

# Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

January 2026

# When You Care Enough To Choose The Best...

*Participant Barbara is always the "life of the party" at LEC.*



**Choose  
Life Enrichment  
Center!**



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.*

# #nyctreegirls

Our Holiday Highlights capture the joy, laughter, and special moments shared throughout the season.



*Effie enjoys a dance with the Grinch.*



*Rashaun loves his gift from Santa!*

A SPECIAL THANK YOU to all who visited this holiday season!



*Author, Carol Ann, reads "Spreading Cheer to All Who Are Near" written by the NYC Tree Girls.*



*Members of Burns High School Health Science Club.*



*Family Member, Patty, stops by for a special visit on Grinch Day! (Pictured with participant Zach)*

From festive activities to smiling faces, these memories reflect the warmth and togetherness that make the holidays so meaningful.

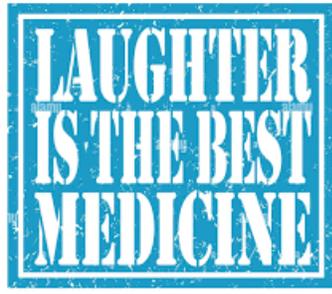


*Thank you for making a difference in the lives of so many here at Life Enrichment.*

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

# January

## Shelby Activity Highlights



*1 Thursday*

**CLOSED**

*2 Friday*

- ◆ National Science Fiction Day
  - ◆ Tai Chi
  - ◆ Sci-Fi Movie Trivia
  - ◆ All About Mary Shelley

*Chicken Sandwich w/ Lettuce, Tomato, & Pickles  
Mandarin Oranges*

*5 Monday*

- ◆ Meditation Monday
- ◆ Deep Breathing Exercise
- ◆ Sing-a-Long With Zach Ray
- ◆ Pet Therapy With Matt Frantz

*Meaty Rotini Pasta-Broccoli-Peaches-Garlic Bread*

*6 Tuesday*

- ◆ Music With Midview Baptist Church
- ◆ Tone It Up Tuesday
- ◆ LEC Price Is Right

*Chili Beans w/ Cheese & Sour Cream-Coleslaw-Cornbread-Pears*

*7 Wednesday*

- ◆ Fun Facts About New Mexico
- ◆ Parachute Exercise
- ◆ History Of The Harlem Globetrotters

**Health Fair**

*Broccoli & Cheddar Soup-Turkey & Cheese Sandwich w/ Lettuce & Tomato-Appleauce*

*8 Thursday*

- ◆ Making Homemade Cookbooks
- ◆ "Hound Dog" Exercise
- ◆ Happy Birthday Elvis

*Beef Enchiladas-Black Beans-Lettuce & Sour Cream-Mandarin Oranges*

*9 Friday*

- ◆ National Law Enforcement Appreciation Day
- ◆ Pool Noodle Exercise
- ◆ Making Cards For Local Law Enforcement

*Fish Sandwich-Sweet Potato Fries-Mixed Fruit*

*12 Monday*

- ◆ History Of Hot Tea
- ◆ Balloon Volley Exercise
- ◆ Bird Stories With Ray Beck

*Vegetable Beef Soup-Pineapple-Cornbread*

*13 Tuesday*

- ◆ Music With Tom Wood & Friends
- ◆ Chair Zumba Exercise
- ◆ Classical Favorites With Eddie Cook

*BBQ Chicken-Hushpuppies-Coleslaw-Pears*

*14 Wednesday*

- ◆ Winter Reminiscing
- ◆ Chair Yoga
- ◆ Devotions With Blessed Coverings

*Salisbury Steak Steak & Gravy-Mashed Potatoes-Pears-Roll*

*15 Thursday*

- ◆ Happy Birthday Martin Luther King, Jr.
- ◆ Simon Says Exercise
- ◆ Bingo With Tifanny Timson

**Health Fair**

*Chicken Noodle Casserole-Peas & Carrots-Roll-Mandarin Oranges*

*16 Friday*

- ◆ Making A 2026 Vision Board
- ◆ Hot Potato Exercise
- ◆ History Of Prohibition

*Bologna Sandwich w/ Lettuce & Tomato-Tater Tots-Peaches*

*19 Monday*

**CLOSED**

*20 Tuesday*

- ◆ Participant Council Meeting
- ◆ Moving To Motown Exercise
- ◆ History Of The Zodiac

