



# Life Enrichment Center

## Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

April 2025

# Is Mom Spending Too Much Time Alone?



*Participants Brenda & Barbara enjoy spending time together at LEC.*

*Schedule  
A **FREE** Trial  
Visit!*

*(Shelby) 704-484-0405  
(Kings Mountain) 704-739-4858*

# Try Life Enrichment Today!

*A national model among adult day cares across the country.*

*For 44 years doing "Whatever It Takes" to help families keep adult loved ones at home and in the community.*



# *It's Never Too Late To Make New Friends!*

Studies have shown that socialization seems to slow the progress of cognitive impairment. Every day at Life Enrichment, participants are given opportunities to engage in meaningful programs, to build relationships, and to benefit from being around others.



*(Left) Hazel enjoys making St. Patrick's Day decorations!*



*(Left to right) Participants Patsy, Regina, & Brenda show off their Easter Birdhouses.*



*Cathy*

*Crystal*

*Guy*

Thank you NC Cooperative Extension of Cleveland County for hosting the St. Patrick's Day themed LEC Monthly Birthday Party!





*The Eagle Scouts build and deliver a beautiful storage cabinet for the Neisler Center Spa Room!*



*"Baking With Davieon"  
(Above) Cathy & Davieon  
bake delicious cupcakes.*

# V♥LUNTEER APPRECIATION

Month

Our mission is to provide meaningful programs every day!  
Thank you to all LEC volunteers for making a difference in the lives of participants with every visit.  
If you would like to become an LEC Volunteer, call today!



