

The Center Post

Volume 20 Issue 4

APRIL 2011

**The Enrichment Center
Hours of Operation:**
Monday—Thursday
8 a.m.—8 p.m. and
Friday 8 a.m.—5 p.m.
919-776-0501

Our purpose
is to connect boomers,
seniors, family
caregivers and veterans

with meaningful
educational and
volunteer
opportunities; increase
their access to services,
benefits and resources,
and offer tools to
manage health
and finances.

Look inside for
information on...

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Better?,
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**“I Love Beach Music”
and so will you at
The Enrichment Center’s
2011 Volunteer
Appreciation Dinner**

Tuesday, April 5, 2011!

*We want you to “Stay” with the
“Carolina Girls” and
“Be Young, Be Foolish, Be Happy”
“Under the Boardwalk”
as we show our appreciation to
our dedicated Volunteers!*

Carolina Beach Party Theme
With Surprise Guest Entertainment
& Dancing!
Doors will open at 5:30 pm.

See you there!



Celebrating People in Action

National Volunteer Week April 10–16, 2011

Volunteers at The Enrichment Center tirelessly share their time and talent with those in need. National Volunteer Week is about inspiring, recognizing, and encouraging people to seek ways to engage in their community. It's about meeting our challenges with all of us working together. Programs and services would suffer at The Enrichment Center without the help of our volunteers.

More than 8500 volunteer hours have been recorded over the past 12 months at The Enrichment Center. The national average value per hour for a volunteer is \$20.25. At only minimum wage of \$7.25/hour that's \$61,625 of valuable resources! Again---we thank you!

These volunteers assist our **Social Work Department** with various needs such as housing and home repair, support groups and delivery to Angel Tree recipients. **Mark Ariy, Bill Carter, Fred Glass, Joe Lanier, Willis McNeill, Andy Siegner, Bob Smith, Joyce Smith, Sam Carter, Janet Carter, Joann Batten, Richard Holshouser, John Lyczkowski, Brian Lyczkowski, Silas Newby, Linda French, Jimmy McInnis, Erica Matthews and Charles Sylvant.**

Senior Services Advisory Board members are appointed by the Lee County Commissioners and are responsible for reviewing policies, fiscal budget, grants, center programs and services and assist with building rental requests. **Woody Beale, Karen Oldham, Alice Beardslee, Janet Fasick, Brenda Ingram, Donese Pulley, Commissioner Ed Paschal, Esther Siler and Mary Upchurch.**

Support Groups Leaders. **Linda Moore, Marge Kanning, Nora Gunter, Bob Brickhouse, Peggy Rowles, Gail Valentine, Carol Atwood and Carol Golden.**

Caregiver Time Out- These volunteers are available on Tuesday afternoons to offer a break to caregivers. **Dorothy Matthews.**

San-Lee Senior Citizen's Dance Group volunteers are responsible for the coordination of the Tuesday Night Dance, held every second Tuesday at 6 p.m. **Pauline Collins, Margaret Farrell, Margie Hearne, Ernestine Pickard, Clint Pickard, Lois Moore, Shirley Buchanan, Dr. Emory Sadler, and Dr. Lynn Sadler.**

Saturday Night Dance Volunteers are responsible for securing the bands, refreshments and set up of the dance held every Saturday night at 7 p.m. **Louise Brantley, Harold Harrington, Ernest Johnson, Mabel Johnson, Ron Klepper, Robert Douglas, Jim Foster, Mary Foster, Lois Moore, Margie Hearne, Judy Morrow, Bob Bolsinger, Bev Bolsinger, Sidney Dean, Shirley Dean and Lois Moore.**

Enrichment Center, Inc. Board members are responsible for overseeing the expenditures of private donations. **Helen Hincks, Bud Greene, Tom Joyner, James Emerson, Tony Lett, Ruby McSwain, Margaret Murchison, Bill Towson, Bob Will, June Gunter.**

The following volunteers are responsible for planning and implementing the **Senior Games of Lee County** program. Local games are held in May and State Finals in September and October. **Bob Garrett, Mike Neal, John Payne, Bill Shuey, and Jim Turner.**

Nifty Noggins volunteers make coverings for "smart" heads. The coverings are free to cancer patients. From classy berets to handy bandannas, this group has it "covered." **Ann Beale, Marian Carlsen, Darlene Christiansen, Leona Cox, Mary Parker, Sue Wagenhauser and Eva Warrick.**