**Health Fair**

*Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mandarin Oranges*

*21 Wednesday*

- ◆ Making Homemade Granola
- ◆ Upper Body Exercise
- ◆ Health Topic: "All About The Food Pyramid"

*Hamburger Casserole-Green Beans-Roll-Pineapple*

*22 Thursday*

- ◆ Connect The "Polka" Dots
- ◆ Dance Party Exercise
- ◆ Making Homemade Blonde Brownies

*Navy Beans w/ Ham-Turnip Greens-Cabbage-Cornbread*

*23 Friday*

- ◆ History Of Handwriting
- ◆ Red Light, Green Light Exercise
- ◆ LEC Monthly Birthday Party With Leslie Spangler

*Pepperoni & Cheese Pizza-Garden Salad-Peaches*

*26 Monday*

- ◆ All About Australia
- ◆ Parachute Exercise
- ◆ Happy Birthday Wayne Gretzky

*Chicken Tenders-Peas-Mashed Potatoes-Roll*

*27 Tuesday*

- ◆ Music With The McCurry Band & Friends
- ◆ Lower Body Exercise
- ◆ All About The National Geographic

*Chili Dog-Sweet Potato Fries-Coleslaw*

*28 Wednesday*

- ◆ Virtual Tour Of The World's Largest LEGO Store
- ◆ Paper Plate Exercise
- ◆ Bingo Bonanza

*Beef Ravioli Casserole-Zucchini & Squash-Roll-Pineapple*

*29 Thursday*

- ◆ All About NASA
- ◆ Deep Breathing Exercise
- ◆ Happy Birthday Oprah Winfrey

**Health Fair**

*Popcorn Chicken-Macaroni & Cheese-Green Beans-Roll*

*30 Friday*

- ◆ Who Can Draw The Best Dinosaur?-National Draw A Dinosaur Day
- ◆ Chair Yoga
- ◆ Creative Writing: "Love Letters"

*Pinto Beans-Coleslaw-Cornbread-Mandarin Oranges*

# JANUARY

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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



IS IT A COLD OR FLU?		
Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

1 Thursday



**CLOSED**

2 Friday

- ◆ Re-Cap Of LEC 2025
- ◆ Paper Plate Exercise
- ◆ "What's New In 2026?"
- ◆ Sharing Our New Year's Traditions

*Chicken Sandwich w/ Lettuce, Tomato, & Pickles-Mandarin Oranges*

5 Monday

- ◆ Music With Senior Moments
- ◆ Scarf Exercise
- ◆ Painting By Numbers With Music



*Meaty Rotini Pasta-Broccoli-Peaches-Garlic Bread*

6 Tuesday

- ◆ Let's Get Creative: "Northern Lights Painting"
- ◆ Indoor Volleyball Exercise
- ◆ Symbols Of Alaska



*Chili Beans w/ Cheese & Sour Cream-Coleslaw-Combread-Pears*

7 Wednesday

- ◆ Game Time: "Say What?"
- ◆ Chair Zumba
- ◆ Songs Of The Last Frontier
- ◆ Spa Day



*Broccoli & Cheddar Soup-Turkey & Cheese Sandwich w/ Lettuce & Tomato-Applesauce*

8 Thursday

- ◆ Making Bagel Chip Cream Cheese Snackers
- ◆ Upper Body Exercise
- ◆ Happy Birthday Elvis
- ◆ Elvis Trivia



*Beef Enchiladas-Black Beans-Lettuce & Sour Cream-Mandarin Oranges*

9 Friday

- ◆ LEC Snowball Fight
- ◆ Making Hot Chocolate With Carol Piper
- ◆ "Polar Plunge" Exercise
- ◆ Arts & Crafts: Making Snowflakes

*Fish Sandwich-Sweet Potato Fries-Mixed Fruit*

12 Monday

- ◆ Participant Council Meeting
- ◆ Parachute Exercise
- ◆ Let's Make Paper Penguins

**Health Fair**

*Vegetable Beef Soup-Pineapple-Combread*

13 Tuesday

- ◆ "Moose" Bingo
- ◆ LEC Walking Club
- ◆ "Moose" Word Games



*BBQ Chicken-Hushpuppies-Coleslaw-Pears*

14 Wednesday

- ◆ "Cold & Cool" Collages
- ◆ "Danali National Park" Exercise
- ◆ How To Make Cozy Cup Wraps

