

# Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

August 2023

# Is Mom Spending Too Much Time Alone?



"Being around others is very important to me. If I did not attend LEC, I would be home alone with only a TV to keep me company.

Instead, I enjoy time with my friends. I can safely go on my daily walks, and I get to enjoy fun and meaningful programs!"

-Participant Doris

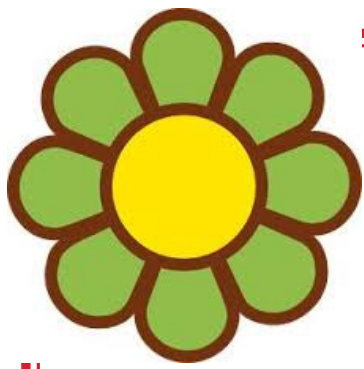
*Schedule  
A FREE Trial  
Visit!*

(Shelby) 704-484-0405  
(Kings Mountain) 704-739-4858

# Try Life Enrichment Today!

*A national model among adult day cares across the country.*

*For 43 years doing "Whatever It Takes" to help families keep adult loved ones at home and in the community.*



As seniors get older, their risk of isolation increases. To prevent the negative effects of loneliness and isolation, it's especially important for seniors (and their loved ones) to be proactive about staying engaged throughout the day.

## *Participant Benefits:*

- Daily exercise and stimulating, interesting programs that promote health and happiness.
- A chance to make new friends.
- Safety & Quality Healthcare
- Continued Therapies
- Nutritious Meals

*(Left to right) Participants JoAnn & Lib.*



*(Left to right) Participants Lizzie & Charlene check out a VW bus.*



*Participants work together to make Fourth Of July decorations.*

*... All in a day at Life Enrichment!*

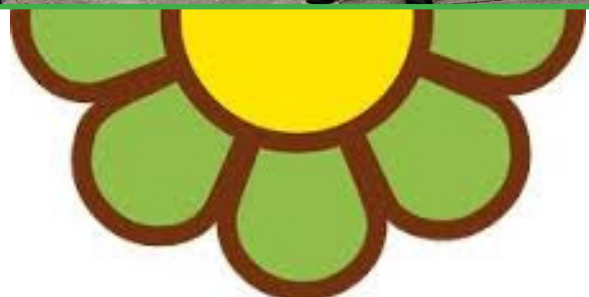


Life Enrichment had the pleasure of meeting Robert Walton & East Coast VW. He shared the story behind their Volkswagen caravan. Participants were able to get inside, sit behind the wheel, and imagine "life on the road".



