



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

February 2024



Participant Dot enjoys a baking program.

Is Mom Spending Too Much Time Alone?

At Life Enrichment Center, she will benefit from a day program that is **safe** and **reliable**.

You will have peace of mind while at work, running errands, or just getting a needed break as a caregiver!

*Call Today To
Schedule A
**FREE TRIAL
VISIT***

(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.

Something For Everyone!

It's never too late to make new friends! Life Enrichment provides a stimulating & fun environment for everyone. Whether it's cooking, dancing, singing, or gardening; being around others has proven to be beneficial to brain health.



(Left to right) Good friends E'sheika & Katrena.

(Below) Everyone enjoys a game of balloon volley.



(Above) They say laughter is the best medicine, JoAnn & Mozelle agree!



**The Best
Choice For Keeping
Families
Together And At
Home**

Friends Helping Friends



(Left to right) Participants Brayden and Ken share ideas during a creative writing program.

Helping others and making a difference in someone else's life is one of the best ways to give your life meaning. According to research, helping others enhances your sense of purpose and identity.



(Above) Participant Phoenix helps Mary with her worksheet during an educational program.



(Left) Participant Ian with his father, Robert, during morning devotion.



February

Shelby Activity Highlights



February 2- **Wear Your Red**
 February 9- **Wear Your Team Colors**
 February 16- **Pajama Day**
 February 26- **Wear Your Denim**
 February 27- **Retro Dress-Up Day**

1 Thursday

- ◆ Happy Black History Month
- ◆ Chair Zumba
- ◆ Creative Writing: Love Poems



Cheeseburger Macaroni- Garden Salad- Bread Stick- Peaches

2 Friday

- ◆ Groundhog Day
 - ◆ Chair Pilates
 - ◆ Black History Month Begins
- Heart Disease Awareness:**
Wear Your Red

Pinto Beans- Cornbread- Cabbage- Pineapple

5 Monday

- ◆ Happy Birthday Rosa Parks
- ◆ Tabletop Game Day
- ◆ National Feed The Birds Day



Chicken Pot Pie- Garden Salad- Roll- Applesauce

6 Tuesday

- ◆ Happy Birthday Bob Marley
- ◆ "Tone It Up" Tuesday
- ◆ Men's Coffee Social
- ◆ Manicures For The Ladies



Pulled Pork Sliders- Coleslaw- Baked Beans- Mandarin Oranges

7 Wednesday

- ◆ Baking Cookies With Davieon Watkins



Chicken & Broccoli Alfredo- Garden Salad- Bread Stick- Pears

8 Thursday

- ◆ National Boy Scouts Day
- ◆ LEC Bowling Tournament
- ◆ Virtual Travel To Africa



Cheeseburger w/ Lettuce & Tomato- Baked Fries- Peaches

9 Friday



Super Bowl Celebration

Broccoli Cheddar Soup- Turkey Sandwich- Fruit Cocktail

12 Monday

- ◆ The Chinese New Year Begins
- ◆ Parachute Fun
- ◆ LEC Tea Party



Chicken Tenders- Tater Tots- Green Beans- Roll- Peaches

13 Tuesday

- ◆ Music With Tom Wood & Friends
- ◆ History Of Mardi Gras
- ◆ Guitar Music With Eddie Cook

Baked Ham- Black Eyed Peas- Spinach- Roll- Mixed Fruit

14 Wednesday



- ◆ Valentine Games
- ◆ Devotion With Blessed Coverings

Baked Salmon- Mashed Potatoes- Broccoli- Roll- Strawberries

15 Thursday

Spa Day



Grilled Cheese Sandwich- Tomato Soup- Mandarin Oranges

16 Friday

- ◆ LEC "Make-Overs"

Pajama Day

- ◆ Happy Caregiver Day

Pot Roast- Potatoes- Peas- Roll- Pears

19 Monday

- ◆ Participant Council Meeting
- ◆ Michael Jordan Trivia
- ◆ LEC Monthly Birthday Party



Chicken w/ Gravy Over Noodles- Green Beans- Roll- Fruit Cocktail

20 Tuesday

- ◆ Nascar Day
- ◆ LEC Wheelchair Races: Nascar Edition
- ◆ Tai Chi
- ◆ Junk Drawer Detective

Spaghetti- Garden Salad- Garlic Toast- Peaches

21 Wednesday

- ◆ Word Search Wednesday
- ◆ Upper Body Exercise
- ◆ Colorado Wild Fire Virtual Tour



