



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

September 2025

Feeling Overwhelmed?



Doris enjoys her word search while helping sort craft supplies.

**Give yourself
the break you
deserve!**

*Being a caregiver can sometimes
be very hard. The good news is,
you don't have to do it alone!*

*We offer quality, compassionate
adult day care to meet the needs
of each family and participant.*

Schedule A **Free** Visit Today!

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.*

“

You all have been such a HUGE BLESSING to us. I don't think mom realized how much she needed a break until she finally got one. We are so thankful that he is able to go to LEC and be so well taken care of. You all are angels on earth and provide such a wonderful, much needed service to the community. Thank you from the bottom of our hearts.



Laura, Family Member

”

Participant Eula decorates a flower pot.

“

The staff here are awesome! I love the programs, especially the singing groups!

Matthew, Participant



Matthew wins a wheelchair relay race!



Participant Willie at the LEC 2025 Prom.

“

I have so many friends here, that's why I hate it when I don't get to come. This is such a great community of people and I love being here!

-Participant Patsy

“

“My son loves this place!
Everything is great!
Great place and staff!

-Sandy, Family Member

”



(Left) Guy & Zach enjoy a crafty afternoon.

(Below) Participant Laura makes a strawberry cobbler.



Below, Ann makes a beautiful paper teddy bear with help from staff member, "J".



“My family wanted me to come here and I'm glad they did. I enjoy getting out of the house; it would get old looking at the four walls at home all day long. It has been good here; finding friends has been really good.”

