

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

February 2025

Has Mom Always Been A Social Butterfly?

Bring her to
Life Enrichment
Center!

*Give her an opportunity
to make new friends,
enjoy meaningful
programs, and be active
in the community.*



*"This is such a wonderful place!
It's my favorite place to hang out!"*

-Participant Doris

Schedule a FREE visit today!

(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.*

Our Mission...

To support caregivers and their loved-ones by providing safe, caring, and reliable day services for adults who would benefit from health care, meaningful programs, and opportunities for socialization.



Participant Barbara looks forward to spring so that she can enjoy the outdoors.



David colors a picture to give to a friend.

The best choice...

Compassionate, knowledgeable, & loving staff members are here to meet the needs of every participant. As you go to work, run errands, or simply need a break in the caregiving role, you will have peace of mind knowing that your loved one is safe, and receiving the benefits of a national model adult day program.

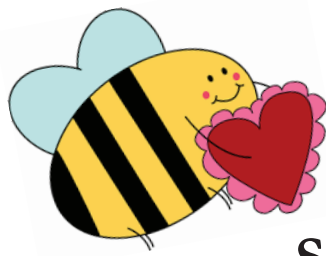
*February is Heart Health Awareness month!
One of the many ways to reduce the risk of heart disease
is with exercise! Whether it's upper body strengthening,
gentle yoga, or a good old fashioned dance party,
exercise is a daily program at LEC!*



Participant Denise wears her favorite hat for National Hat Day.

Mary paints Valentine's Day decorations.

