Life Enrichment Center
Adult Day Care & Health Service
704.739.4858 (Kings Mountain) 704.484.0405 (Shelby) www.LifeEnrichmentCenter.org June 2025

Looking For The Perfect Gift?

This Father's Day, give dad the most important gift of all, **Quality of life**.

At Life Enrichment Center, participants enjoy meaningful programs, quality health care, and opportunities for socialization.

Adult Day Program

Shelby 704.484.0405 Kings Mountain 704.739.4858

For 44 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.

Making New Friends Never Gets Old!

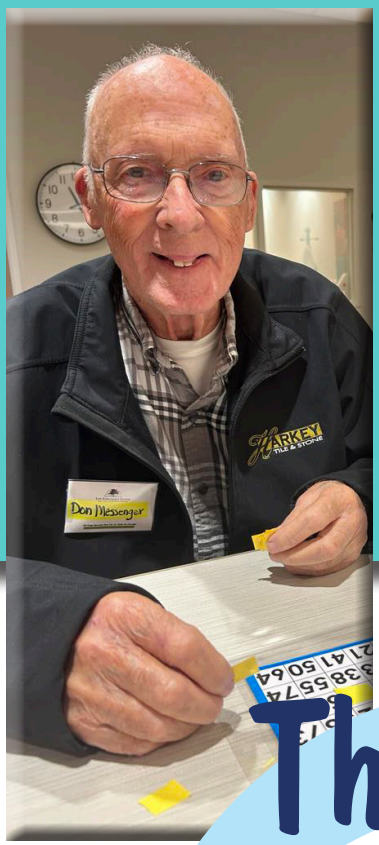
Social isolation is not only a risk factor for developing dementia but can also accelerate the progression of the disease.

Socialization can improve cognitive function, impacting memory, language, and other cognitive skills.

(Left) Participant Billy gets a Father's Day shave by staff member Aniya.
(Right) Willie gets creative at LEC's "Paint & Sip"

Once enrolled at Life Enrichment, participants build friendships that give them happiness, encouragement, & purpose.

Every day is filled with laughter, love, and opportunites to give your loved one the quality of life they deserve!



(Left) Ed prepares chicken legs for a BBQ lunch.

(Right) Don enjoys a game of bingo with friends.

Whether dad loves to cook.
enjoys the outdoors.
a game of checkers. or
simply being around others.

LEC is the place to be!

Friends:

The following have given a gift to Life Enrichment Center:

Enerpac Tool Group Community Outreach Fund

Barbara Blackburn

Thank You

Judy Ward- Art Piece
Dawn Holt- Craft Supplies
Connie Willis- Personal Care Items
Teresa Brooks- Misc. Items
Amber Wesson- Craft Paint
Sarah Renner- Wipes, Manicure Supplies
Sue Thornburg- Men's Clothing
Ernie Howell- Sweet Treats
Holly Melton- House Plant
Robin Alexander & Family- Sweet Treats
Hearts & Hands Women's Ministry
First Baptist Church of Kings Mountain- Fidget Mats

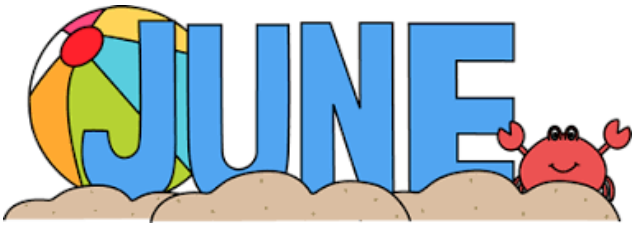
Life Enrichment Center
110 Life Enrichment Blvd.
Shelby, NC 28150
704.484.0405

