



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

November 2021

Participant John served 4 years in the United States Air Force.

Are You Caring For A Veteran?



Life Enrichment salutes our veterans for their service by providing quality healthcare, continued therapies, and stimulating programs.

Shelby 704.484.0405 Kings Mountain 704.739.4858

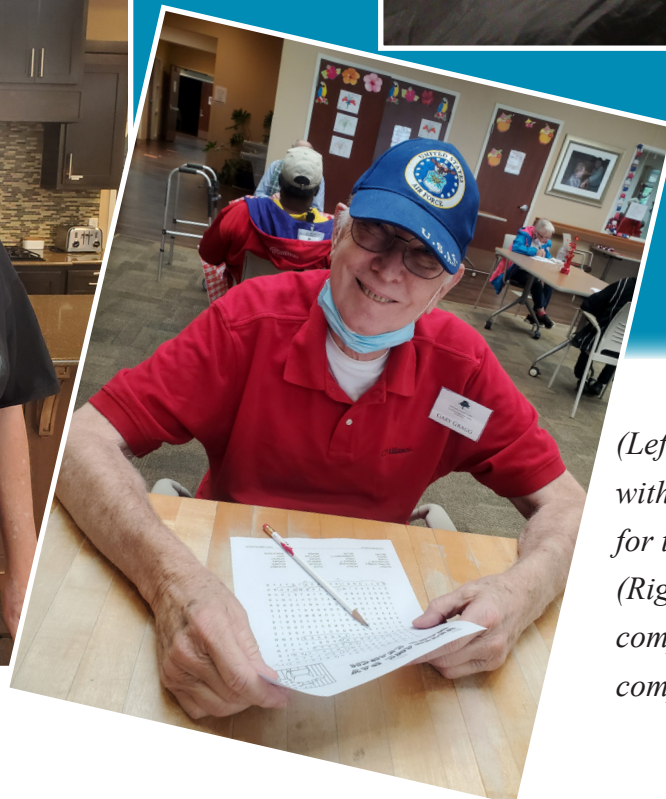
*For 41 years doing "Whatever It Takes" to help families keep adult loved ones at home and in the community.
Life Enrichment Center is designated a national model among adult day cares across the country.*

Every day is Veterans Day at Life Enrichment!

LEC Adult Day Care provides veterans opportunities to socialize with other veterans. Other benefits include meaningful activities, personal care, nutritious meals, and top notch healthcare.

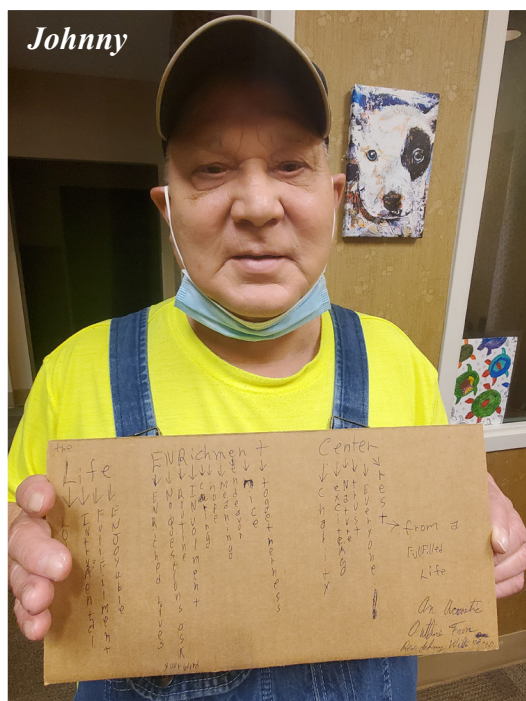


(Left) Veteran Thom paints decorations for LEC's Fall Week. (Right) Veteran Carl visits the LEC barber shop for a nice shave given by staff member, Chad Roseboro, Sr.

