

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

December 2025

Looking For The Perfect Gift For Dad?



*Give him
friendships, purpose,
and the quality of life
he deserves!*

*Call to schedule a **FREE**
Trial Visit Today!*

Good friends, Veterans Paul (left) and Ernest

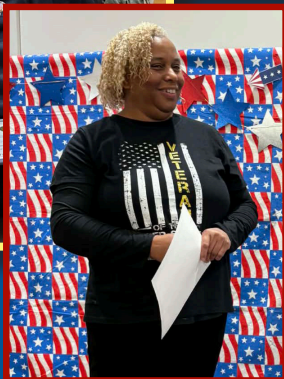
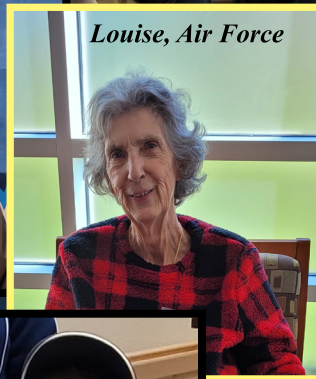
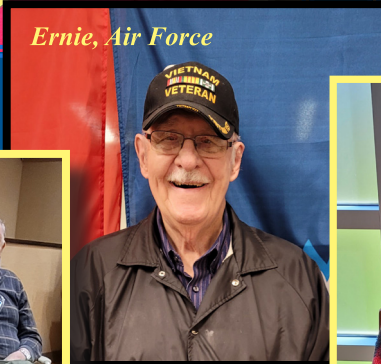
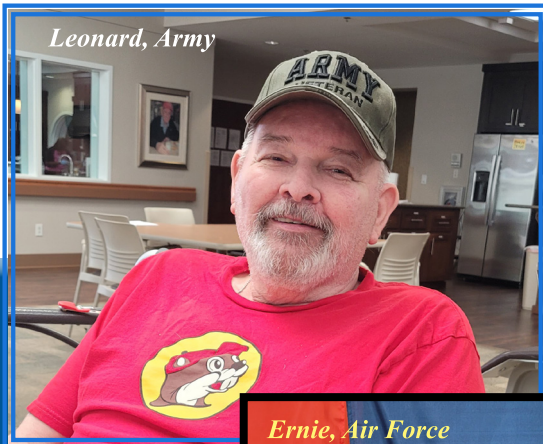
*For 45 years doing "Whatever It Takes" to help families keep adult loved ones at home and in the community.
Life Enrichment Center is designated a national model among adult day cares across the country.*

LEC TRUNK OR TREAT!

We had a spooktacular time celebrating Halloween with our community!
Thank you to everyone who joined in the fun — your energy and creativity
made the day unforgettable!



