



## Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

[www.LifeEnrichmentCenter.org](http://www.LifeEnrichmentCenter.org)

July 2021

He fought  
for our  
independence...

Help him  
maintain his!

Call  
Today!



*Thom, Army Veteran, was chosen for LEC's participant of the year during the 2021 Shelby Prom.*

# 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.*



# Neisler Center Prom

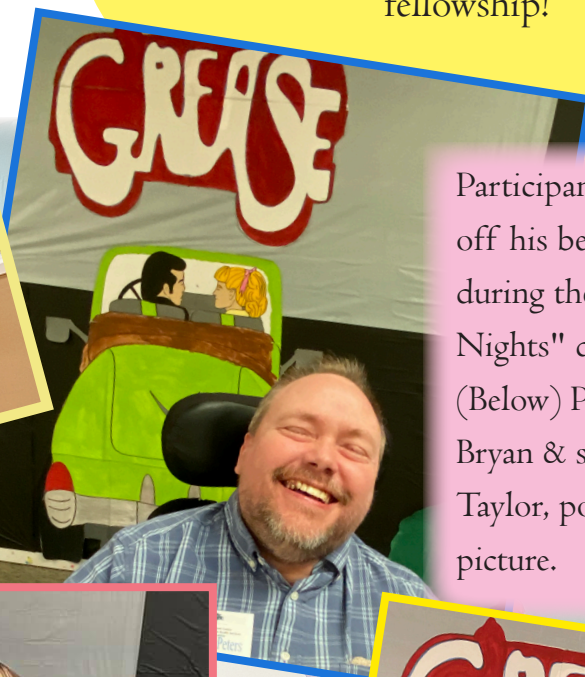
# 2021

This year's theme was "Grease Lightning!"  
The participants celebrated in true 1950's style with music, dancing, laughter, and fellowship!

Participant Louise is overwhelmed with joy when chosen to be LEC's 2021 Prom Queen.



Participant Joe shows off his beautiful smile during the "Summer Nights" dance party! (Below) Participant Bryan & staff member, Taylor, pose for a quick picture.



LEC staff members are dressed to impress and ready to party!





# "A Trip Down The Nile..."

Shelby participants decided on an Egyptian theme for this year's prom. The day consisted of dancing, games, and a "Walk like an Egyptian" fashion show!



*Participant Denise is turned into a mummy by staff member, Matt*



*Staff member, Keairah*



*(Left) Participant Doris twirls during the fashion show.*

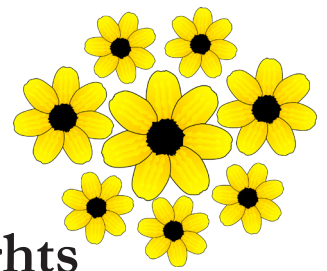
*(Below) Participant Rose & nephew, Quinton pose for the camera.*



