

The Center Post

Volume 21 Issue 4

APRIL 2012

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

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...

- ▶ Veterans Remembrance Group, p. 3
- ▶ Senior Games & Silver Arts Registration in April, p. 4
- ▶ Lee Co. Recipient for Governor's Award on Volunteer Service, p. 6
- ▶ Helping Fund Golf Tournament at Quail Ridge, p. 8



It is said that the happiest people are those who give of themselves to others.



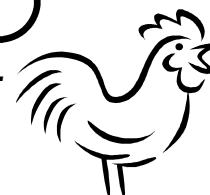
As a way to express our sincere thanks for all you do, you are invited to the
2012 Volunteer Appreciation Dinner
Tuesday, April 3, 2012
The Enrichment Center Doors Will Open at 5:30 p.m.



Invitations have been mailed and distributed.

Questions:

Call Janice at 919-776-0501 ext. 2206.



Volunteers give of their time and talent and expect nothing in return. At The Enrichment Center we've always considered our volunteers a valuable resource. In Lee County we remain in an economic struggle, so especially now, we need our volunteers and their valuable time. Each staff member realizes the importance of volunteers and how they make programs for boomers, seniors, family caregivers and veterans stronger and sometimes even possible. We would like to say thank you and dedicate this issue of The Center Post to each of you!

These volunteers assist our **Social Work Department** with various needs such as housing and home repair, and delivery to Angel Tree recipients. **Mark Ariy, Bill Carter, Fred Glass, Joe Lanier, Willis McNeill, Andy Siegner, Richard Holshouser, John Lyczkowski, Brian Lyczkowski, Daniel Egbert, William Carter and Charles Sylviant.**

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, Joy Phillips Murphy, Arnie Kreisberg, 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 and Donna Kelly.**

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, Ron Klepper, Jim Foster, Mary Foster, Lois Moore, Margie Hearne, Judy Morrow-Johnson, Bob Bolsinger, Bev Bolsinger, Sidney Dean, Shirley Dean, Carl Nunnery, Mary Nunnery and Peggy Lanier.*

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, Janice Scoins, Jeff Ward and Mary Ella Teeter.*

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, 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 Jim Glines.*

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.*

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. *Carole Barnette, Alice Beardslee, Robena Black, John Burns, Robyn Carpenter, Patricia Garrett, Lane Holt, Nancy Johnson, John Koneski, Henry Merritt, Ron Moeller, Jim Payne, Vickey Sistare, Joyce Smith, Billy Tew, George Thompson, and Mary Upchurch.*

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, Judy Barton 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, 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. *Judy Morrow-Johnson, Jim Payne, Peggy Rowles, Ruth Conder, Brenda Ingram, Janet Fasick, Carolyn Blackman, George Miller, Theresa Miller, Helen Hincks, Esther Siler, Mary Upchurch, Bud Greene, Mark Coggins, Kathy St. Clair, Hugh Pembleton, Ginny Pembleton, Cris Elliott, Gladys Thomas, Judy Barton, Karen Wood, Anita Henderson, Shirley Pardue, Tracy Stephens, Sarah Hilliard, George McBryde, Louise Brantley, Dora McCutchen, Janice Scoins, David Piggie, Linda Rapp and Ollie McLucas.*

BINGO Volunteers are responsible for the coordination of BINGO games. *George A. McBride, Barbara Moore, Helen Pischak 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, Robert Lewandowski, Patricia Lewandowski, Earl Thompson, Laurence Poindexter, Jim Annis, Elba Annis, Mark Coggins and Bob Smith.*

In the past year, **Home Delivered Meal Volunteers** delivered more than 6,000 hot lunches to homebound older adults in Lee County. Approximately 30 clients on 4 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, Hugh Pembleton, Ginny Pembleton, Eric Pittard, Eugene Rackley, Don Roundy, Ginny Roundy, Pam Schonder, Sam Sillaman, Bob Smith, Joyce Smith, Bob Stone, Dee Utley, Mary Washington, Mike Washington, Jim Payne, Norbert Miller, George Mueller, Donna Mueller, John Bins, Mary Bins, John Corbett, Donna Corbett, Kathy St. Clair, Brad Butler, Tony Ciaravino, Jeff Ward, Darlene Heuts, Janice Scoins, Judy Garner, Gayle Matthews, Jeanette Redman, Eleanor Corns, Sam Carter, Roger Thomas, Robbie Castleberry and Sanford Health and Rehabilitation.*

