

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

April 2024

Participant Linda shares her love of music with others.



Is Mom Spending Too Much Time Alone?

*Try Life
Enrichment
Center!*

Socialization is crucial to brain health. Benefits include improved mental, physical, and emotional health, as well as a greater sense of belonging and purpose.

Adult Day Program

The Best Choice In Keeping Families Together And At Home!

Shelby 704.484.0405 Kings Mountain 704.739.4858

For 43 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.

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.

Participant Sue enjoys the greenhouse.



Staff member Matt (left) & Veteran Mike complete a woodworking project.



Participants Matthew & Cathy



Participant Mary helps to prepare a snack.



43
Years

Providing safety, quality healthcare, socialization, and meaningful programs to enhance each participant's quality of life.

Did You Know?

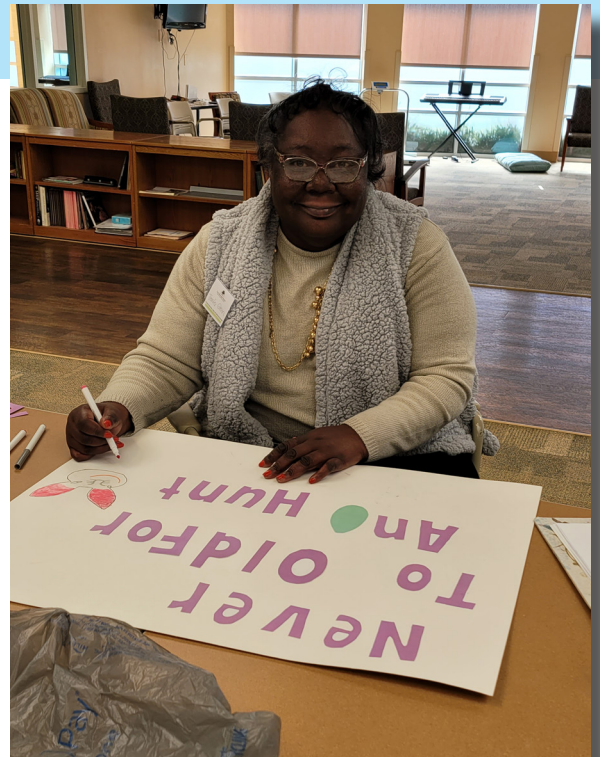
- You do **NOT** need a doctor's referral to attend Life Enrichment Center.
- The Veterans Administration may cover the cost of adult day care for Veterans.
- Your first visit is **FREE!**

Schedule
A Trial Visit
Today!

Many families have a difficult time deciding whether or not an adult day program is right for their loved one.

As a caregiver, a **Trial Visit** is a great opportunity to ask questions, meet staff, & receive additional information.

Your loved one will enjoy the events of the day, have lunch with new friends, & experience firsthand the benefits of attending LEC.



"Can I please come back tomorrow?"

Jennifer asked during her first visit to Life Enrichment. She was thrilled when asked to help with Easter decorations. Her favorite hobbies include arts & crafts, shopping, writing, and parties. She is planning on attending regularly and is very excited about this year's Prom!

