

# Life Enrichment Center

Adult Day Care and Health Service

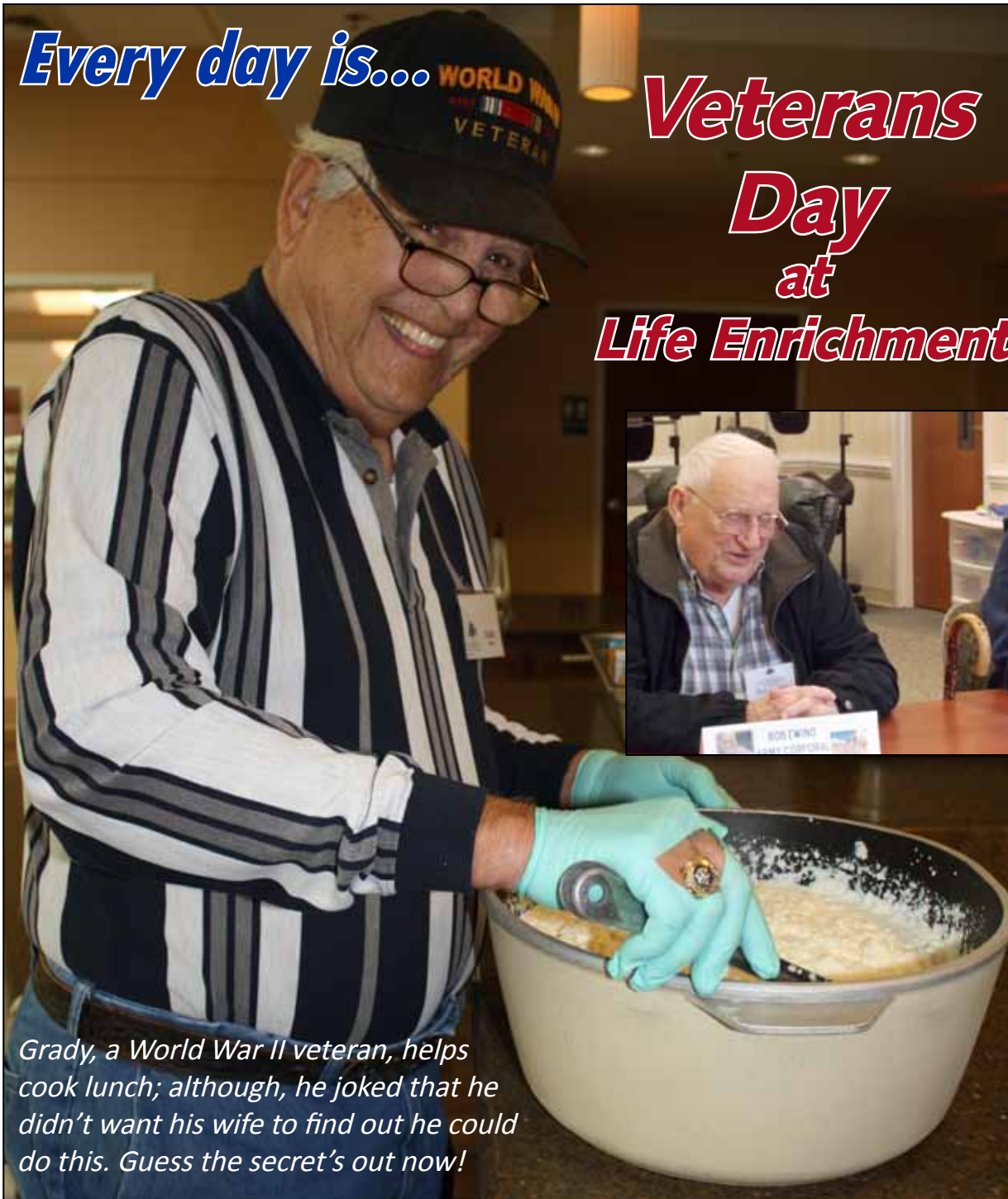
704.484.0405 (Shelby) 704.739.4858 (Kings Mountain)

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

November 2012

*Every day is...*

## Veterans Day at Life Enrichment



*Grady, a World War II veteran, helps cook lunch; although, he joked that he didn't want his wife to find out he could do this. Guess the secret's out now!*

*Bob (Korean era veteran) & Mike (a 1960's veteran) participate in the Veterans Corner at Life Enrichment where they enjoy sharing stories with other veterans.*

Observe Veterans Day on Nov. 12 by doing something good for your veteran - schedule a free trial visit at Life Enrichment.

