



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

May 2024

Looking For The Perfect Gift For Mom?

Life Enrichment Center offers meaningful programs, quality health care, and opportunities for socialization. Everyone has a purpose. Help your mother rediscover hers today!



Participant Ruth enjoys an Easter program.

Adult Day Program

She Gave You Her Best...Now Choose The Best For Her!

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

"Mom used to..." **AND MOM STILL CAN!**



"Mom used to enjoy helping others." -

There's always an opportunity to help others while at LEC.

(Left) Participant Sue helps fold laundry so it's ready for the next day.

"Mom used to be the best cook!" -

Nutritious meals are prepared daily. Chopping, stirring, & the occasional taste tests keep participants engaged.

(Right) Participant Ginger pours honey into a mixing bowl while making afternoon snack.



"Mom used to love gardening" -

Participants love working in the LEC greenhouse. Benefits include improved memory, cognitive abilities, task initiation, language skills, and socialization.



Participant Janie shows off her plants.



Everyone was excited to see the 2024 Solar Eclipse. The Watch Party took place in the LEC Healing Garden as we talked about the importance of eye protection, played "Lunar" Trivia, and watched as the eclipse took place!



Participant Calvin has always been a big help! He enjoys working in the kitchen, leading daily exercise, and making sure that the bird feeders are always full.

"I love coming to the center every day. It sure beats sitting at home. There is always something for me to help with or fun things for me to do!"

-Participant Calvin



Shelby Activity Highlights

Moms
 MAKE LIFE BEAUTIFUL



<p>6 Monday</p> <ul style="list-style-type: none"> National Fire Fighter's Day Celebrating Nurses Of LEC  <p><i>Meatloaf-Scalloped Potatoes-Lima Beans-Roll-Mixed Fruit</i></p>	<p>7 Tuesday</p> <ul style="list-style-type: none"> Jerry Ruppe Shares His Arrowhead Collection Name That Tune Garden Day Reminiscing <p>Health Fair</p> <p><i>Fish Sandwich-Macaroni & Cheese-Broccoli-Pears</i></p>	<p>1 Wednesday</p> <ul style="list-style-type: none"> Virtual Visit To Churchill Downs Famous Horses Of The Kentucky Derby  <p><i>Sloppy Joes-Baked Beans-Tater Tots-Peaches</i></p>	<p>2 Thursday</p> <ul style="list-style-type: none"> Happy Birthday David Beckham National Day Of Prayer LEC Cornhole  <p><i>BBQ Pork Nachos w/ Lettuce & Tomato-Black Bean Dip-Pineapple</i></p>	<p>3 Friday</p> <ul style="list-style-type: none"> Wear Your Star Wars T-Shirt Celebrating National Star Wars Day With Special Guests History Of Cinco de Mayo  <p><i>Egg Salad Sandwich-Baked Fries-Dill Pickles-Mandarin Oranges</i></p>
