

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

November 2024

Serving Veterans Since 1980

*Did you know that
Veterans may be eligible
for benefits that cover the
cost of services provided
by Life Enrichment
Adult Day Care?*

Call Today!



Veterans Ernest (Left) and Paul enjoy a cup of coffee & crosswords together.

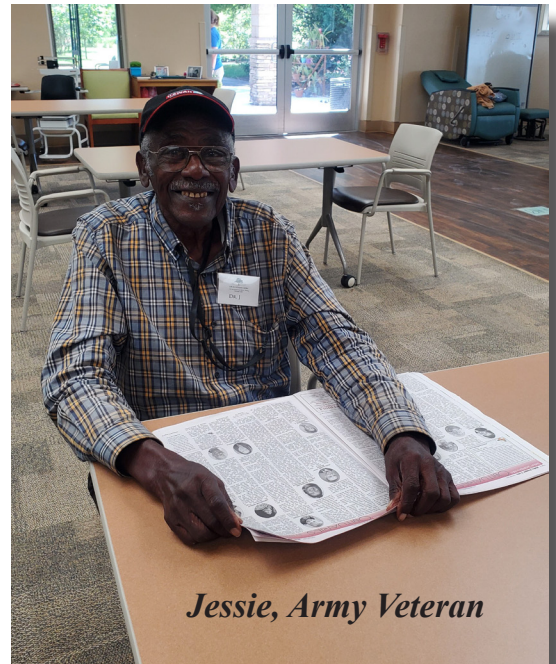
Adult Day & Health Care Services

(Shelby) 704-484-0405 (Kings Mountain) 704-739-4858

*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.*

Every day at LEC, we recognize those who proudly served our country! Veterans are given opportunities to share stories, serve a purpose, and enjoy being around other veterans while receiving the following:

- Healthcare
- Continued Therapy
- Baths/Showers
- Transportation To LEC
- Meaningful Things To Do
- No Isolation At Home
- Nutritious Meals
- Daily Exercise



Jessie, Army Veteran



Larry, Army Veteran





Veterans enjoy conversation before breakfast at the Neisler Center.



*Harold, Marine Veteran,
leads the daily Pledge of
Allegiance.*

In Memory:

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

Hayward Morrison
by

Skip & Lynn Wise
Louise Neal
Elizabeth & Scott Porter

Lentalus Barnett
by
Judy Scism

Friends:

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

John & Suzanne Crosland

NOVEMBER

Shelby Activity Highlights

Dates To Remember:

Veterans Day, November 11:

Wear Your Red, White, & Blue

Pajama Day, November 15:

Wear Your Favorite PJ's



1 Friday

- ♦ LEC Charades
- ♦ Parachute Exercise
- ♦ Making Fall Collages



Lasagna-Garden Salad-Bread Stick-Pears

4 Monday

- ♦ Christmas Play Practice
- ♦ Upper Body Exercise
- ♦ Autumn Word Scamble



Cheesburger-Lettuce & Tomato-Tater Tots-Fruit Cocktail

5 Tuesday

- ♦ LEC Election Day!
- ♦ "Tone It Up" Tuesday
- ♦ Let's Play "I Spy"



Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges

6 Wednesday

- ♦ Health Fair
- ♦ Gentle Stretch Exercise
- ♦ Participant History Trivia



Chicken Nachos w/ Lettuce & Tomato-Applesauce

7 Thursday

- ♦ LEC Christmas Play Practice
- ♦ Lower Body Exercise
- ♦ Hidden Leaf Hide & Seek



Meatloaf-Potatoes-Lima Beans-Roll-Peaches

8 Friday

- ♦ People's Court
- ♦ Chair Yoga
- ♦ Elvis Performance By Reed Robbins



Chicken & Dumplings-Green Beans-Roll-Pineapple

11 Monday

Veterans Day
Honorarium



- ♦ "Walk Across America" Exercise

Pot Roast-Potatoes-Carrots-Roll-Mixed Fruit

12 Tuesday

- ♦ Music With Tom Wood & Friends
- ♦ Relay Race Exercise
- ♦ Classical Favorites With Eddie Cooke

Chicken Tenders-Garden Salad-Garlic Bread-Roll-Pears

13 Wednesday

- ♦ Happy Birthday Whoopie Goldberg
- ♦ Devotion With Blessed Coverings
- ♦ Deep Breathing Exercise

Sloppy Joes-Baked Beans-Baked Fries-Mandarin Oranges

14 Thursday

- ♦ Bingo Bonanza With Boyd Best
- ♦ Chair Zumba
- ♦ Healthy Tips For A Diabetic

Baked Ham-White Beans-Cornbread-Pineapple

15 Friday

- ♦ Pajama Fashion Show
- ♦ Lullaby Songs Reminiscing
- ♦ "Rise And Shine" Exercise

