



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

January 2022

Looking For The Perfect Way To Start The New Year?

Start by giving mom the opportunity to make new friends!

Socialization is crucial to brain health.

At Life Enrichment, participants are given opportunities for socialization every day!

*Call to schedule a **FREE** trial visit!*



Participant Jane enjoys bird watching. Here, she looks through a Birds & Blooms magazine during the Horticultural Therapy program.

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.

Holiday Cheer At LEC!

The holiday season brings joy and excitement to the participants at Life Enrichment. The annual Christmas play is a program that we all look forward to. Participants start their planning months ahead to get ready for the big day! Creating costumes, props, decorations, music selections, and lots of practice. This year's virtual event was a huge success. Whether its painting, singing, building, or planning...every participant has an opportunity to participate.



(Above) This year Shelby participants performed "How The Grinch Stole Christmas"
(Left) Participant Crystal & staff member Carmela paint a back drop.



(Above) Carols by the Shelby LEC bell choir. (Right) participants Evelyn & Dot help with decorations.



(Right) Niesler Center participants tell the story of Jesus and his birth. Mary & Joeseeph, Three Wise Men, and Angels were among those to tell the story. (Below) Participant Zach is proud of the tree he and others helped to decorate.



Participant Hugh as one of three wise men.


















Participant Otho is all smiles.



Here, Neisler Center participants represent the "Twelve Days" of Christmas.