June

Shelby Activity Highlights

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
◆A Visit With Shelby Presbyterian Church ◆Tai Chi ◆Marilyn Monroe Trivia *Hamburger Steak w/ Gravy-Potatoes-Spinach-Roll-Pears*	◆Beach Bum Detective ◆"Tone It Up" Tuesday ◆Magazine Scavenger Hunt ◆Health Topic: "The Importance Of Yearly Physicals" *Chicken Nachos-Black Beans-Lettuce & Sour Cream-Pineapple*	◆Sing-a-Long With Kelly & Kevin Dover ◆Upper Body Exercise ◆Performance By The Carolina Care Singers *Pulled Pork Sandwich-Coleslaw-Peaches*	◆All About Banking With Wood Forest Bank ◆Lower Body Exercise ◆Arts & Crafts: "Hall Of Fame Stars" **Health Fair** *Baked Chicken-Caesar Salad-Garlic Bread-Mixed Fruit*	◆Morning Meet & Greet ◆Summer Time Crafts With Tonya Robinson ◆"Jail House Rock" Exercise ◆Reid Robbins As Elvis *Open Faced Turkey Sandwich-Green Beans-Mandarin Oranges*
9 Monday	**10 Tuesday**	**11 Wednesday**	**12 Thursday**	**13 Friday**
◆Happy Birthday Michael J. Fox ◆Upper Body Exercise ◆Sing-a-Long With Kim Earls **Health Fair** *Baked Ham-Black Eyed Peas-Sweet Potato Fries-Roll-Fruit Cocktail*	◆Music With Tom Wood & Friends ◆Chair Yoga ◆Classical Favorites With Eddie Cook *Chicken Sandwich w/Lettuce & Tomato-Tater Tots-Applesauce*	◆Cleveland Community College Students Visit ◆Chair Zumba ◆Devotions With Blessed Coverings *Cheeseburger Macaroni-Garden Salad-Bread Stick-Mixed Fruit*	◆Making Father's Day Cards ◆Parachute Exercise ◆How To Make Healthy Peanut Butter Cookies *Egg Salad Sandwich-Dill Pickles-Baked Fries-Pears*	◆Father's Day Devotion With Matt Holman & Bible Gospel Baptist Church ◆Fashion Show Exercise **2025 LEC Prom** *Chicken Pot Pie-Mixed Vegetables-Biscuit-Pineapple*
16 Monday	**17 Tuesday**	**18 Wednesday**	**19 Thursday**	**20 Friday**
◆Fun Facts About Sea Turtles ◆"Simon Says" Exercise ◆History Of The American Flag ◆Participant Council Meeting *Spaghetti-Garden Salad-Bread Stick-Mixed Fruit*	◆"Today In History" ◆Upper Body Exercise ◆Minute To Win It Games **Health Fair** *Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges*	◆Autism Awareness Day ◆Gentle Stretch Exercise **Spa Day** *Smoked Sausage-Potatoes-Lima Beans-Roll-Peaches*	◆Juneteenth Celebration ◆Lower Body Exercise ◆Pet Therapy With Nick Schulenburg ◆Bingo Bonanza *Cheeseburger w/Lettuce & Tomato-Baked Fries-Pears*	◆LEC Monthly Birthday Party ◆Paper Plate Exercise ◆Recognizing LEC Nursing Assistants ◆Making Snacks With Lakieshia Bell *Chicken Tenders-Garden Salad-Bread Stick-Fruit Cocktail*
23 Monday	**24 Tuesday**	**25 Wednesday**	**26 Thursday**	**27 Friday**
◆World Pink Day: Wear Your Pink! ◆"Moving & Grooving" Exercise **Health Fair** *Ham & Cheese Sandwich-Pasta Salad-Applesauce*	◆Virtual Tour Of Rain Forest Around The World ◆Volleyball Exercise ◆Music With The McCurry Band & Friends *Taco Salad-Tortillas-Lettuce & Sour Cream-Pineapple*	◆"Name That Smell" Guessing Game ◆Balloon Volley Exercise ◆Making Mid Year Vision Boards *Pot Roast-Potatoes-Peas-Roll-Mandarin Oranges*	◆Reminiscing: "Classic Cars" ◆LEC Walking Club ◆Dream Vacation Collages *BBQ Chicken-Scalloped Potatoes-Spinach-Roll-Mixed Fruit*	◆Arts & Crafts: "Summer Fun" ◆Relay Race Exercise ◆Summer Word Search *Sloppy Joes-Baked Beans-Peaches*
30 Monday				
◆Let's Plan An LEC Vacation ◆Paper Plate Exercise ◆Afternoon Bingo With Jean & Friends *Lasagna-Caesar Salad-Garlic Bread-Fruit Cocktail*				

