



**Life Enrichment Center**

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

May 2025

# Balancing Life As A Caregiver?

*Life Enrichment is  
here for you!*

*Take time for  
yourself while your  
loved one enjoys  
meaningful activities  
& socialization.*



*Participant Jerryline enjoys attending LEC.*

## Adult Day Program

***Schedule  
a FREE visit  
today!***

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.*

# Feeling the burn?...

Being a caregiver can be extremely rewarding, but can also be overwhelming. Caring for a person with Alzheimer's or a related dementia takes time and effort.

It's important to find time to take care of yourself to avoid caregiver burnout.

Here are  
some tips that  
may  
offer some  
relief:

## *Prioritize Self-Care*

(Make time for yourself: Even small moments of self-care, like a short walk or reading, can make a difference.)

## *Celebrate Small Victories*

(Acknowledge and appreciate your efforts and accomplishments as a caregiver.)

## *Forgive Yourself*

(It's okay to make mistakes or not be able to do everything perfectly.)

# Consider Adult Day Care!

With the support of Life Enrichment Center, you will have time to re-energize & maintain YOUR health knowing your loved one is being cared for in a safe & loving environment.

# Bingo With Friends!



*It was a pleasure to have the ladies of Navion join us for afternoon Bingo!*



*Daniel wins a prize.*

*Thank you to our friends at Navion of Shelby & Altruistic Home Care for hosting Bingo Bonanza at LEC!*



