

Life Enrichment Center

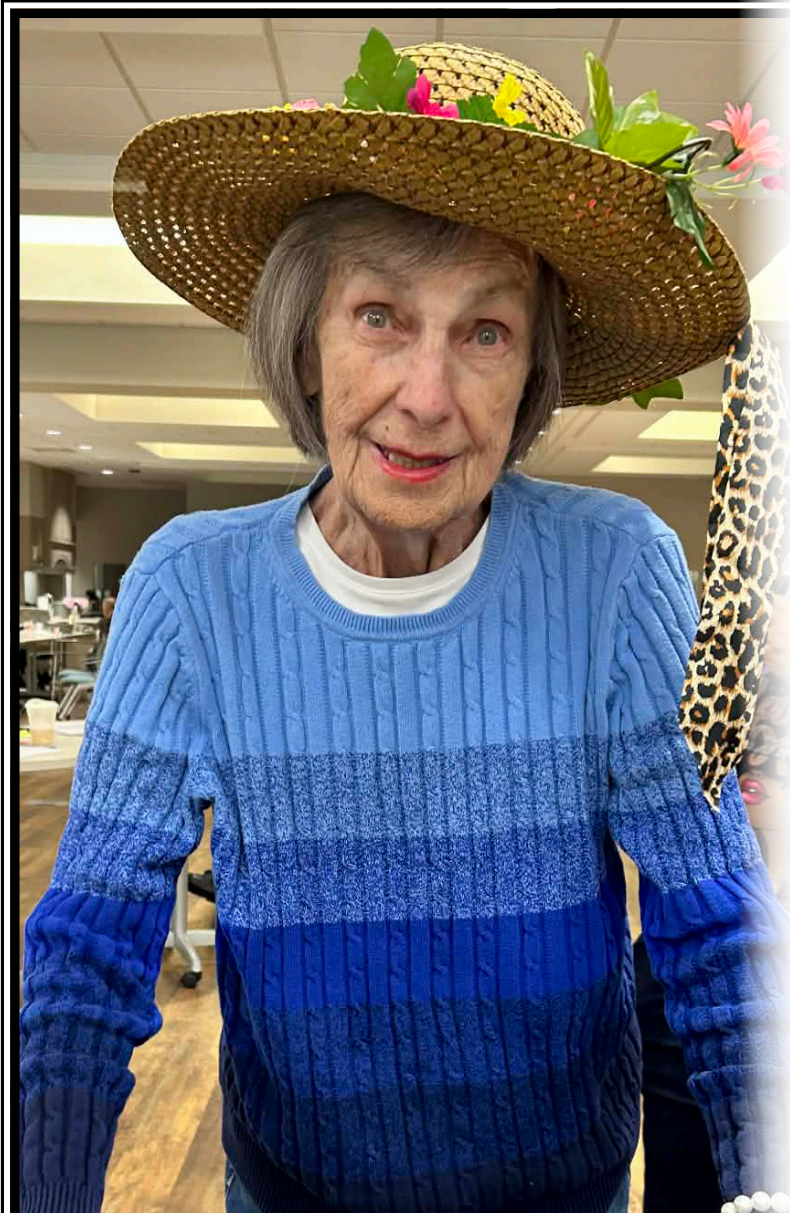
Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

June 2026

Participant Vangie is ready for Derby Day!



*Want To Give Mom
The Quality of Life
She Deserves?*

*Call Today
To Schedule her
FREE Visit!*



Adult Day Program

The Best Choice for Keeping Families Together & At Home!

For 45 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.

East Coast Volkswagen

What a beautiful day for a visit with our friends, ECV!

Participants enjoyed checking out several buses, taking photos, and learning about ECV's community support.

Thank you for making a difference in the lives of many!





Derby Day at L'EC!

Each year, participants at the Neisler Center eagerly anticipate Kentucky Derby Day. Filled with fellowship and fun, the celebration includes learning about Derby history, wearing festive hats, and enjoying Derby-themed activities throughout the day.



