

**Life Enrichment Center**

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

February 2026

# Want To Make Mom's Day A Little Brighter?

*Life Enrichment Center offers supportive daytime care where older adults  
feel valued, engaged, and connected.*



*Jane*

*Lib*

*Giving YOU peace of mind. Giving HER a sense of community.*

**Call 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.*

# All who enter here are loved!

*Everyone has a purpose, from helping others and leading exercise to cooking and sharing creativity.*

*Meaningful moments that engage the mind and celebrate your loved one's abilities happen every day at LEC!*

Daily Exercise



Gail

Creative Group Projects



Teamwork Table Games

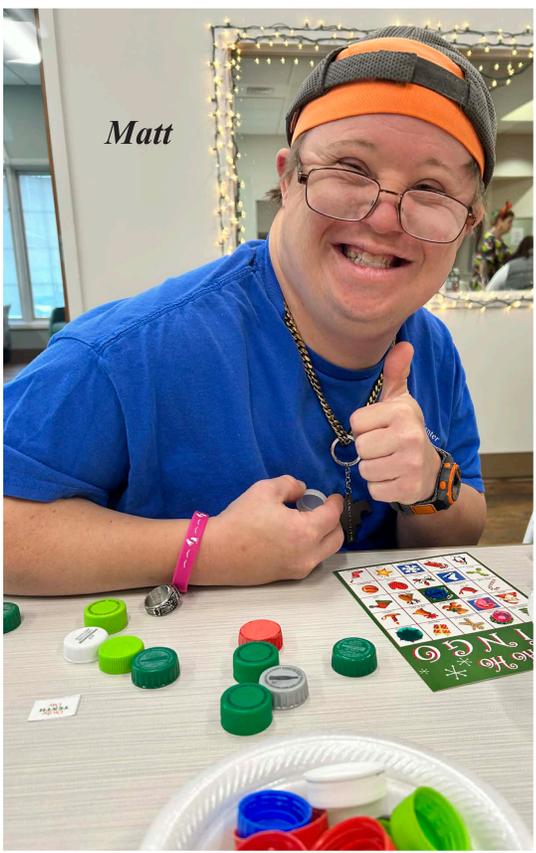
Call To Schedule A Free Trial Visit Today!

# Thank You

*Merline*



*Matt*



- Barbara Hannah- Magazines*  
*Personnel Services Unlimited- Poinsettas & Cookies*  
*Dr. Holly Stanley- Gloves*  
*Tom Wood- Magazines*  
*Burns High School- Participant Gift Bags*  
*Ginger Justice- Sweet Treats*  
*Matthew Hayes- Holiday Gifts*  
*Connie Coats- Sweet Treats*  
*Debbie Spencer- Devotional Books*  
*Walasia Vinson- Handmade Jewelry*  
*Azral Perry- Holiday Cards*  
*Lewis & Ann Young- Sweet Treats*  
*David Cook- Sweet Treats*  
*Daniel & Darlene Hopper- Sweet Treats*  
*Lizzie Parris- Holiday Gifts*  
*Michael Styers- Holiday Gifts*  
*John Thompson- BBQ*  
*Sarah Smith & Family- Sweet Treats*  
*Mary Aponte- Holiday Cards*  
*Judy Ward- Sweet Treats*  
*Marcus McGill/Ross Grove Baptist Church- Poinsettas*  
*David Self- Devotional Cards*  
*Sherri Roe- Personal Care Items*  
*Deborah Hullender- Toboggans*  
*First Baptist Church Of Kings Mountain, Grow Ministry, Elizabeth Prather- Prayer Cards*  
*Love Valley Baptist Church Homeschool Kids- Cookies*  
*De'Anna Godfrey- Cupcakes*  
*Ameritrans- Pavlova (Cakes)*  
*Don Messenger & Family- Christmas Treats*  
*Stacy Hope- Chocolate Treats*  
*Jack Bryson- Potted Plants*  
*Courtney Beason- Puzzles*  
*LaQuetta Sadler- Cupcakes*  
*Holly's Flowers- Ribbon*





