

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

August 2024

When You Care Enough To Choose The Best...



Participant Laura

Choose Life Enrichment!

(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.*

A Hootenanny Hoedown



Shelby participants traveled to the wild West for a boot scootin' good time at this years prom.





*(Left to right)
Participants Melissa
& Becca dressed to
impress.*



**Neisler Center
participants
turn LEC into their
very own Wonderland.
Decorations, props,
costumes, and themed
snacks were made
by participants
themselves.**



Alice In Wonderland



August

Shelby Activity Highlights

National Eye Exam Month!

An interesting fact:

Ophthalmologists can identify other health problems such as diabetes or stroke through eye exams.



1 Thursday

- ◆ Sing-a-Long With Tiffany Timson
- ◆ History Of The Pinball Machine
- ◆ Chair Zumba

Baked Ham-Macaroni & Cheese-Green Beans-Roll-Peaches

2 Friday

- ◆ LEC Bowling Tournament
- ◆ Tai Chi
- ◆ National Ice Cream Sandwich Day



Baked Chicken-Black Bean Salsa-Tortilla Chips-Mixed Fruit

5 Monday

- ◆ Tips For National Pamper Yourself Day
- ◆ Lower Body Exercise



Sloppy Joes-Baked Beans-Baked Fries-Mandarin Oranges

6 Tuesday

- ◆ Tone It Up Tuesday
- ◆ Baking With Devieon Watkins
- ◆ Health Topic: Eye Health



Chicken Tenders-Potatoes-Green Beans-Roll-Fruit Cocktail

7 Wednesday

- ◆ A Visit With Grateful Hearts Ministry
- ◆ Chair Zumba
- ◆ Spa Day



Spaghetti-Garden Salad-Garlic Bread-Pineapple

8 Thursday

- ◆ Happiness Happens Day
- ◆ Tai Chi
- ◆ Creative Writing: 10 Things That Make You Happy



Caesar Salad w/Pasta-Baked Chicken-Bread Stick-Peaches

9 Friday

- ◆ Upper Body Exercise
- ◆ Summertime Crafts With Tonya Robinson
- ◆ "Blue Suede Shoes" Dance Party



Tuna Salad Sandwich-Tomato Slices-Baked Fries-Pears

12 Monday

- ◆ Making Summer Collages
- ◆ Bingo With Jean, Ann, & Pam
- ◆ Jazz Time Exercise



Cheesburger-Pasta Salad-Mixed Fruit

13 Tuesday

- ◆ Music With Tom Wood & Friends
- ◆ Paper Plate Exercise
- ◆ Classical Guitar With Eddie Cooke

Chicken Nachos-Black Beans-Lettuce & Sour Cream-Pineapple

14 Wednesday

- ◆ Happy Birthday Steve Martin
- ◆ Balloon Volley
- ◆ Devotion With Blessed Coverings

Pot Roast-Potatoes-Peas-Roll-Mandarin Oranges

15 Thursday



Chef Salad-Garlic Bread-Peaches

16 Friday

- ◆ LEC Peoples Court
- ◆ Chair Yoga
- ◆ Junk Drawer Detective



Smoked Sausage-Black Eyed Peas-Spinach-Roll-Pears

19 Monday

- ◆ Participant Council Meeting
- ◆ Upper Body Exercise
- ◆ How To Make "Blueberry Yummy Yummy" With Amber Stillwell



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

20 Tuesday

- ◆ Musical Chair Exercise
- ◆ Table Top Game Time
- ◆ Spa Day



Pulled Pork Sliders-Coleslaw-Baked Fries-Applesauce

21 Wednesday

- ◆ Parachute Fun
- ◆ Getting Creative With Takiya Willis
- ◆ LEC Price Is Right



Fish Sandwich-Macaroni & Cheese-Broccoli-Pineapple

22 Thursday

- ◆ Making Memories With Kay Hastings
- ◆ "Name That Tune" Beach Music Edition
- ◆ Gentle Stretching

Meaty Cheesburger Pasta-Garden Salad-Bread Stick-Peaches

23 Friday

- ◆ Men's Coffee & Conversation
- ◆ Ladies Hot Tea Social
- ◆ Sweatin' To The Oldies
- ◆ LEC Monthly Birthday

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

26 Monday

- ◆ Blindfolded Taste Test: "Name That Spice"
- ◆ LEC Walking Club
- ◆ Making Banana Splits With Rachel Littlejohn



