

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

March 2020

Caring For A Loved One?



Try Life Enrichment!

Caring for Mind, Body, and Spirit Since 1980.

Call To Schedule A
Free Trial Visit
704.484.0405

Life Enrichment Adult Day Care

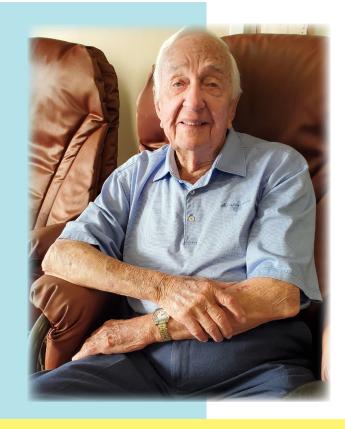
The best choice for keeping families together and at home!

What Caregivers Are Saying...

"Imagine being surrounded by incredible positive energy. This is what our family experiences every day! Life Enrichment Center not only lives up to their name, they are a family of support, encouragement, and genuine caring. Every participant is loved and treated with the upmost dignity and respect.

-Judy, daughter and caregiver





"LEC is truly a magical place where anything is possible. Being a caregiver is a strange reality, but knowing that LEC exists and is there for my mother makes the toughest days just a little bit easier. There is always a sense of happiness when those glass doors open and you enter the building.

I can exhale knowing my mother is loved and cared for there."

-Nancy, daughter and caregiver

"There's no other place like it!"

-Mildred, Wife and Caregiver

Power of Plants and Music...

Horticultural therapy and Music therapy create lots of opportunities for socialization, and experiences that are rewarding and fun. In horticultural therapy, participants may work together to do activities like creating beautiful center pieces for our dining tables. In music therapy, participants join in singing, dancing, and creating music together. Both programs provide participants with opportunities for socialization, reminiscing, and making new friends







(Left to right) Participants Maxine, A.C, and Margaret share their love of music and gardening.

Hugh Eaker-Personal Care items
Connie Willis-Clothes

"achel Littlejohn-Board Games
"arison-Valentine Decorations
"rines

"arisonal Care Items
Tommy Dover-Doughnuts
"vines

Wanda Propst-Candy
Lamy Lanford-Candy
Calvin Montgomery-Valentine Gifts
Pam Wilson-Candy
Brooke Martin-Snacks
Gary & Jane Gragg-Bingo Prizes
Terry Brown-Magazines
Kenton Schleimer-Doughnuts
Tommy Dover-Doughnuts
Wanda Propst-Candy
Lamy Lanford-Candy
Brooke Martin-Snacks
Gody Thomas, Magnolia of Gaffney-Snacks
Barbara Fulton-Magazines
Ann Kendrick-Stuffed Animals
Sue Drye-Greeting Cards
Gowboy Hat Bingo

