



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

January 2024

When You Care Enough To Choose The Best...



(Left to right) Participants Charlene & Doris enjoy a manicure.

Choose Life Enrichment

Schedule a **FREE** Trial Visit Today!

(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.

Merry Christmas Charlie Brown!

This year, Shelby participants chose to perform a "Charlie Brown Christmas" for the 2023 LEC Christmas Play. Participants worked very hard to build & paint each prop, design costumes, and memorize their speaking parts.



*(Above, left to right)
Participant June plays piano for the role of "Schroeder" as Doris reads her lines as "Lucy".
Participant Paul gets into character as Charlie Brown.
(Right) Participants practice their lines for the big day!*





Neisler Center Participants C.J. & Matt show off their "Ugly Sweaters" during the LEC Christmas Fashion Show.



Thank You...

- Wally Wersching- Misc. Items*
- Barbara Hannah- Craft Materials*
- Debbie Spencer- Sweet Treats*
- Mary Wallace- Sweet Treats*
- Jane Swink- Bingo Prizes*
- Keith & Betty Hawkins- Health Equipment*
- Lynn Rowland- Magazines*
- Harold Davis- Sweet Treats*
- Amber Lowery- Sweet Treats*
- Paul Godfrey- Magazines*
- Jay Rhodes- Flowers*

Santa's Little Helper, Cathy, says thank you for your gifts!

