

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

May 2026



Veteran Thomas enjoys a visit with Liza during Pet Therapy.

Dad Spending Too Much Time Alone?

LEC provides meaningful activities, social connection, and compassionate support- so he thrives, and you can breathe a little easier.

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

Adult Day Program

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.

What Is Adult Day Care?

A place to go for adults who can't stay home by themselves during the day while their families go to work, run errands, or take a break. The participants come in the morning and go home at night.



Participants Michael (left) & Daniel enjoy Bingo.

Denise,(left) & Barbara prepare chocolate chip cookies.



Participant CJ completes an educational worksheet.

Don loves to dye Eggs for Easter.

What It's Not!

It is NOT a nursing home, which takes the person out of the home and community. It is NOT in-home care, which leaves the person isolated.



Participants get ready for the 2026 LEC Easter Egg Hunt!



Participants race to find the most eggs.



Kristine is in the lead!



Shelby Activity Highlights

Mary Had a Little Lamb: One of the most famous rhymes of all time, notably being the first audio ever recorded by Thomas Edison in 1877.

It is based on the real-life story of Mary Sawyer, who brought her pet lamb to school in 19th-century America.



- 1 Friday
- ♦ Mother Goose Day
 - ♦ Moving To Motown Exercise
 - ♦ Writing Your Own Nursery Rhymes



Tuna Salad Sandwich- Baked Fries- Pineapple

4 Monday

- ♦ Star Wars Day
- ♦ Balloon Volley Exercise
- ♦ Star Wars Trivia
- ♦ All About Princess Leia

BBQ Chicken- Hushpuppies- Coleslaw- Pears

5 Tuesday

- ♦ Sing-a-Long With Ed & Karen
- ♦ Tai Chi
- ♦ History Of Cinco de Mayo

Beef Tacos w/ Sour Cream & Lettuce- Refried Beans- Pineapple

6 Wednesday

- ♦ Celebrating Nurses Week
- ♦ Red Light, Green Light Exercise
- ♦ What It Takes To Be A Great Nurse

HEALTH FAIR

Meatloaf- Mashed Potatoes- Sweet Peas- Roll

7 Thursday

- ♦ Creative Writing: Memories Of Mom
- ♦ Chair Zumba
- ♦ Performance With Phyllis Wortman & Friends

Grilled Bologna Sandwich- Lettuce & Tomato- Tater Tots- Peaches

8 Friday

- ♦ All About Outer Space
- ♦ Parachute Exercise
- ♦ Astronauts Of Artemis II
- ♦ Plants Of The Milky Way
- ♦ Virtual Tour Of Kennedy Space Center

Chicken Sandwich on Croissant- Lettuce & Tomato- Sweet Potato Fries- Oranges

11 Monday

- ♦ Twilight Zone Trivia
- ♦ Parade Exercise
- ♦ Eat What You Want Day- What's Your Favorite Snack?

Baked Fish- Hushpuppies- Coleslaw- Pineapple

12 Tuesday

- ♦ Music With Tom Wood & Friends
- ♦ Upper Body Exercise
- ♦ Making Paper Flower Centerpieces

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

13 Wednesday

- ♦ Bible Study With Betty Callahan
- ♦ Gentle Yoga
- ♦ Devotion With Blessed Coverings

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

14 Thursday

- ♦ Music With Chad Revels
- ♦ Relay Race Exercise
- ♦ How To Make The Best Apple Pie

HEALTH FAIR

Sloppy Joe- Roasted Potato Wedges- Peaches

15 Friday

- ♦ Biscuit Making Contest: Garden Side vs. Cedar Side
- ♦ Balloon Volley Exercise
- ♦ Participant History Trivia

Pepperoni & Cheese Pizza/ Casserole- Garden Salad- Oranges

18 Monday

- ♦ Participant Council Meeting
- ♦ Pool Noodle Exercise
- ♦ Virtual Tour To Puerto Rico
- ♦ Celebrity Bingo With Debbie Vaughan

