

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

January 2025

It's Never Too Late To Make New Friends!

Participants Daniel (left) and Michael enjoy a game of Bingo.



Adult Day Program

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.

What A Year To Be At LEC!

So many smiles, so many memories, and so much love. Our mission is to make each day as special as it can be, here are a few highlights of 2024!

Summer is a great time for Cornhole!



Harold

Werner



E'Sheika gets crafty at Christmas.



Scott says, "Happy St. Patrick's Day!"



Matt

A visit with Logan's Taekwondo

Cathy at the 2024 LEC Halloween Party!



Edna Alexander

Edna with a Valentine's Day manicure.

Derby Day 2024



C.J.



Merlene (left) & Doris, Spring 2024

Tommy paints a turkey for Thanksgiving!



Ella & Friends Puppet Ministry



Thank You!

*Audrey & Lib,
2024 Veterans Day Honorarium*



HERE WE COME!!

- Missy Wiggins- Dental Supplies*
- Sue O'Leary- Misc. Items*
- Shirley Brutko- Misc. Items*
- Joyce Wyte- Greeting Cards*
- David Froneberger- Bingo Prizes*
- Wendy Godfrey- Candy*
- Diane Toffolo- Misc. Items*
- Gibby McClarran- Art Supplies*
- Bryan Stamey- Utensil Set*
- Brenda Sharts- Gift Bags*
- Ginger Justice- Candy*
- Michael Styers- Candy*
- Linda Wilson- Magazines*

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



January

Shelby Activity Highlights



(Left to right) Edna, Doris, Lib, & Judy

1 Wednesday



CLOSED

2 Thursday

- ♦ All About The American Red Cross
- ♦ "Dance Party" Exercise



Health Fair

Spaghetti-Garden Salad-Garlic Bread-Fruit Cocktail

3 Friday

- ♦ LEC Bowling Tournament
- ♦ Musical Chairs Exercise
- ♦ Junk Drawer Detective



Cheeseburger w/Lettuce & Tomato-Tater Tots-Applesauce

6 Monday

- ♦ "Monday Morning" Exercise
- ♦ Hymnal Trivia
- ♦ "Name That City" Word Games



Chicken Parmesan-Caesar Salad-Breadstick-Peaches

7 Tuesday



- ♦ "Tone It Up" Tuesday
- ♦ Gem Mines Around The World
- ♦ "Rocks With Rachel" Collection Display

Chili Beans-Coleslaw-Cornbread-Pears

8 Wednesday

- ♦ Happy Birthday Elvis Presley
- ♦ Lower Body Exercise
- ♦ Devotions With Blessed Coverings



Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Mandarin Oranges

9 Thursday

- ♦ Virtual Tour Of Graceland
- ♦ Tai Chi
- ♦ LEC Family Feud



Shepherd's Pie-Garden Salad-Roll-Pineapple

10 Friday

- ♦ House Plant Appreciation Day
- ♦ Chair Yoga
- ♦ All About House Plants With Emily Littlejohn



Grilled Cheese Sandwich-Tomato Soup-Mixed Fruit

13 Monday

- ♦ Name That Tune: "Rock & Roll" Edition
- ♦ Parachute Exercise
- ♦ Health Topic: "Healthy Eating Habits"

Baked Ham-White Beans-Cornbread-Fruit Cocktail

14 Tuesday

- ♦ Music With Tom Wood & Friends
- ♦ LEC "Price Is Right" Chair Zumba
- ♦ America's Funniest Home Videos: Pet "Dress Up" Edition

Chicken Pot Pie-Mixed Vegetables-Cheddar Biscuits-Peaches

15 Wednesday

- ♦ National Hat Day
- ♦ Wear Your Favorite Hat
- ♦ "Hat Parade" Exercise



Baked Fish-Macaroni & Cheese-Broccoli-Roll-Applesauce

16 Thursday

- ♦ Aroma Therapy Trivia
- ♦ Magazine Scavenger Hunt
- ♦ Musical Chairs Exercise

Spa Day

Sloppy Joes-Baked Beans-Tater Tots-Pineapple

17 Friday

- ♦ Morning Devotion With Rev. Chadrick Roseboro, Sr.
- ♦ Relay Race Exercise
- ♦ Winter Time Bingo With Wendy Howze



BBQ Chicken-Potatoes-Green Beans-Roll-Oranges

20 Monday



CLOSED

21 Tuesday

- ♦ Celebrating Dr. Martin Luther King, Jr.
- ♦ Recognizing LEC Program Assistants For Activity Professionals Day
- ♦ "Hot Potato" Exercise