<p>13 Monday</p> <ul style="list-style-type: none"> Biography Of Katharine Hepburn How To Make The Best Apple Pie  <p><i>Baked Chicken-Caesar Pasta Salad-Garlic Bread-Fruit Cocktail</i></p>	<p>14 Tuesday</p> <ul style="list-style-type: none"> Music With Tom Wood & Friends Sounds Of The Classical Guitar With Eddie Cooke  <p><i>Cheesburger w/ Lettuce & Tomato-Baked Fries-Pineapple</i></p>	<p>8 Wednesday</p> <ul style="list-style-type: none"> "This Day In History..." Chair Yoga Devotion With Blessed Coverings  <p><i>Pot Roast-Potatoes-Carrots-Roll-Applesauce</i></p>	<p>9 Thursday</p> <ul style="list-style-type: none"> Celebrating The Music Of Billy Joel Wacky Word Scramble Deep Breathing Exercises  <p><i>Ham-White Beans-Cornbread-Peaches</i></p>	<p>10 Friday</p> <ul style="list-style-type: none"> Making Spring Collages Wear Your Sunday's Best Making Mother's Day Cards  <p><i>Turkey Sub w/ Lettuce & Tomato-Tater Tots-Mandarin Oranges</i></p>
<p>20 Monday</p> <ul style="list-style-type: none"> Participant Council Meeting Parachute Fun LEC Monthly Birthday Party  <p><i>Chicken Sandwich w/ Lettuce & Tomato-Tater Tots-Mixed Fruit</i></p>	<p>21 Tuesday</p> <ul style="list-style-type: none"> LEC Relay Races "Are You Smarter Than A Fifth Grader?" <p>Health Fair</p> <p><i>Baked Ham-Black Eyed Peas-Spinach-Roll-Pears</i></p>	<p>15 Wednesday</p> <ul style="list-style-type: none"> Springtime Scavenger Hunt Tai Chi Making Meatloaf With Leslie Burris  <p><i>Chicken Tenders-Potatoes-Green Beans-Roll-Peaches</i></p>	<p>16 Thursday</p> <ul style="list-style-type: none"> "Love A Tree" Day Upper Body Exercise Making Homemade Dill Pickles  <p><i>Tuna Salad-Tomato Slices-Baked Fries-Applesauce</i></p>	<p>17 Friday</p> <ul style="list-style-type: none"> Virtual Tour Of The Reese Factory Who Is H.B Reese? <p>Health Fair</p> <p><i>Hamburger Steak w/ Gravy-Potatoes-Carrots-Roll-Mandarin Oranges</i></p>
<p>27 Monday</p>  <p>CLOSED</p>	<p>28 Tuesday</p> <ul style="list-style-type: none"> LEC Spelling Bee Participant Compliment "Car Wash" Music With The McCurry Band & Friends <p><i>Pulled Pork Sliders-Coleslaw-Baked Beans-Peaches</i></p>	<p>22 Wednesday</p> <ul style="list-style-type: none"> All About North Carolina BBQ Chair Zumba  <p><i>BBQ Chicken-Potato Salad-Garlic Bread-Peaches</i></p>	<p>23 Thursday</p> <ul style="list-style-type: none"> Healthy Tips Using The Food Pyramid LEC Bowling Famous Photographs In History <p><i>Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges</i></p>	<p>24 Friday</p> <ul style="list-style-type: none"> Nursery Rhyme Trivia Creative Writing: "Mary Had A Little Lamb"  <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll-Fruit Cocktail</i></p>
<p>31 Friday</p> <ul style="list-style-type: none"> "Win, Lose, Or Draw" LEC Walking Club "Seinfeld" Trivia  <p><i>Loaded Potato Soup-Ham & Cheese Sandwich-Mixed Fruit</i></p>	<p>29 Wednesday</p>  <p>Spa Day</p> <p><i>Chicken Nachos w/ Lettuce, Salsa, & Sour Cream-Black Beans-Pears</i></p>	<p>30 Thursday</p> <ul style="list-style-type: none"> "We Interrupt This Broadcast" Lower Body Exercise  <p><i>Cheesburger Macaroni-Caesar Salad-Garlic Bread-Applesauce</i></p>		

