

# Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

July 2024



## Is It Time?

Many families have a difficult time deciding whether an adult day program is right for their loved one.

*Call Today!*

A **FREE Trial Visit** is the perfect opportunity for them to experience the benefits of Life Enrichment Center.

*Serving  
Cleveland, Gaston, &  
surrounding areas in  
North & South  
Carolina.*

# Celebrating 44 Years!

*Doing "Whatever It Takes" to help families keep adult loved ones at home and in the community.*





# Meaningful Programs

(Left) Participant Doris creates decorations for the LEC Prom. Whether it's cooking, gardening, crafts, or helping others, participants find purpose every day at LEC.

## Socialization

It's never too late to make new friends.  
(Right) Participants Larry & Willie work together to separate pallets for a woodworking project.



## Daily Exercise

Exercise doesn't have to be boring! Participants Lisa & Bryan laugh with each other while strengthening their upper bodies using scarves.



# IN THE COOKIE OF LIFE,

*Volunteer Davion  
bakes lemon cupcakes  
with the help of  
participant  
Cathy.*



Friends are  
the chocolate  
chips!



*(Above) Participants  
Joann & Ann get crafty for the  
2024 LEC Prom.*

*(Left) Veterans Harold & Werner  
compete in the Father's Day Cornhole  
Tournament.*

*(Below) Good friends Charlene, Ozzie,  
& Anita work together to make  
summer collages.*