June

Shelby

Activity Highlights



<p>1 Monday</p> <ul style="list-style-type: none"> ◆ National Nail Polish Day ◆ Meditation Monday ◆ Gentle Stretch Exercise ◆ LEC Family Fued  <p><i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i></p>	<p>2 Tuesday</p> <ul style="list-style-type: none"> ◆ Name that Flower ◆ Magazine Scavenger Hunt ◆ Tone It Up Tuesday  <p><i>Beef Tacos-Sour Cream & Lettuce-Refried Beans-Pineapple</i></p>	<p>3 Wednesday</p> <ul style="list-style-type: none"> ◆ Walking Club Wednesday ◆ Devotion With Betty Callahan <h3>Health Fair</h3> <p><i>Grilled Bologna Sandwich-Lettuce & Tomato-Tater Tots-Peaches</i></p>	<p>4 Thursday</p> <ul style="list-style-type: none"> ◆ History Of NC Moonshine ◆ Upper Body Exercise ◆ Chris Crumbles Performs  <p><i>Meatloaf-Mashed Potatoes-Sweet Peas-Roll</i></p>	<p>5 Friday</p> <ul style="list-style-type: none"> ◆ Helpful Hints To Protect The Environment ◆ Lower Body Exercise ◆ Virtual Visit To The Hot Air Balloon Festival <p><i>Chicken Croissant w/ Lettuce & Tomato-Sweet Potato Fries-Mandarin Oranges</i></p>
<p>8 Monday</p> <ul style="list-style-type: none"> ◆ Junk Drawer Detective ◆ Tai Chi ◆ Mysteries Of The Deep: Ocean Exploration  <p><i>Baked Fish-Hushpuppies-Coleslaw-Pineapples</i></p>	<p>9 Tuesday</p> <ul style="list-style-type: none"> ◆ Donald Duck History ◆ Gentle Stretch Exercise ◆ LEC Bowling  <p><i>Pork Chops w/ Gravy-Black Eyed Peas-Spinach-Roll</i></p>	<p>10 Wednesday</p> <ul style="list-style-type: none"> ◆ Blindfold Guessing Game: Name That Smell ◆ Chair Pilates ◆ Devotion With Blessed Coverings <p><i>Salisbury Steak w/ Gravy-Mashed Potatoes-Collard Greens-Roll</i></p>	<p>11 Thursday</p> <ul style="list-style-type: none"> ◆ Puppy Love Pet Therapy With Nick ◆ Relay Race Exercise  <h3>Health Fair</h3> <p><i>Sloppy Joes-Potato Wedges-Peaches</i></p>	<p>12 Friday</p> <ul style="list-style-type: none"> ◆ How To Make The Best Peanut Butter Cookies With Roman Bull ◆ Chair Yoga ◆ Summertime Bingo With Shamiya Tate <p><i>Pepperoni & Cheese Pizza/Casserole-Garden Salad-Mandarin Oranges</i></p>