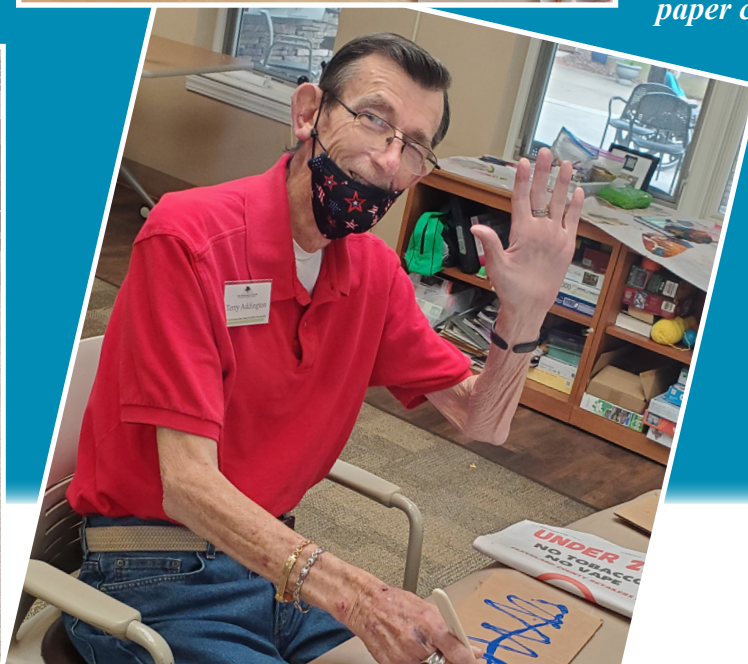
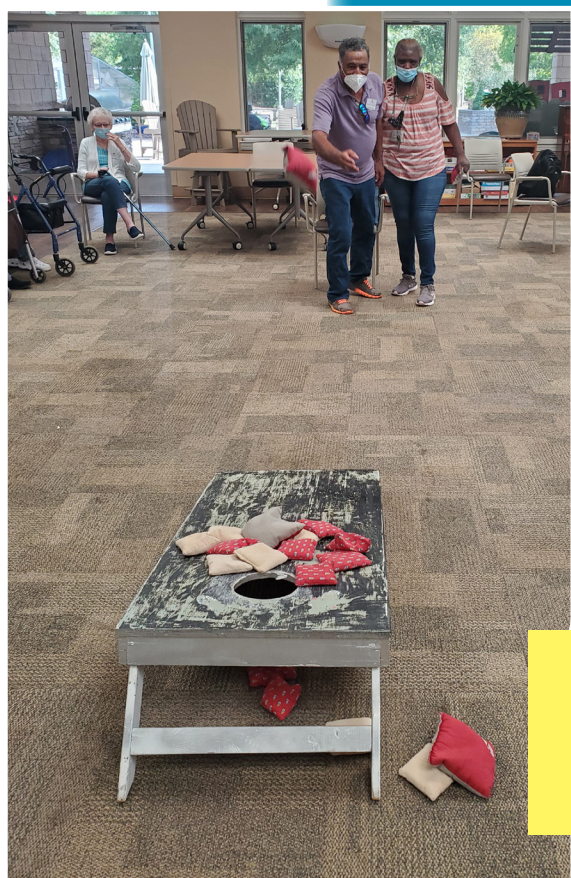


(Left) Veteran Mike helps with flower arrangements for the dining room tables. (Right) Veteran Gary competes in a word search competition.

Loving, togetherness, involvement, and fulfillment are just a few words given by Army veteran Johnny when asked, "What does Life Enrichment Center mean to you?"



Participant Mike works every day to build his strength at LEC. Here, he and staff member Keairah, use a hand over hand motion while painting paper cups.



(Left) Participant Bennie & staff member Darlene enjoy a game of cornhole. (Above) Participant Terry says, "Hello!" while working on a hand made game for LEC Fall Week.

