

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

March 2026



"I love it here! I enjoy spending time with my friends"

-Participant Sarah

*Want To Give
Mom
Something To
Look
Forward To?*

At Life Enrichment, she'll find friendship, meaningful programs, & compassionate care in a place that feels like home.

*Schedule a **FREE**
Visit Today!*

Adult Day Program

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.

Sweetheart Ball '26

Participant Bryan & Staff Member Mallory



Caroline Godfrey will always be remembered for her beautiful smile & the joy that followed her as she arrived to LEC each day.

If you had the pleasure of knowing Caroline, you know that she loved music, loved her family & friends, and she LOVED a good party!

What better way to keep her memory alive than beautiful smiles, great music, and celebrating with the people she loved most.



Staff member Peyton & Participant Kenton



Matt

We are grateful for our participants, families, caregivers, staff, and volunteers who make this special event possible!

Sweet Caroline

January 27, 1993 - December 14, 2018



Participant David with Staff Member Kelsie.



A Special Thanks

Joanne & John Reid- Josh, Tasha & Henry Rountree-
Patsy & Joel Rountree- Janet & Mark McLain-
Nancy & Steve Nation- Adam & Emily Bokmiller-
Trina Dees- Paul & Holly Godfrey- Candice Ruppert-
Bryan, Jodi, & Ben Stepp- John & Carol Dye-
Jane & Bobby Williams- Allan & Tricia Propst



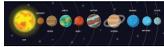


Today you are **YOU**,
that is **TRUER** than true.
There is **NO ONE** alive
who is **YOUER** than **YOU!**

