

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

October 2026

Serving Veterans Since 1980

*Did you know that
Veterans may be eligible
for benefits that cover the
cost of services provided
by Life Enrichment
Adult Day Care?*



Army Veteran Ernest enjoys a shake on the patio.

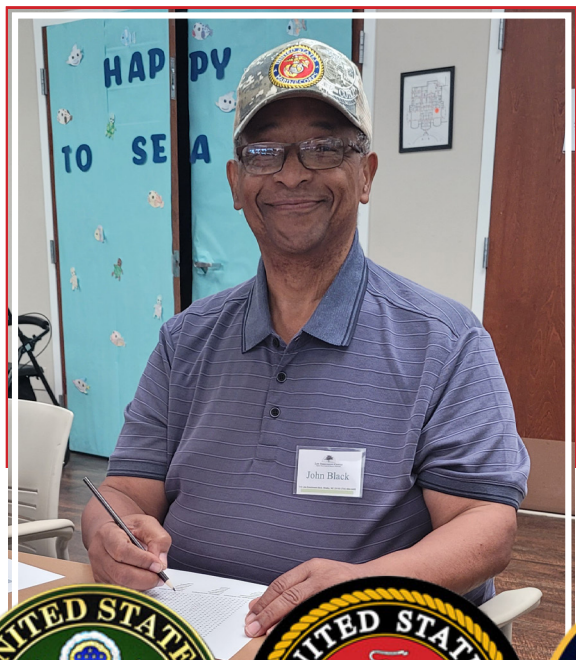
(Shelby) 704-484-0405 (Kings Mountain) 704-739-4858



*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.*

DAILY BENEFITS:

*Veteran John Henry proudly served his country for
23 years in the Marine Corps & Army.*



- Healthcare
- Continued Therapy
- Baths/Showers
- Transportation To LEC
- Meaningful Things To Do
- No Isolation At Home
- Nutritious Meals
- Daily Exercise



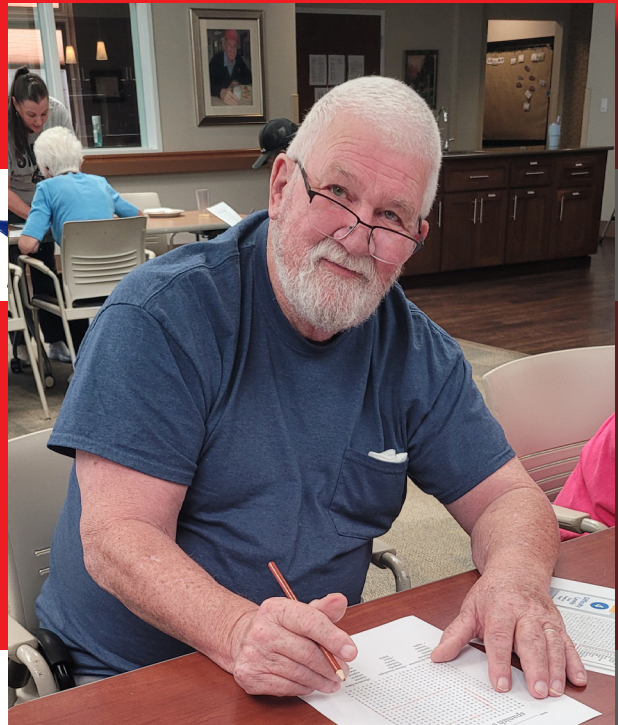
Remaining Holiday Closings

Thanksgiving: Thursday-Friday,
November 26-27
Christmas: Thursday-Friday,
December 24-25

Every day at LEC, we recognize those who proudly serve our country!
Veterans are given opportunities to share stories, serve a purpose, and enjoy being
around other Veterans.



*Staff member Chyna and Army Veteran Laddie
slice a watermelon for snack.*



*Navy Veteran Paul finishes a word search during
Hispanic History Month.*



*Volunteer Ray Beck leads a men's
devotional group.*

October

Shelby Activity Highlights



Friday October 23-
Wear Pink For The
Annual LEC Walk For
Breast Cancer

Friday October 30- Trunk Or Treat!
WEAR YOUR HALLOWEEN COSTUME.