704.739.4858 Kings Mountain  
704.484.0405 Shelby

*Life Enrichment Center - for more than 32 years doing "Whatever It Takes" to help families keep adult loved ones at home and in the community*

Thank you to the many **Caring Hearts** who have given to the Life Enrichment Center  
2012 Annual Appeal

This year's campaign focused on the memory of William Mabry.

Except where noted, the following gifts are in memory of William, who planned and planted the first raised-bed garden at the Life Enrichment Center facility on T.R. Harris Drive. Others have made their gifts in honor of or in memory of loved ones and friends.



**Platinum**

Rebecca & Gary Harden  
Ernest & Linda Rome

**Gold**

Jay & Sandy Rhodes  
Jo Ann Richards in memory of Ace Richards



**Silver**

Donna Beringer  
Chip & Shannon Blackley  
Peter Marsh & Alicia Hardin

June C. Lee  
Sammy Thompson



**Bronze**

C.A. Allison  
Robert & Candy Arey  
Ed Beam  
Jim Beam  
Janet Berry  
Margaret & Herman Best  
Fred Blackley  
Frank & Flossie Bonner  
Mike & Kim Bridges  
in honor of Bob & Loraine Arey  
Kenneth & Teresa Brooks  
in memory of Maxine Peters  
& in honor of Evelyn Brooks  
Wanda & Dennis Conner  
Kendalyn & Newton Craver  
Tom & Barbara Crider  
Steve & Kathy Davis  
Tom & Suzette Davis  
Doris Dedmon  
Dale & Vi Greene  
Max & Jane Hamrick  
Dr. & Mrs. Bernard Harris  
in memory of Kenneth Brinkley  
Charlie & Marcie Hayek  
Wade Hendricks  
Marilyn & Bill Henshaw  
Linda & Jim Horn  
Hill & Carole Ann Hudson  
Les & Laurie Johnston  
Jerry & Jane King

Beth Lattimore  
Bill & Peggy Ledford in  
memory of Tripp Dedmon  
Buddy & Doris Lee  
Bill LeGrand  
Gene LeGrand  
Joe & Jodi Morgan  
Travis Mangum  
in memory  
of Whitley Mangum  
Ellis Monroe  
Ali & Peggy Paksoy  
Patsy Palmer  
Ed & Edna Patterson  
Bill & Phyllis Plowden  
Allan & Tricia Propst  
Roger & Libby Putnam  
in memory  
of Maxine Putnam  
Noreen & Bill Quinn  
in honor  
of Suzi Kennedy  
Al & Mary Ann Rogers  
Mrs. Steven S. Royster  
John & Stuart Schweppe  
J.T. & Jo Scruggs  
Mitchell & Glenda Self  
Anne Shaw  
Punch & Nan Smith  
Teepa Snow  
Virginia & Bill Story



Cindy & Tonya pick herbs in the William Mabry Memorial Garden in the newest Shelby center.

**Other**

Gertrude Bivens  
Dot & Calvin Blalock  
Dean & Barbara Bridges  
Becky Cook in honor  
of Chystine Carroll  
Mr. & Mrs. E. Wilson Griffin  
Robert Jones in memory  
of Betty Jones  
Doris McCurry  
Betty Kendrick  
George & Jo Rolling  
David & Lisa LeGrand  
Mrs. Lee Shope  
Mike & Lori Wehmuller  
Jack & Kitty Williams  
Theodore & Ruth Woolsey



**In memory...**

The following have been remembered by a gift to LEC:  
**Nell Blakeley** by ITEK Graphics  
 Rhonda Lingerfelt  
 Irene & Curtis McCants  
**Hessie Bowman** by  
 John & Linda Cabiness  
**Ted Daves** by  
 The Buster Packard Family  
**Whitey Lowery** - by Hazel Lowery  
**Ray Whisnant** by  
 Steve & Carolyn Ramsey  
**Michael & Thelma King** by  
 Randy & Debbra Patterson

**Gifts**

*Supporters*

**Mr. & Mrs. Linton Suttle**



*Carving the great pumpkin*



*Clayton, top, carves a pumpkin, while Joe, above left checks it out, and Lawrence gives it a hug.*

**Looking for a special gift? Choose a gift that helps others.**

**Memorials, Honoraria, 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 +

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

In memory of \_\_\_\_\_

In honor of \_\_\_\_\_

Send a notice to: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Make checks payable to:

*Life Enrichment Center*

*110 Life Enrichment Blvd., Shelby, NC 28150*

You can also use your credit card.

