

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

September 2024

Looking For Ways To Keep Mom Active?



**Bring Her To
Life Enrichment
Center!**

Studies have shown that socialization seems to slow the progress of cognitive impairment.

Mental & physical stimulation all day long, may be what she needs.

Call Today!

Adult Day Program

(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.

An Active Brain, Is a Happy Brain!

Along with daily physical exercise, Life Enrichment offers a variety of meaningful programs to engage the brain, keep the mind focused, and have fun at the same time!



(Above) Good friends, Doris & Lib make beautiful collages.



(Above) Staff member Ashanti moves a game piece as Brian counts the number of spaces.



(Left) Participant Vangie picks the page she plans to color as Stevie builds and paints a birdhouse.

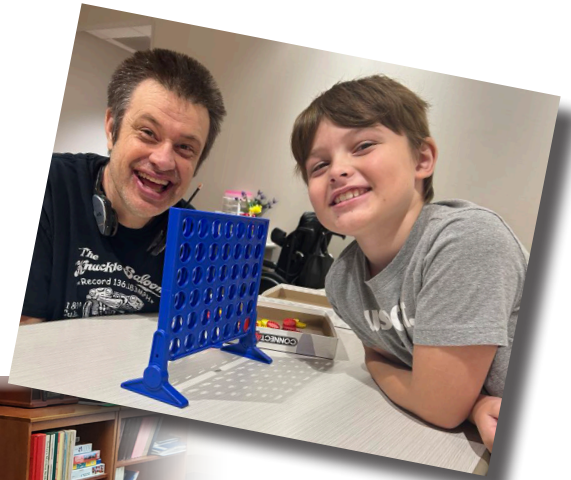


No matter your age, keeping your mind stimulated and your body active can help reduce and improve cognitive impairment.



Monopoly is among the favorites at LEC.

Board games, puzzles, reading, and trivia are great ways to exercise the brain.



(Above) Volunteer Cooper challenges participant Jamie in "Connect Four".



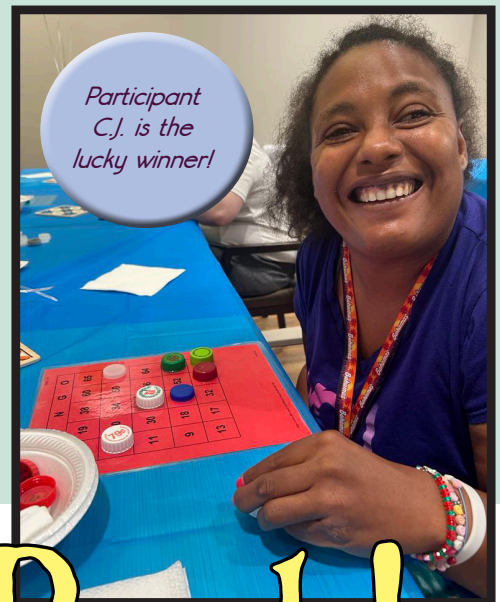
Ladies Game of "Operation" with Volunteer Kyndall.



(Left) Jane finds pictures for a magazine scavenger hunt.



Birthdays are a time for celebration. Volunteers from Albemarle Kings Mountain hosted the LEC Monthly Party along with a game of Bingo!! Thanks for making this a great day!



You Guys Rock!