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



Shelby Activity Highlights				
2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
 ◆Music with Beth Hamrick ◆Story Time with David Poston ◆Cleveland County Memorial Library Talks Dr. Seuss ◆Bingo With Bayada 	◆Create Your Own Apple Crisp ◆Making Lettuce Wrap Cold Cuts for Snack	Health Fair	Devotion & Crafts with Jackie Ramsuer Playing the "Name Game" "Can You Hit The Target?"	◆National Pig Day w/Darlene Dye and Her Pet Pigs ◆Happy Birthday "Shaq" ◆Making "Pigs in a Blanket"
Music Therapy with Hannah Brunswick Stew-Purple Slaw-Biscuit-Sorbet	Music Therapy with Hannah Chicken & Dumplings-Carrots-Peas- Banana Pudding	Horticultural Therapy with Debra Participant Cook Day	Horticultural Therapy with Debra Meat Loaf -Mashed Potatoes-Green Beans- Fruit Cocktail	Salmon & Mixed Vegetable Stew Over Red Skinned Garlie Mashed Potatoes-Roll- Chocolate Pudding w/Whipped Cream
9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday
◆History of the Worm Moon ◆A Visit from Ford Mustang Car Club	◆Show Off Your Wig for National Wig Day ◆Technology: "How Telephones Have Changed"	 Hopper's Chapel Ministry A Visit from Johnny Appleseed Snack with Mountain Burrito 	• History of the Girl Scouts • Ladies Greenhouse Group	◆Pluto: Planet or Comet? ◆Birthdays of the 1960's with Crystal Love
*Blessed Coverings with Roselyn Sinkler Horticultural Therapy with Debra Baked Fish-Coleslaw-Hushpuppies-Sweet Potato Fries-Fruit Medley	Musical Talents of Eddie Cooke Horticultural Therapy with Debra Pulled Pork w/Barbeaue Sauce-Macaroni & Cheese-Roasted Green Beans w/Purple Cabbage Cornbread-Lemon Cake	Music Therapy with Hannah Lasagna Alfredo-Cucumber & Tomato Salad- Garlic Bread Sticks-Strawberry Yogurt	• Experimenting with Dry Ice Music Therapy with Hannah Participant Cook Day	Cleveland County Memorial Library Talks Dr. Seuss Horticultural Therapy with Debra Pinto Beans-Cabbage-Beets-Diced Onions- Chow Chow-Apple Crisp
16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday
◆Devotions with Glenda Greene	◆Piano with Carol Champion		◆Fellowship with	◆Reminiscing: "How Much
◆Participant Council Meeting	A Visit with Mr Leroy White	HEALTH	Bethel Baptist Church	Does It Cost Today?"
◆LEC Monthly Birthday Party	from the Wellness Store St. Patrick's Day!	FAIR	◆Making a Chocolate Caramel Cake	◆Music with Tom Wood ◆Learning the Tone Chimes
Music Therapy with Hannah Baked Chicken Legs-Pasta Salad-Sugar Snap Peas-Apple Pie	Music Therapy with Hannah Com Beef Cabbage-Potatoes-Carrots-Irish Soda Bread-Irish Mist Brownies	Horticultural Therapy with Debra Tomato Bisgue-Egg Salad Sandwich-Chips- Bread & Butter Pickles- Ice Cream w/Strawberries	Horticultural Therapy with Debra Shepands Pie w/Peas & Carrots-Broccoli-Parker House Rolls-Chocolate Canamel Pudding Cake	Participant Cook Day
23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday
Famous Speeches in	◆Let's Make Your Favorite Dip	.0 77 70.44	◆A Visit with Yvonne Streeter	◆Cork Screw Art
American History Music with	◆Vote Now: Who has the Best	◆Spring Time Bifolkals ◆Name That Famous Fellow	from Hope's Chest	Sing-a-long with Rob Houser
Jim McCurry & Friends	SALSA SALSA	◆LEC Relay Races	Making Homemade Syrup with Tom Wood LEC Medals of Honor	
Horticultural Therapy with Debra Loaded Baked Potato w/Chili, Cheese, & Sour Cream-Grilled Brussel Sprouts-Roll-Fnut Parfait	Horticultural Therapy with Debra Participant Cook Day	Music Therapy with Hannah Potato Soup w/Ham-Double Cheese Grilled Sandwich-Crackers-Oatmeal Cookie-Fruit Cocktail	Music Therapy with Hannah Beef Nachos-Mexican Salad-Pico de Gallo- Churro Cream Cake	Horticultural Therapy with Debra Smothered Pork Chops-Mashed Sweet Potatoes- Vegetable Medley-Apple Sauce w/Cinnamon
30 Monday	31 Tuesday	6 4		
◆A Visit from Ginger Gardens	◆Making Lemonade &			Don't Forget

Orangeade from Scratch

Anna Greene with

Southern Roots Visits

Music Therapy with Hannah Beef Tips w/Gravy-Mashed Potato Casserole-Brussel Sprouts w/ Red Grapes-Biscuit-Fruit Cobbler



Don't Forget To Wear Your Green! March 17

• Jeopardy Fun

◆Coke Floats for Snack

Music Therapy with Hannah Chicken Alfredo w/Rotini Pasta-Spinach Salad-Garlic Bread Sticks-Pears-Cannoli



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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

- 2 Monday Sewing Club with Candy ★ Veterans Corner with Gene ◆Musical Sounds with Tom Woodard ◆Many Colors Monday
 - Horticultural Therapy with Debra Brunswick Stew-Purple Slaw-Biscuit-Sorbet 9 Monday

