



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

April 2020

Is Her Safety
Your Concern?
Does Your
Mom Deserve
The Best?

Call Today!

704.484.0405



Shelby participant, Nell, prepares purple coleslaw for LEC's cook day.

Life Enrichment Adult Day Care
The best choice for keeping families together and at home!

*For 40 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.*

Healing the mind, body, and spirit...

Life Enrichment offers activities for everyone. Whether it's preparing a meal, planting a garden, or simply helping others, your loved one will continue to serve a purpose. Life Enrichment provides safety, quality healthcare, socialization, and meaningful programs to enhance each participant's quality of life.



Nutritious Meals

Above, left to right, participant Bea prepares chicken for homemade chicken salad. Loaded breakfast burritos with french toast are an LEC favorite, and participant A.C. enjoys homemade waffles topped with fresh strawberries.



*(Right) Our traditional St. Patrick's Day meal!
Corned beef, cabbage, roasted potatoes, and carrots.*

Left, Neisler Center participants, put together a breakfast casserole during a ladies cooking program.



Participant Barbara dances the Hula at LEC's Hawaiian luau!

Meaningful Programs

Quality Healthcare

Specialty Therapy



Horticultural Therapy & Music Therapy are offered every day at LEC.



Shelby Activity Highlights

Dates To Remember:

