

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

August 2026

Life Is Better Together!

Are you looking for support in your caregiving journey?

We're here to provide compassionate respite, meaningful engagement for your loved one, and peace of mind for you.

Call to schedule
a **FREE** visit!

Shelby

707-484-0405

Kings Mountain

704-739-4858

Participant Denise and
husband Keith share a
dance at the 2026 LEC
Prom in Shelby.



*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.*

Prom is one of the most anticipated and meaningful celebrations at Life Enrichment.

It is much more than a dance—it's an opportunity for our participants to shine, build lasting friendships, and create memories that will be treasured for years to come.



Program Coordinator crowns participant Susan as Prom Queen.

Shelby Center

Thank you to everyone who helped make this Broadway-themed prom such a spectacular success. Bravo to our amazing stars—you earned a standing ovation!



Veteran Ernest & staff member Darlene



Guy is crowned Prom King



Weisler Center



(Left) Participants Perry & Kristine are crowned King & Queen.

Jennifer poses for a picture before hitting the dance floor.



(Below) Veteran Thomas and staff member Ashanti having a great time.

From dancing and laughter to beautiful smiles and unforgettable moments, the Under the Sea Prom was truly magical.



thank you

David Froneberger- Bingo Prizes
Logan Homesley- Medical Supplies
Debbie Terry- Personal Care Items
Barbara Fulton- Magazines
Matthew Horne- Sweet Treats
Boyd Reid- Chips
George Gaston- Personal Care Items
Netta Nash- Sweet Treats
Karen Brackett- Arts & Crafts Supplies
Daniel & Darlene Hopper- Dumplings
Double Shoals UMC- Magazines
Carolina Singers- Coloring Books
Emily Bokmiller- Personal Care Items

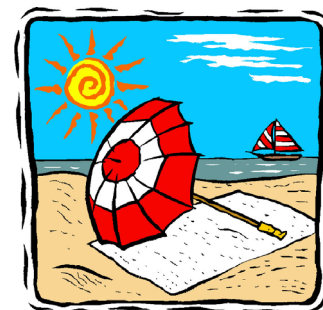


Participant Kristine (right) with her mom, Robin.