Sarah, Participant



Shelby Activity Highlights

<p><i>1 Monday</i></p> 	<p><i>2 Tuesday</i></p> <ul style="list-style-type: none"> ♦Name That Nursery Rhyme ♦Chair Yoga ♦World War II Trivia ♦History Of Labor Day  <p><i>Cheesburger w/Lettuce & Tomato-Tater Tots-Fruit Cocktail</i></p>	<p><i>3 Wednesday</i></p> <ul style="list-style-type: none"> ♦National Bowling League Day ♦Upper Body Exercise ♦LEC Bowling Tournament ♦Bowling Trivia <p>Health Fair</p> <p><i>Baked Ham-Scalloped Potatoes-Spinach-Roll-Pears</i></p>	<p><i>4 Thursday</i></p> <ul style="list-style-type: none"> ♦Let's Kickoff The Football Season! ♦Lower Body Exercise ♦Happy Birthday Peter Rabbit  <p><i>Taco Salad w/Tortillas-Lettuce & Tomato-Pineapple</i></p>	<p><i>5 Friday</i></p> <ul style="list-style-type: none"> ♦Football Friday! Wear Your Favorite Football Gear ♦LEC Walking Club ♦NFL Trivia  <p><i>Meatloaf-Macaroni & Cheese-Green Beans-Roll-Peaches</i></p>
<p><i>8 Monday</i></p> <ul style="list-style-type: none"> ♦Grateful Hearts Puppet Ministry ♦Tai Chi ♦National Star Trek Day ♦Who Is Captain Kirk?  <p><i>Baked Chicken-Vegetable Medley-Roll-Mandarin Oranges</i></p>	<p><i>9 Tuesday</i></p> <ul style="list-style-type: none"> ♦Music With Tom Wood & Friends ♦"Tone It Up" Tuesday ♦Classical Guitar Favorites With Eddie Cook  <p><i>Lasagna-Garden Salad-Breadstick-Mixed Fruit</i></p>	<p><i>10 Wednesday</i></p> <ul style="list-style-type: none"> ♦Arts & Crafts With The Yetis Women's Basketball Team ♦Lower Body Exercises ♦Devotions With Blessed Coverings  <p><i>Turkey-Potatoes-Green Beans-Roll-Pears</i></p>	<p><i>11 Thursday</i></p> <ul style="list-style-type: none"> ♦Men's Cooking Group With Ray Beck ♦Upper Body Exercise ♦Caregiver's Reception Hosted By  <p><i>Sloppy Joes-Baked Fries-Coleslaw</i></p>	<p><i>12 Friday</i></p> <ul style="list-style-type: none"> ♦Making Homemade Banana Pudding With Cheryl ♦Balloon Volley Exercise ♦History Of The Milkshake  <p>Health Fair</p> <p><i>Chicken Tenders-Caesar Salad-Garlic Bread-Fruit Cocktail</i></p>
<p><i>15 Monday</i></p> <ul style="list-style-type: none"> ♦Participant Council Meeting ♦Upper Body Exercise ♦A Visit With The Cleveland County Mobile Library  <p><i>Pulled Pork Sandwich-Coleslaw-Baked Beans</i></p>	<p><i>16 Tuesday</i></p> <ul style="list-style-type: none"> ♦Making DIY Recipe Books ♦Chair Zumba ♦How To Make Homemade Guacamole <p>Health Fair</p> <p><i>Shepherd's Pie-Garden Salad-Roll-Pears</i></p>	<p><i>17 Wednesday</i></p> <ul style="list-style-type: none"> ♦Junk Drawer Detective ♦Lower Body Exercise ♦Name That Tune: Country Music Edition  <p><i>Turkey Sub-Lettuce & Tomato-Baked Fries-Mandarin Oranges</i></p>	<p><i>18 Thursday</i></p> <ul style="list-style-type: none"> ♦A Visit With The Red Hat Society ♦Tai Chi ♦Spa Day  <p><i>Hamburger Steak w/Mushrooms & Onions-Potatoes-Roll-Applesauce</i></p>	<p><i>19 Friday</i></p> <ul style="list-style-type: none"> ♦Football Friday! ♦LEC Dance Party Exercise ♦Let's Play Charades ♦History Of The Infamous Pirate "Blackbeard"  <p><i>Chicken Pot Pie-Mixed Vegetables-Biscuit-Peaches</i></p>
<p><i>22 Monday</i></p> <ul style="list-style-type: none"> ♦Creative Writing: Dear Diary Day ♦Parachute Exercise ♦Name The State Trivia  <p><i>Baked Ham-White Beans-Cornbread-Mixed Fruit</i></p>	<p><i>23 Tuesday</i></p> <ul style="list-style-type: none"> ♦Making Fall Collages ♦Scarf Exercise ♦Music With The McCurry Band & Friends  <p><i>Baked Fish-Macaroni & Cheese-Green Beans-Roll-Pineapple</i></p>	<p><i>24 Wednesday</i></p> <ul style="list-style-type: none"> ♦Word Game Wednesday ♦Deep Breathing Exercise ♦LEC's Let's Make A Deal  <p>Health Fair</p> <p><i>Pot Roast-Potatoes-Carrots-Roll-Pears</i></p>	<p><i>25 Thursday</i></p> <ul style="list-style-type: none"> ♦Binkie The Clown Visits ♦Paper Plate Exercise ♦All About Famous One Hit Wonders  <p><i>Spaghetti-Garden Salad-Garlic Bread-Fruit Cocktail</i></p>	<p><i>26 Friday</i></p> <ul style="list-style-type: none"> ♦Staff Appreciation Day ♦Relay Race Exercise ♦LEC Monthly Birthday Party  <p><i>Chicken Tenders-Mashed Potatoes w/Gravy-Spinach-Roll-Mandarin Oranges</i></p>
<p><i>29 Monday</i></p> <ul style="list-style-type: none"> ♦Coffee & Conversation With Matthew Bull ♦Zumba Exercise ♦Health Topic: Tips For Cold & Flu Season  <p><i>Vegetable Beef Soup-Garden Salad-Breadstick-Peaches</i></p>	<p><i>30 Tuesday</i></p> <ul style="list-style-type: none"> ♦Mud Pack Facials ♦Simon Says Exercise ♦Orange Shirt Day: Wear Your Orange <p>Health Fair</p> <p><i>Mexican Chicken-Black Beans-Tortillas-Pineapple</i></p>			