*2021 Shelby King & Queen,  
A.C. & Pauline.*







## Shelby Activity Highlights

<div><h1>Happy</h1><h2>BIRTHDAY</h2><h3>LEC</h3></div> <div><h1>41 years of doing</h1><h2>"Whatever It Takes!"</h2><h3>to keep families</h3><h3>together and in the</h3><h3>community.</h3></div>			<div><h3>1 Thursday</h3><ul style="list-style-type: none"><li>◆ Celebrating Life Enrichment</li><li>◆ LEC Photos From The Past</li><li>◆ LEC Trivia</li></ul><h2>Birthday Celebration</h2><p><i>Music Therapy with Hannah</i> Bologna &amp; Cheese Sandwich-Baked Chips-Cottage Cheese-Peaches</p></div>	<div><h3>2 Friday</h3><ul style="list-style-type: none"><li>◆ Fourth Of July Celebration</li><li>◆ A Trip Through Civil Rights Progression</li><li>◆ Happy Birthday Thurgood Marshall</li></ul><p><i>Horticultural Therapy with Debra</i> Pinto Beans-Coleslaw-Cornbread-Mandarin Oranges</p></div>
<div><h3>5 Monday</h3><h2>Closed</h2><div></div></div>	<div><h3>6 Tuesday</h3><ul style="list-style-type: none"><li>◆ Running Of The Bulls History</li><li>◆ "Fun In The Sun" Outdoor Games</li><li>◆ All About Arthur Ashe</li></ul><p><i>Music Therapy with Hannah</i> Baked Chicken-Garden Salad-Garlic Toast-Mixed Fruit</p></div>	<div><h3>7 Wednesday</h3><ul style="list-style-type: none"><li>◆ Hawaiian Day</li><li>◆ "Bang Bang" Bingo</li><li>◆ Hawaiian Dance Party</li></ul><div><h2>Horticultural Therapy</h2><p>with Debra</p></div><p><i>Fish Sandwich-Green Beans-Macaroni Salad-Pears</i></p></div>	<div><h3>8 Thursday</h3><ul style="list-style-type: none"><li>◆ All About The Food Pyramid</li><li>◆ "Nutrition Facts" Trivia</li><li>◆ How To Make Fruit Juice Freeze Pops</li></ul><p><i>Horticultural Therapy with Debra</i> Meatloaf-Boiled Potatoes-Lima Beans-Wheat Roll-Pineapple</p></div>	<div><h3>9 Friday</h3><ul style="list-style-type: none"><li>◆ Fun Facts About Forrest Gump</li><li>◆ LEC Walking Club</li><li>◆ Sugar Cookie Competition</li></ul><p><i>Music Therapy with Hannah</i> Reuben On Rye-Vegetable Pasta Salad-Peaches</p></div>
<div><h3>12 Monday</h3><ul style="list-style-type: none"><li>◆ Pet Therapy With Debbie Vaughan &amp; "Oreo"</li><li>◆ Family Feud Day</li><li>◆ How To Make A Pecan Pie</li></ul><p><i>Horticultural Therapy with Debra</i> Chicken Sandwich-Baked Chips-Roasted Carrots-Fruit Cocktail</p></div>	<div><h3>13 Tuesday</h3><ul style="list-style-type: none"><li>◆ Music With Tom Wood &amp; Friends</li><li>◆ History Of The Krispy Kreme Doughnut</li></ul><p><i>Horticultural Therapy with Debra</i> Turkey &amp; Provolone On Wheat-Baked Fries-Apple &amp; Banana Salad</p></div>	<div><h3>14 Wednesday</h3><h2>Health Fair Day</h2><p><i>Music Therapy with Hannah</i> Macaroni &amp; Cheese w/Ham-Roasted Broccoli-Wheat Roll-Peaches</p></div>	<div><h3>15 Thursday</h3><ul style="list-style-type: none"><li>◆ History Of The River Dance</li><li>◆ Music With Jim McCurry &amp; Friends</li><li>◆ How To Make Tapioca Pudding</li></ul><p><i>Music Therapy with Hannah</i> Tuna Salad Sandwich w/Lettuce &amp; Tomato-Garden Salad-Pears</p></div>	<div><h3>16 Friday</h3><h2>LEC Wacky Wedding</h2><p><i>Horticultural Therapy with Debra</i> Chicken &amp; Grits-Spinach Salad-Breadstick-Mandarin Oranges</p></div>