January

Shelby Activity Highlights

<p>1 Monday</p>  <p>CLOSED</p>	<p>2 Tuesday</p> <ul style="list-style-type: none"> ♦ "Super Stretch" Morning Exercise ♦ Virtual Tour Of New York City ♦ New Year's Trivia <p><i>Hamburger Steak w/Gravy, Potatoes, Green Beans-Roll-Mixed Fruit</i></p>	<p>3 Wednesday</p> <ul style="list-style-type: none"> ♦ DIY 2024 Vision Boards ♦ Chair Zumba  <p><i>Pinto Beans-Cabbage-Combread-Mandarin Oranges</i></p>	<p>4 Thursday</p> <ul style="list-style-type: none"> ♦ Let's Plan For Valentine's Day ♦ All About The Capricorn ♦ Famous Birthdays In January <p><i>Cheeseburger Macaroni-Garden Salad-Bread Stick-Peaches</i></p>	<p>5 Friday</p> <ul style="list-style-type: none"> ♦ Scrapbook 101 ♦ Let's Play Eye Spy ♦ All About Charlie Brown ♦ Virtual Bird Watching  <p><i>Grilled Cheese Sandwich-Tomato Soup-Pineapple</i></p>
<p>8 Monday</p> <ul style="list-style-type: none"> ♦ Making Mod Podge Wine Bottles ♦ Earth Rotation Day: Fun Facts About Mother Earth  <p><i>Cheeseburger-Lettuce & Tomato-Tater Tots-Fruit Cocktail</i></p>	<p>9 Tuesday</p> <ul style="list-style-type: none"> ♦ "Tone It Up" Tuesday ♦ Letters To Local Law Enforcement For National Law Enforcement Day  <p><i>Chicken Pot Pie-Garden Salad-Roll-Pears</i></p>	<p>10 Wednesday</p> <ul style="list-style-type: none"> ♦ History Of Martin Luther King, Jr. ♦ House Plant Appreciation Day: Fun Facts About Plants  <p><i>Chili Beans w/Cheese & Sour Cream-Combread-Applesauce</i></p>	<p>11 Thursday</p> <ul style="list-style-type: none"> ♦ National Milk Day  <p><i>Pulled Pork Sliders-Coleslaw-Baked Beans-Pineapple</i></p>	<p>12 Friday</p> <ul style="list-style-type: none"> ♦ Celebrating Martin Luther King, Jr. ♦ MLK March In The LEC Healing Garden ♦ Sharing Your Personal "I Have A Dream" Speech <p><i>Baked Chicken-Scalloped Potatoes-Spinach-Roll-Peaches</i></p>
<p>15 Monday</p>  <p>CLOSED</p>	<p>16 Tuesday</p> <ul style="list-style-type: none"> ♦ Hat Day! Wear Your Favorite Hat ♦ LEC Hat Fashion Show ♦ Creative Writing: Short Stories <p><i>Chicken Nachos w/Lettuce & Sour Cream-Black Beans-Pineapple</i></p>	<p>17 Wednesday</p> <ul style="list-style-type: none"> ♦ Happy Birthday Muhammad Ali ♦ Remembering Betty White <p>Health Fair</p> <p><i>Fish Sandwich-Macaroni & Cheese-Broccoli-Peaches</i></p>	<p>18 Thursday</p> <ul style="list-style-type: none"> ♦ Arts & Crafts: Winter Wonders ♦ Sharing Winter Time Memories ♦ History Of Winnie The Pooh  <p><i>Chicken & Gravy Over Noodles-Green Beans-Roll-Pears</i></p>	<p>19 Friday</p> <ul style="list-style-type: none"> ♦ Happy Birthday Dolly Parton ♦ Secret Pen Pal Day ♦ National Popcorn Day <p><i>Vegetable Beef Soup-Caesar Salad-Bread Stick-Mandarin Oranges</i></p>
<p>22 Monday</p> <ul style="list-style-type: none"> ♦ Junk Drawer Detective ♦ Parachute Fun ♦ How To Make Granola Bars  <p><i>Pot Roast-Potatoes-Pears-Roll-Fruit Cocktail</i></p>	<p>23 Tuesday</p> <ul style="list-style-type: none"> ♦ Winter Coloring Contest ♦ Balloon Volley ♦ Name That Animal Sound  <p><i>Turkey-Sweet Potatoes-Green Beans-Roll-Applesauce</i></p>	<p>24 Wednesday</p> <ul style="list-style-type: none"> ♦ Indoor Scavenger Hunt ♦ Lower Body Exercise ♦ Making Peanut Butter Crackers  <p><i>Spaghetti-Garden Salad-Bread Stick-Peaches</i></p>	<p>25 Thursday</p> <ul style="list-style-type: none"> ♦ LEC Auction ♦ Upper Body Exercise ♦ LEC Pie Eating Contest  <p><i>Chicken Tenders-Potatoes-Green Beans-Pineapple</i></p>	<p>26 Friday</p> <ul style="list-style-type: none"> ♦ History Of Bessie Coleman ♦ Tai Chi ♦ Remembering The Victims Of The Holocaust  <p><i>Potato Soup-Ham & Cheese Sandwich-Mandarin Oranges</i></p>
<p>29 Monday</p> <ul style="list-style-type: none"> ♦ Monday Morning Bingo ♦ Arts & Crafts: Puzzle Pieces ♦ LEC Monthly Birthday Party <p><i>Chicken Sandwich-Lettuce & Tomato-Baked Fries-Pears</i></p>	<p>30 Tuesday</p> <ul style="list-style-type: none"> ♦ Participant Council Meeting ♦ Musical Chair Exercise <p>Health Fair</p> <p><i>Chili Beans w/Sour Cream & Cheese-Combread-Applesauce</i></p>	<p>31 Wednesday</p> <ul style="list-style-type: none"> ♦ Musical Instrument Exercise ♦ Scarf Exercise ♦ National Hot Chocolate Day  <p><i>Meatloaf-Scalloped Potatoes-Lima Beans-Mixed Fruit</i></p>	 <p>Wear Your Favorite Hat! January 16th</p>	