5 Monday ♦ Fair Week Begins ♦ Meditation Monday: Gentle Stretch Exercise ♦ Famous Teachers From Around The World <i>Meaty Rotini-Broccoli-Pineapple-Garlic Bread</i>	6 Tuesday ♦ Minute To Win It Games ♦ Tone It Up Tuesday ♦ Alice & Wonderland Trivia: Mad Hatter Day  <i>Baked Chicken w/ Gravy-Orzo-Zucchini/Squash-Mandarin Oranges</i>	7 Wednesday ♦ History Of The Cleveland County Fair ♦ Chair Yoga  Health Fair <i>Northern Beans-Cornbread-Glazed Carrots-Peaches</i>	1 Thursday ♦ Coffee & Conversation For National Coffee Day ♦ Hot Potato Exercise ♦ Fall Centerpieces With Kat Williams <i>Baked Fish-Hushpuppies-Coleslaw-Pineapple</i>	2 Friday ♦ Wear Your Favorite Football Gear ♦ Dance Party Exercise ♦ Name Your Car Day  <i>Hamburger w/ Lettuce & Tomato-Tater Tots-Peaches</i>
12 Monday ♦ America's Funniest Home Videos: Dog Edition ♦ Scarf Exercise ♦ Health Talk: Healthy Eating Health Fair <i>Beef Ravioli Casserole- Zucchini/Squash-Roll-Mandarin Oranges</i>	13 Tuesday ♦ Music With Tom Wood & Friends ♦ Simon Says Exercise ♦ History Of M&M  <i>Chicken Pot Pie-Peas & Carrots-Roll-Mixed Fruit</i>	14 Wednesday ♦ Landon & Chloe Tate Share The Gospel ♦ Walking Club Wednesday ♦ Devotions With Blessed Coverings <i>Corned Beef-Beets-Mashed Potatoes-Roll-Pears</i>	8 Thursday ♦ Fair Snacks With Takiya Willis ♦ Balloon Volley Exercise ♦ Arts & Crafts With Gloria Huffman  <i>Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mixed Fruit</i>	9 Friday ♦ Cake Walk With Will Matheson ♦ Chair Pilates ♦ Allison's Golf Cart & Limo Rides  <i>Chili Dogs-Tater Tots-Coleslaw-Pears</i>
19 Monday ♦ Participant Council Meeting ♦ Tai Chi ♦ Fall Leaf Art  <i>Salisbury Steak w/Gravy-Mashed Potatoes-Peas-Roll</i>	20 Tuesday ♦ Devotion With Midview Baptist Church ♦ Lower Body Exercise ♦ Fall Jewelry Auction With Gwen <i>Pinto Beans-Turnip Greens-Cornbread-Mandarin Oranges</i>	21 Wednesday ♦ Fall Word Scramble ♦ Chair Zumba ♦ LEC Monthly Birthday Party  <i>Chicken Enchilada Casserole-Black Beans-Pineapple</i>	15 Thursday ♦ Spa Day ♦ Gentle Stretch Exercise ♦ Bible Study With Betty Callahan  <i>Sloppy Joe-Potato Wedges-Peaches</i>	16 Friday ♦ All About The Food Network ♦ Pool Noodle Exercise ♦ Bingo With Miracle Willis <i>Popcorn Chicken-Macaroni & Cheese-Green Beans-Roll-Pineapple</i>
26 Monday ♦ Manicures With Amy ♦ Moving To Motown Exercise ♦ Karaoke With Zach Ray  <i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i>	27 Tuesday ♦ What Is Black Cat Day? ♦ Tone It Up Tuesday ♦ Music With The McCurry Band & Friends  <i>Taco Bake-Black Beans-Mexican Cornbread-Lettuce/Sour Cream-Mandarin Oranges</i>	28 Wednesday ♦ Writing Appreciation Letters To Local First Responders ♦ Parachute Exercise ♦ Creative Writing: Ghosts Stories <i>Pork Chop w/Gravy-Baked Beans-Spinach-Roll</i>	22 Thursday ♦ New Hope Men's Ministry Visits ♦ Upper Body Exercise Health Fair <i>Fish Sticks-Macaroni & Cheese-Green Beans-Pears-Roll</i>	23 Friday ♦ Breast Cancer Survivor Stories ♦ Volleyball Exercise ♦ Walk For Breast Cancer Hosted By Tamela Wilson WEAR PINK  <i>Pepperoni & Cheese Pizza/Casserole-Broccoli/Garden Salad-Peaches</i>
30 Friday ♦ Wear Your Halloween Costume ♦ Monster Mash Exercise ♦ LEC Annual Trunk Or Treat  <i>Grilled Bologna Sandwich-Lettuce & Tomato-Tater Tots-Mixed Fruit</i>			29 Thursday ♦ Bible Study With Betty Callahan ♦ Musical Chair Exercise  Health Fair <i>Chicken Tenders-Peas-Mashed Potatoes-Roll</i>	

