

## Life Enrichment Center

Adult Day Care & Health Service

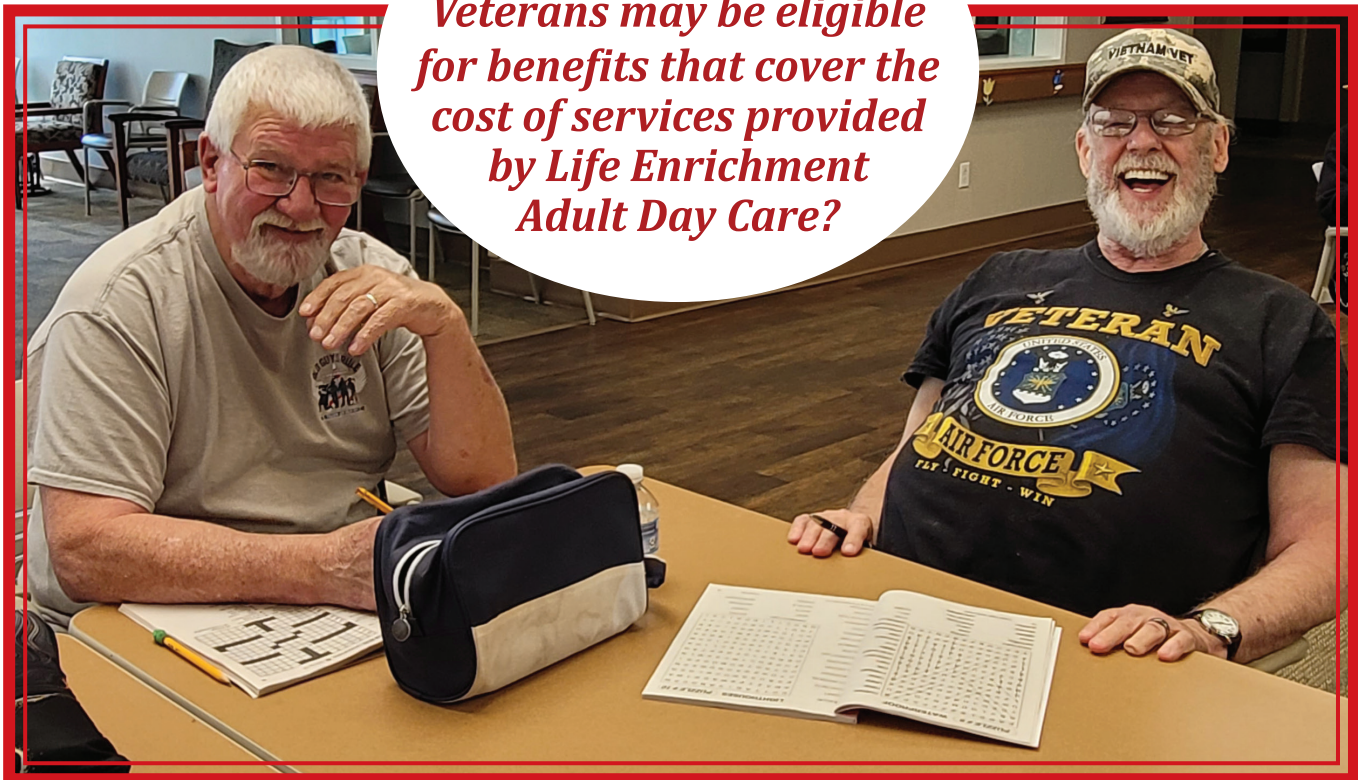
704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

October 2025

# Serving Veterans Since 1980

*Did you know that  
Veterans may be eligible  
for benefits that cover the  
cost of services provided  
by Life Enrichment  
Adult Day Care?*