## Shelby Activity Highlights

<p><b>1 Monday</b></p> <ul style="list-style-type: none"> <li>♦ African Culture Celebration</li> <li>♦ Happy Birthday LEC!</li> <li>♦ LEC Trivia</li> </ul>  <p><i>Chicken Tenders- Green Beans- Baked Fries- Roll- Fruit Cocktail</i></p>	<p><b>2 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Fun Facts About Thurgood Marshall</li> <li>♦ Pool Noodle Exercise</li> <li>♦ "We're Half Way There!" Creative Writing: Favorite Days Of 2024</li> </ul> <p><i>Chicken Caesar Pasta Salad- Garlic Bread- Mandarin Oranges</i></p>	<p><b>3 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Motorcycle Madness With Gary Moore &amp; Chris Fowler</li> <li>♦ Health Fair</li> <li>♦ Arts &amp; Crafts: Rock Painting</li> </ul> <p><i>Baked Ham- White Beans- Cornbread- Peaches</i></p>	<p><b>4 Thursday</b></p>  <p><b>CLOSED</b></p>	<p><b>5 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Moon Pies &amp; RC Cola With Kai Hall</li> <li>♦ Lower Body Exercises</li> <li>♦ Making Apple Turnovers</li> </ul>  <p><i>Spaghetti- Garden Salad- Garlic Bread- Pears</i></p>
<p><b>8 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Virtual Roller Coaster Tour</li> <li>♦ Happy Birthday Kevin Bacon</li> <li>♦ "Footloose" Exercise</li> </ul>  <p><i>Tuna Salad- Tomato Slices- Baked Fries- Pineapple</i></p>	<p><b>9 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Music With Tom Wood &amp; Friends</li> <li>♦ Cow Appreciation Day- Dress Like A Cow</li> <li>♦ "Moovin'" Motown Exercise</li> </ul> <p><i>Baked Chicken- Black Bean Salsa- Tortillas- Mixed Fruit</i></p>	<p><b>10 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Who Can Pick The Most Blueberries?</li> <li>♦ Parachute Fun</li> <li>♦ Devotion With Blessed Coverings</li> </ul>  <p><i>Hamburger Steak w/ Peppers &amp; Onions- Potatoes- Roll- Mandarin Oranges</i></p>	<p><b>11 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Sing-a-Long With Linda Williams &amp; Friends</li> <li>♦ Making Blueberry Muffins</li> <li>♦ Famous Professional Bull Riders In History</li> </ul> <p><i>Pulled Pork Sliders- Coleslaw- Tater Tots- Peaches</i></p>	<p><b>12 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Junk Drawer Detective</li> <li>♦ History Of Harley Davidson</li> <li>♦ "Simon Says" Exercise</li> </ul>  <p><i>Chicken Tenders- Potatoes- Green Beans- Roll- Pears</i></p>
<p><b>15 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Participant Council Meeting</li> <li>♦ LEC Monthly Birthday Party</li> </ul>  <p><i>Beef Nachos w/ Lettuce &amp; Sour Cream- Refried Beans- Pineapple</i></p>	<p><b>16 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ All About "Popeye" The Sailor Man</li> <li>♦ LEC Walking Club</li> <li>♦ National Lakes Virtual Tour</li> </ul>  <p><i>Grilled Cheese Sandwich- Tomato Soup- Fruit Cocktail</i></p>	<p><b>17 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Name That Emoji</li> <li>♦ History Of The Hot Dog Eating Competition</li> </ul>  <p><i>Meatloaf- Scalloped Potatoes- Lima Beans- Roll- Mandarin Oranges</i></p>	<p><b>18 Thursday</b></p>  <ul style="list-style-type: none"> <li>♦ Happy Birthday Nelson Mandela</li> </ul> <p><i>Fish Sandwich- Macaroni &amp; Cheese- Broccoli- Peaches</i></p>	<p><b>19 Friday</b></p> <ul style="list-style-type: none"> <li>♦ National Pink &amp; Purple Day</li> <li>♦ Summer Time Bingo With Shamiya Tate</li> </ul>  <p><i>Spinach Chicken Alfredo- Garden Salad- Bread Stick- Mixed Fruit</i></p>
<p><b>22 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Happy Birthday Danny Glover</li> <li>♦ Tai Chi</li> <li>♦ Tips For Maintaining Your Mental Health</li> </ul>  <p><i>Turkey Sub w/ Lettuce &amp; Tomato- Baked Fries- Applesauce</i></p>	<p><b>23 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ National Get Outside Day</li> <li>♦ "Tone It Up" Tuesday</li> <li>♦ Music With The McCurry Band &amp; Friends</li> </ul>  <p><i>Meaty Cheesy Macaroni- Caesar Salad- Garlic Bread- Pineapple</i></p>	<p><b>24 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Celebrating Cousins Day</li> <li>♦ "Family Tree" Word Scramble</li> <li>♦ "What's Your Flavor?" National Ice Cream Month</li> </ul>  <p><i>Baked Chicken- Broccoli &amp; Cauliflower- Roll- Pears</i></p>	<p><b>25 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Wine &amp; Cheese Tasting</li> <li>♦ Chair Zumba</li> <li>♦ Famous Chefs From Around The World</li> </ul>  <p><i>Egg Salad Sandwich- Tater Tots- Dill Pickles- Fruit Cocktail</i></p>	<p><b>26 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Making Cherry Cheesecake With Tracy</li> <li>♦ "Let The Games Begin!" Starting Of The 2024 Summer Olympic Games</li> </ul>  <p><i>Cheeseburger w/ Lettuce &amp; Tomato- Tater Tots- Peaches</i></p>
<p><b>29 Monday</b></p> <ul style="list-style-type: none"> <li>♦ National Tiger Day</li> <li>♦ All About The Bengal Tiger</li> <li>♦ Scarf Exercise</li> </ul>  <p><i>Lasagna- Garden Salad- Bread Stick- Mixed Fruit</i></p>	<p><b>30 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ "Friendship" Word Games</li> <li>♦ LEC Walking Club</li> <li>♦ Cornhole Teams Tournament</li> </ul>  <p><i>Chicken Sandwich w/ Lettuce &amp; Tomato- Baked Fries- Mandarin Oranges</i></p>	<p><b>31 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ "Compliment" Car Wash</li> <li>♦ Chair Yoga</li> <li>♦ "Sounds Of The Summer" Name That Tune</li> </ul>  <p><i>Pot Roast- Potatoes- Peas- Roll- Pineapple</i></p>	<p><b>Beat The HEAT! Dont Forget To...</b></p> 	



# JULY

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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

