheese Potato Soup-Ham Sandwich-Peaches

29 Friday

- ♦ LEC Halloween Parade
- ♦ Halloween Games

## LEC HAUNTED HOUSE

Horticultural Therapy with Debra

Spaghetti w/Meat Sauce-Garden Salad-Garlic Toast-Pears

# Thank You!

Thom Deaver- Vintage Guitar  
Barbara Hannah- National Geographic Magazines  
Lottie Sanders- Sweet Treats  
Bill & Marilyn Henshaw- Magazines  
Judy Bridges- Seasonal Decorations  
Tom Wood- Men's Clothing  
Tonya Arrington- Personal Care Items  
Pam & Earnest Merritt- Sweet Treats & Garden Vegetables  
John Camp- Fresh Okra  
Joyce Killian- Sweet Treats  
Joe McPeters & Family- Birthday Cake  
Wayne Wright- Guitar  
Jessi Osburn- Notepads & Calendars

## *In Memory:*

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

**Jane Rosberg**

*by*

*Steve Bettis*

*Carroll & Ginger Hamrick*

*Shelby High School*

*Class of 1949*

**Watt Jackson**

*by*

*Libby Jackson*

**Cheryl Martin**

*by*

*Curtis Martin &*

*Ashley & Evan Martin*

**Justin Tesner**

*by*

*Donna & Mark Tesner*

**Marlene Peeler**

*by*

*Bob & Jeanne Konitzer*

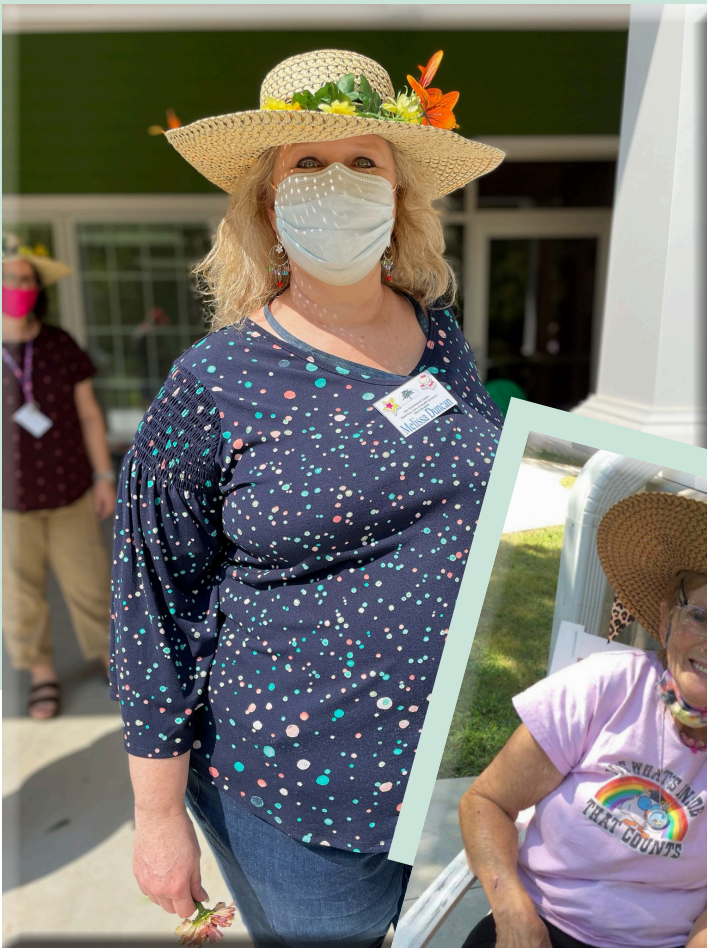
*Mangum & Associates*

*Ronald Peeler*

**J.D. & Classec Wyatt**

*by*

*Nancy W. Biggers*



*(Left to right)  
Participants Melissa  
& Joyce, enjoy the  
recent renovations of  
the Neisler Center's  
Healing Garden.*



**Tuesday October 19th**  
**Morning: 8-10am; Afternoon: 2-5pm**  
**(Shelby Location while supplies last)**

# Fall Plant Sale!

*Join us for the 2nd annual LEC Plant Sale!*

*Last year was so much fun, we decided to do it again!  
 We appreciate our families and community friends for  
 stopping by and being so generous! This year, we will  
 have an assortment of houseplants, tropicals, herbs  
 and even seeds collected from our own garden  
 (and we even made our own seed envelopes)!*

*Prices are not determined, we are accepting donations.*

*We hope to see you there!*



The 2020 LEC plant sale was a huge success! Brayden & Cindy say, "Thank you!"

## 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 \_\_\_\_\_

## Board of Directors

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

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## 2021 Life Enrichment Remaining Holiday Closings:

November 25-26, Thanksgiving Holiday

December 24-27, Christmas Holiday

December 31, New Year's Holiday



## The 2021 Oak Grove String Band

*was a huge success! LEC would like to thank all of our wonderful sponsors!*

### Silver

*Bicycles Sales & Services*

*Fidelity Bank*

*Clay & Associates*

*Itek Graphics*

*Pete Gilbert*

### Platinum

*American Restoration*

### Gold

*Teddy, Meekins, &*

*Talbert*

### Bronze

*Suzanne Amos-Amos Agency*

*Larry & Dianne Dooley*

*Donna Beringer-Carolina Federal*

*Credit Union,*

*David Barker*

*Marie Jackson*

