



# Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

December 2024

*Participant Sue says, "Happy Holidays!"*



## Is Your Tinsel in a Tangle?

The holiday season brings  
both joy & stress.

As a caregiver, added stress  
can be overwhelming.

*Life Enrichment Center is here for you!*

# Try Adult Day Care Today!

*For 44 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.*

# *Tis the season!*

Balancing the demands of caregiving can be overwhelming, especially during the holidays. We're here to help!

At Life Enrichment, your loved one will receive safety, socialization, & quality care.



*(Left to right) Barbara & Vangie have become great friends while at LEC.*

## *For You...*

### *Time for yourself!*

*Run errands, have lunch with a friend, or simply take a break.  
Relax & enjoy!*

### *Peace of mind!*

*Knowing your loved one is being cared for by loving, trained, & professional staff.*

*Caregiver  
Support!*

*A day at LEC is the perfect gift!  
Call to schedule a  
**FREE** visit today!*





# Thank You

*(Left) Participant Dot enjoys a Christmas sing-a-long.*

*(Below) Nakaria joins volunteer Reed, as Elvis, in a duet.*



Ruby McKinney- Art Supplies  
Lisa Mauney- Cupcakes  
Doris Stroupe- Cake  
David Froneberger- Candy  
Kings Mountain First Baptist Church- Baked Goods  
Patricia Mason- Food Items  
Christine & Matthew Hayes- Misc. Items  
Joe & Martha Fraser- Craft Supplies  
Sheila Harris- Candy  
Lewis Young- Candy  
Caroline Dedmon- Beach Balls  
Dianne Harrison- Veterans Day Misc. Items  
Debbie Vaughan- Veterans Day Gift Bags

