



# Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

July 2025

**Your Peace  
of Mind,  
Our Priority.**

*"I just love being here.  
It gets me out of the house.*

*I love everyone here & I've  
made lots of great friends.*

*LEC Prom is one of my  
favorite events!"*

**-Participant Charlene**



# Try Adult Day Care 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.*



# Prom Is Upon Us!

*One of the most anticipated days at Life Enrichment is Prom Day. Each year, participants pick a theme and do not disappoint! They create each decoration, plan the menu, create playlists, and dress to impress!!*

*From Masquerade masks to Vegas style games, the 2025 LEC Prom was a special day indeed!*



*Jackie (left) & June are ready to party!*



*Robin looks beautiful.*



*Hunter is dressed to impress.*



*Mr. Lewis Young & wife Ann pictured together at their Senior Prom, 1967 & today!*





For more great pictures, Visit the  
LEC Facebook page.  
Don't forget to like & share!



(Left to right) Mallory, Kenton, & Ashanti



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



## Shelby Activity Highlights

 <p>Happy Birthday Life Enrichment!!</p>	<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦All About National Postal Worker Day</li> <li>♦Tai Chi </li> <li>♦LEC Trivia: Celebrating 45 Years!</li> </ul> <p><i>Open Face Turkey Sandwich-Green Beans-Mandarin Oranges</i></p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Civil Rights Act 60th Anniversary</li> <li>♦Chair Zumba</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Tenders-Caesar Salad-Garlic Bread-Pineapple</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> <li>♦History Of Independence Day</li> <li>♦Chair Yoga</li> <li>♦4th OF July Celebration With Misty Waters</li> </ul>  <p><i>Cheeseburgers w/Lettuce &amp; Tomato-Baked Fries-Peaches</i></p>	<p><i>4 Friday</i></p>  <p><b>CLOSED</b></p>
<p><i>7 Monday</i></p> <ul style="list-style-type: none"> <li>♦Virtual Tour Of Hawaii</li> <li>♦Upper Body Exercise</li> <li>♦Making Summer Collages</li> </ul>  <p><i>Egg Salad Sandwich-Dill Pickles-Tater Tots-Fruit Cocktail</i></p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Music With Tom Wood &amp; Friends</li> <li>♦Tone It Up Tuesday</li> <li>♦Classical Sounds of Eddie Cook</li> </ul>  <p><i>Taco Salad w/ Tortillas-Black Beans &amp; Salsa-Applesauce</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦A Visit With Christina Hill &amp; Deen And Health Science</li> <li>♦Devotion With Blessed Coverings</li> <li>♦Paper Plate Exercise</li> </ul> <p><b>Health Fair</b></p> <p><i>Pulled Pork Sliders-Coleslaw-Pineapple</i></p>	<p><i>10 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Friendship Word Games</li> <li>♦Simon Says Exercise</li> <li>♦"Name That Tune" Beach Edition</li> </ul>  <p><i>Hamburger Steak-Potatoes-Spinach-Roll-Mixed Fruit</i></p>	<p><i>11 Friday</i></p> <ul style="list-style-type: none"> <li>♦Singing With Ricky &amp; Lena Thompson</li> <li>♦LEC Walking Club</li> <li>♦Pickin' &amp; Grinnin' With The Drye Family</li> </ul>  <p><i>Chicken Sandwich w/Lettuce &amp; Tomato-Baked Fries-Pears</i></p>
<p><i>14 Monday</i></p> <ul style="list-style-type: none"> <li>♦LEC Family Feud</li> <li>♦Balloon Volley Exercise</li> <li>♦Crossword Puzzle Time</li> </ul>  <p><i>BBQ Chicken-Potato Salad-Roll-Mandarin Oranges</i></p>	<p><i>15 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Summer Word Finds</li> <li>♦Parachute Exercise</li> <li>♦Health Topic: "All About Bug Bites"</li> </ul> <p><b>Health Fair</b></p> <p><i>Meatloaf-Potatoes-Lima Beans-Roll-Peaches</i></p>	<p><i>16 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Tractor Supply Visits</li> <li>♦Lower Body Exercise</li> <li>♦Making Snacks With Scott Pearson</li> </ul>  <p><i>Ham-Scalloped Potatoes-Broccoli-Roll-Fruit Cocktail</i></p>	<p><i>17 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Disney Song Trivia</li> <li>♦Gentle Stretch Exercise</li> </ul> <p><i>Spa Day</i></p>  <p><i>Tuna Salad Sandwich-Tomato Slices-Baked Fries-Applesauce</i></p>	<p><i>18 Friday</i></p> <ul style="list-style-type: none"> <li>♦A Day In History: The Titanic</li> <li>♦Chair Yoga</li> <li>♦DKS Steppers Comes For A Visit</li> </ul>  <p><i>Spaghetti-Garden Salad-Bread Stick-Pineapple</i></p>
<p><i>21 Monday</i></p> <ul style="list-style-type: none"> <li>♦Steve Ledbetter As Elvis</li> <li>♦Tai Chi</li> <li>♦A Visit With The Cleveland County Mobile Library</li> <li>♦Participant Council Meeting</li> </ul> <p><i>Pot Roast-Potatoes-Carrots-Roll-Mixed Fruit</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦White Board Word Scramble</li> <li>♦Tone it Up Tuesday</li> <li>♦Music With The McCurry Band &amp; Friends</li> </ul>  <p><i>Turkey &amp; Cheese Sandwich-Lettuce &amp; Tomato-Tater Tots-Mandarin Oranges</i></p>	<p><i>23 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦National Get Outside Day</li> <li>♦LEC Walking Club</li> <li>♦Name That State Bean Bag Toss</li> </ul> <p><b>Health Fair</b></p> <p><i>Cheeseburger Macaroni-Garden Salad-Bread Stick-Peaches</i></p>	<p><i>24 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Happy Cousins Day</li> <li>♦Volleyball Exercise</li> <li>♦A Visit With The Shelby Fire Department</li> </ul>  <p><i>Baked Fish-Macaroni &amp; Cheese-Green Beans-Roll-Pears</i></p>	<p><i>25 Friday</i></p> <ul style="list-style-type: none"> <li>♦Wine &amp; Cheese Tasting</li> <li>♦Pool Noodle Exercise</li> <li>♦Watermelon &amp; Cantaloupe With Cindy Thrift</li> </ul>  <p><i>Chili Beans-Coleslaw-Cornbread-Pineapple</i></p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> <li>♦Virtual Tour Of New York</li> <li>♦"Hot Potato" Exercise</li> <li>♦LEC Bowling Tournament</li> </ul> <p><b>Health Fair</b></p> <p><i>Shepherd's Pie-Garden Salad-Roll-Fruit Cocktail</i></p>	<p><i>29 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Good Morning Karaoke</li> <li>♦A Trip Around The Walking Track</li> <li>♦LEC Auction</li> </ul>  <p><i>Mexican Chicken w/ Tortillas-Black Beans-Peaches</i></p>	<p><i>30 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦"Back In My Day" Reminiscing</li> <li>♦Tai Chi</li> <li>♦Cornhole Tournament</li> </ul>  <p><i>Smoked Sausage-Black Eyed Peas-Garlic Bread-Mandarin Oranges</i></p>	<p><i>31 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Crafts With Da'rion Roberson</li> <li>♦Chair Zumba</li> <li>♦"Name That Tune" Sounds Of Summer</li> </ul> <p><i>Baked Chicken-Pasta Salad-Roll-Mixed Fruit</i></p>	