<p>15 Monday</p> <ul style="list-style-type: none"> ◆ Participant Council Meeting ◆ Musical Chairs Exercise ◆ A Visit From The Cleveland County Mobile Library <h3>Health Fair</h3> <p><i>Chili Dog-Sweet Potato Fries-Coleslaw</i></p>	<p>16 Tuesday</p> <ul style="list-style-type: none"> ◆ A Visit With Midview Baptist Church ◆ Pool Noodle Exercise ◆ Health Talk: All About A Balanced Diet <p><i>Grilled Chicken-Peas & Carrots-Mashed Potatoes-Roll</i></p>	<p>17 Wednesday</p> <ul style="list-style-type: none"> ◆ National Rootbeer Day ◆ Paper Plate Exercise ◆ History Of A&W ◆ Making Rootbeer Floats With Rachel Littlejohn <p><i>Tuna Salad Sandwich-Baked Fries-Pineapples</i></p>	<p>18 Thursday</p> <ul style="list-style-type: none"> ◆ Terry Huffman Spreads The Good Word ◆ Balloon Volley Exercise ◆ Sing-a-Long With Cheryl Peeler <p><i>Meaty Rotini Pasta-Broccoli-Garlic Bread-Peaches</i></p>	<p>19 Friday</p> <ul style="list-style-type: none"> ◆ Juneteenth Celebration ◆ Making Snack With Keisha Bell ◆ Parachute Exercise ◆ Father's Day Social Hosted By Kevin Strudwich <p><i>Turkey & Cheese Sub w/ Lettuce & Tomato-Tater Tots-Mandarin Oranges</i></p>
<p>22 Monday</p> <ul style="list-style-type: none"> ◆ All About The Rain Forrest ◆ Hot Potato Exercise ◆ Painting With Treasure Ross & Friends  <p><i>Chicken Salad Sandwich-Baked Fries-Pears</i></p>	<p>23 Tuesday</p> <ul style="list-style-type: none"> ◆ Better Balance Exercise ◆ Music With The McCurry Band & Friends  <h3>Health Fair</h3> <p><i>Comed Beef-Cabbage-Beets-Combread</i></p>	<p>24 Wednesday</p> <ul style="list-style-type: none"> ◆ Blueberry Cobbler Competition Garden Side Vs. Cedar Side ◆ Indoor Volleyball Exercise ◆ Devotion With Betty Callahan <p><i>Grilled Hamburgers w/ Lettuce & Tomato-Tater Tots-Peaches</i></p>	<p>25 Thursday</p> <h3>Spa Day</h3> <ul style="list-style-type: none"> ◆ Ice Cream Social With Carolyn Bridges ◆ Scarf Exercise <p><i>Teriyaki Chicken-Quinoa-Roasted Broccoli-Glazed Carrots</i></p>	<p>26 Friday</p>  <ul style="list-style-type: none"> ◆ LEC Monthly "Broadway" Birthday Party <p><i>Fish Sandwich-Sweet Potato Fries-Mixed Fruit</i></p>
<p>29 Monday</p> <ul style="list-style-type: none"> ◆ Today In History ◆ Simon Says Exercise ◆ Summertime Reminiscing <h3>Health Fair</h3> <p><i>Egg Salad Sandwich-Potato Wedges-Pineapple</i></p>	<p>30 Tuesday</p> <ul style="list-style-type: none"> ◆ All About Social Media ◆ Red Light, Green Light Exercise ◆ Bingo Bonanza With Growth Academy  <p><i>Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mandarin Oranges</i></p>	 		