◆Health Fair

- Sewing Club with Candy ★ Veterans Corner with Gene
 - ◆Parachute Fun Lets Travel to the Sunshine State
- Music Therapy with Hannah Baked Fish-Coleslaw-Hushpuppies-Sweet Potato Fries-Fruit Medley
- 16 Monday Sewing Club with Candy
- ★Veterans Corner with Gene ◆Making St. Patricks Day
- Door Hangers ◆Chad Gunter as "Elvis" Performs
- Horticultural Therapy with Debra

Baked Chicken Legs-Pasata Salad-Sugar Snap Peas-Apple Pie

- 23 Monday Sewing Club with Candy
- ★Veterans Corner with Gene
- ◆LEC Birthday Party with Kings Mountain Women's Club
 - ◆A Visit from On Stage Production
- Music Therapy with Hannah

Loaded Baked Potato w/Chili, Cheese, & Sour Cream-Grilled Brussel Sprouts-Roll-Fruit Parfait

- 30 Monday
- Sewing Club with Candy ★ Veterans Corner with Gene
- **•LEC NCAA** Brackett Selections
 - Sudoku Puzzles Horticultural Therapy

with Debra Chicken Alfredo w/Rotini Pasta-Spinach Salad-Garlic Bread Sticks-Pears-Cannoli

- 3 Tuesday
- Soothing Sounds of the Sax with Arnold Davis
 - ◆ Hat Parade
 - ◆Plate Exercise

Horticultural Therapy with Debra

Chicken & Dumplings-Carrots-Peas-Banana Pudding

10 Tuesday

- ◆Music with the Carolina Care Singers
- ◆National Wig Day
- ◆Participant Council Meeting ◆Health Fair
- Music Therapy with Hannah Pulled Pork w/Barbeaue Sauce-Macaroni & Cheese-Roasted Green Beans w/Purple Cabbage Cornbread-Lemon Cake

17 Tuesday

- ◆Kings Mountain Park Rangers Present the "Traveling Trunk"
 - ◆Guitar with Eddie Cooke
- St. Patrick's Day Party with Glamorus Entertainment Horticultural Therapy with Debra

Corn Beef Cabbage-Potatoes-Carrots-Irish Soda Bread-Irish Mist Brownies

- 24 Tuesday
- Arts & Crafts with Britney Cato
- A Visit from Barry Nixon and the Kings Mountain Fire Department
- Music Therapy with Hannah

Participant Cook Day

- 31 Tuesday
- ◆Making Floral Collages
- LEC Participant Car Wash
- ◆Flower Seed Planting Time!

Horticultural Therapy with Debra

Beef Tips w/Gravy-Mashed Potato Casserole-Brussel Sprouts w/ Red Grapes -- Biscuit-Fruit Cobbler

4 Wednesday

- Starting Our Day with Sunnyside Baptist Church
- Dancing with Jason Dawkins
 - ◆Inspirational Time with Alma Adams
- Music Therapy with Hannah

Participant Cook Day 11 Wednesday

- ◆Gearing Up for Special Olympics
- All About Johnny Apple Seed
 - ◆Inspirational Time with Alma Adams

Horticultural Therapy with Debra

Lasagna Alfredo-Cucumber & Tomato Salad Garlic Bread Sticks-Strawberry Yogurt

18 Wednesday

- Devotions with Justin Martin
 - ◆Tai Chi
- ◆Inspirational Time With Alma Adams
- Music Therapy with Hannah Tomato Bisoue-Egg Salad Sandwich-Chips-Bread & Butter Pickles-Ice Cream w/Strawberries
 - 25 Wednesday
 - ◆LEC "Bag" Auction
 - ◆Inspirational Time With Alma Adams
 - Horticultural Therapy with Debra

Potato Soup w/Ham-Double Cheese Grilled Sandwich-Crackers-Oatmeal Cookie-Fruit Cocktai

5 Thursday

- Singing Jamboree with Bethel Baptist Church
- ◆Wacky Word Puzzles
- ◆Piano Favorites with Faye Bolden
- Music Therapy with Hannah

Meat Loaf -Mashed Potatoes-Green Bean Fruit Cocktail

12 Thursday

- Doughnuts with Officer Hartman
- ◆Irish Folk Song Sing-a-Long
 - ◆Piano Favorites with Faye Bolden