<p>3 Monday</p> <ul style="list-style-type: none"> ♦Spa Day ♦Making 2022 Calendars  <p><i>Chili Burgers, Tater Tots, Coleslaw, Pears</i></p>	<p>4 Tuesday</p> <ul style="list-style-type: none"> ♦National Spaghetti Day ♦How To Make Handmade Bookmarks  <p><i>Music Therapy with Hannah</i> <i>Spaghetti w/Meat Sauce, Caesar Salad, Garlic Bread, Pineapple</i></p>	<p>5 Wednesday</p> <ul style="list-style-type: none"> ♦Making A Sock Snowman ♦Virtual Bird Watching ♦Health Fair <p><i>Horticultural Therapy with Debra</i> <i>Chicken Tenders, Mashed Potatoes w/Gravy, Peas, Roll, Mandarin Oranges</i></p>	<p>6 Thursday</p> <ul style="list-style-type: none"> ♦Magazine Scavenger Hunt ♦Chair Yoga ♦All About Charlie Brown <p><i>Horticultural Therapy with Debra</i> <i>Chicken Taco Casserole, Black Beans, Lettuce & Sour Cream, Fruit Cocktail</i></p>	<p>7 Friday</p> <ul style="list-style-type: none"> ♦Celebrating Elvis Presley ♦How To Make Homemade Apple Cider  <p><i>Pinto Beans, Cabbage, Cornbread, Peaches</i></p>
<p>10 Monday</p> <ul style="list-style-type: none"> ♦Making LEC Photo Albums ♦Indoor Baseball Game ♦Pennys Worth Of Candy <p><i>Horticultural Therapy with Debra</i> <i>Beef Tips w/Gravy Over Noodles, Garden Salad, Roll, Mixed Fruit</i></p>	<p>11 Tuesday</p> <ul style="list-style-type: none"> ♦Creative Writing Activity ♦Making Tootsie Roll Dolls ♦How To Make Sausage Balls <p><i>Horticultural Therapy with Debra</i> <i>Broccoli & Cheese Soup, Turkey Sandwich, Mandarin Oranges</i></p>	<p>12 Wednesday</p> <ul style="list-style-type: none"> ♦Bingo Bonanza ♦Chair Zumba ♦LEC Talent Show  <p><i>Music Therapy with Hannah</i> <i>Meatloaf, Boiled Potatoes, Lima Beans, Roll, Pears</i></p>	<p>13 Thursday</p> <ul style="list-style-type: none"> ♦Learning About The Telephone: Changes Through The Years ♦Making "Dum-Dum" Trees  <p><i>Music Therapy with Hannah</i> <i>Chicken Sandwich w/Lettuce & Tomato, Baked Beans, Apple Sauce</i></p>	<p>14 Friday</p> <ul style="list-style-type: none"> ♦National Hat Day ♦Wear Your Favorite Hat ♦LEC Hat Parade & Dance Party <p><i>Horticultural Therapy with Debra</i> <i>Roasted Turkey, Sweet Potato Casserole, Spinach, Roll, Pineapple</i></p>
<p>17 Monday</p>  <p>CLOSED</p>	<p>18 Tuesday</p> <ul style="list-style-type: none"> ♦All About Martin Luther King Jr. ♦Gourmet Coffee Day  <p><i>Music Therapy with Hannah</i> <i>Salmon Over Pasta Alfredo, Roasted Broccoli, Bread Stick, Fruit Cocktail</i></p>	<p>19 Wednesday</p> <ul style="list-style-type: none"> ♦National Popcorn Day ♦Health Fair ♦Celebrating The Music of Dolly Parton <p><i>Horticultural Therapy with Debra</i> <i>Roast Beef, Macaroni & Cheese, Green Beans, Roll, Peaches</i></p>	<p>20 Thursday</p> <ul style="list-style-type: none"> ♦Parachute Fun ♦Making Homemade Granola Bars <p><i>Horticultural Therapy with Debra</i> <i>Grilled Cheese Sandwich, Tomato Soup, Mixed Fruit</i></p>	<p>21 Friday</p> <ul style="list-style-type: none"> ♦National "Hug" Day ♦Cookies & Cocoa Social ♦LEC Price Is Right  <p><i>Baked Chicken Legs, Baked Potato, Carrots, Roll, Pineapple</i></p>
<p>24 Monday</p> <ul style="list-style-type: none"> ♦Arts & Crafts: Making Key Chains ♦LEC Monthly Birthday Party <p><i>Horticultural Therapy with Debra</i> <i>Chicken Pot Pie, Mixed Greens, Roll, Mandarin Oranges</i></p>	<p>25 Tuesday</p> <ul style="list-style-type: none"> ♦Cooking Smart With Winter Foods ♦Participant Council Meeting <p><i>Horticultural Therapy with Debra</i> <i>Beef & Cheese Sliders, Baked Chips, Green Beans, Pears</i></p>	<p>26 Wednesday</p> <ul style="list-style-type: none"> ♦Making Homemade Dog Treats ♦National Peanut Butter Day  <p><i>Music Therapy with Hannah</i> <i>Roasted Pork, Black Eyed Peas, Roasted Cabbage, Pineapple</i></p>	<p>27 Thursday</p> <ul style="list-style-type: none"> ♦How To Make The Best Chocolate Cake ♦Word Search Fun  <p><i>Music Therapy with Hannah</i> <i>Hamburger Steak w/Gravy, Potato Hash w/Peppers & Onions, Roll, Mixed Fruit</i></p>	<p>28 Friday</p> <ul style="list-style-type: none"> ♦National Fun At Work Day ♦Indoor Relay Races & Games ♦LEC Dance Party <p><i>Horticultural Therapy with Debra</i> <i>Fish Sandwich, Coleslaw, Baked Beans, Peaches</i></p>
<p>31 Monday</p> <ul style="list-style-type: none"> ♦1983 Michael Jackson's "Thriller" Premier ♦Tai Chi  <p><i>Lasagna, Caesar Salad, Garlic Bread, Apple Sauce</i></p>	<div> <div>  <p>Judy</p> </div> <div>  <p>A.C</p> </div> <div>  <p>Cathy</p> </div> <div>  <p>Lib</p> </div> </div>			