*Looking good Ken!*

*Connie is ready to hit the road!*





## Shelby Activity Highlights



	<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Virtual Climb Of Mount Everest</li> <li>♦Upper Body Exercise</li> <li>♦LEC Cornhole</li> </ul>  <p><i>Baked Spaghetti- Garden Salad- Garlic Bread- Pears</i></p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Health Fair</li> <li>♦Balloon Volley</li> <li>♦Celebrating Ice Cream Sandwich Day</li> </ul>  <p><i>Baked Ham- Potato Salad- Green Beans- Roll- Fruit Cocktail</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Coloring Contest For National Coloring Book Day</li> <li>♦Chair Zumba</li> </ul>  <p><i>Fish Sticks- Macaroni &amp; Cheese- Broccoli- Mandarin Oranges</i></p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> <li>♦Bingo Bonanza: Movie Edition</li> <li>♦Happy Birthday NBA</li> <li>♦Basketball Trivia</li> </ul>  <p><i>Beef Stroganoff- Garden Salad- Garlic Bread- Pineapple</i></p>
<p><i>7 Monday</i></p> <ul style="list-style-type: none"> <li>♦Famous Lighthouses Of North Carolina</li> <li>♦Scarf Exercise</li> <li>♦Making Root Beer Floats</li> </ul>  <p><i>Tuna Salad Sandwich- Tomato Slices- Baked Chips- Peaches</i></p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦LEC Auction</li> <li>♦"Guess Who" Participant Trivia</li> <li>♦Tai Chi</li> </ul>  <p><i>Pot Roast- Mashed Potatoes- Peas- Roll- Applesauce</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Garden Arts &amp; Crafts</li> <li>♦History Of "Smokey The Bear"</li> <li>♦Fire Safety Tips</li> </ul>  <p><i>BBQ Chicken- Baked Beans- Cucumber Salad- Bread Stick- Mixed Fruit</i></p>	<p><i>10 Thursday</i> 🎵</p> <ul style="list-style-type: none"> <li>♦"Back To School" Reminiscing</li> <li>♦LEC Price Is Right</li> <li>♦Parachute Fun</li> </ul>  <p><i>Grilled Cheese Sandwich- Tomato Soup- Pears</i></p>	<p><i>11 Friday</i></p> <ul style="list-style-type: none"> <li>♦"Fabulous Friday" Dance Party</li> <li>♦Making 'Smores</li> <li>♦National Kool-Aid Day</li> </ul>  <p><i>Chicken Nachos w/ Lettuce &amp; Sour Cream- Black Beans- Pineapple</i></p>
<p><i>14 Monday</i></p> <ul style="list-style-type: none"> <li>♦Participant Council Meeting</li> <li>♦Virtual Nature Walk</li> <li>♦"Name That Tune" Motown Edition</li> </ul>  <p><i>Chili Burgers- Coleslaw- Tater Tots- Fruit Cocktail</i></p>	<p><i>15 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Health Fair</li> <li>♦LEC Putt-Putt</li> <li>♦Musical Chair Exercise</li> </ul>  <p><i>Baked Chicken- Caesar Pasta Salad- Garlic Bread- Peaches</i></p>	<p><i>16 Wednesday</i> 🎵</p> <ul style="list-style-type: none"> <li>♦National Tell A Joke Day</li> <li>♦How To Make Homemade Brownies</li> <li>♦"Red Light, Green Light" Exercise</li> </ul> <p><i>Meat Loaf- Scalloped Potatoes- Lima Beans- Roll- Mandarin Oranges</i></p>	<p><i>17 Thursday</i></p>  <p><b>SPA DAY</b></p> <p><i>Chicken Sandwich w/ Lettuce &amp; Tomato- Baked Chips- Pears</i></p>	<p><i>18 Friday</i></p> <ul style="list-style-type: none"> <li>♦How To Make The Best Apple Pie</li> <li>♦Ashley Mitchell Brings A Sports Car</li> </ul>  <p><i>Roasted Turkey w/ Gravy- Sweet Potato Casserole- Green Beans- Roll- Mixed Fruit</i></p>
<p><i>21 Monday</i></p> <ul style="list-style-type: none"> <li>♦All About Famous Poets</li> <li>♦Poetry Writing Contest</li> <li>♦Virtual Poetry Reading From Around The World</li> </ul>  <p><i>Hamburger Casserole- Garden Salad- Roll- Pineapple</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Brenda Lemons Plays The Spoons</li> <li>♦Music With The McCurry Band &amp; Friends</li> </ul>  <p><i>Chicken Salad Sandwich w/ Lettuce &amp; Tomato- Baked Fries- Peaches</i></p>	<p><i>23 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦LEC "I Spy"</li> <li>♦Flower Pot Decorating</li> <li>♦Exercising To The "Oldies"</li> </ul>  <p><i>Pulled Pork Sliders- Coleslaw- Baked Beans- Pears</i></p>	<p><i>24 Thursday</i> 🎵</p> <ul style="list-style-type: none"> <li>♦All About Birthstones</li> <li>♦Tai Chi</li> <li>♦History Of Ukraine's Independence Day</li> </ul>  <p><i>Baked Chicken- Vegetable Medley- Garlic Toast- Fruit Cocktail</i></p>	<p><i>25 Friday</i></p> <ul style="list-style-type: none"> <li>♦Music With The Foothills Community Choir</li> <li>♦Grilling Burgers With Wendy Howze</li> <li>♦Outdoor Games</li> </ul> <p><i>Participant Cook Out!</i></p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> <li>♦Junk Drawer Detective</li> <li>♦Brain Teasers &amp; Word Puzzles</li> </ul>  <p><i>Chicken Tenders- Green Beans- Potatoes- Roll- Applesauce</i></p>	<p><i>29 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Music With The Patrick Senior Center Choir</li> <li>♦"Soul Train Line" Exercise</li> </ul>  <p><i>Egg Salad Sandwich- Cucumber Salad- Baked Chips- Peaches</i></p>	<p><i>30 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Making Teddy Bears For Hospice</li> <li>♦History Of Frankenstein</li> </ul>  <p><i>Chicken Pot Pie- Garden Salad- Roll- Pineapple</i></p>	<p><i>31 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Making Homemade Dog Treats</li> <li>♦LEC Karaoke Party</li> </ul>  <p><i>Smoked Sausage- Peppers &amp; Onions- Black Eyed Peas- Pears- Roll</i></p>	