*Veterans Paul (left) and Jerry enjoy a laugh while doing a crossword at LEC.*

## Adult Day & Health Care Services

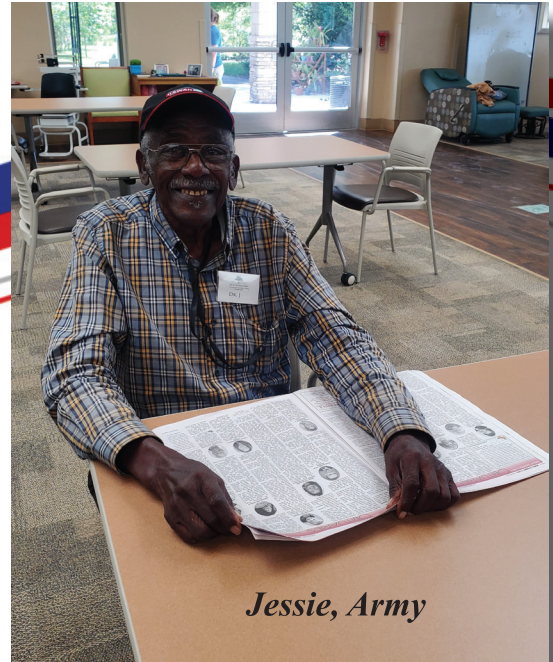
*(Shelby) 704-484-0405 (Kings Mountain) 704-739-4858*

*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.*

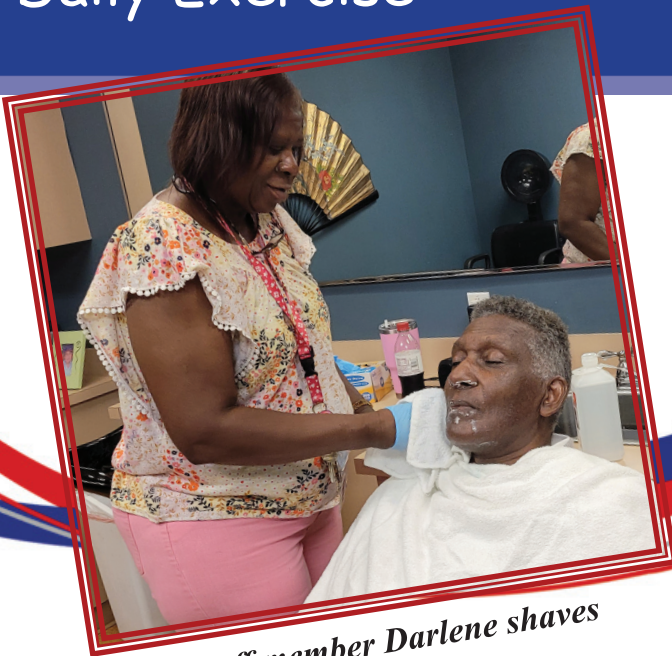


*Every day at LEC, we recognize those who proudly served our country!  
Veterans are given opportunities to share stories, serve a purpose, and enjoy  
being around other veterans while receiving the following:*

- Healthcare
- Continued Therapy
- Baths/Showers
- Transportation To LEC
- Meaningful Things To Do
- No Isolation At Home
- Nutritious Meals
- Daily Exercise