January



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"> ♦ Flower Arranging With The LEC Ladies Group ♦ Coffee & Reminiscing With The LEC Mens Group <p>Horticultural Therapy with Debra</p> <p><i>Chili Burgers, Tater Tots, Coleslaw, Pears</i></p>	<p>4 Tuesday</p> <ul style="list-style-type: none"> ♦ Junk Drawer Detectives ♦ Song & Dance Exercise ♦ Health Fair <p>Horticultural Therapy with Debra</p> <p><i>Spaghetti w/ Meat Sauce, Caesar Salad, Garlic Bread, Pineapple</i></p>	<p>5 Wednesday</p> <ul style="list-style-type: none"> ♦ Slumber Party Reminiscing ♦ Scarf Exercise ♦ Learning All About Leaf Varieties <p>Music Therapy with Hannah</p> <p><i>Chicken Tenders, Mashed Potatoes w/ Gravy, Peas, Roll, Mandarin Oranges</i></p>	<p>6 Thursday</p> <ul style="list-style-type: none"> ♦ Art Work: Painting By Numbers ♦ Participant Council Meeting ♦ Paper Plate Exercise <p>Music Therapy with Hannah</p> <p><i>Chicken Taco Casserole, Black Beans, Lettuce & Sour Cream, Fruit Cocktail</i></p>	<p>7 Friday</p> <ul style="list-style-type: none"> ♦ Remembering Elvis Presley ♦ Balloon Volley ♦ Scavenger Hunt: Magazine Shopping <p>Horticultural Therapy with Debra</p> <p><i>Pinto Beans, Cabbage, Cornbread, Peaches</i></p>
<p>10 Monday</p> <ul style="list-style-type: none"> ♦ Art Activity: Zig Zag Painting ♦ Indoor LEC Walking Club ♦ All About The Five Senses <p>Health Fair</p> <p><i>Beef Tips w/ Gravy Over Noodles, Garden Salad, Roll, Mixed Fruit</i></p>	<p>11 Tuesday</p>  <ul style="list-style-type: none"> ♦ Cards & Dice Football ♦ LEC Bowling Tournament ♦ Let's Play The Alphabet Game <p>Music Therapy with Hannah</p> <p><i>Broccoli & Cheese Soup, Turkey Sandwich, Mandarin Oranges</i></p>	<p>12 Wednesday</p> <ul style="list-style-type: none"> ♦ Word Game Fun ♦ Folk Music Dance Exercise ♦ Writing Your Life Biography  <p>Horticultural Therapy with Debra</p> <p><i>Meatloaf, Boiled Potatoes, Lima Beans, Roll, Pears</i></p>	<p>13 Thursday</p> <ul style="list-style-type: none"> ♦ Star Of The Month: Ray Bolger ♦ Chair Yoga  <p>Horticultural Therapy with Debra</p> <p><i>Chicken Sandwich w/ Lettuce & Tomato, Baked Beans, Apple Sauce</i></p>	<p>14 Friday</p> <ul style="list-style-type: none"> ♦ Z to A Music Trivia ♦ Chair Zumba ♦ Spa Day  <p><i>Roasted Turkey, Sweet Potato Casserole, Spinach, Roll, Pineapple</i></p>
<p>17 Monday</p>  <p>CLOSED</p>	<p>18 Tuesday</p> <ul style="list-style-type: none"> ♦ Connect The Dots Art Activity ♦ Hand Weight Exercise ♦ Board Game Fun ♦ LEC Monthly Birthday Party <p>Horticultural Therapy with Debra</p> <p><i>Salmon Over Pasta Alfredo, Roasted Broccoli, Bread Stick, Fruit Cocktail</i></p>	<p>19 Wednesday</p> <ul style="list-style-type: none"> ♦ "Words With Friends" Trivia Game ♦ Tai Chi ♦ Making Winter Collages <p>Music Therapy with Hannah</p> <p><i>Roast Beef, Macaroni & Cheese, Green Beans, Roll, Peaches</i></p>	<p>20 Thursday</p> <ul style="list-style-type: none"> ♦ "Good Morning" Sing-a-long ♦ Balloon Volley ♦ Recipe Scrapbooking ♦ Health Fair <p>Music Therapy with Hannah</p> <p><i>Grilled Cheese Sandwich, Tomato Soup, Mixed Fruit</i></p>	<p>21 Friday</p> <ul style="list-style-type: none"> ♦ LEC Spelling Bee ♦ Wheel Chair Races ♦ "Name That Tune" Trivia <p>Horticultural Therapy with Debra</p> <p><i>Baked Chicken Legs, Baked Potato, Carrots, Roll, Pineapple</i></p>