August

Shelby Activities Highlights



3 Monday ♦Meditation Monday ♦Deep Breathing Exercise ♦Pet Therapy With Harley  <i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i>	4 Tuesday ♦Summer Word Finds ♦Tone It Up Tuesday ♦Devotion With Betty Callahan  <i>Meatloaf-Mashed Potatoes-Pears-Roll</i>	5 Wednesday ♦Spa Day ♦LEC Walking Club ♦Reed Robbins As "Elvis"  <i>Chicken Salad Sandwich-Baked Fries-Peaches</i>	6 Thursday ♦Virtual Tour Of The Great Barrier Reef ♦Hot Potato Exercise ♦Chris Crumb Comes To Perform <i>Baked Fish-Hushpuppies-Coleslaw-Mixed Fruit</i>	7 Friday ♦Junk Drawer Detective ♦Red Light, Green Light Exercise ♦Name That Tune HEALTH FAIR <i>Hamburger-Lettuce & Tomato-Tater Tots-Peaches</i>
10 Monday ♦Sing-a-Long With Dawn Hudson ♦Chair Yoga ♦Virtual Tour Of The Smithsonian Museum <i>Chili Dog-Tater Tots-Coleslaw-Mixed Fruit</i>	11 Tuesday ♦Music With Tom Wood & Friends ♦Upper Body Exercise ♦Happy Birthday Viola Davis <i>Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Pears</i>	12 Wednesday ♦Total Solar Eclipse Day ♦Workout Wednesday ♦Devotion With Blessed Coverings  <i>Sloppy Joe-Potato Wedges-Peaches</i>	13 Thursday ♦Left Handed Artwork ♦Lower Body Exercise ♦LEC Let's Make A Deal  HEALTH FAIR <i>Baked Fish-Hushpuppies-Coleslaw-Pineapples</i>	14 Friday ♦Painting By Number ♦Chair Pilates ♦Leah Lattimore Plays The Harp  <i>Chicken Croissant w/Lettuce & Tomato-Sweet Potato Fries-Oranges</i>
17 Monday ♦Participant Council Meeting ♦Simon Says Exercise ♦Brownie Competition: Garden Side Vs. Cedar Side <i>Popcorn Chicken-Macaroni & Cheese-Green Beans-Roll-Pineapple</i>	18 Tuesday ♦Fellowship With Midview Baptist Church ♦Deep Breathing Exercise ♦Health Talk: "All About The Food Pyramid" <i>Salisbury Steak w/Gravy-Mashed Potatoes-Collard Greens-Roll</i>	19 Wednesday ♦LEC Bowling Tournament ♦Tai Chi ♦Watermelon Cutting With Sandra Ussery  <i>Egg Salad Sandwich-Potato Wedges-Mixed Fruit</i>	20 Thursday ♦Crossword Fun ♦Parachute Fun ♦Monthly Birthday Party Hosted By Wendy Howzel HEALTH FAIR <i>Baked Chicken w/Gravy-Orzo-Broccoli-Pears</i>	21 Friday ♦Celebrating Senior Citizens Day ♦Scarf Exercise ♦Table Games  <i>Turkey & Cheese Sub w/Lettuce & Tomato-Tater Tots-Oranges</i>
24 Monday ♦Let's Play "I Spy" ♦Moving To Motown Exercise ♦LEC Price Is Right HEALTH FAIR <i>Tuna Salad Sandwich-Baked Fries-Pineapples</i>	25 Tuesday ♦Virtual Tour Of Our National Parks ♦Gentle Stretch Exercise ♦Music With The McCurry Band & Friends <i>Meaty Rotini-Broccoli-Garlic Bread-Peaches</i>	26 Wednesday ♦America's Funniest Home Videos: Dog Edition ♦Musical Chairs Exercise ♦Devotion With Betty Callahan <i>Grilled Bologna Sandwich w/Lettuce & Tomato-Tater Tots-Mixed Fruit</i>	27 Thursday ♦Duck Hunting With Hudson Kiser ♦Pool Noodle Exercise ♦LEC Water Day!  <i>Fish Sticks-Macaroni & Cheese-Green Beans-Pears-Roll</i>	28 Friday ♦Corn Hole Tournament ♦Balloon Volley Exercise ♦How To Make The Best Cherry Turnover  <i>Beef Taco Salad-Tortilla Chips-Lettuce, Cheese, Tomatoes, & Sour Cream-Oranges</i>
31 Monday ♦National Trail Mix Day ♦Tai Chi ♦Magazine Scavenger Hunt  <i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i>	 DON'T FORGET! Thursday, August 27- LEC Water Day! <i>If you would like to participate, be sure to bring a change of clothes and a beach towel labeled with your name!</i>			