June



Thank you to our Health Sponsors for providing this month's lunch menu!

Kings Mountain Activity Highlights

<p>1 Monday</p> <ul style="list-style-type: none"> ♦Wackie Wordies ♦Zumba Exercise ♦Bible Study With Linda Hamrick <p><i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i></p>	<p>2 Tuesday</p> <ul style="list-style-type: none"> ♦“Guy Talk” Social ♦Paper Plate Exercise ♦Painting By Numbers ♦Ladies Spa Day <p><i>Beef Tacos-Sour Cream & Lettuce-Refried Beans-Pineapple</i></p>	<p>3 Wednesday</p> <ul style="list-style-type: none"> ♦Greenhouse Basics ♦Scarf Exercise ♦Arts & Crafts: Cupcake Liner Blooms <p>Health Fair</p> <p><i>Grilled Bologna Sandwich-Lettuce & Tomato-Tater Tots-Peaches</i></p>	<p>4 Thursday</p> <ul style="list-style-type: none"> ♦Pet Therapy With “Ruby” ♦Balloon Volley Exercise ♦June Flower Scavenger Hunt <p><i>Meatloaf-Mashed Potatoes-Sweet Peas-Roll</i></p>	<p>5 Friday</p> <ul style="list-style-type: none"> ♦Name The Instrument Trivia ♦Chair Yoga Exercise ♦Pet Therapy With “Spice” <p><i>Chicken Croissant w/ Lettuce & Tomato-Sweet Potato Fries-Mandarin Oranges</i></p>
<p>8 Monday</p> <ul style="list-style-type: none"> ♦Table Talk Tidbits ♦Zumba Exercise ♦Name That Tune <p>Health Fair</p> <p><i>Baked Fish-Hushpuppies-Coleslaw-Pineapples</i></p>	<p>9 Tuesday</p> <ul style="list-style-type: none"> ♦Piano Recital With Callie Neely ♦Pool Noodle Exercise ♦Pet Therapy With “Dixie” <p><i>Pork Chops w/ Gravy-Black Eyed Peas-Spinach-Roll</i></p>	<p>10 Wednesday</p> <ul style="list-style-type: none"> ♦Soul Train Good Morning ♦Dumbbell Exercise ♦Music Bingo With Ken Falls <p><i>Salisbury Steak w/ Gravy-Mashed Potatoes-Collard Greens-Roll</i></p>	<p>11 Thursday</p> <ul style="list-style-type: none"> ♦Participant Council Meeting ♦Parachute Exercise ♦Arts & Crafts: “Cruising Along” Centerpieces <p><i>Sloppy Joes-Potato Wedges-Peaches</i></p>	<p>12 Friday</p> <ul style="list-style-type: none"> ♦Men’s Health Awareness ♦Wear Your BLUE ♦Let’s Travel To The South Pacific ♦Making Tahitian Coconut Bread ♦LEC Walking Club <p><i>Pepperoni & Cheese Pizza/Casserole-Garden Salad-Mandarin Oranges</i></p>
<p>15 Monday</p> <ul style="list-style-type: none"> ♦Bible Study With Rev. Keith Grindle ♦Basketball Exercise ♦Spa Day <p><i>Chili Dog-Sweet Potato Fries-Coleslaw</i></p>	<p>16 Tuesday</p> <ul style="list-style-type: none"> ♦Father’s Day Word Game ♦Range Of Motion Exercise ♦Junk Drawer Detective: “First Car” Edition <p><i>Grilled Chicken-Peas & Carrots-Mashed Potatoes-Roll</i></p>	<p>17 Wednesday</p> <ul style="list-style-type: none"> ♦Sing-a-Long With David Robbins ♦Chair Yoga ♦Open Mic Comedy Club <p>Health Fair</p> <p><i>Tuna Salad Sandwich-Baked Fries-Pineapples</i></p>	<p>18 Thursday</p> <ul style="list-style-type: none"> ♦Riddles & Rocky Road Ice Cream Social ♦Playing Card Exercise ♦Pineapple & Coconut Limbo <p><i>Meaty Rotini Pasta-Broccoli-Garlic Bread-Peaches</i></p>	<p>19 Friday</p> <ul style="list-style-type: none"> ♦Father’s Day Celebration ♦Tai Chi ♦LEC Karaoke Friday <p><i>Turkey & Cheese Sub w/ Lettuce & Tomato-Tater Tots-Mandarin Oranges</i></p>
<p>22 Monday</p> <ul style="list-style-type: none"> ♦Bible Study With Rev. Keith Grindle ♦Volleyball Exercise ♦Table Talk Tidbits <p>Health Fair</p> <p><i>Chicken Salad Sandwich-Baked Fries-Pears</i></p>	<p>23 Tuesday</p> <ul style="list-style-type: none"> ♦Manicures With Kristine Atkins ♦Red Light, Green Light Exercise ♦Ice Cream Party With Candie & The Twins <p><i>Comed Beef-Cabbage-Beets-Cornbread</i></p>	<p>24 Wednesday</p> <ul style="list-style-type: none"> ♦History Of The Hula Hoop ♦Relay Race Exercise ♦How To Make Warm Blueberry Cheesecake Dip <p><i>Grilled Hamburgers w/ Lettuce & Tomato-Tater Tots-Peaches</i></p>	<p>25 Thursday</p> <ul style="list-style-type: none"> ♦Caribbean American Heritage Month ♦Simon Says Exercise ♦Cruise Ship Bingo ♦Instrument Exploration <p><i>Teriyaki Chicken-Quinoa-Roasted Broccoli-Glazed Carrots</i></p>	<p>26 Friday</p> <ul style="list-style-type: none"> ♦LEC Beach Day! ♦Water Balloon Exercise ♦Outdoor Games ♦Beach Day Dance Party <p><i>Fish Sandwich-Sweet Potato Fries-Mixed Fruit</i></p>
<p>29 Monday</p> <ul style="list-style-type: none"> ♦Bible Study With Rev. Keith Grindle ♦Walk Across America Exercise ♦Health Talk: “The Importance of Physical Movement” <p><i>Egg Salad Sandwich-Potato Wedges-Pineapple</i></p>	<p>30 Tuesday</p> <ul style="list-style-type: none"> ♦LEC Monthly Birthday Party ♦Range Of Motion Exercise ♦Let’s Play The “Don’t Go Over” Game <p><i>Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mandarin Oranges</i></p>			