## Shelby Activity Highlights

 <p><b>2 Monday</b></p> <ul style="list-style-type: none"> <li>National Groundhog Day</li> <li>Meditation Monday: Deep Breathing Exercises</li> <li>Black History Month Begins</li> </ul> <p><i>Chicken Sandwich w/ Lettuce, Tomato, &amp; Pickles- Tater Tots-Mandarin Oranges</i></p>	<p><b>3 Tuesday</b></p> <ul style="list-style-type: none"> <li>Music With Chad Revels</li> <li>Tone It Up Tuesday</li> <li>How To Make The Best Carrot Cake</li> </ul>  <p><i>Meaty Rotini Pasta-Broccoli- Peaches-Garlic Bread</i></p>	<p><b>4 Wednesday</b></p> <ul style="list-style-type: none"> <li>All About Rosa Parks</li> <li>Chair Zumba</li> <li>World Cancer Day</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><b>5 Thursday</b></p> <ul style="list-style-type: none"> <li>National Sweater Day: Wear Your Favorite Sweater</li> <li>Parachute Exercise</li> <li>Famous Leaders In Black History</li> </ul> <p><i>Chicken Enchiladas-Black Beans- Lettuce &amp; Sour Cream-Pears</i></p>	<p><b>6 Friday</b></p> <ul style="list-style-type: none"> <li>Happy Birthday Bob Marley</li> <li>Super Bowl Dance Party Exercise</li> <li>National "Red" Day: Wear Your Red</li> </ul> <p><i>Pepperoni &amp; Cheese Pizza/Casserole- Garden Salad-Peaches</i></p>
<p><b>9 Monday</b></p> <ul style="list-style-type: none"> <li>Fun Facts About Chocolate</li> <li>Balloon Volley Exercise</li> <li>All About Bagels &amp; Lox Day</li> </ul>  <p><i>Vegetable Beef Soup-Pineapple- Combread</i></p>	<p><b>10 Tuesday</b></p> <ul style="list-style-type: none"> <li>Music With Tom Wood &amp; Friends</li> <li>Hot Potato Exercise</li> <li>"Umbrella" Word Scramble</li> </ul> <p><b>Health Fair</b></p> <p><i>BBQ Chicken-Hushpuppies- Coleslaw-Pears</i></p>	<p><b>11 Wednesday</b></p> <ul style="list-style-type: none"> <li>Appreciate A Friend Day</li> <li>Chair Yoga Exercise</li> <li>Devotions With Blessed Coverings</li> </ul>  <p><i>Salisbury Steak &amp; Gravy- Mashed Potatoes-Collard Greens-Roll</i></p>	<p><b>12 Thursday</b></p> <ul style="list-style-type: none"> <li>NAACP Founders Day</li> <li>Musical Chair Exercise</li> <li>Who Is Charles Darwin?</li> </ul>  <p><i>Chicken Noodle Casserole-Peas &amp; Carrots- Roll-Mandarin Oranges</i></p>	<p><b>13 Friday</b></p> <ul style="list-style-type: none"> <li>Virtual Bird Watching</li> <li>Simon Says Exercise</li> <li>LEC Monthly Birthday Party Hosted By Mt. Sinai Baptist Church</li> </ul>  <p><i>Bologna Sandwich w/ Lettuce &amp; Tomato- Tater Tots-Peaches</i></p>
<p><b>16 Monday</b></p> <ul style="list-style-type: none"> <li>Participant Council Meeting</li> <li>Red Light, Green Light Exercise</li> <li>National President's Day</li> </ul>  <p><i>Chili Beans w/ Sour Cream &amp; Cheese- Coleslaw-Combread-Pears</i></p>	<p><b>17 Tuesday</b></p> <ul style="list-style-type: none"> <li>Mardi Gras</li> <li>Jazz Band Exercise</li> <li>Virtual Tour Of The French Quarter</li> <li>Name The First Lady Trivia</li> </ul> <p><i>Cheesy Chicken Spaghetti-Mixed Vegetables- Roll-Mandarin Oranges</i></p>	<p><b>18 Wednesday</b></p> <ul style="list-style-type: none"> <li>How It's Made Battery Edition</li> <li>"Energizer Bunny" Exercise</li> <li>"Batteries Not Included" Trivia</li> </ul>  <p><i>Hamburger Casserole-Green Beans- Roll-Pineapple</i></p>	<p><b>19 Thursday</b></p> <ul style="list-style-type: none"> <li>Spa Day</li> <li>Deep Stretch Exercise</li> <li>Health Topic: Oral Hygiene</li> </ul> <p><b>Health Fair</b></p> <p><i>Navy Beans w/ Ham-Turnip Greens- Cabbage-Combread</i></p>	<p><b>20 Friday</b></p> <ul style="list-style-type: none"> <li>Name That Tune: Motown Edition</li> <li>"Hitsville" Exercise</li> <li>Virtual Tour Of The National Museum Of African American History</li> </ul> <p><i>Fish Sandwich-Sweet Potato Fries- Mixed Fruit</i></p>
<p><b>23 Monday</b></p> <ul style="list-style-type: none"> <li>National Dog Biscuit Day</li> <li>"Hound Dog" Exercise</li> <li>History Of Leap Year</li> </ul>  <p><i>Popcorn Chicken-Macaroni &amp; Cheese- Green Beans-Roll</i></p>	<p><b>24 Tuesday</b></p> <ul style="list-style-type: none"> <li>Name The Slogan: Fast Food Edition</li> <li>Upper Body Exercise</li> <li>Music With The McCurry Band &amp; Friends</li> </ul> <p><i>Beef Ravioli Casserole-Zucchini &amp; Squash- Roll-Pineapple</i></p>	<p><b>25 Wednesday</b></p> <ul style="list-style-type: none"> <li>LEC Price Is Right</li> <li>Lower Body Exercise</li> <li>Let's Play "I Spy"</li> </ul> <p><b>Health Fair</b></p> <p><i>Pintos-Coleslaw-Combread- Mandarin Oranges</i></p>	<p><b>26 Thursday</b></p> <ul style="list-style-type: none"> <li>History Of The Fairy Tale</li> <li>Tai Chi</li> <li>Famous Storytellers From Around The World</li> </ul>  <p><i>Chili Dog-Sweet Potato Fries- Coleslaw</i></p>	<p><b>27 Friday</b></p> <ul style="list-style-type: none"> <li>All About The Polar Bear</li> <li>Parachute Exercise</li> <li>Let's Get Ready For Spring!</li> </ul>  <p><i>Chicken Tenders-Peas-Mashed Potatoes-Roll</i></p>