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

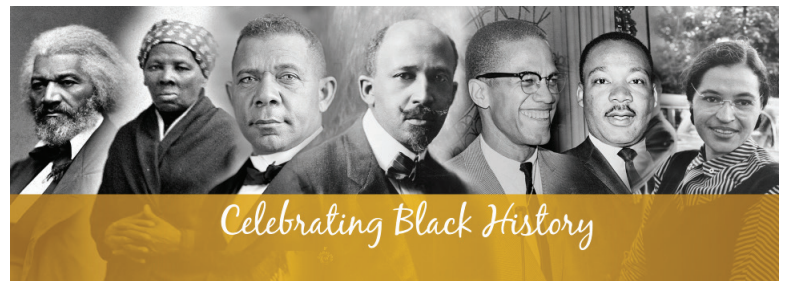


February

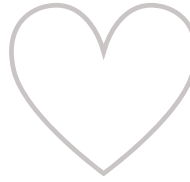
Shelby Activity Highlights

<p><i>3 Monday</i></p> <ul style="list-style-type: none"> ◆How To Make The Best Carrot Cake ◆Upper Body Exercise ◆Making Valentine Bookmarks  <p><i>Vegetable Beef Soup-Garden Salad-Bread Stick-Mixed Fruit</i></p>	<p><i>4 Tuesday</i></p> <ul style="list-style-type: none"> ◆Happy Birthday Rosa Parks ◆"Tone It Up" Tuesday  <p><i>Chicken Tenders-Potatoes-Green Beans-Roll-Pineapple</i></p>	<p><i>5 Wednesday</i></p>  <ul style="list-style-type: none"> ◆Grateful Hearts Puppet Ministry ◆Lower Body Exercise ◆Health Fair <p><i>Baked Ham-White Beans-Combread-Peaches</i></p>	<p><i>6 Thursday</i></p> <ul style="list-style-type: none"> ◆Celebrating The Life Of Bob Marley ◆Parachute Exercise ◆Virtual Visit To Nine Mile, Jamaica  <p><i>Chicken Nachos-Black Beans-Lettuce & Sour Cream-Mandarin Oranges</i></p>	<p><i>7 Friday</i></p> <ul style="list-style-type: none"> ◆Wear Your Favorite Football Gear ◆"End Zone" Exercise ◆Super Bowl Celebration  <p><i>Potato Soup-Ham & Cheese Sandwich-Fruit Cocktail</i></p>
<p><i>10 Monday</i></p> <ul style="list-style-type: none"> ◆Junk Drawer Detective ◆Balloon Volley Exercise ◆All About Maya Angelou  <p><i>Shepherd's Pie-Garden Salad-Roll-Pears</i></p>	<p><i>11 Tuesday</i></p> <ul style="list-style-type: none"> ◆Music With Tom Wood & Friends ◆Chair Yoga ◆Classical Favorites With Eddie Cooke  <p><i>BBQ Chicken-Macaroni & Cheese-Spinach-Bread Stick-Applesauce</i></p>	<p><i>12 Wednesday</i></p> <ul style="list-style-type: none"> ◆"Radio Talk" With Ann Burris ◆Gentle Stretching Exercises ◆Devotion With Blessed Coverings  <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll</i></p>	<p><i>13 Thursday</i></p> <ul style="list-style-type: none"> ◆A Visit With Matt Holman, Bible Gospel Baptist Church ◆"Hot Potato" Exercise ◆Crafts With Ansel Neris ◆Health Fair  <p><i>Tomato Soup-Grilled Cheese-Mixed Fruit</i></p>	<p><i>14 Friday</i></p> <ul style="list-style-type: none"> ◆Valentine's Day Celebration ◆"Happy Hearts" Dance Party Exercise ◆LEC Monthly Birthday Party Hosted By Mt. Sinai Baptist Church  <p><i>Chicken Parmesan-Cesar Salad-Garlic Bread-Mandarin Oranges</i></p>
<p><i>17 Monday</i></p> <ul style="list-style-type: none"> ◆Participant Council Meeting ◆Chair Zumba ◆All About Harriet Tubman ◆Baking Cookies With Amber <p><i>Cheeseburger w/Lettuce & Tomato-Tater Tots-Pineapple</i></p>	<p><i>18 Tuesday</i></p> <ul style="list-style-type: none"> ◆"Wacky Word" Games ◆Gentle Yoga ◆LEC "I Spy"  <p><i>Chicken Dumplings-Green Beans-Roll-Fruit Cocktail</i></p>	<p><i>19 Wednesday</i></p> <ul style="list-style-type: none"> ◆National Arabian Horse Day ◆Parachute Exercise ◆Fun Facts About The Tryon Equestrian Center  <p><i>Lasagna-Garden Salad-Bread Stick-Pears</i></p>	<p><i>20 Thursday</i></p> <ul style="list-style-type: none"> ◆Spa Day ◆Deep Breathing Exercise ◆"Healing Hands" With Gloria Price  <p><i>Smoked Sausage-Black Eyed Peas-Spinach-Garlic Toast-Peaches</i></p>	<p><i>21 Friday</i></p> <ul style="list-style-type: none"> ◆How To Make Homemade Muffins ◆LEC Walking Club ◆Trash Bag Fashion Show  <p><i>Chicken Pot Pie-Mixed Vegetables-Biscuits-Mixed Fruit</i></p>
<p><i>24 Monday</i></p> <ul style="list-style-type: none"> ◆Fun Facts About Thurgood Marshall ◆Musical Chair Exercise ◆Making Homemade Salsa For National Tortilla Day ◆Health Fair <p><i>Chicken & Spinach Pasta-Garden Salad-Garlic Bread-Mixed Fruit</i></p>	<p><i>25 Tuesday</i></p> <ul style="list-style-type: none"> ◆Making Homemade Dog Treats ◆"Simon Says" Exercise ◆Music With The McCurry Band & Friends <p><i>Chili Nachos w/Lettuce, Tomato, & Sour Cream-Pineapple</i></p>	<p><i>26 Wednesday</i></p> <ul style="list-style-type: none"> ◆Famous Fairy Tales Trivia ◆"Red Light, Green Light" Exercise ◆Creative Writing: "An LEC Fairy Tale" <p><i>Baked Chicken-Broccoli & Rice Casserole-Roll-Peaches</i></p>	<p><i>27 Thursday</i></p> <ul style="list-style-type: none"> ◆Fun Facts About Polar Bears ◆Relay Race Exercise ◆National Strawberry Day  <p><i>Pinto Beans-Cabbage-Combread-Pears</i></p>	<p><i>28 Friday</i></p> <ul style="list-style-type: none"> ◆Chair Zumba ◆Devotion With Rick Thompson ◆Health Topic: The Importance Of Dental Care ◆Spa Day <p><i>Turkey & Cheese Sub w/Lettuce & Tomato-Baked Fries-Applesauce</i></p>

Life Enrichment's Valentine's Day Celebration!!
 Friday, February 14
 Wear Your Valentine Colors!