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, Joyce Billings, Verna Cheek, Marcell Chesney, Floyd Chesney, Alice Cline, Kum Headen, Banks Marsh, Odessa Richardson, Ellis Temple, Earl Thompson, Alberta Williams, Sarah Woods, Maria Rodriguez, Hazel Nickens, John Hayes, James Baker, Frank Kaufman, Wilma Shackleton, Barbara Miller, Mary Quick, George Harmer, Sara Harmer, Maggie Siara, Mary Chalmers, Carol Giles, Joyce Smith, Patricia Edmonds, Dora McCutcheon, David Piggie, Brigitte Burwell, Dorothy Matthews, Carolyn Ludeman, Curtis CHampion and Linda Nelson.*

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

Volunteer Program Facilitators regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Dot Boaz, Mark Coggins, Norman Findley, Robena Black, Carolyn Arnold, Richard Palmer, Margaret Murchison, June Gunter, Pam Rose, Phil Bruce, Susan Hooper, Judy McDonald, Shirley Buchanan, Brenda Ingram, Cris Elliott, Virginia Wade, Ruth Conder, Judy Barton, Dan Kassick, Linda French, Laurence Poindexter, Virginia Mattson, Jerry Batchelor, Sandy Scott, Mayor Cornelia Olive, Claudia Lee, Peggy Rowles, Earl Thompson, Ann Beale, Don Schreiner, Nora Gunter, Barbara Bedore and 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.*

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for April: 7th—NO DANCE, 14th—Southern Exposure, 21st—Raymond Bradley Band, 28th—Bill Pollard Back Porch Country.**

Yada Yada Sisters—Tuesday, April 10, 5 p.m. meet at The Enrichment Center. Bring your sandwich or food of choice. We will eat and then 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.*

A Novel Approach Book Club—Tuesday, April 10 at 12:00 noon. We will discuss Clara and Mr. Tiffany by Susan Hooper. A list of book selections through May 2012 is available at the front desk. Registration is not necessary and the group is open to the general public.

Veteran's Remembrance Group—Wednesday, April 11 at 2:00 p.m. with guest speaker **Mr. Wayne Yohe who was Airborne and served at Fort Bragg. His duties included parachute rigger. He served and retired from the Army National Guard.** The general public is invited.



Early Bird registration
April 1 - 20, 2012.

Registration accepted
through
Monday, April 30.
Events held May 15 - 25.

**Come join the fun of
Olympic style
athletic events and
artistic competitions!**

Athletic:

Corn Hole ~ Bocce
Horseshoes ~ Bowling
Cycling ~ Shuffleboard
Golf & More!

Silver Arts:

Heritage ~ Literary

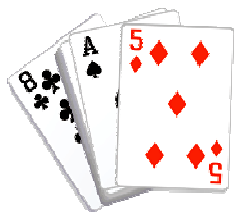


Sponsored Locally By:

This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored state-wide by the NC Division of Aging and Adult Services. Accepting Silver Arts through April 27.

Come by The Enrichment Center or contact Jimmy Solomon at 919-776-0501 ext. 2207 for complete details and a registration form!

Attention Those with Celiac Disease or Gluten Intolerance—Try our NEW Support Group every 2nd Monday of the Month beginning April 9, 2012 at 6 p.m. at The Enrichment Center. We hope to bring those of us with Celiac Disease or Gluten Intolerance together to share our experiences, knowledge, information, suppliers, recipes and support. Open to the general public, registration is not required.



