



# Life Enrichment Center

Adult Day Care & Health Service

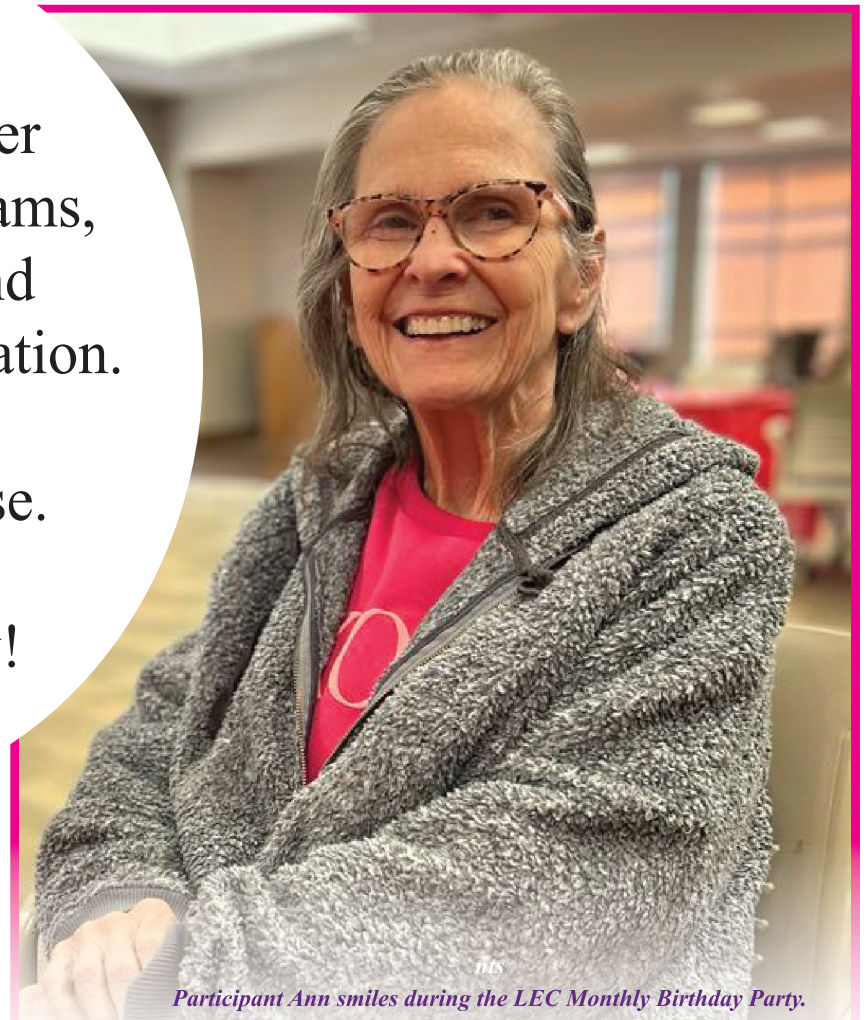
704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

March 2025

Life Enrichment Center offers meaningful programs, quality health care, and opportunities for socialization.

Everyone has a purpose.  
Help your mother rediscover hers today!



*Participant Ann smiles during the LEC Monthly Birthday Party.*



## Adult Day Program

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

*Shelby 704.484.0405, Kings Mountain 704.739.4858*

*For 44 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.*

# *sweetheart* BALL

# 2025



What a fantastic way to celebrate the life of such a special young lady. The 3rd Annual "Sweetheart Ball", in loving memory of Caroline Godfrey, hosted by parents, Paul & Holly, is an event that is anticipated and loved by everyone.

If you had the pleasure of knowing Caroline, you know that her smile was contagious. She loved music, loved her family, and loved her friends at LEC. Those same contagious smiles, love of music, and lasting friendships live on still today!



*Participants Jennifer & Lisa*

*Stevie, Heather, & Lisa join the party.*

*Staff member Kelsie & participant Calvin.*

*Thank You For Making This Year's Valentine's Day So Special.*

*In memory of Caroline Godfrey, the following have given a gift to Life Enrichment Center.*

*Paul & Holly Godfrey, Mark & Janet McLain, Joel & Patsy Rountree, Betsy Wells, Stan & Mary Davie Speckhard, Bobby & Cindy Phillips, Emily Rountree & Adam Bokmiller, Trina Dees, Allan & Patricia Propst, Carol & Johnny Dye, Joshua & Tasha Rountree*

