

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

August 2025

Are You Mom's Only Friend?

*She can connect, grow,
& belong.*

*No matter the situation,
Life Enrichment provides a
community for your loved
one to thrive.*

**Call To Schedule
A FREE
Visit Today!**



Participant Laura enjoys painting with friends.

ADULT DAY PROGRAM

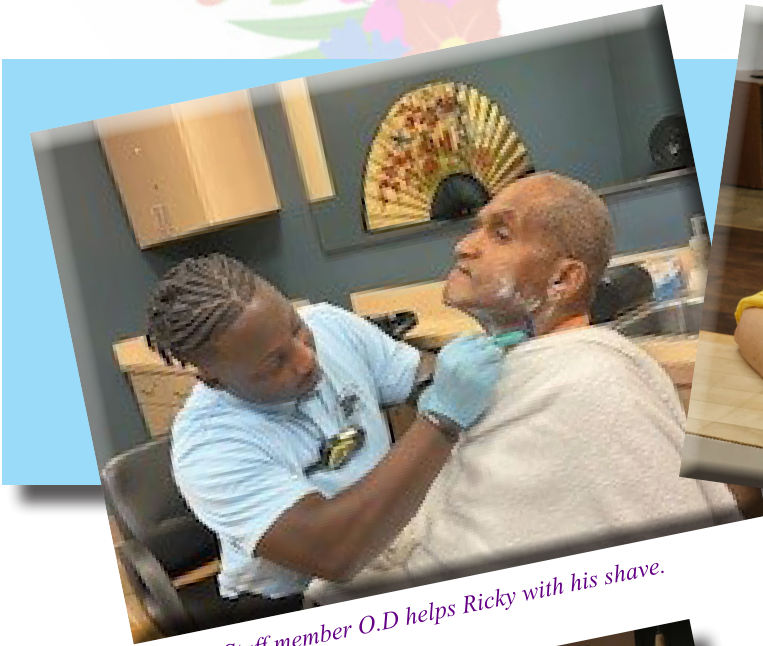
Shelby 704.484.0405 Kings Mountain 704.739.4858

*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.*

"Enter As You Are, Know You Are Loved."

Social connection, meaningful activities, and top-notch healthcare are key factors to maintain a good quality of life.

At LEC everyone has a purpose. Help your mom rediscover hers today!



Staff member O.D helps Ricky with his shave.



Participants Robin (left) & Hazel help each other with a word search.



Mozelle, Denise, & Ann enjoy a manicure.



Staff member Darlene & participant Mary enjoy Bingo.





LEC is recognized as a National Model in Adult Day Cares across the country.

Without the guidance of committed board members, dedicated staff, and countless volunteers who have shared their time and talents with us, we would not be here today.

Your support has helped keep families together at home, and in the community for as long as possible and for that, we thank you!

Happy Birthday Life Enrichment!



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

AUGUST

Shelby Activity Highlights



08/25- Wear Black for "Blackout" Day

08/26- Crazy Hair/Twin Day

08/27- Western Day, Dress Like A Cowboy

08/28- Throwback Thursday: Dress 80's/90's

08/29- Wear Your LEC Gear



1 Friday

- ♦ Golden Girls Trivia
- ♦ "The Twist" Exercise
- ♦ Bingo With
Kylah Schulenburg



Cheeseburger w/ Lettuce & Tomato-
Tater Tots- Peaches

4 Monday

- ♦ Making Homemade
Chocolate Chip Cookies
- ♦ Tai Chi Exercise
- ♦ History Of The
Chocolate Chip Cookie



Lasagna- Garden Salad- Bread Stick-
Pears

5 Tuesday

- ♦ Pamper Yourself Day
- ♦ Chair Zumba
- ♦ LEC Facials &
Pedicures



Baked Chicken Wings- Baked Fries-
Carrots & Celery- Garlic Bread- Pineapple

6 Wednesday

- ♦ Upper Body Exercise
- ♦ History Of A&W Root Beer
- ♦ Making Root Beer Floats



Health Fair

Sloppy Joes- Baked Beans- Mandarin Oranges

7 Thursday

- ♦ Making Wax Paper
Lanterns
- ♦ Lower Body Exercise
- ♦ Facts About The
Purple Heart



Baked Ham- Macaroni & Cheese-
Green Beans- Roll- Fruit Cocktail

8 Friday

- ♦ LEC Bowling Tournament
- ♦ Chair Yoga
- ♦ Bingo With
Shamiya Tate



Chicken Nachos- Black Beans-
Lettuce & Sour Cream- Applesauce

11 Monday

- ♦ Meditation Monday
- ♦ Deep Breathing Exercise
- ♦ National Hip Hop Day
- ♦ Hip Hop Samples
With DJ Wesley

Chicken Tenders- Caesar Salad-
Garlic Bread- Peaches

12 Tuesday

- ♦ All About The
African Elephant
- ♦ "Tone It Up" Tuesday
- ♦ Guitar Favorites With
Eddie Cook

Pulled Pork Sliders- Coleslaw-
Mandarin Oranges

13 Wednesday

- ♦ Calligraphy 101
- ♦ Beach Volleyball Exercise
- ♦ Devotion With
Blessed Coverings