*Altruistic Home Care Director Roshawn Brown calls the winning number.*



*Participants Doris & Anita hoping for a win.*



# MAY



## Shelby Activity Highlights

# DON'T FORGET!

**May 2: Wear Your Favorite Sunglasses!**

**May 20: Blue Jean Day!**

<div>DON'T FORGET!</div> <div>May 2: Wear Your Favorite Sunglasses!</div> <div>May 20: Blue Jean Day!</div>			<div>1 Thursday</div> <div><div>♦Mother Goose Day</div><div>♦"Moving To Motown" Exercise</div><div>♦Maple Springs Missionary Visits</div></div> <div></div> <div>Chef Salad-Garlic Toast-Mandarin Oranges</div>	<div>2 Friday</div> <div><div>♦Wear Your Favorite Sunglasses for National Sunglasses Day</div><div>♦Parachute Exercise</div><div>♦"Name That Tune" Hits From The 60's</div></div> <div></div> <div>Pulled Pork Sliders-Coleslaw-Baked Fries-Pineapple</div>
<div>5 Monday</div> <div><div>♦Sing-a-Long With Zach Ray</div><div>♦Balloon Volley Exercise</div><div>♦How To Make Apple Enchilladas</div></div> <div></div> <div>Baked Ham-Black Eyed Peas-Macaroni &amp; Cheese-Roll-Mixed Fruit</div>	<div>6 Tuesday</div> <div><div>♦National Nurses Week</div><div>♦"Tone It Up" Tuesday</div><div>♦Happy Birthday George Clooney</div></div> <div></div> <div>Sloppy Joes-Baked Beans-Peaches</div>	<div>7 Wednesday</div> <div><div>♦Dry Erase Board Word Games</div><div>♦Upper Body Exercise</div><div>♦History Of The Kodak Camera</div></div> <div>Health Fair</div> <div>Smoked Sausage-Sauerkraut-Potatoes-Roll-Pears</div>	<div>8 Thursday</div> <div><div>♦"Inventors Hall Of Fame" Virtual Tour</div><div>♦Lower Body Exercise</div><div>♦History Of Coca-Cola</div></div> <div></div> <div>Chicken Tenders-Caesar Salad-Bread Stick-Applesauce</div>	<div>9 Friday</div> <div><div>♦Making Mother's Day Cards</div><div>♦LEC Walking Club</div><div>♦Sing-a-Long With Julie Marshall</div></div> <div></div> <div>Tuna Salad Sandwich-Tomato Slices-Baked Fries-Mandarin Oranges</div>
<div>12 Monday</div> <div><div>♦Health Topic: Managing Your Blood Pressure</div><div>♦Tai Chi</div><div>♦Creative Writing: "National Limerick Day"</div></div> <div></div> <div>Chili Nachos-Lettuce &amp; Sour Cream-Fruit Cocktail</div>	<div>13 Tuesday</div> <div><div>♦Music With Tom Wood &amp; Friends</div><div>♦Deep Breathing Exercise</div><div>♦Classical Favorites With Eddie Cook</div></div> <div>Health Fair</div> <div>Chicken Parmesan-Garden Salad-Bread Stick-Peaches</div>	<div>14 Wednesday</div> <div><div>♦Devotions With Blessed Coverings</div><div>♦"Chicken Dance" Exercise</div><div>♦Biscuit Making Contest</div></div> <div></div> <div>Pot Roast-Potatoes-Peas-Roll-Pineapple</div>	<div>15 Thursday</div> <div><div>♦How To Make The Best Chocolate Chip Cookies</div><div>♦Parachute Exercise</div><div>♦Fun Facts About Flowers</div></div> <div></div> <div>Egg Salad Sandwich-Dill Pickles-Tater Tots-Pears</div>	<div>16 Friday</div> <div><div>♦Cooking On The Blackstone With Adrian Taylor</div><div>♦Chair Yoga</div><div>♦"Do Something Nice For Your Neighbor Day" With Fred Rogers</div></div> <div></div> <div>Meatloaf-Macaroni &amp; Cheese-Green Beans-Mixed Fruit</div>
<div>19 Monday</div> <div><div>♦Participant Council Meeting</div><div>♦Upper Body Exercise</div><div>♦Monthly Birthday Party Hosted By The Belwood ECA Club</div></div> <div></div> <div>Lasagna-Garden Salad-Garlic Toast-Mandarin Oranges</div>	<div>20 Tuesday</div> <div><div>♦National Blue Jean Day</div><div>♦Blue Jean Fashion Show</div><div>♦"Stretch Out Those Jeans" Exercise</div><div>♦History Of Levi Strauss</div></div> <div></div> <div>Fish Sandwich w/Tarter Sauce-Baked Fries-Peaches</div>	<div>21 Wednesday</div> <div><div>♦LEC Price Is Right</div><div>♦"Simon Says" Exercise</div><div>♦Making Healthy Yogurt Strawberry Parfaits</div></div> <div></div> <div>Mexican Chicken Casserole w/Tortillas-Lettuce &amp; Sour Cream-Pineapple</div>	<div>22 Thursday</div> <div><div>♦"Name That Musical Instrument"</div><div>♦Tai Chi</div><div>♦Making Soap With Kimberly Ivy</div></div> <div>Health Fair</div> <div>Grilled Cheese Sandwich-Tomato Soup-Fruit Cocktail</div>	<div>23 Friday</div> <div><div>♦Crossword Mania</div><div>♦"TikTok" Exercise</div><div>♦Making Cookies With Roman Bull</div></div> <div></div> <div>Turkey Sub-Potato Salad-Pears</div>
<div>26 Monday</div> <div><div></div><div>CLOSED</div></div>	<div>27 Tuesday</div> <div><div>♦Virtual Tour Of Napa Valley</div><div>♦Lower Body Exercise</div><div>♦Music With The McCurry Band &amp; Friends</div></div> <div>Health Fair</div> <div>Cheeseburger w/Lettuce &amp; Tomato-Baked Beans-Applesauce</div>	<div>28 Wednesday</div> <div><div>♦What's Your Favorite Burger Toppings?</div><div>♦"Follow The Leader" Exercise</div><div>♦Famous Burger Joints Around The World</div></div> <div></div> <div>Baked Chicken-Vegetable Pasta Salad-Garlic Bread-Mixed Fruit-</div>	<div>29 Thursday</div> <div><div>♦Outdoor Scavenger Hunt</div><div>♦"Hot Potato" Exercise</div><div>♦Making Summer Collages</div></div> <div></div> <div>Spaghetti-Caesar Salad-Bread Stick-Mandarin Oranges</div>	<div>30 Friday</div> <div><div>♦Planning Your Dream Vacation</div><div>♦Dance Party Exercise</div><div>♦Word Puzzle Fun</div></div> <div></div> <div>Chicken Salad Croissant w/Lettuce &amp; Tomato-Baked Fries-Peaches</div>