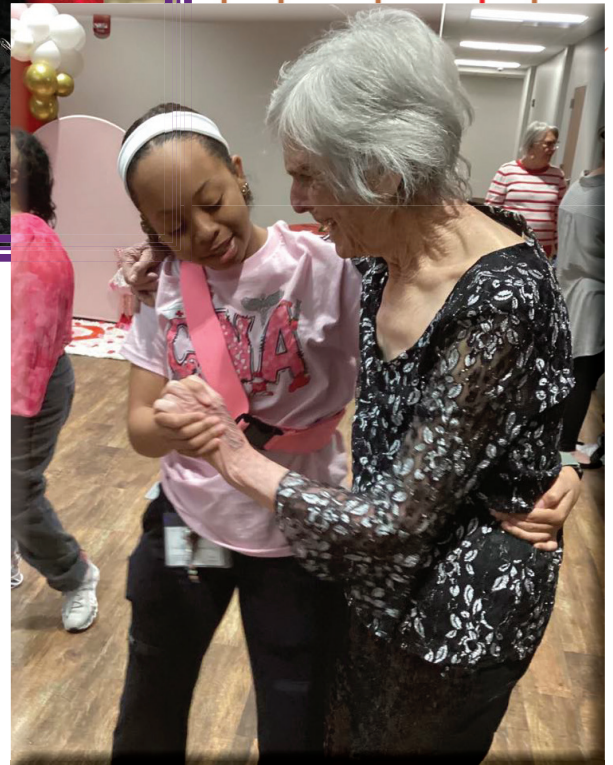
*(Left to right) Caroline's Aunt Patsy, Mother Holly, and Cousin Emily.*