S.H.I.I.P. (Seniors' Health Insurance Information Program) volunteers help Lee County citizens with questions regarding Medicare, Medicare Prescription Drug Plan, Medicare bills and supplemental insurance policies. *Carolyn Blackman, Jean Jones, George Miller, Jane Soule and Robert Powell.*

Tax Aide Volunteers assist older, low to moderate income people with their income tax filing. The service is free and provided in cooperation with AARP and the IRS. *Alice Beardslee, Robena Black, Robyn Carpenter, Nancy Johnson, John Koneski, Shirley Martin, Henry Merritt, Jr., Jim Payne, Vickey Sistare, Joyce Smith, George Thompsom, Mary Upchurch, John Burns, Billy Tew, Ron Moeller and Patricia Garrett.*

These volunteers represent Lee County older adults at the **Area Agency on Aging's Advisory Board**. *Mary Upchurch, Esther Siler, Donese Pulley and Karen Oldham.*

These volunteers represent Lee County older adults at the **Senior Tarheel Legislature**, which was created by the NC General Assembly in 1993 to provide seniors on matters being considered by NC General Assembly, promote citizen involvement and advocacy concerning aging issues and assess the legislative needs of older citizens. *Mary Upchurch and Esther Siler (Alternate).*

CENTER POST volunteers meet the last Wednesday of every month to fold, tape and label approximately 350 newsletters for bulk mail out. *Ruby Belsma, Ruth Conder, Virginia Wade and Virginia Titus.*

Cookie Cutters Volunteers are the ones to thank for the delicious home made cookies that are often served at the Center. *Ruth Conder, Mary Ruth Deese, Betty Johnson, Donna Jackson, Diane Davis and Sylvia Thomas.*

The **front desk area of The Enrichment Center** is an extremely busy place. From greeting guests as they arrive, answering the ever-ringing phone, and directing guests to the various activities, these volunteers are very much appreciated. *Judy Warf, Mary Upchurch, Kathryn St. Clair, Anita Henderson, Joyce Billings and Josie Nagy.*

These volunteers assist with various events that are held each year, such as the **flu shot clinics, the Boomer and Senior Caregiver Expo, and the Alzheimer's conference**. *Sylvia Watson, Judy Morrow, Jim Payne, Brenda Willett, Frank Rujsz, Kathy Rujsz, Peggy Rowles, Emma Grace Jones, Ruth Conder, Mildred Thomas, Ann McKoy, Brenda Ingram, Janet Fasick, Nancy Kennedy, Virginia Wade, Carolyn Blackman, George Miller, Theresa Miller, Martha Wicker, Helen Hincks, Esther Siler, Mary Upchurch, Avron Upchurch, Bud Greene, Mark Coggins, Kathy St. Clair, Hugh Pembleton, Ginny Pembleton, Cris Elliott, Gladys Thomas, George Wilberg, Judy Barton, Tom Joyner, John Dixon, Robin Duff, Patsy Rogers, Anita Henderson, Robert Powell, Bob Crigler, , Shirley Pardue, Debbie Pardue, Jason Isley, Tracy Stephens, Kay Holt, Connie Searcy and Ollie McLucas.*

BINGO Volunteers are responsible for the coordination of BINGO games. *George A. McBride, Barbara Moore, and Louise Brantley.*

Much to the delight of our **Diners' Club** participants, these volunteers regularly share exercise & dancing activities, Bible study, and music. *Shirley Buchanan, Eva Farmer, Robert Lewandowski, Patricia Lewandowski, Earl Thompson, Alice Cline, Laurence Poindexter, Jim Annis, Elba Annis, Mark Coggins and Bob Smith.*

In the past year, **Home Delivered Meal Volunteers** delivered more than 5,800 hot lunches to homebound older adults in Lee County. Approximately 30 clients on 5 routes are served each day, Monday through Friday. *Art Coleman, Janice Coleman, Judy Warf, Jack Warf, Williard Garren, Amelia Garren, Dan Jones, Jerry Kennedy, Nancy Kennedy, Audrey MacDowell, John MacDowell, Hans Niedworok, Tina Niedworok, Hugh Pembleton, Ginny Pembleton, Eric Pittard, Eugene Rackley, Don Roundy, Ginny Roundy, Pam Schonder, Sam Sillaman, Bob Smith, Joyce Smith, Bob Stone, Dee Utley, Elba Annis, Jim Annis, Mary Washington, Mike Washington, Jim Payne, Pam Schonder, Norbert Miller, George Mueller, Donna Mueller, Katie Schonder, John Bins, Mary Bins, John Corbett, Donna Corbett, Kathy St. Clair, Brad Butler, Tony Ciaravino, Jeff Ward and Darlene Heuts.*