**We Need YOU and so does
The Helping Fund!**

Play cards and games of your choice on
Tuesday, April 24, 2 p.m.—5 p.m. and/or
7 p.m.—9 p.m. \$4 per person, per game. All

proceeds benefit The Enrichment Center's Helping Fund. Every dollar assists low income older adults in Lee County who are in a crisis situation with fuel, electricity and other necessities of life. Enjoy refreshments, games, prizes and most of all know that we have helped older adults who are in need in Lee County. **Co-Sponsored by Miller-Boles Funeral Home. Please register by calling 919-776-0501 ext. 2201.**

Free Ballroom Dance Lessons Mondays at 6:45 p.m. with Instructor Judith McDonald, President of Outreach Programs US Dance. Class size is limited. For the next session and to register call 919-776-0501 ext. 2201.



A daily celebration

Join us for lunch at The Enrichment Center's Diners Club! A nutritious lunch is available

D Monday through Friday at 12:00 noon for Lee County residents 60 and better. **Menu selections include:** spaghetti & meat sauce, pork chop, BBQ chicken, baked chicken, fruit, dessert and beverage.

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If you are interested in having lunch with us call Carole Nicely at 919-776-0501 ext. 2205 for information and to register. Contact Carole if you have a change in your lunch reservation. You are invited to the following 11:00 a.m. programs in April:

3rd—Health & Wellness Program with UNC Nursing Students
4th—Laurence Poindexter singing & playing guitar
5th—Diners Club Easter Party
11th—Meet the Candidates
13th—Games
18th—Miller Boles Program
20th—Extra Bingo



If you or someone you know is in need of a home delivered meal, contact Laurie Draughn at The Enrichment Center, 919-776-0501 Ext. 2213.

Meet the Candidates—Wednesday, April 11, 2012, 10:30 a.m. in the Diners Club at The Enrichment Center. Meet, greet and ask questions of candidates who are running for local and state office. Make plans to vote on Tuesday, May 8, 2012 for the primary elections.

Our Gay 90's Luncheon to honor Lee County residents 90 years old and better will be held Wednesday, May 2 at 12:00 noon. If you or someone you know wishes to attend please contact **Debbie Williams at 919-776-0501 ext. 2203.**

Do you enjoy line dancing? We are in need of a volunteer to teach beginners line dance. Please contact **Debbie Williams at 919-776-0501, ext. 2203.**

Rex UNC Healthcare Mobile Mammography is coming to The Enrichment Center! Friday, April 13, 2012 10 a.m.—3 p.m. FREE mammograms for ladies 35 and older. For complete guidelines and to make an appointment call the Lee County Health Dept. at 919-718-4640 ext. 5317.

20th Anniversary Celebration

1992 ~ 2012

May is Older Americans Month *“Never Too Old To Play...”*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10 am - 4 pm Open House Anniversary Celebration	2 12 Noon Gay 90's Luncheon 90 year olds and better	3 Wicked at the Durham Perf. Arts Center	4 Helping Fund Golf Tournament Quail Ridge	5
6	7 Depart to Pigeon Forge, TN	8 Primary Election Day VOTE!	9	10	11 Return from Pigeon Forge, TN Mother's Day Program in Diners Club	12
13 Happy Mother's Day	14	15 Senior Games & Silver Arts Opening Ceremonies Dinner & Follies <u>Events thru 25th</u>	16 Senior Games & Silver Arts Events	17 Happy 65th Birthday Welcome to Medicare - Now What? Senior Games & Silver Arts	18 Senior Games & Silver Arts Events	19
20	21 9 am - 1 pm Vision Screening Senior Games & Silver Arts	22 Senior Games & Silver Arts Events	23 Caregiver Conference At Dennis A. Wicker Civic Center Senior Games & Silver Arts	24 Senior Games & Silver Arts Events	25 Senior Games & Silver Arts Events	26 NO DANCE
27	28 CLOSED Memorial Day Holiday	29 All Hands on Deck at the Barn Dinner Theatre	30 Senior Fitness Day Special Activities	31		

Outstanding Volunteer in Lee County Recognized

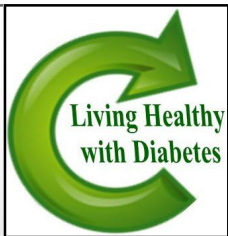
The North Carolina Commission on Volunteerism and Community Service has presented the **2012 Governor's Award for Volunteer Service** to **Donn Otte**, a local volunteer at San Lee Park for over 15 years. **Donn Otte** has made one of the best mountain bike trails in North Carolina possible by his vision, planning, hard work and pure determination. This fine addition has put the park on the map as a great mountain bike adventure.