*Jessie, Army*



*Staff member Darlene shaves  
Army Veteran Ernest*



*Larry, Army*



*Mike, Army*



*Michael, Air Force*

*Veterans working  
together to  
prepare the  
garden!*

*Harold, Marine Veteran,  
leads the daily Pledge of  
Allegiance.*







# OCTOBER

## Shelby Activity Highlights

		<b>1 Wednesday</b> <ul style="list-style-type: none"> <li>♦ LEC Fair Week Begins</li> <li>♦ Performance From The Shelby High School Cheerleaders</li> <li>♦ Pep Rally Exercise</li> <li>♦ What's Your Favorite Fair Treat?</li> </ul> <i>Smothered Pork Chops-Rice &amp; Gravy- Peas &amp; Carrots-Roll-Apple Pie</i>	<b>2 Thursday</b> <ul style="list-style-type: none"> <li>♦ Fair Games With Gloria Huffman</li> <li>♦ All About Horses</li> <li>♦ History Of The Cleveland County Fair</li> </ul> <i>Baked Chicken-Sweet Potatoes- Roasted Vegetables-Roll-Peach Cobbler</i>	<b>3 Friday</b> <ul style="list-style-type: none"> <li>♦ National Denim Day</li> <li>♦ "To The Water Wheel" Exercise</li> <li>♦ Minute To Win It Fair Games</li> </ul>  <b>Health Fair</b> <i>Braised Beef w/ Egg Noodles-Glazed Carrots- Pumpkin Cheesecake</i>
<b>6 Monday</b> <ul style="list-style-type: none"> <li>♦ History Of National Day Light Savings Time</li> <li>♦ Balloon Volley Exercise</li> <li>♦ Hispanic Heritage: "Honoring The Past, Inspiring The Future"</li> </ul> <i>Un-stuffed Pepper Casserole-Roasted Vegetables- Roll-Chocolate Chip Cookie Bars</i>	<b>7 Tuesday</b> <ul style="list-style-type: none"> <li>♦ "Who Sang The Song?"- Dolly Parton or Barbara Streisand</li> <li>♦ "Tone It Up" Tuesday</li> <li>♦ Virtual Tour Of Italy</li> </ul>  <b>Health Fair</b> <i>Chicken w/ Gravy-Mashed Potatoes- Green Beans-Roll-Pineapple Pie</i>	<b>8 Wednesday</b> <ul style="list-style-type: none"> <li>♦ "What Am I?"- Smoke Alarm Edition</li> <li>♦ Upper Body Exercise</li> <li>♦ Bike Show With Two Wheel Syndicate</li> </ul>  <i>Salmon Patties-Pasta Salad-Squash- Banana Pudding</i>	<b>9 Thursday</b> <ul style="list-style-type: none"> <li>♦ Lower Body Exercise</li> <li>♦ Brenda Lemons Plays The Spoons</li> </ul>  <i>Italian Sausage w/ Penne Pasta- Cauliflower-Peppers &amp; Onions-Brownies</i>	<b>10 Friday</b> <ul style="list-style-type: none"> <li>♦ Tai Chi</li> <li>♦ National Cake Decorating Day</li> <li>♦ Virtual Tour Of Bakeries Around The World</li> </ul>  <i>Grilled Bologna Sandwich-Lettuce &amp; Tomato- Tater Tots-Blueberry Crisp</i>
<b>13 Monday</b> <ul style="list-style-type: none"> <li>♦ Meditation Monday</li> <li>♦ National M&amp;M Day</li> <li>♦ Virtual Tour Of The M&amp;M Headquarters</li> <li>♦ Paper Plate Exercise</li> </ul>  <i>Lasagna-Chef Salad-Garlic Bread- Frozen Banana Pops</i>	<b>14 Tuesday</b> <ul style="list-style-type: none"> <li>♦ Music With Tom Wood &amp; Friends</li> <li>♦ Gentle Stretch Exercise</li> <li>♦ Classical Favorites Eddie Cook</li> </ul> <b>Health Fair</b> <i>Baked Spaghetti-Roasted Broccoli- Garlic Bread-Cherry Cheesecake</i>	<b>15 Wednesday</b> <ul style="list-style-type: none"> <li>♦ "I Love Lucy" Trivia</li> <li>♦ Chair Zumba</li> <li>♦ Baking Cookies With Tabatha Degree</li> <li>♦ Devotion With Blessed Coverings</li> </ul> <i>Chili Dog Casserole-Coleslaw-Tater Tots- Mixed Berry Yogurt Parfait</i>	<b>16 