*Did You Know?*

*The Groundhog has a complex burrow system that can be up to 66 feet long and include separate "rooms" for specific purposes, such as a nursery and even a dedicated bathroom chamber.*

# February

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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

<p><b>2 Monday</b></p> <ul style="list-style-type: none"> <li>♦Black History Bingo</li> <li>♦Paper Plate Exercise</li> <li>♦History Of Groundhog Day</li> </ul>  <p><i>Chicken Sandwich w/ Lettuce, Tomato, &amp; Pickles-Tater Tots-Mandarin Oranges</i></p>	<p><b>3 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦Good Morning Meet &amp; Greet</li> <li>♦Chair Yoga</li> <li>♦Tracy Graham Plays Piano</li> <li>♦Making Bird Feeders</li> </ul>  <p><i>Meaty Rotini Pasta-Broccoli-Peaches-Garlic Bread</i></p>	<p><b>4 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦History Of Rosa Parks</li> <li>♦Parachute Exercise</li> <li>♦Connect The Dot Art</li> </ul>  <p><i>Broccoli &amp; Cheddar Soup-Turkey &amp; Cheese Sandwich w/ Lettuce &amp; Tomato-Applesauce</i></p>	<p><b>5 Thursday</b></p> <ul style="list-style-type: none"> <li>♦Wear Your Favorite Sweater For National Sweater Day</li> <li>♦LEC Walking Club</li> <li>♦Making Chocolate Oat Balls</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Enchiladas-Black Beans-Lettuce &amp; Sour Cream-Pears</i></p>	<p><b>6 Friday</b></p> <ul style="list-style-type: none"> <li>♦Super Bowl Party</li> <li>♦Indoor Volleyball Exercise</li> <li>♦Health Talk With Heather: Heart Awareness</li> </ul>  <p><i>Pepperoni &amp; Cheese Pizza/Casserole-Garden Salad-Peaches</i></p>
<p><b>9 Monday</b></p> <ul style="list-style-type: none"> <li>♦Celebrating Red Day-Wear Your Red</li> <li>♦Zumba Exercise</li> <li>♦Creative Art: "Still Drawing Gray"</li> </ul>  <p><i>Vegetable Beef Soup-Pineapple-Combread</i></p>	<p><b>10 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦Wackie Wordies</li> <li>♦Winter Olympics Exercise</li> <li>♦"Can You Picture This?" Word Games</li> </ul> <p><b>Health Fair</b></p> <p><i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i></p>	<p><b>11 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦Fun Facts About Lewis Latimer</li> <li>♦Posture Improvement Exercise</li> <li>♦Hidden Hat Hijinks Game</li> </ul>  <p><i>Salisbury Steak &amp; Gravy-Mashed Potatoes-Collard Greens-Roll</i></p>	<p><b>12 Thursday</b></p> <ul style="list-style-type: none"> <li>♦Making Lollipop Bouquets</li> <li>♦Upper Body Exercise</li> <li>♦How To Make Devised Egg Salad Dip</li> </ul>  <p><i>Chicken Noodle Casserole-Peas &amp; Carrots-Roll-Mandarin Oranges</i></p>	<p><b>13 Friday</b></p> <p><b>"Sweetheart Ball"</b> In Honor Of Caroline Godfrey</p> <p><b>Wear Your Sunday's Best!</b></p>  <p><i>Bologna Sandwich w/ Lettuce &amp; Tomato-Tater Tots-Peaches</i></p>