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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



Happy Birthday LEC!!

### 1 Tuesday

- ♦ Show Time With The Davidsons
- ♦ Parachute Exercise
- ♦ LEC Is 45! Let's Celebrate

### Health Fair

Open Face Turkey Sandwich-Green Beans-Mandarin Oranges

### 2 Wednesday

- ♦ What's Your Favorite 4th Of July Cookout Foods?
- ♦ Chair Yoga
- ♦ Sponge Art Fireworks
- ♦ Independence Day Reminiscing



Chicken Tenders-Caesar Salad-Garlic Bread-Pineapple

### 3 Thursday

### 4th Of July Celebration

- ♦ Backyard Games & Photo Booth
- ♦ Wear Your Red, White, & Blue
- ♦ Dance Party Exercise

Cheeseburgers w/Lettuce & Tomato-Baked Fries-Peaches

### 4 Friday



CLOSED

### 7 Monday

- ♦ Music With Senior Moments
- ♦ Men's Coffee & Conversation
- ♦ Mani-Pedis With The Ladies
- ♦ Gentle Stretch Exercise

### Health Fair

Egg Salad Sandwich-Dill Pickles-Tater Tots-Fruit Cocktail

### 8 Tuesday

- ♦ Magazine Picture Hunt
- ♦ Tai Chi
- ♦ Color Bingo
- ♦ Health Topic: "The Importance Of Hydration"



Taco Salad w/Tortillas-Black Beans & Salsa-Applesauce

### 9 Wednesday

- ♦ Musical Talents Of Callie Neely
- ♦ Parade Exercise
- ♦ Making Tropical Center Pieces



Pulled Pork Sliders-Coleslaw-Pineapple

### 10 Thursday

- ♦ Artwork: "The Many Shades Of Purple"
- ♦ LEC Walking Club
- ♦ Creative Story Telling: "Can You Picture This?"