September

Shelby Activity Highlights



<p>2 Monday</p> 	<p>3 Tuesday</p> <ul style="list-style-type: none"> ◆ LEC Table Games ◆ Tai Chi ◆ "Would You Rather?" Labor Day Edition <p><i>Baked Ham-Macaroni & Cheese-Green Beans-Roll-Fruit Cocktail</i></p>	<p>4 Wednesday</p>  <ul style="list-style-type: none"> ◆ Health Topic: Healthy Food Choices ◆ Lower Body Exercise <p><i>Beef/Taco Pie-Lettuce/Tomato-Pineapple</i></p>	<p>5 Thursday</p> <ul style="list-style-type: none"> ◆ Football Kickoff Day! ◆ Chair Yoga ◆ Football Trivia  <p><i>Tuna Salad Sandwich-Baked Fries-Tomato Slices-Peaches</i></p>	<p>6 Friday</p> <ul style="list-style-type: none"> ◆ Making Cards For Grandparents Day ◆ Upper Body Exercise ◆ Fall Crafts With Azela Hanif <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Mixed Fruit</i></p>
<p>9 Monday</p> <ul style="list-style-type: none"> ◆ Getting Creative With Fall Leaves ◆ Coffee & Conversation: "Events Of 9-11" ◆ "Simon Says" Exercise  <p><i>Meatloaf-Scalloped Potatoes-Lima Beans-Roll</i></p>	<p>10 Tuesday</p> <ul style="list-style-type: none"> ◆ Music With Tom Wood & Friends ◆ LEC Walking Club ◆ Classical Favorites With Eddie Cook  <p><i>Spaghetti-Garden Salad-Garlic Bread-Mandarin Oranges</i></p>	<p>11 Wednesday</p> <ul style="list-style-type: none"> ◆ LEC Price Is Right ◆ Chair Zumba ◆ Devotion With Blessed Coverings  <p><i>Hamburger Steak-Potatoes-Green Beans-Peaches</i></p>	<p>12 Thursday</p> <ul style="list-style-type: none"> ◆ "Name That TV Show" Trivia ◆ How To Plant A Fall Garden ◆ Paper Plate Exercise  <p><i>Caesar Salad w/Pasta-Baked Chicken-Bread Stick-Fruit Cocktail</i></p>	<p>13 Friday</p> <ul style="list-style-type: none"> ◆ History Of "Friday The 13th" ◆ "Moving & Grooving" Parade ◆ Carolyn Bridges Makes Homemade Yeast Rolls <p><i>Turkey Sub Sandwich w/Cheese-Tater Tots-Mixed fruit</i></p>
<p>16 Monday</p> <ul style="list-style-type: none"> ◆ Participant Council Meeting ◆ "Red Light, Green Light" Exercise ◆ Junk Drawer Detective <p><i>Chicken & Spinach Linguine w/Cream Sauce Garlic Bread-Peaches</i></p>	<p>17 Tuesday</p> <ul style="list-style-type: none"> ◆ "Then Vs. Now" Reminiscing Game ◆ Parachute Exercise <p>Health Fair</p>  <p><i>Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges</i></p>	<p>18 Wednesday</p> <ul style="list-style-type: none"> ◆ Music With Martha Fortenbury & Friends ◆ LEC Monthly Birthday Party ◆ LEC Walking Club <p><i>Cheeseburger w/Lettuce, Tomato, & Onion, Baked Fries, Pineapple</i></p>	<p>19 Thursday</p> <p><i>Spa Day</i></p>  <ul style="list-style-type: none"> ◆ Gentle Stretching Exercise <p><i>Chicken Tenders-Garden Salad-Garlic Bread-Pears</i></p>	<p>20 Friday</p> <ul style="list-style-type: none"> ◆ World Alzheimer's Day Wear Your Purple! ◆ Musical Chairs Exercise ◆ LEC Bowling  <p><i>Sloppy Joes-Baked Beans-Tater Tots-Applesauce</i></p>
<p>23 Monday</p>  <ul style="list-style-type: none"> ◆ Musical Chairs Exercise <p><i>Fish Sandwich-Macaroni & Cheese-Broccoli-Mixed Fruit</i></p>	<p>24 Tuesday</p> <ul style="list-style-type: none"> ◆ "Tone It Up" Tuesday ◆ Music With The McCurry Band & Friends  <p><i>Lasagna-Garden Salad-Bread Stick-Peaches</i></p>	<p>25 Wednesday</p> <ul style="list-style-type: none"> ◆ Happy Birthday Will Smith ◆ Chair Yoga ◆ Fall Scavenger Hunt  <p><i>Baked Ham-Black Eyed Peas-Spinach-Pineapple</i></p>	<p>26 Thursday</p> <ul style="list-style-type: none"> ◆ Devotion With Bible Gospel Baptist Church ◆ Connie Allen Makes Jewelry ◆ "Hot Potato" Exercise  <p><i>Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Fruit Cocktail</i></p>	<p>27 Friday</p> <ul style="list-style-type: none"> ◆ National Milk Chocolate Day ◆ Lower Body Exercise ◆ Fall Crafts With Gemma, Miya, & Mason  <p><i>Pot Roast-Potatoes-Carrots-Roll-Pears</i></p>
<p>30 Monday</p> <ul style="list-style-type: none"> ◆ Making Fall Collages ◆ Word Search Puzzles ◆ Football Toss Exercise  <p><i>Chili Beans-Cornbread-Coleslaw-Mandarin Oranges</i></p>	<div style="display: flex; align-items: center; justify-content: space-between;"> <div data-bbox="454 1669 820 1879" style="border: 2px solid red; padding: 10px; text-align: center;"> <p>We will be</p> <p>CLOSED</p> <p><i>Labor Day</i></p> </div> <div data-bbox="852 1690 1096 1900" style="text-align: center;">  </div> <div data-bbox="1088 1701 1583 1879" style="text-align: right;"> <p>Wear Purple For</p> <p>ALZHEIMER'S Awareness!</p> <p>Friday, September 20</p> </div> </div> <p style="text-align: center; margin-top: 10px;">Monday, September 02</p>			