May



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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

DON'T FORGET!!

Monday, May 20- Wear Your Jeans!

Friday- May 24

2024 LEC PROM!!

<p>6 Monday</p> <ul style="list-style-type: none"> ◆ National Nurses Week ◆ Tips For A Healthy Skin Routine ◆ LEC Putt-Putt ◆ Writing Thank You Cards For Our Local Fire Fighters <p><i>Meatloaf-Scalloped Potatoes-Lima Beans-Roll-Mixed Fruit</i></p>		<p>7 Tuesday</p> <ul style="list-style-type: none"> ◆ Travel Brief: The Pacific North Trail ◆ "Name That Smell" Blindfold Edition  <p><i>Fish Sandwich-Macaroni & Cheese-Broccoli-Pears</i></p>		<p>1 Wednesday</p> <ul style="list-style-type: none"> ◆ Crazy Cartoon Captions ◆ Spa Day ◆ How To Make Chocolate Pudding Parfaits  <p><i>Sloppy Joes-Baked Beans-Tater Tots-Peaches</i></p>		<p>2 Thursday</p> <ul style="list-style-type: none"> ◆ National Hamburger Month: What's Your Favorite Toppings? ◆ Chair Zumba ◆ Name That Tune Trivia <p>Health Fair</p> <p><i>BBQ Pork Nachos w/Lettuce & Tomato-Black Bean Dip-Pineapple</i></p>		<p>3 Friday</p>  <p>LEC Celebration</p> <p><i>Egg Salad Sandwich-Baked Fries-Dill Pickles-Mandarin Oranges</i></p>	
<p>13 Monday</p> <ul style="list-style-type: none"> ◆ National Skilled Nurses Week ◆ How To Make The Best Apple Pie ◆ Parachute Fun <p>Health Fair</p> <p><i>Baked Chicken-Caesar Pasta Salad-Garlic Bread-Fruit Cocktail</i></p>		<p>14 Tuesday</p> <ul style="list-style-type: none"> ◆ Concentration Word Puzzles ◆ Balloon Volley Exercise ◆ LEC "Price Is Right"  <p><i>Cheesburger w/Lettuce & Tomato-Baked Fries-Pineapple</i></p>		<p>15 Wednesday</p> <ul style="list-style-type: none"> ◆ Sing-a-Long With Suzi Q ◆ LEC Bowling ◆ Spa Day  <p><i>Chicken Tenders-Potatoes-Green Beans-Roll-Peaches</i></p>		<p>16 Thursday</p> <ul style="list-style-type: none"> ◆ How To Make Chocolate Caramel Surprise Cookies ◆ "Name That Animal Sound" Trivia  <p><i>Tuna Salad-Tomato Slices-Baked Fries-Applesauce</i></p>		<p>17 Friday</p> <ul style="list-style-type: none"> ◆ Health Topic Of Month: Infection Control ◆ Backyard Game Day  <p><i>Hamburger Steak w/Gravy-Potatoes-Carrots-Roll-Mandarin Oranges</i></p>	
<p>20 Monday</p> <ul style="list-style-type: none"> ◆ Happy Birthday Levi Strauss ◆ Dynamic Denim Fashion Show <p>Wear Your Favorite Blue Jeans!</p> <p><i>Chicken Sandwich w/Lettuce & Tomato-Tater Tots-Mixed Fruit</i></p>		<p>21 Tuesday</p> <ul style="list-style-type: none"> ◆ Spiritual Word Find Puzzles ◆ Making Strawberry Lush For National Strawberry Month  <p><i>Baked Ham-Black Eyed Peas-Spinach-Roll-Pears</i></p>		<p>22 Wednesday</p> <ul style="list-style-type: none"> ◆ How To Boost Your Mental Health ◆ Upper Body Exercise  <p><i>BBQ Chicken-Potato Salad-Garlic Bread-Peaches</i></p>		<p>23 Thursday</p> <ul style="list-style-type: none"> ◆ "Wacky Wordy" Word Games ◆ Making A Cactus Bookmark ◆ Deep Breathing Exercise <p><i>Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges</i></p>		<p>24 Friday</p>  <p>LEC Prom 2024</p> <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll-Fruit Cocktail</i></p>	
<p>27 Monday</p>  <p>MEMORIAL DAY REMEMBER AND HONOR</p> <p>CLOSED</p>		<p>28 Tuesday</p> <ul style="list-style-type: none"> ◆ Crossword Puzzle Time ◆ "Shake A Memory" ◆ "Hot Potato" Exercise  <p><i>Pulled Pork Sliders-Coleslaw-Baked Beans-Peaches</i></p>		<p>29 Wednesday</p> <ul style="list-style-type: none"> ◆ LEC Karaoke Competition ◆ Penny's Worth Of Candy ◆ Flower Bouquet Coloring Contest  <p><i>Chicken Nachos w/Lettuce, Salsa, & Sour Cream-Black Beans-Pears</i></p>		<p>30 Thursday</p> <ul style="list-style-type: none"> ◆ What's Your Hidden Talent? ◆ Historical Moments In May ◆ Tai Chi <p><i>Cheesburger Macaroni-Caesar Salad-Garlic Bread-Applesauce</i></p>		<p>31 Friday</p>  <p>BIRTHDAYS Look Who's Celebrating!</p> <p>LEC Monthly Birthday Party</p> <p><i>Loaded Potato Soup-Ham & Cheese Sandwich-Mixed Fruit</i></p>	

Participants show off their butterfly paintings with volunteer Azela Hanif.



Thurston Hamrick entertains participants with magic & laughter.



you
MAKE THE
DIFFERENCE™



(Left to right) Music with The Golden Chorus & devotion with Pastor Derek Greene.



Jewelry For Alzheimer's - Misc. Jewelry
 Connie Savel - Greetings Cards
 Harold Davis - Easter Treats
 Karla & Kristin Pursley - Personal Care Items
 Perry & Florence Eury - Program Supplies
 Bess Phiifer - Greeting Cards & Magazines
 Ruby McKinney - Craft Supplies
 Marie Harrill - Ribbon
 Rebecca Early - Misc. Items
 Vickie Randall - Bingo Prizes

In Memory:

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

Judy W. Phillips
by

Judy Scism

Joseph Smith
by

Philann Smith

Bettie A. Godfrey
by

Joe & Sharon Reid

Jim Reid

John & Joanne Reid

Jane Reid

Jerry Reid & Nancy Williamson

Jon Reid

Joel & Patsy Rountree

Honor:

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

Lisa Williams
by

Tom & Bonnie Creasy

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.



We were thrilled to have the employees of American Restoration dedicate their time and service by helping out with special projects, building repairs, & "LEC's Spring Cleaning". We appreciate all that you do for us here at Life Enrichment!!

