

# Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

[www.LifeEnrichmentCenter.org](http://www.LifeEnrichmentCenter.org) April 2026

# Serving Veterans Since 1980

*Veteran Leonard enjoys a cup of coffee.*

*Did you know that  
Veterans may be eligible  
for services that cover  
the cost of Life Enrichment  
Center?*

**Call 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.*

# Services for Veterans include:

- Healthcare
- Continued Therapy Plans
- Baths/Showers
- Transportation To LEC
- Meaningful Programs
- No Isolation At Home
- Nutritious Meals
- Daily Exercise

*Veteran Thomas (left) with volunteer Joel Rountree*



*The guys team up for a music trivia match against the ladies*



*Veteran Don*



*Participants Charlene (left) and Effie enjoy helping each other with activities.*



*Robin enjoys lunch with friends.*

# Something For Everyone

*Engaging activities, personalized care, & meaningful connection  
-all in a safe & welcoming place!*

*Participant Shirley*



*Participants David (left) and Daniel have become good friends.*



# APRIL

## Shelby Activity Highlights



<p>1 Wednesday</p> <ul style="list-style-type: none"> <li>◆ All About April Fools Day</li> <li>◆ Parade Exercise</li> <li>◆ Virtual Tour Of The World's Largest Library</li> </ul> <p><b>Health Fair</b></p> <p><i>Broccoli &amp; Cheddar Soup-Turkey &amp; Cheese Sandwich w/ Lettuce &amp; Tomato-Applesauce</i></p>	<p>2 Thursday</p> <ul style="list-style-type: none"> <li>◆ Music With Chad Revels</li> <li>◆ Egg Hunt Exercise</li> <li>◆ An Easter Visit With Connexions</li> </ul>  <p><i>Chicken Enchiladas-Black Beans-Lettuce &amp; Sour Cream-Pears</i></p>	<p>3 Friday</p>  <p><b>CLOSED</b></p>		
<p>6 Monday</p> <ul style="list-style-type: none"> <li>◆ Crafts With Jalissa Hoyle</li> <li>◆ Deep Stretch Exercise</li> <li>◆ Happy Birthday Jackie Chan</li> </ul>  <p><i>Vegetable Beef Soup-Pineapple-Combread</i></p>	<p>7 Tuesday</p> <ul style="list-style-type: none"> <li>◆ Health Talk: All About National World Health Day</li> <li>◆ Tai Chi</li> <li>◆ LEC Bowling</li> </ul>  <p><i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i></p>	<p>8 Wednesday</p> <ul style="list-style-type: none"> <li>◆ Fun Facts About The Pink Flamingo</li> <li>◆ Walking Club Wednesday</li> <li>◆ Devotion With Blessed Coverings</li> </ul>  <p><i>Salisbury Steak &amp; Gravy-Mashed Potatoes-Collard Greens-Roll</i></p>	<p>9 Thursday</p> <ul style="list-style-type: none"> <li>◆ Hymnal Trivia</li> <li>◆ Balloon Volley Exercise</li> <li>◆ Making Spring Collages</li> <li>◆ Spa Day</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Noodle Casserole-Peas &amp; Carrots-Roll-Mandarin Oranges</i></p>	<p>10 Friday</p> <ul style="list-style-type: none"> <li>◆ Coffee Social With The Shelby Fire Department</li> <li>◆ Musical Chair Exercise</li> <li>◆ National Siblings Day</li> </ul>  <p><i>Bologna Sandwich w/ Lettuce &amp; Tomato-Tater Tots-Peaches</i></p>
