

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

June 2022

Looking For The Perfect Gift?

This Father's Day, give dad the most important gift of all, **Quality of life.**

At Life Enrichment Center, participants enjoy meaningful programs, quality health care, and opportunities for socialization.



Adult Day Program

Shelby 704.484.0405 Kings Mountain 704.739.4858

For 41 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.

Participant Doris fills seed starter containers.



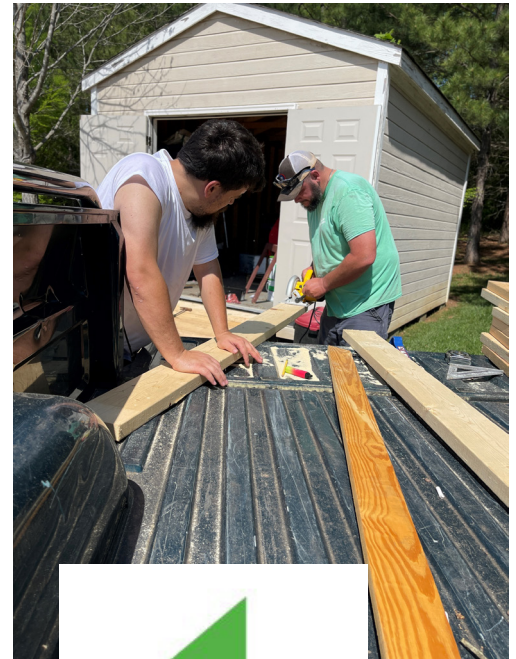
(Above) Veteran Mike helps to start vegetable plants for the green house. (Left) Participant Lib uses the ring toss during daily exercise. (Below) Participant Laura helps with Easter decorations.





CLEARWATER PAPER

There are some days that are unforgettable. This day was certainly one of them! Clearwater Paper staff members, volunteers, and family members dedicated their time and skills to do "whatever it takes" to fix, build, & deep clean the Shelby LEC facility. Their dedication & generosity was truly overwhelming. Thank you for the amazing work you all do within our community!