September

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



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

<p>2 Monday</p>  <p>CLOSED</p>	<p>3 Tuesday</p> <ul style="list-style-type: none"> ◆ Concentration Puzzles ◆ Brain Health Exercise Video ◆ Let's Make Nature Crowns  <p><i>Baked Ham-Macaroni & Cheese-Green Beans-Roll-Fruit Cocktail</i></p>	<p>4 Wednesday</p> <ul style="list-style-type: none"> ◆ Creative Writing: Fall Poems ◆ Scarf Exercise ◆ Looking At The Cross Ministry  <p><i>Beef Taco Pie-Lettuce/Tomato-Pineapple</i></p>	<p>5 Thursday</p> <ul style="list-style-type: none"> ◆ Celebrating Hispanic Heritage ◆ Paper Plate Exercise ◆ Making Homemade Tortillas With Sandra <p><i>Tuna Salad Sandwich-Baked Fries-Tomato Slices-Peaches</i></p>	<p>6 Friday</p> <ul style="list-style-type: none"> ◆ LEC Christmas Play Practice ◆ Chair Zumba ◆ Manicures With Kim Peeler  <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Mixed Fruit</i></p>
<p>9 Monday</p> <ul style="list-style-type: none"> ◆ Wacky Word Games ◆ Balloon Volley ◆ "One Hit Wonders" Music Trivia  <p><i>Meatloaf-Scalloped Potatoes-Lima Beans-Roll</i></p>	<p>10 Tuesday</p> <ul style="list-style-type: none"> ◆ Making A Mini Greenhouse ◆ Balance And Toning Workout ◆ Making Mosaic Art With Seeds <p>Health Fair</p> <p><i>Spaghetti-Garden Salad-Garlic Bread-Mandarin Oranges</i></p>	<p>11 Wednesday</p> <ul style="list-style-type: none"> ◆ Participant Council Meeting ◆ Polka Exercise ◆ Garden Art: Painting With Celery  <p><i>Hamburger Steak-Potatoes-Green Beans-Peaches</i></p>	<p>12 Thursday</p> <ul style="list-style-type: none"> ◆ Making Clothes Pin Planters ◆ Relay Race Exercise  <p><i>Caesar Salad w/Pasta-Baked Chicken-Bread Stick-Fruit Cocktail</i></p>	<p>13 Friday</p> <ul style="list-style-type: none"> ◆ LEC Christmas Play Practice ◆ Balancing Exercises ◆ Spa Day  <p><i>Turkey Sub Sandwich w/Cheese-Tater Tots-Mixed fruit</i></p>
<p>16 Monday</p> <ul style="list-style-type: none"> ◆ Let's Travel To Mexico ◆ Tai Chi ◆ "Name That Instrument"  <p><i>Chicken & Spinach Linguine w/Cream Sauce-Garlic Bread-Peaches</i></p>	<p>17 Tuesday</p> <ul style="list-style-type: none"> ◆ Arts & Crafts: Making Table Placement Cards ◆ "Walk Across America" Exercise ◆ Baking With Davicon <p><i>Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges</i></p>	<p>18 Wednesday</p> <ul style="list-style-type: none"> ◆ Motorcycle Madness With Gary & Friends ◆ "Octogon" Exercise ◆ Looking At The Cross Ministry <p>Health Fair</p> <p><i>Cheeseburger w/Lettuce, Tomato, & Onion, Baked Fries, Pineapple</i></p>	<p>19 Thursday</p> <ul style="list-style-type: none"> ◆ Game Time With Charity ◆ Devotion With Mill & Friends ◆ Health Talk: Weight & Blood Pressure ◆ Chair Yoga <p><i>Chicken Tenders-Garden Salad-Garlic Bread-Pears</i></p>	<p>20 Friday</p> <ul style="list-style-type: none"> ◆ Morning Stretch Exercise ◆ Baking Cookies With Lexy Moore ◆ World Alzheimer's Day: Wear Purple  <p><i>Sloppy Joes-Baked Beans-Tater Tots-Applesauce</i></p>
<p>23 Monday</p> <p>◆ LEC Fair Week!</p> <ul style="list-style-type: none"> ◆ Fair Games: Soda Ring Toss, Fish Bowl Ping Pong ◆ Indoor Volleyball <p><i>Fish Sandwich-Macaroni & Cheese-Broccoli-Mixed Fruit</i></p>	<p>24 Tuesday</p> <ul style="list-style-type: none"> ◆ Fair Games: Balloon Pop & Bowling Pin Knock Down ◆ Making Acorn Charms ◆ Chair Zuuba ◆ "Hook A Book" Detective <p><i>Lasagna-Garden Salad-Bread Stick-Peaches</i></p>	<p>25 Wednesday</p> <ul style="list-style-type: none"> ◆ Fair Game: Match The Rubber Ducky ◆ LEC Cake Walk ◆ Making Homemade Vinegar Fries ◆ "Hot Potato" Exercise <p><i>Baked Ham-Black Eyed Peas-Spinach-Pineapple</i></p>	<p>26 Thursday</p> <ul style="list-style-type: none"> ◆ Grandparents Day Detective ◆ Bingo Bonanza ◆ Upper Body Exercise <p>Health Fair</p> <p><i>Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Fruit Cocktail</i></p>	<p>27 Friday</p> <ul style="list-style-type: none"> ◆ Back To School Bash: 80's Edition ◆ Making Indoor Smores With Candie, Nora, & Natalie <p>80's Dance Party: Wear Your Favorite 80's Outfit</p> <p><i>Pot Roast-Potatoes-Carrots-Roll-Pears</i></p>
<p>30 Monday</p> <ul style="list-style-type: none"> ◆ LEC Christmas Play Practice ◆ Monthly Birthday Party: Tailgate Style ◆ Range Of Motion Exercise <p><i>Chili Beans-Combread-Coleslaw-Mandarin Oranges</i></p>				