<p>13 Monday</p> <ul style="list-style-type: none"> <li>◆ Singing With Kevin &amp; Kelly</li> <li>◆ Red Light, Green Light Exercise</li> <li>◆ Plant Appreciation Day</li> <li>◆ Music With Zach Ray</li> </ul>  <p><i>Chili Beans w/ Sour Cream &amp; Cheese-Coleslaw-Combread-Pears</i></p>	<p>14 Tuesday</p> <ul style="list-style-type: none"> <li>◆ Music With Tom Wood &amp; Friends</li> <li>◆ Tone It Up Tuesday</li> <li>◆ Famous Poets In History</li> </ul>  <p><i>Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mandarin Oranges</i></p>	<p>15 Wednesday</p> <ul style="list-style-type: none"> <li>◆ Junk Drawer Detective</li> <li>◆ Upper Body Exercise</li> <li>◆ Bible Study With Betty Callahan</li> </ul> <p><b>Health Fair</b></p> <p><i>Hamburger Casserole-Green Beans-Roll-Pineapple</i></p>	<p>16 Thursday</p> <ul style="list-style-type: none"> <li>◆ Stress Awareness Day</li> <li>◆ How To Recognize Signs Of Stress</li> <li>◆ Lower Body Exercise</li> </ul>  <p><i>Navy Beans w/ Ham-Turnip Greens-Cabbage-Combread</i></p>	<p>17 Friday</p> <ul style="list-style-type: none"> <li>◆ Creative Writing: Haiku</li> <li>◆ Hot Potato Exercise</li> <li>◆ Let's Plan A Garden</li> </ul>  <p><i>Fish Sandwich-Sweet Potato Fries-Mixed Fruit</i></p>
<p>20 Monday</p> <ul style="list-style-type: none"> <li>◆ Participant Council Meeting</li> <li>◆ Chair Zumba</li> <li>◆ Visit With The Cleveland County Mobile Library</li> </ul>  <p><i>Popcorn Chicken-Macaroni &amp; Cheese-Green Beans-Roll</i></p>	<p>21 Tuesday</p> <ul style="list-style-type: none"> <li>◆ Fellowship With Midview Baptist Church</li> <li>◆ Parachute Exercise</li> <li>◆ Grade School Reminiscing</li> </ul>  <p><i>Beef Ravioli Casserole-Zucchini &amp; Squash-Roll-Pineapple</i></p>	<p>22 Wednesday</p> <ul style="list-style-type: none"> <li>◆ Word Search Wednesday</li> <li>◆ Chair Yoga</li> <li>◆ Celebrating Earth Day</li> <li>◆ Happy Administrators Day</li> <li>◆ Spa Day</li> </ul> <p><i>Pintos-Coleslaw-Combread-Mandarin Oranges</i></p>	<p>23 Thursday</p> <ul style="list-style-type: none"> <li>◆ Let's Plan A Picnic</li> <li>◆ Pool Noodle Exercise</li> <li>◆ How To Make Zucchini Bread</li> </ul>  <p><i>Chili Dog-Sweet Potato Fries-Coleslaw</i></p>	<p>24 Friday</p> <ul style="list-style-type: none"> <li>◆ History Of Arbor Day</li> <li>◆ Paper Plate Exercise</li> <li>◆ All About The Arbor Day Foundation</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Tenders-Peas-Mashed Potatoes-Roll</i></p>
<p>27 Monday</p> <ul style="list-style-type: none"> <li>◆ All About Babe Ruth</li> <li>◆ Tai Chi</li> <li>◆ Let's Make A Deal</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Sandwich w/ Lettuce, Tomato, &amp; Pickles-Tater Tots-Mandarin Oranges</i></p>	<p>28 Tuesday</p> <ul style="list-style-type: none"> <li>◆ Poetry Readings</li> <li>◆ Moving To Motown Exercise</li> <li>◆ Music With The McCurry Band &amp; Friends</li> </ul>  <p><i>Meaty Rotini Pasta-Broccoli-Peaches-Garlic Bread</i></p>	<p>29 Wednesday</p> <ul style="list-style-type: none"> <li>◆ LEC Price Is Right</li> <li>◆ Balloon Volley Exercise</li> <li>◆ Participant History Trivia</li> <li>◆ Gospel Magic With Thurston Hamrick</li> </ul> <p><i>Broccoli &amp; Cheddar Soup-Turkey &amp; Cheese Sandwich w/ Lettuce &amp; Tomato-Applesauce</i></p>	<p>30 Thursday</p> <ul style="list-style-type: none"> <li>◆ Magazine Scavenger Hunt</li> <li>◆ Spring Bingo Bonanza</li> <li>◆ LEC Walking Club</li> </ul>  <p><i>Chicken Enchiladas-Black Beans-Lettuce &amp; Sour Cream-Pears</i></p>	