Friday, April 10th- **Closed** for Good Friday

Pajama Day- April 16th

<p>6 Monday</p> <ul style="list-style-type: none"> ◆Piano Favorites With Beth Hamrick ◆Making Homemade Twinkies ◆Bingo With Bayada <p><i>Horticultural Therapy with Debra</i> <i>Chicken Alfredo-Roasted Zucchini w/Cherry Tomatoes-Garlic Bread Sticks-Mixed Berries</i></p>	<p>7 Tuesday</p> <ul style="list-style-type: none"> ◆Making Caramel Popcorn ◆Spring Time Bifolkals ◆Spring Time Floral Arrangements <p><i>Horticultural Therapy with Debra</i> <i>Chili Dog-Coleslaw-Tater Tots-Peaches w/Whipped Cream</i></p>	<p>1 Wednesday</p> <p>APRIL FOOLS DAY</p> <ul style="list-style-type: none"> ◆April Fools Day Pranks ◆Funny Poetry Contest ◆Walking Club <p><i>Horticultural Therapy with Debra</i> <i>Meatloaf-Mashed Potatoes-Vegetable Medley-Biscuit-Apple Crisp</i></p>	<p>2 Thursday</p> <ul style="list-style-type: none"> ◆National Autism Awareness Day <p>(Wear Your Crazy Socks!)</p> <ul style="list-style-type: none"> ◆Making Peanut Butter & Jelly Sandwiches For Snack <p><i>Horticultural Therapy with Debra</i></p> <p>Participant Cook Day</p>	<p>3 Friday</p> <ul style="list-style-type: none"> ◆"Find The Rainbow" Scavenger Hunt ◆Making A Rainbow Cake ◆Afternoon Board Games <p><i>Beef Nachos w/Cheese, Pico de Gallo, Sour Cream-Mexican Salad-Mango Mousse</i></p>
<p>13 Monday</p> <ul style="list-style-type: none"> ◆Brian Huskey Of Encore Cuts And Styles ◆Planting The 2020 LEC Memorial Tree ◆Blessed Coverings With Roselyn Sinkler <p><i>Music Therapy with Hannah</i> <i>Chicken Pot Pie-Peas-Baby Carrots-Biscuit-Peach Cobbler</i></p>	<p>14 Tuesday</p> <ul style="list-style-type: none"> ◆Outdoor Patio Games ◆Guitar Music With Eddie Cooke <p><i>Music Therapy with Hannah</i> <i>Beef Pepper Stir Fry-Lo Mein-Egg Roll in a Bowl-Chocolate Mousse w/Fresh Strawberries</i></p>	<p>8 Wednesday</p> <p>HEALTH FAIR</p> <p><i>Music Therapy with Hannah</i></p> <p>Participant Cook Day</p>	<p>9 Thursday</p> <ul style="list-style-type: none"> ◆A Visit From The Cleveland County Country Club ◆Reminiscing With Brian Tart ◆Dying Easter Eggs With Rachel Littlejohn <p><i>Music Therapy with Hannah</i> <i>Baked Ham-Potato Salad-Green Beans-Roll-Banana Pudding</i></p>	<p>10 Friday</p> <p>Closed</p>
<p>20 Monday</p> <ul style="list-style-type: none"> ◆Participant Council Meeting ◆Bible Study With Glenda Greene ◆LEC Monthly Birthday Party <p><i>Horticultural Therapy with Debra</i> <i>Roasted Pork Loin-Rosemary Garlic Potatoes-Brussel Sprouts w/Red Grapes-Baked Cinnamon Apples</i></p>	<p>21 Tuesday</p> <ul style="list-style-type: none"> ◆Piano Favorites With Carol Champion ◆Monkey Madness Web Cam ◆Making Monkey Bread <p><i>Horticultural Therapy with Debra</i> <i>Lasagna Alfredo-Spinach Salad-Garlic Bread Sticks-Cherry Cheesecake</i></p>	<p>15 Wednesday</p> <ul style="list-style-type: none"> ◆Remembering The Titanic ◆"Tell A Story" Time Slips ◆Heroic Engineers Of The Titanic <p><i>Horticultural Therapy with Debra</i> <i>Baked Spaghetti-Italian Chopped Salad-Garlic Bread-Mandarin Oranges</i></p> <p><i>Music Therapy with Hannah</i></p> <p>Participant Cook Day</p>	<p>16 Thursday</p> <ul style="list-style-type: none"> ◆Fellowship With Bethel Baptist ◆Pajama Day Fashion Show ◆Ladies Spa Day ◆Men's Coffee Club <p><i>Horticultural Therapy with Debra</i></p> <p>Participant Cook Day</p>	<p>17 Friday</p> <ul style="list-style-type: none"> ◆Relay Games With Cody Coleman ◆Men's Cooking Group ◆Ladies Crossword Puzzle Group <p><i>Cheesy Chicken Sandwich w/Lettuce, Tomato, & Pickle-Sweet Potato Fries-Lemon Mousse Cake</i></p>
<p>27 Monday</p> <ul style="list-style-type: none"> ◆Fun Facts About Babe Ruth ◆"Take Me Out To The Ball Game" Trivia ◆Music With Jim McCurry And Friends <p><i>Music Therapy with Hannah</i> <i>Parmesan Crusted White Fish-Purple Coleslaw-Sugar Snap Peas-Blueberry Buckle</i></p>	<p>28 Tuesday</p> <p>HEALTH FAIR</p> <p><i>Music Therapy with Hannah</i> <i>Baked Chicken Legs-Macaroni & Cheese-Green Beans-Roll-Tropical Fruit</i></p>	<p>22 Wednesday</p> <p>EARTH DAY</p> <ul style="list-style-type: none"> ◆A Visit With The Nursing Students Of Gardner Webb University ◆Celebrating Mother Earth <p><i>Music Therapy with Hannah</i></p> <p>Participant Cook Day</p>	<p>23 Thursday</p> <ul style="list-style-type: none"> ◆History Of The Nola Jazz Festival ◆Making English Muffins ◆Snack Time With Kinsley Dellinger <p><i>Music Therapy with Hannah</i> <i>Pintos-Collard Greens-Tomato Slices w/Chow Chow-Yogurt w/Mixed Fruit</i></p>	<p>24 Friday</p> <ul style="list-style-type: none"> ◆Reverend Vernon Craig Visits ◆Farmers Almanac With Neal Scism ◆Black Bag Fashion Show <p><i>Horticultural Therapy with Debra</i> <i>Tomato & Spinach Quiche-Sausage Patty-Hash Browns-Baked Apples</i></p>
<p>29 Wednesday</p> <ul style="list-style-type: none"> ◆World Wish Day! ◆A Visit From The LEC Good Witch ◆LEC Charades ◆Dance Party With Live Music <p><i>Beef Stroganoff w/Egg Noodles-Cucumber & Tomato Salad-Fruit Cocktail</i></p>	<p>30 Thursday</p> <ul style="list-style-type: none"> ◆Jazz Bingo ◆Jazz Artist Trivia ◆Live Jazz Music With Students Of Gardner Webb <p>Participant Cook Day</p>	<p>29 Wednesday</p> <p>HEALTH FAIR</p>	<p>30 Thursday</p> <p>Participant Cook Day</p>	

APRIL

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



is in the
air!