Meatloaf- Potatoes- Lima Beans-
Roll- Pineapple

14 Thursday

- ♦ LEC Walking Club
- ♦ Indoor Scavenger Hunt
- ♦ Making Strawberry
Shortcake With Harmony

Health Fair

Chicken Sandwich w/ Lettuce & Tomato-
Tater Tots- Pears

15 Friday

- ♦ Vegas Day
- ♦ Pool Noodle Exercise
- ♦ Name That Tune:
"Elvis" Edition



Hamburger Steak- Onions & Mushrooms-
Potatoes- Roll- Mixed Fruit

18 Monday

- ♦ Participant Council Meeting
- ♦ Women's Rights Day
- ♦ A Visit With The
Cleveland County Mobile Library



Tuna Salad- Tomato Slices- Baked Fries-
Fruit Cocktail

19 Tuesday

- ♦ Music With David Robbins
- ♦ Hot Potato Exercise
- ♦ Health Topic: Benefits Of
A Balanced Diet
- ♦ National Aviation Day

Chicken Casserole- Garden Salad- Roll-
Peaches

20 Wednesday

- ♦ Participant History Trivia
- ♦ Chair Yoga
- ♦ National Lemonade Day



Chili Nachos- Lettuce & Sour Cream-
Pineapple

21 Thursday

- ♦ Spa Day
- ♦ "The Gambler" Exercise
- ♦ Happy Birthday
Kenny Rogers

Health Fair

Turkey- Potatoes- Green Beans-
Roll- Mandarin Oranges

22 Friday

- ♦ Fire Safety With
Dickie Bowman
- ♦ "Moving To Mowtown"
Exercise
- ♦ Performance By
Chloe Tate & Landon Hoyle

Fish Sandwich- Coleslaw- Tater Tots-
Pears

25 Monday

- ♦ LEC Spirit Week
- ♦ "Blackout Monday"
- ♦ Pump It Up Exercise

Health Fair

BBQ Chicken- Potato Salad- Roll-
Mixed Fruit

26 Tuesday

- ♦ Crazy Hair Day/ Twin Day
- ♦ "Tone It Up"
Tuesday
- ♦ Music With The
McCurry Band & Friends

Chef Salad- Garlic Bread- Applesauce

27 Wednesday

- ♦ Western Wednesday
- ♦ "Wild West" Exercise
- ♦ LEC "Hoedown"
Dance Party



Pot Roast- Potatoes- Peas- Roll-
Peaches

28 Thursday

- ♦ Throwback Thursday
Reminiscing
- ♦ Balloon Volley Exercise
- ♦ Virtual Tour Of Nappa Valley

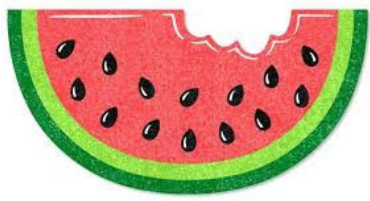


Spaghetti- Garden Salad- Bread Stick-
Pineapple

29 Friday

- ♦ Wear Your Favorite
LEC Gear
- ♦ Musical Chair Exercise
- ♦ History Of Nintendo
- ♦ Monthly Birthday Party

Egg Salad Sandwich- Dill Pickles-
Tater Tots- Mandarin Oranges



August

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

What's Happening

We are excited to have lots of furry friends
to visit LEC for National Dog Month!!



August 18-22
"Wizard Of Oz"
Week!



1 Friday

- ♦ Music With Hannah Coleman
- ♦ Step-N-Out Dance Productions
- ♦ Paper Plate Exercise
- ♦ Hot Tips On Keeping Cool This Summer

Cheesburger w/Lettuce & Tomato-
Tater Tots-Peaches

8 Friday

- ♦ Pet Therapy With "Grace" The Dog
- ♦ Lower Body Exercise
- ♦ Dog Days Of Summer Guessing Game



Chicken Nachos-Black Beans-
Lettuce & Sour Cream-Applesauce

4 Monday

- ♦ A Visit With Higher Learning Day Care
- ♦ Story Time With Teresa Ruppe
- ♦ Parachute Exercise
- ♦ Bingo With Austin Cameron

Lasagna-Garden Salad-Bread Stick-
Pears

5 Tuesday

- ♦ Sisterhood Stories With Holly Goforth
- ♦ Chair Zumba
- ♦ Pet Therapy With Bentley & Honcho

Health Fair

Baked Chicken Wings-Baked Fries-
Carrots & Celery-Garlic Bread-Pineapple

6 Wednesday

- ♦ Reminiscing: "Great Inventions"
- ♦ LEC Walking Club
- ♦ Bingo With Kay Kiser