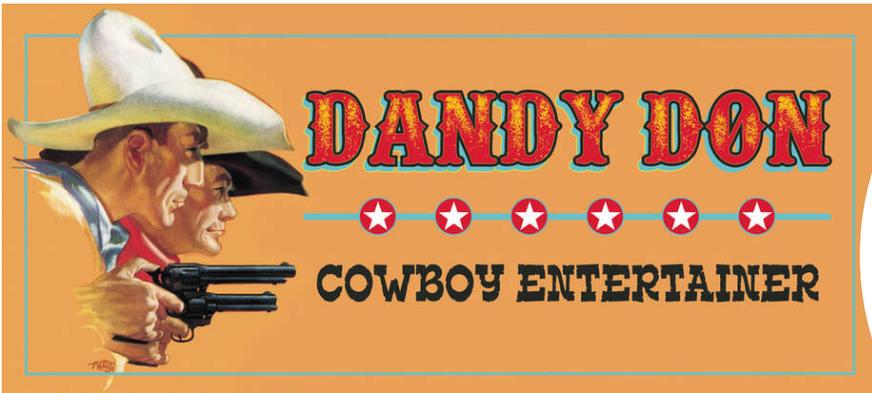
# April

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

Thank you to our Health Sponsors for providing this month's lunch menu!