<div><h3>19 Monday</h3><ul style="list-style-type: none"><li>◆ Participant Council Meeting</li><li>◆ LEC Monthly Birthday Party</li><li>◆ Making Raspberry Cakes</li></ul><p><i>Music Therapy with Hannah</i> Baked Spaghetti-Garden Salad-Garlic Toast-Applesauce</p></div>	<div><h3>20 Tuesday</h3><div></div><ul style="list-style-type: none"><li>◆ "Man On The Moon" Trivia</li><li>◆ "What's Your Fortune?" Fortune Cookie Game</li></ul><p><i>Music Therapy with Hannah</i> BBQ Chicken-Scalloped Potatoes-Brussel Sprouts-Pineapple</p></div>	<div><h3>21 Wednesday</h3><ul style="list-style-type: none"><li>◆ Putt-Putt Competition</li><li>◆ Making Homemade Guacamole &amp; Chips</li></ul><div><h2>Horticultural Therapy</h2><p>with Debra</p></div><p><i>Sloppy Joes-Coleslaw-Baked Beans-Peaches</i></p></div>	<div><h3>22 Thursday</h3><ul style="list-style-type: none"><li>◆ Outdoor Games</li><li>◆ LEC Wheelchair Race</li><li>◆ How To Make Penuche Fudge</li></ul><p><i>Horticultural Therapy with Debra</i> Baked Salmon-Roasted Broccoli-Sweet Potato Casserole-Wheat Roll</p></div>	<div><h3>23 Friday</h3><ul style="list-style-type: none"><li>◆ Glow In The Dark Canvas Painting</li><li>◆ Making Vinegar Fries With Mr. Gene Burris</li></ul><p><i>Music Therapy with Hannah</i> Chicken Salad on Croissant-Cucumber Salad-Pears</p></div>
<div><h3>26 Monday</h3><ul style="list-style-type: none"><li>◆ Rock &amp; Roll Trivia</li><li>◆ Apollo 15 Anniversary</li><li>◆ How To Make Bagels From Scratch</li></ul><p><i>Horticultural Therapy with Debra</i> Grilled Cheese Sandwich-Tomato Soup-Steamed Vegetables-Pineapple</p></div>	<div><h3>27 Tuesday</h3><ul style="list-style-type: none"><li>◆ Bugs Bunny Trivia</li><li>◆ Hooola-Hoop Competition</li><li>◆ Who's Your Favorite Cartoon Character?</li></ul><p><i>Horticultural Therapy with Debra</i> Chicken Tenders-Potato Salad-Green Beans-Peaches</p></div>	<div><h3>28 Wednesday</h3><ul style="list-style-type: none"><li>◆ Summer Time Tea Party</li><li>◆ LEC's "Lets Make A Deal"</li><li>◆ Cupcake Decorating Competition</li></ul><p><i>Music Therapy with Hannah</i> Grilled Hamburgers-Baked Beans-Tater Tots-Fruit Cocktail</p></div>	<div><h3>29 Thursday</h3><ul style="list-style-type: none"><li>◆ "Guess That Sound"</li><li>◆ Making Homemade Lemonade</li><li>◆ Afternoon Ice Cream Social</li></ul><p><i>Music Therapy with Hannah</i> Lasagna w/Meat Sauce-Caesar Salad-Garlic Toast-Applesauce</p></div>	<div><h3>30 Friday</h3><ul style="list-style-type: none"><li>◆ Vacation Reminiscing</li><li>◆ LEC "Price Is Right"</li><li>◆ History Of Shelby, NC</li></ul><p><i>Horticultural Therapy with Debra</i> Chicken &amp; Waffles-Roasted Potatoes-Strawberries</p></div>