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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



### DATES TO REMEMBER!

May 2: Wear Your Favorite Sunglasses!

May 20: Blue Jean Day!

May 23: LEC Prom 2025!



#### 5 Monday

- ♦ Cinco de Mayo Celebration
- ♦ Music With Senior Moments
- ♦ Making Apple Enchilladas
- ♦ LEC Walking Club

#### Health Fair

Baked Ham-Black Eyed Peas-  
Macaroni & Cheese-Roll-Mixed Fruit

#### 6 Tuesday

- ♦ Preparing For LEC Derby Day
- ♦ Musical Bells
- ♦ Arts & Crafts: "Painting Landscapes"
- ♦ Balloon Volley Exercise



Sloppy Joes-Baked Beans-Peaches

#### 7 Wednesday

- ♦ Bradley Packard & Tyler Talbett Share Their Derby Race Experience
- ♦ Deep Stretch Exercise
- ♦ Health Topic: Why Hydration Is Important

Smoked Sausage-Sauerkraut-Potatoes-  
Roll-Pears

#### 8 Thursday

- ♦ How To Make Roasted Red Pepper Hummus
- ♦ "Red Light, Green Light" Exercise
- ♦ Exploring The Artist Within



Chicken Tenders-Caesar Salad-Bread Stick-  
Applesauce

#### 9 Friday

#### LEC Kentucky Derby

- ♦ "Off To The Races" Exercise
- ♦ Virtual Tour Of Churchill Downs

Tuna Salad Sandwich-Tomato Slices-  
Baked Fries-Mandarin Oranges

#### 12 Monday

- ♦ Honoring Our Mothers
- ♦ Mother's Day Tea Party
- ♦ Tai Chi
- ♦ Celebrating LEC Nurses



Chili Nachos-Lettuce & Sour Cream-  
Fruit Cocktail

#### 13 Tuesday

- ♦ Participant Council Meeting
- ♦ "The Great Lakes" Workout
- ♦ Exploring The Great Lakes

#### Health Fair

Chicken Parmesan-Garden Salad-  
Bread Stick-Peaches

#### 14 Wednesday

- ♦ Pondering Moments: "May Edition"
- ♦ Chair Zumba
- ♦ Ladies Devotion With Debbie Mauney



Pot Roast-Potatoes-Peas-  
Roll-Pineapple

#### 15 Thursday

- ♦ Making Fresh Orange Juice
- ♦ 10 Unexpected Ways To Use Orange Juice
- ♦ Balloon Volley Exercise



Egg Salad Sandwich-Dill Pickles-  
Tater Tots-Pears

#### 16 Friday

- ♦ National Armed Forces Day: Honoring Those Who Served
- ♦ How To Make Vanilla Pudding Cookies
- ♦ Spa Day With Gentle Yoga

Meatloaf-Macaroni & Cheese-Green Beans-  
Mixed Fruit

#### 19 Monday

- ♦ Making Cookies For Local Firefighters
- ♦ "Motown Moving" Exercise
- ♦ Relay Race Exercise
- ♦ A Day In The Life Of A Firefighter

Chili-Cornbread-Coleslaw-Mixed Fruit

#### 20 Tuesday

- ♦ Blue Jeans Are Born!
- ♦ Wear Your Favorite Jeans
- ♦ "Denim Parade" Exercise
- ♦ History Of Levi Strauss