In Honor:

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

Suzi Kennedy
by Kevin & Anne Klein

Hunter Pressley
by Russ & Janna Pressley



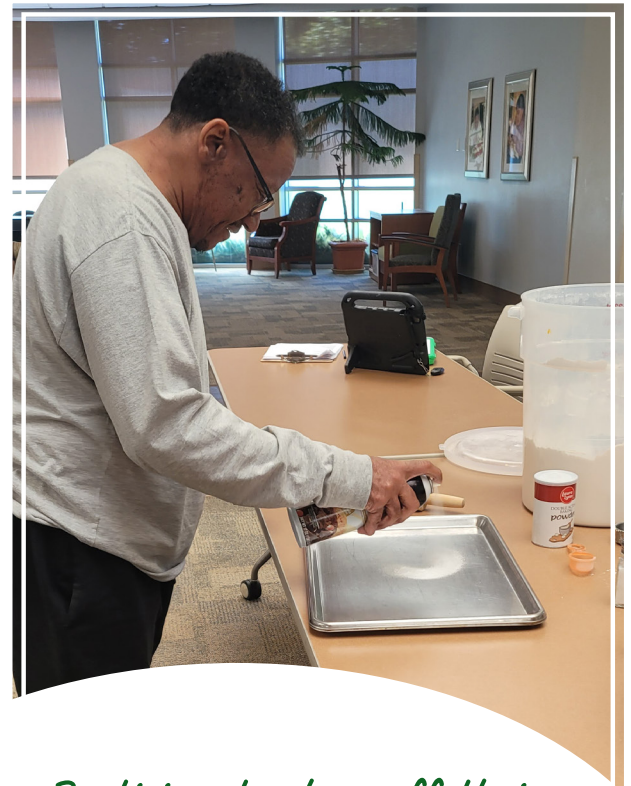
In Memory:

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

Maxine Putnam & Marjorie Alexander
by Roger & Libby Putnam

Ruby Friday
by Rufus Friday

Ken Bridges
by Brent & Susie Walker

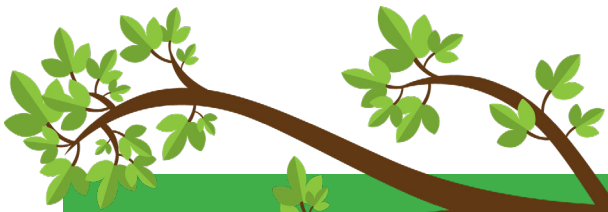


Friends:

*The following have given a gift to
Life Enrichment Center:*

Dixon Presbyterian Women's Circle
Parker Hannifin
East Coast Volkswagen Club
Boiling Springs Rotary Club
Jim & Sandy Logan
Paul & Mary Ann Hendricks
Alexis Fowler
Carolyn Jackson
Cardinal Plastics
Mary Lou Ware
Jess & Becky Powell

*Above, Participants show off their
baking skills. Melissa is making cupcakes
for Kentucky Derby Day.
Spencer sprays a sheet pan for
LEC's Best Biscuit Competition.*



Love Grows Here



Gardening is one of many therapeutic programs at LEC. Participants enjoy working in the greenhouse with community volunteers. Above, seed trays are started for LEC's Healing Garden.

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!

Don Messenger & Family-Gift Basket
Deborah Terry-Sweet Treats
Mary Wade O'Kelley Smith-Cards/Magazines
Ynetta Nash & Family-Sweet Treats
Dean Spears & Family-Garden Picks
Robin Rogers & Family-Doughnuts
Matt Anderson & Family-Bingo Prizes
Dr. Holly Stanley-Medical Supplies
Zion Baptist Church-Giftcards
Via Health Partners-Lunch Items
Molly Brownlee-Art Supplies
May Reed & The Banker's House-Flower Arrangements
Susan Thrift-Blood Pressure Cuffs
Kaye Hartman-Coloring Books
East Coast Volkswagen-Tshirts
Rotary Club (Boiling Springs)-Bingo Prizes
Dianne Harrison-Fresh Strawberries
Dianne Littlejohn-Food Items

Guy Says, "Bingo is my favorite game!"



Cathy says, "Thank You!"