*Volunteer Azela makes pretzel art clovers with Shelby participants.*



*What a performance by the Welsh Revival Celtic Group!*





# April

## Shelby Activity Highlights

	<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦History Of April Fools Day</li> <li>♦Tone It Up Tuesday</li> <li>♦National Jazz Appreciation Month</li> </ul>  <p><i>Baked Chicken-Caesar Salad-Garlic Bread-Pears</i></p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦World Autism Awareness Day</li> <li>♦Upper Body Exercise</li> <li>♦"Name That Tune" Jazz Edition</li> </ul>  <p><i>Pulled Pork Sliders-Coleslaw-Baked Beans-Fruit Cocktail-</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Presentation By Visiting Angels</li> <li>♦Lower Body Exercise</li> <li>♦LEC Compliment Car Wash</li> </ul> <p><b>Health Fair</b></p> <p><i>Lasagna-Garden Salad-Bread Stick-Pineapple</i></p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> <li>♦Happy Birthday Maya Angelou</li> <li>♦Musical Chairs Exercise</li> <li>♦LEC "I Spy"</li> <li>♦Visit From The Pregnancy Resource Center</li> </ul> <p><i>Tuna Salad Sandwich-Tomato Slices-Baked Fries-Peaches</i></p>
<p><i>7 Monday</i></p> <ul style="list-style-type: none"> <li>♦Fun Facts About Billie Holiday</li> <li>♦Chair Yoga</li> <li>♦LEC Price Is Right</li> </ul>  <p><i>Mexican Chicken w/Tortillas-Lettuce &amp; Tomato-Oranges</i></p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Making T-shirts With Troy Poole</li> <li>♦"Stop, Drop, &amp; Roll" Exercise</li> <li>♦Music With Tom Woods &amp; Friends</li> <li>♦Classical Favorites With Eddie Cooke</li> </ul> <p><i>Baked Ham-Black Eyed Peas-Macaroni &amp; Cheese-Roll-Mixed Fruit</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦All About Miles Davis</li> <li>♦Chair Zumba</li> <li>♦Devotion With Blessed Coverings</li> </ul> <p><b>Health Fair</b></p> <p><i>Meatloaf-Potatoes-Lima Beans-Roll-Applesauce</i></p>	<p><i>10 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Sing-a-Long With Chloe Tate &amp; Landon Hoyle</li> <li>♦LEC Walking Club</li> <li>♦Spring Time Word Search</li> <li>♦Music With Tiffany Timson</li> </ul>  <p><i>Chef Salad-Garlic Bread-Peaches</i></p>	<p><i>11 Friday</i></p> <ul style="list-style-type: none"> <li>♦National Pet Day</li> <li>♦Parachute Exercise</li> <li>♦Health Topic: "World Parkinson's Day"</li> </ul>  <p><i>Cheeseburger w/Lettuce &amp; Tomato-Tater Tots-Fruit Cocktail</i></p>
<p><i>14 Monday</i></p> <ul style="list-style-type: none"> <li>♦History Of J.C. Penney</li> <li>♦LEC Walking Club</li> <li>♦Visit With The Cleveland County Mobile Library</li> </ul> <p><i>Baked Chicken-Vegetable Pasta Salad-Garlic Bread-Mixed Fruit</i></p>	<p><i>15 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Word Games On The White Board</li> <li>♦Tai Chi</li> <li>♦All About John Coltrane</li> </ul> <p><b>Health Fair</b></p> <p><i>Pot Roast-Potatoes-Carrots-Roll-Oranges</i></p>	<p><i>16 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Stress Awareness Day</li> <li>♦Gentle Stretch Exercise</li> <li>♦Fun Facts About Orchids</li> <li>♦Dyeing Easter Eggs With Dianne Harrison</li> </ul>  <p><i>Vegetable Beef Soup-Garden Salad-Bread Stick-Fruit Cocktail</i></p>	<p><i>17 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Sunday's Best Fashion Show</li> <li>♦Deep Breathing Exercise</li> <li>♦Spa Day</li> <li>♦LEC Monthly Birthday Party</li> </ul>  <p><i>Fish Sandwich-Coleslaw-Baked Fries-Peaches</i></p>	<p><i>18 Friday</i></p>  <p><b>CLOSED</b></p>
<p><i>21 Monday</i></p> <ul style="list-style-type: none"> <li>♦Participant Council Meeting</li> <li>♦Kickball Exercise</li> <li>♦Let's Travel To New Orleans</li> </ul>  <p><b>Health Fair</b></p> <p><i>Chicken Tenders-Caesar Salad-Garlic Bread-Mixed Fruit</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Happy Birthday Jack Nicholson</li> <li>♦Tai Chi</li> <li>♦LEC Guessing Game</li> </ul>  <p><i>Cheeseburger w/Lettuce &amp; Tomato-Tater Tots-Pears</i></p>	<p><i>23 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Virtual Tour Of Coca-Cola Factory</li> <li>♦Upper Body Exercise</li> <li>♦Health Topic: "The Importance Of Exercise"</li> </ul>  <p><i>Baked Ham-White Beans-Applesauce-Corbread</i></p>	<p><i>24 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Bingo Bonanza</li> <li>♦Chair Yoga</li> <li>♦Scavenger Hunt: "Find The Prettiest Flower"</li> </ul>  <p><i>Spaghetti-Garden Salad-Bread Stick-Pineapple</i></p>	<p><i>25 Friday</i></p> <ul style="list-style-type: none"> <li>♦"Brunch In The Bahamas" With Tyesha Peak</li> <li>♦Balloon Volley Exercise</li> <li>♦History Of The Red Hats Society</li> </ul>  <p><i>Chicken Salad Croissant w/Lettuce &amp; Tomato-Baked Fries-Oranges</i></p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> <li>♦Making Thank You Cards For LEC Volunteers</li> <li>♦Upper Body Exercise</li> </ul>  <p><i>Taco Salad w/Tortillas-Lettuce &amp; Tomato-Peaches</i></p>	<p><i>29 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦"What's Up Doc?" Bugs Bunny Trivia</li> <li>♦Cornhole Exercise</li> <li>♦"That's All Folks" Famous Phrases From Your Favorite Cartoons</li> </ul> <p><i>Grilled Cheese Sandwich-Tomato Soup-Fruit Cocktail</i></p>	<p><i>30 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦LEC People's Court</li> <li>♦Relay Race Exercise</li> <li>♦America's Dumbest Criminals</li> <li>♦"Law &amp; Order" Trivia</li> </ul>  <p><i>BBQ Chicken-Potatoes-Green Beans-Pears</i></p>		

Good friends Zach & Guy make Easter art with staff member Destiny.