February



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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

<p>3 Monday</p> <ul style="list-style-type: none"> ♦Fun Facts About Rosa Parks ♦Volleyball Exercise ♦Music With "Senior Moments" ♦Arts & Crafts: "Funny Little Valentines" <p><i>Vegetable Beef Soup-Garden Salad-Bread Stick-Mixed Fruit</i></p>	<p>4 Tuesday</p> <ul style="list-style-type: none"> ♦"Wacky Wordie" Word Games ♦Scarf Exercise ♦Making Faux Gumball Garland  <p><i>Chicken Tenders-Potatoes-Green Beans-Roll-Pineapple</i></p>	<p>5 Wednesday</p> <ul style="list-style-type: none"> ♦"Sweetheart" Junk Drawer Detective ♦Paper Plate Exercise ♦Pet Therapy With Meadow & Tammy <p>Health Fair</p> <p><i>Baked Ham-White Beans-Combread-Peaches</i></p>	<p>6 Thursday</p> <ul style="list-style-type: none"> ♦Wear Your Red For National Red Day ♦Balloon Volley Exercise ♦Piano Favorites With Patrick  <p><i>Chicken Nachos-Black Beans-Lettuce & Sour Cream-Mandarin Oranges</i></p>	<p>7 Friday</p> <ul style="list-style-type: none"> ♦Junk Drawer Detective: "Football Edition" ♦LEC Walking Club ♦Super Bowl Celebration! Wear Your Favorite Football Apparel <p><i>Potato Soup-Ham & Cheese Sandwich-Fruit Cocktail</i></p>
<p>10 Monday</p> <ul style="list-style-type: none"> ♦All About Maya Angelou ♦"Facial Expressions" Exercise ♦Name That Tune: "Heartbreak Edition"  <p><i>Shepherd's Pie-Garden Salad-Roll-Pears</i></p>	<p>11 Tuesday</p> <ul style="list-style-type: none"> ♦Let's Play, "Not Like The Others..." ♦Participant Council Meeting ♦Chair Zumba ♦"Have A Heart" Happy Hour <p>Health Fair</p> <p><i>BBQ Chicken-Macaroni & Cheese-Spinach-Bread Stick-Applesauce</i></p>	<p>12 Wednesday</p> <ul style="list-style-type: none"> ♦Spa Day ♦Gentle Yoga Exercise ♦Healthcare Topic: "How To Keep The Heart Healthy"  <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll</i></p>	<p>13 Thursday</p> <ul style="list-style-type: none"> ♦Making Banana Yogurt Pops ♦A Visit With The Kings Mountain Fire Department ♦Pet Therapy With Minnie And Mocha ♦LEC Walking Club <p><i>Tomato Soup-Grilled Cheese-Mixed Fruit</i></p>	<p> 14 Friday</p> <ul style="list-style-type: none"> ♦Valentine Crafts With Lisa & Rich Packard ♦Making Valentine Sugar Cookies With Jessica Pryor ♦Parachute Exercise <p>"Sweetheart Ball"</p> <p>In Honor Of Caroline Godfrey</p> <p><i>Chicken Parmesan-Caesar Salad-Garlic Bread-Mandarin Oranges</i></p>
<p>17 Monday</p> <ul style="list-style-type: none"> ♦Celebrating Harriet Tubman ♦StrengthTraining Exercise ♦Famous Love Songs Of The Past  <p><i>Cheeseburger w/Lettuce & Tomato-Tater Tots-Pineapple</i></p>	<p>18 Tuesday</p> <ul style="list-style-type: none"> ♦Creative Writing: "School House Days" ♦Tai Chi Exercise ♦Bible Trivia <p>Health Fair</p>  <p><i>Chicken Dumplings-Green Beans-Roll-Fruit Cocktail</i></p>	<p>19 Wednesday</p> <ul style="list-style-type: none"> ♦How To Make Mango Salsa ♦"Improve Your Balance" Exercise ♦Arts & Crafts: Making A Gumball Machine  <p><i>Lasagna-Garden Salad-Bread Stick-Pears</i></p>	<p>20 Thursday</p> <ul style="list-style-type: none"> ♦A Visit With Don-Don The Cowboy ♦"Upper Body" Exercise ♦A Visit With Margaret Mills & Friends ♦Baking Cherry Pie With Emily <p><i>Smoked Sausage-Black Eyed Peas-Spinach-Garlic Toast-Peaches</i></p>	<p>21 Friday</p> <ul style="list-style-type: none"> ♦Finish The Phrase: "Candy Edition" ♦Chair Yoga ♦All About Malcolm X  <p><i>Chicken Pot Pie-Mixed Vegetables-Biscuits-Mixed Fruit</i></p>
<p>24 Monday</p> <ul style="list-style-type: none"> ♦All About Thurgood Marshall ♦"In The Mood" Exercise: Glenn Miller Hits ♦Black History Trivia <p><i>Chicken & Spinach Pasta-Garden Salad-Garlic Bread-Mixed Fruit</i></p>	<p>25 Tuesday</p> <ul style="list-style-type: none"> ♦How To Make The Best Egg Salad ♦Core Strengthening Exercise  <p><i>Chili Nachos w/Lettuce, Tomato, & Sour Cream-Pineapple</i></p>	<p>26 Wednesday</p> <ul style="list-style-type: none"> ♦Famous Quotes Of Frederick Douglass ♦Wheelchair Relay Exercise <p>Health Fair</p>  <p><i>Baked Chicken-Broccoli & Rice Casserole-Roll-Peaches</i></p>	<p>27 Thursday</p> <ul style="list-style-type: none"> ♦What's Cooking: Making "Ants On A Log" ♦Upper Body Exercise ♦Spa Day  <p><i>Pinto Beans-Cabbage-Combread-Pears</i></p>	<p>28 Friday</p> <ul style="list-style-type: none"> ♦Word Search Fun ♦Pool Noodle Exercise ♦LEC Monthly Birthday Party  <p><i>Turkey & Cheese Sub w/Lettuce & Tomato-Baked Fries-Applesauce</i></p>



