

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

October 2024

**When You Want The
Best For Her...
Choose
Life Enrichment!**

*Schedule
A FREE Trial
Visit Today!*



Participant Charlene smiles as she enjoys a music program.

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.

Building strength AND friendships!



Participants Guy (left) & Zach paint to music.

Studies show that socialization improves quality of life.

It can improve your mood, reduce anxiety & depression, and keep you connected.



Along with daily exercise, participants have access to the LEC therapy room. With staff assistance, they can safely use equipment to increase and improve mobility. Above, Dot and Wesley cheer for one another during a morning therapy session.

*Dressed in purple,
participants joined
together in a
"Walk for Alzheimer's"
on the Neisler Center
walking track.*



"Purple is our signature color, combining the calm stability of blue and the passionate energy of red. Purple makes a statement about our Association and our supporters: We are strong and unrelenting in the fight against Alzheimer's disease."- *Alzheimer's Association*

**Thank
you**

*Trevelen Winebarger-Personal Care Items
Missy Wiggins-Bingo Prizes
Terry Morrow-Personal Care Items
Reta Phifer- Greeting Cards
Alyssa McLean-Personal Care Items
Alison Carswell-Reborn Dolls
Charity Greene-Bible Trivia Game
Sue O'Leary-Miscellaneous Items
Stephanie Wieck-Magazines
Gay Jolley-Magazines/Bingo Prizes
Matthew Hayes-Bingo Prizes*

In Memory:

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

Clare Turner
by
Mr. & Mrs. T. Ed Bailey

Betty A. Godfrey
by
John & Doris Gray

Hayward Morrison
by
Maggie Hutchinson

Friends:

*The following has given a gift to
Life Enrichment Center:*

Hill & Carole Ann Hudson

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



OCTOBER

Shelby Activity Highlights



LEC FAIR WEEK

Fair Themed Games, Daily Exercise, Snacks, & More!



1 Tuesday

2 Wednesday

3 Thursday

4 Friday

*Roasted Turkey-Sweet Potato Casserole-
Green Beans-Roll-Peaches*

*Chicken Salad Croissant w/Lettuce & Tomato-
Baked Fries-Pineapple*

*Meatloaf-Scalloped Potatoes-
Lima Beans-Roll-Mandarin Oranges*

*Taco Salad w/Tortilla Chips-
Lettuce & Tomato-Applesauce*

7 Monday

- ♦Junk Drawer Detective
- ♦Practicing The LEC Christmas Play
- ♦Lower Body Exercise



*Turkey Sandwich-Broccoli Cheddar Soup-
Mandarin Oranges*

8 Tuesday

- ♦Music With Tom Wood & Friends
- ♦Happy Birthday Jesse Jackson
- ♦Classical Favorites With Eddie Cooke
- ♦Balloon Volley Exercise

*Spaghetti-Garden Salad-Bread Stick-
Fruit Cocktail*

9 Wednesday

- ♦Wear Your Favorite Sneakers
- ♦Upper Body Exercise
- ♦Devotion With Blessed Coverings



*BBQ Chicken-Potatoes-Green Beans-
Roll-Pears*

10 Thursday

- ♦Making Meatloaf With Leslie Burris
- ♦Parachute Fun
- ♦Practicing The LEC Christmas Play



*Grilled Cheese Sandwich-Tomato Soup-
Peaches*

11 Friday

- ♦Coffee & Current Events
- ♦Wheel Chair Race Exercise
- ♦"Ghost" Bingo



*Shepherd's Pie-Caesar Salad-Roll-
Pineapple*

14 Monday

- ♦Health Topic: How To Combat The Common Cold



- ♦Tai Chi

*Pot Roast-Potatoes-Peas-Roll-
Mixed Fruit*

15 Tuesday

- ♦Baking Pumpkin Cookies With Davicon Watkins
- ♦Fall Collages
- ♦Chair Yoga



*Chicken & Dumplings-Green Beans-Roll-
Mandarin Oranges*

16 Wednesday

- ♦Creative Writing: Ghosts Stories
- ♦Fall Word Search Fun
- ♦"Hot Potato" Exercise



*Fish Sandwich-Broccoli & Cheese-
Peaches*

17 Thursday



- ♦Deep Breathing Exercise

*Pintos & Cabbage-Cornbread-
Applesauce*

18 Friday

- ♦Breast Cancer Awareness Day
- Wear Your Pink**
- ♦Breast Cancer Walk



*BBQ Pulled Pork-Baked Beans-
Macaroni & Cheese-Roll-Pears*

21 Monday

- ♦Participant Council Meeting
- ♦LEC Walking Club



*Chicken Tenders-Garden Salad-
Garlic Bread-Fruit Cocktail*

22 Tuesday

- ♦Practicing The LEC Christmas Play
- ♦"Tone It Up" Tuesday
- ♦Music With The McCurry Band & Friends