*Salisbury Steak Steak & Gravy-Mashed Potatoes-Peas-Roll*

15 Thursday

- ◆ Making Alaskan Yo-Yos
- ◆ Tone & Balance Workout
- ◆ Alaskan Bingo



*Chicken Noodle Casserole-Peas & Carrots-Roll-Mandarin Oranges*

16 Friday

- ◆ "I Have A Dream" Celebrating Dr. Martin Luther King, Jr.
- ◆ "Let's March" Exercise
- ◆ Story Time With Debbie Lineberger

*Bologna Sandwich w/ Lettuce & Tomato-Tater Tots-Peaches*

19 Monday



**CLOSED**

20 Tuesday

- ◆ Destination: Anchorage Alaska
- ◆ "Walk Across America" Exercise
- ◆ Making Our Own Passports



*Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mandarin Oranges*

21 Wednesday

- ◆ How To Make Baked Alaska
- ◆ Brain Health Exercise
- ◆ Name That Instrument



*Hamburger Casserole-Green Beans-Roll-Pineapple*

22 Thursday

- ◆ History Of The Dog Sled
- ◆ Balloon Volley Exercise
- ◆ "Hidden In Plain Sight" Word Games

**Health Fair**

*Navy Beans w/ Ham-Turnip Greens-Cabbage-Combread*

23 Friday

- ◆ LEC Jeopardy
- ◆ Health Topic: Cures For The Common Cold
- ◆ LEC Walking Club
- ◆ History Of The Majestic Alaskan Moose

*Pepperoni & Cheese Pizza-Garden Salad-Peaches*

26 Monday

- ◆ Junk Drawer Detective: "Winter Edition"
- ◆ Lower Body Exercise
- ◆ LEC Gardening Club: Preparing For Spring



*Chicken Tenders-Peas-Mashed Potatoes-Roll*

27 Tuesday

- ◆ Eye Health Awareness
- ◆ Parachute Exercise
- ◆ "Can You Picture This?" Trivia



*Chili Dog-Sweet Potato Fries-Coleslaw*

28 Wednesday

- ◆ Health Care Conversations With Nurse Heather Jackson
- ◆ Hot Potato Exercise

**Health Fair**

*Beef Ravioli Casserole-Zucchini & Squash-Roll-Pineapple*

29 Thursday

- ◆ Making Ham & Swiss Croissants
- ◆ "Fort Collins City Streets To Mountain Peaks" Exercise
- ◆ Baking A Cake For The LEC Monthly Birthday Party

*Popcorn Chicken-Macaroni & Cheese-Green Beans-Roll*

30 Friday

- ◆ Dance Party Exercise
- ◆ Childhood Birthday Reminscing
- ◆ LEC Monthly Birthday Party



*Pinto Beans-Coleslaw-Combread-Mandarin Oranges*

# In Honor

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

*Mrs. Jack Williams  
Dr. & Mrs. Frank Bonner  
Mr. & Mrs Bob Conlon  
Mr. Richard Craver  
Scoot & Myra Dixon  
Dr. & Mrs. Brent Ferrell  
Mr. & Mrs. Richard Fletcher  
Mr. & Mrs. Roger L. Holland  
Mr. & Mrs. John Kennedy  
Mrs. Hilda Norville  
Mrs. & Mrs. Will Rucker  
Mrs. Connie Rupprecht  
Mr. & Mrs. David Schweppe  
Mr. & Mrs. John V. Schweppe  
Mr. & Mrs. John V. Schweppe III  
Mr. Charles W. Wray, Jr.  
Mrs. Barbara McLarty  
Mr. & Mrs. Frank Beam  
Mr. & Mrs. Cecil Burton  
Mrs. Vincent Carpenter  
Jill Frances Currie  
Mr. John M. Gardner  
Dr. John C. Hamrick  
Mr. & Mrs. Fred Harrill  
Mr. & Mrs. Ralph Meekins  
Mr. & Mrs. Will Meekins  
Mr. & Mrs. Jim Morgan  
Mr. & Mrs. Ali Paksoy  
Dr. & Mrs. Will Plaster  
Mr. & Mrs. David Royster  
Mr. & Mrs. David Teddy  
Mr. Seth Smith  
Mr. & Mrs. Scott Smith  
Mr. & Mrs. Lance Ware  
Mrs. Larry Ware  
Mr. & Mrs. Luke Ware  
Mr. & Mrs. Bee Strain  
Mrs. Julian Wray  
Mr. & Mrs. Don Yelton*