Pajama Day

Chicken Sandwich w/ Lettuce & Tomato-Tater Tots-Peaches

18 Monday

- ♦ LEC Christmas Play Practice
- ♦ Participant Council Meeting
- ♦ "Hot Potato" Exercise



Potato Soup-Ham & Cheese Sandwich-Fruit Cocktail

19 Tuesday

- ♦ Happy Birthday Calvin Klein
- ♦ Creative Writing: "I Am Thankful For..."
- ♦ "Toss The Turkey" Exercise



Hamburger Steak-Potatoes-Green Beans-Roll-Pears

20 Wednesday

- ♦ How To Make Homemade Peanut Butter Fudge
- ♦ Red Light, Green Light Exercise
- ♦ Hymnal Trivia

BBQ Chicken-Macaroni & Cheese-Spinach-Roll-Applesauce

21 Thursday

- ♦ Spa Day
- ♦ Lower Body Exercise
- ♦ Name That Tune



Baked Spaghetti-Caesar Salad-Garlic Bread-Peaches

22 Friday

- ♦ Thanksgiving Word Scramble
- ♦ LEC Walking Club
- ♦ Family Traditions: Thanksgiving Edition

Smoked Sausage-Potatoes-Lima Beans-Roll-Pineapple

25 Monday

- ♦ LEC Price Is Right
- ♦ Making Yogurt Parfaits
- ♦ Health Fair
- ♦ LEC Monthly Birthday Party
- ♦ Tai Chi

Vegetable Beef Soup-Garden Salad-Bread Stick-Mandarin Oranges

26 Tuesday

- ♦ Happy Birthday Tina Turner
- ♦ Music With The McCurry Band & Friends
- ♦ Today In History
- ♦ Chair Yoga

Chili Beans-Coleslaw-Cornbread-Mixed Fruit

27 Wednesday

- ♦ Making Pumpkin Pies
- ♦ Thanksgiving Reminiscing
- ♦ What's Your Favorite Thanksgiving Dish?
- ♦ LEC Walking Club

Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll-Pears

28 Thursday



CLOSED

29 Thursday



CLOSED

November

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

Dates To Remember:

Veterans Day, November 11:

Wear Your Red, White, & Blue

Pajama Day, November 14:

Wear Your Favorite PJ's



Thank You!!

*Deborah Hullender- Halloween Items
Because We Care For You Home Care-
Halloween Treats*

1 Friday

- ♦ Abstract Painting With Jennifer McSwain
- ♦ "Runway Routine" Exercise
- ♦ Virtual Trip To Cleveland Ohio
- ♦ Spa Day

Lasagna- Garden Salad- Bread Stick- Pears

4 Monday

- ♦ "Caption This" Picture Contest
- ♦ "Rockin' Roll" Chair Exercise
- ♦ Arts & Crafts: Making Record Decor
- ♦ Health Fair

Cheesburger- Lettuce & Tomato- Tater Tots- Fruit Cocktail

5 Tuesday

- ♦ LEC Election Day
- ♦ "Turkey Trot" Exercise
- ♦ Making Thanksgiving Napkin Rings



Grilled Cheese Sandwich- Tomato Soup- Mandarin Oranges

6 Wednesday

- ♦ Let's Play Hot Rocks Dice Game
- ♦ Chair Zumba
- ♦ Magazine Scavenger Hunt



Chicken Nachos w/ Lettuce & Tomato- Applesauce

7 Thursday

- ♦ How To Make The "Everything Thanksgiving" Sandwich
- ♦ Yoga
- ♦ Pondering Prompts Conversation Starters

Meatloaf- Potatoes- Lima Beans- Roll- Peaches

8 Friday

- ♦ Rock & Roll Bingo
- ♦ Balloon Volley
- ♦ Health Topic: Heather Jackson Talks About Seizures



Chicken & Dumplings- Green Beans- Roll- Pineapple

11 Monday

- ♦ Arts & Crafts: "Glass-ic Rock"
- ♦ "Rock & Roll" Chair Exercise
- ♦ Walk Across America Exercise



Pot Roast- Potatoes- Carrots- Roll- Mixed Fruit

12 Tuesday

- ♦ Participant Council Meeting
- ♦ Indoor Volleyball
- ♦ Name That Tune



Chicken Tenders- Garden Salad- Garlic Bread- Roll- Pears

13 Wednesday

- ♦ Creative Writing: "6 Steps Turkey"
- ♦ LEC Walking Club
- ♦ "Can You Guess The Instrument?" Trivia