March



Shelby Activity Highlights

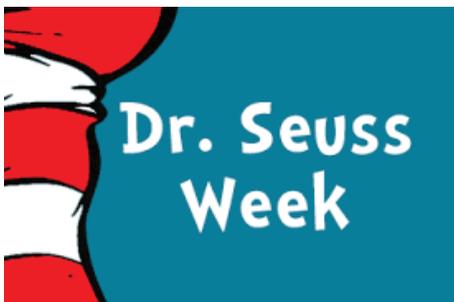
<p>2 Monday</p> <ul style="list-style-type: none"> National Dr. Seuss Day Meditation Monday Women In History Bingo Deep Stretch Exercise  <p><i>Chicken Sandwich w/ Lettuce, Tomato, & Pickles- Tater Tots- Mandarin Oranges</i></p>	<p>3 Tuesday</p> <ul style="list-style-type: none"> A Visit With "Dandy Don" The Cowboy Tai Chi  Happy Birthday Alexander Graham Bell <p><i>Meaty Rotini Pasta- Broccoli- Peaches- Garlic Bread</i></p>	<p>4 Wednesday</p>  <ul style="list-style-type: none"> Upper Body Exercise <p><i>Broccoli & Cheddar Soup- Turkey & Cheese Sandwich w/ Lettuce & Tomato- Applesauce</i></p>	<p>5 Thursday</p> <ul style="list-style-type: none"> Virtual Tour Of Hawaii Parachute Exercise Junk Drawer Detective  <p><i>Chicken Enchiladas- Black Beans- Lettuce & Sour Cream- Pears</i></p>	<p>6 Friday</p> <ul style="list-style-type: none"> Dress In Blue Day:  Wear Your Favorite Shade Of Blue Dance Party Exercise Let's Play "I Spy" <p><i>Pepperoni & Cheese Pizza/ Casserole- Garden Salad- Peaches</i></p>
<p>9 Monday</p> <ul style="list-style-type: none"> History Of The Ford Mustang Simon Says Exercise Sing-a-Long With Ryan Matheson <h3>Health Fair</h3> <p><i>Vegetable Beef Soup- Pineapple- Combread</i></p>	<p>10 Tuesday</p> <ul style="list-style-type: none"> Music With Tom Wood & Friends Tone It Up Tuesday Visit With Woodforest Bank <p><i>BBQ Chicken- Hushpuppies- Coleslaw- Pears</i></p>	<p>11 Wednesday</p> <ul style="list-style-type: none"> All About Johnny Appleseed Lower Body Exercise Devotions With Blessed Coverings  <p><i>Salisbury Steak & Gravy- Mashed Potatoes- Collard Greens- Roll</i></p>	<p>12 Thursday</p> <ul style="list-style-type: none"> Pet Therapy With Jax Balloon Volley Exercise What's Your Favorite Girl Scout Cookie? <p><i>Chicken Noodle Casserole- Peas & Carrots- Roll- Mandarin Oranges</i></p>	<p>13 Friday</p> <ul style="list-style-type: none"> Learning About Our Solar System Musical Chair Exercise St. Patricks Painting With Tonya Robinson  <p><i>Bologna Sandwich w/ Lettuce & Tomato- Tater Tots- Peaches</i></p>
<p>16 Monday</p> <ul style="list-style-type: none"> Participant Council Meeting Chair Zumba LEC Monthly Birthday Party Hosted By Cleveland County ECA Club <p><i>Chili Beans w/ Sour Cream & Cheese- Coleslaw- Combread- Pears</i></p>	<p>17 Tuesday</p> <ul style="list-style-type: none"> Fellowship With Midview Baptist Church LEC Walking Club Happy St. Patrick's Day! Wear Your Green <p><i>Cheesy Chicken Spaghetti- Mixed Vegetables- Roll- Mandarin Oranges</i></p>	<p>18 Wednesday</p> <ul style="list-style-type: none"> Music With Carolina Singers Parade Exercise Making Spring Collages <p><i>Hamburger Casserole- Green Beans- Roll- Pineapple</i></p>	<p>19 Thursday</p>  <ul style="list-style-type: none"> Deep Breathing Exercise <p><i>Navy Beans w/ Ham- Turnip Greens- Cabbage- Combread</i></p>	<p>20 Friday</p> <ul style="list-style-type: none"> Creative Writing: "Spring Is In The Air" Paper Plate Exercise Making Spring Collages <h3>Health Fair</h3> <p><i>Fish Sandwich- Sweet Potato Fries- Mixed Fruit</i></p>
<p>23 Monday</p> <ul style="list-style-type: none"> America's Funniest Home Videos: Puppy Edition Balloon Volley Exercise Grateful Hearts Puppets With A Purpose <p><i>Popcorn Chicken- Macaroni & Cheese- Green Beans- Roll</i></p>	<p>24 Tuesday</p> <ul style="list-style-type: none"> All About Agriculture Red Light, Green Light Exercise Music With The McCurry Band & Friends  <p><i>Beef Ravioli Casserole- Zucchini & Squash- Roll- Pineapple</i></p>	<p>25 Wednesday</p> <ul style="list-style-type: none"> History Of The Little Red Wagon Upper Body Exercise <h3>Health Fair</h3> <p><i>Pintos- Coleslaw- Combread- Mandarin Oranges</i></p>	<p>26 Thursday</p> <ul style="list-style-type: none"> Making Bracelets With Cindy Stillwell Parachute Exercise Steve Ledbetter As Ernest T. Bass <p><i>Chili Dog- Sweet Potato Fries- Coleslaw</i></p>	<p>27 Friday</p> <ul style="list-style-type: none"> Name That Tune: Show Tune Edition Lower Body Exercise Virtual Tour Of  <p><i>Chicken Tenders- Peas- Mashed Potatoes- Roll</i></p>
<p>30 Monday</p> <ul style="list-style-type: none"> "Past & Present" With Da'Riyan Roberson Relay Race Exercise Wacky Word Scramble  <p><i>Chicken Sandwich w/ Lettuce, Tomato, & Pickles- Tater Tots- Mandarin Oranges</i></p>	<p>31 Tuesday</p> <ul style="list-style-type: none"> LEC Price Is Right Tai Chi Magazine Scavenger Hunt Health Talk: The Importance Of Handwashing <p><i>Meaty Rotini Pasta- Broccoli- Peaches- Garlic Bread</i></p>	 <p>FOUNDED AS _____</p> <h3>Hospice Cleveland County</h3> <p>Thank you to our Health Sponsors for providing this month's lunch menu!</p>		