JANUARY



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>  <p>CLOSED</p>	<p>2 Tuesday</p> <ul style="list-style-type: none"> ♦ Making Award Badges ♦ Parachute Fun  <p>Hamburger Steak w/Gravy, Potatoes, Green Beans-Roll-Mixed Fruit</p>	<p>3 Wednesday</p> <ul style="list-style-type: none"> ♦ LEC Price Is Right ♦ Seated Soccer ♦ Hymnal Trivia  <p>Pinto Beans-Cabbage-Cornbread- Mandarin Oranges</p>	<p>4 Thursday</p> <ul style="list-style-type: none"> ♦ Pennies Worth Of Candy ♦ Paper Plate Exercise ♦ Winter Magazine Collages  <p>Cheesburger Macaroni-Garden Salad- Bread Stick-Peaches</p>	<p>5 Friday</p> <ul style="list-style-type: none"> ♦ Charlie Brown Day ♦ Dress As Your Favorite Charlie Brown Character  <p>Grilled Cheese Sandwich-Tomato Soup- Pineapple</p>
<p>8 Monday</p> <ul style="list-style-type: none"> ♦ Happy Birthday Elvis Presley ♦ Elvis Presley Trivia ♦ "Jail House Rock & Roll" Exercise  <p>Cheesburger-Lettuce & Tomato-Tater Tots- Fruit Cocktail</p>	<p>9 Tuesday</p> <ul style="list-style-type: none"> ♦ Concentration Word Puzzles ♦ Chair Yoga ♦ LEC People's Court  <p>Chicken Pot Pie-Garden Salad-Roll- Pears</p>	<p>10 Wednesday</p> <ul style="list-style-type: none"> ♦ "Hot Soup Jumble" Riddles ♦ Chair Zumba  <p>Chili Beans w/Cheese & Sour Cream- Cornbread-Applesauce</p>	<p>11 Thursday</p> <ul style="list-style-type: none"> ♦ Virtual Travel To Newfoundland ♦ Making January Passports ♦ Name That Beatles Song  <p>Pulled Pork Sliders-Coleslaw-Baked Beans- Pineapple</p>	<p>12 Friday</p> <ul style="list-style-type: none"> ♦ Super Hero Day ♦ Dress Like Your Favorite Super Hero ♦ National Hot Tea Day ♦ Chair Exercise <p>Baked Chicken-Scalloped Potatoes- Spinach-Roll-Peaches</p>
<p>15 Monday</p>  <p>CLOSED</p>	<p>16 Tuesday</p> <ul style="list-style-type: none"> ♦ Participant Council Meeting ♦ Facts About Martin Luther King, Jr. ♦ LEC Cornhole  <p>Chicken Nachos w/Lettuce & Sour Cream- Black Beans-Pineapple</p>	<p>17 Wednesday</p> <ul style="list-style-type: none"> ♦ Guess The 1960's TV Theme Song ♦ LEC Relay Races ♦ "Bifolkals" Reminiscing  <p>Fish Sandwich-Macaroni & Cheese- Broccoli-Peaches</p>	<p>18 Thursday</p> <ul style="list-style-type: none"> ♦ LEC Bingo Bonanza ♦ Scarf Exercise ♦ All About The Food Pyramid  <p>Chicken & Gravy Over Noodles- Green Beans-Roll-Pears</p>	<p>19 Friday</p> <ul style="list-style-type: none"> ♦ How To Make Fortune Cookie Chocolate Pie ♦ Upper Body Exercises ♦ LEC Karaoke: Golden Oldies Edition <p>Vegetable Beef Soup-Caesar Salad- Bread Stick-Mandarin Oranges</p>
<p>22 Monday</p> <ul style="list-style-type: none"> ♦ Red Light, Green Light Exercise ♦ Spa Day  <p>Pot Roast-Potatoes-Peas- Roll-Fruit Cocktail</p>	<p>23 Tuesday</p> <ul style="list-style-type: none"> ♦ Activity Professional Day: Recognizing LEC's Program Assistants ♦ Let's Play Eye Spy ♦ Chair Zumba <p>Turkey-Sweet Potatoes-Green Beans- Roll-Applesauce</p>	<p>24 Wednesday</p> <ul style="list-style-type: none"> ♦ Musical Scattergories ♦ LEC Putt-Putt ♦ Let's Play "Taboo"  <p>Spaghetti-Garden Salad-Bread Stick- Peaches</p>	<p>25 Thursday</p> <ul style="list-style-type: none"> ♦ Winter Wonderland Party ♦ "Snowball" Fight ♦ Marshmallow Toothpick Challenge ♦ Snowman Competition <p>Chicken Tenders-Potatoes-Green Beans- Pineapple</p>	<p>26 Friday</p> <ul style="list-style-type: none"> ♦ All About Australia ♦ Virtual Tour Of The Great Barrier Reef ♦ Australia Trivia Game  <p>Potato Soup-Ham & Cheese Sandwich- Mandarin Oranges</p>
<p>29 Monday</p> <ul style="list-style-type: none"> ♦ LEC Pictionary ♦ Let's Play "I Spy" ♦ Chair Zumba  <p>Chicken Sandwich-Lettuce & Tomato- Baked Fries-Pears</p>	<p>30 Tuesday</p> <ul style="list-style-type: none"> ♦ Candy Cane Social ♦ LEC Dance Party ♦ Monthly Birthday Party  <p>Chili Beans w/Sour Cream & Cheese- Cornbread-Applesauce</p>	<p>31 Wednesday</p> <ul style="list-style-type: none"> ♦ "Would You Rather?" Trivia Game ♦ LEC Bowling ♦ Junk Drawer Detective  <p>Meatloaf-Scalloped Potatoes-Lima Beans- Mixed Fruit</p>	 <p>Charlie Brown Character Day! Friday, January 5th</p> <p>January 12th!</p> <p>Dress Like Your Favorite Super Hero</p> 	

