



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

July 2026

Is Her Safety Your Concern?

Participant Charlene



Whether your loved one lives alone or needs extra supervision during the day...

**Call
Life Enrichment
Center!**

*The Best Choice For Adult Day
Health Services.*



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.

Our caring staff provides a safe, welcoming environment where participants enjoy engaging activities, social interaction, nutritious meals, and personalized attention.



(Above) Nurse & Center Coordinator, Karen Bridges, talks with Daunita during her monthly blood pressure check.



(Left) Program Assistants & Kitchen Committee, Darlene & Nariah prepare a snack.



(Right) Participant E'Sheika makes cupcakes with Staff Member Mallory.



Hazel volunteers to sweep after lunch.



Alline says she enjoys spending time with her friends at LEC.



We focus on promoting independence while ensuring each individual receives the support and supervision they need.

Dancing is great exercise! Anita (left) joins Patsy in the afternoon dance party.

July

Shelby Activity Highlights



Happy Birthday
Life Enrichment Center!!

		<p>1 Wednesday</p> <ul style="list-style-type: none"> ♦Red, White, & Blue Crafts With Da'Riyan ♦Pool Noodle Exercise ♦Hawaiian Ice With Willard's Concession <p><i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i></p>		<p>2 Thursday</p> <ul style="list-style-type: none"> ♦Grilling Burgers With Ben & Camren ♦Dance Party Exercise ♦Fourth Of July Celebration <p><i>Hamburgers-Lettuce & Tomato-Tater Tots-Peaches</i></p>		<p>3 Friday</p> <p>CLOSED</p>			
<p>6 Monday</p> <ul style="list-style-type: none"> ♦All About Kentucky Fried Chicken (National Fried Chicken Day) ♦Chair Pilates ♦Storytime With Tina Roberts <p><i>Chicken Salad Sandwich-Baked Fries-Pears</i></p>		<p>7 Tuesday</p> <ul style="list-style-type: none"> ♦Virtual Tour Of The Hershey Chocolate Factory ♦Tone It Up Tuesday ♦Arts & Crafts With Ellie Bowling <p><i>Meatloaf-Mashed Potatoes-Sweet Peas-Roll</i></p>		<p>8 Wednesday</p> <ul style="list-style-type: none"> ♦What's Your Favorite Way To Eat Blueberries? ♦Workout Wednesday ♦Devotion With Blessed Coverings <p><i>Pork Chops w/Gravy- Black Eyed Peas-Spinach-Roll</i></p>		<p>9 Thursday</p> <ul style="list-style-type: none"> ♦Planting Wild Flowers With Lakerriah Turner ♦Upper Body Exercise ♦How To Make The Best Sugar Cookies <p><i>Fish Sandwich-Hushpuppies-Coleslaw-Mixed Fruit</i></p>		<p>10 Friday</p> <ul style="list-style-type: none"> ♦Let's Pick Blueberries ♦Lower Exercise ♦All About Harley Davidson <p><i>Health Fair</i></p> <p><i>Pepperoni & Cheese Pizza/Casserole-Garden Salad-Oranges</i></p>	
<p>13 Monday</p> <ul style="list-style-type: none"> ♦Sing-a-Long With Zach Ray ♦Simon Says Exercise ♦Who Makes The Best French Fries? <p><i>Cheesy Chicken Spaghetti-Mixed Vegetables-Pears-Roll</i></p>		<p>14 Tuesday</p> <ul style="list-style-type: none"> ♦Let's Play "I Spy" ♦Red Light, Green Light Exercise ♦Bible Study With Betty Callahan <p><i>Chili Dogs-Tater Tots-Coleslaw-Mixed Fruit</i></p>		<p>15 Wednesday</p> <p><i>Spa Day</i></p> <p><i>Sloppy Joe-Roasted Potato Wedges-Peaches</i></p>		<p>16 Thursday</p> <ul style="list-style-type: none"> ♦Steve Ledbetter As "Ernest T Bass" ♦Lower Body Exercise ♦All About Snakes (World Snake Day) <p><i>Baked Fish-Hushpuppies-Coleslaw-Pineapple</i></p>		<p>17 Friday</p> <ul style="list-style-type: none"> ♦Let's Play "Make A Deal" ♦Deep Breathing Exercise ♦Name That Emoji Trivia <p><i>Health Fair</i></p> <p><i>Chicken Croissant-Lettuce & Tomato-Sweet Potato Fries-Oranges</i></p>	
<p>20 Monday</p> <ul style="list-style-type: none"> ♦Participant Council Meeting ♦"Out Of This World" Exercise ♦Wacky Word Games <p><i>Popcorn Chicken-Macaroni & Cheese-Green Beans-Pineapple</i></p>		<p>21 Tuesday</p> <ul style="list-style-type: none"> ♦Fellowship With Midview Baptist Church ♦Tai Chi ♦Name That Logo: "Junk Food" Edition <p><i>Salisbury Steak-Mashed Potatoes-Collard Greens-Roll</i></p>		<p>22 Wednesday</p> <ul style="list-style-type: none"> ♦Let's Plan A Picnic ♦Chair Yoga ♦Summertime Scavenger Hunt ♦Health Talk: "Proper Handwashing" <p><i>Egg Salad Sandwich-Potato Wedges-Mixed Fruit</i></p>		<p>23 Thursday</p> <ul style="list-style-type: none"> ♦What's Your Favorite Ice Cream Flavor? ♦Parachute Exercise ♦Ice Cream Trivia <p><i>Health Fair</i></p> <p><i>Baked Chicken w/Gravy-Orzo-Broccoli-Pears</i></p>		<p>24 Friday</p> <ul style="list-style-type: none"> ♦All About Motorcycles With Rusty Walton ♦Hot Potato Exercise ♦LEC Picnic On The Patio <p><i>Turkey & Cheese Subs-Lettuce & Tomato-Tater Tots-Oranges</i></p>	
<p>27 Monday</p> <ul style="list-style-type: none"> ♦Love Is Kind Day ♦Moving To Motown Exercise ♦Creative Writing: "Expressions Of Love" <p><i>Tuna Salad Sandwich-Baked Fries-Pineapples</i></p>		<p>28 Tuesday</p> <ul style="list-style-type: none"> ♦Virtual Trip To Worlds Largest Water Park ♦Gentle Stretch Exercise ♦Music With The McCurry Band & Friends <p><i>Meaty Rotini Pasta-Broccoli-Garlic Bread-Peaches</i></p>		<p>29 Wednesday</p> <ul style="list-style-type: none"> ♦Let's Travel To Italy ♦Musical Chair Exercise ♦How Lipstick Is Made <p><i>Health Fair</i></p> <p><i>Grilled Bologna Sandwich-Lettuce & Tomato-Tater Tots-Mixed Fruit</i></p>		<p>30 Thursday</p> <ul style="list-style-type: none"> ♦LEC Bowling ♦Balloon Volley Exercise ♦Bible Study With Betty Callahan <p><i>Fish Sticks-Macaroni & Cheese-Green Beans-Pears</i></p>		<p>31 Friday</p> <ul style="list-style-type: none"> ♦Name That Tune: Country Edition ♦Scarf Exercise ♦LEC Monthly Birthday Party <p><i>Beef Taco Salad w/Tortilla Chips-Lettuce-Shredded Cheese-Sour Cream-Oranges</i></p>	

