

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

September 2026

As A Caregiver, Are You Tired, Stressed, & Running on Empty?



If the answer is yes,
Adult Day Services may
be just what your family
needs.

Call Today!

Give your loved one a
day of connection &
give yourself the break
you deserve!



*"It gives me something to look
forward to, I enjoy seeing my friends."
-Participant Betty*

*For 46 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.*

Life Enrichment Center provides a welcoming, supportive daytime environment where adults living with dementia can spend time with others, participate in meaningful programs, and receive attentive care.



Above, Larry enjoys pet therapy, Ginger makes friends with Shelby Mission Camp volunteers, & Below, Veteran Harold tries out his hand-made pinwheel.



Benefits for Your Loved One:

- Social connection and conversation
- A daily routine
- New Friendships
- Nutritious meals
- Daily exercise and movement
- Finding Purpose



Benefits for Caregivers:

- Respite and relief
 - Less daily stress
 - Peace of mind
- More time for themselves
- Reduced caregiver burnout
 - A healthier balance



(Right) Participants enjoy beautiful harp music played by volunteer Leah Lattimore. She shared her story of playing with the Symphony and even gave a few quick lessons!



Laura (left) & Esperanza have become good friends. They enjoy working together to prepare lunch.

Knowing your loved one is being cared for while YOU get something just as important—time to work, rest, recharge, and take care of yourself is the best benefit of all!

September

Shelby Activity Highlights



1 Tuesday

- ◆Name That Country Tune
- ◆Tone It Up Tuesday
- ◆Who Is Emma M. Nutt?



Meaty Rotini- Broccoli- Mixed Fruit-
Garlic Bread

2 Wednesday

- ◆Let's Play I Spy
- ◆Chair Yoga
- ◆Virtual Tour To The
Rocking Roll Hall Of Fame

Health Fair

Chicken Pot Pie- Peas & Carrots-
Mixed Fruit- Roll

3 Thursday

- ◆Wear Your Favorite
Style From The 70's
- ◆"Flower Power" Exercise
- ◆Chris Crumb Performs



Baked Fish- Hushpuppies- Coleslaw-
Pineapple

4 Friday

- ◆LEC's Price Is Right
- ◆Musical Chair Exercise
- ◆Football Friday:
Wear Your Favorite
Football Attire



Hamburger w/ Lettuce & Tomato-
Tater Tots- Peaches



7 Monday

8 Tuesday

- ◆Manicures With
Debbie DeLoera
- ◆Chair Pilates
- ◆History Of Labor Day



Chili Dog- Tater Tots- Coleslaw- Pears

9 Wednesday

- ◆Spanish 101 With
Laura Estremera
- ◆Walking Club Wednesday
- ◆Devotion With
Blessed Coverings

Cheesy Chicken Spaghetti- Vegetable Medley-
Mixed Fruit- Roll

10 Thursday

- ◆Cornhole Tournament
- ◆Upper Body Exercise
- ◆70's Trivia

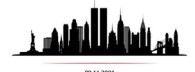


Health Fair

Sloppy Joe- Potato Wedges- Peaches

11 Friday

- ◆Hispanic Heritage Word Search
- ◆Lower Body Exercise
- ◆Crafts With Chyna Hopper
- ◆9/11 Day Of Remembrance



Pintos- Turnip Greens- Cornbread-
Mandarin Oranges

14 Monday

- ◆Men's Devotional With
Ray Beck
- ◆Meditation Monday
- ◆Lessons In Line Dance

Health Fair

Popcorn Chicken- Macaroni & Cheese-
Green Beans- Pineapple

15 Tuesday

- ◆Music With Tom Wood
& Friends
- ◆Scarf Exercise
- ◆Fellowship With
Midview Baptist Church

Salisbury Steak w/ Gravy- Mashed Potatoes-
Collard Greens- Roll

16 Wednesday

- ◆Making Guacamole With
Cheryl Montgomery
- ◆Moving To Motown Exercise
- ◆Baseball Social
- ◆All About Cesar Chavez

Grilled Bologna Sandwich w/ Lettuce & Tomato-
Tater Tots- Mixed Fruit

17 Thursday

Spa Day



- ◆Gentle Stretch Exercise

Baked Chicken w/ Gravy- Orzo- Broccoli- Pears

18 Friday

- ◆Making Tortilla Apple
Dumplings
- ◆Pool Noodle Exercise
- ◆Summertime Crafts With
Tonya Robinson

Lasagna- Garden Salad-
Mandarin Oranges- Garlic Bread

21 Monday

- ◆Participant Council Meeting
- ◆Tai Chi Exercise
- ◆Health Talk: How To Maintain
A Healthy Blood Sugar



Tuna Noodle Casserole- Lima Beans-
Pineapple- Roll

22 Tuesday

- ◆Virtual Tour Of Famous
Waterfalls
- ◆Chair Yoga
- ◆Music With The McCurry
Band & Friends