OCTOBER

Kings Mountain Activity Highlights

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

IMPORTANT DATES

Friday, October 2- Wear Pink & Denim For Breast Cancer Awareness!



Friday, October 30-
Wear Your Halloween Costume!



1 Thursday

- ♦ Women's Group
- Arts & Crafts
- ♦ Virtual Tour Of The Magic Kingdom
- ♦ Zumba Exercise

Health Fair

Baked Fish-Hushpuppies-Coleslaw-Pineapple

2 Friday

- ♦ Breast Cancer Awareness
- Wear Your Pink & Denim
- ♦ Walk For Breast Cancer Exercise
- ♦ Balloon Release

Hamburger w/ Lettuce & Tomato-Tater Tots-Peaches

5 Monday

- ♦ Music With Senior Moments
- ♦ Hot Potato Exercise
- ♦ Ghost Bingo
- ♦ Practicing The Christmas Play



Meaty Rotini-Broccoli-Pineapple-Garlic Bread

6 Tuesday

- ♦ Sugar Sweets Shutz With Melanie Parker
- ♦ Music Stick Exercise
- ♦ Health Talk: Flu Season



Baked Chicken w/ Gravy-Orzo-Zucchini/Squash-Mandarin Oranges

7 Wednesday

- ♦ Growing Old Gracefully: What Advice Would Give Your Younger Self?
- ♦ Tai Chi
- ♦ Famous "Late Life" Accomplishments

Northern Beans-Combread-Glazed Carrots-Peaches

8 Thursday

- ♦ Fall Reminiscing
- ♦ Upper Body Exercise
- ♦ Making Bookmarks



Cheesy Chicken Spaghetti-Mixed Vegetables-Roll-Mixed Fruit

9 Friday

LEC Fair Day!

Fair Games-Food-Music & Fun!



- ♦ Cheers For Exercise

Chili Dogs-Tater Tots-Coleslaw-Pears

12 Monday

- ♦ Bible Study With Rev. Keith Grindle
- ♦ LEC Walking Club
- ♦ History Of Columbus Day

Health Fair

Beef Ravioli Casserole-Zucchini/Squash-Roll-Mandarin Oranges

13 Tuesday

- ♦ Charlie Brown Day
- ♦ Hidden Treasures In Comics
- ♦ Balloon Volley Exercise
- ♦ Famous Quotes From The Peanuts Gang

Chicken Pot Pie-Peas & Carrots-Roll-Mixed Fruit

14 Wednesday

- ♦ Beauty Shop Talk With Loretta Webb
- ♦ Chair Zumba
- ♦ Practicing The Christmas Play

Spa Day

Comed Beef-Beets-Mashed Potatoes-Roll-Pears

15 Thursday

- ♦ Name That Fall Scent
- ♦ Parachute Exercise
- ♦ Do You Hear What I Hear?



Sloppy Joe-Potato Wedges-Peaches

16 Friday

- ♦ Music With David Robbins
- ♦ Dance Party Exercise
- ♦ Football Friday



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

19 Monday

- ♦ Bible Study With Rev. Keith Grindle
- ♦ Chair Zumba
- ♦ History Of Sasquatch: Is It True?