March



KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

<p>2 Monday</p> <p>Dr. Seuss Week!</p> <ul style="list-style-type: none"> ◆ Mismatched Day: Wear Your Mismatched Socks ◆ Zumba Exercise <p>Health Fair</p> <p><i>Chicken Sandwich w/ Lettuce, Tomato, & Pickles- Tater Tots-Mandarin Oranges</i></p>	<p>3 Tuesday</p> <ul style="list-style-type: none"> ◆ Top Hat Tuesday: Wear Your Favorite Hat ◆ Tai Chi Exercise ◆ Happy Birthday Alexander Graham Bell <p><i>Meaty Rotini Pasta- Broccoli- Peaches-Garlic Bread</i></p>	<p>4 Wednesday</p> <ul style="list-style-type: none"> ◆ Wacky Wednesday: Wear Your Wacky Tacky Attire ◆ Paper Plate Exercise ◆ Creative Writing: "Cat In The Hat" <p><i>Broccoli & Cheddar Soup-Turkey & Cheese Sandwich w/ Lettuce & Tomato-Applesauce</i></p>	<p>5 Thursday</p> <ul style="list-style-type: none"> ◆ The Lorax Day: Wear Orange ◆ Parachute Exercise ◆ Best Lorax Mustache Contest <p><i>Chicken Enchiladas-Black Beans-Lettuce & Sour Cream-Pears</i></p> 	<p>6 Friday</p> <ul style="list-style-type: none"> ◆ Character Day: Dress As Your Favorite Dr. Seuss Character ◆ Chair Yoga ◆ Book Character Costume Parade <p><i>Pepperoni & Cheese Pizza/Casserole-Garden Salad-Peaches</i></p> 
<p>9 Monday</p> <ul style="list-style-type: none"> ◆ Name That Cereal Logo ◆ Traffic Light Exercise ◆ Health Talk: "Combating Isolation"  <p><i>Vegetable Beef Soup-Pineapple-Combread</i></p>	<p>10 Tuesday</p> <ul style="list-style-type: none"> ◆ Coloring Project: "Fantastic Peacock" ◆ Chair Exercise ◆ Spring Vision Boards  <p>Health Fair</p> <p><i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i></p>	<p>11 Wednesday</p> <ul style="list-style-type: none"> ◆ "Soul Train" Good Morning ◆ LEC Walking Club ◆ Painting By Numbers  <p><i>Salisbury Steak & Gravy-Mashed Potatoes-Collard Greens-Roll</i></p>	<p>12 Thursday</p> <ul style="list-style-type: none"> ◆ Over Head Time: "Then Vs. Now" ◆ Hand Weight Exercise ◆ Women In History Bingo <p><i>Chicken Noodle Casserole-Peas & Carrots-Roll-Mandarin Oranges</i></p>	<p>13 Friday</p> <ul style="list-style-type: none"> ◆ Wacky Wordie Word Games ◆ Indoor Volleyball Exercise ◆ Arts & Crafts: Making A Tulip Ledge <p>Spa Day</p> <p><i>Bologna Sandwich w/ Lettuce & Tomato-Tater Tots-Peaches</i></p>
<p>16 Monday</p> <ul style="list-style-type: none"> ◆ Making All About Me Brochures ◆ Seated Stretches ◆ Making Centerpieces  <p><i>Chili Beans w/ Sour Cream & Cheese-Coleslaw-Combread-Pears</i></p>	<p>17 Tuesday</p> <ul style="list-style-type: none"> ◆ Happy St. Patrick's Day Wear Your Green ◆ Scarf Exercise ◆ How To Make Yorkshire Pudding  <p><i>Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mandarin Oranges</i></p>	<p>18 Wednesday</p> <ul style="list-style-type: none"> ◆ Card Game Exercise ◆ Travelogue: London ◆ Manicures & Shaves  <p>Health Fair</p> <p><i>Hamburger Casserole-Green Beans-Roll-Pineapple</i></p>	<p>19 Thursday</p> <ul style="list-style-type: none"> ◆ Performance By The Southern Class Line Dancers ◆ "Balancing Act" Exercise ◆ Bingo Bonanza Hosted By Suzette Crimson, Lily Insured <p><i>Navy Beans w/ Ham-Turnip Greens-Cabbage-Combread</i></p>	<p>20 Friday</p> <ul style="list-style-type: none"> ◆ World Down Syndrome Day: Wear Blue & Yellow ◆ Chair Cardio Exercise ◆ Let's Play "Skipping Through Spring" <p><i>Fish Sandwich-Sweet Potato Fries-Mixed Fruit</i></p>
<p>23 Monday</p> <ul style="list-style-type: none"> ◆ Sense Of Smell Guessing Games ◆ Lower Body Exercise ◆ Car Trivia: Name That Model  <p><i>Popcorn Chicken-Macaroni & Cheese-Green Beans-Roll</i></p>	<p>24 Tuesday</p> <ul style="list-style-type: none"> ◆ Making Spring Collages ◆ Just Dance Exercise ◆ Guess That TV Tune  <p><i>Beef Ravioli Casserole-Zucchini & Squash-Roll-Pineapple</i></p>	<p>25 Wednesday</p> <ul style="list-style-type: none"> ◆ Magazine Scavenger Hunt ◆ Relay Race Exercise  <p>Health Fair</p> <p><i>Pintos-Coleslaw-Combread-Mandarin Oranges</i></p>	<p>26 Thursday</p> <ul style="list-style-type: none"> ◆ Opening Day Of Baseball ◆ Baseball Exercise ◆ Making Maple Yogurt Parfait Cups  <p><i>Chili Dog-Sweet Potato Fries-Coleslaw</i></p>	<p>27 Friday</p> <ul style="list-style-type: none"> ◆ Culture Of The Month: Chinese ◆ Seated Jogging Exercise ◆ LEC Charades  <p><i>Chicken Tenders-Peas-Mashed Potatoes-Roll</i></p>
<p>30 Monday</p> <ul style="list-style-type: none"> ◆ Painting To Music ◆ Hip Mobility Exercise ◆ Participant Council Meeting  <p><i>Chicken Sandwich w/ Lettuce, Tomato, & Pickles-Tater Tots-Mandarin Oranges</i></p>	<p>31 Tuesday</p> <ul style="list-style-type: none"> ◆ Dying Eggs With Madi Mauney ◆ Simon Says Exercise ◆ LEC Monthly Birthday Party <p>Health Fair</p> <p><i>Meaty Rotini Pasta- Broccoli- Peaches-Garlic Bread</i></p>			