Hamburger Steak- Potatoes- Spinach- Mandarin Oranges

22 Thursday

- ◆ Virtual Safari
- ◆ Lower Body Exercise
- ◆ "Would You Rather?" Word Games



Roasted Turkey- Sweet Potato Casserole- Green Beans- Roll- Pears

23 Friday

- ◆ Devotion With Matt Holman From Bible Gospel Baptist Church
- ◆ Deep Breathing Exercise



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

26 Monday

- ◆ Virtual Tour Of The Grand Canyon
- ◆ Balloon Volley
- ◆ National Levi Strauss Day (Wear Your Denim)

Baked Chicken- Potatoes- Lima Beans- Roll- Mixed Fruit

27 Tuesday

- ◆ Water Color Art
- ◆ Retro Dress-Up Day (Pick A Decade)
- ◆ Music With The McCurry Band & Friends

Goulash- Caesar Salad- Bread Stick- Applesauce

28 Wednesday

- ◆ Arts & Crafts: Getting Ready For Spring
- ◆ Chair Yoga
- ◆ All About Livestock: Wild West Edition

Chicken Sandwich w/ Lettuce & Tomato- Tater Tots- Peaches

29 Thursday

- ◆ Fun Facts About Leap Year
- ◆ Black History Month Trivia

Chili Beans w/ Cheese & Sour Cream- Cornbread- Pineapple



February



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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

Dates To Remember:

- February 2 - Heart Disease Awareness Month (Wear Your Red)
- February 9 - Wear Your Team Colors (Super Bowl Party)
- February 14 - "Sweet Heart Ball" Wear Your Sunday's Best
- February 21 - Wild West Day (Wear Your Favorite Jeans)
- February 27 - Retro Dress-Up Day! Decade Of Choice

1 Thursday

- ♦ All About The Wilton Candy Company
- ♦ Chair Pilates
- ♦ Black History Month Begins



Cheeseburger Macaroni- Garden Salad- Bread Stick- Peaches

2 Friday

- ♦ Creative Writing: Expressions From The Heart
- ♦ Virtual Trip To Japan
- Wear Your Red For Heart Disease Awareness

Pinto Beans- Combread- Cabbage- Pineapple

5 Monday

- ♦ Music With Senior Moments
- ♦ "Walk Around America" Exercise
- ♦ History Of Harlem Renaissance Day



Chicken Pot Pie- Garden Salad- Roll- Applesauce

6 Tuesday

- ♦ "Magazine Madness" Scavenger Hunt
- ♦ Qigong Martial Arts Exercise
- ♦ Remembering WWII Veterans



Pulled Pork Sliders- Cole-slaw- Baked Beans- Mandarin Oranges

7 Wednesday

- ♦ World Cancer Day
- ♦ Seated Exercise
- ♦ Virtual Travel To Africa
- ♦ Participant Council Meeting



Chicken & Broccoli Alfredo- Garden Salad- Bread Stick- Peas

8 Thursday

- ♦ Painting By Numbers
- ♦ Chair Aerobics
- ♦ Love Songs With Linda Robinson



Cheeseburger w/ Lettuce & Tomato- Baked Fries- Peaches

9 Friday



Broccoli Cheddar Soup- Turkey Sandwich- Fruit Cocktail-

12 Monday

- ♦ LEC Spa Day
- ♦ Upper Body Strengthening
- ♦ Virtual Travel To New Orleans

Health Fair

Chicken Tenders- Tater Tots- Green Beans- Roll- Peaches

13 Tuesday

- ♦ Making Homemade Beignets
- ♦ A Visit From Logan's Tai Quan Dao



Baked Ham- Black Eyed Peas- Spinach- Roll- Mixed Fruit

14 Wednesday

"Sweetheart Ball"
In Honor Of Caroline Godfrey
Wear Your Sunday's Best!