JULY

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

Kings Mountain Activity Highlights



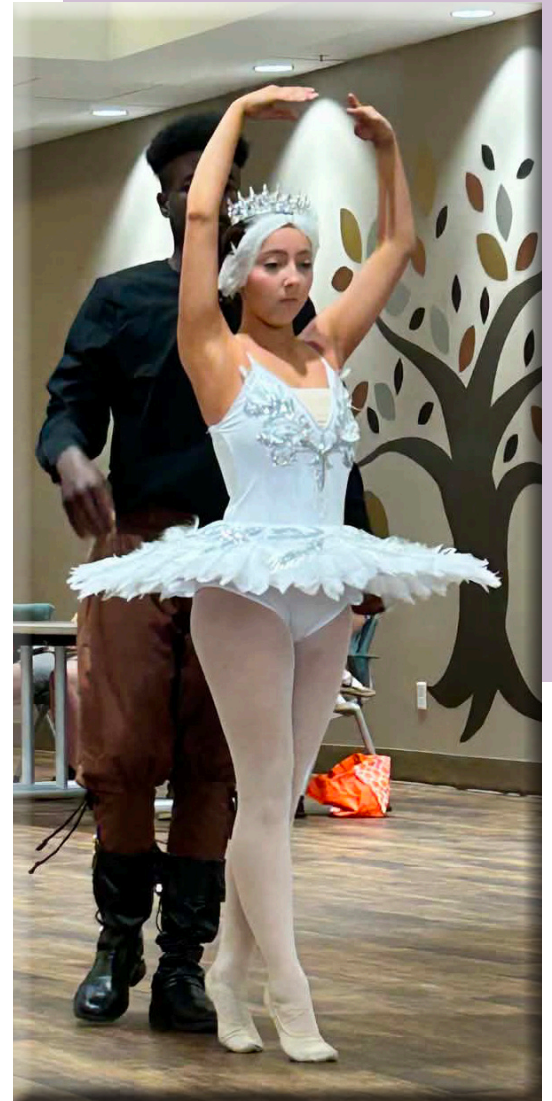
Celebrating
46 Years of
Supporting Families
& Caregivers!