Mr. Otte is also one of 20 Volunteers across the state to receive the prestigious **Medallion Award**. Mr. Otte will be recognized on Thursday, April 19 at a reception that will be hosted by Governor Beverly Perdue and the NC Commission on Volunteerism and Community Service at the State Capitol in Raleigh.

A local reception will be held to honor Mr. Otte on Tuesday, April 10 beginning at 9:00 am at The Enrichment Center, 1615 S. Third Street. The public is invited and registration is requested.

This year marks the 34th consecutive year of the award that honors people who have shown concern and compassion for their neighbors by making a significant contribution to their community through volunteer service.

For more information or to register, please contact **Janice Holmes, Volunteer Services Coordinator**, at 919-776-0501 ext. 2206.



Classes will meet
each Thursday
April 19 – May 24
2:00 - 4:30 pm

The
Enrichment Center
Class size limited
call 919-776-0501
ext. 2201 to register.

FREE workshop to help you take control of your diabetes!

An Evidence Based
class developed
by Stanford University
to help you:

- Manage symptoms including fatigue and depression
- Use relaxation techniques
- Eat healthy
- Improve your communication skills
- Use Medication effectively
- Monitor your blood sugars
- Solve problems and set goals
- Increase your self-confidence

Let's Travel in 2012

More detailed information is available at the front desk of The Enrichment Center or by calling 919-776-0501 ext. 2201.

Thursday, May 3 *Wicked* at The Durham Performing Arts Center. Long before that girl from Kansas arrived in Munchkinland, two girls meet in the land of Oz...

Monday, May 7-Friday, May 11 *Pigeon Forge and Smoky Mountains Show Trip* This 5 day/4 night trip includes 4 evening shows, 2 morning shows, 8 meals, and 4 nights lodging in the Smoky Mountains.

Tuesday, May 29 *All Hands on Deck* is a new comedy musical revue featuring classic Big Band hits at **The Barn Dinner Theatre** in Greensboro.

Tuesday, June 12 *Durham Bulls and Bullocks BBQ* The Bulls take on the Toledo Mud Hens. Following the game, we will go to **Bullocks** for a tasty barbeque dinner.

Tuesday, October 16 *The NC State Fair* This is the day devoted to YOU! Special events are planned for the day.

Tuesday, December 11 *A Southern Christmas at The Rudy Theatre* We travel back to a time where we all dreamed of a "White Christmas" and listened for "Silver Bells".

Girls Day Out!

The Southern Women's Show

Friday, April 27, 2012

...more than 400 exhibits
in ONE place!

This year's show will feature *The Royal Dresses of Diana, the People's Princess*. The exhibit follows her journey: childhood, engagement and wedding, devoted mother, charity work and her untimely death.



\$20 per person—includes ticket and transportation.
The Enrichment Center is a NC Certified Senior Center of Excellence. A portion of your reservation has been paid by Senior Center General Purpose Grant Funds, a grant allocated to Centers of Excellence. Payment in full required at the time of registration.

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April is Parkinson's Disease Awareness Month

Did you know that Parkinson's affects 1 in every 300 people over age 25? Did you know that the incidence of Parkinson's increases as we age to 1 in every 100 people over age 65?

Although the cause of Parkinson's is not yet clear, scientists believe a combination of genetic and environmental factors are involved. At this time, there is no known prevention for Parkinson's disease and treatments help to manage symptoms.

If you are the child, parent, grandparent, relative or a caregiver to a person with Parkinson's, you are familiar with how challenging Parkinson's can be. Your responsibilities may include helping a loved one with daily activities, managing medications and making financial decisions.