Diners' Club Volunteers assist Monday through Friday in taking lunch meals to the tables, overseeing donations and reservations for the following day's lunch. *Jim Annis, Don Barrow, Joyce Billings, Verna Cheek, Marcell Chesney, Floyd Chesney, Alice Cline, Helen Garrett, Kum Headen, Banks Marsh, Odessa Richardson, Ellis Temple, Bobby Thomas, Earl Thompson, Alberta Williams, Sarah Woods, Maria Rodriguez, Hazel Nickens, Maggie Newby, John Hayes, James Baker, Frank Kaufman, Stella Chester, Wilma Shackleton, Alter Mae Hatley, Barbara Miller, Bettie Ervin, Mary Quick, George Hammer, Sara Hammer, Margaret Trusell, Mildred Wales, Gerald Chappell, Virginia Vick and Anita Henderson.*

Fitness Room Volunteers assist with fitness orientations, fill in for instructors, and keep towels in the fitness room for participants. *Cathy Andrew, Carol Bates and Trudy Forrest.*

Volunteer Program Facilitators regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Dot Boaz, Frances Smith, Mark Coggins, George Wilberg, Robena Black, Carolyn Arnold, Dick Palmer, Margaret Murchison, Ed Paschal, June Gunter, Pam Rose, Phil Bruce, Susan Hooper, Judy McDonald, Shirley Buchanan, Brenda Ingram, Cris Elliott, Virginia Wade, Emma Grace Jones, Ruth Conder, Judy Barton, Nancy Kennedy, Ann McKoy, Dan Kassick, Linda French, Laurence Poindexter, Virginia Mattson, Bob Smith, Peggy Rowles, Earl Thompson, Linda Rapp, Ann Beale, Don Schreiner, Nora Gunter, Sylvia Thomas.*

Administrative Volunteer assists staff members when needed—everything from tallying survey results to making phone calls to alert participants to upcoming events and activities. *Linda Rapp.*

Calling all card players...join us on the 4th Wednesday each month at 2:00 p.m. Bring cards, friends and play the game of your choice.

Card Game Canasta, Fridays, 12:30 p.m. with Instructor **Carolyn Arnold**.

Scrabble...Join us for a game of scrabble on the first Thursday of each month at 12:30 p.m.

Mexican Train Dominos—Thursdays 6:00 p.m. (beginning April 14th) with Instructor Robena Black.

2011 Enrichment Center's Information & Resource Directory is now available.

To view or print, visit our website at www.leecountync.gov/ec.

Rex UNC Healthcare Mobile Mammography

is coming to The Enrichment Center Friday, April 8 10:00 a.m. - 3:00 p.m. FREE mammograms for ladies at least 35 years old for a baseline (first time) mammogram or at least 40 years old for an annual mammogram. For complete details and to register contact Sharon Lucas at the Lee County Health Dept. 919-718-4640 ext. 5317.

Legal Aid Intake Day at The Enrichment Center

—First Friday of the month 10:00 a.m.—2:00 p.m. A FREE service provided by Legal Aid of NC, Inc. Appointments preferred but walk-ins accepted. To schedule an appointment call 1-800-672-5834.

Living with Vision Loss Support Group

Second Wednesday of the month 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones. Open to the general public to all adults.

"Let's Talk" with Mayor Cornelia Olive

—Third Thursday of the month 10:30 a.m. Come and share your concerns and views with Mayor Olive in this informal setting open to the general public.

Up and Coming in May!

Call 919-776-0501 to register.

Ballroom Dance Lessons - May 2, 9, 16, 23 and

June 6, 13, 6:45 p.m. with Instructor **Judith McDonald**, President of Outreach Programs US Dance. FREE. Class size is limited!

Women's Program: Healthy Inside and Out!

Thursday, May 12, 6:00 p.m. Lite meal served. All ladies welcome to attend. If you are...In line for take out food too often; not taking care of yourself as you should; needing to exercise but don't have time; juggling and struggling with everyday life...you will not want to miss this FREE program. **Topics and special guest speakers:** Nutrition—Susan Condlin, Cooperative Ext. Agency, Exercise—Jeanette Redman, Enrichment Center Fitness Instructor, Heart Smart—Dr. Lukas Jantac, Sanford Cardiology, Juggling & Struggling—Doris Holland, Local Resident & Author. Registration required.