*Hamburger Steak w/Gravy-Potatoes-
Green Beans-Roll-Peaches*

23 Wednesday

- ♦Devotion With Derek Greene
- ♦Halloween Word Games
- ♦Chair Zumba



*Chicken Sandwich w/Lettuce & Tomato-
Tater Tots-Pears*

24 Thursday

- ♦Name That Musical Instrument
- ♦Tai Chi
- ♦Magazine Scavenger Hunt: "Fall Is Here"



*Vegetable Beef Soup-Garden Salad-
Roll-Pineapple*

25 Friday

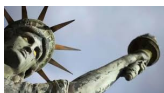
- ♦Halloween Crafts With Valerie Best
- ♦"Spooky" Word Search
- ♦Simon Says Exercise
- ♦Football Trivia



*Smoked Sausage-Potatoes-Lima Beans-
Roll-Mandarin Oranges*

28 Monday

- ♦Virtual Tour Of The Statue Of Liberty
- ♦Chair Yoga



*Baked Ham-White Beans-Cornbread-
Applesauce*

29 Tuesday

- ♦LEC Monthly Birthday Party
- ♦Red Light, Green Light Exercise
- ♦History Of Halloween



*Baked Chicken-Broccoli & Cheese Casserole-
Roll-Peaches*

30 Wednesday

- ♦What's Your Favorite Halloween Candy?
- ♦Can You Name That Spooky Sound?
- ♦"Monster Mash" Exercise

*Cheesburger Macaroni-Garden Salad-
Bread Stick-Mixed Fruit*

31 Thursday

Halloween Party!

- ♦"Spooky Spell" Exercise



*Chili Beans-Coleslaw-Cornbread-
Mandarin Oranges*



October



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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