Sloppy Joes-Baked Beans-Mandarin Oranges

7 Thursday

- ♦ LEC Book Club
- ♦ Upper Body Exercise
- ♦ Bracelet Making With Jai Beam



Baked Ham-Macaroni & Cheese-
Green Beans-Roll-Fruit Cocktail

11 Monday

- ♦ "Double Exposure" Picture Game
- ♦ "Hot Potato" Exercise
- ♦ "Elvis" Bingo

Spa Day

Chicken Tenders-Caesar Salad-
Garlic Bread-Peaches

12 Tuesday

- ♦ Wellness Month: "Finding Ways To Better Our Health"
- ♦ Paper Plate Exercise
- ♦ "Name That Tune" Elvis Edition

Pulled Pork Sliders-Coleslaw-
Mandarin Oranges

13 Wednesday

- ♦ Pet Therapy With Maple
- ♦ Tai Chi
- ♦ All About Elvis's Acting Career

Meatloaf-Potatoes-Lima Beans-
Roll-Pineapple

14 Thursday

- ♦ Participant Council Meeting
- ♦ "Simon Says" Exercise
- ♦ Virtual Tour Of Graceland

Health Fair

Chicken Sandwich w/Lettuce & Tomato-
Tater Tots-Pears

15 Friday

- ♦ Destination: Kansas Here We Come
- ♦ "All Shook Up" Exercise
- ♦ "Elvis" Dance Party
- ♦ Manicures With Adriana Ruff

Hamburger Steak-Onions & Mushrooms-
Potatoes-Roll-Mixed Fruit

18 Monday

- ♦ Making Of "The Wizard Of Oz"
- ♦ "Flying Parachute" Exercise
- ♦ "Wizard Of Oz" Word Games



Tuna Salad-Tomato Slices-Baked Fries-
Fruit Cocktail

19 Tuesday

- ♦ Lessons Of The Cowardly Lion
- ♦ Balloon Volley Exercise
- ♦ Art Expressions: "Land Of Oz"

Chicken Casserole-Garden Salad-Roll-
Peaches

20 Wednesday

- ♦ Let's Play "Wizard Of Oz" Tin Man
- ♦ "Off To See The Wizard" Exercise



Health Fair

Chili Nachos-Lettuce & Sour Cream-
Pineapple

21 Thursday

- ♦ All About Tornadoes
- ♦ "On Down The Road" Exercise
- ♦ "Wizard Of Oz" Bingo



Turkey-Potatoes-Green Beans-
Roll-Mandarin Oranges

22 Friday

- ♦ Emerald City Extravaganza
- ♦ "Wizard Of Oz" Games
- ♦ "Pass The Ruby Slipper" Exercise

Wear Green!

Fish Sandwich-Coleslaw-Tater Tots-
Pears

25 Monday

- ♦ "Guess That Song" 60's Edition
- ♦ Upper Body Exercise
- ♦ LEC Family Feud

Health Fair

BBQ Chicken-Potato Salad-Roll-
Mixed Fruit

26 Tuesday

- ♦ "Would You Rather" Game
- ♦ Pet Therapy With Luna & Liza
- ♦ Creative Writing Groups
- ♦ Lower Body Exercise

Chef Salad-Garlic Bread-Applesauce

27 Wednesday

- ♦ Guy Talk: Hunting & Fishing
- ♦ Ladies Spa Day
- ♦ Tai Chi



Pot Roast-Potatoes-Peas-Roll-
Peaches

28 Thursday

- ♦ "Name That Show" 60's Edition
- ♦ Chair Zumba
- ♦ LEC Book Club



Spaghetti-Garden Salad-Bread Stick-
Pineapple

29 Friday

- ♦ "National Mall" Slideshow
- ♦ LEC Walking Club
- ♦ Monthly Birthday Party



Egg Salad Sandwich-Dill Pickles-
Tater Tots-Mandarin Oranges

Bringing smiles one visit at a time!

Becoming a volunteer is a meaningful way to give back,
connect with others, and make
a positive impact in your community.
If you would like to become an LEC volunteer. Call today!



Pet Therapy at the Neisler Center.



Pickin' & Grinin' With The Drye Family



In Memory:

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

Doris Pierce
by

Kendalyn & Newton Craver & Family
Earl & Bea Lutz
Audeen Conklin
Anita & Michael Gallen

Friends:

The following has given a gift to
Life Enrichment Center:

**Welcome Wagon Club
Of Cleveland County**



(Left to Right) Good friends Melissa & Lisa during the Fourth Of July Celebration

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.

Board of Directors

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

Address Service Requested



This institution is an equal opportunity provider/employer.

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Greensboro, NC
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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.



Participant Chris plays drums during Music Therapy.

Thank You!

Khristina Atkins- Misc. Items
Macy Hames- Art Supplies
Connie Savell- Greeting Cards
Barbara Davis & Family- Fresh Watermelon
Luci Rossini- Sweet Treats, Magazines
Colleen Bolin- Puzzles
Perry Eury- Fresh Peaches
Reta Phifer- Greeting Cards
Mary Renner- Cookies
Earleen Camp- Garden Vegetables
Michael Gaston & Family- Clothing
Carissa Deal- Personal Care Items
Bryan & Carol Lee- Personal Care items
Dianne Littlejohn- Food Items
Martha Morrison- Puzzles
Becky Gardner- Yarn



Wish List:

*Bingo Prizes &
Art Supplies*

