

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

November 2025

*Spending the holidays with Mom?
Spend them at home- her home!*



Participants Betty (left) and Sarah help prepare lunch.



Adult Day Program

More than just daytime care—Life Enrichment Center offers peace of mind, joyful companionship, and a safe, engaging space for your loved one to thrive.

Active Mind, Happy Hearts.

Our programs are designed to support independence, enrich daily life, and help families keep their loved ones at home and in the community for as long as possible.



"I am thankful for all of the friends I have made at LEC.

I LOVE it here!"

-Participant Charlene



"I have so much fun every day! Dance Party Exercise is my favorite!"

-Participant Effie



(Left to right) Participant Latonya reads as Bryan turns the pages. Participant Daniel creates a vision board.

Barbara (left) makes a beautiful Thanksgiving centerpiece. (Right) Louise makes an afternoon snack.



**-Socialization -Stimulation -Quality Healthcare -
-Nutritious Meals -Daily Exercise**



Participants had a blast during LEC Fair Week! They enjoyed games and Fair food favorites.

November

Shelby Activity Highlights



3 Monday ♦ Home Economics 101 ♦ Upper Body Exercise ♦ Journey Through Tradition: Celebrating Japan's Culture BBQ Chicken- Hushpuppies- Coleslaw- Pears	4 Tuesday ♦ National Election Day ♦ Tone It Up Tuesday ♦ All About The Easy Bake Oven ♦ Practicing The Christmas Play Meaty Rotini Pasta- Steamed Broccoli- Garlic Bread- Mixed Fruit	5 Wednesday Health Fair ♦ Chair Zumba Cheesy Chicken Spaghetti- Mixed Vegetables- Roll- Peaches	6 Thursday ♦ LEC Table Games For International Game Day ♦ Lower Body Exercise ♦ Bingo Bonanza Host By The Leadership Of Cleveland County Ravioli Casserole- Zucchini- Squash- Mandarin Oranges	7 Friday ♦ Jersey Day: Wear Your Favorite Jersey ♦ Balloon Volley Exercise ♦ Virtual Tour Of The Modern Arts Museum Egg Salad Sandwich- Sweet Potato Fries- Apple Slices
10 Monday ♦ Virtual Tour Of The Great Wall Of China ♦ Mindful Meditation Exercise ♦ Name That Sesame Street Character Hearty Chicken Noodle Soup- Saltines- Sweet Potato Fries- Mandarin Oranges	11 Tuesday LEC Annual Ceremony ♦ "Boot Camp" Exercise Popcorn Chicken- Macaroni & Cheese- Green Beans- Pineapple- Roll	12 Wednesday ♦ Chicken Soup For The Soul ♦ Nature Walk Exercise ♦ Devotion With Blessed Coverings Pintos- Cabbage- Cornbread- Pears	13 Thursday ♦ Happy Birthday Whoopie Goldberg ♦ Gentle Stretch Exercise ♦ Making Friendship Bracelets Chicken Pot Pie- Mashed Potatoes- Peas- Peaches	14 Friday ♦ World Diabetes Day ♦ Dance Party Exercise ♦ Pumpkin Decorating With Cindy Stillwell Sloppy Joe- Tater Tots- Mixed Fruit
17 Monday ♦ Participant Council Meeting ♦ Red Light, Green Light Exercise ♦ Bingo With Ny'Drien Wood Fish Sandwich- Tater Tots- Coleslaw	18 Tuesday ♦ Mike McGee Plays Guitar ♦ Simon Says Exercise ♦ Happy Birthday Mickey Mouse Beef Enchiladas- Black Beans- Lettuce & Sour Cream- Pears	19 Wednesday ♦ "Who Am I?"- Hollywood Edition ♦ Chair Yoga ♦ Junk Drawer Detective Broccoli Cheddar Soup- Turkey & Cheese Sandwich- Mandarin Oranges	20 Thursday Spa Day ♦ Deep Breathing Exercise Chicken Tenders- Green Beans- Mashed Potatoes & Gravy- Peaches- Roll	21 Friday ♦ History Of Color TV ♦ Moving To Motown Exercise ♦ LEC Monthly Birthday Party Cheeseburger- Lettuce & Tomato- Pickles- Baked Fries
24 Monday ♦ The Story Of The First Thanksgiving ♦ Lower Body Exercise ♦ Making Paper Bag Turkeys Tuna Salad Croissant- Pickles- Baked Fries- Peaches	25 Tuesday ♦ How To Make The Best Dressing With Sandra Ussery ♦ "Turkey Trot" Exercise ♦ Music With The McCurry Band And Friends ♦ Practicing The Christmas Play Hamburger Helper- Broccoli- Roll- Pineapple	26 Wednesday ♦ Creative Writing: "Thanksgiving Traditions" ♦ Beach Tunes Exercise ♦ Health Topic: "Food Nutrition" LEC Thanksgiving Feast!	27 Thursday Happy THANKS GIVING CLOSED	28 Friday Happy THANKS GIVING CLOSED



Barbara enjoys funnel cake fries during Fair Week!



Balloons With "Binky" The Clown!