# AUGUST



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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Musical Scattergories</li> <li>♦"Walk Across America" Exercise</li> <li>♦Health Fair</li> </ul>  <p>Baked Spaghetti-Garden Salad-Garlic Bread-Pears</p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Painting By Numbers</li> <li>♦Chair Zumba</li> <li>♦National Ice Cream Sandwich Day</li> </ul>  <p>Baked Ham-Potato Salad-Green Beans-Roll-Fruit Cocktail</p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Puzzle Fun</li> <li>♦Paper Plate Exercise</li> <li>♦"Word Hive" Spelling Bee</li> </ul>  <p>Fish Sticks-Macaroni &amp; Cheese-Broccoli-Mandarin Oranges</p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> <li>♦"Name That Sound" Mother Nature Edition</li> <li>♦Parachute Fun</li> <li>♦"Concentration" Word Games</li> </ul> <p>Beef Stroganoff-Garden Salad-Garlic Bread-Pineapple</p>
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*7 Monday*


- ♦Fun Facts About Lighthouses
- ♦Seated Soccer Exercise
- ♦"Finish The Famous Phrase"



Tuna Salad Sandwich-Tomato Slices-Baked Fries-Peaches

*8 Tuesday*

- ♦Junk Drawer "Zoo" Detective
- ♦Chair Zumba
- ♦"Wackie Wordy" Brain Teasers



Pot Roast-Mashed Potatoes-Peas-Roll-Applesauce

*9 Wednesday*

- ♦"Name That Song Title"
- ♦Scarf Exercise
- ♦Table Talk: Summertime Fun



**Health Fair**

BBQ Chicken-Baked Beans-Cucumber Salad-Bread Stick-Mixed Fruit

*10 Thursday*

- ♦Painting To Music
- ♦"Red Light, Green Light" Exercise
- ♦Let's Make S'mores



Grilled Cheese Sandwich-Tomato Soup-Pears

*11 Friday*


- ♦LEC Wheel Of Fortune
- ♦Sights & Sounds Of Nashville Tennessee
- ♦"Follow The Leader" Exercise

*Spa Day*

Chicken Nachos w/Lettuce & Sour Cream-Black Beans-Pineapple

*14 Monday*


- ♦"A Walk Down Memory Lane" Reminiscing
- ♦Tai Chi



Chili Burgers-Coleslaw-Tater Tots-Fruit Cocktail

*15 Tuesday*

- ♦"Soul Train" Morning Dance Party
- ♦Chair Yoga
- ♦LEC Bowling



Baked Chicken-Caesar Pasta Salad-Garlic Bread-Peaches

*16 Wednesday*

- ♦National Tell A Joke Day
- ♦All About Famous Comedians
- ♦Wheelchair Relay Race