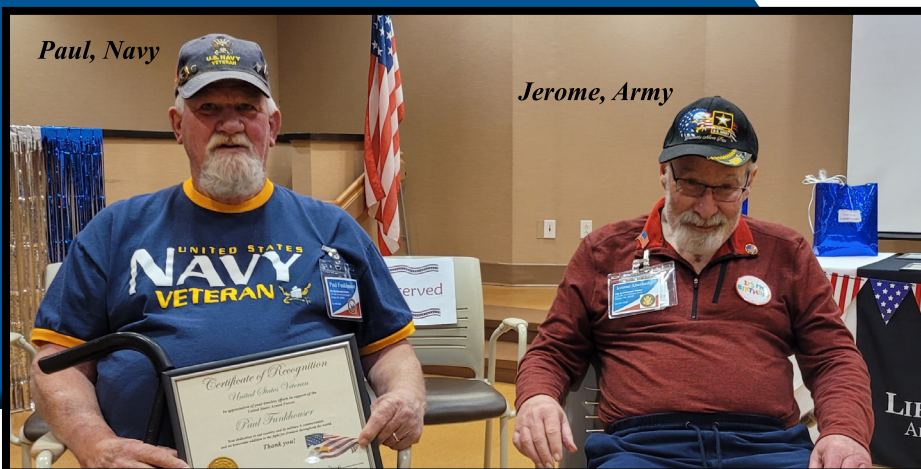
Honoring Our Veterans



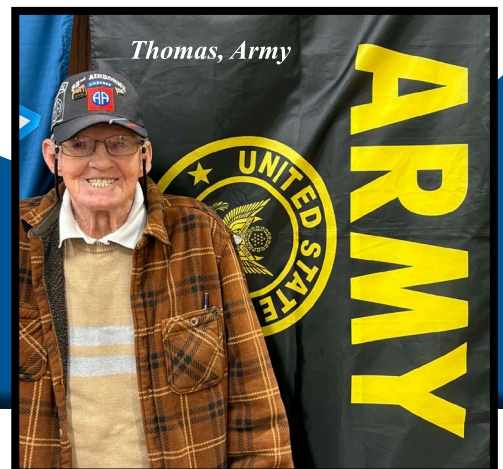
*Every day is
Veterans Day at LEC!*

Thank you to all our
veterans for your
courage, sacrifice, and
service.

We are grateful for your
dedication and the
freedoms you protect.