# July

Neisler Center

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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

### Caregiver Tip:

Set realistic goals and go slow!

*Everything cannot be resolved at once, nor does it need to be.*

*Don't hold yourself to unrealistic expectations.*

*Prioritize, set practical goals, do your best to achieve them,  
and take things one day at a time!*

<p><i>1 Thursday</i></p> <ul style="list-style-type: none"> <li>◆Celebrating LEC</li> <li>◆Plastic Plate Exercise</li> <li>◆Chalk Art</li> <li>◆Spa Day</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Bologna &amp; Cheese Sandwich-Baked Chips-Cottage Cheese-Peaches</p>					<p><i>2 Friday</i></p> <ul style="list-style-type: none"> <li>◆History Of Independence Day</li> <li>◆Flag Exercise</li> <li>◆Independence Day Parade</li> </ul> <p><b>Health Fair</b></p> <p>Music Therapy with Hannah</p> <p>Pinto Beans-Coleslaw-Cornbread-Mandarin Oranges</p>				
<p><i>5 Monday</i></p> <p><b>Closed</b></p>		<p><i>6 Tuesday</i></p> <ul style="list-style-type: none"> <li>◆History Of The First All-Star Baseball Game</li> <li>◆Wacky Baseball Word Games</li> <li>◆All-Star Baseball Tournament</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Baked Chicken-Garden Salad-Garlic Toast-Mixed Fruit</p>		<p><i>7 Wednesday</i></p> <ul style="list-style-type: none"> <li>◆History Of Hawaiian Day</li> <li>◆LEC Limbo</li> <li>◆Hawaiian Day Party</li> </ul> <p>Music Therapy with Hannah</p> <p>Fish Sandwich-Green Beans-Macaroni Salad-Pears</p>		<p><i>8 Thursday</i></p> <ul style="list-style-type: none"> <li>◆Paper Plate Frisbee Craft</li> <li>◆Balloon Volley</li> <li>◆"Name That State"</li> </ul> <p>Bean Bag Toss</p> <p>Music Therapy with Hannah</p> <p>Meatloaf-Boiled Potatoes-Lima Beans-Wheat Roll-Pineapple</p>		<p><i>9 Friday</i></p> <ul style="list-style-type: none"> <li>◆"Bicycle Built For Two" Reminiscing</li> <li>◆Chair Yoga</li> <li>◆Concentration Word Puzzles</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Reuben On Rye-Vegetable Pasta Salad-Peaches</p>	
<p><i>12 Monday</i></p> <ul style="list-style-type: none"> <li>◆Cow Appreciation Day</li> <li>◆"Farm Work" Exercise</li> <li>◆Making Butterfly Pen Toppers</li> </ul> <p>Music Therapy with Hannah</p> <p>Chicken Sandwich-Baked Chips-Roasted Carrots-Fruit Cocktail</p>		<p><i>13 Tuesday</i></p> <ul style="list-style-type: none"> <li>◆Park Poster Scavenger Hunt</li> <li>◆Tai Chi</li> <li>◆A Penny's Worth Of Candy Reminiscing</li> </ul> <p>Music Therapy with Hannah</p> <p>Turkey &amp; Provolone On Wheat-Baked Fries-Apple &amp; Banana Salad</p>		<p><i>14 Wednesday</i></p> <ul style="list-style-type: none"> <li>◆"Caption This" Trivia</li> <li>◆LEC Cornhole</li> <li>◆"School Day" Reminiscing</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Macaroni &amp; Cheese w/Ham-Roasted Broccoli-Wheat Roll-Peaches</p>		<p><i>15 Thursday</i></p> <ul style="list-style-type: none"> <li>◆Botanical Sun Craft</li> <li>◆Horseshoe Tournament</li> <li>◆"Leaf Collection" Bingo</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Tuna Salad Sandwich w/Lettuce &amp; Tomato-Garden Salad-Pears</p>		<p><i>16 Friday</i></p> <ul style="list-style-type: none"> <li>◆Happy Birthday Disneyland</li> <li>◆Disney Games</li> <li>◆Disneyland Party</li> </ul> <p>Music Therapy with Hannah</p> <p>Chicken &amp; Grits-Spinach Salad-Breadstick-Mandarin Oranges</p>	
<p><i>19 Monday</i></p> <ul style="list-style-type: none"> <li>◆"Guess The Picture" Game Time</li> <li>◆Seated Soccer</li> <li>◆"Stories Of The Past" Reminiscing</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Baked Spaghetti-Garden Salad-Garlic Toast-Applesauce</p>		<p><i>20 Tuesday</i></p> <ul style="list-style-type: none"> <li>◆Special Olympics Anniversary</li> <li>◆Ring Stamp Art</li> <li>◆LEC Olympic Games</li> </ul> <p>Horticultural Therapy with Debra</p> <p>BBQ Chicken-Scalloped Potatoes-Brussel Sprouts-Pineapple</p>		<p><i>21 Wednesday</i></p> <ul style="list-style-type: none"> <li>◆"Name That Tune"</li> <li>◆LEC Price Is Right</li> <li>◆"Cookie Time" Bake Off</li> </ul> <p>Music Therapy with Hannah</p> <p>Sloppy Joes-Coleslaw-Baked Beans-Peaches</p>		<p><i>22 Thursday</i></p> <ul style="list-style-type: none"> <li>◆LEC Fashion Show</li> <li>◆Summer Time Collages</li> <li>◆Participant Council Meeting</li> </ul> <p>Music Therapy with Hannah</p> <p>Baked Salmon-Roasted Broccoli-Sweet Potato Casserole-Wheat Roll</p>		<p><i>23 Friday</i></p> <ul style="list-style-type: none"> <li>◆LEC Camp Day</li> <li>◆Making Campfire Centerpieces</li> <li>◆Spa Day</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Chicken Salad on Croissant-Cucumber Salad-Pears</p>	
<p><i>26 Monday</i></p> <ul style="list-style-type: none"> <li>◆Rock And Roll Day</li> <li>◆"Jam Fest" Dance Party</li> <li>◆"Rock &amp; Roll" Trivia</li> </ul> <p>Music Therapy with Hannah</p> <p>Grilled Cheese Sandwich-Tomato Soup-Steamed Vegetables-Pineapple</p>		<p><i>27 Tuesday</i></p> <ul style="list-style-type: none"> <li>◆Happy Birthday Bugs Bunny</li> <li>◆Indoor Kickball</li> <li>◆LEC Tea Party</li> </ul> <p>Music Therapy with Hannah</p> <p>Chicken Tenders-Potato Salad-Green Beans-Peaches</p>		<p><i>28 Wednesday</i></p> <ul style="list-style-type: none"> <li>◆Giant Outdoor Pinwheel Game</li> <li>◆LEC Bowling</li> <li>◆"Guess That Slogan"</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Grilled Hamburgers-Baked Beans-Tater Tots-Fruit Cocktail</p>		<p><i>29 Thursday</i></p> <ul style="list-style-type: none"> <li>◆Health Fair</li> <li>◆LEC Auction</li> <li>◆Crossword Competition</li> </ul> <p>Horticultural Therapy with Debra</p> <p>Lasagna w/Meat Sauce-Caesar Salad-Garlic Toast-Applesauce</p>		<p><i>30 Friday</i></p> <ul style="list-style-type: none"> <li>◆LEC Monthly Birthday Party</li> <li>◆Walking Club</li> <li>◆Afternoon Sing-a-long</li> </ul> <p>Music Therapy with Hannah</p> <p>Chicken &amp; Waffles-Roasted Potatoes-Strawberries</p>	