April



Shelby Activity Highlights

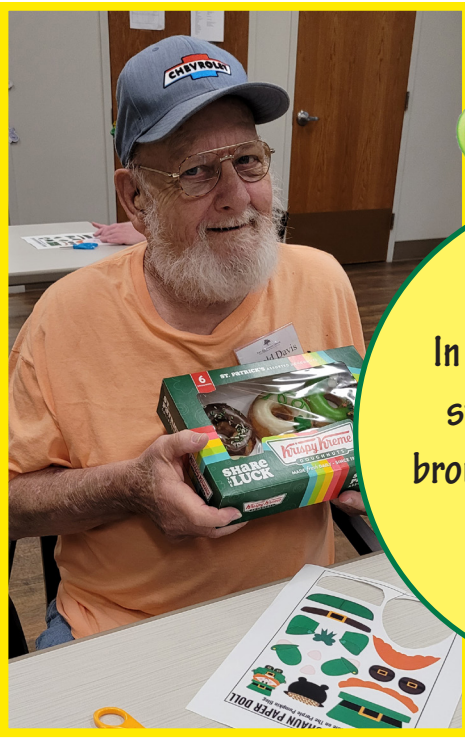
<p><i>1 Monday</i></p> <ul style="list-style-type: none"> ◆April Fools Day Trivia ◆Chair Zumba ◆Bingo With Jordan Jimson  <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll-Mixed Fruit</i></p>	<p><i>2 Tuesday</i></p> <ul style="list-style-type: none"> ◆Pickin' & Grinin' With Tommy Brooks ◆Tai Chi ◆World Autism Awareness Day  <p><i>Spaghetti-Garden Salad-Breadstick-Mandarin Oranges</i></p>	<p><i>3 Wednesday</i></p> <ul style="list-style-type: none"> ◆Health Fair ◆LEC Walking Club ◆"Trash Bag" Fashion Show With Cheliss Taylor  <p><i>Chicken Tenders-Potatoes-Peas-Roll-Peaches</i></p>	<p><i>4 Thursday</i></p> <ul style="list-style-type: none"> ◆Celebrating Maya Angelou ◆Lower Body Exercise ◆Table Top Games  <p><i>Chili Beans w/Sour Cream & Cheese-Combread-Applesauce</i></p>	<p><i>5 Friday</i></p> <ul style="list-style-type: none"> ◆Junk Drawer Detective ◆Upper Body Exercise ◆LEC Bowling Tournament  <p><i>Fish Sandwich-Macaroni & Cheese-Broccoli-Fruit Cocktail</i></p>
<p><i>8 Monday</i></p> <ul style="list-style-type: none"> ◆Fire Safety Day ◆Parachute Fun ◆Fun Facts About The Total Solar Eclipse  <p><i>Pot Roast-Potatoes & Carrots-Roll-Pears</i></p>	<p><i>9 Tuesday</i></p> <ul style="list-style-type: none"> ◆How To Make No-Bake Cookies ◆Tone It Up Tuesday ◆Classical Favorites With Eddie Cooke  <p><i>Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Pineapple</i></p>	<p><i>10 Wednesday</i></p> <ul style="list-style-type: none"> ◆Devotion With Blessed Coverings ◆Baking Cookies With Devion Watkins ◆Gospel Magic With Thurston Hamrick <p><i>Baked Ham-White Beans-Combread-Fruit Cocktail</i></p>	<p><i>11 Thursday</i></p> <ul style="list-style-type: none"> ◆National Pet Day ◆Chair Yoga ◆America's Funniest Videos: Pet Edition  <p><i>Chicken Nachos w/Lettuce & Sour Cream-Black Beans-Peaches</i></p>	<p><i>12 Friday</i></p> <ul style="list-style-type: none"> ◆How To Make A Peach Cobbler With Kathy ◆Wear Your Pink For National Pink Day  <p><i>Grilled Cheese Sandwich-Tomato Soup-Mixed Fruit</i></p>
<p><i>15 Monday</i></p> <ul style="list-style-type: none"> ◆Participant Council Meeting ◆LEC Monthly Birthday Party Hosted By Dianne Harrison ◆Birthday Bingo <p><i>BBQ Chicken-Potato Salad-Garlic Bread-Mandarin Oranges</i></p>	<p><i>16 Tuesday</i></p> <ul style="list-style-type: none"> ◆Pajama Day ◆Pajama Fashion Show  <p><i>Pulled Pork Sliders-Coleslaw-Tater Tots-Pineapple</i></p>	<p><i>17 Wednesday</i></p> <ul style="list-style-type: none"> ◆Spring Time Crafts With Leslie Spangler ◆Baking 101 With Susan Thrift ◆Chair Yoga <p><i>Hamburger Steak w/Gravy-Potatoes-Carrots-Roll-Peaches</i></p>	<p><i>18 Thursday</i></p>  <p>Spa Day</p> <p><i>Pepperoni & Cheese Casserole-Garden Salad-Fruit Cocktail</i></p>	<p><i>19 Friday</i></p> <ul style="list-style-type: none"> ◆Virtual Tour Of The Bronx Zoo ◆Chair Zumba ◆LEC Auction  <p><i>Cheeseburger w/Lettuce & Tomato-Baked Beans-Pears</i></p>
<p><i>22 Monday</i></p> <ul style="list-style-type: none"> ◆Virtual Tour Of New York City  <p><i>Tuna Salad Sandwich-Tomato Slices-Baked Fries-Mixed Fruit</i></p>	<p><i>23 Tuesday</i></p> <ul style="list-style-type: none"> ◆Courtyard Scavenger Hunt ◆Deep Breathing Exercise ◆Music With The McCurry Band & Friends <p><i>Baked Chicken-Caesar Pasta Salad-Bread Stick-Pineapple</i></p>	<p><i>24 Wednesday</i></p> <ul style="list-style-type: none"> ◆Truck Driving Stories With Washonda Johnson ◆Junk Drawer Detective  <p><i>Baked Ham-Black Eyed Peas-Spinach-Roll-Peaches</i></p>	<p><i>25 Thursday</i></p> <ul style="list-style-type: none"> ◆History Of The Red Hat Society ◆Let's Play "I Spy"  <p><i>Cheeseburger Macaroni-Garden Salad-Roll-Mandarin Oranges</i></p>	<p><i>26 Friday</i></p> <ul style="list-style-type: none"> ◆Devotion With Matt Holman Of Bible Gospel Baptist Church Creative Writing: "Summer Sonnets"  <p><i>Turkey Sub w/Lettuce & Tomato-Baked Fries-Applesauce</i></p>
<p><i>29 Monday</i></p> <ul style="list-style-type: none"> ◆LEC Price Is Right ◆Name That Tune ◆Balloon Volley  <p><i>Lasagna-Garden Salad-Bread Stick-Fruit Cocktail</i></p>	<p><i>30 Tuesday</i></p> <ul style="list-style-type: none"> ◆All About The Food Pyramid ◆Making Personal Pan Pizzas With Tracy Willis ◆Outdoor Exercise <p><i>Chicken Tenders-Potatoes-Green Beans-Roll-Pears</i></p>	<p>Dates To Remember:</p> <p>Friday, April 12 - National Pink Day. Wear Your Pink!</p> <p>Tuesday, April 16 - Pajama Day</p> 		