<p><b>1 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Celebrating African Culture</li> <li>♦ Kukuwa Exercise</li> <li>♦ Happy Birthday LEC!!</li> </ul>  <p>Chicken Tenders-Green Beans-Baked Fries-Roll-Fruit Cocktail</p>	<p><b>2 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Music With The Golden Chorus</li> <li>♦ Relaxing Chair Exercises</li> <li>♦ Arts &amp; Crafts: Making Fourth Of July Twig Stars</li> </ul>  <p>Chicken Caesar Pasta Salad-Garlic Bread-Mandarin Oranges</p>	<p><b>3 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Making Patriotic Pinwheels</li> <li>♦ Balloon Volley</li> <li>♦ Fourth Of July Happy Hour</li> </ul>  <p>Baked Ham-White Beans-Cornbread-Peaches</p>	<p><b>4 Thursday</b></p>  <p><b>CLOSED</b></p>	<p><b>5 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Freedom Celebration With LEC "Fireworks" Display</li> <li>♦ Patriotic Scavenger Hunt</li> <li>♦ Independence Day Quiz</li> </ul>  <p>Spaghetti-Garden Salad-Garlic Bread-Pears</p>
<p><b>8 Monday</b></p> <ul style="list-style-type: none"> <li>♦ "Oh To Be A Kid Again" Reminiscing</li> <li>♦ LEC Walking Club</li> <li>♦ Bubble Fun On The Patio</li> </ul>  <p>Tuna Salad-Tomato Slices-Baked Fries-Pineapple</p>	<p><b>9 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ A Visit With Logan's Taekwondo</li> <li>♦ Chair Zumba</li> <li>♦ Cornhole Tournament</li> </ul>  <p>Baked Chicken-Black Bean Salsa-Tortillas-Mixed Fruit</p>	<p><b>10 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Spa Day- Pedicures &amp; Foot Masages</li> <li>♦ Afternoon Yoga</li> <li>♦ Baking With Davion</li> </ul>  <p>Hamburger Steak w/Peppers &amp; Onions-Potatoes-Roll-Mandarin Oranges</p>	<p><b>11 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Participant Council Meeting</li> <li>♦ Tai Chi</li> <li>♦ Making Blueberry Muffins for National Blueberry Day</li> </ul>  <p>Pulled Pork Sliders-Coleslaw-Tater Tots-Peaches</p>	<p><b>12 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Decorate Your Own Sunglasses</li> <li>♦ Gentle Stretching Exercises</li> <li>♦ Summer Bingo</li> </ul>  <p>Chicken Tenders-Potatoes-Green Beans-Roll-Pears</p>
<p><b>15 Monday</b></p> <ul style="list-style-type: none"> <li>♦ A Visit With "Bear" The Pomeranian</li> <li>♦ Learning How To Do The "Macarena"</li> <li>♦ Cooking Class With Tuesday &amp; Zoey</li> </ul>  <p>Beef Nachos w/Lettuce &amp; Sour Cream-Refried Beans-Pineapple</p>	<p><b>16 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Hula Hoop Contest For National Hula Hoop Day</li> <li>♦ LEC Walking Club</li> <li>♦ Health Talk With Nurse Heather: Diabetes</li> </ul>  <p>Grilled Cheese Sandwich-Tomato Soup-Fruit Cocktail</p>	<p><b>17 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Performances By Dance Magic</li> <li>♦ Happy Birthday Disney- Disney Zumba</li> </ul> <p><b>Health Fair</b></p>  <p>Meatloaf-Scalloped Potatoes-Lima Beans-Roll-Mandarin Oranges</p>	<p><b>18 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Making Summer Collages</li> <li>♦ Relaxing Chair Exercises</li> <li>♦ Pedicures With Shondra</li> </ul>  <p>Fish Sandwich-Macaroni &amp; Cheese-Broccoli-Peaches</p>	<p><b>19 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Hawaiian Day-Seashell Painting</li> <li>♦ Water Balloon Toss</li> <li>♦ Afternoon Luau</li> </ul> <p><b>Wear Your Hawaiian Shirt!</b></p>  <p>Spinach Chicken Alfredo-Garden Salad-Bread Stick-Mixed Fruit</p>
<p><b>22 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Spa Day- Manicures &amp; Hand Massages</li> <li>♦ Sing-a-Long Exercises</li> <li>♦ Face Mask Relaxation</li> </ul>  <p>Turkey Sub w/Lettuce &amp; Tomato-Baked Fries-Applesauce</p>	<p><b>23 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Motown Sounds With Daniel Sparks</li> <li>♦ "Climb A Mountain" Seated Exercise</li> <li>♦ Arts &amp; Crafts: Making Paper Flowers</li> </ul>  <p>Meaty Cheesy Macaroni-Caesar Salad-Garlic Bread-Pineapple</p>	<p><b>24 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ "Road Trip" Trivia</li> <li>♦ "Ball In A Bucket" Exercise</li> <li>♦ Virtual Trip To The Beach</li> </ul>  <p>Baked Chicken-Broccoli &amp; Cauliflower-Roll-Pears</p>	<p><b>25 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Junk Drawer Detective</li> <li>♦ "Beach Ball" Baseball</li> <li>♦ Wine &amp; Cheese Tasting</li> </ul>  <p>Egg Salad Sandwich-Tater Tots-Dill Pickles-Fruit Cocktail</p>	<p><b>26 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Board Games With Kyndall &amp; Cooper</li> <li>♦ LEC Walking Club</li> <li>♦ "Backyard" Bingo</li> </ul>  <p>Cheeseburger w/Lettuce &amp; Tomato-Tater Tots-Peaches</p>
<p><b>29 Monday</b></p> <ul style="list-style-type: none"> <li>♦ "Who Has The Best?"- Walker Decorating Contest</li> <li>♦ Parachute Fun</li> <li>♦ LEC Ice Cream Social</li> </ul>  <p>Lasagna-Garden Salad-Bread Stick-Mixed Fruit</p>	<p><b>30 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Let's Build A Birdhouse</li> <li>♦ Chair Yoga</li> <li>♦ Summer Arts &amp; Crafts With Titus &amp; Arianna</li> </ul>  <p>Chicken Sandwich w/Lettuce &amp; Tomato-Baked Fries-Mandarin Oranges</p>	<p><b>31 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Making Sensory Bags</li> <li>♦ Ping Pong Cup Game</li> <li>♦ Albemarle Hosts The LEC Monthly Birthday Party</li> </ul>  <p>Pot Roast-Potatoes-Peas-Roll-Pineapple</p>	<div> <p><b>Neisler Center Wish List!</b></p>  <p>Throw Blankets Scissors Bean Bag Chairs Art Supplies Bingo Prizes Hula Hoops Amazon Gift Cards</p> </div>	