Participant  
Calvin as  
"Batman"



Super survivor  
participant,  
Melissa

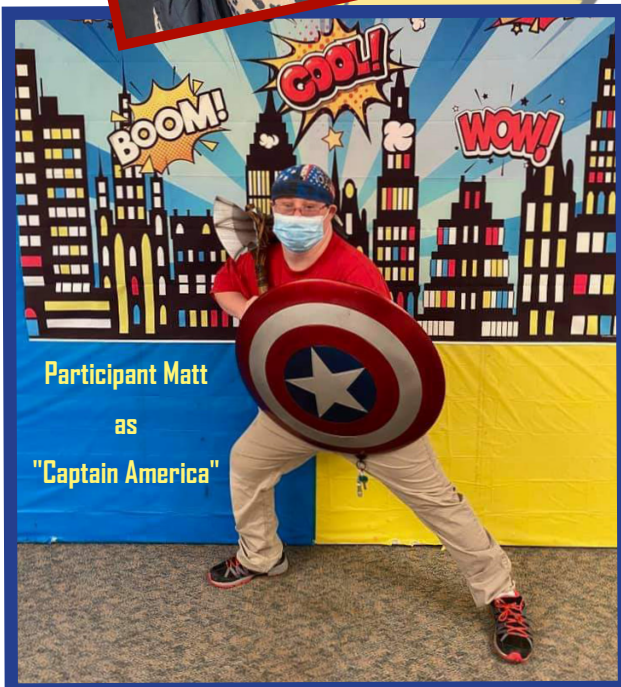
The Neisler Center participants showed off their super powers during LEC's Super Hero Day! Participants played games, enjoyed face painting, and showing off their super costumes.



Participant  
"Super"  
Stevie



Participant Kenton  
transforms into  
"Spiderman"



Participant Matt  
as  
"Captain America"



Participant E'sheika shows her strength!



## Friends:

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

**Dr. & Mrs. John Crosland**  
**Shiloh Baptist Church**  
**Pat Parr**

## In Memory:

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

**Cornelia Buchanan**  
*by*  
*Fred & Sharon Eaker*



(Left to right) Participants Nyda and Ian are all smiles

Ann Pharr - Miscellaneous items  
Will Mabry - Garden Maintenance  
Ann Kendrick - Magazines  
Julia Smith - Magazines  
Paula Ramsey - Scarves  
Travis Mangum - Garden Squash  
Perry & Florence Eury -  
Miscellaneous items  
Patsy Rountree - Magazines  
Marilyn Groce - Medical supplies  
Trevelen & Katrena Winebarger -  
Magazines  
Otho West & family -  
Personal care items



## 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 \_\_\_\_\_



## Board of Directors

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

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Permit #4106

## Remaining 2021 Holiday Closings:

Labor Day - September 6

Thanksgiving Day & Thanksgiving Friday - November 25 & 26

Christmas Holiday - December 24 & 27



*Oak Grove String Band*  
*A Benefit Concert For Life Enrichment Center*

*September 17*    Doors open at 6pm    Show starts at 7pm

**DON GIBSON THEATRE**  
SHELBY, NORTH CAROLINA  
318 SOUTH WASHINGTON STREET ~ SHELBY, NC 28150 ~ (704) 487-8114

Tickets available at [www.dongibsontheater.com](http://www.dongibsontheater.com)