Gay 90's Luncheon—Our annual luncheon honoring 90-year-olds and better, will be held at 12:00 noon, Wednesday, May 18, 2011, at The Enrichment Center. If you or someone you know wishes to attend, please contact **Debbie Williams**, 776-0501, ext. 203.

A daily celebration

Diners Club! Join us for lunch at The Enrichment Center's Diners Club! A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better. Menu selections include: spaghetti and meat sauce, pork chop, BBQ chicken, tuna salad, baked chicken, fish sandwich, fruit, dessert and beverage. Call 776-0501 ext. 208 for information and to register.

CThe following 11:00 a.m. Diners Club Programs for April are open to the general public:

- I** 6th—Laurence Poindexter sings and plays guitar
- U** 8th—Shannon Cagle, Environmental Health, proper hand washing
- b** 13th—The Doozies—singing the oldies
- 15th—Easter Fashion Show
- 19th—Sassy Red Hatters
- 20th—Rob Matthews sings
- 21st—Let's Talk with Mayor Cornelia Olive
- 27th—Miller-Boles program
- 29th—Naomi Swann sings

What is Ischemic Heart Disease?

Ischemic heart disease involves a reduction of blood flow and oxygen to the heart; this results in the heart muscle not getting enough blood and oxygen. Usually there is a buildup of cholesterol and other substances, called plaque, in the arteries that bring oxygenated blood to the heart muscle. Over time ischemic heart disease damages and weakens the heart muscle, making it difficult for the heart to fill and pump blood to the rest of the body. Ischemic heart disease is a common cause of congestive heart failure. People with this condition may, at one time, have had a heart attack, angina (chest pain), or unstable angina (suddenly increasingly worsening chest pain).

HAVE YOU BEEN DIAGNOSED WITH ISCHEMIC HEART DISEASE?

If yes, scientific research and the Department of Veterans Affairs have determined your Ischemic Heart Disease is associated with exposure to Agent Orange or other herbicides during your military service while serving in Vietnam.

For further details and to file a claim contact John Sandrock, Lee County Veteran Services, 919-776-0501 Ext 209 jsandrock@leecountync.gov

Veterans Remembrance Group—Wednesday, April 13, at 2:00 p.m. with **Special Guest Speaker Mr. Howard Moore**. Open to the general public. Registration encouraged. Call 776-0501.

Let's Travel

Call 776-0501 ext. 201 to register!

Complete details are available at The Enrichment Center.

2011 MYSTERY Trip!

Tuesday, May 10, 2011

How adventurous are you? Cost is \$30 per person and will include lunch. **Clue #2:** 43 minutes. **Clue #3:** Building was built in 1903, was open for 67 years before closing in 1970.

In 1996 it was renovated and reopened in current pristine condition. No, you cannot buy tools here. **Clue #4:** We are one of three, serve twenty and opened in 1988.

New York to Niagara Falls

September 19-25, 2011

Broadway show, Empire State Building, Chinatown, Little Italy, Radio City Music Hall, Baseball Hall of Fame, Niagara Falls and MUCH MORE! See brochure at The Enrichment Center for complete details and pricing.

Lee County Volunteer Base

People Need People. Make a difference in Lee County by joining our team!

If you are interested in volunteering at The Enrichment Center or in Lee County or if your organization is in need of volunteers, contact Janice Holmes today at 919-776-0501 ext. 206.

Reminder: All Volunteers at The Enrichment Center as well as other Lee County Government Departments are eligible to be members at the Local Government Federal Credit Union located at 1002 Spring Lane, Sanford. LGFCU is currently offering tax preparation services. Contact the branch directly at 919-774-8851.

If you are interested in a social networking class: Facebook, Twitter, etc., contact Debbie Williams at 919-776-0501 ext. 203.

facebook

twitter

The San-Lee Dancers—Will meet Tuesday, April 12, 6:00-9:00 p.m. with DJ Johnny Miller. Cost is \$5.00 per person. Ages fifty+ (couples and singles) and younger guests welcome!

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for April:** 2nd - Southern Exposure, 9th - Bill Pollard Back Porch Country, 16th - Raymond Bradley Band, 23rd—NO DANCE, 30th - Bill Pollard Back Porch Country.