Thursday</b> <ul style="list-style-type: none"> <li>♦ America's Funniest Home Videos- "Cat Edition"</li> <li>♦ Volleyball Exercise</li> <li>♦ Making Brownies With Miracle Willis</li> </ul>  <i>Chicken Enchilada Bake-Mexican Rice- Zucchini-Peach Pie</i>	<b>17 Friday</b> <ul style="list-style-type: none"> <li>♦ Breast Cancer Survivors Share Stories</li> <li>♦ Chair Yoga</li> <li>♦ Health Topic: The Importance Of Breast Exams</li> <li>♦ Breast Cancer Awareness Walk</li> </ul> <i>Baked Talapia-Twice Baked Potato Casserole- Roasted Vegetables-Roll</i>
<b>20 Monday</b> <ul style="list-style-type: none"> <li>♦ Famous Chefs From Around The World</li> <li>♦ Scarf Exercise</li> <li>♦ Visit With The Cleveland County Mobile Library</li> </ul>  <i>Baked Ham-Potato Salad-Green Beans- Roll-Applesauce Cake</i>	<b>21 Tuesday</b> <ul style="list-style-type: none"> <li>♦ All About Reptiles</li> <li>♦ Chair Zumba</li> <li>♦ "Back To The Future" Trivia</li> <li>♦ Participant Council Meeting</li> </ul> <b>Health Fair</b> <i>Pulled Pork BBQ-Coleslaw-Hushpuppies- Baked Fries-Raspberry Freezer Pie</i>	<b>22 Wednesday</b> <ul style="list-style-type: none"> <li>♦ Fall Word Scramble</li> <li>♦ Red Light/Green Light Exercise</li> <li>♦ Virtual Tour Of The Blue Ridge Mountains</li> </ul> <i>Pork Chops w/ Gravy-Hashbrown Casserole- Black Eyed Peas-Roll-Carrot Cake</i>	<b>23 Thursday</b> <ul style="list-style-type: none"> <li>♦ Arts &amp; Crafts With Ansel</li> <li>♦ Moving To Motown Exercise</li> <li>♦ Crest Middle Jr. Civitans Host The LEC Monthly Birthday Party</li> </ul> <i>Salisbury Steak &amp; Gravy-Egg Noodles- Peas-Roll-Mandarin Orange Fluff</i>	<b>24 Friday</b> <ul style="list-style-type: none"> <li>♦ "All About Kangaroos"- National Kangaroo Awareness Day</li> <li>♦ Parachute Exercise</li> <li>♦ Puppy Play Time With Canik &amp; Cedar</li> </ul>  <i>Chicken Alfredo Pasta-Roasted Broccoli- Garlic Bread-Strawberry Crumble</i>
<b>27 Monday</b> <ul style="list-style-type: none"> <li>♦ Are You Superstitious?</li> <li>♦ Hot Potato Exercise</li> <li>♦ All About Classic Horror Films</li> </ul> <b>Health Fair</b> <i>Tater Tot Beef Casserole-Lima Beans- Roll-Blueberry Cheesecake</i>	<b>28 Tuesday</b> <ul style="list-style-type: none"> <li>♦ Animation: "Then Vs. Now"</li> <li>♦ Gentle Yoga</li> <li>♦ Find The Pumpkin Scavenger Hunt</li> <li>♦ Music With The McCurry Band &amp; Friends</li> </ul> <i>Baked Chicken &amp; Stuffing-Rice &amp; Gravy- Carrots-Oatmeal Raisin Cookies</i>	<b>29 Wednesday</b> <ul style="list-style-type: none"> <li>♦ Creative Writing: "Ghost Stories"</li> <li>♦ Simon Says Exercise</li> <li>♦ Halloween Bingo With Dianne &amp; Darrell</li> </ul>  <i>Supreme Pizza Pasta-Chef Salad- Garlic Bread-Cherry Cobbler</i>	<b>30 Thursday</b> <ul style="list-style-type: none"> <li>♦ Halloween As A Child Reminiscing</li> <li>♦ Balloon Volley Exercise</li> <li>♦ "Name That Candy"- Trick Or Treat Edition</li> </ul>  <i>BBQ Chicken Sandwich-Tater Tots- Coleslaw-Chocolate Pudding</i>	<b>31 Friday</b> <ul style="list-style-type: none"> <li>♦ Halloween Costume Parade</li> <li>♦ Monster Mash Exercise</li> <li>♦ LEC Annual Trunk Or Treat</li> </ul>  <i>Monster Meatloaf-Mashed Potatoes- Green Beans-Roll-Graveyard Dirt Cake</i>