Monday, March 2nd through Friday, March 6th.

SUPER BOWL LX

Neisler Center participants prepared for the big game by having a Pep Rally & sharing their Game Day predictions.

Win or lose, Football Season is always exciting at LEC!



GO!

April

Heather

FIGHT!

WIN!

C.J.

Susan (Left) & Charlene



Denise



Thank You!

- Double Shoals United Methodist Church- Magazines
- Lisa Humphries- Magazines
- Renee Condrey- Stevia
- Sarah Smith- Nail Polish
- Boiling Springs Rotary Club- Bingo Prizes
- Dot Russ- Sweet Treats
- David Self- Devotional Handouts
- De'anna Godfrey-Sweet Treats
- Katrena Winebarger- Sweet Treats
- Barbara Penland- Sweet Treats
- Erica Springer- Sweet Treats

Shelby ladies enjoy making Valentine Cards.

In Memory:

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

Margaret Wright

By

Michael & Phillis Robinson

In Honor

The following has been honored with a gift to
Life Enrichment Center

Mary Renner & Family

By

Nancy & Steve Nation

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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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.

During Black History Month, we reflect on the powerful legacy, culture, and accomplishments of Black Americans, past and present, whose impact continues to inspire hope, progress, and unity.



Participants hold favorite quotes from Bob Marley, who's music sent a message of peace, love, & good vibes.



Life Enrichment Will Be **CLOSED**
Friday, April 3, 2026
-Easter Holiday