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



JUNE

Shelby Activity Highlights

<p>LEC's Annual Prom Will Be Friday, June 17th !! Wear Your Sunday's Best And Get Ready To Dance!</p>		<p><i>1 Wednesday</i> 🎵</p> <ul style="list-style-type: none"> ♦ Making Brownies With Martha Ballinger ♦ How To Make Cheese In a Jar ♦ Crest High School Saxophone Duet Performance <p><i>Chicken Tenders- Baked Fries- Coleslaw- Mixed Fruit- Roll</i></p>	<p><i>2 Thursday</i></p> <ul style="list-style-type: none"> ♦ Seventy Six Trombone Online Concert ♦ "Minute To Win It" Games ♦ Let's Play Plinko! <p><i>Baked Spaghetti- Garden Salad- Bread Stick- Peaches</i></p>	<p><i>3 Friday</i> 🌿</p> <p>Outdoor Water Fun</p> <ul style="list-style-type: none"> - Water Balloon Toss - Water Gun Fight - Water Relay Races <p><i>Baked Ham- Black Eyed Peas- Macaroni & Cheese- Roll- Pineapple</i></p>
<p><i>6 Monday</i></p> <ul style="list-style-type: none"> ♦ "Lucky Six" Dice Games ♦ 1:1 Yo Yo Matches ♦ Piano Concert With Adam Saterfield <p><i>Sloppy Joes- Baked Beans- Tater Tots- Fruit Cocktail</i></p>	<p><i>7 Tuesday</i> 🌿</p> <ul style="list-style-type: none"> ♦ Fun Times With "Binkie" The Clown ♦ A Visit With "BAM" & The Honey Hunters ♦ Making Homemade Chocolate Ice Cream <p><i>Chicken Salad Sandwich- Baked Fries- Mandarin Oranges</i></p>	<p><i>8 Wednesday</i> 🌿</p> <ul style="list-style-type: none"> ♦ Piano Music With Hayden Walker ♦ Making Herbal Sun Tea With Debra Edwards <p><i>Beef Nacho Casserole- Refried Beans- Salsa & Sour Cream- Pears</i></p>	<p><i>9 Thursday</i> 🎵</p> <ul style="list-style-type: none"> ♦ Happy Birthday Donald Duck ♦ Making Coke Floats ♦ Music Therapy With Hannah Coleman <p><i>Cajun Chicken Pasta- Peppers & Onions- Garlic Toast- Applesauce</i></p>	<p><i>10 Friday</i></p> <ul style="list-style-type: none"> ♦ Good Morning "Car Wash" ♦ "Guess That Food" Blind Taste Test ♦ How To Make "Old School" Sweet Tea <p><i>Meatloaf- Boiled Potatoes- Broccoli- Roll- Peaches</i></p>
<p><i>13 Monday</i> 🌿</p> <ul style="list-style-type: none"> ♦ Bingo With Connie Greene ♦ Recognizing The Little League World Series ♦ Roller Coaster Reminiscing <p><i>Roast Beef Sliders- Vegetable Pasta Salad- Pineapple</i></p>	<p><i>14 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Music With Tom Wood & Friends ♦ All About Flags ♦ How To Make A Strawberry Shortcake <p><i>Baked Salmon- Caesar Salad- Bread Stick- Applesauce</i></p>	<p><i>15 Wednesday</i> 🎵</p> <ul style="list-style-type: none"> ♦ History Of The Trail Of Tears ♦ Capturing Nature Through Photography ♦ Learning About Victory Mail <p><i>Pinto Beans- Coleslaw- Cornbread- Mandarin Oranges</i></p>	<p><i>16 Thursday</i> 🌿</p> <ul style="list-style-type: none"> ♦ History Of The US Open Tournament ♦ Making Homemade Fudge <p><i>Beef Tips w/ Gravy- Mashed Potatoes- Green Beans- Roll- Peaches</i></p>	<p><i>17 Friday</i> 🌿</p> <p>My Fair Lady LEC Annual Prom!</p> <p><i>Grilled Chicken- Sweet Potato Casserole- Garden Salad- Roll- Mixed Fruit</i></p>
<p><i>20 Monday</i></p> <ul style="list-style-type: none"> ♦ Participant Council Meeting ♦ Puppet Ministry With Ella Fullenwider & Friends ♦ LEC Monthly Birthday Party <p><i>Grilled Cheese Sandwich- Tomato Basil Soup- Peaches</i></p>	<p><i>21 Tuesday</i> 🌿</p> <ul style="list-style-type: none"> ♦ Discussion: What's The Longest Day You Ever Had? ♦ How To Make Your Own "Selfie Stick" ♦ Making Peaches & Cream <p><i>Roasted Turkey- Scalloped Potatoes- Green Beans- Roll- Mandarin Oranges</i></p>	<p><i>22 Wednesday</i> 🌿</p> <ul style="list-style-type: none"> ♦ Blue Butterfly Day ♦ How To Make Chocolate Eclairs ♦ Making Garden Windchimes <p><i>Pot Roast- Peas & Potatoes- Roll- Pineapple</i></p>	<p><i>23 Thursday</i> 🎵</p> <ul style="list-style-type: none"> ♦ Recognizing Jazz Musicians: Coletrane, Glasper, & Fitzgerald ♦ "Name That Tune" - Jazz Edition <p><i>Chicken Sandwich w/ Lettuce & Tomato- Tater Tots- Fruit Cocktail</i></p>	<p><i>24 Friday</i></p> <ul style="list-style-type: none"> ♦ Morning LEC Scrapbooking ♦ Building An LEC "Food Truck" ♦ Pretzel Stick Making With Sonya Roseboro Of Scrambled Catering <p><i>Beef Lasagna- Garden Salad- Garlic Toast- Pears</i></p>
<p><i>27 Monday</i> 🌿</p> <ul style="list-style-type: none"> ♦ Creating Your Own Vision Board ♦ Hee-Haw Trivia ♦ Virtual Tour Of The San Diego Zoo <p><i>BBQ Chicken- Potato Salad- Roll- Applesauce</i></p>	<p><i>28 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Farm Day Reminiscing ♦ "Name That Tune" ♦ Music With The McCurry Band <p><i>Smoked Sausage w/ Peppers & Onions- Macaroni & Cheese- Bread Stick- Pears</i></p>	<p><i>29 Wednesday</i> 🎵</p> <ul style="list-style-type: none"> ♦ Making Strawberry Pastries ♦ Guess That TV Theme Song ♦ "What's Going On?" In Uptown Shelby <p><i>Fish Sandwich- Coleslaw- Tater Tots- Mixed Fruit</i></p>	<p><i>30 Thursday</i> 🌿</p> <ul style="list-style-type: none"> ♦ LEC "Fishing" Game ♦ How To Make Cake Pops ♦ Reminiscing: "Do You Remember The Milk Man" <p><i>Cheese Burger w/ Lettuce & Tomato- Baked Beans- Mandarin Oranges</i></p>	<p>Summer FUN DAYS</p>