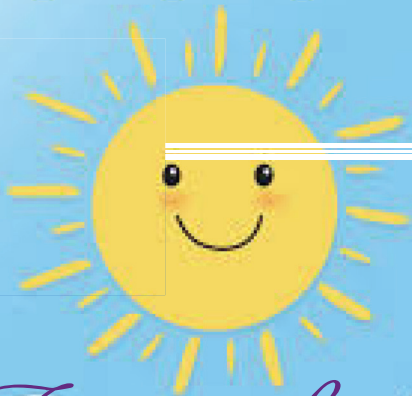
# April

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

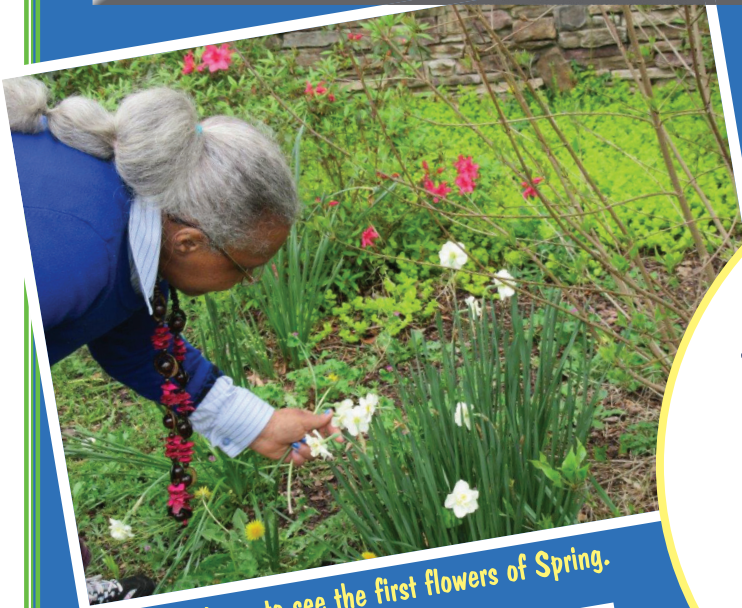
## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