Salisbury Steak w/ Gravy-Mashed Potatoes-Peas-Roll

20 Tuesday

- ♦ Practicing The Christmas Play
- ♦ Parachute Exercise
- ♦ Halloween Family Feud
- ♦ Participant Council Meeting



Pinto Beans-Turnip Greens-Combread-Mandarin Oranges

21 Wednesday

- ♦ Fall Collages
- ♦ LEC Walking Club
- ♦ Fall Bingo



Chicken Enchilada Casserole-Black Beans-Pineapple

22 Thursday

- ♦ Price Is Right
- ♦ Tai Chi
- ♦ LEC Cooking Club



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

23 Friday

- ♦ World Series Begins
- ♦ Scarf Exercise
- ♦ LEC Monthly Birthday Party
- ♦ Football Friday

Health Fair

Pepperoni & Cheese Pizza/Casserole-Broccoli/Garden Salad-Peaches

26 Monday

- ♦ Bible Study With Rev. Keith Grindle
- ♦ Pass The Pumpkin Exercise
- ♦ Halloween Bingo

BBQ Chicken-Hushpuppies-Coleslaw-Pears

27 Tuesday

- ♦ Is It Believable or Is It Batty?
- ♦ Paper Plate Exercise
- ♦ All About Bats



Taco Bake-Black Beans-Mexican Combread-Lettuce/Sour Cream-Mandarin Oranges

28 Wednesday

- ♦ Halloween Costume Reminiscing
- ♦ History Of Classic Monster Movies
- ♦ Monster Mash Exercise

Health Fair

Pork Chop w/ Gravy-Baked Beans-Spinach-Roll

29 Thursday

- ♦ Men's Bible Study With Tommy Lineburger
- ♦ LEC Walking Club
- ♦ Writing Spooky Stories

Chicken Tenders-Peas-Mashed Potatoes-Roll

30 Thursday

- ♦ Trunk Or Treat
- ♦ Costume Parade
- ♦ Chair Zumba

Halloween Bash!

Grilled Bologna Sandwich-Lettuce & Tomato-Tater Tots-Mixed Fruit

At the CARNIVAL

What could be more fun than a carnival?
Participants enjoyed carnival themed games, music, snacks, costumes, and a petting zoo!

Theme days throughout the year are always a favorite for participants and staff.



Staff member Ann & Participant Joe Lee



Participant Cup Pong Challenge



Participant Sun

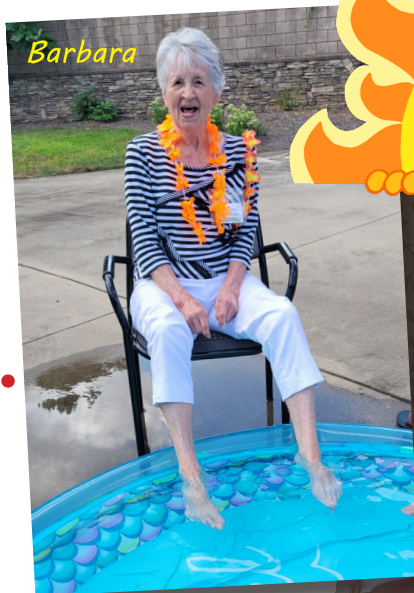


Tommy (left) and Joe Lee enjoy cotton candy.



Participant Lisa takes a shot for the win!

Barbara



Spencer



Ken



Bob Rinehardt & Family- Wheelchair
Denise McKee & Phyllis Bivins- Craft Supplies
Martha Frasier- Puzzles
Ginger Justice- Sweet Treats
Jill Lovell- Magazines
Wayne Wright- Magazines/Bingo Prizes
Connie Savell- Greeting Cards/Books
Lisa Vanderpool- Fresh Vegetables
Karen Brackett- Knife Sharpener
Heather Melton- Emory Boards
Lynn Rowland- Greeting Cards
Dana Staton- Personal Care Items
Chris Schleimer- Inflatable Birthday Cake
Pat Farley- Calendars

Shelby participants say
goodbye to Summer
with one last
Water Day!

It's been a great Summer but we're looking
forward to beautiful Fall weather!

Thank you
for all that
you do!

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.

In Memory:

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

Gary Ritchie

by

The Columns at Cleveland Springs

John & Peggy Button

June Albright

Joanne Cox

Don & Emily Yelton

Delores Craig

Greg & Chrystal Blalock

Judy Elsinger

Laura Kearns Taylor & Alan Kearns

David & Mary Ritchie

Suzanne, Emily, & Zach Peavy

Teresa, Keith, Trevor, & Hunter Sutton

Mary McDowell

Robert & Candy Arey

Gail Canipe

Steve Nation

by

Emily Rountree Bokmiller



Participant
Jennifer

Friends:

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

C&C Scrap Iron & Metal
VFW Auxiliary George Dover
Post 4066
Boiling Springs Area
Rotary Club