Nifty Noggins are fashionable head coverings for cancer patients. Come by The Enrichment Center and choose one or two of the trendy and seasonal head coverings which are made from the latest fabrics and colors. **Anyone in need of head coverings can call Carole at The Center, 776-0501 ext. 205. Volunteers will meet Thursday, April 14 at 10:00 a.m.**

The Enrichment Center Captain's Choice

Mixed Group—Teams are formed by drawing cards and all skill levels are welcome. 9:00 a.m. Tee Time each Wednesday at Carolina Lakes. \$16.00 with Cart. Interested golfers should contact Josie Nagy, 499-1208. *A Golf Adventure Brought to You By The Enrichment Center.*

S.A.P. Sanford Area Photographers Club

Thursday, April 21, 6 p.m. with facilitator **Bob Smith**. Come and share ideas and methods with fellow amateur photographers. Open to the general public for all adults.

Yada Yada Sisters—Tuesday, April 12 (date change this month) 5:00 p.m. meet at **Crossroads Grill** for dinner and then go to The Enrichment Center and play cards. *Our sisterhood is a network with other females in an exciting and stimulating group. It's the perfect opportunity to receive support and encouragement from a sister.* Call 776-0501 ext. 201 to register.

A Novel Approach Book Club—Will meet Tuesday, April 12 at 12:00 noon and discuss Straight Man by Richard Russo. The book for May is Nineteen Minutes by Jodi Picoult. Registration is not necessary and the group is open to the general public.

Questions About Your Personal Financial

Situation? FREE Financial Counseling available by appointment with Richard L. Palmer, ChFC, Volunteer Financial Counselor. For an appointment call 919-776-0501 ext. 201.



Age 55 & Better?

Athletic? Artistic?

Participate in the 2011

Senior Games & Silver Arts of Lee County



United in the Spirit of Competition

Bright Audiology 2011 Torch Sponsor

Registration April 1—30, 2011

Games held May 2011

Come join the fun in athletic events and artistic competitions!

Senior Games and Silver Arts of Lee County is open to residents of Lee County and surrounding areas who will be 55 years of age or better by December 31, 2011. Senior Games and Silver Arts of Lee County Registration Forms available at The Enrichment Center, Lee County Parks and Recreation, Kendale Bowling Lanes and Carolina Trace Country Club. If you are a previous participant in Senior Games and Silver Arts of Lee County, look for your registration form in the mail.

Jimmy Solomon, Local Coordinator

919-776-0501 ext. 207 or jsolomon@leecountync.gov.

Senior Games and Silver Arts of Lee County is part of a network of 54 Local Games across the state sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored statewide by the North Carolina Division of Aging and Adult Services.

corner

caregiver



The Stress of Family Caregiving: Your Health May Be At Risk

Providing care to someone you love whether full-time, part-time, or long distance, takes a huge toll both physically and emotionally. Family caregivers are at a greater health risk than their loved ones. They devote themselves to the needs of someone else and tend to neglect their own health.

Stop for a moment and think when was the last time you put yourself first? Caregivers often don't see themselves as being in a difficult situation. They know they are stressed, but do not recognize the link between caregiving stresses and what they experience.

Self-care is very important. There is a wide range of preventive health behaviors that caregivers tend to neglect. These include exercising, eating right, and having medical check-ups on a regular basis.

Step one is to remind yourself constantly that self-care is a necessity, not a luxury. Sooner or later you will start to believe it and begin to make room for healthful activities, reach out for help to lessen your load, or both.

Remember, the best way to ensure that you will continue to be there for your loved one is to take care of yourself.

Judi

Caregiver Time Out - An afternoon break for family caregivers. Receive a two hour break each Tuesday 1:00 p.m.—3:00 p.m. The care recipient will enjoy socialization, crafts, music, armchair exercise and much more. If you are interested contact Judi Womack at 919-776-0501 ext. 230. This program is made possible by the National Family Caregiver Grant. Donations accepted.

Grancare Luncheon—Thursday, April 14, 12:00 noon with **Special Guest Speaker Chris Brown, Financial Counselor, LGFCU (Local Govt. Federal Credit Union)**. Grandparents as well as other relatives are invited to come and join us for lunch and connect with others in the same or similar situations. Lunch will be provided. Please call 776-0501 ext. 230 for reservations.

Save the Date!

9th Annual Boomer, Senior & Caregiver Expo, Wednesday, August 31, 2011 at the Dennis A. Wicker Civic Center!