Participant Spencer stands beside Bernie Taupin's art piece, "He Will Set Your Fields On Fire".



Participants took a trip to the Earl Scruggs Center where they enjoyed a self-guided tour while learning about legendary five-string banjo master and Cleveland County native, Earl Scruggs.



In Memory:

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

Irvin Harden

by

Jeanne H. McCord

Jeff Spivey

by

Laura Wright

Bryce Pursley

by

Barry McKinnon

Friends:

The following have given a gift to Life Enrichment Center:

Scot & Myra Dixon

Welcome Wagon Of Cleveland

County

Women Of Distinction

Cardinal Plastics

In Honor

*The following have been honored with a gift to
Life Enrichment Center by
Vance Suttle & Nathalie Lavigne*

Mr. and Mrs. Frank Beam	Mr. and Mrs. Will Rucker	Mrs. Loyd B. Smith
Mr. and Mrs. Cecil Burton	Mrs. Connie Rupprecht	Mr. Seth Smith
Mrs. Vincent Carpenter	Mr. and Mrs. David Schweppe	Mrs. Robin Smith
Mrs. Jill Frances Currie	Mr. and Mrs. John V. Schweppe	Mr. and Mrs. Scott Smith
Mr. John M. Gardner	Mr. and Mrs. John V. Schweppe III	Mrs. Linda Ware
Dr. John C. Hamrick	Mr. and Mrs. Richard Fletcher	Mr. and Mrs. Luke Ware
Mr. and Mrs. Fred Harrill	Mr. and Mrs. Will Meekins	Mr. and Mrs. Bee Strain
Mrs. Mary Anne Harrill	Mr. and Mrs. Roger Holland	Mr. and Mrs. Julian Wray
Mr. and Mrs. Ralph Meekins	Mr. and Mrs. John Kennedy	Mr. and Mrs. Don Yelton
Mr. and Mrs. James E. Lutz, Jr.	Mr. and Mrs. Jim Morgan	Mrs. Jack Williams
Mr. and Mrs. David Teddy	Mr. and Mrs. Ali Paksoy	Dr. and Mrs. Frank Bonner
Mrs. Barbara McLarty	Dr. and Mrs. Will Plaster	Mr. Richard Craver
Mr. and Mrs. Lance Ware	Mr. and Mrs. David Royster	Dr. and Mrs. Brent Ferrell
Mr. Charles W. Wray, Jr.		

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

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

Advisory Board

Mason Venable, *Chairman*
Mary Accor
Greg Blalock
Jesse Bone
Honorable Forrest D. Bridges
David Brinkley
Tom Brooks
Cecil Burton
Wade Carpenter
David Cline
Chris Gash
Gary Gold
Connie Greene
Jennipher Harrill
Kitty Hoyle
Patsy Irvin
Tyler Leonhardt
Brenda Lovelace
Randy Mach
Tom McNichol
Sarah Nestlerode
Ellis Noell
David Pharr
Jay Rhodes
Dr. Mike Ribadeneyra
Gary Ritchie
Sharon Robbs
Phillis Robinson
Bob Smith
John Still
Chris Turner
John Turner
Oscar Zamora

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

Address Service Requested



This institution is an equal opportunity provider/employer.

Non-Profit Organization
U.S. Postage
PAID
Charlotte, NC
Permit #4106

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.

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



Life Enrichment Center
will be **CLOSED**
Monday, January 15,
in observance of
Martin Luther King, Jr.
Day.



Participant Michael holds his "I Have a Dream" worksheet during the group discussion.

