



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

March 2021

Are You Caring For An Adult?



"I love coming to LEC every day! I get to enjoy the company of so many great people while doing things I love to do!"

-Participant, Claudia

The Best Choice For
Keeping Families
Together And At
Home!

"And You Can Quote
Me On It!!"

Adult Day Care

Call today for a **FREE** trial visit!

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.*

Our Mission...

"To support caregivers and their loved ones by providing safe, caring and reliable adult day care for adults who would benefit from health care, meaningful programs and opportunities for socialization"



"Thank you for taking care of my mother, Maxine. I am forever grateful from the bottom of my heart! You made the hard days easier for me, I can't thank you all enough!"
-Daughter & caregiver, Lisa



"Exercising, mentally stimulating programs, and activities have been so beneficial to me. I have grown in my ability to use my disability now more than ever before."
-Participant, Brayden



"I love to be around people. I would be at home alone if I didn't come to Life Enrichment because my children are working all day. I enjoy the programs and everyone here are very sweet!"
-Participant, Myrna



Music Therapy

"One of my favorite things about Music Therapy is that we learn something new each time. I am proud to be able to play instruments independently."

-Participant, Michael



"I just love each and every one of you...I am blessed to be here and if you ask me...I'll play!"

-Participant, Jessie



Horticultural Therapy

"I like birds, flowers and trees. It's fun to do Horticultural Therapy projects, and I enjoy feeding the birds outside!"

-Participant, Calvin



"One of my favorite horticultural activities is making bird feeders. I enjoy watching the birds eat the treats we put out for them."