NOVEMBER

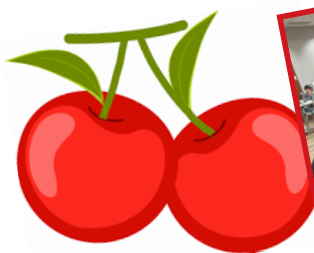
KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



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

3 Monday ♦ Music With Senior Moments ♦ Chair Zumba ♦ Turkey Day Scavenger Hunt  BBQ Chicken-Hushpuppies-Coleslaw-Pears	4 Tuesday ♦ Antiques: Name The Price ♦ LEC Walking Club ♦ Candy Bingo ♦ Christmas Play Practice  Meaty Rotini Pasta-Steamed Broccoli-Garlic Bread-Mixed Fruit	5 Wednesday ♦ Chili Cook Off ♦ Parachute Exercise ♦ "Chili Bean" Art  Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Peaches	6 Thursday ♦ Participant Council Meeting ♦ Musical Sticks Exercise ♦ Thanksgiving Reminiscing Health Fair Ravioli Casserole-Zucchini-Squash-Mandarin Oranges	7 Friday ♦ 55 Best Mustaches In History ♦ Dance Party Exercise ♦ State Trivia: "Name Bird & Flowers"  Egg Salad Sandwich-Sweet Potato Fries-Apple Slices
10 Monday ♦ Creative Writing: "Life Stories" ♦ Scarf Exercise ♦ All About "Starkist" ♦ Christmas Play Practice  Hearty Chicken Noodle Soup-Saltines-Sweet Potato Fries-Mandarin Oranges	11 Tuesday ♦ Arts & Crafts: "Thankful Picture Book" ♦ Balloon Volley Exercise Veterans Recognition Ceremony  Popcorn Chicken-Macaroni & Cheese-Green Beans-Pineapple-Roll	12 Wednesday ♦ Cowboy Day ♦ "Horse Race" Exercise ♦ Name That Famous Cowboy  Pintos-Cabbage-Combread-Pears	13 Thursday ♦ Music Trivia: "Who Sang The Song?" ♦ Hot Potato Exercise ♦ Let's Make Peanut Butter Fudge  Chicken Pot Pie-Mashed Potatoes-Peas-Peaches	14 Friday ♦ Health Talk: The Importance Of Good Nutrition ♦ Dance Party Exercise ♦ "Mocktail" Tasting Health Fair Sloppy Joe-Tater Tots-Mixed Fruit
17 Monday ♦ Christmas Crafts With Cathy Cowan ♦ LEC Walking Club ♦ "Where Was It Made?" Trivia Health Fair Fish Sandwich-Tater Tots-Coleslaw	18 Tuesday ♦ How To Make Homemade Bread ♦ Volleyball Exercise ♦ History Of The Time Zones ♦ Practicing The Christmas Play Beef Enchiladas-Black Beans-Lettuce & Sour Cream-Pears	19 Wednesday ♦ Kitchen Band Orchestra ♦ Parachute Exercise ♦ Virtual Tour Of Gettysburg  Broccoli Cheddar Soup-Turkey & Cheese Sandwich-Mandarin Oranges	20 Thursday ♦ Airplane Decorating Contest ♦ Upper Body Exercise ♦ What Does It Mean To Have Common Sense?  Chicken Tenders-Green Beans-Mashed Potatoes & Gravy-Peaches-Roll	21 Friday ♦ Health Talk: Diabetes ♦ Dance Party Exercise ♦ LEC Monthly Birthday Party  Cheeseburger-Lettuce & Tomato-Pickles-Baked Fries
24 Monday ♦ Table Discussions: "What We Treasure The Most" ♦ Tai Chi ♦ How To Make Peanut Butter Cookies  Tuna Salad Croissant-Pickles-Baked Fries-Peaches	25 Tuesday ♦ Let's Talk Turkey: "Turkey Calls" ♦ Hot Potato Exercise ♦ History Of The Time Zones Health Fair Hamburger Helper-Broccoli-Roll-Pineapple	26 Wednesday ♦ "Count Your Blessings" Creative Writing ♦ Turkey Dance Exercise ♦ "A Table Full Of Thanks And Traditions"  LEC Thanksgiving Feast!	27 Thursday  CLOSED	28 Friday  CLOSED

Jamie enjoys an ice cream sundae



David receives "Cherry On Top" Award from Staff Ashanti



We are deeply grateful for the time, energy, and heart
that our volunteers give so generously.

Your dedication makes a lasting difference, and we couldn't
do it without you.

THANK YOU
for making a difference

Funnel Cake Fries With John Thompson



Jackie & "Binkie"



Shelby K-9 Unit

Sing-a-Long With The Patrick Senior Center Choir



**Your gift
today
becomes
their
happiness
tomorrow.**

Your donation helps us provide compassionate care, meaningful activities, and a safe, joyful place for participants each day. With your support, we can continue enriching lives and supporting families and caregivers who depend on us. Please donate now- because every day of care makes a difference.



In Memory:

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

Phyllis Bivins

by

Jim & Joy Robinson

Mildred Brackett

by

Wesley Wall, Inc.

Friends:

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

**Vance Suttle & Nathalie Lavigne
Fund**

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

Jackie & Jerry Roberts- Misc. Items
Pearly Logan- Sweet Treats
Grady Herman- Sweet Treats
Billy Ramsey- Nail Polish
Food Lion- Sweet Treats
Khristina Atkins/Home Instead- Monthly Birthday Party Sponsor
Lynn Rowland- Magazines
Alyssa Duckett- Bingo Prizes
Mary Renner & Family- First Aid Supplies
Ameritrans Transport- Halloween Candy
Dean Spears & Family- Halloween Candy
Katrena Winebarger & Family- Halloween Candy
Arlene Roberts- Personal Care Items
Kaye Hartman- Sweet Treats
Lisa Humphries- Magazines
Courtney Moorehead- Checkers Set



Participant Lib & Staff Shannon on Breast Cancer Awareness Day.

2025 Life Enrichment Remaining Holiday Closings:

Christmas Holiday:
December 24-25



Art Supplies
Construction Paper
Glue Sticks
Scissors