JUNE

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



1 Wednesday 🌿

- ♦ A Visit From The Kings Mountain Fire Department
- ♦ Paper Plate Exercise

Health Fair

Chicken Tenders-Baked Fries-Coleslaw-Mixed Fruit-Roll

2 Thursday 🌿

- ♦ Coffee & Donuts With Chief Of Police, Jimmy Lunsford
- ♦ "Delightful Dandelions" With Debra Edwards

Baked Spaghetti-Garden Salad-Bread Stick-Peaches

3 Friday

- ♦ Let's Travel To Wisconsin
- ♦ Parachute Fun
- ♦ Kinetic Milk Painting



Baked Ham-Black Eyed Peas-Macaroni & Cheese-Roll-Pineapple

6 Monday 🌿

- ♦ "Senior Moments" With Mary Whitaker & Friends
- ♦ Making Herbal Sun Tea With Debra Edwards



Sloppy Joes-Baked Beans-Tater Tots-Fruit Cocktail

7 Tuesday

- ♦ Folk Music & Rock-n-Roll "Name That Tune"
- ♦ Indoor Volleyball
- ♦ Reminiscing About The Neighborhood Ice Cream Truck

Chicken Salad Sandwich-Baked Fries-Mandarin Oranges

8 Wednesday 🎵

- ♦ A Walk Down Memory Lane
- ♦ Seated Soccer
- ♦ Making Mason Jar Suncatchers



Beef Nacho Casserole-Refried Beans-Salsa & Sour Cream-Pears

9 Thursday 🌿

- ♦ Bingo Bonanza
- ♦ Indoor Baseball Game
- ♦ Puzzle Fun

Health Fair

Cajun Chicken Pasta-Peppers & Onions-Garlic Toast-Applesauce

10 Friday 🌿

- ♦ Participant Council Meeting
- ♦ Hot Shot Basketball Game

Spa Day

Meatloaf-Boiled Potatoes-Broccoli-Roll-Peaches

13 Monday

- ♦ Activity Connection: "Name That Instrument"
- ♦ Balloon Volley
- ♦ Making "Berry Good" Parfaits

Roast Beef Sliders-Vegetable Pasta Salad-Pineapple

14 Tuesday 🌿

- ♦ Activity Connection: "Trip To The Zoo"
- ♦ LEC Cornhole
- ♦ Making Strawberry Shortcake With Candie Dreibelbis

Chicken Tenders-Caesar Salad-Bread Stick-Applesauce

15 Wednesday 🌿

- ♦ Activity Connection: "Do You Hear What I Hear?"
- ♦ Song & Dance Exercise

Health Fair

Pinto Beans-Coleslaw-Cornbread-Mandarin Oranges

16 Thursday 🎵

- ♦ Music Therapy With Hannah Coleman
- ♦ Scarf Exercise
- ♦ "The Lure Of Fishing" Reminiscing

Beef Tips w/Gravy-Mashed Potatoes-Green Beans-Roll-Peaches

17 Friday

- ♦ Father's Day Celebration
- ♦ "Soul Train Line" Exercise
- ♦ How To Make Ultra Creamy Cheddar Bacon Dip

Grilled Chicken-Sweet Potato Casserole-Garden Salad-Roll-Mixed Fruit

20 Monday 🌿

- ♦ Puzzle Time Fun
- ♦ LEC Bowling

Health Fair

Grilled Cheese Sandwich-Tomato Basil Soup-Peaches

21 Tuesday

- ♦ Summer Time Reminiscing
- ♦ Chair Yoga
- ♦ How To Make Tuna Melts



Roasted Turkey-Scalloped Potatoes-Green Beans-Roll-Mandarin Oranges

22 Wednesday 🎵

- ♦ Music Therapy With Hannah Coleman
- ♦ LEC Zumba
- ♦ A Visit From Swoogers: Making Sundaes

Pot Roast-Peas & Potatoes-Roll-Pineapple

23 Thursday 🌿

- ♦ Creating Mini Dish Gardens With Debra Edwards
- ♦ Tai Chi
- ♦ Painting Bird Houses With Wade Owens