Our Parkinson's Support Group facilitated by Bob Brickhouse and Marge Kanning is raising awareness in our community by encouraging those with Parkinson's disease, their family members, caregivers and friends to join them the third Wednesday of each month at 10:30 a.m. here at The Enrichment Center.

Judi, Caregiver Advisor

Alzheimer's Support Group—Thursday, April 5, 2:30 p.m. Topic: "Meaningful Activities" with Lisa Levine, **Alzheimers NC, Inc.** Facilitators **Judi Womack** and **Arnie Kreisberg** invite family caregivers as well as the general public to attend. Registration is not required.

Sanford/Lee County Stroke Support Group—Thursday, April 12 at 1:00 p.m. with **Facilitator Joy Murphy**. This group offers networking, education and motivation to stroke survivors and their family caregivers. Open to the general public—all adults invited.

SAVE THE DATE—Caregiver Education Conference, Wednesday, May 23, 2012 at the Dennis A. Wicker Civic Center. **Special Guest Speakers: Melanie Bunn, MS, RN, GNP, Dementia Training Specialist** and **Dan Kaufer, MD, Associate Professor, Dept. of Neurology; Director, Memory and Cognitive Disorders Program, UNC-Chapel Hill.** Call Judi to register 919-776-0501 ext. 2230.

Grancare Luncheon—Thursday, April 12 at 12:00 noon. Grancare is a support group for grandparents and other relatives raising their grandchildren. For lunch reservations call 919-776-0501 ext. 2230.

Caregiver Time Out - Caregivers do need a break. We are offering two hours every Tuesday at The Enrichment Center, 1:00 pm - 3:00 pm. Your loved one will enjoy socialization, crafts, music, armchair exercise and much more. **If you would like further information call Judi at 919-776-0501 ext. 2230.**

Caregiver Support Group (ANGELS) Angels Now Getting Empathy, Love & Support—**Gail Valentine, Facilitator.** This is a family caregiver support group who bond together the 2nd and 4th Tuesdays at 6:00 p.m. They share experiences and information, discuss mutual problems and learn coping skills. Open to the general public - all adults invited.

Today's Caregiver Family Checklist

The most loving gift a person can give to one's family is to put your affairs in order before a disaster or medical emergency. These are the documents and information you should have prepared:

- ◆ All **bank accounts**, account numbers and types of accounts and the location of banks.
- ◆ **Insurance Company**, policy number, beneficiary as stated on the policies and type of insurance (health, life, long term care, automobile, etc).
- ◆ **Deed and titles** to ALL property.
- ◆ **Loan/lien information**, who holds them and if there are any death provisions.
- ◆ **Social Security and Medicare** numbers.
- ◆ **Military history**, affiliations and papers (including discharge papers, DD214).
- ◆ Up to date **will** in a safe place (inform family where the will is located).
- ◆ **Living Will** or other **Advanced Directive** appropriate to your state of residence.
- ◆ **Durable Power of Attorney.**
- ◆ **Instructions for funeral services and burial** (if arrangements have been secured, name and location of funeral home).



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.**

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 27330
 Permit No. 198



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

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

REMINDER About Using the Fitness Room

Every person using the fitness room must go through a one time free fitness orientation and complete the personal paperwork and waiver. Each daily visit is \$1.00, which is paid at the front desk. Orientation appointments can be made at the front desk. If you have questions or concerns direct them to our fitness instructors Kathy McLeod-Edwards 919-776-0501 ext. 2211 and Jeanette Redman ext. 2208.

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. 2205. Nifty Noggins Volunteers will meet Thursday, April 12 at 10:00 a.m.**



SAVE THE DATE!

**Wednesday
 August 29, 2012
 10 a.m. - 2:30 p.m.
 Dennis Wicker
 Civic Center**



2012 Enrichment Center Golf Tournament

**Friday, May 4, 2012
 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 919-776-0501 ext. 2201
 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 2011, the Helping Fund was able to assist over 280 older adults through the generous contributions provided by Lee County citizens and corporations. **In 2012 we have already seen a marked increase in requests. Every dollar you donate assists an older adult in need.**