Baked Salmon- Mashed Potatoes- Broccoli- Roll- Strawberries

15 Thursday

- ♦ All About Ash Wednesday
- ♦ "Religion Around The World" Trivia
- ♦ Interpretive Dance Exercise



Grilled Cheese Sandwich- Tomato Soup- Mandarin Oranges

16 Friday

- ♦ Fun Facts About Michael Jordan
- ♦ "Dribble & Balance" Exercise
- ♦ Movie Madness: Space Jam



Pot Roast- Potatoes- Peas- Roll- Peas

19 Monday

- ♦ National Story Telling Day
- ♦ Balloon Volley
- ♦ LEC Monthly Birthday Party
- ♦ Ladies Tea Party
- ♦ Coffee Club For Men

Chicken w/ Gravy Over Noodles- Green Beans- Roll- Fruit Cocktail

20 Tuesday

- ♦ Virtual Safari
- ♦ Lower Body Exercise
- ♦ Virtual Travel To New Orleans
- ♦ "Love Your Pet" Reminiscing



Spaghetti- Garden Salad- Garlic Toast- Peaches

21 Wednesday

Wild West Wednesday
(Wear Your Jeans)

- ♦ Live Stock Facts
- ♦ Line Dancing
- ♦ Rodeo Bingo

Hamburger Steak- Potatoes- Spinach- Mandarin Oranges

22 Thursday

- ♦ "Would You Rather?" Word Games
- ♦ Tai Chi
- ♦ How The Brain Works: "Right vs. Left"



Roasted Turkey- Sweet Potato Casserole- Green Beans- Roll- Peas

23 Friday

- ♦ All About Rosa Parks
- ♦ Parachute Fun
- ♦ Group Discussion: The Pioneers Of Black History

Health Fair

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

26 Monday

- ♦ National Cupcake Day
- ♦ Paper Plate Exercise
- ♦ Pennies Worth Of Candy



Baked Chicken- Potatoes- Lima Beans- Roll- Mixed Fruit

27 Tuesday

- ♦ "Blast From The Past" Reminiscing

Retro Dress Up!
(Pick Your Decade)

Goulash- Caesar Salad- Bread Stick- Applesauce

28 Wednesday

- ♦ Wacky Word Games
- ♦ Red Light, Green Light Exercise
- ♦ Junk Drawer Detective



Chicken Sandwich w/ Lettuce & Tomato- Tater Tots- Peaches

29 Thursday

- ♦ Leap Year Facts
- ♦ Chair Zumba
- ♦ Spa Day



Chili Beans w/ Cheese & Sour Cream- Combread- Pineapple





Kathy Daso - Misc. Items
 Deborah Terry - Sweet Treats
 Carol Dixon - Birthday Party Sponsor
 Vangie Ramsey - Sweet Treats
 Perry Eury - Sweet Treats
 David Whorley - Beverages
 Harold Davis - Sweet Treats/Holiday Cards
 Jan Choate - Fresh Fruit
 Jerry Chapman - Personal Care Items
 Jay Rhodes - Sweet Treats
 Lauren Davis - Medical Supplies
 Shirley Brutko - Calendars/Greeting Cards
 Connie Willis - Books
 Jana Pressley - Clothing
 Lorinda Richard/ECA - Misc. Items
 Warren Ferrell - Gift Bags/Stuffed Animals
 Pam Merritt - Christmas Gifts
 Matt Inverso - Poinsettias
 Erin Borders, CPA, PLLC - Christmas Gifts
 Walasia Vinson - Handmade Jewelry
 Michael Styers - Sweet Treats
 Gwynn Champion/Fashion Corner - Coffee Mugs
 Kathy Grigg - Magazines
 Joyce Beam/Elizabeth Baptist Church - Greeting Cards
 Linda Raynor - Misc. Items
 Cleveland County Center
 NC Cooperative Extension - Magazines/Greeting Cards
 Kingdom Nation 4 God - Birthday Party Sponsor

In Memory:

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

Bryce Pursley
by

Doug & Nancy Roach
Sandy Wilson

Ralph & Beth Gilbert
by

Henry P. Gilbert

David Hinson
by

Christine Hinson

Richard W. Ivester
by

Mary H. Ivester

Friends:

The following have given a gift to Life Enrichment Center:

PEO Sisterhood Chapter AH

Brinkley Family Foundation

John C. Hamrick, Jr.

Dr. & Mrs. Don Miller

In Honor:

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

Jan Choate
by

Diane Gordon

Bradley Ellis

Shane Davis

Frankie Webster

Garrett Wease
by

Carol Dixon

Jason Rhodes
by

Carol Dixon
Garrett Wease
Bradley Ellis
Frankie Webster

Jane Gragg
by

Sherry Spangler



Neisler Center participants & staff show off their Super Hero t-shirts for National Super Hero Day. (Left) Participant Scott says, "You can't choose just one favorite, I will wear a shirt that has all of my favorites!" (Below) It appears Marvel is a fan favorite, participants & staff give us their super smiles!



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 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!!**



Participants show off their favorite hats for National Hat Day!