Hamburger Steak-Potatoes-Spinach-Roll-Mixed Fruit

### 11 Friday

- ♦ Science Experiments With Cooper
- ♦ Reminiscing: "Foods Of The Great Depression"
- ♦ Scarf Exercise



Chicken Sandwich w/Lettuce & Tomato-Baked Fries-Pears

### 14 Monday

- ♦ French Day
- ♦ Chair Zumba
- ♦ All About The French Language
- ♦ Famous French Painters

BBQ Chicken-Potato Salad-Roll-Mandarin Oranges

### 15 Tuesday

- ♦ Hawaiian Flower Painting
- ♦ "Coconut Bowling" Exercise
- ♦ Making Hawaiian Dolls



Meatloaf-Potatoes-Lima Beans-Roll-Peaches

### 16 Wednesday

- ♦ History Of The Hula Hoop
- ♦ Hula Dance Exercise
- ♦ A Visit With Will Upchurch



Ham-Scalloped Potatoes-Broccoli-Roll-Fruit Cocktail

### 17 Thursday

- ♦ "Name That State" Trivia
- ♦ "Wak Across The USA" Exercise
- ♦ Let's Play State Bingo

### Health Fair

Tuna Salad Sandwich-Tomato Slices-Baked Fries-Applesauce

### 18 Friday

- ♦ Interesting Facts About Hawaii
- ♦ "Limbo Contest" Exercise
- ♦ LEC Hawaiian Social

### Hawaiian Day!



Spaghetti-Garden Salad-Bread Stick-Pineapple

### 21 Monday

- ♦ National Cake Day
- ♦ Baking & Decorating Cupcakes
- ♦ "Cake Walk" Exercise
- ♦ Sharing Our Favorite Cake Recipes

Pot Roast-Potatoes-Carrots-Roll-Mixed Fruit

### 22 Tuesday

- ♦ Artwork: "The Many Shades Of Yellow"
- ♦ Musical Instrument Exercise
- ♦ Let's Play "Color Toss"



Turkey & Cheese Sandwich-Lettuce & Tomato-Tater Tots-Mandarin Oranges

### 23 Wednesday

- ♦ Hymnal Sing-a-Long
- ♦ Balloon Volley Exercise
- ♦ "Name That Tune" Bingo

### Health Fair

Cheeseburger Macaroni-Garden Salad-Bread Stick-Peaches

### 24 Thursday

- ♦ "What Am I?" Finger Print Edition
- ♦ Hot Potato Exercise
- ♦ Making & Painting Greeting Cards

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

### 25 Friday

- ♦ "What's The Verdict?" Brain Games
- ♦ "Dance Party" Exercise
- ♦ LEC Monthly Birthday Party



Chili Beans-Coleslaw-Combread-Pineapple

### 28 Monday

- ♦ Junk Drawer Detective
- ♦ Tales From The Toolbox
- ♦ Sensory Games Upper Body



Shepherd's Pie-Garden Salad-Roll-Fruit Cocktail

### 29 Tuesday

- ♦ Participant Council Meeting
- ♦ Volleyball Exercise
- ♦ Shaving Cream Art



Mexican Chicken w/Tortillas-Black Beans-Peaches

### 30 Wednesday

- ♦ Board Game Fun With Kyndall & Cooper
- ♦ Parachute Exercise
- ♦ "My Week In Color"

### Health Fair

Smoked Sausage-Black Eyed Peas-Garlic Bread-Mandarin Oranges

### 31 Thursday

- ♦ Canadian Landmarks Virtual Tour
- ♦ Lower Body Exercise
- ♦ "Roll The Dice" Reminiscing



Baked Chicken-Pasta Salad w/Vegetables-Roll-Mixed Fruit







# *A Day At The Ballet!*

*Neisler Center participants were in awe of the amazing performance given by the YMCA Ballet team.  
Thank you for sharing your beautiful talent with us at Life Enrichment!*







*"Dance is the hidden language of the soul." - Martha Graham*

## 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

Tommy Brooks, *President*  
Jonathan Rhodes, *Vice-President*  
Paula Ramsey, *Secretary*  
Rick Clauss, *Treasurer*  
Becki Anthony  
Tonya Arrington  
Donna Beringer  
Hannah Cyr  
Larry Dooley  
Alexis Fowler  
Rev. Eddie Gray  
Shannon Hovis  
Dr. Carolyn Jackson  
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Sandy Logan  
Kirsten Martin  
Myra McGinnis  
Russ Putnam  
May Reed  
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## Advisory Board

Mason Venable, *Chairman*  
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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

*Elizabeth Henderson- Doughnuts & Coffee*  
*Dianne Harrison- Prom Supplies*  
*Betty Walker- Art Piece*  
*Jacob Brackett- Sweet Treats*  
*Bob Cosby- Personal Care Items*  
*Nancy Nation- Bingo Prizes, Misc. Items*  
*Tracy Pullen- Bingo Prizes*



*Participant William enjoys a cooking program.*

## Friends:

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

**Enerpac Tool Group Community  
Outreach Fund**  
**Barbara Blackburn**

## In Memory:

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

**Lorene Walker**  
*by*  
**Krystal W. Jordan**