# October



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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

		<b>1 Wednesday</b> <ul style="list-style-type: none"> <li>♦How To Make Healthy Oatmeal Cookies</li> <li>♦LEC Walking Club</li> <li>♦Hairstyle Tea Party With Loretta Webb</li> <li>♦National Crazy Hair Day</li> </ul> <i>Smothered Pork Chops-Rice &amp; Gravy- Peas &amp; Carrots-Roll-Apple Pie</i>	<b>2 Thursday</b> <ul style="list-style-type: none"> <li>♦History Of The Music Player</li> <li>♦Line Dance Exercise</li> <li>♦Virtual Tour Of The Music Player Mini Museum</li> </ul>  <b>Health Fair</b> <i>Baked Chicken-Sweet Potatoes- Roasted Vegetables-Roll-Peach Cobbler</i>	<b>3 Friday</b> <ul style="list-style-type: none"> <li>♦Walk For Breast Cancer Awareness</li> <li>♦National Denim Day</li> <li>♦Health Topic: The Importance Of Breast Exams</li> </ul> <b>Wear Your Denim &amp; Pink</b> <i>Braised Beef w/Egg Noodles-Glazed Carrots- Pumpkin Cheesecake</i>
<b>6 Monday</b> <ul style="list-style-type: none"> <li>♦Music With Senior Moments</li> <li>♦Chair Zumba</li> <li>♦Ghost Bingo</li> </ul>  <i>Un-stuffed Pepper Casserole-Roasted Vegetables- Roll-Chocolate Chip Cookie Bars</i>	<b>7 Tuesday</b> <ul style="list-style-type: none"> <li>♦Baking Cookies With Mary-Ann Jones</li> <li>♦"Pass The Pumpkin" Exercise</li> <li>♦Name That Smell: "Fall Edition"</li> </ul> <i>Chicken w/Gravy-Mashed Potatoes- Green Beans-Roll-Pineapple Pie</i>	<b>8 Wednesday</b> <ul style="list-style-type: none"> <li>♦Parton Vs. Streisand: "Who Sang It Best?"</li> <li>♦Volleyball Exercise</li> <li>♦National Hero Day: Making Cards For Our Local Heros</li> </ul> <i>Salmon Patties-Pasta Salad-Squash- Banana Pudding</i>	<b>9 Thursday</b> <ul style="list-style-type: none"> <li>♦Reminiscing: Halloween Costumes</li> <li>♦Music Stick Exercise</li> <li>♦Arts &amp; Crafts: Q-tip Autumn Tree Painting</li> </ul>  <i>Italian Sausage w/Penne Pasta- Cauliflower-Peppers &amp; Onions-Brownies</i>	<b>10 Friday</b> <ul style="list-style-type: none"> <li>♦Do You Hear What I Hear?</li> <li>♦Dance Party Exercise</li> <li>♦All About The Fall Season</li> </ul>  <b>Health Fair</b> <i>Grilled Bologna Sandwich-Lettuce &amp; Tomato- Tater Tots-Blueberry Crisp</i>
<b>13 Monday</b> <ul style="list-style-type: none"> <li>♦History Of Columbus Day</li> <li>♦Balloon Volley Exercise</li> <li>♦Making Your Own "Coat Of Arms"</li> <li>♦Bingo With Porsha Whittenburg</li> </ul>  <i>Lasagna-Chef Salad-Garlic Bread- Frozen Banana Pops</i>	<b>14 Tuesday</b> <ul style="list-style-type: none"> <li>♦Pet Therapy With Roco</li> <li>♦LEC Walking Club</li> <li>♦Halloween Trivia</li> </ul>  <i>Baked Spaghetti-Roasted Broccoli- Garlic Bread-Cherry Cheesecake</i>	<b>15 Wednesday</b> <ul style="list-style-type: none"> <li>♦All About Southern Cuisine</li> <li>♦Parachute Exercise</li> <li>♦Sweet Tea Vs. Southern Tea</li> </ul>  <b>Health Fair</b> <i>Chili Dog Casserole-Coleslaw-Tater Tots- Mixed Berry Yogurt Parfait</i>	<b>16 Thursday</b> <ul style="list-style-type: none"> <li>♦Keeping Warm This Fall With Tina Mauney</li> <li>♦Scarf Exercise</li> <li>♦Halloween Games</li> </ul>  <i>Chicken Enchilada Bake-Mexican Rice- Zucchini-Peach Pie</i>	<b>17 Friday</b> <ul style="list-style-type: none"> <li>♦LEC Karaoke Party</li> <li>♦Chair Zumba</li> <li>♦Price Is Right</li> </ul>  <i>Baked Talapia-Twice Baked Potato Casserole- Roasted Vegetables-Roll</i>
<b>20 Monday</b> <ul style="list-style-type: none"> <li>♦Making Fall Collages</li> <li>♦Scarf Exercise</li> <li>♦Fall Bingo</li> <li>♦Spa Day</li> </ul> <b>Health Fair</b> <i>Baked Ham-Potato Salad-Green Beans- Roll-Applesauce Cake</i>	<b>21 Tuesday</b> <ul style="list-style-type: none"> <li>♦LEC Bowling</li> <li>♦Lower Body Exercise</li> <li>♦Let's Make A Scarecrow</li> </ul>  <i>Pulled Pork BBQ-Coleslaw-Hushpuppies- Baked Fries-Raspberry Freezer Pie</i>	<b>22 Wednesday</b> <ul style="list-style-type: none"> <li>♦Fun Facts About The Movie "Hocus Pocus"</li> <li>♦LEC Walking Club</li> <li>♦Hocus Pocus Word Scramble</li> </ul> <i>Pork Chops w/Gravy-Hashbrown Casserole- Black Eyed Peas-Roll-Carrot Cake</i>	<b>23 Thursday</b> <ul style="list-style-type: none"> <li>♦Making "Witches Broom" Rice Krispie Treats</li> <li>♦Parachute Exercise</li> <li>♦Hocus Pocus Handprint Art</li> </ul>  <i>Salisbury Steak &amp; Gravy-Egg Noodles- Peas-Roll-Mandarin Orange Fluff</i>	<b>24 Friday</b> <ul style="list-style-type: none"> <li>♦Spooky Tunes Exercise</li> <li>♦Blue Grass Boogie</li> <li>♦LEC Monthly Birthday Party</li> </ul>  <i>Chicken Alfredo Pasta-Roasted Broccoli- Garlic Bread-Strawberry Crumble</i>
<b>27 Monday</b> <ul style="list-style-type: none"> <li>♦Participant Council Meeting</li> <li>♦LEC Walking Club</li> <li>♦What Is Your Favorite Halloween Childhood Memory?</li> <li>♦Spa Day</li> </ul> <i>Tater Tot Beef Casserole-Lima Beans- Roll-Blueberry Cheesecake</i>	<b>28 Tuesday</b> <ul style="list-style-type: none"> <li>♦Let's Talk Christmas Play</li> <li>♦"Pass The Pumpkin" Exercise</li> <li>♦Halloween Word Find</li> </ul>  <b>Health Fair</b> <i>Baked Chicken &amp; Stuffing-Rice &amp; Gravy- Carrots-Oatmeal Raisin Cookies</i>	<b>29 Wednesday</b> <ul style="list-style-type: none"> <li>♦Can You Guess The Phobia?</li> <li>♦"Monster Mash" Exercise</li> <li>♦Creative Writing: "Tales From The Dark"</li> </ul> <i>Supreme Pizza Pasta-Chef Salad- Garlic Bread-Cherry Cobbler</i>	<b>30 Thursday</b> <ul style="list-style-type: none"> <li>♦Spooky Mini-Golf</li> <li>♦Paper Plate Exercise</li> <li>♦Classic Horror Film Trivia</li> </ul>  <i>BBQ Chicken Sandwich-Tater Tots- Coleslaw-Chocolate Pudding</i>	<b>31 Friday</b> <ul style="list-style-type: none"> <li>♦Halloween Blast!</li> <li>♦Trunk Or Treat With The Garcias &amp; The Mauneys</li> <li>♦Costume Parade Exercise</li> </ul>  <i>Monster Meatloaf-Mashed Bootatoes- Green Beans-Roll-Graveyard Dirt Cake</i>