Jerome, Army





December

Shelby Activity Highlights

<p><i>1 Monday</i></p> <ul style="list-style-type: none"> ♦Holiday Bingo With Arise Christian Academy ♦Balloon Volley Exercise ♦What Is Cyber Monday?  <p>Grilled Cheese Sandwich-Tomato Soup-Pineapples</p>	<p><i>2 Tuesday</i></p> <ul style="list-style-type: none"> ♦How To Make Easy Bake Apple Fritters ♦Simon Says Exercise ♦Name That Christmas Carol  <p>Spaghetti-Broccoli-Garlic Bread-Peaches</p>	<p><i>3 Wednesday</i></p> <ul style="list-style-type: none"> ♦Chair Zumba  <ul style="list-style-type: none"> ♦Health Topic: "Building Your Immune System" <p>Health Fair</p> <p>BBQ Chicken-Hushpuppies-Coleslaw-Pears</p>	<p><i>4 Thursday</i></p> <ul style="list-style-type: none"> ♦Making Ornaments With Arise Christian Academy ♦Hot Potato Exercise ♦A Visit With Binkee The Clown  <p>Salisbury Steak-Peas-Roll-Apples</p>	<p><i>5 Friday</i></p> <ul style="list-style-type: none"> ♦Christmas Caroling With Ricky & Lena Thompson ♦Upper Body Exercise ♦Tonya Robinson Hosts The LEC Monthly Birthday Party  <p>Chicken Sandwich w/ Lettuce & Pickles-Tater Tots-Mandarin Oranges</p>
<p><i>8 Monday</i></p> <ul style="list-style-type: none"> ♦Practicing The LEC Christmas Play ♦Meditation Monday: Deep Breathing Exercise ♦National Brownie Day <p>Health Fair</p> <p>Fish Sandwich-Sweet Potato Fries-Mixed Fruit</p>	<p><i>9 Tuesday</i></p> <ul style="list-style-type: none"> ♦Music With Tom Wood & Friends ♦Tone It Up Tuesday ♦Classical Favorites With Eddie Cook  <p>Hamburger Casserole-Broccoli-Pineapple-Roll</p>	<p><i>10 Wednesday</i></p> <ul style="list-style-type: none"> ♦Arts & Crafts With Valerie Best ♦Chair Yoga ♦Devotions With Blessed Coverings  <p>Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mandarin Oranges</p>	<p><i>11 Thursday</i></p> <ul style="list-style-type: none"> ♦Practicing The LEC Christmas Play ♦Parachute Exercise ♦A Visit With The #NYCTREEGIRLS  <p>Broccoli Cheddar Soup-Turkey & Cheese Sandwich-Apples</p>	<p><i>12 Friday</i></p> <ul style="list-style-type: none"> ♦Christmas Crafts With Candy Wade ♦Volleyball Exercise ♦Christmas Bingo With Tonia & Tina Mayse  <p>Turkey & Ham Sub w/ Lettuce, Tomato, & Pickles-Baked Fries-Peaches</p>
<p><i>15 Monday</i></p> <ul style="list-style-type: none"> ♦Participant Council Meeting ♦Wear Your Favorite Christmas Socks ♦Zumba Exercise  <p>Pizza Casserole-Garden Salad-Peaches</p>	<p><i>16 Tuesday</i></p> <ul style="list-style-type: none"> ♦Dress As Your Favorite "Grinch" Character ♦Lower Body Exercise ♦Sharing Your Family Holiday Traditions <p>Health Fair</p> <p>Chili Beans w/ Cheese & Sour Cream-Coleslaw-Combread-Pears</p>	<p><i>17 Wednesday</i></p> <ul style="list-style-type: none"> ♦Music With The Carolina Care Singers ♦Parade Exercise ♦"Ugly Sweater" Fashion Show  <p>Chicken Broccoli Alfredo-Garden Salad-Garlic Bread-Apples</p>	<p><i>18 Thursday</i></p> <ul style="list-style-type: none"> ♦Steve Ledbetter As "Elvis" ♦Red Light, Green Light Exercise ♦Pajama Parade For Pajama Day <p>Ravioli Casserole-Zucchini/Squash-Roll-Mandarin Oranges</p>	<p><i>19 Friday</i></p> <ul style="list-style-type: none"> ♦Good Morning Exercise <p>LEC 2025 CHRISTMAS PROGRAM</p>  <p>Chicken Tenders-Tater Tots-Roll-Pineapple</p>
<p><i>22 Monday</i></p> <ul style="list-style-type: none"> ♦Holiday Scavenger Hunt ♦Wrapping Paper Relay Race ♦Holly Jolly Exercise ♦Making Christmas Cards For The Neisler Center  <p>Chili Dog-Coleslaw-Baked Fries-Pears</p>	<p><i>23 Tuesday</i></p> <ul style="list-style-type: none"> ♦A Visit From St. Nicholas ♦Gifts With Carissa Deal ♦Paper Plate Exercise ♦Music With The McCurry Band And Friends <p>Holiday Ham-Green Beans-Mashed Potatoes-Biscuits-Sweet Potato Pie</p>	<p><i>24 Wednesday</i></p>  <p>CLOSED</p>	<p><i>25 Thursday</i></p>  <p>CLOSED</p>	<p><i>26 Friday</i></p> <ul style="list-style-type: none"> ♦National Candy Cane Day ♦Creative Writing: "Winter Wonderland" ♦Parachute Exercise <p>Health Fair</p> <p>Cheeseburger w/ Lettuce & Pickles-Baked Fries-Mixed Fruit</p>
<p><i>29 Monday</i></p> <ul style="list-style-type: none"> ♦"New Year" Vision Boards ♦Virtual Tour Of Times Square ♦Simon Says Exercise  <p>Health Fair</p> <p>Bologna Sandwich w/ Lettuce & Tomato-Tater Tots-Peaches</p>	<p><i>30 Tuesday</i></p> <ul style="list-style-type: none"> ♦National Bacon Day ♦LEC Highlights Of 2025 ♦Tai Chi  <p>Pinto Beans-Cabbage-Combread-Pineapple</p>	<p><i>31 Wednesday</i></p> <ul style="list-style-type: none"> ♦New Year's Celebration ♦Writing Your New Year's Resolution ♦Count Down Dance Party Exercise <p>Sloppy Joe-Sweet Potato Fries-Mixed Fruit</p>		