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

November

Shelby Activity Highlights

<p><i>1 Monday</i></p> <ul style="list-style-type: none"> ♦Canvas Painting Craft ♦All Saints Day ♦Making Masks For "Day Of The Dead" <p>Horticultural Therapy with Debra</p> <p><i>Pinto Beans-Onions-Cabbage-Combread-Pineapple</i></p>	<p><i>2 Tuesday</i></p> <ul style="list-style-type: none"> ♦LEC Election ♦All About Sesame Street "Cookie Monster's Birthday" ♦Christmas Play Practice <p>Horticultural Therapy with Debra</p> <p><i>Egg Salad Sandwich-Baked Chips-Pickled Beets-Mandarin Oranges</i></p>	<p><i>3 Wednesday</i></p> <p>HealthFair</p> <p>Music Therapy with Hannah</p> <p><i>Chicken Taco Casserole-Lettuce & Sour Cream-Applesauce</i></p>	<p><i>4 Thursday</i></p> <ul style="list-style-type: none"> ♦Men's Cooking Group ♦All About Jane Goodall ♦How To Make Homemade Candy <p>Music Therapy with Hannah</p> <p><i>Baked Ham-Scalloped Potatoes-Black Eyed-Wheat Roll-Peaches</i></p>	<p><i>5 Friday</i></p> <ul style="list-style-type: none"> ♦LEC Kindness "Car Wash" ♦Board Game Fun ♦"Name That Food" Blind Taste Test <p>Horticultural Therapy with Debra</p> <p><i>Chili-Combread-Coleslaw-Pears</i></p>
<p><i>8 Monday</i></p> <ul style="list-style-type: none"> ♦Let's Learn The Waltz ♦Writing Letters To Our Kings Mountain Pen Pals <p></p> <p><i>Meatloaf-Macaroni & Cheese-Green Beans-Mixed Fruit</i></p>	<p><i>9 Tuesday</i></p> <ul style="list-style-type: none"> ♦Tom Wood & Friends Via Zoom ♦Christmas Play Rehearsal <p>Cooking With LEC on Facebook LIVE</p> <p>Music Therapy with Hannah</p> <p><i>Chicken & Vegetable Pasta-Garden Salad-Garlic Bread-Pineapple</i></p>	<p><i>10 Wednesday</i></p> <ul style="list-style-type: none"> ♦Happy Birthday United States Marine Corps ♦Do You Remember The Operator? ♦Sesame Street Anniversary <p>Horticultural Therapy with Debra</p> <p><i>Pot Roast-Mashed Potatoes-Roasted Carrots-Wheat Roll-Pears</i></p>	<p><i>11 Thursday</i></p> <p>Honoring Our LEC Veterans!</p> <p></p> <p><i>Baked Salmon-Caesar Salad-Garlic Bread-Peaches</i></p>	<p><i>12 Friday</i></p> <ul style="list-style-type: none"> ♦Happy Birthday Sammy Sosa ♦Making "Mocktails" ♦Baseball Trivia <p></p> <p>Music Therapy with Hannah</p> <p><i>Grilled Chicken-Baked Potato-Broccoli-Mandarin Oranges</i></p>
<p><i>15 Monday</i></p> <ul style="list-style-type: none"> ♦Participant Council Meeting ♦"Where In The World?" <p>Geography Lesson</p> <p>LEC Monthly Birthday Party</p> <p>Horticultural Therapy with Debra</p> <p><i>Lasagna-Garden Salad-Garlic Toast-Applesauce</i></p>	<p><i>16 Tuesday</i></p> <ul style="list-style-type: none"> ♦What's Your Favorite Restaurant? ♦Dutch American Heritage Day <p>Cooking With LEC on Facebook LIVE</p> <p>Horticultural Therapy with Debra</p> <p><i>Beef Stew w/Vegetables-Biscuit-Mixed Fruit</i></p>	<p><i>17 Wednesday</i></p> <p>HealthFair</p> <p>Music Therapy with Hannah</p> <p><i>Turkey Pot Pie-Spinach Salad-Wheat Roll-Mandarin Oranges</i></p>	<p><i>18 Thursday</i></p> <ul style="list-style-type: none"> ♦"Glue It Up" Art Projects ♦Happy Birthday Mickey Mouse ♦Q & A With The LEC Staff <p>Music Therapy with Hannah</p> <p><i>Chicken Tenders-Mashed Potatoes-Peas-Peaches</i></p>	<p><i>19 Friday</i></p> <ul style="list-style-type: none"> ♦Full Moon Day ♦The Day The Cold War Ended ♦Happy Birthday Calvin Klein <p>Horticultural Therapy with Debra</p> <p><i>Pork Tenderloin-Roasted Cabbage-Black Eyed Peas-Pineapple</i></p>
<p><i>22 Monday</i></p> <ul style="list-style-type: none"> ♦Celebrating Ella Fitzgerald ♦Who Can Tell The Best Jokes? ♦Sharing Cook Book <p>Recipe Ideas</p> <p></p> <p><i>Hamburger Steak w/ Gravy-Boiled Potatoes-Lima Beans-Pears</i></p>	<p><i>23 Tuesday</i></p> <ul style="list-style-type: none"> ♦What's Your Thanksgiving Tradition? ♦Christmas Play Rehearsal <p>Cooking With LEC on Facebook LIVE</p> <p>Music Therapy with Hannah</p> <p><i>Grilled Cheese Sandwich-Tomato Soup-Peaches</i></p>	<p><i>24 Wednesday</i></p> <ul style="list-style-type: none"> ♦Word Puzzle Wednesday ♦How To Make Pumpkin Pies ♦Christmas Play Rehearsal <p></p> <p>Horticultural Therapy with Debra</p> <p><i>LEC Annual Thanksgiving Feast!</i></p>	<p><i>25 Thursday</i></p> <p>CLOSED</p>	<p><i>26 Friday</i></p> <p>CLOSED</p>
<p><i>29 Monday</i></p> <ul style="list-style-type: none"> ♦Good Morning Square Dance ♦LEC Fashion Show ♦How To Make Apple Cider <p>Horticultural Therapy with Debra</p> <p><i>Fish Sandwich-Coleslaw-French Fries-Applesauce</i></p>	<p><i>30 Tuesday</i></p> <ul style="list-style-type: none"> ♦Vegetable Canning 101 <p>Cooking With LEC on Facebook LIVE</p> <p>Horticultural Therapy with Debra</p> <p><i>Spaghetti w/ Meat Sauce-Garden Salad-Garlic Bread Stick</i></p>	<p><i>Happy Thanksgiving from our family to yours!</i></p> <p></p>		