Hamburger Steak w/Gravy-Potatoes-Green Beans-Roll-Mandarin Oranges

27 Tuesday

- ◆ Music With The McCurry Band & Friends
- ◆ LEC "I Spy"
- ◆ "Hot Potato" Exercise

Egg Salad Sandwich-Baked Fries-Dill Pickles-Fruit Cocktail

28 Wednesday

- ◆ This Day In History: Martin Luther King Jr. Addresses Our Nation
- ◆ Word Search Wednesday
- ◆ "I Have A Dream" Parade

Chicken Tenders-Garden Salad-Garlic Bread-Pineapple

29 Thursday

- ◆ Happy 60th Anniversary Mary Poppins
- ◆ Julie Andrews Trivia
- ◆ "Up, Up, & Away" Exercise

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

30 Friday

- ◆ LEC Cornhole Tournament
- ◆ Fall Garden Reminiscing
- ◆ Yoga Exercise

Lasagna-Garden Salad-Bread Stick-Pears

August



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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



LEC CELEBRATES HAWAII!

Hawaii was admitted as the 50th state
on August 21, 1959.

Check the calendar for fun Hawaiian themed
programs throughout the month!

1 Thursday

- ◆ Making Baby Bear Honey Bites
- ◆ Hawaiian Hula Exercise
- ◆ Leaf Print Art Work



Baked Ham-Macaroni & Cheese-
Green Beans-Roll-Peaches

2 Friday

- ◆ Making Bookmarks
- ◆ Health Fair
- ◆ Scarf Exercise
- ◆ How To Make A Pineapple Gift Box



Baked Chicken-Black Bean Salsa-
Tortilla Chips-Mixed Fruit

5 Monday

- ◆ LEC Wheel Of Fortune
- ◆ Belly Dance Chair Exercise
- ◆ How To Make Fancy Tuna Dip



Sloppy Joes-Baked Beans-Baked Fries-
Mandarin Oranges

6 Tuesday

- ◆ Bingo Bonanza
- ◆ Balloon Volley
- ◆ Making Memory Books



Chicken Tenders-Potatoes-Green Beans-
Roll-Fruit Cocktail

7 Wednesday

- ◆ Music With Hannah
- ◆ Paper Plate Exercise
- ◆ Painting To Music
- ◆ Health Fair



Spaghetti-Garden Salad-Garlic Bread-
Pineapple

8 Thursday

- ◆ A Visit With First Baptist Church Of Kings Mountain
- ◆ Sing-a-Long With Linda Robinson
- ◆ Tai Chi

Caesar Salad w/Pasta-Baked Chicken-
Bread Stick-Peaches

9 Friday

- ◆ Making Cupcake Liner Leis
- ◆ "Sounds Of Hawaii" Move & Groove Exercise
- ◆ Making Slime With Ellie Camp
- ◆ Spa Day

Tuna Salad Sandwich-Tomato Slices-
Baked Fries-Pears

12 Monday

- ◆ Participant Council Meeting
- ◆ Cornhole Tournament
- ◆ LEC Karaoke Competition
- ◆ Parachute Fun

Cheeseburger-Pasta Salad-Mixed Fruit

13 Tuesday

- ◆ A Visit With Logans Taekwondo
- ◆ Tai Chi
- ◆ "Converstion Catch" Discussion Group



Chicken Nachos-Black Beans-
Lettuce & Sour Cream-Pineapple

14 Wednesday

- ◆ Pet Therapy With "Ruby"
- ◆ LEC Bowling
- ◆ Octopus Exercise
- ◆ Arts & Crafts: Making Paper Palms
- ◆ Health Fair

Pot Roast-Potatoes-Peas-Roll-
Mandarin Oranges

15 Thursday

- ◆ Making Pizza Crackers
- ◆ Chair Zumba
- ◆ Devotion With Margaret Mills & Friends



Chef Salad-Garlic Bread-Peaches

16 Friday

- ◆ Remembering Elvis Presley
- ◆ Yoga Exercise
- ◆ Kings Mountain Elite Performs

Smoked Sausage-Black Eyed Peas-
Spinach-Roll-Pears

19 Monday

- ◆ Penny's Worth Of Candy
- ◆ "Fly Swat" Tennis
- ◆ Spa Day



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

20 Tuesday

- ◆ Hawaiian Scavenger Hunt
- ◆ Relay Race Exercise
- ◆ Storytime With Amber Green

Pulled Pork Sliders-Coleslaw-Baked Fries-
Applesauce

21 Wednesday

- ◆ Let's Play The "Left & Right" Game
- ◆ Cardio Chair Drumming
- ◆ Healthcare Topic: "What Is Normal Aging?"