Visa/ MC (Circle one)



Card No. \_\_\_\_\_ Expiration Date \_\_\_\_\_

Amount \_\_\_\_\_ Signature \_\_\_\_\_

**Life Enrichment Center**

110 Life Enrichment Blvd.  
Shelby  
704.484.0405

# November



Activity Highlights 2012

**Dates to remember**  
 Tuesday, Nov. 6 - Family caregiver meeting, KM  
 Tuesday, Nov. 20 - Family caregiver meeting, Shelby  
 Thursday & Friday, Nov. 22 & 23 - LEC closed for Thanksgiving  
 Monday, Nov. 26 - Stroke Support Group  
 Tuesday, Nov. 27 - Parkinson's Support Group  
 details for all events on page 8

*1 Thursday*  
 ♦Pastor Thomas Olsen Shares An Word  
 ♦Edna Alexander Leads Bible Study  
 ♦Musical Inspiration with Dr. Sherlene Womack  
*Pimento Cheese on Wheat-Vegetable Soup-Saltines-Lime Sherbet*

*2 Friday*  
 ♦Rev. Charles Rudisill Leads Worship  
 ♦Genesis Gospel Music with Tony Miller  
*We're Cooking - Chili with Oscar Zamora*

<p><i>5 Monday</i>                  ♦Music with Mabel Hardin &amp; Gay Jolley                  ♦Singing with Mary Ruth Dixon                  ♦Piano Favorites with Dr. Sherlene Womack  <i>Chicken Filet on Wheat-California Blend Veggies-Lettuce &amp; Tomato-Congealed Fruit</i></p>	<p><i>6 Tuesday</i>                  ♦Singalong with Phil Hughes                  ♦Sunday School with Rev. Jerry Welch                  ♦Honey Bee Demonstration with Milton Hester  <i>Spaghetti-Tossed Salad-Garlic Biscuit-Tropical Fruit</i></p>	<p><i>7 Wednesday</i>                  ♦Armchair Travel to India with Carol Walker                  ♦Practice Christmas Pageant                  ♦Practice Tone Chimes  <i>Baked Fish-Baked Potato-Hushpuppies-Coleslaw-Orange Sherbet</i></p>	<p><i>8 Thursday</i>                  ♦Devotions with Ray Sturgill                  ♦Edna Alexander Leads Bible Study                  ♦Musical Inspiration with Dr. Sherlene Womack  <i>We're Cooking!</i></p>	<p><i>9 Friday</i>                  ♦Mother Goose Daycare Visits                  ♦'Skye' the Therapy Dog Visits                  ♦Gobble Gobble Bingo                  ♦Honoring Our Veterans  <i>Chicken Pie-Coleslaw-Harvard Beets-Roll-Pear Halves</i></p>
<p><i>12 Monday</i>                  ♦Music with Mabel Hardin &amp; Gay Jolley                  ♦Piano Recital with Jacqueline Moore                  ♦Piano Favorites with Sherlene Womack  <i>Cheese Ravioli/Marinara Sauce-Tossed Salad-Garlic Breadstick-Congealed Fruit</i></p>	<p><i>13 Tuesday</i>                  ♦Singalong with Phil Hughes                  ♦Sunday School with Rev. Jerry Welch                  ♦Guitar &amp; Mandolin with Clay Hastings &amp; Nolan Simpson  <i>We're Cooking!</i></p>	<p><i>14 Wednesday</i>                  ♦Dog Show with Tania &amp; Joann Black                  ♦Broadway Music with Jim Thomas &amp; Dr. Earl Linegar                  ♦Pinecone Turkey Crafts  <i>Ham-Baked Sweet Potato-Cauliflower/Cheese Sauce-Roll-Angeel Food Cake</i></p>	<p><i>15 Thursday</i>                  ♦Bethel Senior Choir Sings                  ♦Edna Alexander Leads Bible Study                  ♦Musical Inspiration with Dr. Sherlene Womack                  ♦Manicures with Kristi Cook  <i>Tacos with all the Fixings-Fruit</i></p>	<p><i>16 Friday</i>                  ♦Music with Judy Whisnana &amp; Linda Wilson                  ♦Whiskers, Nails, &amp; Puppy Dog Tails Visits                  ♦Cooking with Eddie Sewell  <i>Loaded Baked Potato-Chili-Bacon-Broccoli/Cheese Sauce-Yogurt</i></p>
