



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

February 2022

Is Her Safety Your Concern?

At Life Enrichment Center, she will benefit from a day program that is **safe** and **reliable**. You will have peace of mind while at work, running errands, or just getting a needed break as a caregiver!



Participant Evelyn

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.

Every day at Life Enrichment participants enjoy meaningful programs such as Music Therapy, Horticultural Therapy, personal care, arts and crafts, quality health care, daily mental and physical exercise, nutritious meals, and opportunities for socialization. Participants can enjoy their favorite hobbies and interests safely!

Word search puzzles are more fun with friends!

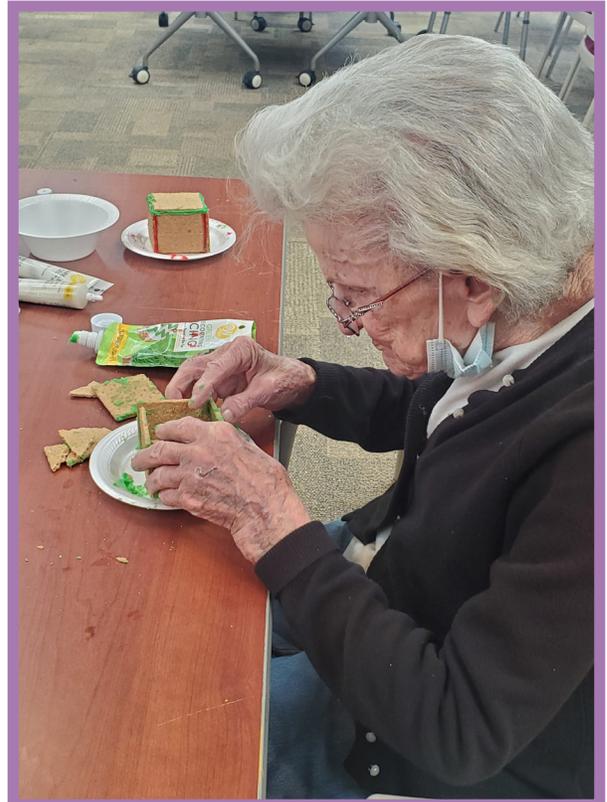
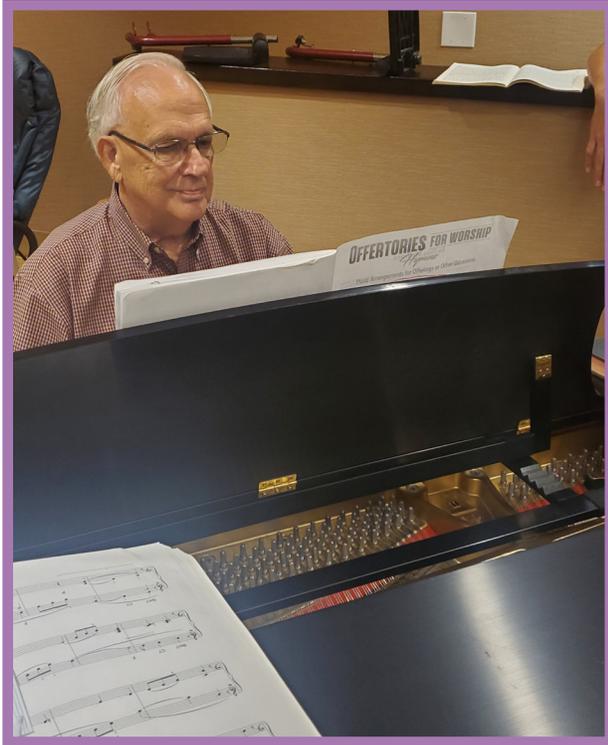


*(Above) Program Coordinator Chadrick Roseboro Sr. & Participant Jackie make homemade pizza for snack
(Left to right) Participant Linda helps with the dishes after lunch. Participant Dot gets creative with her Valentine decorations.*



*The Best Choice
For Keeping
Families Together!*

(Left) Participant Terry shares his love of the piano. (Right) Participant Jonas plays a tune on his guitar.



(Left) Participant Cathy enjoys yoga in the healing garden. (Right) Participant Mary builds a gingerbread house.