Dates To Remember
In September:

Monday, 02- Labor Day (CLOSED)

Friday, 20- Wear Your Purple

Monday-Friday, 23-27, LEC FAIR WEEK!

Want to make a difference? We LOVE Volunteers!

Visiting Life Enrichment is a great way to help participants stay active in the community. If you would like to make someone's day extra special, call to schedule a program today!!

Music with the Golden Chorus



(Left) Participant Matthew enjoys an RC Cola & Moon Pie with volunteers Kai & Brycelyn.

A performance by Dance Magic.

Puppet Ministry with Grateful Hearts





Linda Goforth- Magazines
 Kellie Smith- Craft Supplies
 Jacki Henry- Personal Care Items
 Erika Green- Bingo Prizes
 Shellman Bluff Baptist Church-
 Coloring Books/Crayons

Mt. Zion Baptist Church- Gift Basket
 Connie Savell- Magazines/Greeting Cards
 ECA Members- Magazines/Greeting Cards
 Walter Riker- Yarn
 Barbara Wright- Place Mats
 Katrena Winebarger- Misc. Items
 Shirley Brutko- Misc. Items
 Beth Gilstrap- Misc. Items



Participant Sue enjoys a donation of fresh cut flowers given by volunteers.

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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Tonya Arrington
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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.

In Memory:

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

Clare S. Turner
by

Lil & Don Lanier
William & Sybil Baker
Ann Reed

Randy Bratton
Edward & Anne McMenamin
Jack & Becky Stokes
JoAnne White & Family
Marilyn McGill
Anne Stowe

Bettie Ann Godfrey
Bill Rountree

by
Emily Rountree

Louise McSwain
by

Ksenia Richards
Gordon & Sherry Wright

Tim Echols
by

Lynn Echols

Octravious Bess
by
Judy Scism

Chris Melton
by

Judy Scism
John & Suzi Kennedy

Friends:

The following has given a gift to Life Enrichment Center:

David Wray



“

I KNOW OUR SCHEDULES ARE UNIQUE TO HOW YOU NORMALLY DO THINGS. SO, WE CAN'T TELL YOU ENOUGH HOW MUCH WE APPRECIATE YOU WORKING WITH US. THANK YOU!!!

YOU, THE STAFF AND WHOLE ORGANIZATION ARE A BLESSING TO US AND ESPECIALLY MOM!

”



A designated national model among adult day cares across the country.