Friday, June 13
"LEC 2025 Masquerade"
Dress to Impress!



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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
◆Music Senior Moments ◆"Hot Potato" Exercise ◆Garden Gnome Scavenger Hunt **Spa Day** *Hamburger Steak w/ Gravy-Potatoes-Spinach-Roll-Pears*	◆Flower Garden Reminiscing ◆Parachute Exercise ◆How To Make The Best Egg Salad **Health Fair** *Chicken Nachos-Black Beans-Lettuce & Sour Cream-Pineapple*	◆How To Make "Slowpoke" Snacks ◆Paper Plate Exercise ◆All About Marilyn Monroe *Pulled Pork Sandwich-Coleslaw-Peaches*	◆Let's Take A Gnome Home Adventure ◆Deep Breathing Exercise *Baked Chicken-Caesar Salad-Garlic Bread-Mixed Fruit*	◆Gardening Nature Therapy ◆Tai Chi ◆Garden Gnome Art Contest *Open Faced Turkey Sandwich-Green Beans-Mandarin Oranges*
9 Monday	**10 Tuesday**	**11 Wednesday**	**12 Thursday**	**13 Friday**
◆Virtual Elegant Horse Show ◆Gentle Stretch Exercise ◆All About Betsy Ross **Health Fair** *Baked Ham-Black Eyed Peas-Sweet Potato Fries-Roll-Fruit Cocktail*	◆Fun Facts About America's First Space Walk ◆Chair Yoga ◆History Of The Gemini 4 Space Mission *Chicken Sandwich w/Lettuce & Tomato-Tater Tots-Applesauce*	◆Let's Play "Who Am I?" ◆"Simon Says" Exercise ◆Arts & Crafts: Kinetic Milk Painting ? ? ? ? *Cheeseburger Macaroni-Garden Salad-Bread Stick-Mixed Fruit*	◆Evolution Of The American Flag ◆Balloon Volley Exercise ◆All About Flag Ceremonies **Spa Day** *Egg Salad Sandwich-Dill Pickles-Baked Fries-Pears*	◆What Was Your Favorite Father's Day Gift? ◆"Hot Potato" Exercise ◆Celebrating Father's Of Life Enrichment *Chicken Pot Pie-Mixed Vegetables-Biscuit-Pineapple*
16 Monday	**17 Tuesday**	**18 Wednesday**	**19 Thursday**	**20 Friday**
◆History Of Juneteenth ◆Chair Zumba ◆Exploring The National Museum Of African American History & Culture *Spaghetti-Garden Salad-Bread Stick-Mixed Fruit*	◆Sing-a-Long With Peggy Johnson ◆National Nurses Assistant Day ◆Scarf Exercise **Spa Day** *Grilled Cheese Sandwich-Tomato Soup-Mandarin Oranges*	◆Pet Therapy: "A Visit With Ruby" ◆"Moving To Motown" Exercise **Health Fair** *Smoked Sausage-Potatoes-Lima Beans-Roll-Peaches*	◆What's Your Dream Vacation? ◆Disco Exercise ◆"Rock & Roll" Bingo *Cheeseburger w/Lettuce & Tomato-Baked Fries-Pears*	◆Making Applesauce Oatmeal Muffins ◆Tai Chi ◆"Name That Tune" Trivia *Chicken Tenders-Garden Salad-Bread Stick-Fruit Cocktail*
23 Monday	**24 Tuesday**	**25 Wednesday**	**26 Thursday**	**27 Friday**
 ◆"Baby Boomer" Jeopardy ◆Musical Parade Exercise **Spa Day** *Ham & Cheese Sandwich-Pasta Salad-Applesauce*	◆"Drive It? Dig It? Or Drink It?" Trivia Game ◆"Red Light, Green Light" Exercise ◆LEC Bowling *Taco Salad-Tortillas-Lettuce & Sour Cream-Pineapple*	◆Music With Handbells ◆Chair Zumba ◆Participant Council Meeting ◆Health Topic: "The Importance Of Hydration" *Pot Roast-Potatoes-Peas-Roll-Mandarin Oranges*	◆Wedding Day Reminiscing ◆"Cold Feet" Exercise **LEC Wacky Wedding** *BBQ Chicken-Scalloped Potatoes-Spinach-Roll-Mixed Fruit*	◆Sentimental Sing-a-Long ◆Scarf Exercise ◆LEC Monthly Birthday Party **Health Fair** *Sloppy Joes-Baked Beans-Peaches*
30 Monday				
◆"Barber Shop Talk" Men's Group ◆Mani-Pedis With The Ladies ◆Lower Body Exercise *Lasagna-Caesar Salad-Garlic Bread-Fruit Cocktail*				