<p><i>19 Monday</i>                  ♦Music with Mabel Hardin &amp; Gay Jolley                  ♦A Word with Glenda Greene                  ♦Piano Favorites with Dr. Sherlene Womack                  ♦Birthday Party with Belwood ECA Club  <i>Pintos-Harvard Beets-Cooked Cabbage-Biscuit-Applesauce</i></p>	<p><i>20 Tuesday</i>                  ♦Singalong with Jerry Pearson                  ♦Sunday School with Rev. Jerry Welch                  ♦A Lesson of Thankfulness with Pilgrim Mike McGee  <i>Pizza Supreme-Tossed Salad-Pumpkin Pie</i></p>	<p><i>21 Wednesday</i>                  ♦Rev. Barry Miles Shares A Word                  ♦Cooking Pumpkin Pies with Mitzi Ramsey                  ♦Tuesday Cochran Shares Tale of First Thanksgiving                  ♦Crossroads Rescue Mission  <i>We're Cooking - Thanksgiving Feast</i></p>	 <p><b>HAPPY THANKSGIVING!!!!</b></p>	
<p><i>26 Monday</i>                  ♦Music with Mabel Hardin &amp; Gay Jolley                  ♦Practice Christmas Pageant                  ♦Piano Favorites with Dr. Sherlene Womack  <i>Beef Tips-Whipped Potatoes-Gravy-Peas &amp; Carrots-Roll-Lemon Pudding</i></p>	<p><i>27 Tuesday</i>                  ♦Singalong with Phil Hughes                  ♦Sunday School with Rev. Jerry Welch                  ♦Brett Elliot Shares His Homemade Walking Sticks  <i>BBQ Chicken-Green Beans-Potato Salad-Roll-Orange Sherbet</i></p>	<p><i>28 Wednesday</i>                  ♦Participant Council Meeting                  ♦Beverly Phillips Brings Sasha the Therapy Dog                  ♦Practice Christmas Pageant  <i>Baked Pork Chop-Summer Squash-Glazed Apples-Broccoli-Roll</i></p>	<p><i>29 Thursday</i>                  ♦Allison Ledford of Gentiva Home Health Discusses Fall Risks in the Home                  ♦Edna Alexander Leads Bible Study                  ♦Musical Inspiration with Dr. Sherlene Womack  <i>Pimento Cheese on Wheat-Vegetable Soup-Saltines-Lime Sherbet</i></p>	<p><i>30 Friday</i>                  ♦Rev. Vernon Craig Shares A Devotion                  ♦Having Fun with Bingo                  ♦Halea Mitchell Plays the Fiddle  <i>We're Cooking!</i></p>

Every day at LEC includes the following therapeutic activities: meaningful programs beginning at 5:30 a.m. and continuing until closing at 6 p.m.; mental & physical exercise; a chance to be creative; spiritual enrichment; reminiscing; socialization; entertainment; music; and laughter.

# November

Activity Highlights 2012



## Dates To Remember:

November 2 - Wear PAJAMAS for a fun-filled Day at LEC!!

November 6 - Caregiver's Support Candlelight Vigil  
**This Little Light of Mine** with Christie Ray of Home Instead

November 22 & 23 - Closed for Thanksgiving Holiday!