-Participant, Helen



MARCH

Shelby Activity Highlights



<p>1 Monday</p> <ul style="list-style-type: none"> ♦Spring Time Decorating ♦Chair Boxing Match ♦"Name That Tune"  <p>🎵 Music Therapy with Hannah <i>Chicken & Dumplings-Garden Salad-Wheat Roll-Mixed Fruit</i></p>	<p>2 Tuesday</p> <ul style="list-style-type: none"> ♦"Toga Tuesday" Fashion Show ♦Virtual Senior Fitness With Meredith.com ♦"Cat In The Hat" Cookie Baking <p>🎵 Music Therapy with Hannah <i>Sloppy Joes w/Wheat Bun-Baked Beans-Tater Tots-Pineapple</i></p>	<p>3 Wednesday</p> <ul style="list-style-type: none"> ♦Creative Cake Mix Day ♦Virtual Wild Life Observation ♦"Name That Smell" <p>Health Fair</p> <p>Horticultural Therapy with Debra <i>Grilled Chicken-Scalloped Potatoes-Creamed Spinach-Mandarin Oranges-Wheat Roll</i></p>	<p>4 Thursday</p> <ul style="list-style-type: none"> ♦Celebrating African American Inventor, Garrett Morgan ♦Community Scrapbooking ♦Making Oreo Truffles <p>Horticultural Therapy with Debra <i>Smoked Sausage-Sauerkraut-Lima Beans-Garlic Bread-Applesauce</i></p>	<p>5 Friday</p> <ul style="list-style-type: none"> ♦Employee Appreciation Day ♦Hula Hoop Balloon Basketball ♦Making Cheese Doodles For Snack <p>🎵 Music Therapy with Hannah <i>Pinto Beans-Cabbage-Combread-Peaches</i></p>
<p>8 Monday</p> <ul style="list-style-type: none"> ♦Celebrating Strong Women Of History ♦"Gilligan's Island" Trivia ♦Making "Skipper" Hats <p>Horticultural Therapy with Debra <i>Grilled Cheese on Wheat-Tomato Soup-Okra-Mandarin Oranges</i></p>	<p>9 Tuesday</p> <ul style="list-style-type: none"> ♦"Brady Bunch" Trivia ♦The History Of The Ford Mustang  <p>Horticultural Therapy with Debra <i>Chicken Pot Pie-Peas & Carrots-Garden Salad-Wheat Roll-Pears</i></p>	<p>10 Wednesday</p> <ul style="list-style-type: none"> ♦Virtual Bagpipe Concert ♦"I Love Lucy" Trivia ♦History Of The Telephone And Its Evolution  <p>🎵 Music Therapy with Hannah <i>Loaded Baked Potato w/Chili, Cheese, Broccoli, & Sour Cream-Wheat Roll-Fruit Cocktail</i></p>	<p>11 Thursday</p> <ul style="list-style-type: none"> ♦Making An Apple Cake ♦"Lone Ranger" Trivia ♦What's Your Favorite Handy Tool?  <p>🎵 Music Therapy with Hannah <i>Lasagna w/Meat Sauce-Caesar Salad-Garlic Bread-Peaches</i></p>	<p>12 Friday</p> <ul style="list-style-type: none"> ♦Flower Planting In The Greenhouse ♦"Leave It To Beaver" Trivia ♦History Of The Girl Scouts <p>Horticultural Therapy with Debra <i>Chicken Salad Sandwich on Wheat-Vegetable Soup-Pineapple</i></p>
<p>15 Monday</p> <ul style="list-style-type: none"> ♦Participant Council Meeting ♦"Name That Spice" ♦LEC Eye Spy <p>Monthly Birthday Party</p> <p>🎵 Music Therapy with Hannah <i>Hamburger Steak w/Gravy-Baked Fries-Green Beans-Biscuit-Pears</i></p>	<p>16 Tuesday</p> <ul style="list-style-type: none"> ♦March Madness "Fill Out Your Bracket" ♦All About Pandas ♦Do You Remember Jerry Lewis? <p>🎵 Music Therapy with Hannah <i>White Chicken Chili-Combread-Coleslaw-Mandarin Oranges</i></p>	<p>17 Wednesday</p> <p>Wear Your Green! St. Patrick's Day Celebration!</p> <p>Horticultural Therapy with Debra <i>Corned Beef-Cabbage-Carrots & Potatoes-Wheat Roll-Peaches</i></p>	<p>18 Thursday</p> <ul style="list-style-type: none"> ♦"Weights On The Eights" ♦"Awkward Moments" Reminiscing ♦"Finish That Riddle" <p>Horticultural Therapy with Debra <i>Fish Sandwich on Wheat-Tater Tots-Lima Beans-Applesauce</i></p>	<p>19 Friday</p> <ul style="list-style-type: none"> ♦Hymnal Trivia ♦"Hangman" Board Game ♦Wheel Chair Relay Races  <p>🎵 Music Therapy with Hannah <i>Chicken Broccoli Alfredo-Garden Salad-Bread Stick-Mixed Fruit</i></p>
<p>22 Monday</p> <ul style="list-style-type: none"> ♦Recognizing The Tuskegee Airmen ♦Writing Pen Pal Letters To The Neisler Center Participants ♦Making Paper Windchimes <p>Horticultural Therapy with Debra <i>Chicken Nachos-Mexican Salad-Refried Beans-Pineapple</i></p>	<p>23 Tuesday</p> <ul style="list-style-type: none"> ♦Planting Apple Seeds ♦"Find Your Humor" Knock Knock Jokes ♦Chips & Dip For Snack <p>Horticultural Therapy with Debra <i>Swedish Meatballs w/Pasta-Italian Salad-Garlic Toast-Pears</i></p>	<p>24 Wednesday</p> <ul style="list-style-type: none"> ♦"Elvis Joins The Army" Discussion ♦Making An LEC Cartoon ♦Blindfold Taste Test  <p>🎵 Music Therapy with Hannah <i>Hamburger Steak w/Gravy-Baked Fries-Green Beans-Biscuit-Pears</i></p>	<p>25 Thursday</p> <ul style="list-style-type: none"> ♦Greek Trivia Quiz ♦What Is The Medal Of Honor ♦"Name That Tune" Elton John Edition <p>🎵 Music Therapy with Hannah <i>Chicken Noodle Soup-Ham & Cheese on Wheat-Fruit Cocktail</i></p>	<p>26 Friday</p> <ul style="list-style-type: none"> ♦Making "No Bake" Hawaiian Pies ♦LEC Memorial Service "Friends We've Lost" <p>Horticultural Therapy with Debra <i>Meatloaf-Scalloped Potatoes-Spinach-Wheat Roll-Peaches</i></p>
<p>29 Monday</p> <ul style="list-style-type: none"> ♦Making Lemon Chiffon Cakes ♦Do You Remember The Texas Alamo? ♦K9 Veterans Day <p>🎵 Music Therapy with Hannah <i>BLT on Wheat-Pasta Salad w/Mixed Vegetables-Pears</i></p>	<p>30 Tuesday</p> <ul style="list-style-type: none"> ♦LEC Jeopardy ♦Virtual Vacations ♦Virtual Trip Around The World  <p>🎵 Music Therapy with Hannah <i>BBQ Chicken-Baked Beans-Coleslaw-Bread Stick-Applesauce</i></p>	<p>31 Wednesday</p> <ul style="list-style-type: none"> ♦Happy Birthday Eiffel Tower ♦Visit To A Virtual Butterfly Garden <p>Horticultural Therapy with Debra <i>Smoked Sausage w/Peppers & Onions-Cabbage-Black Eyed Peas-Wheat Roll-Pineapple</i></p>		