Pinto Beans-Cabbage-Cornbread-Pears

22 Wednesday

- ♦ How To Make Homemade Granola Bars
- ♦ Chair Yoga
- ♦ History Of The Zodiac
- ♦ Participant Council Meeting



Meatloaf-Scalloped Potatoes-Lima Beans-Roll-Mixed Fruit

23 Thursday

- ♦ Pie Eating Competition
- ♦ Creative Writing: Playful Poems
- ♦ Measure Your Feet Day: "Who Has The Biggest Feet?"
- ♦ Tai Chi

Health Fair

Chicken Dumplings-Green Beans-Roll-Mandarin Oranges

24 Friday

- ♦ "Minute To Win It" Games
- ♦ Wear Your Favorite Football Gear
- ♦ "Field Goal" Exercise



Lasagna-Garden Salad-Breadstick-Peaches

27 Monday

- ♦ LEC Monthly Birthday Party
- ♦ How To Make The Best Chocolate Cake
- ♦ Virtual Tour Of Bakery's Around The World
- ♦ "Punch The Clock" Exercise

Beefy Taco Soup-Mexican Cornbread-Pineapple

28 Tuesday

- ♦ Music With The McCurry Band & Friends
- ♦ Participant History Trivia
- ♦ Deep Breathing Exercises



Pot Roast-Potatoes-Carrots-Roll-Fruit Cocktail

29 Wednesday

- ♦ Happy Birthday Oprah Winfrey
- ♦ Chair Zumba
- ♦ All About The Chinese New Year

Pulled Pork Sliders-Coleslaw-Baked Fries-Mandarin Oranges

30 Thursday

- ♦ Famous Birthdays In January
- ♦ National Soup Month: "What's Your Favorite Soup?"
- ♦ "Simon Says" Exercise



Cheeseburger Macaroni-Garden Salad-Garlic Bread-Peaches

31 Friday

- ♦ National Hot Chocolate Day
- ♦ Kickball Exercise
- ♦ Making Homemade Hot Chocolate
- ♦ Marshmallow Snowball Fight



Turkey & Cheese Sub-Tater Tots-Pears



January

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

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



1 Wednesday



CLOSED

2 Thursday

- ◆ Lauren Davis Shares Her Story
- ◆ Volleyball Exercise
- ◆ Arts & Crafts With Erica & Ellie
- ◆ Making Charm Bracelets With Jai Beam

Spaghetti-Garden Salad-Garlic Bread-Fruit Cocktail

3 Friday

- ◆ Color Creations With Addison Whittenburg
- ◆ Scarf Exercise
- ◆ Making 3D Tea Cups

Health Fair

Cheeseburger w/Lettuce & Tomato-Tater Tots-Applesauce

6 Monday

- ◆ Let's Make A Deal
- ◆ Paper Plate Exercise
- ◆ All About The Chinese New Year
- ◆ Magazine Word Find



Chicken Parmesan-Caesar Salad-Breadstick-Peaches

7 Tuesday

- ◆ Balloon Volley Exercise
- ◆ "Name That Tune" Trivia
- ◆ History Of Our Mother Earth



Health Fair

Chili Beans-Coleslaw-Combread-Pears

8 Wednesday

- ◆ LEC Walking Club
- ◆ Happy Birthday Elvis Presley
- ◆ "Elvis" Trivia



Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Mandarin Oranges

9 Thursday

- ◆ Word Search Fun
- ◆ Scarf Exercise
- ◆ Making Tea Time
- Cucumber Sandwiches



Shepherd's Pie-Garden Salad-Roll-Pineapple

10 Friday

- ◆ A Visit With Rover Wilson
- ◆ Gentle Yoga
- ◆ Making "Winter Wonderland" Party Hats



Grilled Cheese Sandwich-Tomato Soup-Mixed Fruit

13 Monday

- ◆ Participant Council Meeting
- ◆ Wheel Chair Relay Races
- ◆ How To Make Cornflake Cookies



Baked Ham-White Beans-Combread-Fruit Cocktail

14 Tuesday

- ◆ National Hot Tea Day
- ◆ Let's Have A Tea Party
- ◆ "I'm A Little Tea Pot" Exercise