Chicken Sandwich w/Lettuce & Tomato-Tater Tots-Fruit Cocktail

24 Friday 🌿

- ♦ Music With Matt Bohr
- ♦ Relay Race Time
- ♦ Pet Therapy With Abby Looper

Beef Lasagna-Garden Salad-Garlic Toast-Pears

27 Monday



Spa Day

BBQ Chicken-Potato Salad-Roll-Applesauce

28 Tuesday 🌿

- ♦ Crafting With DeDe Wallace
- ♦ "Walk Around America" Exercise
- ♦ Making Nature Journals

Smoked Sausage w/Peppers & Onions-Macaroni & Cheese-Bread Stick-Pears

29 Wednesday 🌿

- ♦ Making Monthly Birthday Flyers
- ♦ Parachute Fun
- ♦ Making Garden Windchimes With Debra Edwards

Fish Sandwich-Coleslaw-Tater Tots-Mixed Fruit

30 Thursday 🎵

- ♦ Music Therapy With Hannah Coleman
- ♦ Lower Body Strengthening
- ♦ LEC Monthly Birthday Party

Cheese Burger w/Lettuce & Tomato-Baked Beans-Mandarin Oranges



In Memory...

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

Lorenzo Friday, Sr.

*by
Rufus Friday*

Betty Weaver

*by
Robyn Putnam*

Friends:

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

Rufus Friday

Christine Pearson

Enerpac Tool Group, Gaffney SC

Anonymous

Thank You

Pam Merritt- Birthday Party Treats

Matt Inverso- Garden Soil

Barry McKee- Garden Soil

Paula Ramsey- Puzzles

Cindy Heathcock- Wheelchair & Walker

Tracey Pullen- Calendars

Ashley Gibson- Arts & Crafts Supplies

Terry McLean- Personal Care Items

Extension Club Of Cleveland Co.- Birthday Party Treats



Veteran Earnest celebrates his 77th birthday.

Wish Lists:

Shelby:

New Ice Cream maker

Sand Paper

Amazon Gift Cards

Neisler Center:

Amazon Gift Cards



*Participant Jamie
tears the rosemary
for the LEC
herbal tea party.*



Neisler Center Participants enjoyed a visit from the Gastonia Honey Hunters. (Left) Participant Ian enjoys meeting the players. (Below) Participant Perry and manager "Goose" show off their shades.



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 _____

Board of Directors

Russ Putnam, *President*
Suzanne Amos, *Vice-President*
Heather Bridges Moore, *Secretary*
Donna Beringer, *Treasurer*
Tonya Arrington
Tommy Brooks
Hannah Cyr
Larry Dooley
Chris Gash
Pete Gilbert
Rev. Eddie Gray
Dr. Carolyn Jackson
Tom Martin
Katherine Panther Potemkin
Paula Ramsey
Jonathan Rhodes
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110 Life Enrichment Blvd.
Shelby, North Carolina 28150

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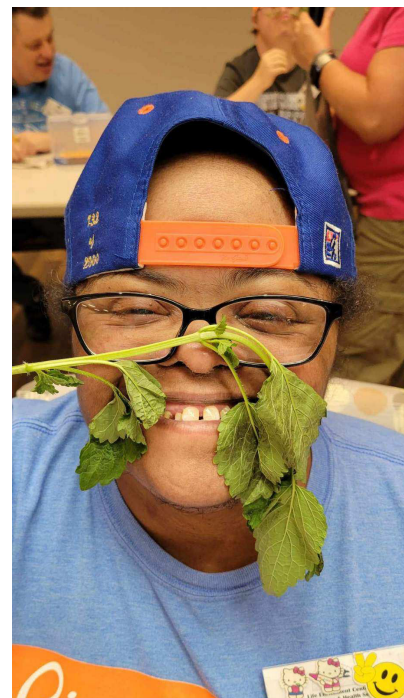
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Important Announcements:

Important announcements will be made on LEC's Facebook page, and through the "One Call Now" service. Should it be necessary to close early, caregivers will be notified by telephone.



We would like to give special thanks to Hannah's Coffee House & Cornerstone Dental Associates for hosting a Coffee Pop-Up Fundraiser for Life Enrichment Center! Thank you for believing in our mission to support families & caregivers in our community.



Participant E'Sheika says, "Thank You!"



(Left to right) Participants Melissa, Bryan, & LaTonya say, "Thanks!"