## *In Memory:*

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

**Bryce Pursley**  
*by*

Karla Pursley & Kristin Pursley

**Mamie "Bug" Stamey**  
*by*

Karla Stamey

**Vicky White**  
*by*

Bruce White

**Viola & Will Eaker**  
*by*

Anita Eaker Stroupe

## *Friends:*

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

**Vance Suttle & Nathalie Lavigne**  
**Fund**



*(Above) Participant Doris enjoys a holiday treat.*

*(Right) A.C. gets festive during "Ugly Christmas Sweater" day.*





# DECEMBER

## Shelby Activity Highlights

<p><i>2 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Christmas Play Practice</li> <li>♦ Creative Writing: "Dear Santa"</li> <li>♦ Making Christmas Bookmarks</li> </ul> <p><i>Chicken Parmesan-Caesar Salad-Garlic Bread-Peaches</i></p>	<p><i>3 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ Christmas Crosswords</li> <li>♦ Christmas Favorites Sing-a-Long</li> <li>♦ Holiday Trivia</li> </ul>  <p><i>Cheeseburger w/Lettuce &amp; Tomato-Baked Fries-Pineapple</i></p>	<p><i>4 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦ Christmas Music With Martha Fortenberry</li> <li>♦ Tai Chi</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Dumplings-Green Beans-Roll-Fruit Cocktail</i></p>	<p><i>5 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ National Volunteer Day</li> <li>♦ Chair Zumba</li> <li>♦ Writing Thank You Notes For LEC Volunteers</li> <li>♦ All About The Twelve Days Of Christmas</li> </ul> <p><i>Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges</i></p>	<p><i>6 Friday</i></p> <ul style="list-style-type: none"> <li>♦ Christmas Songs With Lena &amp; Rickey Thompson</li> <li>♦ Gentle Stretching</li> <li>♦ LEC "I Spy"</li> </ul>  <p><i>Shepherd's Pie-Garden Salad-Roll-Pears</i></p>
<p><i>9 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Christmas Play Practice</li> <li>♦ "Hot Potato" Exercise</li> <li>♦ Let's Play Price Is Right</li> <li>♦ Health Topic: Importance Of Hand Washing</li> </ul>  <p><i>Baked Fish-Macaroni &amp; Cheese-Broccoli-Roll-Applesauce</i></p>	<p><i>10 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ Music With Tom Wood &amp; Friends</li> <li>♦ Wear Your Favorite Christmas Shirt</li> <li>♦ Singing With Ellis Chapel Mission Group</li> <li>♦ Classical Favorites With Eddie Cooke</li> </ul> <p><i>Chicken Pot Pie-Cheddar Biscuits-Peaches</i></p>	<p><i>11 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦ Reindeer Day: Dress Like Rudolph</li> <li>♦ Singing With Kelly &amp; Kevin</li> <li>♦ Devotion With Blessed Coverings</li> <li>♦ Arts &amp; Crafts With Leslie Spangler</li> </ul> <p><i>Cheeseburger Macaroni-Garden Salad-Garlic Toast-Mixed Fruit</i></p>	<p><i>12 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ Candy Cane Day: Wear Your Stripes</li> <li>♦ Lower Body Exercise</li> <li>♦ Making Birdhouses With Jose'</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Tenders-Potatoes-Green Beans-Roll-Pineapple</i></p>	<p><i>13 Friday</i></p> <ul style="list-style-type: none"> <li>♦ Ugly Christmas Sweater Day</li> <li>♦ History Of "Black Friday"</li> <li>♦ Virtual Tour Of FAO Schwarz</li> </ul>  <p><i>Baked Ham-White Beans-Cornbread-Mandarin Oranges</i></p>
<p><i>16 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Participant Council Meeting</li> <li>♦ Dress Like A Snowflake: Wear Your Blue, White, &amp; Silver</li> <li>♦ Christmas Play Practice</li> <li>♦ LEC Monthly Birthday Party Hosted By Nakentra Deal</li> </ul> <p><i>Lasagna-Garden Salad-Garlic Toast-Peaches</i></p>	<p><i>17 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ Jingle Bell Day: Wear Your Sleigh Bells</li> <li>♦ Name That Tune: Holiday Edition</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Nachos-Black Beans-Lettuce &amp; Sour Cream-Fruit Cocktail</i></p>	<p><i>18 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦ Grinch Day: Dress As Your Favorite Character</li> <li>♦ Music With The Carolina Singers</li> <li>♦ #NYCtreegirls Carol Ann &amp; Tisha Perform</li> </ul> <p><i>Broccoli Cheddar Soup-Turkey Sandwich-Applesauce</i></p>	<p><i>19 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ Spa Day</li> <li>♦ Wear Your Christmas Socks</li> <li>♦ Making Holiday Collages</li> </ul>  <p><i>Smoked Sausage-Potatoes-Lima Beans-Roll-Pineapple</i></p>	<p><i>20 Friday</i></p> <ul style="list-style-type: none"> <li>♦ Wear Your Red &amp; Green</li> </ul> <p><b>LEC Presents The "Nutcracker"</b></p>  <p><i>Baked Chicken-Macaroni &amp; Cheese-Green Beans-Pears</i></p>
<p><i>23 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Making Mini Wreaths</li> <li>♦ Upper Body Exercise</li> <li>♦ Holiday Bingo</li> <li>♦ Puppy Therapy With Amy Harrison, Emmy, &amp; Puppies</li> </ul> <p><i>Vegetable Beef Soup-Garden Salad-Garlic Toast-Peaches</i></p>	<p><i>24 Tuesday</i></p>  <p><b>CLOSED</b></p>	<p><i>25 Wednesday</i></p>  <p><b>CLOSED</b></p>	<p><i>26 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ Word Search Fun</li> <li>♦ Virtual Tour Of Time Square</li> <li>♦ All About Dick Clark</li> </ul> <p><b>Health Fair</b></p> <p><i>Pinto Beans-Cabbage-Cornbread-Mixed Fruit</i></p>	<p><i>27 Friday</i></p> <ul style="list-style-type: none"> <li>♦ Creative Writing: New Year's Resolutions</li> <li>♦ What's Your New Year's Day Tradition?</li> </ul>  <p><i>Pulled Pork Sliders-Coleslaw-Baked Fries-Peaches</i></p>
<p><i>30 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Indoor Snowball Fight</li> <li>♦ LEC Bowling</li> <li>♦ Parachute Fun</li> </ul>  <p><i>Taco Salad w/Lettuce &amp; Sour Cream-Pineapple</i></p>	<p><i>31 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ Sharing Our New Year's Resolutions</li> <li>♦ Gentle Stretch Yoga</li> <li>♦ Pajama Time &amp; Hot Chocolate</li> </ul> <p><i>Hamburger Steak-Potatoes-Green Beans-Roll-Pears</i></p>	<p><i>Daily Exercise</i></p>  		



# December



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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