February

Shelby Activity Highlights



<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> ♦What's Your Groundhog Predictions? ♦Creative Writing: Valentine Poems  <p><i>BBQ Chicken, Potato Salad, Green Beans, Pears</i></p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> ♦Groundhog Day ♦Parachute Fun ♦All About The Chinese New Year <p>Health Fair</p> <p><i>Egg Salad Sandwich, Tater Tots, Dill Pickles, Peaches</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> ♦"Cup Of Joe" Conversations ♦Tai Chi ♦How To Make The Best Carrot Cake <p><i>Cajun Chicken Pasta w/Peppers & Onions, Garlic Toast, Pineapple</i></p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> ♦National Wear Your Red Day ♦Writing Our Kings Mountain Pen Pals ♦All About The "Pony Express" <p><i>Vegetable Beef Soup, Mixed Greens, Bread Stick, Mixed Fruit</i></p>	
<p><i>7 Monday</i></p> <p>♪ "Name That Tune" - Love Song Edition</p> <ul style="list-style-type: none"> ♦History Of St. Valentine ♦Spa Day  <p><i>Fettucine Alfredo w/Chicken & Broccoli, Caesar Salad, Roll, Mixed Fruit</i></p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> ♦All About "Muddy Waters" ♦Valentine Crossword Fun ♦LEC Bowling Fun  <p><i>Pulled Pork Sandwich, Coleslaw, Baked Chips, Oranges</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> ♦National Pizza Day ♦What's Your Favorite Pizza Toppings ♦Super Bowl Predictions: Who's Your Pick?" <p><i>Matt's Famous Pepperoni Pizza, Garden Salad, Pineapple</i></p>	<p><i>10 Thursday</i></p> <ul style="list-style-type: none"> ♦LEC Indoor Football Game ♦All About Medgar Evers  <p><i>Meatloaf, Boiled Potatoes, Peas, Roll, Peaches</i></p>	<p><i>11 Friday</i></p> <ul style="list-style-type: none"> ♦Wear Your Team Colors <p>LEC Super Bowl Party</p> <p><i>Chicken & Dumplings, Green Beans, Roll, Pears</i></p>
<p><i>14 Monday</i></p> <p>LEC Valentine Celebration!</p> <p><i>Italian White Bean Soup, Garden Salad, Roll, Applesauce</i></p>	<p><i>15 Tuesday</i></p> <ul style="list-style-type: none"> ♦Good Morning Fitness Party ♦LEC Cornhole Tournament  <p><i>Chicken Tenders, Macaroni & Cheese, Broccoli, Oranges</i></p>	<p><i>16 Wednesday</i></p> <p>All About Bees 🐝</p> <ul style="list-style-type: none"> ♦LEC Price Is Right ♦Harriet Tubman: Facts About The Underground Railroad ♦Upper Body Exercise <p><i>Hamburger Goulash, Caesar Salad, Garlic Bread, Pears</i></p>	<p><i>17 Thursday</i></p> <ul style="list-style-type: none"> ♦All About Bessie Coleman ♦Chair Zumba ♦Let's Make Hot Chocolate  <p><i>Cabbage, Pintos, Cornbread, Mixed Fruit</i></p>	<p><i>18 Friday</i></p> <ul style="list-style-type: none"> ♦Winter Time Reminiscing ♦LEC Wheelchair Races ♦Our State Magazine Scavenger Hunt <p><i>Grilled Cheese Sandwich, Tomato Basil Soup, Peaches</i></p>
<p><i>21 Monday</i></p> <ul style="list-style-type: none"> ♦LEC Monthly Birthday Party ♦Celebrating The Works Of Maya Angelou  <p><i>Cheese Ravioli w/Meat Sauce, Garden Salad, Garlic Bread, Mixed Fruit</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> ♦Farm Life Reminiscing ♦LEC Auction ♦Talk About Healthy Eating Habits: Food Pyramid <p>♪ Rock & Roll Bingo</p> <p><i>Baked Ham, Sweet Potato Casserole, Black Eyed Peas, Pears</i></p>	<p><i>23 Wednesday</i></p> <ul style="list-style-type: none"> ♦All About Langston Hughes ♦Black History Month Trivia ♦How To Make Homemade Banana Bread <p><i>Fish Sandwich, Tater Tots, Green Beans, Pineapple</i></p>	<p><i>24 Thursday</i></p> <ul style="list-style-type: none"> ♦All About Famous Musicians: Black History Edition ♦Participant Council Meeting  <p><i>Lisa's Famous Chili, Coleslaw, Cornbread, Applesauce</i></p>	<p><i>25 Friday</i></p> <ul style="list-style-type: none"> ♦LEC "Let's Make A Deal" ♦Virtual Tour Of Washington D.C. ♦Crossword Puzzle Fun <p><i>Clam Chowder, Spinach Salad, Saltine Crackers, Mixed Fruit</i></p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> ♦What Is Leap Year? ♦All About Spring Time Gardens  <p><i>Chicken Enchiladas, Black Beans, Lettuce & Sour Cream, Oranges</i></p>	 <p><i>Celebrating Black History</i></p>			