April

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

<p>1 Monday</p> <ul style="list-style-type: none"> ♦ Music With "Senior Moments" ♦ History Of April Fools Day <p>Health Fair</p> <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll-Mixed Fruit</i></p>	<p>2 Tuesday</p> <ul style="list-style-type: none"> ♦ World Autism Awareness Day <p>Wear Your Blue</p> <ul style="list-style-type: none"> ♦ Blowing Bubbles For Autism  <p><i>Spaghetti-Garden Salad-Breadstick-Mandarin Oranges</i></p>	<p>3 Wednesday</p> <ul style="list-style-type: none"> ♦ "Find The Rainbow" Scavenger Hunt ♦ LEC Walking Club  <p><i>Chicken Tenders-Potatoes-Peas-Roll-Peaches</i></p>	<p>4 Thursday</p> <ul style="list-style-type: none"> ♦ Happy Birthday Maya Angelou ♦ Let's Play Truth Or Dare ♦ Parachute Fun  <p><i>Chili Beans w/Sour Cream & Cheese-Combread-Applesauce</i></p>	<p>5 Friday</p> <ul style="list-style-type: none"> ♦ National Deep Dish Pizza Day ♦ Virtual Visit To New Haven: The Pizza Capital Of United States  <p><i>Fish Sandwich-Macaroni & Cheese-Broccoli-Fruit Cocktail</i></p>
<p>8 Monday</p> <ul style="list-style-type: none"> ♦ All About The San Diego Zoo ♦ LEC Bowling ♦ Gardening Tips: How To Prepare Your Vegetable Garden <p><i>Pot Roast-Potatoes & Carrots-Roll-Pears</i></p>	<p>9 Tuesday</p> <ul style="list-style-type: none"> ♦ A Visit With Logan Taekwondo ♦ Popular Names Of 2024 ♦ All About Winston Churchill  <p><i>Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Pineapple</i></p>	<p>10 Wednesday</p> <ul style="list-style-type: none"> ♦ National Golfers Day ♦ Reminiscing: Life On The Farm ♦ LEC Putt-Putt <p>Health Fair</p> <p><i>Baked Ham-White Beans-Combread-Fruit Cocktail</i></p>	<p>11 Thursday</p> <ul style="list-style-type: none"> ♦ Participant Council Meeting ♦ Music With Linda Robinson ♦ Creative Writing: Celebrating Poetry Month <p><i>Chicken Nachos w/Lettuce & Sour Cream-Black Beans-Peaches</i></p>	<p>12 Friday</p> <ul style="list-style-type: none"> ♦ All About Astronomy ♦ Who Is Elon Musk ♦ Famous Astronaut Trivia  <p><i>Grilled Cheese Sandwich-Tomato Soup-Mixed Fruit</i></p>
<p>15 Monday</p> <ul style="list-style-type: none"> ♦ Pajama Day! ♦ World Art Day ♦ Interesting Facts About The Titanic  <p><i>BBQ Chicken-Potato Salad-Garlic Bread-Mandarin Oranges</i></p>	<p>16 Tuesday</p> <ul style="list-style-type: none"> ♦ Virtual Visit To Tennessee's Elephant Sanctuary: Home & Herd ♦ National Save The Elephant Day ♦ Balloon Volley <p><i>Pulled Pork Sliders-Coleslaw-Tater Tots-Pineapple</i></p>	<p>17 Wednesday</p> <ul style="list-style-type: none"> ♦ A Visit With The Golden Chorus ♦ Haiku Poetry Day ♦ LEC Relay Races  <p><i>Hamburger Steak w/Gravy-Potatoes-Carrots-Roll-Peaches</i></p>	<p>18 Thursday</p> <ul style="list-style-type: none"> ♦ LEC Win, Lose, Or Draw ♦ Cornhole Tournament ♦ Chair Yoga  <p><i>Pepperoni & Cheese Casserole-Garden Salad-Fruit Cocktail</i></p>	<p>19 Friday</p> <ul style="list-style-type: none"> ♦ Practicing For The Special Olympics ♦ Upper Body Strengthening <p>Health Fair</p> <p><i>Cheeseburger w/Lettuce & Tomato-Baked Beans-Pears</i></p>
<p>22 Monday</p> <ul style="list-style-type: none"> ♦ National Karaoke Week ♦ LEC Karaoke Contest <p>Earth Day!</p>  <p><i>Tuna Salad Sandwich-Tomato Slices-Baked Fries-Mixed Fruit</i></p>	<p>23 Tuesday</p> <ul style="list-style-type: none"> ♦ Writing To Our Shelby Pen Pals ♦ All About Famous Guitar Players  <p><i>Baked Chicken-Caesar Pasta Salad-Bread Stick-Pineapple</i></p>	<p>24 Wednesday</p> <ul style="list-style-type: none"> ♦ Making Jerseys For The LEC Kentucky Derby ♦ How To Make The Best Pigs In A Blanket  <p><i>Baked Ham-Black Eyed Peas-Spinach-Roll-Peaches</i></p>	<p>25 Thursday</p> <ul style="list-style-type: none"> ♦ History Of The Red Hat Society ♦ Making Fancy Hats For The LEC Derby ♦ Devotion With Tommy Lineberger <p><i>Cheeseburger Macaroni-Garden Salad-Roll-Mandarin Oranges</i></p>	<p>26 Friday</p> <p><i>2024 LEC Kentucky Derby Day!</i></p>  <p><i>Turkey Sub w/Lettuce & Tomato-Baked Fries-Applesauce</i></p>
<p>29 Monday</p> <ul style="list-style-type: none"> ♦ Top 10 Ways To Help Save Our Planet ♦ Who Is Babe Ruth? <p>Health Fair</p> <p><i>Lasagna-Garden Salad-Bread Stick-Fruit Cocktail</i></p>	<p>30 Tuesday</p> <p>Super Hero Day!</p> <p><i>Dress As Your Favorite Super Hero</i></p> <ul style="list-style-type: none"> ♦ LEC Monthly Birthday Party  <p><i>Chicken Tenders-Potatoes-Green Beans-Roll-Pears</i></p>	<p>April 02- Wear Blue For Autism Awareness</p> <p>April 15- Pajama Day</p> <p>April 30- Super Hero Day!</p> 		