Horticultural Therapy with Debra

Participant Cook Day

19 Thursday ◆Making Hog Wash

Soap Dishes

- ◆Math Study with Ty Linder
 - ◆Piano Favorites With Faye Bolden
- Music Therapy with Hannah

Shepards Pie w/Peas & Carrots-Broccoli-Parker House Rolls-Chocolate Caramel Pudding Cake

26 Thursday

- ◆Spring Time Bifolkas
 - ◆Chair Zumba
- Snacks with Scott Pearson
 - ◆Piano Favorites With Faye Bolden

Horticultural Therapy with Debra Beef Nachos-Mexican Salad-Pico de Gallo-Churro Cream Cake

6 Friday

- ◆Manicures with Shaondra Dotson
- ◆LEC Relay Races
- ◆Book Character Quotes

Horticultural Therapy with Debra

Salmon & Mixed Vegetable Stew Over Red Skinned Garlic Mashed Potatoes-Roll-Chocolate Pudding w/Whipped Cream

13 Friday

- ◆Making Our Easter Baskets
 - Let's Talk Superstitions



Pinto Beans-Cabbage-Beets-Diced Onions-Chow Chow-Apple Crisp

20 Friday

- Special Olympic Time Trials
 - Name That Tune
 - Concentration Puzzles

Horticultural Therapy with Debra

Participant Cook Day

27 Friday

- Bingo with Burns High School Health Science Students
 - ◆Making Posters for Special Olympics
 - ◆Health Fair

Smothered Pork Chops-Mashed Sweet Potatoes-Vegetable Medley-Apple Sauce w/Cinnamon

Music Therapy Programs Provided By Hannah Coleman Sewing Club Hosted By Candy Bridges * Veterans Corner Hosted By Gene Bridges





Cathy gets her hair curled and Kelsey shows off her manicure.

In Memory:

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

Jim Niskala **by**

Frank & Dianne Sever Tim & Abigail Hester Robin & Kip Smith Steve & Lauren Ball

Richard Ivester bv

Mary Ivester

Will & Suzanne Hunter Brock & Sally Taylor Thomas & Emily Monroe

J.D. & Classec Wyatt **by**

Nancy Biggers

Susan Coiner bv

Barbara Blackburn William & Bonnie Sherwood Mary Carlson Rich Coiner (Susan Coiner's Birthday)

Caroline Godfrey by

Bettie Godfrey

Gifts:

The following have given a gift to Life Enrichment Center:

Dr. & Mrs. John Crosland Shelby Amateur Radio Club Fran Keyes Frank & Barbara Hannah



Kings Mountain participant. Caroline Godfrev would have been 27 years old this year. In honor of her birthday, her family put together a basket of bingo prizes and sweet treats for everyone at LEC. Thank you to the Godfrey and Rountree family for celebrating Caroline's birthday with her LEC family and friends!

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: Name____ ()Friend \$25-\$100 ()Supporter \$101-\$500 Address ()Sponsor \$501-\$1,000 ()Patron \$1,001-\$2,500 City ____State __Zip____ In memory of ____ ()Benefactor \$2,501-\$4,999 ()Major Benefactor \$5,000 + In honor of _____ Make checks payable to: Send a notice to: Life Enrichment Center Address______State____Zip_____ 110 Life Enrichment Blvd. Shelby, NC 28150 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 Signature Security Code

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Kings Mountain

Large Vinyl Bean Bag Chairs Weighted Blanket Amazon Gift Cards

Wish List

Shelby

Treadmill

Walmart Gift cards

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

Address Service Requested





This institution is an equal opportunity provider/employer.

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.

Please Remember To Label All Sweaters, Jackets, And Coats!!



Non-Profit Organization

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THE DON GIBSON THEATRE

318 South Washington Street • Shelby, NC 28150

FRIDAY, MARCH 27TH

Doors Open at 6pm • Show Starts at 7pm

TICKETS AVAILABLE AT DONGIBSONTHEATER.COM

please join us TICKETS: \$30 PLUS TAX & FEES

100% OF PROCEEDS GO TO LIFE ENRICHMENT CENTER

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