<p><b>16 Monday</b></p> <ul style="list-style-type: none"> <li>♦Painting By Numbers</li> <li>♦Scarf Exercise</li> <li>♦Name That Instrument Trivia</li> </ul>  <p><i>Chili Beans w/ Sour Cream &amp; Cheese-Coleslaw-Combread-Pears</i></p>	<p><b>17 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦History Of Mardi Gras</li> <li>♦Participant Council Meeting</li> <li>♦Relay Race Exercise</li> <li>♦Senior Carolina Dancers</li> </ul>  <p><i>Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mandarin Oranges</i></p>	<p><b>18 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦Music With The Golden Chorus</li> <li>♦Tai Chi</li> <li>♦Finish The Lyrics</li> </ul>  <p><i>Hamburger Casserole-Green Beans-Roll-Pineapple</i></p>	<p><b>19 Thursday</b></p> <ul style="list-style-type: none"> <li>♦Who Is Garret Morgan</li> <li>♦Olympic Torch Relay Exercise</li> <li>♦Super Hero Day-Dress As Your Favorite Hero</li> </ul> <p><b>Health Fair</b></p> <p><i>Navy Beans w/ Ham-Turnip Greens-Cabbage-Combread</i></p>	<p><b>20 Friday</b></p> <ul style="list-style-type: none"> <li>♦Happy Caregivers Day</li> <li>♦LEC Monthly Birthday Party</li> <li>♦Red Light, Green Light Exercise</li> </ul> <p><i>Fish Sandwich-Sweet Potato Fries-Mixed Fruit</i></p>
<p><b>23 Monday</b></p> <ul style="list-style-type: none"> <li>♦A Visit With Danny The Cowboy</li> <li>♦Repeat After Me Exercise</li> <li>♦Music With The Dancing Fleas</li> </ul> <p><i>Popcorn Chicken-Macaroni &amp; Cheese-Green Beans-Roll</i></p>	<p><b>24 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦Hot Chocolate Happy Hour</li> <li>♦Pool Noodle Exercise</li> <li>♦Valentine Junk Drawer Detective</li> </ul>  <p><i>Beef Ravioli Casserole-Zucchini &amp; Squash-Roll-Pineapple</i></p>	<p><b>25 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦Travel Brief: "Let's Tour Singapore"</li> <li>♦Balloon Volley Exercise</li> <li>♦"Alphabet" Around The World Word Game</li> </ul> <p><i>Pintos-Coleslaw-Combread-Mandarin Oranges</i></p>	<p><b>26 Thursday</b></p> <ul style="list-style-type: none"> <li>♦Facts About Marie Brittain Brown</li> <li>♦Upper Body Exercise</li> <li>♦Minute To Win It Olympic Games</li> </ul> <p><i>Chili Dog-Sweet Potato Fries-Coleslaw</i></p>	<p><b>27 Friday</b></p> <ul style="list-style-type: none"> <li>♦College Junk Drawer Detective</li> <li>♦Dumbbell Exercise</li> <li>♦LEC Monthly Birthday Party</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Tenders-Peas-Mashed Potatoes-Roll</i></p>



Elvis Presley's music shaped a generation and continues to spark memories and conversation today. Participants celebrated his birthday by enjoying the songs, stories, and moments that made him unforgettable.