Meat Loaf-Scalloped Potatoes-Lima Beans-Roll-Mandarin Oranges

*17 Thursday*

- ♦"Back To School" Junk Drawer Detective
- ♦"Let's Dance" Exercise

**Health Fair**

Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Pears

*18 Friday*


- ♦August Fun In The Desert Sun
- ♦Summertime Arts & Crafts
- ♦Virtual Travel To The Sahara



Roasted Turkey w/Gravy-Sweet Potato Casserole-Green Beans-Roll-Mixed Fruit

*21 Monday*

- ♦National Senior Citizens Day
- ♦Creative Writing: Poems Of Love
- ♦Let's Make Smoothies



Hamburger Casserole-Garden Salad-Roll-Pineapple

*22 Tuesday*

- ♦Summer Vacation Reminiscing
- ♦Magazine Scavenger Hunt
- ♦LEC Cornhole



Chicken Salad Sandwich w/Lettuce & Tomato-Baked Fries-Peaches

*23 Wednesday*

- ♦All About The Food Pyramid
- ♦"Shake A Memory"
- ♦How To Make The Best Mini Pizzas

Pulled Pork Sliders-Coleslaw-Baked Beans-Pears

*24 Thursday*


- ♦LEC Auction
- ♦Balloon Volley
- ♦Ice Cream Social



Baked Chicken-Vegetable Medley-Garlic Toast-Fruit Cocktail

*25 Friday*


- ♦LEC Monthly Birthday Party
- ♦History Of Don Gibson
- ♦Virtual Travel To The Bahamas



Chicken Tenders-Baked Fries-Green Beans-Mixed Fruit

*28 Monday*


- ♦Name That Tune: Country Edition
- ♦Upper Body Exercise



Chicken Tenders-Green Beans-Potatoes-Roll-Applesauce

*29 Tuesday*

- ♦"Guess Who" Participant Trivia
- ♦Paper Plate Exercise



Egg Salad Sandwich-Cucumber Salad-Baked Fries-Peaches

*30 Wednesday*

**ENCHANTED OASIS PARTY**

- ♦Sahara Desert Crossword
- ♦"Name That Animal Sound"

Chicken Pot Pie-Garden Salad-Roll-Pineapple

*31 Thursday*

- ♦Making Trail Mix
- ♦LEC "I Spy"
- ♦Parachute Fun



Smoked Sausage-Peppers & Onions-Black Eyed Peas-Pears-Roll



**Each summer, Shelby Mission Group dedicates their time to LEC. Volunteers of all ages lead programs, take on projects, and put smiles on the faces of each participant.**



*(Above) Volunteers help participants paint plant markers for the LEC garden.*



*Participants get creative while painting flowers with volunteer Dianne Garner.*





*Willie*



*Valoree*



*Flower making with Shelby Presbyterian Church*

## *In Memory...*

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

**Anne Shaw**

*by  
Tom & Carol Wood*

## *In Honor...*

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

**Lisa Williams**

*by  
Tom & Bonnie Creasy*

## *Friends...*

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

**Bruce & Vicky White**

**Charles Stiles**

## **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 \_\_\_\_\_

## Board of Directors

Suzanne Amos, *President*  
Tommy Brooks, *Vice-President*  
Donna Beringer, *Treasurer*  
Heather Bridges-Moore, *Secretary*  
Tonya Arrington  
Hannah Cyr  
Larry Dooley  
Pete Gilbert  
Rev. Eddie Gray  
Dr. Carolyn Jackson  
Jodi Jennings  
Kirsten Martin  
Tom Martin  
Russ Putnam  
Paula Ramsey  
Jonathan Rhodes

## Advisory Board

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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.

## Thank You!

Pilot Club of Shelby - Misc Items  
Ernest Merritt - Garden Vegetables  
Betty Stroud - Sweet Treats  
Pat Darty - Sweet Treats  
The Rhodes Family - Flowers



Participants were thrilled to hear that LEC Music Therapist, Hannah, is expecting a baby boy. Congratulations Hannah!!