In appreciation for LEC staff, Veteran Harold brought St. Patrick's Day Doughnuts! Thank you Harold!!

In Memory:

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

Richard English
by

Angi English

Sue & Gene Rippy
by

Mark & Lynn Hall

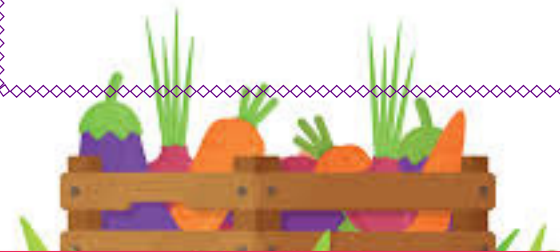
Howard S. Wright
by

Beth Gilstrap

Friends:

The following has given a gift to Life Enrichment Center:

Patricia Green



(Left to right) Participants Michael & Cindy.

Participants are excited to start vegetable seeds for this year's garden. Tomatoes, squash, green beans, cucumbers, and okra are some of their favorite vegetables to grow.



What a lucky day to be at Life Enrichment! Participants did not disappoint in their St. Patrick's Day attire. They enjoyed "Lucky" Bingo, "Find The Gold" Scavenger Hunt, and green themed snacks.

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 on LEC's Facebook page, and through the "One Call Now" service. Should it be necessary to close early, caregivers will be notified by telephone.

Thank You!

Nancy Nation-Flip Flops, Norma Herndon-Greeting Cards, Travis Wright-Trophies
Libby Glenn-Guide Post Magazines, Christa McGinnis-Sweet Treats
Marie Harrill-Miscellaneous Items, Cheryl Leu-Greeting Cards



(Left to right) Participants Brayden and Doris help with decorations for the 2024 LEC Prom.