December

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

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

<p>1 Monday</p> <ul style="list-style-type: none"> ♦ Music With Roger Perry ♦ Scarf Exercises ♦ A Visit With "Santa" Mike  <p>Health Fair</p> <p><i>Grilled Cheese Sandwich-Tomato Soup-Pineapples</i></p>	<p>2 Tuesday</p> <ul style="list-style-type: none"> ♦ Pet Therapy With Nannie Leigh & "Pebbles" ♦ Mexican Chair Dance Exercise ♦ Making Peppermint Bark With Jalissa Latimore <p><i>Spaghetti-Broccoli-Garlic Bread-Peaches</i></p>	<p>3 Wednesday</p> <ul style="list-style-type: none"> ♦ Polly Presents: "Minnie Pearl" ♦ Leg Strengthening Exercise ♦ Music With David Robbins  <p><i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i></p>	<p>4 Thursday</p> <ul style="list-style-type: none"> ♦ Music With The Kings Mountain High School Chorus ♦ Chair Zumba ♦ Painting By Numbers  <p><i>Salisbury Steak-Peas-Roll-Apples</i></p>	<p>5 Friday</p> <ul style="list-style-type: none"> ♦ Music & Bingo With Champion Christian Academy & Student Council ♦ Christmas Treats With Debbie Blackwell ♦ Upper Body Exercise ♦ Making Christmas Ornaments With The Baldwin Sisters <p><i>Chicken Sandwich w/Lettuce & Pickles-Tater Tots-Mandarin Oranges</i></p>
<p>8 Monday</p> <ul style="list-style-type: none"> ♦ Feliz Navidad Picture Bingo ♦ Balloon Volley Exercise ♦ "Guess The Letter" Word Games  <p><i>Fish Sandwich-Sweet Potato Fries-Mixed Fruit</i></p>	<p>9 Tuesday</p> <ul style="list-style-type: none"> ♦ Music With The Jacksons ♦ Chair Yoga ♦ Making Helicopters With Wade Owens ♦ Health Topic: Cold & Flu Season  <p><i>Hamburger Casserole-Broccoli-Pineapple-Roll</i></p>	<p>10 Wednesday</p> <ul style="list-style-type: none"> ♦ Bingo With Reggie Ward ♦ Paper Plate Exercise ♦ "The Nutcracker" Performed By Kimberla's School Of Classical Ballet  <p><i>Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mandarin Oranges</i></p>	<p>11 Thursday</p> <ul style="list-style-type: none"> ♦ "Name The Instrument" Music Trivia ♦ Snack Making With Brittany ♦ LEC Walking Club ♦ How To Make Cheddar Bacon Dip <p>Spa Day</p> <p><i>Broccoli Cheddar Soup-Turkey & Cheese Sandwich-Apples</i></p>	<p>12 Friday</p> <ul style="list-style-type: none"> ♦ Coffee & Conversation ♦ Tai Chi ♦ Making Gingerbread Houses With Kneeli <p>Health Fair</p> <p><i>Turkey & Ham Sub w/Lettuce, Tomato, & Pickles-Baked Fries-Peaches</i></p>
<p>15 Monday</p> <ul style="list-style-type: none"> ♦ Polar Express Day ♦ "Holly Jolly" Exercise ♦ Participant Council Meeting  <p><i>Pizza Casserole-Garden Salad-Peaches</i></p>	<p>16 Tuesday</p> <ul style="list-style-type: none"> ♦ Ladies Tea Party ♦ Men's Coffee Club ♦ Parachute Exercise ♦ Pet Therapy With Luna & Liza  <p><i>Chili Beans w/Cheese & Sour Cream-Coleslaw-Combread-Pears</i></p>	<p>17 Wednesday</p> <ul style="list-style-type: none"> ♦ Good Morning Exercise <p>LEC 2025</p> <p>Christmas Program</p> <p>"ELF"</p> <ul style="list-style-type: none"> ♦ A Visit With Preacher "Santa" <p><i>Chicken Broccoli Alfredo-Garden Salad-Garlic Bread-Apples</i></p>	<p>18 Thursday</p> <ul style="list-style-type: none"> ♦ Christmas Character Day ♦ "Pass The Ball" Exercise ♦ How To Make White Chocolate Chip Cookies  <p><i>Ravioli Casserole-Zucchini/Squash-Roll-Mandarin Oranges</i></p>	<p>19 Friday</p> <ul style="list-style-type: none"> ♦ Ugly Christmas Sweater Day ♦ Bible Study With Maliaka Webber ♦ "Rockin Around The Christmas Tree" Exercise ♦ LEC Monthly Birthday Party <p>Health Fair</p> <p><i>Chicken Tenders-Tater Tots-Roll-Pineapple</i></p>
<p>22 Monday</p> <ul style="list-style-type: none"> ♦ Performance By Dance Magic ♦ Kings Mountain Elite ♦ Performance By Brandy Tate ♦ "Carol Cut-Off" Exercise  <p><i>Chili Dog-Coleslaw-Baked Fries-Pears</i></p>	<p>23 Tuesday</p> <p>Christmas Game Day:</p> <ul style="list-style-type: none"> -Reindeer Toss -Snow Ball Fight -Santa Claus Crafts - "Drop The Mic" Christmas Edition -Dance Party Exercise <p><i>Holiday Ham-Green Beans-Mashed Potatoes-Biscuits-Sweet Potato Pie</i></p>	<p>24 Wednesday</p>  <p>CLOSED</p>	<p>25 Thursday</p>  <p>CLOSED</p>	<p>26 Friday</p> <ul style="list-style-type: none"> ♦ Preparing For A New Year ♦ Parachute Exercise ♦ Making New Year Party Hats  <p><i>Cheeseburger w/Lettuce & Pickles-Baked Fries-Mixed Fruit</i></p>
<p>29 Monday</p> <ul style="list-style-type: none"> ♦ Wheel Of Fortune: New Year's Edition ♦ Chair Zumba ♦ Reading Rainbow With Erica Camp <p>Spa Day</p> <p><i>Bologna Sandwich w/Lettuce & Tomato-Tater Tots-Peaches</i></p>	<p>30 Tuesday</p> <ul style="list-style-type: none"> ♦ "20 Years Ago" Reminiscing ♦ Indoor Volleyball Exercise ♦ New Year's Bingo <p>Health Fair</p> <p><i>Pinto Beans-Cabbage-Combread-Pineapple</i></p>	<p>31 Wednesday</p> <ul style="list-style-type: none"> ♦ Share Your Resolutions ♦ Count Down To The New Year Celebration ♦ "Time Square" Exercise  <p><i>Sloppy Joe-Sweet Potato Fries-Mixed Fruit</i></p>		