<p><i>1 Wednesday</i></p> <ul style="list-style-type: none"> ◆ Fellowship With Sunny Side Baptist Church ◆ Plate Exercise ◆ Health Fair ◆ Inspirational Time With Alma Adams <p>🎵 Music Therapy with Hannah <i>Meatloaf-Mashed Potatoes-Vegetable Medley-Biscuit-Apple Crisp</i></p>		<p><i>2 Thursday</i></p> <ul style="list-style-type: none"> ◆ Singing Jamboree With Bethel Baptist ◆ Easter Craft With Jennifer Causby ◆ Piano Favorites With Faye Bolden <p>🎵 Music Therapy with Hannah Participant Cook Day</p>		<p><i>3 Friday</i></p> <ul style="list-style-type: none"> ◆ Making Rainbow Wishes & Circus Animal Puppets ◆ Easter Crafts With Linda Mrtin <p>🌿 Horticultural Therapy with Debra <i>Beef Nachos w/Cheese, Pico de Gallo, Sour Cream-Mexican Salad-Mango Mousse</i></p>					
<p><i>6 Monday</i></p> <ul style="list-style-type: none"> ✂ Sewing Club with Candy ★ Veterans Corner with Gene ◆ Music With Tom Woodard ◆ Word Puzzles <p>🎵 Music Therapy with Hannah <i>Chicken-Alfredo-Roasted Zucchini w/Cherry Tomatoes-Garlic Bread Sticks-Mixed Berries</i></p>		<p><i>7 Tuesday</i></p> <ul style="list-style-type: none"> ◆ Soothing Sounds Of The Sax With Arnold Davis ◆ Chair Zumba ◆ Dying Easter Eggs <p>🎵 Music Therapy with Hannah <i>Chili Dog-Coleslaw-Tater Tots-Peaches w/Whipped Cream</i></p>		<p><i>8 Wednesday</i></p> <ul style="list-style-type: none"> ◆ Participant Council Meeting ◆ Crafts With Crystal Markland ◆ Inspirational Time With Alma Adams <p>🌿 Horticultural Therapy with Debra Participant Cook Day</p>		<p><i>9 Thursday</i></p> <ul style="list-style-type: none"> ◆ LEC's Price Is Right ◆ Erica Green Brings Baby Goats ◆ Piano Favorites With Faye Bolden <p>🌿 Horticultural Therapy with Debra <i>Baked Ham-Potato Salad-Green Beans-Roll-Banana Pudding</i></p>		<p><i>10 Friday</i></p> <p>Good FRIDAY</p> <p>Closed</p>	
<p><i>13 Monday</i></p> <ul style="list-style-type: none"> ✂ Sewing Club with Candy ★ Veterans Corner with Gene ◆ "Choose The Correct Word" ◆ Spa Day/Health Fair <p>🌿 Horticultural Therapy with Debra <i>Chicken Pot Pie-Peas-Baby Carrots-Biscuit-Peach Cobbler</i></p>		<p><i>14 Tuesday</i></p> <ul style="list-style-type: none"> ◆ Music With The Carolina Care Singers ◆ Hiking Safety With The Kings Mountain Military Park ◆ Baking With Peggy Gulledge <p>🌿 Horticultural Therapy with Debra <i>Beef Pepper Stir Fry-Lo Mein-Egg Roll in a Bowl-Chocolate Mousse w/Fresh Strawberries</i></p>		<p><i>15 Wednesday</i></p> <ul style="list-style-type: none"> ◆ Parachute Fun  <p>◆ Inspirational Time With Alma Adams</p> <p>🎵 Music Therapy with Hannah <i>Baked Spaghetti-Italian Chopped Salad-Garlic Bread-Mandarin Oranges</i></p>		<p><i>16 Thursday</i></p> <ul style="list-style-type: none"> ◆ Relay Games With Cody Coleman ◆ A Visit From Hopes Chest ◆ Story Time With Ann Gamble ◆ Piano Favorites With Faye Bolden <p>🎵 Music Therapy with Hannah Participant Cook Day</p>		<p><i>17 Friday</i></p> <ul style="list-style-type: none"> ◆ Stories With Carol Piper ◆ Piano Favorites With Billie Hicklin  <p>🌿 Horticultural Therapy with Debra <i>Cheesy Chicken Sandwich w/Lettuce, Tomato, & Pickle-Sweet Potato Fries-Lemon Mousse Cake</i></p>	
<p><i>20 Monday</i></p> <ul style="list-style-type: none"> ✂ Sewing Club with Candy ★ Veterans Corner with Gene ◆ Tai Chi Exercise ◆ Humor For Health <p>🎵 Music Therapy with Hannah <i>Roasted Pork Loin-Rosemary Garlic Potatoes-Brussel Sprouts w/Red Grapes-Baked Cinnamon Apples</i></p>		<p><i>21 Tuesday</i></p> <ul style="list-style-type: none"> ◆ Red Hat Social With The Ladies ◆ Barber Shop Talk With The Men ◆ Music With Eddie Cooke <p>🎵 Music Therapy with Hannah <i>Lasagna Alfredo-Spinach Salad-Garlic Bread Sticks-Cherry Cheesecake</i></p>		<p><i>22 Wednesday</i></p> <ul style="list-style-type: none"> ◆ Soap Opera Social ◆ "What's The Saying?" Trivia Game ◆ Inspirational Time With Alma Adams <p>🌿 Horticultural Therapy with Debra Participant Cook Day</p>		<p><i>23 Thursday</i></p> <ul style="list-style-type: none"> ◆ Roger Perry Plays The Flute ◆ Bingo With Amber Thrift ◆ Piano Favorites With Faye Bolden <p>🌿 Horticultural Therapy with Debra <i>Pintos-Collard Greens-Tomato Slices w/Chow Chow-Yogurt w/Mixed Fruit</i></p>		<p><i>24 Friday</i></p> <ul style="list-style-type: none"> ◆ NFL Talk With Nick Crank <p>LEC Kentucky Derby</p> <ul style="list-style-type: none"> ◆ Health Fair <p><i>Tomato & Spinach Quiche-Sausage Patty-Hash Browns-Baked Apples</i></p>	
<p><i>27 Monday</i></p> <ul style="list-style-type: none"> ✂ Sewing Club with Candy ★ Veterans Corner with Gene ◆ A Visit From Shelby Hearing Center <p>🌿 Horticultural Therapy with Debra <i>Parmesan Crusted White Fish-Purple Coleสลaw-Sugar Snap Peas-Blueberry Buckle</i></p>		<p><i>28 Tuesday</i></p> <ul style="list-style-type: none"> ◆ Golden Chorus Visits ◆ Let's Write A Story ◆ Dance Reminiscing <p>🌿 Horticultural Therapy with Debra <i>Baked Chicken Legs-Macaroni & Cheese-Green Beans-Roll-Tropical Fruit</i></p>		<p><i>29 Wednesday</i></p> <ul style="list-style-type: none"> ◆ Remembering Duke Ellington ◆ Magnolia Club Celebrates April Birthdays ◆ Inspirational Time With Alma Adams <p>🌿 Horticultural Therapy with Debra <i>Beef Stroganoff w/Egg Noodles-Cucumber & Tomato Salad-Fruit Cocktail</i></p>		<p><i>30 Thursday</i></p> <ul style="list-style-type: none"> ◆ All About Jazz ◆ Jazz Music Trivia ◆ Health Fair ◆ Piano Favorites With Faye Bolden <p>Participant Cook Day</p>			