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

Kings Mountain Activity Highlights

3 Monday ♦Watermelon Day ♦Paper Plate Exercise ♦Sing-a-Long With Faithful Servants  BBQ Chicken-Hushpuppies-Coleslaw-Pears	4 Tuesday ♦Name That Instrument ♦Scarf Exercise ♦How To Make The Best Chocolate Chip Cookies  Meatloaf-Mashed Potatoes-Peas-Roll	5 Wednesday ♦Soul Train Dance - Good Morning ♦Indoor Volleyball Exercise ♦Jeopardy Trivia  Chicken Salad Sandwich-Baked Fries-Peaches	6 Thursday ♦Happy Birthday - Lucille Ball ♦Chair Yoga ♦Making Root Beer Floats Baked Fish-Hushpuppies-Coleslaw-Mixed Fruit	7 Friday ♦Sunshine Sing-a-Long ♦Zumba Exercise with Nautica Goodson Health Fair  Hamburger-Lettuce & Tomato-Tater Tots-Peaches
10 Monday ♦National Bowling Day ♦Red Light, Green Light Exercise ♦LEC Bowling Tournament ♦Arts & Crafts: Sunny Day Decor Chili Dog-Tater Tots-Coleslaw-Mixed Fruit	11 Tuesday ♦Participant Council Meeting ♦Strong Grip Workout ♦Making Stick Fans ♦Fairy Hair Makeovers With Kyndall & Matti Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Pears	12 Wednesday ♦Junk Drawer Detective ♦Musical Chair Exercise ♦Spa Day  Sloppy Joe-Potato Wedges-Peaches	13 Thursday ♦Sunshine Bingo ♦Tai Chi ♦Summertime Reminiscing  Health Fair Baked Fish-Hushpuppies-Coleslaw-Pineapples	14 Friday ♦Coffee And Color ♦Deep Breathing Exercise ♦Travelogue: Exploring The Everglades  Chicken Croissant w/ Lettuce & Tomato-Sweet Potato Fries-Oranges
17 Monday ♦LEC Auction ♦Pool Noodle Exercise ♦Word Scrambles Health Fair Popcorn Chicken-Macaroni & Cheese-Green Beans-Roll-Pineapple	18 Tuesday ♦LEC Price Is Right ♦Upper Body Exercise ♦Let's Write A "Bad" Poem Salisbury Steak w/ Gravy-Mashed Potatoes-Collard Greens-Roll	19 Wednesday ♦Celebrating Aviation Day ♦Lower Body Exercise ♦History Of French Fries  Egg Salad Sandwich-Potato Wedges-Mixed Fruit	20 Thursday ♦All About College Baseball ♦Balloon Exercise ♦Health Talk: The Importance Of Nutrition & Movement Baked Chicken w/ Gravy-Orzo-Broccoli-Pears	21 Friday ♦Music Program: Toss A Tune ♦Parachute Exercise ♦How To Make Lemonade Cookies  Turkey & Cheese Sub w/ Lettuce & Tomato-Tater Tots-Oranges
24 Monday ♦National Waffle Day ♦Simon Says Exercise ♦History Of The Waffle House  Tuna Salad Sandwich-Baked Fries-Pineapples	25 Tuesday ♦Kristine With Home Instead Does Manicures ♦Lower Body Exercise ♦National Banana Split Day  Meaty Rotini-Broccoli-Garlic Bread-Peaches	26 Wednesday ♦Word Scrambles ♦Moving To Motown Exercise ♦History Of Women's Rights Grilled Bologna Sandwich w/ Lettuce & Tomato-Tater Tots-Mixed Fruit	27 Thursday ♦A Visit With Southern Class Line Dancers ♦Tai Chi ♦Magazine Scavenger Hunt Health Fair Fish Sticks-Macaroni & Cheese-Green Beans-Pears-Roll	28 Friday Wizard Of Oz Day ♦Over The Rainbow Exercise  Beef Taco Salad-Tortilla Chips-Lettuce, Cheese, Tomatoes, & Sour Cream-Oranges
31 Monday ♦National Trail Mix Day ♦Balloon Volley Exercise ♦LEC Monthly Birthday Party BBQ Chicken-Hushpuppies-Coleslaw-Pears	 Fun Facts! The 1939 classic The Wizard of Oz features fascinating behind-the-scenes trivia: Buddy Ebsen was originally cast as the Tin Man but was hospitalized after reacting to aluminum makeup; the Tin Man's "oil" was actually chocolate syrup; and Dorothy's famous slippers were originally silver in the book, not ruby.			

SUMMER SHENANIGANS

From splashing around on Beach Day to cooling off with delicious hawaiian ice from Willard's Concessions, participants enjoy fun-filled days, laughter, friendship, and unforgettable memories. Here's to staying active, making connections, and celebrating the joys of summer together!

Veteran Leonard



(Above) David & Elwood enjoy hawaiian ice.



(Left) Tommy soaks his friends with a water gun during LEC Beach Day.



Ron says, "More please!"



Participants Daphne (left) and Faye

Root beer float anyone? Participants celebrated National Root beer Day with root beer history, trivia, and having root beer floats on the patio with friends!

Denise

Cathy



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:

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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 has been honored with a gift to
Life Enrichment Center:*

Hunter Pressley
by
Russell & Jana Pressley

In Memory:

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

Joe Maddox
by
Paul & Holly Godfrey

Friends:

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

Shelby Presbyterian Church
Paul & Holly Godfrey
Jim & Sandy Logan
Alexis Fowler
Tommy Brooks
Brian Tracey
Tom & Teresa Brooks
Allan & Tricia Propst
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