	<p><b>1 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦How To Make Milky Way Salad</li> <li>♦April Fools Trivia</li> <li>♦Parachute Exercise</li> <li>♦A Visit With Minnie Pearl With Ole Opry Imitations</li> </ul> <p><b>Health Fair</b></p> <p><i>Baked Chicken-Caesar Salad-Garlic Bread-Pears</i></p>	<p><b>2 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦Rebecca McSwain Shares Her Pet Ferret</li> <li>♦Paper Plate Exercise</li> <li>♦World Autism Day</li> </ul>  <p><i>Pulled Pork Sliders-Coleslaw-Baked Beans-Fruit Cocktail-</i></p>	<p><b>3 Thursday</b></p> <ul style="list-style-type: none"> <li>♦Making Chocolate Mousse</li> <li>♦Scarf Exercise</li> <li>♦Art With Music: "Over The Rainbow"</li> </ul>  <p><i>Lasagna-Garden Salad-Bread Stick-Pineapple</i></p>	<p><b>4 Friday</b></p> <ul style="list-style-type: none"> <li>♦Let's Travel To Greece</li> <li>♦Red Light, Green Light Exercise</li> <li>♦Pennys Worth Of Candy Reminiscing</li> </ul>  <p><i>Tuna Salad Sandwich-Tomato Slices-Baked Fries-Peaches</i></p>
<p><b>7 Monday</b></p> <ul style="list-style-type: none"> <li>♦Making Colorful Cake Pops</li> <li>♦Chair Yoga</li> <li>♦All About Rainbows</li> </ul>  <p><b>Health Fair</b></p> <p><i>Mexican Chicken w/Tortillas-Lettuce &amp; Tomato-Oranges</i></p>	<p><b>8 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦A Visit With The Bethlehem Fire Department</li> <li>♦Tai Chi</li> <li>♦Baseball Bingo</li> <li>♦Fun In The Greenhouse</li> </ul>  <p><i>Baked Ham-Black Eyed Peas-Macaroni &amp; Cheese-Roll-Mixed Fruit</i></p>	<p><b>9 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦Participant Council Meeting</li> <li>♦Games With Champion Christian Academy</li> <li>♦LEC Walking Club</li> <li>♦National Pink Day</li> </ul> <p><b>Wear Your Pink</b></p> <p><i>Meatloaf-Potatoes-Lima Beans-Roll-Applesauce</i></p>	<p><b>10 Thursday</b></p> <ul style="list-style-type: none"> <li>♦National Siblings Day</li> <li>♦Brother &amp; Sister Reminiscing</li> <li>♦Parachute Exercise</li> <li>♦Sing-a-Long With Linda Robinson</li> <li>♦Presentation By Visiting Angels</li> </ul> <p><i>Chef Salad-Garlic Bread-Peaches</i></p>	<p><b>11 Friday</b></p> <ul style="list-style-type: none"> <li>♦National Pet Day</li> <li>♦Pet Therapy With "Ruby"</li> <li>♦Wheelchair Race Exercise</li> <li>♦"All About Pets" With Carmen Peterson</li> </ul>  <p><i>Cheeseburger w/Lettuce &amp; Tomato-Tater Tots-Fruit Cocktail</i></p>
<p><b>14 Monday</b></p> <ul style="list-style-type: none"> <li>♦Bingo Bonanza</li> <li>♦Healthcare Topic: "How To Prevent Pressure Ulcers"</li> <li>♦Planting Flowers</li> <li>♦Chair Zumba</li> </ul> <p><i>Baked Chicken-Vegetable Pasta Salad-Garlic Bread-Mixed Fruit</i></p>	<p><b>15 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦Spa Day</li> <li>♦Southern Belle Tea Party</li> <li>♦Gentle Stretching Exercise</li> <li>♦K-9 Demonstration With The Cleveland County Sherriff's Office</li> </ul> <p><i>Pot Roast-Potatoes-Carrots-Roll-Oranges</i></p>	<p><b>16 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦How To Make The Best Cheese Ball</li> <li>♦A Visit With The Ghost Peppers Baseball Team</li> <li>♦"All Weather" Exercise</li> </ul> <p><b>Health Fair</b></p> <p><i>Vegetable Beef Soup-Garden Salad-Bread Stick-Fruit Cocktail</i></p>	<p><b>17 Thursday</b></p> <p><b>Pajama Day</b></p> <ul style="list-style-type: none"> <li>♦Chair Yoga</li> <li>♦Making Easter Cupcakes With Donna Wallace</li> <li>♦A Visit With Margaret Mills &amp; Friends</li> </ul> <p><i>Fish Sandwich-Coleslaw-Baked Fries-Peaches</i></p>	<p><b>18 Friday</b></p> <p><b>Good Friday</b></p>  <p><b>CLOSED</b></p>
<p><b>21 Monday</b></p> <ul style="list-style-type: none"> <li>♦How To Make A Cardboard Derby Car</li> <li>♦Derby Relay Race Exercise</li> <li>♦Music Trivia</li> </ul>  <p><i>Chicken Tenders-Caesar Salad-Garlic Bread-Mixed Fruit</i></p>	<p><b>22 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦"Name That Jelly Bean" Taste Test</li> <li>♦Jelly Bean Games</li> <li>♦Nature Walk Exercise</li> <li>♦Creative Writing: "Outdoor Inspiration Poetry"</li> </ul> <p><i>Cheeseburger w/Lettuce &amp; Tomato-Tater Tots-Pears</i></p>	<p><b>23 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦Making "Dirt" Cupcakes</li> <li>♦Upper Body Exercise</li> <li>♦Arts &amp; Crafts: "Easy-Make Umbrellas"</li> </ul>  <p><i>Baked Ham-White Beans-Applesauce-Combread</i></p>	<p><b>24 Thursday</b></p> <ul style="list-style-type: none"> <li>♦"Mad About Math" Word Problems</li> <li>♦Lower Body Exercise</li> <li>♦Music With The Patrick Senior Center Choir</li> <li>♦Making Bird Feeders</li> </ul> <p><i>Spaghetti-Garden Salad-Bread Stick-Pineapple</i></p>	<p><b>25 Friday</b></p> <ul style="list-style-type: none"> <li>♦Spring Break Celebration</li> <li>♦Chair Zumba</li> <li>♦Arts &amp; Crafts: Making Pet Door Decorations</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Salad Croissant w/Lettuce &amp; Tomato-Baked Fries-Oranges</i></p>
<p><b>28 Monday</b></p> <ul style="list-style-type: none"> <li>♦Paint &amp; Sip In The Greenhouse</li> <li>♦Making Green Punch For "Save The Frogs Day"</li> <li>♦"Hot Potato" Exercise</li> </ul> <p><i>Taco Salad w/Tortillas-Lettuce &amp; Tomato-Peaches</i></p>	<p><b>29 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦How To Make Apple Pie Squares</li> <li>♦Hand Weight Exercise</li> <li>♦Spa Day</li> </ul>  <p><i>Grilled Cheese Sandwich-Tomato Soup-Fruit Cocktail</i></p>	<p><b>30 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦National Joke Telling Day</li> <li>♦Improve Your Balance Exercise</li> <li>♦LEC Monthly Birthday Party</li> </ul> <p><b>Health Fair</b></p> <p><i>BBQ Chicken-Potatoes-Green Beans-Pears</i></p>		