*Wesley & Cathy play a game of Valentine Bingo*



*Participant Jane*



*(Above) Participant Lib enjoys making Valentine cards.*

*(Right) Stacey smiles as "Sweet Caroline" plays during the ball.*



*Staff member Ashanti dances with participant Sue.*



# March

## Shelby Activity Highlights

<p><i>3 Monday</i></p> <ul style="list-style-type: none"> <li>♦ A Visit With Martha Fortenberry &amp; Friends</li> <li>♦ Lower Body Exercise</li> <li>♦ How To Plan A Garden</li> </ul> <p><b>Health Fair</b></p> <p><i>Baked Ham- Scalloped Potatoes- Green Beans-Roll- Fruit Cocktail</i></p>	<p><i>4 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ Morning Devotion With Pastor Steve Smith</li> <li>♦ "Tone It Up" Tuesday</li> <li>♦ Making Spring Collages</li> <li>♦ Welsh Revival Celtic Group Performs</li> </ul> <p><i>Meatloaf-Potatoes-Lima Beans-Roll-Pineapple</i></p>	<p><i>5 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦ Creative Writing: "Irish Poems"</li> <li>♦ Chair Yoga</li> </ul>  <p><i>Spaghetti-Caesar Salad-Garlic Bread-Peaches</i></p>	<p><i>6 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ Famous Birthdays In March</li> <li>♦ Upper Body Exercise</li> <li>♦ "Name That Tune"</li> </ul>  <p><i>BBQ Chicken-Potato Salad-Bread Stick-Mandarin Oranges</i></p>	<p><i>7 Friday</i></p> <ul style="list-style-type: none"> <li>♦ Making Healthy Snacks With CheeChee</li> <li>♦ Balloon Volley Exercise</li> <li>♦ LEC Bowling Tournament</li> </ul>  <p><i>Baked Fish-Macaroni &amp; Cheese-Broccoli-Roll-Pears</i></p>
<p><i>10 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Virtual Tour Of Ireland</li> <li>♦ Move To The Rythm Exercise</li> <li>♦ History Of St. Patrick</li> </ul>  <p><i>Chicken Nachos w/Black Beans, Lettuce &amp; Sour Cream-Mixed Fruit</i></p>	<p><i>11 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ Music With Tom Wood &amp; Friends</li> <li>♦ Tai Chi</li> <li>♦ Classical Guitar Favorites With Eddie Cooke</li> </ul> <p><i>Grilled Cheese Sandwich-Tomato Soup-Peaches</i></p>	<p><i>12 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦ All About Maple Syrup With Tom Wood</li> <li>♦ Parachute Exercise</li> <li>♦ Devotion With Blessed Coverings</li> </ul> <p><i>Shepherd's Pie-Garden Salad-Roll-Pineapple</i></p>	<p><i>13 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ All About Recycling</li> <li>♦ "Motown Moving" Exercise</li> <li>♦ Find The Four Leaf Clovers Scavenger Hunt</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Sandwich-Lettuce &amp; Tomato-Baked Fries-Fruit Cocktail</i></p>	<p><i>14 Friday</i></p> <ul style="list-style-type: none"> <li>♦ Musical Bingo With Tyesha Peak</li> <li>♦ "Hot Potato" Exercise</li> <li>♦ Making St. Patrick's Day Snacks With Azela Hanif</li> </ul> <p><i>Cheesy Beef Pasta-Caesar Salad-Bread Stick-Oranges</i></p>
<p> <i>17 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Making St. Patrick's Day Key Chains With Vivian</li> <li>♦ Lower Body Exercise</li> <li>♦ LEC Monthly Birthday Party Hosted By The Cleveland County ECA Club</li> </ul> <p><i>Comed Beef-Potatoes-Carrots-Pears</i></p>	<p><i>18 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ "Name That Scent"</li> <li>♦ "Tone It Up" Tuesday</li> <li>♦ Word Search Fun</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken &amp; Dumplings-Green Beans-Roll-Mixed Fruit</i></p>	<p><i>19 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦ Junk Drawer Detective</li> <li>♦ Chair Yoga</li> <li>♦ Participant Council Meeting</li> <li>♦ Health Topic: Making Healthy Food Choices</li> </ul> <p><i>Cheeseburger w/Lettuce &amp; Tomato-Tater Tots-Peaches</i></p>	<p><i>20 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ Spa Day</li> <li>♦ Chair Zumba</li> <li>♦ Bingo With Altruistic Home Care</li> </ul> <p><i>Pinto Beans-Cabbage-Cornbread-Pineapple</i></p>	<p><i>21 Friday</i></p> <ul style="list-style-type: none"> <li>♦ LEC Walking Club</li> <li>♦ Building Bird Houses With Cameron</li> </ul>  <p><i>Smoked Sausage-Sauerkraut-Potatoes-Roll-Fruit Cocktail</i></p>
<p><i>24 Monday</i></p> <ul style="list-style-type: none"> <li>♦ How To Make The Best Yams With Courtney Brown</li> <li>♦ "Red Light, Green Light" Exercise</li> </ul>  <p><i>Chicken Tenders-Potatoes-Green Beans-Roll-Applesauce</i></p>	<p><i>25 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦ Music With The McCurry Band &amp; Friends</li> <li>♦ Tai Chi</li> <li>♦ LEC Price Is Right</li> </ul> <p><i>Chili Nachos w/Lettuce &amp; Sour Cream-Mandarin Oranges</i></p>	<p><i>26 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦ Bingo Bonanza With Navion</li> <li>♦ Deep Stretch Exercise</li> </ul>  <p><i>Pot Roast-Potatoes-Peas-Roll-Pears</i></p>	<p><i>27 Thursday</i></p> <ul style="list-style-type: none"> <li>♦ LEC Spelling Bee</li> <li>♦ "Dance Party" Exercise</li> <li>♦ Maple Springs Baptist Church Visits</li> </ul> <p><b>Health Fair</b></p> <p><i>Sloppy Joes-Baked Beans-Pineapple</i></p>	<p><i>28 Friday</i></p> <ul style="list-style-type: none"> <li>♦ Spring Time Scavenger Hunt</li> <li>♦ "Simon Says" Exercise</li> <li>♦ Arts &amp; Crafts With Valerie Best</li> </ul> <p><i>Turkey w/Gravy-Potatoes-Green Beans-Roll-Peaches</i></p>

<p><i>31 Monday</i></p> <ul style="list-style-type: none"> <li>♦ Creative Writing: "April Showers Bring May Flowers"</li> <li>♦ Chair Yoga Exercise</li> </ul>  <p><i>Hamburger Steak w/Mushrooms &amp; Onions-Potatoes-Roll-Fruit Cocktail</i></p>
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Always end your day with a positive thought. No matter how bad things are, tomorrow is another chance to make things better.



Scott



LaTonya

# MARCH



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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