Chili Dog- Sweet Potato Fries- Coleslaw

19 Tuesday

- ♦ Visit With Midview Baptist Church
- ♦ Simon Says Exercise

HEALTH FAIR

Grilled Chicken- Peas & Carrots- Mashed Potatoes- Roll

20 Wednesday

- ♦ Health Talk: Arthritis Prevention
- ♦ Lower Body Exercise
- ♦ Sharing Our Favorite Recipes

Meaty Rotini Pasta- Broccoli- Garlic Bread- Peaches

21 Thursday

Spa Day

- ♦ Gentle Yoga

Pulled Pork BBQ- Hushpuppies- Coleslaw- Pineapple

22 Friday

- ♦ History Of Memorial Day
- ♦ Chair Zumba
- ♦ Virtual Trip To Nappa Valley

Turkey & Cheese Sub- Lettuce & Tomato- Baked Fries- Oranges

25 Monday

MEMORIAL DAY

CLOSED

26 Tuesday

- ♦ LEC Price Is Right
- ♦ Parachute Exercise
- ♦ Music With The McCurry Band & Friends

Comed Beef- Cabbage- Pickled Beets- Cornbread

27 Wednesday

- ♦ Morning Meet & Greet
- ♦ Paper Plate Exercise
- ♦ Bible Study With Betty Callahan

Teriyaki Chicken- Quinoa- Roasted Broccoli- Glazed Carrots

28 Thursday

- ♦ Today In History
- ♦ Gentle Stretch Exercise
- ♦ LEC Bowling

HEALTH FAIR

Grilled Hamburgers- Lettuce & Tomato- Tater Tots- Peaches

29 Friday

- ♦ Let's Play I SPY
- ♦ Simon Says Exercise
- ♦ LEC Monthly Birthday Party

Fish Sandwich- Sweet Potato Fries- Mixed Fruit



KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

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

DATES TO REMEMBER


Friday, May 15- LEC PROM
LEC Will Be **CLOSED**
Monday, May 25

1 Friday



♦ "Off To The Races" Exercise
Tuna Salad Sandwich- Baked Fries- Pineapple

4 Monday

- ♦ Coloring Project: Mandala 3D Turtle 
- ♦ Scarf Exercise

Health Fair

BBQ Chicken- Hushpuppies- Coleslaw- Pears

5 Tuesday



- ♦ Balloon Volley Exercise
- ♦ Quesadillas Cooking Program

Beef Tacos w/ Sour Cream & Lettuce- Refried Beans- Pineapple

6 Wednesday

- ♦ National Nurses Week
- ♦ Nurse Bingo
- ♦ Chair Zumba
- ♦ Wackie Wordies



Meatloaf- Mashed Potatoes- Sweet Peas- Roll

7 Thursday

- ♦ Pet Therapy With Maple
- ♦ Song Lyric Scramble
- ♦ Yoga
- ♦ Let's Play

"A Drop In The Umbrella"

Grilled Bologna Sandwich- Lettuce & Tomato- Tater Tots- Peaches

8 Friday

- ♦ Dulcimer Jam With Regina Baynard
- ♦ Volleyball Exercise
- ♦ How To Make Mint Julep Cookies
- ♦ Bingo With Victor Haynes

Chicken Sandwich on Croissant- Lettuce & Tomato- Sweet Potato Fries- Oranges

11 Monday

- ♦ Bible Study With Rev. Keith Grindle
- ♦ Participant Council Meeting
- ♦ LEC Walking Club
- ♦ Mother's Day Tea Party

Baked Fish- Hushpuppies- Coleslaw- Pineapple

12 Tuesday

- ♦ Champagne Ballroom Dancing Performs
- ♦ Upper Body Exercise
- ♦ Pondering Prompts
- ♦ Pet Therapy With Dixie

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

13 Wednesday

- ♦ Getting Ready For Prom
- ♦ Range Of Motion Exercise
- ♦ Junk Drawer Detective

Health Fair

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

14 Thursday

- ♦ "Miss Sunshine" Pageant Day
- ♦ Better Balance Exercise
- ♦ Arts & Crafts With Faye Dawkins