November

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

Neisler Center

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

<p>1 Monday</p> <ul style="list-style-type: none"> ♦Day Of The Dead History ♦Plastic Plate Exercise ♦LEC Arts & Crafts <p>Health Fair</p> <p><i>Pinto Beans-Onions-Cabbage-Cornbread Pineapple</i></p>	<p>2 Tuesday</p> <ul style="list-style-type: none"> ♦Participant Council Meeting ♦LEC Box Hockey ♦Making Fall Leaf Handprints  <p>Music Therapy with Hannah</p> <p><i>Egg Salad Sandwich-Baked Chips-Pickled Beets-Mandarin Oranges</i></p>	<p>3 Wednesday</p> <ul style="list-style-type: none"> ♦Autumn Q-tip Painting ♦Chair Zumba ♦Fall Mason Jar Craft <p>Spa day</p> <p><i>Chicken Taco Casserole-Lettuce & Sour Cream-Applesauce</i></p>	<p>4 Thursday</p> <ul style="list-style-type: none"> ♦Making Fall Flower Arrangements ♦LEC Cornhole ♦Chair Yoga ♦Making Paper Plate Turkeys <p><i>Baked Ham-Scalloped Potatoes-Black Eyed-Wheat Roll-Peaches</i></p>	<p>5 Friday</p> <ul style="list-style-type: none"> ♦History Of Monopoly ♦"Boardwalk" Exercise ♦How Well Do You Know Monopoly? <p>Football Friday</p> <p>Music Therapy with Hannah</p> <p><i>Chili-Cornbread-Coleslaw-Pears</i></p>
<p>8 Monday</p> <ul style="list-style-type: none"> ♦History Of Sadie Hawkins Day ♦American Folk Exercise ♦Sadie Hawkins Party  <p><i>Meatloaf-Macaroni & Cheese-Green Beans-Mixed Fruit</i></p>	<p>9 Tuesday</p> <ul style="list-style-type: none"> ♦Picture Puzzles ♦LEC Relay Races ♦Making An "I Am Thankful" Tree <p>Health Fair</p> <p><i>Chicken & Vegetable Pasta-Garden Salad-Garlic Bread-Pineapple</i></p>	<p>10 Wednesday</p> <ul style="list-style-type: none"> ♦Happy Anniversary Sesame Street ♦Musical Instrument Exercise ♦Creative Rock Painting  <p>Music Therapy with Hannah</p> <p><i>Pot Roast-Mashed Potatoes-Roasted Carrots-Wheat Roll-Pears</i></p>	<p>11 Thursday</p> <p>Honoring Our LEC Veterans!</p>  <p><i>Baked Salmon-Caesar Salad-Garlic Bread-Peaches</i></p>	<p>12 Friday</p> <ul style="list-style-type: none"> ♦LEC Flag Football ♦Making Pinecone Turkeys <p>Football Friday</p> <p>Horticultural Therapy with Debra</p> <p><i>Grilled Chicken-Baked Potato-Broccoli-Mandarin Oranges</i></p>
<p>15 Monday</p> <ul style="list-style-type: none"> ♦Creative Writing Contest ♦Balloon Volley ♦"Brain Games"  <p><i>Lasagna-Garden Salad-Garlic Toast-Applesauce</i></p>	<p>16 Tuesday</p> <ul style="list-style-type: none"> ♦"Timeslips" Reminiscing ♦Disco Chair Exercise ♦Let's Play The Name Game <p>!?</p> <p>Music Therapy with Hannah</p> <p><i>Beef Stew w/Vegetables-Biscuit-Mixed Fruit</i></p>	<p>17 Wednesday</p> <ul style="list-style-type: none"> ♦Farming Reminiscing ♦Tai Chi <p>Health Fair</p> <p>Horticultural Therapy with Debra</p> <p><i>Turkey Pot Pie-Spinach Salad-Wheat Roll-Mandarin Oranges</i></p>	<p>18 Thursday</p> <ul style="list-style-type: none"> ♦Happy Birthday Mickey Mouse ♦History Of Walt Disney ♦Parachute Fun <p>LEC Monthly Birthday Party</p> <p>Horticultural Therapy with Debra</p> <p><i>Chicken Tenders-Mashed Potatoes-Peas-Peaches</i></p>	<p>19 Friday</p> <ul style="list-style-type: none"> ♦Pajama Fashion Show ♦Pajama Dance Party ♦Football Friday <p>Pajama Day!</p> <p><i>Pork Tenderloin-Roasted Cabbage-Black Eyed Peas-Pineapple</i></p>
<p>22 Monday</p> <ul style="list-style-type: none"> ♦Current Events Morning Discussion ♦"Hungry Hungry Hippo" Exercise <p>Horticultural Therapy with Debra</p> <p><i>Hamburger Steak w/Gravy-Boiled Potatoes-Lima Beans-Pears</i></p>	<p>23 Tuesday</p> <ul style="list-style-type: none"> ♦Magazine Scavenger Hunt ♦Balloon Kick Ball <p>LEC Talent Show</p> <p>Horticultural Therapy with Debra</p> <p><i>Grilled Cheese Sandwich-Tomato Soup-Peaches</i></p>	<p>24 Wednesday</p> <p>HAY-DAY Festival!</p> <p>Bowling, Checkers, Tic-Tac-Toe, Ring Toss, And Shake-a-Tailfeather Dance Party</p> <p>Music Therapy with Hannah</p> <p>LEC Annual Thanksgiving Feast!</p>	<p>25 Thursday</p> <p>CLOSED</p>	<p>26 Friday</p> <p>CLOSED</p>
<p>29 Monday</p> <ul style="list-style-type: none"> ♦Finish That Familiar Phrase ♦LEC Walking Club ♦Making Fall Windsocks <p>!?</p> <p><i>Fish Sandwich-Coleslaw-French Fries-Applesauce</i></p>	<p>30 Tuesday</p> <ul style="list-style-type: none"> ♦LEC Price Is Right ♦Soul Train Line Exercise ♦LEC Scattergories  <p>Music Therapy with Hannah</p> <p><i>Spaghetti w/Meat Sauce-Garden Salad-Garlic Bread Stick</i></p>	<p>Happy Thanksgiving!</p> 		