<p><i>3 Monday</i></p> <ul style="list-style-type: none"> <li>◆Dr. Seuss Week: "Cat In The Hat"</li> </ul> <p>Wear Your Favorite Hat</p> <ul style="list-style-type: none"> <li>◆Paper Plate Exercise</li> <li>◆Piano Favorites With Alex Ruthford</li> </ul> <p><i>Baked Ham-Scalloped Potatoes-Green Beans-Roll-Fruit Cocktail</i></p>	<p><i>4 Tuesday</i></p> <ul style="list-style-type: none"> <li>◆Fox In Socks: Wear Your Silly Socks &amp; Shoes</li> <li>◆Chair Zumba</li> <li>◆Making Paper Shamrock Garland</li> </ul> <p><b>Health Fair</b></p> <p><i>Meatloaf-Potatoes-Lima Beans-Roll-Pineapple</i></p>	<p><i>5 Wednesday</i></p> <ul style="list-style-type: none"> <li>◆Wacky Wednesday: Wear Your Wacky Tacky Outfit</li> <li>◆Arts &amp; Crafts With Kelly</li> <li>◆Scarf Exercise</li> </ul> <p><i>Spaghetti-Caesar Salad-Garlic Bread-Peaches</i></p>	<p><i>6 Thursday</i></p> <ul style="list-style-type: none"> <li>◆The Lorax: Wear A Silly Mustach</li> <li>◆How To Make Citrus Pudding Mix Cookies</li> <li>◆"Show Of Hands" Exercise</li> <li>◆A Visit With Rockin' Realty</li> </ul> <p><i>BBQ Chicken-Potato Salad-Bread Stick-Mandarin Oranges</i></p>	<p><i>7 Friday</i></p> <ul style="list-style-type: none"> <li>◆Dress As Your Favorite Book Character</li> <li>◆Story Time With Jennifer Ingle</li> <li>◆Parachute Exercise</li> <li>◆Spa Day</li> </ul> <p><i>Baked Fish-Macaroni &amp; Cheese-Broccoli-Roll-Pears</i></p>
<p><i>10 Monday</i></p> <ul style="list-style-type: none"> <li>◆International Womens Day</li> <li>◆Chair Yoga</li> <li>◆Cross Word Puzzles: "Luck of The Irish" Edition</li> </ul> <p><b>Health Fair</b></p> <p><i>Chicken Nachos w/Black Beans, Lettuce, &amp; Sour Cream-Mixed Fruit</i></p>	<p><i>11 Tuesday</i></p> <ul style="list-style-type: none"> <li>◆"Guess The Song" Movie Soundtrack Edition</li> <li>◆Gentle Stretching</li> </ul>  <p><i>Grilled Cheese Sandwich-Tomato Soup-Peaches</i></p>	<p><i>12 Wednesday</i></p> <ul style="list-style-type: none"> <li>◆Chinese Culture Day</li> <li>◆Manicures With Christy Beheler</li> <li>◆Musical Chairs Exercise</li> <li>◆LEC Charades</li> </ul> <p><i>Shepherd's Pie-Garden Salad-Roll-Pineapple</i></p>	<p><i>13 Thursday</i></p> <ul style="list-style-type: none"> <li>◆Arts &amp; Crafts: Making Leprechaun Pins</li> <li>◆Indoor Volley Ball Exercise</li> <li>◆"Name That Movie Character" Trivia</li> </ul> <p><i>Chicken Sandwich-Lettuce &amp; Tomato-Baked Fries-Fruit Cocktail</i></p>	<p><i>14 Friday</i></p> <ul style="list-style-type: none"> <li>◆Spelling Bee Competition</li> <li>◆Wheelchair Race Exercise</li> <li>◆Bingo Bonanza With Edy</li> </ul>  <p><i>Cheesy Beef Pasta-Caesar Salad-Bread Stick-Oranges</i></p>
<p><i>17 Monday</i></p> <ul style="list-style-type: none"> <li>◆St. Patrick's Day Celebration</li> <li>◆"Shamrock" Exercise</li> </ul> <p><b>Wear Your Green</b></p>  <p><i>Comed Beef-Potatoes-Carrots-Pears</i></p>	<p><i>18 Tuesday</i></p> <ul style="list-style-type: none"> <li>◆March Madness: Wear Your Favorite Basketball Team Colors</li> <li>◆Dancing With The Shelby Senior Center Dancers</li> <li>◆Relay Race Exercise</li> </ul> <p><i>Chicken &amp; Dumplings-Green Beans-Roll-Mixed Fruit</i></p>	<p><i>19 Wednesday</i></p> <ul style="list-style-type: none"> <li>◆Egyptian Hieroglyphic Bingo</li> <li>◆Balance Exercise</li> <li>◆Virtual Tour Of The River Nile</li> </ul> <p><b>Health Fair</b></p> <p><i>Cheeseburger w/Lettuce &amp; Tomato-Tater Tots-Peaches</i></p>	<p><i>20 Thursday</i></p> <ul style="list-style-type: none"> <li>◆French Language Day</li> <li>◆French 101</li> <li>◆A Visit With Margaret Mills &amp; Friends</li> <li>◆Disco Dance Exercise</li> </ul> <p><i>Pinto Beans-Cabbage-Combread-Pineapple</i></p>	<p><i>21 Friday</i></p> <ul style="list-style-type: none"> <li>◆Flounder Friday With Crystal Love</li> <li>◆"Just Dance Exercise" With Slim Whittenburg</li> <li>◆Health Topic: Scoliosis</li> </ul> <p><i>Smoked Sausage-Sauerkraut-Potatoes-Roll-Fruit Cocktail</i></p>
<p><i>24 Monday</i></p> <ul style="list-style-type: none"> <li>◆Participant Council Meeting</li> <li>◆Let's Play "I Spy"</li> <li>◆Parachute Exercise</li> </ul>  <p><i>Chicken Tenders-Potatoes-Green Beans-Roll-Applesauce</i></p>	<p><i>25 Tuesday</i></p> <ul style="list-style-type: none"> <li>◆LEC Walking Club</li> <li>◆Are You Smarter Than A 5th Grader?</li> </ul>  <p><i>Chili Nachos w/Lettuce &amp; Sour Cream-Mandarin Oranges</i></p>	<p><i>26 Wednesday</i></p> <ul style="list-style-type: none"> <li>◆Epilepsy Awareness Day</li> <li>◆Upper Body Exercise</li> </ul>  <p><i>Pot Roast-Potatoes-Peas-Roll-Pears</i></p>	<p><i>27 Thursday</i></p> <ul style="list-style-type: none"> <li>◆How To Make Frosted Fudge Cookies</li> <li>◆Lower Body Exercise</li> </ul>  <p><b>Health Fair</b></p> <p><i>Sloppy Joes-Baked Beans-Pineapple</i></p>	<p><i>28 Friday</i></p> <ul style="list-style-type: none"> <li>◆Junk Drawer Detective: Spring Edition</li> <li>◆Dumbbell Exercise</li> <li>◆Spa Day</li> </ul>  <p><i>Turkey w/Gravy-Potatoes-Green Beans-Roll-Peaches</i></p>
<p><i>31 Monday</i></p> <ul style="list-style-type: none"> <li>◆Let's Plan A Road Trip</li> <li>◆LEC Monthly Birthday Party</li> <li>◆Rock &amp; Roll Exercise</li> </ul>  <p><i>Hamburger Steak w/Mushrooms &amp; Onions-Potatoes-Roll-Fruit Cocktail</i></p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p><b>March 04</b></p> </div> <div style="text-align: center;">  <p><b>March 03 - March 07</b></p> </div> </div>			