Love Grows Wherever She Goes...

Tea parties, fellowship, manicures, & more!
Every day is Mother's Day at LEC!

Mary loves to have her nails painted.

Jackie & Anita make tea party decorations.

Sarah shows her handmade coffee mug!

Great friends making great memories!

What a special day celebrating these AMAZING women!

(Left to right) Rashaun, Scott, & Roger work together to meet their daily goal of group participation.

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 _____

Community Support for Years to Come!

Planning a gift in your will or trust to Life Enrichment Center enables you to forge your legacy & ensure support to families & caregivers in your community for generations to come.

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Life Enrichment Center
110 Life Enrichment Blvd.
Shelby, North Carolina 28150

Address Service Requested

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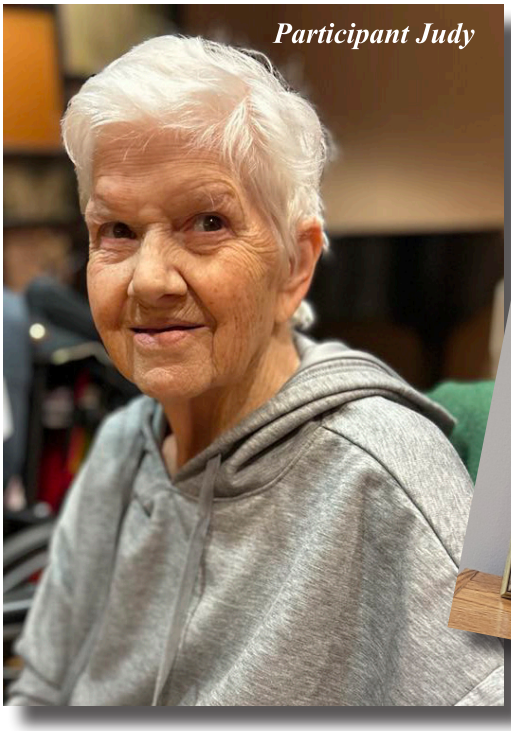
Greensboro, NC
Permit #393

This institution is an equal opportunity provider/employer.

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.



Participant Judy

Over the years, she has been a caterer, a bus driver, and the owner of a pottery shop. She has a passion for showing horses and has attended, and shown, at the Quarter Horse Congress! With her many talents, she is also a brilliant artist. We were thrilled to receive this beautiful work of art, painted and hand crafted by Shelby participant, Judy Ward.