# Honoring Our Heroes!

*Each year we look forward to the Annual LEC Veterans Honorarium. Family & Friends are invited to join us in a special ceremony recognizing the men and women who have served our country.*

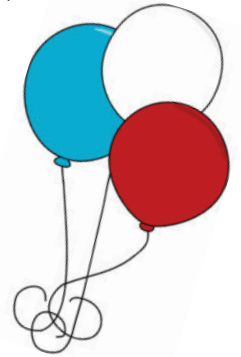
*Navy Veterans Paul & Walter sing "Anchors Aweigh" during the "Marches of the Armed Forces."*



*Army Veteran Ernest, 2022*



*John Hartman 2019, Air Force*



*Veterans Day 2019*



*The ceremony includes guest speakers, certificates of recognition, & lapel pins given to each Veteran for their honor, bravery, & dedication to the Armed Forces.*





*Air Force Veteran,  
Carl Falk, 2019*



*Navy Veteran, Don Martin, 2023*

## *In Memory:*

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

**Hallie Conner**  
*by*

Judy Scism

## **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

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Paula Ramsey, *Secretary*  
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Susan Lankford  
Sandy Logan  
Kirsten Martin  
Myra McGinnis  
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May Reed  
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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.



**With Cooler Weather  
Approaching, Please Remember To  
Label All Coats, Jackets,  
And Sweaters!!**

## 2025 Life Enrichment Remaining Holiday Closings:

Thanksgiving Holiday:

November 27-28

Christmas Holiday:

December 24-25



# THANK YOU

*Lisa Humphries- Magazines*  
*June Hatfield- Misc. Items*  
*Ted Alexander- Personal Care Items*  
*Kim McDaniel- Magazines*  
*Beaver Dam Baptist Church- Bingo Prizes*  
*Donna Hollifield- Painted Rocks*  
*Gabriel Magruder- Kleenex*  
*Connie Willis- Misc. Items*  
*Dianne Littlejohn- Food Items*  
*Lynn Rowland- Magazines*  
*Delores Warner- Bingo Prizes*  
*Teresa Troup- Program Supplies*