February

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> ♦ "Year Of The Tiger" Detective ♦ Parachute Fun ♦ "Heart To Heart" Storytelling <p><i>BBQ Chicken, Potato Salad, Green Beans, Pears</i></p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Art In Action Collages ♦ Scarf Exercises ♦ Groundhog Scavenger Hunt ♪♪ Rock & Roll Bingo <p>Health Fair</p> <p><i>Egg Salad Sandwich, Tater Tots, Dill Pickles, Peaches</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> ♦ "Loving Red" Detective ♦ Paper Plate Exercise <p>All About Bees 🐝</p>  <p><i>Cajun Chicken Pasta w/Peppers & Onions, Garlic Toast, Pineapple</i></p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> ♦ "Name That Tune" Trivia ♦ Chair Zumba ♦ Winter Bingo  <p><i>Vegetable Beef Soup, Mixed Greens, Bread Stick, Mixed Fruit</i></p>	
<p><i>7 Monday</i></p> <ul style="list-style-type: none"> ♦ "Can You Find The Hearts?" Scavenger Hunt ♦ LEC Cornhole ♦ Painting By Numbers ♪♪ "Name That Musician" Black History Edition <p><i>Fettucine Alfredo w/Chicken & Broccoli, Caesar Salad, Roll, Mixed Fruit</i></p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> ♦ "Logical" Date Night Game ♦ "Hot Shot" Exercise ♦ Reminiscing About Snow Days <p><i>Pulled Pork Sandwich, Coleslaw, Baked Chips, Oranges</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Making Red Velvet Truffles ♦ "Posture Pleasers" Exercise ♦ "Think Pink" Trivia Game <p>Making Flower Arrangements 🌸</p> <p><i>Spaghetti w/Meat Sauce, Garden Salad, Mixed Fruit</i></p>	<p><i>10 Thursday</i></p> <p>LEC WACKY WEDDING!</p>  <p><i>Meatloaf, Boiled Potatoes, Peas, Roll, Peaches</i></p>	<p><i>11 Friday</i></p> <p>Super Bowl Party</p> <p>Wear Your Favorite Team Colors!</p> <p><i>Chicken & Dumplings, Green Beans, Roll, Pears</i></p>
<p><i>14 Monday</i></p> <p>LEC Valentine "Paint the town Red Party!"</p> <p>Wear Your Red!</p> <p><i>Italian White Bean Soup, Garden Salad, Roll, Applesauce</i></p>	<p><i>15 Tuesday</i></p> <ul style="list-style-type: none"> ♦ "Who Am I?" Football Player Edition ♦ "Walk Across America" Exercise ♦ Let's Play "Queen Of Hearts" <p><i>Chicken Tenders, Macaroni & Cheese, Broccoli, Oranges</i></p>	<p><i>16 Wednesday</i></p> <ul style="list-style-type: none"> ♦ The "Hat Game" ♦ Seated Kickball ♦ "Question Ball" Exercise ♪♪ Remebering Elvis  <p><i>Hamburger Goulash, Caesar Salad, Garlic Bread, Pears</i></p>	<p><i>17 Thursday</i></p> <ul style="list-style-type: none"> ♦ Happy Birthday Michael Jordan ♦ "Imagination" Jog ♦ LEC Charades <p>LEC Monthly Birthday Party</p> <p><i>Cabbage, Pintos, Cornbread, Mixed Fruit</i></p>	<p><i>18 Friday</i></p> <ul style="list-style-type: none"> ♦ "Pictionary Plus" ♦ LEC Cake Walk ♦ Wine & Cheese Party <p>All About Winter Gardens 🌸</p>  <p><i>Grilled Cheese Sandwich, Tomato Basil Soup, Peaches</i></p>
<p> <i>21 Monday</i></p> <ul style="list-style-type: none"> ♦ Star Of The Day: Dr. Martin Luther King, Jr. ♦ Paper Plate Exercise ♦ Facts & History Of Dr. Martin Luther King, Jr. <p><i>Cheese Ravioli w/Meat Sauce, Garden Salad, Garlic Bread, Mixed Fruit</i></p>	<p> <i>22 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Star Of The Day: Harriet Tubman ♦ LEC Zumba ♦ History Of The Underground Railroad <p><i>Baked Ham, Sweet Potato Casserole, Black Eyed Peas, Pears</i></p>	<p> <i>23 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Star Of The Day: Maya Angelou ♦ Chair Yoga ♦ Sharing The Works Of Maya Angelou <p><i>Fish Sandwich, Tater Tots, Green Beans, Pineapple</i></p>	<p> <i>24 Thursday</i></p> <ul style="list-style-type: none"> ♦ Star Of The Day: Rosa Parks ♦ Balloon Volley ♦ Facts & History Of Rosa Parks <p><i>Lisa's Famous Chili, Coleslaw, Cornbread, Applesauce</i></p>	<p> <i>25 Friday</i></p> <ul style="list-style-type: none"> ♦ Star Of The Day: Malcom "X" ♦ Tai Chi ♦ Facts & History Of Malcom "X" <p><i>Clam Chowder, Spinach Salad, Saltine Crackers, Mixed Fruit</i></p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> ♦ LEC Sing-a-Long ♦ How To Make Homemade Butter ♦ Participant Council Meeting <p><i>Chicken Enchiladas, Black Beans, Lettuce & Sour Cream, Oranges</i></p>	<div style="text-align: center;">  <p>BLACK HISTORY MONTH</p> <p>Dates To Remeber:</p> <p>February 10 - LEC Wacky Wedding</p> <p>February 11 - Wear Your Team Colors</p> <p>February 14 - LEC Valentine Celebration</p> <p>Wear Your Red!</p> </div>			