<p>6 Monday</p> <ul style="list-style-type: none"> ◆ National Fried Chicken Day ◆ LEC Walking Club ◆ Patriotic Tune Pencil Drawings ◆ History Of Colonel Sanders <p><i>Chicken Salad Sandwich-Baked Fries-Pears</i></p>	<p>7 Tuesday</p> <ul style="list-style-type: none"> ◆ Making Strawberry Sundaes ◆ Chair Zumba Exercise ◆ Bingo With Wade Owens  <p><i>Meatloaf-Mashed Potatoes-Sweet Peas-Roll</i></p>	<p>1 Wednesday</p> <ul style="list-style-type: none"> ◆ Happy Birthday LEC! ◆ Scarf Exercise ◆ Life Enrichment Trivia  <p><i>BBQ Chicken-Hushpuppies-Coleslaw-Pears</i></p>	<p>2 Thursday</p> <ul style="list-style-type: none"> ◆ Cookout Hosted By Vick Haynes ◆ Paper Plate Exercise ◆ Hawaiian Ice With Willard's Concession <p><i>Hamburgers-Lettuce & Tomato-Tater Tots-Peaches</i></p>	<p>3 Friday</p>  <p>CLOSED</p>
<p>13 Monday</p> <ul style="list-style-type: none"> ◆ What Is An Oxymoron ◆ Brain & Body Workout ◆ Name That Tune <p><i>Health Fair</i></p> <p><i>Cheesy Chicken Spaghetti-Mixed Vegetables-Pears-Roll</i></p>	<p>14 Tuesday</p> <ul style="list-style-type: none"> ◆ Weights & Dumbell Exercise ◆ All About Sharks For Shark Awareness Day  <p><i>Chili Dogs-Tater Tots-Coleslaw-Mixed Fruit</i></p>	<p>8 Wednesday</p> <ul style="list-style-type: none"> ◆ LEC Price Is Right ◆ "Colonial" Exercise ◆ Fun Facts About Blueberries <p><i>Health Fair</i></p> <p><i>Pork Chops w/Gravy- Black Eyed Peas-Spinach-Roll</i></p>	<p>9 Thursday</p> <ul style="list-style-type: none"> ◆ Pet Therapy With Melody Parker ◆ Chair Yoga ◆ Art Of Making Colorful Celery  <p><i>Fish Sandwich-Hushpuppies-Coleslaw-Mixed Fruit</i></p>	<p>10 Friday</p> <ul style="list-style-type: none"> ◆ Arts & Crafts With Mitiz Glenn ◆ Balloon Volley Exercise ◆ Fancy Manicures With The Baldwin Girls <p><i>Pepperoni & Cheese Pizza/Casserole-Garden Salad-Oranges</i></p>
<p>20 Monday</p> <ul style="list-style-type: none"> ◆ Color Psychology Day ◆ All About How Color Can Affect Your Mood ◆ Tai Chi ◆ Participant Council Meeting <p><i>Popcorn Chicken-Macaroni & Cheese-Green Beans-Pineapple</i></p>	<p>21 Tuesday</p> <ul style="list-style-type: none"> ◆ National Junk Food Day ◆ Hula Hoop Exercise ◆ What's Your Favorite Snack?  <p><i>Salisbury Steak-Mashed Potatoes-Collard Greens-Roll</i></p>	<p>15 Wednesday</p> <ul style="list-style-type: none"> ◆ Painting With Kyleigh Kite ◆ Indoor Volleyball Exercise ◆ Health Talk: "Staying Hydrated" <p><i>Sloppy Joe-Roasted Potato Wedges-Peaches</i></p>	<p>16 Thursday</p> <ul style="list-style-type: none"> ◆ Bingo With Dusty Ruppe ◆ Hula Hoop Exercise ◆ Spa Day  <p><i>Baked Fish-Hushpuppies-Coleslaw-Pineapple</i></p>	<p>17 Friday</p> <ul style="list-style-type: none"> ◆ Disability Pride Month ◆ Indoor Volleyball Exercise ◆ Making Hot Honey French Fries  <p><i>Chicken Croissant-Lettuce & Tomato-Sweet Potato Fries-Oranges</i></p>