<p>1 Wednesday</p> <ul style="list-style-type: none"> <li>◆Spa Day</li> <li>◆HITT It Exercise</li> <li>◆Coloring Project: "Floral Facades"</li> </ul>  <p><i>Broccoli &amp; Cheddar Soup-Turkey &amp; Cheese Sandwich w/ Lettuce &amp; Tomato-Applesauce</i></p>	<p>2 Thursday</p> <ul style="list-style-type: none"> <li>◆World Autism Awareness Day</li> <li>◆Dying Eggs For Easter</li> <li>◆Balloon Volley Exercise</li> <li>◆Pet Therapy With Rocko</li> </ul> <p>LEC Easter Celebration</p> <p><i>Chicken Enchiladas-Black Beans-Lettuce &amp; Sour Cream-Pears</i></p>	<p>3 Friday</p>  <p><b>CLOSED</b></p>		
<p>6 Monday</p> <ul style="list-style-type: none"> <li>◆Poetry Writing: Finish The Line</li> <li>◆Chair Zumba</li> <li>◆Arts &amp; Crafts: "Blooming Boot" Decor</li> </ul>  <p><i>Vegetable Beef Soup-Pineapple-Combread</i></p>	<p>7 Tuesday</p> <ul style="list-style-type: none"> <li>◆Key Chain Creations With Natalie Green</li> <li>◆Chair Yoga</li> <li>◆Analogy Word Games</li> </ul>  <p><i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i></p>	<p>8 Wednesday</p> <ul style="list-style-type: none"> <li>◆Day Of Pink: <b>Wear Your Pink!</b></li> <li>◆Sittercise</li> <li>◆Arts &amp; Crafts: Making Spring "Stick" Baskets</li> </ul>  <p><i>Salisbury Steak &amp; Gravy-Mashed Potatoes-Collard Greens-Roll</i></p>	<p>9 Thursday</p> <ul style="list-style-type: none"> <li>◆Marbles And Munchkins Social</li> <li>◆Pool Noodle Exercise</li> <li>◆Wacky Wordies</li> </ul>  <p><i>Chicken Noodle Casserole-Peas &amp; Carrots-Roll-Mandarin Oranges</i></p>	<p>10 Friday</p> <ul style="list-style-type: none"> <li>◆National Pet Day, Let's Talk About Our Pets</li> <li>◆Indoor Volleyball</li> <li>◆"Pair Up" Card Game</li> </ul> <p><b>Health Fair</b></p> <p><i>Bologna Sandwich w/ Lettuce &amp; Tomato-Tater Tots-Peaches</i></p>
<p>13 Monday</p> <ul style="list-style-type: none"> <li>◆Environmentalism Day</li> <li>◆Making Bird Feeders</li> <li>◆Parachute Exercise</li> <li>◆Devotion With Reverend Keith Grindle</li> </ul> <p><i>Chili Beans w/Sour Cream &amp; Cheese-Coleslaw-Combread-Pears</i></p>	<p>14 Tuesday</p> <ul style="list-style-type: none"> <li>◆"Good Morning" Meet &amp; Greet</li> <li>◆Poetry In Music</li> <li>◆Scarf Exercise</li> <li>◆Health Talk: All About Allergies</li> </ul> <p><i>Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mandarin Oranges</i></p>	<p>15 Wednesday</p> <ul style="list-style-type: none"> <li>◆Junk Drawer Detective: Baby Animal Edition</li> <li>◆Relay Race Exercise</li> <li>◆Virtual Tour Of The Titanic</li> </ul> <p><i>Hamburger Casserole-Green Beans-Roll-Pineapple</i></p>	<p>16 Thursday</p> <ul style="list-style-type: none"> <li>◆Gospel Sing-a-Long</li> <li>◆Bean Bag Toss Exercise</li> <li>◆Making "April Shower" Centerpieces</li> </ul> <p><b>Health Fair</b></p> <p><i>Navy Beans w/ Ham-Turnip Greens-Cabbage-Combread</i></p>	<p>17 Friday</p> <ul style="list-style-type: none"> <li>◆Participant Council Meeting</li> <li>◆LEC Walking Club</li> <li>◆"Four By Four" Word Game</li> </ul> <p><i>Fish Sandwich-Sweet Potato Fries-Mixed Fruit</i></p>
<p>20 Monday</p> <ul style="list-style-type: none"> <li>◆Devotion With Reverend Keith Grindle</li> <li>◆Balloon Volley Exercise</li> <li>◆Bingo With Sara Dixon</li> </ul>  <p><i>Popcorn Chicken-Macaroni &amp; Cheese-Green Beans-Roll</i></p>	<p>21 Tuesday</p> <ul style="list-style-type: none"> <li>◆Seed Starting 101</li> <li>◆LEC Walking Club</li> <li>◆Comedy With Stacey Leaderfind</li> </ul>  <p><i>Beef Ravioli Casserole-Zucchini &amp; Squash-Roll-Pineapple</i></p>	<p>22 Wednesday</p> <ul style="list-style-type: none"> <li>◆Making Cards For</li> <li>◆National Administrators Day</li> <li>◆Chair Yoga</li> <li>◆Earth Day, Let's Plant A Seed</li> </ul> <p><b>Health Fair</b></p> <p><i>Pintos-Coleslaw-Combread-Mandarin Oranges</i></p>	<p>23 Thursday</p> <ul style="list-style-type: none"> <li>◆Spanish Language Day: Spanish Speaking Basics</li> <li>◆Pool Noodle Exercise</li> <li>◆How To Make Almond Flour Vanilla Cookies</li> </ul> <p><i>Chili Dog-Sweet Potato Fries-Coleslaw</i></p>	<p>24 Friday</p> <ul style="list-style-type: none"> <li>◆Fun With Hand Paint</li> <li>◆Seated Exercise: Climb A Mountain</li> <li>◆"Call It A Day" Fill In The Blanks</li> </ul> <p><i>Chicken Tenders-Peas-Mashed Potatoes-Roll</i></p>
<p>27 Monday</p> <ul style="list-style-type: none"> <li>◆Culture Of The Month: Arab American Heritage</li> <li>◆"Follow The Path" Exercise</li> <li>◆Devotion With Reverend Keith Grindle</li> </ul> <p><i>Chicken Sandwich w/Lettuce, Tomato, &amp; Pickles-Tater Tots-Mandarin Oranges</i></p>	<p>28 Tuesday</p> <ul style="list-style-type: none"> <li>◆Coffee And Conversion Social</li> <li>◆Seated Tap Dancing Exercise</li> <li>◆Super Hero Mask Designs</li> </ul>  <p><i>Meaty Rotini Pasta-Broccoli-Peaches-Garlic Bread</i></p>	<p>29 Wednesday</p> <ul style="list-style-type: none"> <li>◆Travel Brief: Checking Out Chile</li> <li>◆Chair Zumba</li> <li>◆Cooking Program: Dessert Empanadas</li> </ul> <p><i>Broccoli &amp; Cheddar Soup-Turkey &amp; Cheese Sandwich w/ Lettuce &amp; Tomato-Applesauce</i></p>	<p>30 Thursday</p> <ul style="list-style-type: none"> <li>◆Hot Tea Social</li> <li>◆Beach Ball Exercise</li> <li>◆LEC Monthly Birthday Party</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Enchiladas-Black Beans-Lettuce &amp; Sour Cream-Pears</i></p>	