 <p>FOOTBALL FRIDAYS!</p> <p>Wear Your Favorite Team Apparel Each Friday!</p>	<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Success In Cosmetology With Loretta Webb ♦ Wacky Hair Day Parade ♦ Health Fair ♦ "Red Light, Green Light" Exercise <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll-Peaches</i></p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Virtual Trip To Coastal California: Redwood Forest ♦ Chair Zumba  <p><i>Chicken Salad Crossiant w/Lettuce & Tomato-Baked Fries-Pineapple</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> ♦ Bingo Blast With Rebekah Thomas & Del Hunt ♦ Parachute Exercise ♦ Sing-a-Long With Linda Robinson  <p><i>Meatloaf-Scalloped Potatoes-Lima Beans-Roll-Mandarin Oranges</i></p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> ♦ All About Comic Strips: "Dick Tracy" ♦ Chair Yoga ♦ Denim Fashion Show  <p><i>Taco Salad w/Tortilla Chips-Lettuce & Tomato-Applesauce</i></p>
<p><i>7 Monday</i></p> <ul style="list-style-type: none"> ♦ Music With Senior Moments ♦ Chair Zumba ♦ Men's Barber Shop Talk & Ladies Spa Day  <p><i>Turkey Sandwich-Broccoli Cheddar Soup-Mandarin Oranges</i></p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Making Soy Candles With "Mama J" ♦ Paper Plate Exercise ♦ Exploring Italy For National Italian Day  <p><i>Spaghetti-Garden Salad-Bread Stick-Fruit Cocktail</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Table Talk: Weird & Wild Phobias ♦ "Monster Mash" Exercise ♦ Scary Movie Trivia ♦ National Day Of Fear <p><i>BBQ Chicken-Potatoes-Green Beans-Roll-Pears</i></p>	<p><i>10 Thursday</i></p> <ul style="list-style-type: none"> ♦ Ladies Group Discussion: Famous Handbag Designers ♦ Mens Poker Game ♦ Deep Breathing Exercises ♦ Tone Chime Choir  <p><i>Grilled Cheese Sandwich-Tomato Soup-Peaches</i></p>	<p><i>11 Friday</i></p> <ul style="list-style-type: none"> ♦ Music With David Robbins ♦ "Best Boxing Moves" Exercise ♦ How To Make Rice Crispy Treats  <p><i>Shepherd's Pie-Caesar Salad-Roll-Pineapple</i></p>
<p><i>14 Monday</i></p> <ul style="list-style-type: none"> ♦ What's Your Favorite Pizza Topping? ♦ Upper Body Exercise ♦ Making English Muffin Pizza ♦ Health Fair  <p><i>Pot Roast-Potatoes-Peas-Roll-Mixed Fruit</i></p>	<p><i>15 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Sweet Potato Pie Bake Off ♦ Practicing The LEC Christmas Play ♦ Planting Sweet Potatoes ♦ LEC Walking Club <p><i>Chicken & Dumplings-Green Beans-Roll-Mandarin Oranges</i></p>	<p><i>16 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Health Topic: Cold & Flu Season ♦ Simon Says Exercise ♦ Breast Cancer Awareness Month: <p>WEAR YOUR PINK</p> <p><i>Fish Sandwich-Broccoli & Cheese-Peaches</i></p>	<p><i>17 Thursday</i></p> <ul style="list-style-type: none"> ♦ Southern Food History ♦ Sweet Tea & Southern Tea: Can You Tell The Difference? ♦ BBQ Tasting: Who Makes It The Best? ♦ Parachute Fun <p><i>Pintos & Cabbage-Cornbread-Applesauce</i></p>	<p><i>18 Friday</i></p> <ul style="list-style-type: none"> ♦ Pet Therapy With "Maple" ♦ Octagon Exercise <p>Monthly Birthday Party With The Wilson Sisters</p> <p><i>BBQ Pulled Pork-Baked Beans-Macaroni & Cheese-Roll-Pears</i></p>
<p><i>21 Monday</i></p> <ul style="list-style-type: none"> ♦ Fall Painting To Music ♦ Tone Chime Choir ♦ Participant Council Meeting ♦ Lower Body Exercise <p><i>Chicken Tenders-Garden Salad-Garlic Bread-Fruit Cocktail</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Honoring Pastors For Pastor Appreciation Month ♦ Chair Yoga ♦ "Name That Tune" Country Edition <p><i>Hamburger Steak w/Gravy-Potatoes-Green Beans-Roll-Peaches</i></p>	<p><i>23 Wednesday</i></p> <ul style="list-style-type: none"> ♦ LEC Talent Show ♦ Pumpkin Painting Contest ♦ Musical Chair Exercise  <p><i>Chicken Sandwich w/Lettuce & Tomato-Tater Tots-Pears</i></p>	<p><i>24 Thursday</i></p> <ul style="list-style-type: none"> ♦ Creative Writing: Scarecrow Poetry ♦ Balloon Volley Exercise ♦ Let's Make A Scarecrow  <p><i>Vegetable Beef Soup-Garden Salad-Roll-Pineapple</i></p>	<p><i>25 Friday</i></p> <ul style="list-style-type: none"> ♦ Halloween Party With Nancy & Jennifer Ingle ♦ Scarf Exercise ♦ Health Fair  <p><i>Smoked Sausage-Potatoes-Lima Beans-Roll-Mandarin Oranges</i></p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> ♦ Making Halloween Masks ♦ Costume Reminiscing ♦ Relay Race Exercise  <p><i>Baked Ham-White Beans-Cornbread-Applesauce</i></p>	<p><i>29 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Halloween Games: "Spooky" Putt Putt "Ghost" Bingo "Creepy" Cornhole ♦ Monster Mash Exercise <p><i>Baked Chicken-Broccoli & Cheese Casserole-Roll-Peaches</i></p>	<p><i>30 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Fall Reminiscing ♦ Chair Zumba ♦ Pumpkin Carving ♦ Health Fair  <p><i>Cheeseburger-Macaroni-Garden Salad-Bread Stick-Mixed Fruit</i></p>	<p><i>31 Thursday</i></p> <ul style="list-style-type: none"> ♦ Costume Fashion Show & Parade ♦ LEC Walking Club  <p><i>Chili Beans-Coleslaw-Cornbread-Mandarin Oranges</i></p>	

Something for Everyone!

Participants get creative for Halloween.



Mildred enjoys a manicure from staff member Mela.



LaTonya helps prepare daily snack.



Participant Ann (left) and Center Coordinator Karen agree, laughter IS the best medicine!

Participants engage in a variety of meaningful programs throughout the day to promote independence, creativity, self confidence and over all quality of life.



The **Shelby** location is having its 2nd Annual Trunk or Treat, **Thursday, October 31!!**

If you would like to volunteer, please call **704-484-0405**, no later than **Friday, October 25.**

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

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Important Announcements:

Important 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.

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

Wish List: Halloween Candy

(Regular & Sugar Free)



2024 Life Enrichment Remaining Holiday Closings:

Thanksgiving Holiday:

November 28-29

Christmas Holiday:

December 25-26