Meatloaf- Mashed Potatoes- Peas- Roll

23 Wednesday

- ◆Junk Drawer Detective
- ◆Simon Says Exercise
- ◆Virtual Tour To Costa Rica



Chicken Broccoli Casserole- Glazed Carrots-
Mixed Fruit- Roll

24 Thursday

- ◆LEC Short Stories
- ◆Deep Breathing Exercise
- ◆Planning LEC Fair Week
2026

Health Fair

Fish Sticks- Macaroni & Cheese-
Green Beans- Pears- Roll

25 Friday

- ◆Happy Birthday Will Smith
- ◆Hot Potato Exercise
- ◆LEC Monthly Birthday Party
- ◆All About Famous Hispanic
Visual Artists

Taco Bake- Black Beans- Mexican Cornbread-
Lettuce/ Sour Cream- Mandarin Oranges

28 Monday

- ◆Wacky Word Games
- ◆Relay Race Exercise
- ◆Fun Things To Do In Fall



Health Fair

BBQ Chicken- Hushpuppies- Coleslaw-
Pears

29 Tuesday

- ◆Let's Play Pictionary
- ◆Chair Zumba
- ◆Bingo Bonanza
- ◆Virtual Tour Of Latin
America

Pork Chops w/ Gravy- Black Eyed Peas-
Spinach- Roll

30 Wednesday

- ◆Magazine Scavenger Hunt
- ◆Parachute Exercise
- ◆National Women's Health
& Fitness Day