In Honor...

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

Les Dixon

*by
Cleveland County Extension
& Community Association*

Hal Falls

*by
Becky Scism*

Lisa Kay Williams

*by
Kenneth & Catherine Williams*

Suzi Kennedy

*by
Bill & Nancy McCullough*

Friends:

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

Christine Hinson

**Shelby Presbyterian Church
Dorothy Edwards Sunday School
Class -Boiling Springs Baptist
Church**

David L. Wray

**Frank & Barbara Hannah
Tryon Equestrian Center
Shelby Amateur Radio Club
Welcome Wagon Club of
Cleveland County**

Dover Foundation Inc.

Don & Marianne Miller

Karla Pursley

Daniel & Jessica Talbert

Brinkley Family Foundation

Donna Beringer

Teresa Addington & Family

In Memory:

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

Elaine Yeager

*by
Mr. & Mrs. Mark Smirz
Jim & Audrey Swayney
Dr. & Mrs. Richard K.-Hughlett
Charitable Fund*

Louise "Wheezy" Glover

*by
Ramona Holloway*

David Hinson

*by
Christine Hinson*

Michelle Wright

*by
Judy Scism*

Earnest Wilson

*by
Leshia Watkins*

Lester & Wanda Propst

*by
Allan & Tricia Propst*



Participant Cindy says thank you!

Thank You!

Julia Smith- Bingo Supplies
Connie Willis- Cook Books/Magazines
Dottie Parker- Bingo Prizes, Decorations
Mr. & Mrs. Don Honeycutt- Magazines
Gay Jolly- Magazines
Jessi Ogburn- Bingo Prizes
Travis Mangum- Sweet Potatoes
Pete Louizos- Food Products
Teresa Addington- Construction Paper
Norma Blanton- Christmas Cards
Barbara Hannah- Magazines, Craft Supplies
Joyce Killian- Snacks
Ruby Hughes- Christmas Trees
Cathy Cowan-Christmas Trees
Betty Jane Smith-Christmas Trees
Lottie Sanders-Sweet Treats
Pam & Earnest Merritt-Banana Pudding
Matt Inverso-Poinsettas
Florence Eury-Office Supplies
Katrena Winebarger-Person Care Items
Emily Nishiyama &
UNCC Nursing Students-Christmas Care Packages

Florence Eury- Storage Containers
Katrena Winebarger- Bingo Prizes
Jennifer McSwain- Magazines
Trudy Martin- Greeting Cards
Bank OZK- Gourmet Coffee Sampler
Gloria Huffman- Hand Sanitizer
Kenton Schleimer- Gloves
John Dettlebach- Card Games
Tommy Dover- Puzzles
Annie Littlejohn & Family- Misc. Items
Debbie Ledford- Personal Care Items
Grow Ministry (First Baptist Church of Kings Mountain)- Cards & Prayer Cloths
Sam & Debbie Lail-Misc Items, Gift Card
Kim Parsley-Gift Card
Dianne Thackerson & Family-Personal Care Items
Sara & Stan Renner-Christmas Ornaments
Wayne & Drissia Wright-Personal Care Items
Ruby McHenry-Art Supplies



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 _____

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

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Important Announcements:

Announcements of closings/delays due to bad weather will be made on LEC's Facebook page, WBTV television, and through the "One Call Now" service. Should it be necessary to close early, caregivers will be notified by telephone.

Please Remember To Label All Coats, Jackets, And Sweaters!!

In Honor...

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

- | | | |
|--------------------------------------|----------------------------|-----------------------------------|
| Mr. and Mrs. Frank Beam | Mrs. Loyd B. Smith, Sr. | Mr. and Mrs. Will Rucker |
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| Mrs. Vincent Carpenter | Mr. and Mrs. Kip Smith | Mr. and Mrs. David Schweppe |
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| Mr. and Mrs. Lance Ware | Mr. Charles W. Wray, Jr. | Mr. and Mrs. David Royster |
| Reece, Stockton, and Presley Laryssa | | |

by Vance & Nathalie Suttle