SEPTEMBER

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

<p><i>1 Monday</i></p>  <p>CLOSED HAPPY Labor Day</p>	<p><i>2 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Anniversary Of Rock & Roll ♦ Cellular Life Fitness ♦ Music With Senior Moments ♦ Spa Day  <p><i>Cheesburger w/Lettuce & Tomato-Tater Tots-Fruit Cocktail</i></p>	<p><i>3 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Wacky Wordie Games ♦ Disco Dance Chair Workout ♦ "5 Clues" Guessing Game  <p><i>Baked Ham-Scalloped Potatoes-Spinach-Roll-Pears</i></p>	<p><i>4 Thursday</i></p> <ul style="list-style-type: none"> ♦ Name That Instrument ♦ Parachute Exercise ♦ Football Season Kickoff  <p>Health Fair</p> <p><i>Taco Salad w/Tortillas-Lettuce & Tomato-Pineapple</i></p>	<p><i>5 Friday</i></p> <ul style="list-style-type: none"> ♦ Grandparents Day ♦ Scarf Exercise ♦ Making Musical Memory Books ♦ Football Friday  <p><i>Meatloaf-Macaroni & Cheese-Green Beans-Roll-Peaches</i></p>
<p><i>8 Monday</i></p> <ul style="list-style-type: none"> ♦ Recipes Through The Generations ♦ "Cake Walk" Exercise ♦ Manicures With Melody ♦ Travel Brief: A Sojourn In Sweden <p><i>Baked Chicken-Vegetable Medley-Roll-Mandarin Oranges</i></p>	<p><i>9 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Let's Walk Down Memory Lane ♦ Balloon Volley Exercise ♦ "Name That Sound" Mother Nature Edition  <p><i>Lasagna-Garden Salad-Breadstick-Mixed Fruit</i></p>	<p><i>10 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Guess The Product Trivia ♦ Pool Noodle Exercises ♦ 100th Anniversary Of The Great Gatsby  <p><i>Turkey-Potatoes-Green Beans-Roll-Pears</i></p>	<p><i>11 Thursday</i></p> <ul style="list-style-type: none"> ♦ Remembering 9-11 ♦ "Brain Gym" Exercises ♦ Let's Play "Apple Picking" Detective  <p><i>Sloppy Joes-Baked Fries-Coleslaw</i></p>	<p><i>12 Friday</i></p> <ul style="list-style-type: none"> ♦ Health Topic: "Managing Diabetes" ♦ Cross Lateral Brain Exercise ♦ Chocolate Milkshake Day ♦ Football Friday <p>Health Fair</p> <p><i>Chicken Tenders-Caesar Salad-Garlic Bread-Fruit Cocktail</i></p>
<p><i>15 Monday</i></p> <ul style="list-style-type: none"> ♦ Fall Color Week Begins: Wear Burgandy ♦ Chair Yoga ♦ Manicures With Melody ♦ Arts & Crafts With Cathy Cowan ♦ "Mexican Loteria" With Paola <p><i>Pulled Pork Sandwich-Coleslaw-Baked Beans</i></p>	<p><i>16 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Fall Color Of The Week: Wear Red ♦ Tai Chi ♦ School Days Detective  <p><i>Shepherd's Pie-Garden Salad-Roll-Pears</i></p>	<p><i>17 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Fall Color Of The Week: Wear Orange ♦ Chair Balance Exercise ♦ Oktoberfest Bingo  <p>Health Fair</p> <p><i>Turkey Sub-Lettuce & Tomato-Baked Fries-Mandarin Oranges</i></p>	<p><i>18 Thursday</i></p> <ul style="list-style-type: none"> ♦ Fall Color Of The Week: Wear Yellow ♦ "Tone It Up" Thursday ♦ Participant Council Meeting  <p><i>Hamburger Steak w/Mushrooms & Onions-Potatoes-Roll-Applesauce</i></p>	<p><i>19 Friday</i></p> <ul style="list-style-type: none"> ♦ Fall Color Of The Week: Wear Brown ♦ Joyus Movement Exercise ♦ Football Friday  <p><i>Chicken Pot Pie-Mixed Vegetables-Biscuit-Peaches</i></p>
<p><i>22 Monday</i></p> <ul style="list-style-type: none"> ♦ Manicures With Melody ♦ World Alzheimer's Day ♦ Alzheimer's Walk ♦ National Hat Day: Ring Toss Game ♦ Parachute Exercise  <p><i>Baked Ham-White Beans-Cornbread-Mixed Fruit</i></p>	<p><i>23 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Tacky Tuesday ♦ Create A Tacky Picture ♦ Indoor Volleyball Exercise  <p>Health Fair</p> <p><i>Baked Fish-Macaroni & Cheese-Green Beans-Roll-Pineapple</i></p>	<p><i>24 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Western Wednesday ♦ Cowboy Dance Party ♦ Spa Day ♦ Pool Noodle Exercise ♦ Cowboy Collages  <p><i>Pot Roast-Potatoes-Carrots-Roll-Pears</i></p>	<p><i>25 Thursday</i></p> <ul style="list-style-type: none"> ♦ Throwback Thursday: "Name That Tune" ♦ Chair Zumba ♦ A Peaceful Little Pastry Party  <p><i>Spaghetti-Garden Salad-Garlic Bread-Fruit Cocktail</i></p>	<p><i>26 Friday</i></p> <ul style="list-style-type: none"> ♦ Staff Appreciation Day ♦ "Staff's Choice" Exercise ♦ LEC Staff Trivia ♦ Football Friday  <p><i>Chicken Tenders-Mashed Potatoes w/Gravy-Spinach-Roll-Mandarin Oranges</i></p>
<p><i>29 Monday</i></p> <ul style="list-style-type: none"> ♦ Manicures With Melody ♦ Chair Zumba ♦ Barber Shop Talk <p>Health Fair</p> <p><i>Vegetable Beef Soup-Garden Salad-Breadstick-Peaches</i></p>	<p><i>30 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Hot Potato Exercise ♦ LEC Monthly Birthday Party ♦ Fall Day Reminiscing  <p><i>Mexican Chicken-Black Beans-Tortillas-Pineapple</i></p>			