Fish Sandwich-Macaroni & Cheese-
Broccoli-Pineapple

22 Thursday

- ◆ Health Fair
- ◆ Jazz Time Exercise
- ◆ Creating "Surf's Up" Door Decor



Meaty Cheeseburger Pasta-Garden Salad-
Bread Stick-Peaches

23 Friday

- ◆ "Passport Pull Out" Hawaii Edition
- ◆ Exercise Surfing Style
- ◆ Pet Therapy With "Minnie & Mocha"



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

26 Monday

- ◆ Health Watch: Keeping Up With Proper Foot Care
- ◆ "Bucket Ball" Exercise
- ◆ LEC Bake-Off Competition

Hamburger Steak w/ Gravy-Potatoes-
Green Beans-Roll-Mandarin Oranges

27 Tuesday

- ◆ Board Game Fun
- ◆ Improve Your Balance Exercise
- ◆ Bingo With Wade Owens



Egg Salad Sandwich-Baked Fries-
Dill Pickles-Fruit Cocktail

28 Wednesday

- ◆ Men's Coffee & Conversation
- ◆ Ladies Hot Tea Social
- ◆ Parachute Fun
- ◆ "Name That Cereal" Blindfolded Game

Chicken Tenders-Garden Salad-
Garlic Bread-Pineapple

29 Thursday

- ◆ Making Pine Cone Bird Feeders
- ◆ Ring Toss Exercise
- ◆ Virtual Whale Watching



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

30 Friday

- ◆ Music With David Robison
- ◆ Seated Soccer Match
- ◆ Health Fair
- ◆ LEC Monthly Birthday

Lasagna-Garden Salad-Bread Stick-
Pears

family

Participant Charlene and husband, Caesar, dance together at prom.

Participant Ernest with wife Pam.



"I want to be here from sun up to sun down so that I do not miss a thing about prom!"
-Participant Patsy with son, James.



Participant Wesley with his mother, Pam.

Neisler Center participants show off their shades for National Sunglasses day.



Mary

Billy

In Memory:

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

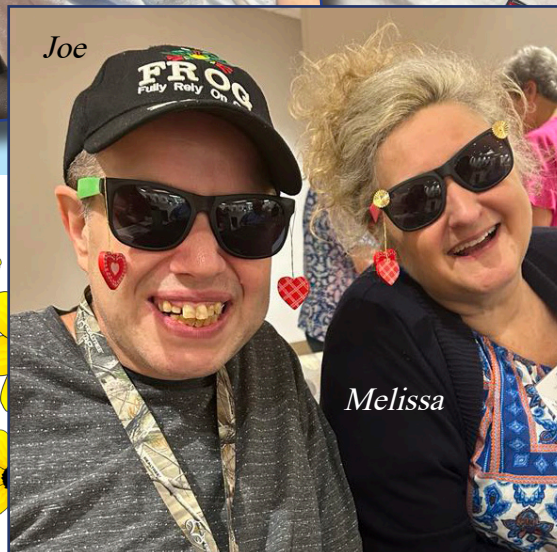
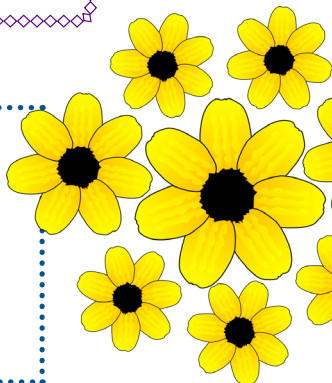
Barbara Biddix
by

Miller Hill Baptist Church
Dottie Cromer
Kings Mountain High School,
Class of 1965

Friends:

The following have given a gift to Life Enrichment Center:

Stan & Mary Davie Speckhard
Wilkison Charitable Fund



Joe

Melissa

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 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.

*New Ellis Chapel Adult Senior Ministry -
Bingo Prizes*

A.J. Snow - Bean Bag Chairs

Kyndall Thrift - Bean Bag Chair/Blankets

Beaver Dam Baptist Church:

Men on Missions - Amazon Gift Card

Rebecca Early - Misc. Items

Vickie Randall - Bingo Prizes

Shirley



Thank You!

Holly Bowman - Bingo Prizes

Jamarica Jones - Crayons

Gay Jolley - Books, Candy Basket

Ernest Merritt - Garden Vegetables

Todd Youngblood - Prom Photos

Iris Rosa - Personal Care Items