*By*

*Vance Suttle & Nathalie Lavigne*

# In Memory:

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

*Terry Brown  
Janet Crawley DePriest  
Joe DePriest  
T. Shields Fletcher, Jr.  
Gary Gragg  
Larry Gragg  
Rebecca Arey Smith  
Barbara Wellons*

*By*

*Richard D. Craver*

*Lillie Coleman  
Mary Coleman*

*By*

*The Family Of Lille & Mary Coleman*

*Phyllis Bivins*

*By*

*Dennis, Elizabeth, & Gwinn Lankford*

*Earnest Wilson*

*By*

*Leshia Watkins*

# Thank You

*Don Messenger- Art Supplies  
Lisa Howell & Ernie- Craft Supplies  
Carol Piper- Greeting Cards  
Farm Bureau Ins.- Craft Supplies  
Khristina Atkins (Home Instead)- Pocketbooks  
Lucy Rossini- Sweet Treats  
Cam Corder- Personal Items*

Participants Matt & Nyda say thank you!!



# Friends:

The following have given a gift to  
Life Enrichment Center:

- Myles G. Whitaker*
- Neisler Foundation Trust*
- Paul & Margaret Porter Foundation*
- Kaye Hartman*
- Dr. & Mrs. Donald S. Miller*
- Shelby Alumnae Chapter Delta Sigma*
- Theta Sorority*
- Lew & Linda Dellinger*
- Paula Ramsey*
- Larry Dooley*
- Terri Simmons*
- Alexis Fowler*
- Tommy Brooks*
- Rev. Eddie Gray*
- Daryl & Karen Keiger*
- Carolyn Jackson*

## 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*  
Becki Anthony  
Tonya Arrington  
Donna Beringer  
Hannah Cyr  
Larry Dooley  
Alexis Fowler  
Rev. Eddie Gray  
Shannon Hovis  
Dr. Carolyn Jackson  
Susan Lankford  
Sandy Logan  
Kirsten Martin  
Myra McGinnis  
Russ Putnam  
May Reed  
Terri Simmons  
Stephanie Wieck

## Advisory Board

Mason Venable, *Chairman*  
Mary Accor  
Suzanne Amos  
Greg Blalock  
Jesse Bone  
Honorable Forrest D. Bridges  
David Brinkley  
Tom Brooks  
Cecil Burton  
Wade Carpenter  
David Cline  
Chris Gash  
Gary Gold  
Connie Greene  
Jennipher Harrill  
Kitty Hoyle  
Patsy Irvin  
Tyler Leonhardt  
Brenda Lovelace  
Randy Mach  
Tom McNichol  
Sarah Nestlerode  
David Pharr  
Jay Rhodes  
Dr. Mike Ribadeneyra  
Gary Ritchie  
Sharon Robbs  
Phillis Robinson  
John Still  
Chris Turner  
John Turner  
Oscar Zamora

Life Enrichment Center  
110 Life Enrichment Blvd.  
Shelby, North Carolina 28150

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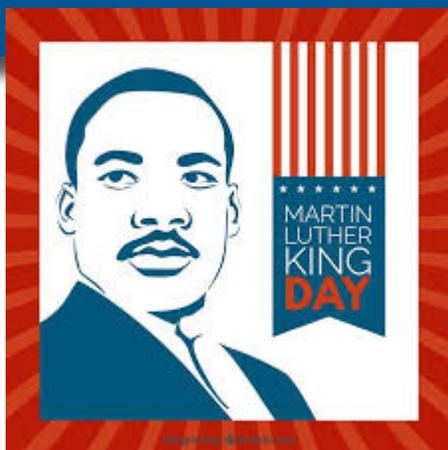
## Important Announcements:

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.



**Please  
Remember To Label All  
Coats, Jackets,  
And Sweaters!!**

Life Enrichment Center will be  
**CLOSED Monday, January 19,**  
in observance of  
**Martin Luther King, Jr. Day.**



"Faith is taking the first step, even when you can't see the whole staircase"

-Dr. Martin Luther King, Jr.