E'sheika participates in the Special Olympics each year.  
Track, Bocce, and Cheerleading are her favorite events!



(Below, Left to right) Athletes Jennifer & Lizzie



Best friends Katrena (left) & Missy cheer from the stands.



**Special  
Olympics**  
North Carolina

Everyone was excited  
to show their medals at  
LEC.

**WAY TO GO LADIES!**



*Participants June & Regina  
race to fill their buckets of  
water during an outdoor  
relay race.*

## Friends:

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

**Enerpac Tool Group  
Community Outreach Fund**

**Barbara S. Blackburn**

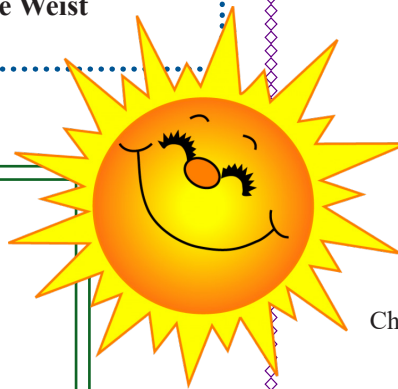
**Berdie Weist**

## Honor:

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

**Margaret King**  
*by*

**Susan Calhoun**



## In Memory:

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

**Bryce Pursley**  
*by*

**Karla Pursley**

**Jeff Spivey**  
*by*

**Brittany & Jared Tedeschi**

**Louise "Wheezy" Glover**  
*by*

**Ramona Holloway**

**Susan Coiner**  
*by*

**Richard Coiner**

**Caroline Godfrey**  
*by*

**Janet & Mark McLain**

**Bettie A. Godfrey**  
*by*

**Paula J. Stewart  
Judith Gaultney**

**Chapel of Christ of Cleveland County**

**Joan James  
Allyson & Francis Sugg  
Howard Staton  
Ambler Lanier**

## 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*  
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Tonya Arrington  
Hannah Cyr  
Larry Dooley  
Pete Gilbert  
Rev. Eddie Gray  
Susan Lankford  
Sandy Logan  
Kirsten Martin  
Russ Putnam  
Paula Ramsey  
Terri Simmons  
Stephanie Wieck

## Advisory Board

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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.

## Congratulations Judy!

*14 years ago, Judy came to Life Enrichment as a volunteer. With her background in administrative work, her role was that of a receptionist. Judy is much more! When the door opens, she is there with a warm smile, a hug, a kind word, or "Happy Birthday To You" as she sings to each participant on their special day.*

*Not only are participants made to feel special, she extends her kindness to each caregiver, bus driver, staff member, and fellow volunteers. No matter how busy she may be, when there is work to be done, Judy is willing. She is a giver. Giving to those in need, giving of her time, giving of herself. She is a godsend.*

*Congratulations to our very own Judy Scism as the recipient of the **Governor's 2024 Volunteer Award for Cleveland County.***

*Thank you for all you do to make a difference in the lives of everyone who enters Life Enrichment!*