Sloppy Joe- Roasted Potato Wedges- Peaches

15 Friday



Pepperoni & Cheese Pizza/ Casserole- Garden Salad- Oranges

18 Monday

- ♦ Bible Study With Rev. Keith Grindle
- ♦ Paper Plate Exercise
- ♦ Bingo With Eliza Edmonson



Chili Dog- Sweet Potato Fries- Coleslaw

19 Tuesday

- ♦ Sing-a-Long With Ed & Kim
- ♦ Tai Chi
- ♦ Home Instead's Kristine Gives Manicures
- ♦ Visit With The Senior Line Dancers

Grilled Chicken- Peas & Carrots- Mashed Potatoes- Roll

20 Wednesday

- ♦ Anniversary Of Norman Rockwell
- ♦ Parachute Exercise

Health Fair

Meaty Rotini Pasta- Broccoli- Garlic Bread- Peaches

21 Thursday

- ♦ Kimberla's Ballet Class Performs "Swan Lake"
- ♦ Playing Card Exercise
- ♦ Name That Instrument
- ♦ Spa Day

Pulled Pork BBQ- Hushpuppies- Coleslaw- Pineapple

22 Friday

- ♦ Travel Brief: Guatemala
- ♦ Red Light, Green Light Exercise
- ♦ Bingo With Eliza Edmonson
- ♦ Story Time With Addison Whittenburg

Turkey & Cheese Sub- Lettuce & Tomato- Baked Fries- Oranges

25 Monday



CLOSED

26 Tuesday

- ♦ Sports Morning Podcast
- ♦ Pool Noodle Exercise
- ♦ Bingo With Eliza Edmonson
- ♦ Health Talk: The Importance Of Hydration

Corned Beef- Cabbage- Pickled Beets- Combread

27 Wednesday

- ♦ Let's Play Collage Detective
- ♦ Hand Weight Exercise
- ♦ LEC Wheel Of Fortune



Teriyaki Chicken- Quinoa- Roasted Broccoli- Glazed Carrots

28 Thursday

- ♦ Old Toy Reminiscing
- ♦ Chair Zumba
- ♦ "Last Letter Up" Game

Health Fair

Grilled Hamburgers- Lettuce & Tomato- Tater Tots- Peaches

29 Friday

- ♦ Culture Of The Month: Asian Pacific American
- ♦ Leg Lift Exercise
- ♦ LEC Monthly Birthday Party

Fish Sandwich- Sweet Potato Fries- Mixed Fruit

The Power Of Music



Music brings people together, sparks memories, and lifts spirits.

Each month, local musicians & volunteers share their love of music with the participants.

If you, or someone you know, would like to volunteer their time and talent, give us a call!



Chad Revels

The Dancing Fleas

We'd love for you to visit!

Shelby
(704) 484-0405

Kings Mountain
(704) 739-4858



Music with The Carolina Singers

Below, Ken is excited to meet the Easter Bunny while E'sheika & Kenton are having a blast!

Thank you



- David Froneburger & family- Bingo Prizes
- De'anna Godfrey- Easter Candy
- Connie Savell- Greeting Cards
- Cleveland County Farm Bureau Women's Committee- Seeds/Planters
- Church Of Jesus Christ Latter-day Saints- Flower Arrangement
- Susan Canipe- Misc. Items
- Rhonda Coleman & Family- Birthday Cake
- Connie Willis- Misc. Items
- Domenica Guerard- Crochet Yarn
- Barbara Hannah- Magazines
- Red Hat Society- Gift Baskets

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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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.

Friends:

The following have given a gift to
Life Enrichment Center

Central Methodist Church-Kings Mountain
William & Bonnie Sherwood
Gary Harden
Jim & Sandy Logan

In Memory:

The following has been remembered by a gift to
Life Enrichment Center

Howard S. Wright
by *Beth Gilstrap*

Susan Coiner
by *Richard Coiner*

Wheezy
by *Ramona Holloway*

Bryon Mauney
by
Holly & Paul Godfrey
Judy Scism
Nancy & Matthew Anderson
Restoration Church
Connie Hamrick

Participants Audrey & Lib



Monday, May 25, 2026