Thank You!

Emily Rountree-Gift Card
Nancy Nation-Bingo Prizes
Crystal & Darriel Love-Promotional Posters
Bess Phifer-Greeting Cards
Sue Drye-Greeting Cards
Reta Phifer-Greeting Cards
Connie Savell-Greeting Cards
Gene White-Greeting Cards
Gloria Lyles-Roses & Cards
Allan Propst-Vegetable Peelers
Melissa & Travis Duncan-Sandwich Platter
Trevelen & Katrena Winebarger-Bingo Prizes
Susan Martin-Bingo Prizes
Estelle Ross-Brownie Mix
Tom Dedmon-Boost Shakes
Ed Patterson-Bananas
Dianne Pasco-Personal Care Items
Gary Floyd-Magazines
Gay Jolley-Magazines
Parents without Partners-Cards & Calendars
Connie Farrington-Spider Plants
Ann Pharr-Craft Supplies
Elizabeth Baptist Church-Bingo Prizes
Lucy Rossini-Magazines & Snacks

Participant Gary compares his height to Hannah Coleman, Music Therapist.



Retired Veterans enjoy sharing songs with one another.



The ladies of Shelby LEC make centerpieces for the dining room tables.

In Memory:

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

Jim Niskala
by

Jeri Horn
Woodbridge Property Owners
Association
Tim & Cheryl Leu
Ellis Roffe
Lisa Poage
Carol & Jack Arey
Greg & Jill Howard

Caroline Godfrey
by

Emily Rountree
Gary, Mary Ann, & Mary Grace
Gillikin

Pearl Moon
by

Don & Barbara McGinnis



Gifts:

The following has given a gift to
Life Enrichment Center:

Christine Hinson

Wish List

Shelby

Treadmill
Walmart Gift cards

Kings Mountain

Large Vinyl Bean Bag Chairs
Weighted Blanket
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 _____

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Life Enrichment Center
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Shelby, North Carolina 28150

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IMPORTANT ANNOUNCEMENTS

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.

Please Remember To Label All Sweaters, Jackets, And Coats!!



Choose LEC! AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Simply type in Life Enrichment Center of Cleveland County!