In Memory:

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

Barbara Dellinger

by

Judy Scism

Susan Coiner

by

Richard Coiner

Wheezy

by

Ramona Holloway

Tim Echols

by

Lynn Echols

Doris Pierce

by

Larry & Catherine Weidman

In Honor:

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

Emily Rountree

by

Candice Ruppert

Hunter Pressley

by

Russ & Jana Pressley



(Left) Participant Dot places jewels on a handprint stepping stone.

(Below) Hunter makes wax paper lanterns.



Good friends David (left) and Thomas enjoy coffee & conversation.



Participant April enjoys Hawaiian Day at LEC.

Thank You

Nancy Huskey- Learning Materials
Robyn Strong- Puzzles
Trevelen Winebarger- Crayons/Pencils
Matthew Anderson- Crayons/Pencils
John Still- Clock/Art Supplies
Mary Wade O'Kelley Smith- Greeting Cards/Magazines
Jay, Karen, & Katie Thomson- Misc. Items
Tracy Pullen- Misc. Items
Lisa Howell- Trash Bags
Lisa Humphries- Magazines
June Hatfield- Misc. Items
Senator Ted Alexander- Personal Care Items
Kim McDaniel- Magazines
Beaver Dam Baptist Church- Bingo Prizes

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

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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.

NATIONAL DOG MONTH!

Participants & staff were thrilled to have so many cute & cuddly visitors in August!