"Olive" (American Restoration) stops by to give hugs!



Dot enjoys afternoon Bingo, hosted by members of Leadership Cleveland County.



*"Elvis" performs in Kings Mountain.
Jennifer is a huge fan!*



*We would like to thank the Estate Of Justin Tesner for
providing refreshments and gift items for the 2025
Veterans Honorarium- Neisler Center*

*Also, Veteran Sherry
Addison, Eastside
Baptist Church, &
The Veteran Services
of Cleveland County
for their gift
contributions.*



Participant Effie Enjoys refreshments.



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.



Also...

Thank You For The Halloween Goodies!

*Phyllis Beam, Karla Fox, Netta Nash,
Perry Eury, Thomas Gallager,
Brenda Hoke, Mary Renner, Matthew Horne,
Volunteer Ashley*

*Kelly Lynda-Activity Supplies, David Froneberger- Bingo Prizes
Food Lion-Cakes, Roger Funderburke & Logan Homesley- Gloves
Connie Savell- Magazines, Linda Smith- Misc. Items,
Mary Ross- Fruit Basket, Diamond Rico- Bingo Prizes,
Grace Bumgardner- Bingo Prizes*

In Memory:

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

Mildred Brackett
by
Wesley Hall, Inc.

Ernest Keith Franklin
by
SAS Institute, Inc.

Friends:

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

Teresa D. Troup
David L. Wray
Jim & Sandy Logan

In Honor:

*The following has been honored by a gift to
Life Enrichment Center:*

Hunter Pressley
by
Russell & Jana Pressley