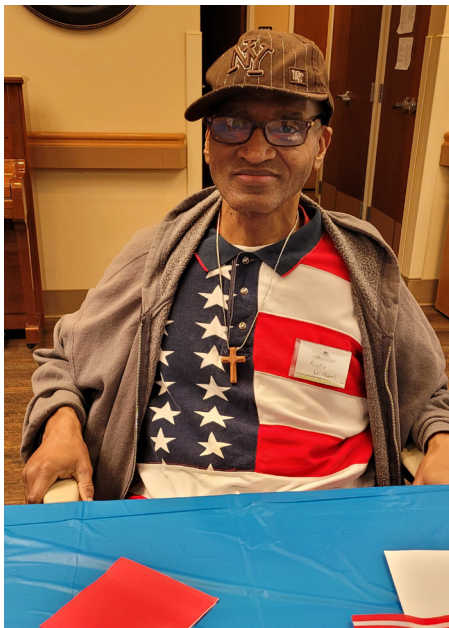
<p><i>2 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Christmas Sing-a-Long</li> <li>♦ Christmas Play Practice</li> <li>♦ Volleyball Exercise</li> <li>♦ Arts &amp; Crafts: Holiday Enjoy-MINTS</li> </ul> <p><b>Health Fair</b> <i>Chicken Parmesan-Caesar Salad-Garlic Bread-Peaches</i></p>	<p><i>3 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ Christmas Arts &amp; Crafts With Kathy Cowan, Betty Smith, Evetta Falls, &amp; Ruby Hughes</li> <li>♦ Scarf Exercise</li> </ul>  <p><i>Cheeseburger w/ Lettuce &amp; Tomato-Baked Fries-Pineapple</i></p>	<p><i>4 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦ Concentration Word Puzzles</li> <li>♦ Christmas Play Practice</li> <li>♦ Paper Plate Exercise</li> <li>♦ Creative Writing: "Holiday Finish Lines"</li> </ul>  <p><i>Chicken Dumplings-Green Beans-Roll-Fruit Cocktail</i></p>	<p><i>5 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ Wacky Word Games</li> <li>♦ How To Make Sugar Cookie Dip</li> <li>♦ Balloon Volley Exercise</li> <li>♦ Christmas Play Practice</li> </ul> <p><i>Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges</i></p>	<p><i>6 Friday</i></p> <ul style="list-style-type: none"> <li>♦ Making Ginger Pudding Cookies</li> <li>♦ LEC Walking Club</li> <li>♦ Spa Day</li> </ul>  <p><i>Shepherd's Pie-Garden Salad-Roll-Pears</i></p>
<p><i>9 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Participant Council Meeting</li> <li>♦ Chair Zumba</li> <li>♦ Junk Drawer Detective: Gift Giving Edition</li> <li>♦ A Visit From "Santa" Mike</li> </ul>  <p><i>Baked Fish-Macaroni &amp; Cheese-Broccoli-Roll-Applesauce</i></p>	<p><i>10 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ Wear Your Favorite Christmas Shirt</li> <li>♦ Gentle Yoga</li> <li>♦ Gingerbread House Decorating</li> </ul> <p><b>Health Fair</b> <i>Chicken Pot Pie-Cheddar Biscuits-Peaches</i></p>	<p><i>11 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦ Reindeer Day: Wear Your Antlers &amp; Red Nose</li> <li>♦ Making Christmas Ornaments</li> <li>♦ Relay Race Exercise</li> <li>♦ Creative Writing: "Holiday Finish Lines"</li> </ul> <p><i>Cheeseburger Macaroni-Garden Salad-Garlic Toast-Mixed Fruit</i></p>	<p><i>12 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ <b>Candy Cane Day: Wear Your Stripes</b></li> <li>♦ How To Make Cranberry Cream Cheese Dip</li> <li>♦ Parachute Exercise</li> <li>♦ Junk Drawer Detective: Party Disaster Edition</li> </ul> <p><i>Chicken Tenders-Potatoes-Green Beans-Roll-Pineapple</i></p>	<p><i>13 Friday</i></p> <ul style="list-style-type: none"> <li>♦ <b>Green &amp; Red Day: Wear Your Christmas Colors</b></li> <li>♦ Nativity Bingo</li> <li>♦ Strength Training Exercise</li> <li>♦ Christmas Crafts With Ashley Cochran</li> </ul> <p><i>Baked Ham-White Beans-Cornbread-Mandarin Oranges</i></p>
<p><i>16 Monday</i></p> <ul style="list-style-type: none"> <li>♦ <b>Snowflake Day: Wear Blue, White, &amp; Silver</b></li> <li>♦ Virtual Travel To Switzerland</li> <li>♦ Tai Chi</li> <li>♦ Health Watch: All About Foot Care</li> </ul> <p><i>Lasagna-Garden Salad-Garlic Toast-Peaches</i></p>	<p><i>17 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ <b>Jingle Bell Day: Wear Your Sleigh Bells</b></li> <li>♦ Balance Improving Exercise</li> <li>♦ Making Christmas Bookmarks</li> </ul>  <p><i>Chicken Nachos-Black Beans-Lettuce &amp; Sour Cream-Fruit Cocktail</i></p>	<p><i>18 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦ Grinch Day: Dress Like Your Favorite Character</li> <li>♦ Do You Want To Build A Snowman?</li> <li>♦ Upper Body Exercise</li> </ul> <p><b>Health Fair</b> <i>Broccoli Cheddar Soup-Turkey Sandwich-Applesauce</i></p>	<p><i>19 Thursday</i></p> <p><b>LEC PRESENTS:</b> <i>"The Polar Express" &amp; "The Story Of Nativity"</i></p> <ul style="list-style-type: none"> <li>♦ Lower Body Exercise</li> </ul> <p><i>Smoked Sausage-Potatoes-Lima Beans-Roll-Pineapple</i></p>	<p><i>20 Friday</i></p> <ul style="list-style-type: none"> <li>♦ <b>Ugly Christmas Sweater Day</b></li> <li>♦ Musical Instrument Exercise</li> <li>♦ Fashion Show Hosted By Kia Haynes</li> <li>♦ Singing With Sarah Renner</li> </ul> <p><i>Baked Chicken-Macaroni &amp; Cheese-Green Beans-Pears</i></p>
<p><i>23 Monday</i></p> <ul style="list-style-type: none"> <li>♦ <b>Elf Day: Dress Like An Elf</b></li> <li>♦ Holiday Door Decorating</li> <li>♦ ELF-ercise</li> <li>♦ All About "The Christmas Story"</li> </ul>  <p><i>Vegetable Beef Soup-Garden Salad-Garlic Toast-Peaches</i></p>	<p><i>24 Tuesday</i></p>  <p><b>CLOSED</b></p>	<p><i>25 Wednesday</i></p>  <p><b>CLOSED</b></p>	<p><i>26 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ How To Make Pickle Pin Wheels</li> <li>♦ Reindeer Toss Exercise</li> <li>♦ Musical Bingo</li> </ul> <p><b>Health Fair</b> <i>Pinto Beans-Cabbage-Cornbread-Mixed Fruit</i></p>	<p><i>27 Friday</i></p> <ul style="list-style-type: none"> <li>♦ Ladies Tea Time</li> <li>♦ Men's Coffee Club</li> <li>♦ Chair Yoga</li> <li>♦ Health Topic With Nurse Heather: Parkinson's Disease</li> <li>♦ Spa Day</li> </ul> <p><i>Pulled Pork Sliders-Coleslaw-Baked Fries-Peaches</i></p>
<p><i>30 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Let's Play "Toy Timeline"</li> <li>♦ LEC Snowball Fight</li> <li>♦ Tai Chi</li> <li>♦ Making New Year's Party Hats</li> </ul> <p><i>Taco Salad w/ Lettuce &amp; Sour Cream-Pineapple</i></p>	<p><i>31 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ LEC New Year's Bash</li> <li>♦ Monthly Birthday Party</li> <li>♦ New Year's Dance Party Exercise</li> </ul>  <p><i>Hamburger Steak-Potatoes-Green Beans-Roll-Pears</i></p>	  <p><i>Participants Lisa &amp; Bryan during daily exercise</i></p>		