February 6:
Wear RED for National Red Day

February 14: Valentine's Celebration
"Sweetheart Ball"
Wear Your Sunday's Best

In Memory:

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

Danny Scoggins
by

Libby Jackson

Dorothy Stamey
by

Karla Stamey & Bob Stamey

Bob & Loraine Arey
by

Mike & Kim Bridges

Brenda Goforth
by

Donna Tesner

In Honor:

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

Bryan Stamey
by

Karla Stamey

Thank You!

Brenda Sharts-Gift Bags

Ellen Gragg-Pound Cake

Ozzie Smith-Treat Bags

Iris Resa-Personal Care Items

Pam Sharts-Medical Supplies

Judy Ward-Sweet Treats

Lizzie Parris-Gifts

Michael Styers-Gifts

Lewis & Ann Young-Homemade Fudge

Carissa Deal-Blankets

Wesley Haynes-Sweet Treats

John Thompson-BBQ

Carolyn Jackson-Magazines

Linda Cabiness-Personal Care Items

King's City Church-Food Bags

Connie Savell-Greeting Cards

Jane Swink-Bingo Prizes

Marjorie Alexander & family-Ensure

Paula Queen-Personal Care Items

Happy New Year!!

*Participants celebrated with the traditional
countdown, planning resolutions, and
sharing their favorite moments of 2024.*

Rose Marie



Shirley



Tyron



Mike



Quan



Looking for ways to give back to the community?

Volunteer at LEC! Call today to find out how you can make a difference in the lives of many!

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



Cindy enjoys puppy therapy with "Maple"



Heather Rockwell, Hopscotch Primary Care, talks with participant Denise about the services provided to patients.

Friends:

The following have given a gift to Life Enrichment Center:

The Neisler Foundation
Paul & Margaret Porter Foundation
Betsy McPherson
John C. Hamrick, Jr.
Pam & Ernest Merritt
Joy Revels
Alfred & Pat Taranto
Hannah Charitable Fund



Participants Charlene & Doris say thank you!

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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Jonathan Rhodes, *Vice-President*
Paula Ramsey, *Secretary*
Rick Clauss, *Treasurer*
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Tonya Arrington
Hannah Cyr
Larry Dooley
Pete Gilbert
Rev. Eddie Gray
Susan Lankford
Sandy Logan
Kirsten Martin
Russ Putnam
Terri Simmons
Stephanie Wieck

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

Address Service Requested



This institution is an equal opportunity provider/employer.

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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.

Essentials by Jada
NOW OFFERED AT

LIFE ENRICHMENT CENTER
ADULT DAY CARE & HEALTH SERVICES

SERVICES OFFERED

- SHAMPOO, SET, STYLE \$20
- DRY CUT ONLY \$15
- SHAMPOO, CUT, STYLE \$25
- ALL OVER COLOR \$45
- HIGHLIGHTS \$55- \$70
- PERM \$50

CONTACT JADA TO SCHEDULE

- 980-552-5362
- Monday- Kings Mountain; Tuesday- Shelby

PLEASE CALL A WEEK IN ADVANCE TO SCHEDULE ALL APPOINTMENTS!