Chicken Pot Pie-Mixed Vegetables-Cheddar Biscuits-Peaches

15 Wednesday

- ◆ Strength Training Exercise
- ◆ National Hat Day
- ◆ Favorite Hat Show & Tell

Health Fair

Baked Fish-Macaroni & Cheese-Broccoli-Roll-Applesauce

16 Thursday

- ◆ Bingo With Judah Christian Academy
- ◆ Tai Chi
- ◆ Making Tangy "New Year's" Punch



Sloppy Joes-Baked Beans-Tater Tots-Pineapple

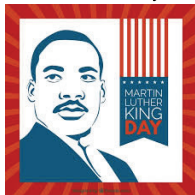
17 Friday

- ◆ Pet Therapy With "Ruby"
- ◆ "Improve Your Balance" Exercise

Spa Day

BBQ Chicken-Potatoes-Green Beans-Roll-Oranges

20 Monday



CLOSED

21 Tuesday

- ◆ Recognizing LEC Program Assistants For "Activity Professionals Day"
- ◆ Lower Body Exercise



Pinto Beans-Cabbage-Combread-Pears

22 Wednesday

- ◆ Gourmet Coffee Day
- ◆ Upper Body Exercise
- ◆ Virtual Tour Of The Starbucks Headquarters
- ◆ "What's Your Favorite Coffee Creamer?"

Meatloaf-Scalloped Potatoes-Lima Beans-Roll-Mixed Fruit

23 Thursday

- ◆ How To Make Sweet Chocolate Chip Bread
- ◆ Parachute Fun Exercise
- ◆ "Bunny" Therapy With Maria Camacho

Chicken Dumplings-Green Beans-Roll-Mandarin Oranges

24 Friday

- ◆ "Mindful Movement" Exercise
- ◆ Participant Trivia
- ◆ "Who Said It?" - Famous Quotes



Lasagna-Garden Salad-Breadstick-Peaches

27 Monday

- ◆ Winter Word Scramble
- ◆ Today In History
- ◆ Chair Yoga

Spa Day



Beef Taco Soup-Mexican Combread-Pineapple

28 Tuesday

- ◆ Virtual Tour Of Lego Land
- ◆ History of Lego
- ◆ Lower Body Exercise



Pot Roast-Potatoes-Carrots-Roll-Fruit Cocktail

29 Wednesday

- ◆ Jigsaw Puzzle Art
- ◆ All About The Worlds Largest Puzzle
- ◆ "Simon Says" Exercise



Pulled Pork Sliders-Coleslaw-Baked Fries-Mandarin Oranges

30 Thursday

- ◆ Making Apple Cinnamon Cocoa Cookies
- ◆ Health Topic With Nurse Heather: Cerebral Palsy
- ◆ "Red Light, Green Light" Exercise

Cheeseburger-Macaroni-Garden Salad-Garlic Bread-Peaches

31 Friday

- ◆ LEC Monthly Birthday Party
- ◆ National Hot Chocolate Day
- ◆ Upper Body Exercise

Health Fair

Turkey & Cheese Sub-Tater Tots-Pears



Participant C.J is all smiles as she visits with Santa!



The "Christmas Countdown" theme days were a big hit! Above, the ladies show off their antlers for " Dress Like a Reindeer" day.

In Honor

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

Vance Suttle & Nathalie Lavigne

Mr. and Mrs. Frank Beam
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Mr. and Mrs. Don Yelton
Mrs. Jack Williams
Dr. and Mrs. Frank Bonner
Mr. Richard Craver
Dr. and Mrs. Brent Ferrell

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 _____

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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.

In Honor:

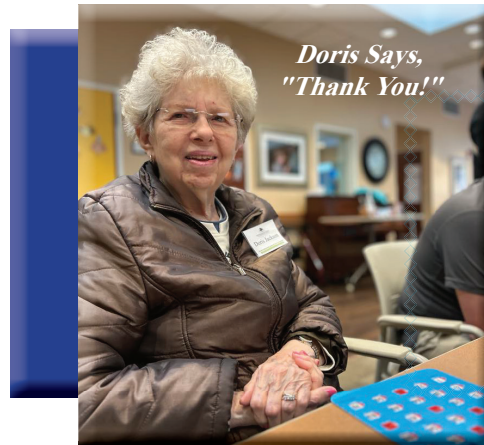
*The following has been honored with a gift to
Life Enrichment Center:*

Jan Choate
by

Diane Gordon



*Doris Says,
"Thank You!"*



Friends:

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

Dr. & Mrs. Donald S. Miller
Cardinal Plastics



**Life Enrichment Will Be
CLOSED , Monday, January 20, 2025
-Martin Luther King, Jr. Day**