March

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

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

<p>1 Monday </p> <ul style="list-style-type: none"> ♦ "Fox In Socks" Show Off Your Silly Socks! ♦ Tai Chi ♦ Balloon Pop Reminiscing ♦ Spa Day <p>Horticultural Therapy with Debra</p> <p><i>Chicken & Dumplings-Garden Salad-Wheat Roll-Mixed Fruit</i></p>	<p>2 Tuesday </p> <ul style="list-style-type: none"> ♦ Happy Birthday Dr. Seuss ♦ "Green Eggs & Ham" Trivia ♦ LEC Jeopardy <p>Wear Green</p> <p>Horticultural Therapy with Debra</p> <p><i>Sloppy Joes w/Wheat Bun-Baked Beans-Tater Tots-Pineapple</i></p>	<p>3 Wednesday </p> <p>Wacky Tacky Day</p> <ul style="list-style-type: none"> ♦ Box Hockey ♦ Making Marshmallow Shamrock Stamps <p>Music Therapy with Hannah</p> <p><i>Grilled Chicken-Scalloped Potatoes-Creamed Spinach-Mandarin Oranges-Wheat Roll</i></p>	<p>4 Thursday </p> <ul style="list-style-type: none"> ♦ "Cat In The Hat" Parade ♦ Hand Weights ♦ Rainbow Painting <p>Wear Your Favorite Hat!</p> <p>Music Therapy with Hannah</p> <p><i>Smoked Sausage-Sauerkraut-Lima Beans-Garlic Bread-Applesauce</i></p>	<p>5 Friday </p> <p>Dr. Seuss Character Dress Up Day</p> <ul style="list-style-type: none"> ♦ Chair Zumba ♦ Making Shamrock Suncatchers <p>Horticultural Therapy with Debra</p> <p><i>Pinto Beans-Cabbage-Cornbread-Peaches</i></p>
<p>8 Monday</p> <ul style="list-style-type: none"> ♦ Month Of March Creative Writing Activity ♦ Chair Yoga ♦ Virtual Story Telling With Ann Gamble <p>Music Therapy with Hannah</p> <p><i>Grilled Cheese on Wheat-Tomato Soup-Okra-Mandarin Oranges</i></p>	<p>9 Tuesday</p> <ul style="list-style-type: none"> ♦ Let's Find Out What Your Name Means ♦ Tai Chi ♦ Making St. Patrick's Day Wreaths <p>Health Fair</p> <p>Music Therapy with Hannah</p> <p><i>Chicken Pot Pie-Peas & Carrots-Garden Salad-Wheat Roll-Pears</i></p>	<p>10 Wednesday</p> <ul style="list-style-type: none"> ♦ Let's Learn Sign Language ♦ Parachute Fun ♦ Spring Time Reminiscing  <p>Horticultural Therapy with Debra</p> <p><i>Loaded Baked Potato w/Chili, Cheese, Broccoli, & Sour Cream-Wheat Roll-Fruit Cocktail</i></p>	<p>11 Thursday</p> <ul style="list-style-type: none"> ♦ History Of Johnny Applesseed ♦ Chair Zumba ♦ Making Four Leafed Clover Garland <p>Horticultural Therapy with Debra</p> <p><i>Lasagna w/Meat Sauce-Caesar Salad-Garlic Bread-Peaches</i></p>	<p>12 Friday</p> <ul style="list-style-type: none"> ♦ Morning Charades ♦ Balloon Volley ♦ Name That Cake  <p>Music Therapy with Hannah</p> <p><i>Chicken Salad Sandwich on Wheat-Vegetable Soup-Pineapple</i></p>
<p>15 Monday</p> <ul style="list-style-type: none"> ♦ St. Patrick's Day Scavenger Hunt ♦ LEC Cornhole ♦ Tongue Twister Contest <p>Horticultural Therapy with Debra</p> <p><i>Hamburger Steak w/Gravy-Baked Fries-Green Beans-Biscuit-Pears</i></p>	<p>16 Tuesday</p> <ul style="list-style-type: none"> ♦ "School Days" Reminiscing ♦ Indoor Kickball ♦ LEC Wheel Of Fortune  <p>Horticultural Therapy with Debra</p> <p><i>White Chicken Chili-Cornbread-Coleslaw-Mandarin Oranges</i></p>	<p>17 Wednesday</p> <p>St. Patrick's Day Celebration</p> <p>Wear Your Green!</p> <p>Music Therapy with Hannah</p> <p><i>Comed Beef-Cabbage-Carrots & Potatoes-Wheat Roll-Peaches</i></p>	<p>18 Thursday</p> <ul style="list-style-type: none"> ♦ Musical Bingo ♦ Spring Reflections Exercise ♦ Decorate Your Own Socks  <p>Music Therapy with Hannah</p> <p><i>Fish Sandwich on Wheat-Tater Tots-Lima Beans-Applesauce</i></p>	<p>19 Friday</p> <ul style="list-style-type: none"> ♦ Remembering The 50's ♦ Indoor Jogging Exercise ♦ Clip Art Painting <p>Spa Day</p> <p>Horticultural Therapy with Debra</p> <p><i>Chicken Broccoli Alfredo-Garden Salad-Bread Stick-Mixed Fruit</i></p>
<p>22 Monday</p> <ul style="list-style-type: none"> ♦ Recipe Scrapbooking ♦ Pool Noodle Exercise ♦ Virtual Story Telling With Ann Gamble <p>Music Therapy with Hannah</p> <p><i>Chicken Nachos-Mexican Salad-Refried Beans-Pineapple</i></p>	<p>23 Tuesday</p> <ul style="list-style-type: none"> ♦ Fox Hunt Race ♦ "Walk Across America" Exercise ♦ Wacky Word Games <p>Music Therapy with Hannah</p> <p><i>Swedish Meatballs w/Pasta-Italian Salad-Garlic Toast-Pears</i></p>	<p>24 Wednesday</p> <ul style="list-style-type: none"> ♦ Participant Council Meeting ♦ Seated Soccer Game ♦ "Life Bio" Card Activity  <p>Horticultural Therapy with Debra</p> <p><i>Hamburger Steak w/Gravy-Baked Fries-Green Beans-Biscuit-Pears</i></p>	<p>25 Thursday</p> <ul style="list-style-type: none"> ♦ Travel Hour To Florida ♦ Table Bowling ♦ LEC Monthly Birthday Party <p>Health Fair</p> <p>Horticultural Therapy with Debra</p> <p><i>Chicken Noodle Soup-Ham & Cheese on Wheat-Fruit Cocktail</i></p>	<p>26 Friday</p> <p>LEC Casino Day!</p> <p>Music Therapy with Hannah</p> <p><i>Meatloaf-Scalloped Potatoes-Spinach-Wheat Roll-Peaches</i></p>
<p>29 Monday</p> <ul style="list-style-type: none"> ♦ Time Slip Activity ♦ LEC "Hot Potato" ♦ "Sinatra Hour" Sing-a-Long <p>Horticultural Therapy with Debra</p> <p><i>BLT on Wheat-Pasta Salad w/Mixed Vegetables-Pears</i></p>	<p>30 Tuesday</p> <ul style="list-style-type: none"> ♦ Ball Toss Exercise ♦ Making Spring Flower Floral Arrangements <p>Horticultural Therapy with Debra</p> <p><i>BBQ Chicken-Baked Beans-Coleslaw-Bread Stick-Applesauce</i></p>	<p>31 Wednesday</p> <ul style="list-style-type: none"> ♦ Paper Plate Exercise ♦ "Have You Ever..." Reminiscing <p>Health Fair</p> <p>Music Therapy with Hannah</p> <p><i>Smoked Sausage w/Peppers & Onions-Cabbage-Black Eyed Peas-Wheat Roll-Pineapple</i></p>	<p>Dr. Seuss Week! March 1 - March 5</p>  	