<p><b>5 Monday</b></p> <ul style="list-style-type: none"> <li>Rev. Charles Rudisill</li> <li>Famous Mustaches</li> <li>Practice Christmas Play</li> <li>Digging Up Bones with Nancy Fichter</li> </ul> <p><i>Chicken Filet Sandwich-Coleslaw-Fruit</i></p>		<p><b>1 Thursday</b></p> <ul style="list-style-type: none"> <li>Singing with Bethel Baptist Choir</li> <li>Practice Christmas Play</li> <li>KMFD Brings Firetruck</li> <li>Corny Bingo</li> </ul> <p><i>Men's Group Cooks Chili with Derand &amp; Van</i></p>		<p><b>2 Friday</b></p> <p><b>PAJAMA DAY!!</b></p> <ul style="list-style-type: none"> <li>Horticultural Experience with Beth Carter</li> <li>Storytelling with Timeslips</li> <li>Practice Sign Language</li> <li>Health Fair</li> </ul> <p><i>Tuna Casserole-Veggies-Roll-Fruit</i></p>					
		<p><b>6 Tuesday</b></p> <ul style="list-style-type: none"> <li>Men's Group with James Roberts</li> <li>Taking A View of the Election Ballots</li> <li>Chapel with Jerry Welch</li> <li>Hank Cole Band</li> </ul> <p><i>Baked Spaghetti-Tossed Salad-Garlic Biscuits-Fruit</i></p>		<p><b>7 Wednesday</b></p> <ul style="list-style-type: none"> <li>Sunday School with Sunnyside Baptist Church</li> <li>Practice Tone Chimes</li> <li>Stephanie Walsh of K.M. Historical Museum</li> <li>Praise with Alma Adams</li> </ul> <p><i>We're Cooking!</i></p>		<p><b>8 Thursday</b></p> <ul style="list-style-type: none"> <li>Singing with Jerry Pearson</li> <li>Evangelist Steve Campbell</li> <li>Cooking with Payton Christopher &amp; Avery Hohn</li> <li>Bikers for Christ</li> </ul> <p><i>Black-eyed Peas-Greens-Fruit-Bread</i></p>		<p><b>9 Friday</b></p> <ul style="list-style-type: none"> <li>Horticultural Experience with Beth Carter</li> <li>Veteran's Appreciation Ceremony</li> <li>Famous Battles</li> <li>Snack Time with Jaxon Morrow</li> </ul> <p><i>Chicken Pie-Veggies-Fruit-Roll</i></p>	
<p><b>12 Monday</b></p> <ul style="list-style-type: none"> <li>The Veteran's Corner with Mark Hughes</li> <li>What is in the Heebee Jeebee Juice?</li> <li>LEC Elections</li> <li>KMHS Cheerleaders Visit</li> </ul> <p><i>Cheese Ravioli-Salad-Fruit-Bread</i></p>		<p><b>13 Tuesday</b></p> <ul style="list-style-type: none"> <li>Carolina Care Singers</li> <li>Chapel with Jerry Welch</li> <li>Rev. Charles Reed Shares About Feuding Hatfields</li> <li>Stories with Ann Gamble</li> </ul> <p><i>Baked Chicken-Mac-n-Cheese-Green Beans-Fruit</i></p>		<p><b>14 Wednesday</b></p> <ul style="list-style-type: none"> <li>Elements in Dance</li> <li>Participant Council Meeting</li> <li>Praise with Alma Adams</li> <li>Exploring the Techniques of Pottery</li> <li>Turkey Bingo</li> </ul> <p><i>Ham-Scalloped Potatoes-Veggies-Fruit</i></p>		<p><b>15 Thursday</b></p> <ul style="list-style-type: none"> <li>Starting the Day with Rev. Eddie Gray</li> <li>Turkey Crafts with Pam Trakaas</li> <li>Lindsay Talent Teaches the Importance of Clean Hands through the Story of her Son</li> </ul> <p><i>South of the Border Fish-Salad-Fruit</i></p>		<p><b>16 Friday</b></p> <ul style="list-style-type: none"> <li>Horticultural Experience with Beth Carter</li> <li>Practice Christmas Play</li> <li>Thanksgiving Bingo with Ashley Camp</li> <li>Lyrical Dance with Avery Hohn</li> </ul> <p><i>We're Cooking!</i></p>	
<p><b>19 Monday</b></p> <ul style="list-style-type: none"> <li>Binkee The Clown</li> <li>Practice Christmas Play</li> <li>Pawsitive Paws Grooming &amp; Grady the Poodle</li> <li>Health Fair</li> <li>Turkey Bingo</li> </ul> <p><i>Bean Stew-Veggies-Cornbread-Fruit</i></p>		<p><b>20 Tuesday</b></p> <ul style="list-style-type: none"> <li>Lesson of Thankfulness with Pilgrim Mike McGee</li> <li>Lisa Littlejohn Shares Holiday Activities</li> <li>Chapel with Jerry Welch</li> <li>Indian Sudoku Images</li> <li>Tea Time with Darlene Knox</li> </ul> <p><i>Pizza-Tossed Salad-Fruit</i></p>		<p><b>21 Wednesday</b></p> <ul style="list-style-type: none"> <li>KMHS Drum Line Band</li> <li>Piano Favorites with Adam Satterfield</li> <li>Praise with Alma Adams</li> <li>Life of a Chi Omega</li> </ul> <p><i>Our Thanksgiving Feast</i></p>		<p><b>Closed for Thanksgiving Holiday!</b></p> 			
<p><b>26 Monday</b></p> <ul style="list-style-type: none"> <li>Singing and Sharing with God's Chosen Women and Wray Canipe</li> <li>Famous Cowboy Categories</li> <li>The Best of the West Slide Presentation</li> </ul> <p><i>We're Cooking!</i></p>		<p><b>27 Tuesday</b></p> <ul style="list-style-type: none"> <li>Golden Chorus</li> <li>Chapel with Jerry Welch</li> <li>Turkey Bingo</li> <li>Caramel Apple Snack with Sue Earhart</li> </ul> <p><i>BBQ Chicken-Pasta-Veggies-Fruit-Roll</i></p>		<p><b>28 Wednesday</b></p> <ul style="list-style-type: none"> <li>Life Enrichment's Miss America Pageant with Kesha Wray</li> <li>Practice Christmas Play</li> <li>Praise with Alma Adams</li> </ul> <p><i>Porkchops-Sauerkraut-Potatoes-Fruit</i></p>		<p><b>29 Thursday</b></p> <ul style="list-style-type: none"> <li>North Shelby Little Ones Paint Pumpkins</li> <li>Music Celebration with Chad Roseboro</li> <li>Fabulous Fall TrailMix with Ann Kendrick</li> </ul> <p><i>Pimento Cheese Sandwich-Vegetable Soup-Fruit</i></p>		<p><b>30 Friday</b></p> <ul style="list-style-type: none"> <li>Horticultural Experience with Beth Carter</li> <li>Health Fair</li> <li>Peanut Butter Treats with Karissa Jensen</li> <li>Friday Dance Party</li> </ul> <p><i>Tuna Casserole-Veggies-Roll-Fruit</i></p>	