*Willie*



*Jackie*



*Lisa*



**Thank you Mt. Sinai Baptist Church for hosting the LEC monthly birthday party and making this such a special day! Participants enjoyed cupcakes, playing Bingo, and celebrating with friends.**

*Merline*



*Zach*



*Denise*



# In Memory:

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

**Mary Clare Turner & Clare Sanders Turner**  
by  
Richard Craver

**Larry Gragg**  
by  
Douglas & Patsy Cabiness  
Kitty & Marvin Hoyle  
John & Linda Cabiness  
Jerry & Marietta Floyd  
Shelby-Cleveland County Friendship Force  
Gary & Jane Gragg

**Dr. Steve Dalton**  
by  
John & Linda Cabiness, Carson & Family

**Ruth Thomas**  
by  
Margaret King & Family

**Elizabeth Redmond**  
by  
Paul & Holly Godfrey

# Thank You

De'anna Godfrey-Snacks  
Kings Mountain Crisis Ministry-Clothing  
Sandra Brandt-Clothing  
Diane Whetstine-Clothing  
C.J. & The Terry Family-Valentine Treat Bags  
Mary Renner & Family-Crumble Cookies  
Lewis Young-Personal Care Items  
Shirley Lail-Magazines  
Ellen Gragg-Personal Care Items, Pound Cake  
Paul & Holly Godfrey-Magazines  
Chapter AH PEO-Bingo Items

# Friends:

The following have given a gift to  
Life Enrichment Center:

**Albemarle Corporation**  
**Margaret Plonk**  
**Jay & Sandy Rhodes**



## 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*  
Rick Clauss, *Treasurer*  
Becki Anthony  
Tonya Arrington  
Donna Beringer  
Hannah Cyr  
Larry Dooley  
Pete Gilbert  
Rev. Eddie Gray  
Dr. Carolyn Jackson  
Susan Lankford  
Sandy Logan  
Kirsten Martin  
Russ Putnam  
Terri Simmons  
Stephanie Wieck

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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.



*Pet Therapy is one of  
Melissa's favorite  
programs!*



*Kings Mountain Fire & Rescue visits.*

## Friendly Reminder!

Life Enrichment Center will be **CLOSED** Friday,  
**April 18**, in observance of Good Friday.