## *Friends:*

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

*Cassandra Springer  
Margaret Plonk  
Vega Weston*

*Hospice Cleveland County Foundation*

*Linton & Sallie Suttle Gift Fund*

*John & Suzanne Crosland*

*Jerome & Linda Abernathy*

*Diane Gordon*

*Becky Choate*

*Donna Beringer*

*Jim & Sandy Logan*

*Myra McGinnis*

*Frank & Barbara Hannah*

*James & Vicki Thompson*

*Jay & Sandy Rhodes*

## *In Memory:*

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

*Richard Ivester*

*By*

*Mary H. Ivester*

*Bryce Pursley*

*By*

*Karla Pursley*

*Melissa Neisler Lawrence*

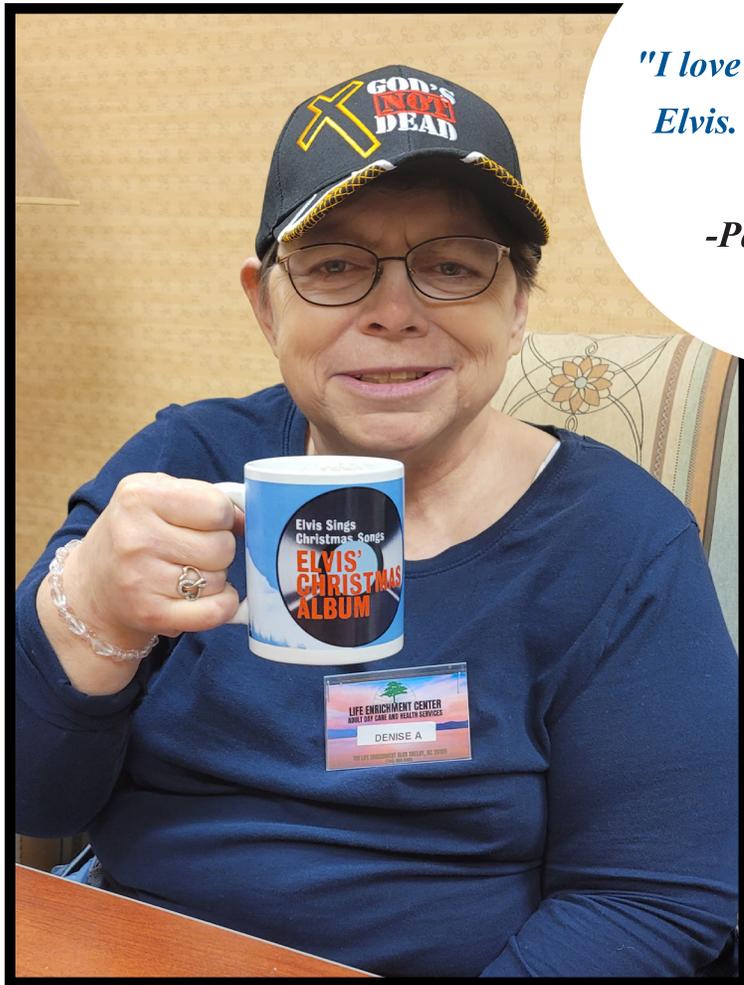
*By*

*Russ & Jenna Putnam*

*Bob & Loraine Arey*

*By*

*Robert Arey*



*"I love music, and especially Elvis. The hot chocolate is good too!"*  
*-Participant Denise*



# In Honor

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

*Candy Arey*

*By  
 Robert Arey*

## 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.

**FOOD TRUCK FRIDAYS**

LIFE ENRICHMENT CENTER  
ADULT DAY CARE & HEALTH SERVICES

**OPEN TO PUBLIC**

TO TOUR THE CENTER WHILE YOU'RE  
HERE, REACH OUT TO AMBER!  
AMBER@LIFEENRICHMENTCENTER.ORG

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FEBRUARY 6TH 11-2

**KINGS MOUNTAIN**  
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SPIRIT OF AMERICA  
FEBRUARY 20TH 11-2