**THANK YOU, COMMUNITY, FOR THE INTERESTING, ENTERTAINING, AND STIMULATING PROGRAMS**

Above, LEC participants Matt and Michelle and staff member Adriene follow the moves of the Charlotte West African Dance Group.

At right, Paul Ingram of Kings Mountain (in green shirt) and Darson look at Michael Jordan's UNC basketball shoes. Paul told stories of growing up with with the college and NBA star.



Hannah greets Skye who visits each month.

## Thank you

*Thank you to the following:*

- Betsy McPherson** - aprons, magazines
- Mary Jo Austell** - magazines
- Erma Bucher** - magazines
- Wade & Linda Wallace** - okra
- Mary Ramsey Family** - flowers
- Debbie Suretsky**- watermelon
- Ron Franks** - body wash
- Mary Lou & Steve Cornwell** - books
- Ferne and Mitzi Ramsey** - salad
- Marie Wellmon** - magazines
- Gene & Sue Rippy** - peace lily
- Marietta Floyd** - magazines
- Don Weathers** - hand trucks
- Stephanie Sybold** - fabric for bears
- Barbara Wood** - decoration
- Janice & Carme Lee** - cookies
- The Brenda Hamrick Family** - personal items
- Beth Lattimore** - magazines
- Grady Walker** - magazines
- Dan Bildell** - magazines
- Ken & Nell Randall** - food items
- Janice Epps** - watermelon, okra
- Jim Hanford** - exercise ball/puzzles
- John & Erlene Camp** - vegetables
- Kristie Beardon** - personal care items
- Russ Putnam** - cake
- Cuttin' Up Hair Salon** - magazines
- Bobby & Elizabeth Cloninger** - art supplies, stuffed animals
- Robin Fichter** - magazines
- Love's Fish Box** - Delicious Fish lunch for participants & staff