2021 LEC Plant Sale

The LEC Plant Sale was a huge success! Participants planted, potted, and propagated several plant varieties. We would like to thank our friends, families, and caregivers for stopping by and showing support for the Life Enrichment Horticultural Therapy Program. We would also like to thank Matt Inverso for his donation of several beautiful potted plants to add to the selection! We look forward to many more sales to come!



(Left to right) Participants Thom, Terry, and Judy work together to plant a variety of succulents. (Below, left)

Participant Rebecca enjoys the beautiful weather as she takes donations. The cart below was a true show stopper! Thanks again Matt!



In Memory:

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

Marlene Peeler

by

Sherry Henderson

Gary Comer

Ronald Peeler

Nancy Moss

by

Linda Cabaniss

Matt, Lynn, & Kylie Myers

Monty Thornburg

by

Rodney & Vickey Gordon

Friends:

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

Post Polio Support Group

Nancy Abasiekong

Thank You!

BJ Zamora- Magazines

Lottie Sanders- Snacks

Ed Patterson- Snacks

Shirley Jones- Doll Clothes

Teresa Addington- Fall Decor

Katrena Winebarger- Snacks, Art Supplies

Wayne Wright- Wendy's Coupons

Joyce Killian- Snacks, Magazines

Jeff & Patsy Walker- Snacks

Bessie Hopper- Fresh Flowers

Robert Lyon- Craft Materials

Shirley Brutko- Bingo Prizes, Calendars

Matt Inverso- Assorted Plants

Pam & Earnest Merritt- Chocolate Cake

Gay Jolley- Magazines

Wish List:

Amazon Gift Cards

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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2021 Life Enrichment Remaining Holiday Closings:

November 25-26, Thanksgiving Holiday

December 24-27, Christmas Holiday

December 31, New Year's Holiday

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



**With Cooler Weather
Approaching, Please
Remember To Label
All Coats, Jackets, And
Sweaters!!**



Participant Lisa is ready for Fall!