In Memory:

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

Wanda Propst
by

Gerald & Stella Putnam

Doris Sweeting
by

Danny & Marie Gantt
Carol Jones

Lanny Lanford
by

Anne Norton
The Nichols Cousins

Betty Jones
by

Gordon & Sherry Wight

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by

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by

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by

Nancy W. Biggers

Frank DeJesus
by

Fran Keyes

Jim Bowen
by

Stuart & John Schweppe

Friends:

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

Duncan Blount
Dianne Harrison



Pictured above (left to right) Niesler Center participants, Stevie & Matt, assemble a Tower Garden donated by Latonya Gillard in loving memory to celebrate the birthday of her father, Mr. Ronnie Bell.



Ronnie Bell, 1949-2018

Thank You
Latonya!

Thank You!

Jessi Ogburn-Cards/Calendars
Denise Allen-Bingo Prizes
Gay Jolley-Magazines/Art Supplies
Bridges Hardware-Hand Sanitizer
Mauney Memorial Library-Large Print Books
Connie Savell-Greeting Cards
Cleveland County Extension &
Community Association (ECA)
County Council-Monthly Birthday Snacks



Participants enjoyed fellowship, sweet treats, and lots of dancing at the LEC Valentine's Day party!
Pictured above, participant Gary stands in front of the "Love Arch", Participant Myrna decorates cupcakes, and participant Mary shows off the LEC Valentine's Day photo frame.

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!!



"I love being here at Life Enrichment! I have made so many new friends!"
-Participant, Charlene
(Pictured holding a "special guest" during the 2019 LEC Easter Egg Hunt)

Friendly Reminder!

Good Friday will be **April 2, 2021**. Life Enrichment will be **CLOSED**. We hope you have a wonderful Easter holiday!