# Honoring Those Who Served

Participants, staff, & guests show appreciation to Veterans at the Annual LEC Veterans Day Honorarium. Each Veteran was presented with a Certificate of Appreciation, gifts, and words of gratitude.



*Participants listen as guest speaker, Julie Marshall, speaks of her late father and his service to our country.*



*Participant Ricky says, "Thank You".*



*Army Veteran, Ernest is honored.*



*Participants enjoy refreshments together.*







(Left to right) Veterans Jessie, Jerry, Ernest, Larry, & Paul



Veteran Harold



(Left) Veterans Thomas & Shirleen are presented a certificate by Veteran Sherry Addison.

## Looking for an opportunity to help others? 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

Tommy Brooks, *President*  
Jonathan Rhodes, *Vice-President*  
Paula Ramsey, *Secretary*  
Rick Clauss, *Treasurer*  
Suzanne Amos  
Becki Anthony  
Tonya Arrington  
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Pete Gilbert  
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Susan Lankford  
Sandy Logan  
Kirsten Martin  
Russ Putnam  
Terri Simmons  
Stephanie Wieck

## Advisory Board

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

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## Important Announcements:

Inclement weather announcements will be made through the "One Call Now" service, our Facebook page, and on WBTV television. Should it be necessary to close early, caregivers will be notified by telephone.

*Join us for this year's LEC  
Christmas Programs!!*

**Kings Mountain:**  
**"The Polar Express" &  
"The Story Of Nativity"**  
**December 19, 2pm**



**Shelby:**  
**"The Nutcracker"**  
**December 20, 2pm**



**Life Enrichment Center will be  
CLOSED, Wednesday, January 01, 2025  
-New Year's Day**

**&**

**CLOSED, Monday, January 20, 2025  
-Martin Luther King, Jr. Day**