<p>24 Monday</p> <ul style="list-style-type: none"> ♦ "Who? What? When? Where?" Word Game ♦ Seated Kick Ball Exercise ♦ Painting To Music  <p><i>Chicken Pot Pie, Mixed Greens, Roll, Mandarin Oranges</i></p>	<p>25 Tuesday</p> <ul style="list-style-type: none"> ♦ "Let's Invent" Science Project ♦ "Traffic Light" Exercise ♦ Cultural Fashion Show ♦ Spa Day <p>Music Therapy with Hannah</p> <p><i>Beef & Cheese Sliders, Baked Chips, Green Beans, Pears</i></p>	<p>26 Wednesday</p> <ul style="list-style-type: none"> ♦ "Do You Hear What I Hear?" Guessing Game ♦ LEC Jam Fest ♦ Calendar Flashback Reminiscing <p>Horticultural Therapy with Debra</p> <p><i>Roasted Pork, Black Eyed Peas, Roasted Cabbage, Pineapple</i></p>	<p>27 Thursday</p> <ul style="list-style-type: none"> ♦ Sights And Sounds Of Nashville ♦ LEC "Happy Hour" & Dancing <p>Horticultural Therapy with Debra</p> <p><i>Hamburger Steak w/ Gravy, Potato Hash w/ Peppers & Onions, Roll, Mixed Fruit</i></p>	<p>28 Friday</p> <ul style="list-style-type: none"> ♦ "Can You Name That Instrument?" ♦ LEC "Simon Says" <p>Winter Wonderland Party</p> <p><i>Fish Sandwich, Coleslaw, Baked Beans, Peaches</i></p>
<p>31 Monday</p> <ul style="list-style-type: none"> ♦ "Where In The World?" Geography Game ♦ "Imagination Jog" Exercise ♦ Wine & Cheese Tasting <p>Horticultural Therapy with Debra</p> <p><i>Lasagna, Caesar Salad, Garlic Bread, Apple Sauce</i></p>	<div> <div>  <p>Calvin</p> </div> <div>  <p>Jerryline</p> </div> <div>  <p>Matt</p> </div> <div>  <p>Melissa</p> </div> </div>			

In Honor...

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

Mr. and Mrs. Frank Beam
Mr. and Mrs. Cecil Burton
Mrs. Vincent Carpenter
Dr. and Mrs. Josh Carpenter
Mrs. Paul Ellison
Mr. John M. Gardner
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Dr. and Mrs. Will Plaster
Carter, Miller, and Hunter
Mr. and Mrs. David Royster

by Vance & Nathalie Suttle



(Left to right) Participants Doris & Myrna paint candy cane decorations.

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.

In Memory:

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

Elaine Yager

by

Mr. & Mrs. Mark Smirz

Jim & Audrey Swayne

Dr. & Mrs. Richard K.-Hughlett

Charitable Fund

Earnest Wilson

by

Leshia Watkins

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
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

In Honor...

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

Les Dixon

by

*Cleveland County Extension
& Community Association*

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 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.



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



Participant Judy helps with the LEC Christmas Play props.



**Life Enrichment Center
will be CLOSED
Monday, January 17,
in observance of
Martin Luther King Jr.
Day.**