Sloppy Joes- Baked Beans- Baked Fries- Mandarin Oranges

14 Thursday

- ♦ How To Make Italian Pizza Muffins
- ♦ Upper Body Exercise
- ♦ Pajama/Spa Day

Wear Your PJ's

Baked Ham- White Beans- Cornbread- Pineapple

15 Friday

- ♦ "Wacky Wordies" Word Game
- ♦ Parachute Exercise
- ♦ Rock & Roll Charades

Chicken Sandwich w/ Lettuce & Tomato- Tater Tots- Peaches

18 Monday

- ♦ Relay Race Exercise
- ♦ "Pass It On" Word Games
- ♦ LEC Putt-Putt



Potato Soup- Ham & Cheese Sandwich- Fruit Cocktail

19 Tuesday

- ♦ Creative Writing: "Dear Santa"
- ♦ Yoga
- ♦ Family Feud: Thanksgiving Edition

Hamburger Steak- Potatoes- Green Beans- Roll- Pears

20 Wednesday

- ♦ Painting To Music
- ♦ Lower Body Exercise
- ♦ Health Fair



BBQ Chicken- Macaroni & Cheese- Spinach- Roll- Applesauce

21 Thursday

- ♦ Making Pretty Party Tuna Dip
- ♦ Balance Exercise
- ♦ LEC Christmas Play Practice

Baked Spaghetti- Caesar Salad- Garlic Bread- Peaches

22 Friday

- ♦ What Are You Most Thankful For?
- ♦ Wheelchair Race
- ♦ "Roll The Dice" Word Game

Smoked Sausage- Potatoes- Lima Beans- Roll- Pineapple

25 Monday

- ♦ Word Puzzle Fun
- ♦ "Turkey Toss" Exercise
- ♦ Ladies Manicures & Men's Barber Shop Talk

Vegetable Beef Soup- Garden Salad- Bread Stick- Mandarin Oranges

26 Tuesday

- ♦ Pennys Worth Of Candy
- ♦ Tai Chi
- ♦ Casserole Bake-Off



Chili Beans- Coleslaw- Cornbread- Mixed Fruit

27 Wednesday

- ♦ Making Paper Bag Turkeys
- ♦ "Turkey Trot" Exercise
- ♦ LEC Monthly Birthday Party
- ♦ Health Fair

Roasted Turkey- Sweet Potato Casserole- Green Beans- Roll- Pears

28 Thursday



CLOSED

29 Thursday

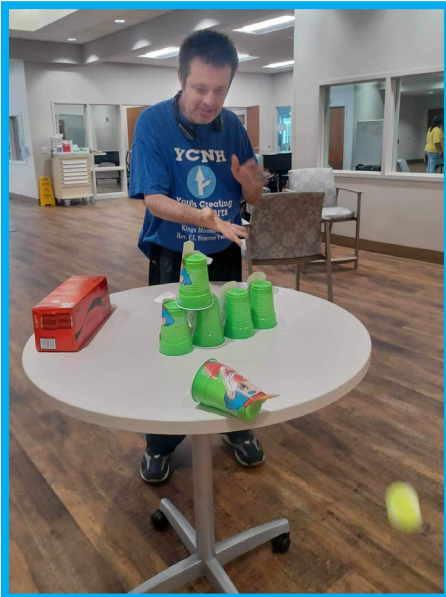


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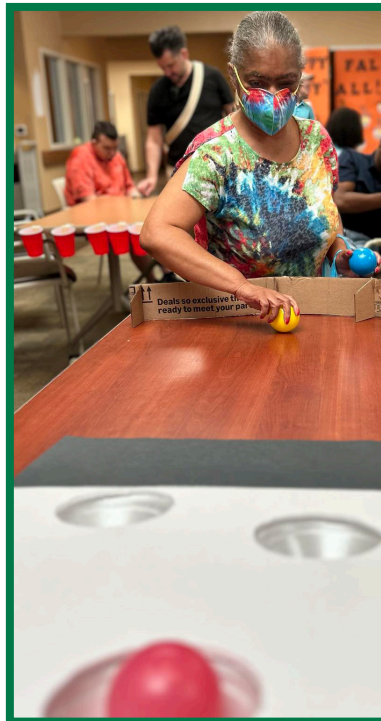


Fair Fun at LEC!

Visit our Facebook page for tons of pictures that capture all the fun! Don't forget to Like & Share!



Participant Jamie gets in on the action.



Lisa tries to win the biggest prize.



Caramel apple bites with staff member Talissa.



Darlene makes her famous popcorn.



Clowning around with Dot & Lizzie.



Fair games with Spencer.



Fair week is a time that participants look forward to each year. Every day is filled with carnival themed games, snacks, programs, and fair fun for all.

Breast Cancer Awareness Month!

Participants support those who have won, continue to fight, and have lost their battle with cancer by wearing pink, sharing their stories, and joining together for the annual "Walk For Breast Cancer" on the LEC walking track.



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:

Important 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.

**With Cooler Weather Approaching,
Please Remember To Label All Coats,
Jackets, And Sweaters!!**

2024 Life Enrichment Remaining Holiday Closings:

Thanksgiving Holiday:

November 28-29

Christmas Holiday:

December 25-26

Participant Eula
looking
fabulous at the
LEC Fair!