Fish Sandwich w/ Tartar Sauce-Baked Fries-  
Peaches

#### 21 Wednesday

- ♦ Making Sugar-Free Chocolate Parfaits
- ♦ Arts & Crafts: Clay Key Holder
- ♦ Scarf Exercise

#### Health Fair

Mexican Chicken Casserole w/ Tortillas-  
Lettuce & Sour Cream-Pineapple

#### 22 Thursday

- ♦ Painting Watercolor Wild Flowers
- ♦ Virtual Tour Of Colorado's Wild Flowers
- ♦ "Hot Potato" Exercise
- ♦ LEC Monthly Birthday Party

Grilled Cheese Sandwich-Tomato Soup-  
Fruit Cocktail

#### 23 Friday

LEC Prom 2025  
"A Night In Vegas"



- ♦ Dance Party Exercise
- Turkey Sub-Potato Salad-Pears

#### 26 Monday



CLOSED

#### 27 Tuesday

- ♦ Creative Drawing: "The Full Moon"
- ♦ Fun Facts About The Full Moon
- ♦ "Bad Moon Rising" Exercise

Cheeseburger w/ Lettuce & Tomato-  
Baked Beans-Applesauce

#### 28 Wednesday

- ♦ Name That Smell
- ♦ Paper Plate Exercise
- ♦ Fun With Musical Instruments



Baked Chicken-Vegetable Pasta Salad-  
Garlic Bread-Mixed Fruit-

#### 29 Thursday

- ♦ "Picture This" Word Game
- ♦ Blind Fold Taste Test
- ♦ Share Your Favorite Recipe
- ♦ Spa Day With Deep Breathing Exercise

#### Health Fair

Spaghetti-Caesar Salad-Bread Stick-  
Mandarin Oranges

#### 30 Friday

- ♦ "All Aboard!" All About Trains
- ♦ Painting With Music
- ♦ Upper Body Exercise



Chicken Salad Croissant w/ Lettuce & Tomato-  
Baked Fries-Peaches

# Exercising The Mind & Body!



*Staff members of the Cleveland County Library share their love of reading with participants.*

*The Mobile Library is a wonderful & convenient way to access books for those unable to visit to Library!*



*Daily exercise can improve movement, upper & lower body strength, and the ability to participate in activities you enjoy.*

*Above, Shelby participants exercise together in the LEC therapy room.*



**Lisa**

**Hazel**

*Team work makes the dream work!*



**Kerry**

*At LEC, everyone  
has a purpose.  
Helping with laundry,  
preparing snacks, &  
planning activities are ways  
participants stay  
active & engaged.*

## *In Memory:*

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

**Howard S. Wright**

*by*

Beth Gilstrap

**Dot Hendrick**

*by*

Isothermal Community College

Donna Tesner

Emily Littlejohn

**Denise B. Danso**

*by*

Paul & Holly Godfrey

**Faye Spangler**

*by*

Barbara Blackburn

## *Friends:*

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

**Patricia Greene**

## **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

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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.



# Thank You!



*Participant Stevie loves to cut pictures  
from donated magazines.*

*Altruistic Home Care- Bingo Prizes  
Navion of Shelby- Bingo Prizes  
Glenda Weber- Personal Care Items  
Lewis Young- Sweet Treats  
Linda Mazzie- House Plant  
Keith & Linda Brackett- Bath Towels  
Kaye Hartman- Grocery Bags  
Beaver Dam Baptist Church-  
Art Supplies/Misc.  
Glenda Greene/NC Farm Bureau-  
Seed Packets  
Billy Queen- Magazines  
Sarah Renner- Handmade Dishcloths  
St. Paul FBH Church- Toaster  
Trevelen Winebarger- Bingo Prizes  
Tracey Pullen- Bingo Prizes  
Teresa Ruppe- Books  
Crystal Love- "Flounder Friday" Meal  
Mary-Wade O'Kelley Smith-  
Greeting Cards/Magazines*