Congratulations! The following people completed the six week National Caregiver Training Program held in February and March 2011: **John May, Arnie Kreisberg, Barbara Drzewicki, Michael Drzewicki, Brandy Drzewicki, Dawn Rodriguez, Cal Ebert, Reid Harris, Janice Johnston, Susan Hagins, Sheila Smith, Perry Campbell, Linda French, Jane Dinkins, Dick Jacob, Lisa Allen, Amanda Hinds, Linda Happ, Evelyn Watson, Martha Meeks, Patricia Stackhouse, Jerline Thomas and Neth Brown.** If you are interested in our next training opportunity for family caregivers contact Judi Womack at 919-776-0501 ext. 230. Classes are made possible by the National Family Caregiver Grant and open to all adults. Donations accepted.

"Surviving Life After A Stroke" Survivor & Caregiver, Presented by Liberty Commons,

Tuesday, May 10, 2011, 6:00 p.m. If you or someone that you know has been affected by a stroke, don't miss this opportunity to obtain valuable information. This is your chance to ask advice from those who experience these challenges on a daily basis. We have an array of backgrounds represented on the panel who will offer information and answer questions. Refreshments will be provided. Registration not required. Call 919-776-0501 ext. 230 if you have questions.

Save the Date: 8th Annual Regional Caregiver Educational Conference - Thursday, May 26, 2011 at the

Dennis A. Wicker Civic Center, 1801 Nash Street, Sanford. 9:00 a.m.—3:30 p.m. Lunch provided. Continuing Education Contact Hours 5.0. **Presented by Alzheimer's North Carolina, Inc., The Enrichment Center of Lee County and Moore County Department of Aging.** This conference is offered for family, community members and professional caregivers. To register call Judi at 919-776-0501 ext. 230. Respite care is available upon request for your loved one so that you may attend the conference.

Caregiver Support Group (ANGELS) Angels Now Getting Empathy, Love & Support

You're not alone. Our support group helps you see that your situation is not unique, that you are not alone in your feelings and experiences. As a caregiver, you may begin to rely more on your informal networks and peer groups for support than healthcare professionals. **You are invited to join us the 1st and 3rd Tuesday of each month at 6:00 p.m. at The Enrichment Center.** If you would like more information, please call 776-0501 ext. 230.

Understanding Value

It is not good for all our wishes to be filled; through sickness we recognize the value of health; through evil, the value of good; through hunger, the value of food; through exertions, the value of rest. ~Dorothy Canfield Fisher



The Enrichment Center
1615 S. Third Street, Sanford, NC 27330
919-776-0501 www.leecountync.gov/ec
email: enrichment.center@leecountync.gov

**June 2008 Re-Certified Senior Center of Excellence by
the North Carolina Division of Aging and Adult
Services.**

**Be sure to tune in to The Enrichment Center Radio
Newsletter Monday through Saturday,
11:35 a.m. on Life 103.1 WLHC-FM.**

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**The Enrichment Center will be
CLOSED Friday, April 22, 2011
for the Good Friday Holiday.**

**The mission of Lee County Senior Services
is to fashion an achievable vision of successful aging in Lee County.**



**We need you and so
does The Helping Fund!**

Join us at the Card Party,
Tuesday, April 26th
2 p.m. - 5 p.m. and/or
7 p.m. - 9 p.m.

**\$4 per person, per session.
Co-Sponsored by
Miller-Boles Funeral Home.**

Play your choice of cards and games as we raise money for The Enrichment Center Helping Fund. This fund is used to assist low income older adults in Lee County who are in a crisis situation with fuel, electricity and other necessities of life. Enjoy fellowship, refreshments and prizes.

To register your tables call 776-0501 Ext. 201.

Open to the general public.

All adults invited.



2011 Enrichment Center Golf Tournament

Friday, May 6, 2011

Quail Ridge Golf Course, Sanford, NC

\$60 Per Person

**Includes Green Fees, Cart,
Lunch and Two Mulligans**

1:00 pm Shotgun Start

Check In 11:45 am—12:45 pm

Lunch Will Be Served Prior to Play

PRIZES awarded to the top three teams in each flight.

**Call 776-0501 ext. 201 or come by The Enrichment Center
to register or sponsor this event!**

Proceeds and donations from the tournament will benefit The Enrichment Center Helping Fund. This benevolent fund assists Lee County older adults who are in a crisis situation with utilities and medication. In 2010, the Helping Fund was able to assist over 280 older adults through the generous contributions provided by Lee County citizens and corporations. **Every dollar you donate assists an older adult in need.**