*Participants traveled to the Old Wild West through music with Dandy Don!*

*Classics of Roy Rogers, Gene Autry, and many more.*



*Arts & Crafts are a favorite among the ladies.*

Stevie & Matt make St. Patrick's Day cookies with Staff member, Laurel.



*Participant Barbara paints flower vases for the dining room & Spencer is using recycled wine bottles to make centerpieces for the LEC 2026 Prom.*

*Everyone works together to make every event special!*



**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

Jonathan Rhodes, President  
Myra McGinnis, Vice-President  
Alexis Fowler, Secretary  
Donna Beringer, Treasurer  
Becki Anthony  
Tonya Arrington  
Marie Brinkley  
Holly Godfrey  
Mary Ann Hendricks  
Shannon Hovis  
Dr. Carolyn Jackson  
Susan Lankford  
Jim Larson  
Sandy Logan  
Alan Propst  
Russ Putnam  
Paula Ramsey  
May Reed  
Pastor Chadrick Roseboro, Sr.  
Pam Sharts  
Leslie Spangler  
Tyler Withers  
Stephanie Wieck

## Advisory Board

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Wade Carpenter  
David Cline  
Chris Gash  
Gary Gold  
Connie Greene  
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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.

## Friends:

The following have given a gift to  
Life Enrichment Center

**Tyler Withers**  
**Hospice Cleveland County Foundation**  
**Jim & Sandy Logan**  
**Will & Tina Rucker**  
**Barbara Blackburn**  
**Heather Huberty**  
**Vega Weston**

## In Memory:

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

**Caroline Godfrey**

By

Dianne & Michael Eldreth  
Myra McGinnis

## In Honor:

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

**Suzi Kennedy**

By

Beth & Steve Gerhart

## Thank You!

Chris & Kenton Schleimer - Snacks  
Mary-Wade O'Kelley Smith - Magazines/Cards  
Mary Reed - Puzzles  
Katrena Winebarger - Bingo Prizes  
Zachary & Kelly Lyda - Books  
Kay Hartman - Mens Pajamas  
Lynn Robertson - Sweet Treat  
Connie Willis - Misc. Items  
Holly Bowman - Misc. Items  
Cynthia Dellinger - Craft Supplies  
Connexions Students - Door Mat/Cards  
Joyce Beam - Cards  
Lynda Webber - Mugs, Silverware, & Jewelry



*Participant Vangie sings during afternoon  
Karaoke*