## Wish list

### Neisler Center, Kings Mountain

Woodworkers to lead projects  
Men & Ladies Bingo Prizes

### Shelby

Wii controllers • Web cam

### Closing schedule for 2012

Thursday & Friday, **Nov. 22 & 23**  
*Thanksgiving holidays*  
Monday & Tuesday, **Dec. 24 & 25**  
*Christmas holidays*



*Who says exercise can't be fun?*

*LEC staff member Darlene, above left, and Deedee put a new spin on the parachute exercise program that everyone loves. Exercise is an important part of every day at Life Enrichment. Not only is it good for the body but good for the mind - and the spirit!*

*At right, Jim wears a big smile as he & Donna walk down the hall after a therapy session. Life Enrichment participants are able to get physical, speech, and occupational therapies in addition to enjoying traditional exercise programs. Exercise is the single best thing that someone can do to prevent memory loss.*



*Smiling after therapy*



***Therapy includes meaningful things to do***

*These ladies love to help out. Mable, in the photo at left, & Shirley & Vivian, seated, fold linen napkins and prepare silverware to set the tables for lunch.*



## Board of Directors

Dr. Denise Smith, *President*  
Paula Ramsey, *Vice-President*  
Erin Crow, *Secretary*  
Greg Blalock, *Treasurer*  
Donna Beringer  
Ri Bivens  
Wade Carpenter  
Danny Clay  
David Cline  
Newton Craver  
Tom Crider  
Julie Daves  
Jennipher Harrill  
Kitty Hoyle  
Greg Kassing  
Tom McNichol  
Moises Miranda  
Angela Orsky  
David Pharr  
Allen Putnam  
Evelyn Ribadeneyra  
Phillis Robinson  
Ernest Rome  
John Still  
Chris Turner  
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## Advisory Board

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Dr. Jane King  
Gene LeGrand  
Brenda Lovelace  
Dr. Anthony Negbenebor  
Ellis Noell  
Mike Poage  
Jay Rhodes  
Dr. Mike Ribadeneyra  
Gary Ritchie  
Rev. Charles Rudisill  
Bob Smith  
Oscar Zamora

# This Little Light of Mine

*Candlelight Vigil with Christie Ray of Home Instead*

**Tuesday, November 6, 2012 5:30-7 p.m.**

Neisler Life Enrichment Center, 222 Kings Mountain Blvd., Kings Mountain

Free of charge & open to anyone dealing with dementia

*A free sitter service is available for the person with dementia,  
but a reservation is required by November 2 by calling 704.739.4858*

## *Finding Joy in Caring for Someone with Dementia*

*by Caregiver Vickie Wyatt*

**Candlelight Service to Honor & Remember Those with Dementia**

**To observe November as Alzheimer's Awareness Month**

**Tuesday, Nov. 20, 2012 5:30-7 p.m.**

Life Enrichment Center, Shelby

110 Life Enrichment Blvd. (between Teddy & Meekins Law Offices & Cornerstone Dental Associates)

Free of charge & open to anyone dealing with dementia

*A free sitter service is available for the person with dementia,  
but a reservation is required by Nov. 13 by calling 704.484.0405*

## *Victory Over Stroke Meeting*

*"Thriving, not just surviving" is the theme of this monthly meeting*

**Monday, Nov. 26 5:30-7 p.m. Shelby Life Enrichment Center**

110 Life Enrichment Blvd., Shelby Handicap parking in rear of the building

Questions? Call Linda at 704.484.0405

## **"Humor the Tumor" Using Laughter to Overcome** *by Vickie Wyatt*

*Parkinson's Support Group*

**Tuesday, Nov. 27 6-7:30 p.m. Life Enrichment Center, Shelby**

110 Life Enrichment Blvd., Shelby Handicap parking in rear of the building

Questions? Call Linda at 704.484.0405

Life Enrichment Center  
110 Life Enrichment Blvd.  
Shelby, North Carolina 28150  
Address Service Requested

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