Chicken Tenders- Mashed Potatoes-
Peas- Roll



September

Kings Mountain Activity Highlights

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

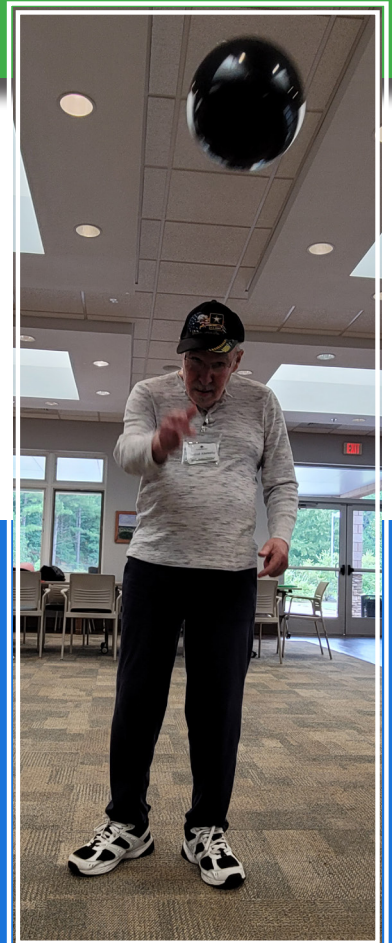
 09/04/2026	1 Tuesday ♦ Men's Sports Talk ♦ Tea Time With The Ladies ♦ Scarf Exercise ♦ Painting By number  <i>Meaty Rotini- Broccoli- Mixed Fruit- Garlic Bread</i>	2 Wednesday ♦ Name That Conway Twitty Song ♦ Paper Plate Exercise ♦ All About Conway Twitty Health Fair <i>Chicken Pot Pie- Peas & Carrots- Mixed Fruit- Roll</i>	3 Thursday ♦ Grooving To The 70's ♦ 70's Fashion Show: Wear Your Best 70's Outfit ♦ "Stayin' Alive" Exercise ♦ 1970's Bingo <i>Baked Fish- Hushpuppies- Coleslaw- Pineapple</i>	4 Friday ♦ Ross The Balloon Guy ♦ Camachos Petting Zoo ♦ Caliza Black Makes Circus Snacks ♦ Ring Master Exercise ♦ Music With The Blue Grass Band <i>Hamburger w/ Lettuce & Tomato- Tater Tots- Peaches</i>
7 Monday  LABOR DAY CLOSED	8 Tuesday ♦ Music With Senior Moments ♦ Balloon Volley Exercise ♦ Bible Study With Linda Hamrick  <i>Chili Dog- Tater Tots- Coleslaw- Peas</i>	9 Wednesday ♦ Miss America Pageant Anniversay ♦ Tai Chi ♦ Spa Day ♦ Health Talk: Hypertension <i>Cheesy Chicken Spaghetti- Vegetable Medley- Mixed Fruit- Roll</i>	10 Thursday ♦ Participant Council Meeting ♦ Motown Trivia ♦ Sittercise ♦ Name That TV Show  <i>Sloppy Joe- Potato Wedges- Peaches</i>	11 Friday ♦ Remembering 9/11 ♦ LEC Walking Club ♦ Chocolate Shake Day ♦ Let's Make A Shake Health Fair <i>Pintos- Turnip Greens- Cornbread- Mandarin Oranges</i>
14 Monday ♦ Bible Study With Reverend Keith Grindle ♦ Volleyball Exercise ♦ Homework Reminiscing <i>Popcorn Chicken- Macaroni & Cheese- Green Beans- Pineapple</i>	15 Tuesday ♦ Making Peanut Butter Cookies ♦ Chair Zumba ♦ What Am I? Guessing Game  <i>Salisbury Steak w/ Gravy- Mashed Potatoes- Collard Greens- Roll</i>	16 Wednesday ♦ School Mystery Guessing Game ♦ Hot Potato Exercise ♦ Let's Go To Mexico City  <i>Grilled Bologna Sandwich w/ Lettuce & Tomato- Tater Tots- Mixed Fruit</i>	17 Thursday ♦ LEC Spelling Bee ♦ Upper Body Exercise ♦ Making Pineapple Upside Down Sugar Cookies Health Fair <i>Baked Chicken w/ Gravy- Orzo- Broccoli- Peas</i>	18 Friday ♦ Hispanic Heritage Month ♦ Mexican Bingo With Paola Garcia ♦ Scarf Exercise ♦ Let's Learn Spanish <i>Lasagna- Peas- Mandarin Oranges- Garlic Bread</i>
21 Monday ♦ Bible Study With Reverend Keith Grindle ♦ Parachute Exercise ♦ World Alzheimers Day ♦ Old Time Advertising <i>Tuna Noodle Casserole- Lima Beans- Pineapple- Roll</i>	22 Tuesday ♦ Adult Day Service Week ♦ Chair Zumba ♦ LEC Cornhole & Bowling Tournament  <i>Meatloaf- Mashed Potatoes- Peas- Roll</i>	23 Wednesday ♦ Designing Slogan Posters ♦ Music Stick Exercise ♦ 100 Years Of Advertising History Health Fair <i>Chicken Broccoli Casserole- Glazed Carrots- Mixed Fruit- Roll</i>	24 Thursday ♦ LEC Star Awards Day ♦ LEC Walking Club ♦ How To Make The Best Rice Crispy Treats Spa Day <i>Fish Sticks- Macaroni & Cheese- Green Beans- Peas- Roll</i>	25 Friday ♦ Manicures With Vega Weston ♦ Slogan Poster Competition ♦ Tai Chi ♦ LEC Monthly Birthday Party <i>Taco Bake- Black Beans- Mexican Cornbread- Lettuce/ Sour Cream- Mandarin Oranges</i>
28 Monday ♦ Bible Study With Reverend Keith Grindle ♦ Upper Body Exercise ♦ Headline's History Game Health Fair <i>BBQ Chicken- Hushpuppies- Coleslaw- Peas</i>	29 Tuesday ♦ Price Is Right ♦ LEC Walking Club ♦ See You In The Funny Papers <i>Pork Chops w/ Gravy- Black Eyed Peas- Spinach- Roll</i>	30 Wednesday ♦ Most Iconic Headlines In History ♦ Simon Says Exercise ♦ All About The New York Times <i>Chicken Tenders- Mashed Potatoes- Peas- Roll</i>	Hispanic Heritage Month September 15-October 15 	

THANK
YOU!

Mary Nantz- Magazines
Katrena Winebarger- Misc. Items
Logan Homesley- Ensure
Julie Fortner- Sweet Treats
Lisa Vanderpool- Garden Vegetables
John Camp- Fresh Tomatoes
Mary Wade O'Kelly Smith- Magazines
Shirley Brutko- Bingo Prizes
Kings Mountain First Baptist Senior Sunday
School Class- Art Supplies/Snacks
Allen Memorial Baptist Youth- Necklaces
Deborah Terry- Personal Care Items
Matthew Horne- Sweet Treats
Connie Willis- Misc. Items
Judy Scism- Paper Shredder
Bob Rinehardt & Family- Bingo Prizes/Treats
Patsy Cabiness & Family- Books



Daily Exercise



Movement throughout the day makes care at home a little easier. Balloon volley, chair yoga, and the occasional dance party help to build upper body strength, increase range of motion, and improve flexibility. Not to mention, it's FUN!

To The Salon!

Help your loved one look and feel their best while they're enjoying their day with us.

Shaving and nail care are provided with dignity, patience, and attention to personal preferences.



Phyllis shows off her pink nails as Ernest enjoys a shave from staff member Darlene.

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 _____

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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.

In Honor:

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

Hunter Pressley
by
Russell & Jana Pressley

Trina Dees
by
Russell & Jana Pressley

In Memory:

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

John Harry
by
Paul & Holly Godfrey
Emily Rountree Bockmiller

Steve Nation
by
Paul & Holly Godfrey

Friends:

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

Patricia Greene
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Paula Ramsey
Larry Dooley
Jonathan Rhodes
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