<p>27 Monday</p> <ul style="list-style-type: none"> ◆ Arts & Crafts: Leaf Print Mandala ◆ Lower Body Exercise <p><i>Health Fair</i></p> <p><i>Tuna Salad Sandwich-Baked Fries-Pineapples</i></p>	<p>28 Tuesday</p> <ul style="list-style-type: none"> ◆ Deep Breathing Exercise ◆ Manicures With Kristine ◆ Music With Roger Perry <p><i>Meaty Rotini Pasta- Broccoli-Garlic Bread-Peaches</i></p>	<p>22 Wednesday</p> <ul style="list-style-type: none"> ◆ LEC Bowling ◆ Parachute Exercise ◆ Magazine Scavenger Hunt <p><i>Health Fair</i></p> <p><i>Egg Salad Sandwich-Potato Wedges-Mixed Fruit</i></p>	<p>23 Thursday</p> <ul style="list-style-type: none"> ◆ Virtual Tour Of Asheville's Botanical Garden ◆ Summer Vacation Reminiscing ◆ Upper Body Exercise ◆ Brain Games: "Match The Tool" Edition <p><i>Baked Chicken w/Gravy-Orzo-Broccoli-Pears</i></p>	<p>24 Friday</p> <ul style="list-style-type: none"> ◆ Pajama Party Day ◆ Wear Your Favorite PJ's ◆ Pajama Parade Exercise ◆ Bingo With Jai Beam <p><i>Turkey & Cheese Subs-Lettuce & Tomato-Tater Tots-Oranges</i></p>
<p>29 Wednesday</p> <ul style="list-style-type: none"> ◆ Making Summer Collages ◆ Wine & Cheese Tasting ◆ Simon Says Exercise  <p><i>Grilled Bologna Sandwich-Lettuce & Tomato-Tater Tots-Mixed Fruit</i></p>	<p>30 Thursday</p> <ul style="list-style-type: none"> ◆ Making A Mini Greenhouse ◆ Spa Day ◆ Red Light, Green Light Exercise  <p><i>Fish Sticks-Macaroni & Cheese-Green Beans-Pears</i></p>	<p>31 Friday</p> <ul style="list-style-type: none"> ◆ Making Mosaic Art With Seed ◆ Hot Potato Exercise ◆ How To Make BLT Dip ◆ LEC Monthly Birthday Party <p><i>Beef Taco Salad w/Tortilla Chips-Lettuce-Shredded Cheese-Sour Cream-Oranges</i></p>		

Kimberla's School of Classical Ballet

Neisler Center participants were thrilled to have Kimberla's students for a visit.

With grace, elegance, & dedication. Students bring the timeless beauty of Swan Lake to life!



Puppy Love!



Participant Michelle (right) enjoys Pet Therapy with Staff Member Lisa.

Thank You!

*Logan Holmesley- Misc. Items
Beth McDaniel- Plants
Lucy & Bill Rossini- Misc. Items
Tracy Pullen- Cake Pop Makers
Connie Willis- Misc. Items
Linda Smith-
Bingo Prizes*



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 _____

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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 have been honored with a gift to Life Enrichment Center:

**Joe Rountree
Janet McLain**
by Paul & Holly Godfrey

Friends:

The following have given a gift to Life Enrichment Center:

**Connie Goforth Greene
Michael & Evelyn Ribadeneyra**
Albemarle

In Memory:

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

Ernie Howell
by David & Marie Brinkley
**Mrs. Maxine Putnam
Mrs. Marjorie Alexander**
by Roger & Libby Putnam

Bill Rountree
by Paul & Holly Godfrey

Staff member Chyna and participant Merline say, "Thank You!"