*Fun in the Sun!*



*Ann loves to see the first flowers of Spring.*



*Participant Chris loves the outdoors.*



*Participant Harold enjoys a walk.*

*Spring is in the air and we're looking forward to warmer days!*

*Walking in the garden, having a BBQ, & soaking up the sun is a great way to spend the day.*



*La'Tonya plays cornhole with staff member Ashanti.*



# Thank You

*Billy Queen & Family-Magazines*  
*Sarah Renner-Handmade Dishcloths*  
*St.Paul F.B Church-Toaster*  
*Trevelen Winebarger-Bingo Prizes*  
*Tracey Pullen-Bingo Prizes*  
*Mary Wade O'Kelley Smith-Cards, Magazines*  
*Dianne Harrison-Misc. Items*  
*Joann Richardson Callahan-House Plants*  
*Double Shoals UMC-Books, Magazines*  
*Velda Cureton-Cookies*  
*Umar Moori-Ice Cream*  
*Tom Wood-Misc. Items*  
*Mary Eberle-Cards*  
*Billie Brackett-Magazines*  
*Jill Venable-Flower Arrangements*

## In Memory:

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

**Larry Gragg**  
*by*

Randall & Glenda Greene  
Amanda & Jay Gragg  
Frank & Mary Beam

**Dot Hendrick**  
*by*

Emily J. Rountree  
Linda Smith  
John & Suzi Kennedy  
Annas Clark

**Michael Southard**  
*by*

Emily J.Rountree

## Friends:

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

**Will & Tina Rucker**



### 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 \_\_\_\_\_



## Board of Directors

Tommy Brooks, *President*  
Jonathan Rhodes, *Vice-President*  
Paula Ramsey, *Secretary*  
Rick Clauss, *Treasurer*  
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Tonya Arrington  
Donna Beringer  
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Susan Lankford  
Sandy Logan  
Kirsten Martin  
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Terri Simmons  
Stephanie Wieck

## Advisory Board

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Randy Mach  
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Sarah Nestlerode  
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Gary Ritchie  
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Life Enrichment Center  
110 Life Enrichment Blvd.  
Shelby, North Carolina 28150

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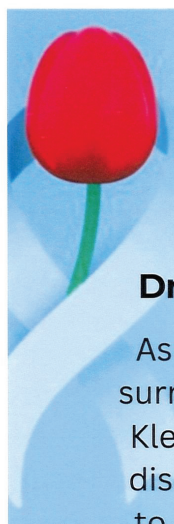


*This institution is an equal opportunity provider/employer.*

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Permit #393

## 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.



## Parkinson's Disease: AN UPDATE AND DISCUSSION

### Guest Speaker

**Dr. Kevin Klein, MD Neurologist**

As a neurologist serving Cleveland and surrounding counties for many years, Dr. Klein was very interested in Parkinson's disease and the challenges it presented to his patients. Now retired, Dr. Klein is interested in sharing information about Parkinson's disease in an informal setting, followed by a brief Q&A session.

**Date: April 29, 2025**

**Time: 5:30-7:00 p.m.**

**Location: Life Enrichment Center**

**222 Kings Mountain Blvd**

**Kings Mountain, NC 28086**

**Call today to reserve your spot**

**704-739-4858**