

# The Center Post

Volume 21 Issue 2

FEBRUARY 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...

- ▶ *Achieving Financial Security Workshop*, p. 2
- ▶ *Digital Photography Class*, p. 2
- ▶ *Trips for 2012*, p. 3
- ▶ *Family Caregiver Resources*, p. 5



You are invited to...

## An Enchanted and Romantic Evening

Where: *The Enrichment Center*

When: *Thursday, February 9, 2012 at 6:00 p.m.*

Cost: \$7.00 Per Person

Entertainment:

*Kathy Gelb, Jazz Vocalist  
With Court Stewart on Piano*

Bring your valentine and escape to an evening of listening to familiar love songs that will take you down memory lane. Give your valentine a SPECIAL gift they will always remember. Celebrate the evening with us!



## February is Heart Month & Friday, Feb. 3rd is National Wear Red Day

On National Wear Red Day Americans nationwide will wear red to show support for women's heart disease awareness. The Heart Truth is: "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women." Join the national awareness movement by wearing red on February 3rd (and often through February) and encourage your family, friends, and coworkers to do the same. The Enrichment Center staff will provide handouts and even door prizes during the month of February to educate participants and increase the awareness of the importance of taking care of our hearts.

**Blood Pressure Checks** are provided by **Community Home Care & Hospice** the 2nd Monday of the month 10:30 a.m.—11:30 a.m. in the Diners Club.



## Dance~ For Your Heart~ FREE Ballroom Dance Lessons

Mondays, 6:45 p.m. Instructor **Judith McDonald**, President of **Outreach Programs US Dance** is providing this free opportunity for anyone that would like to learn how to glide across the floor with confidence! Class size limited. All adults welcome. Call 919-776-0501 ext. 2201 to register.

**Black History Celebration**, Friday, February 24, 10:30 a.m. in the Diners Club. Registration not required. General public invited—all adults welcome.

**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, February 9 at 10:00 a.m.**

**Veteran's Remembrance Group**—Wednesday, February 8 at 2:00 p.m. with guest speaker **Jim Johnson, retired Chaplain from the Army and author of two books relating to combat.** Jim wrote the books, Combat Chaplain and Combat Trauma. The general public is invited.

**Achieving Financial Security Workshop**—Tuesday, February 21, 6 p.m. Lite refreshments available. Program begins promptly at 6 p.m. NO COST—workbook provided. Our presenter **Thomas Rosser, Jr., LUTCF, Financial Representative of Consolidated Planning, Inc. of Sanford,** will teach us what might be keeping us from enjoying greater financial security. We will learn some exciting insights into your own financial habits, attitudes, and beliefs; and set goals to strengthen them. Open to all adults—the general public is invited. Registration required call 919-776-0501 ext. 2201.

**Shoot, Aim and Click Digital Photography—Did You Receive or Purchase a Digital Camera Over the Holidays? Do you want to learn more about your digital camera?** Wednesday, February 22, 10 a.m. with Instructor **Mark Coggins.** Find the joy of taking pictures of any and everything around you. Learn about equipment and accessories that can make photography better, easier and more enjoyable. Call 919-776-0501 ext. 2201 to register.

**Legal Aid Intake Day**—1st Friday of the month, 10 a.m.—2 p.m. Appointments preferred but walk-ins will be accepted. To schedule an appointment call 1-800-672-5834. **Presented by Legal Aid of NC, Inc.**

**Energize Your Life! A Wellness Presentation on "How to Stay Young for the First 100 Years"** - Thursday, February 23, 6 p.m. with **Ammons Chiropractic Clinic.** Lite refreshments will be served. This class will teach your group how to avoid and prevent spinal disorder to help assure everyone can enjoy their extended life. Call 919-776-0501 ext. 2201 to register.

#### **A Novel Approach Book Club**

Tuesday, February 14 at 12:00 noon. We will discuss The Help by **Kathryn Stockett.** 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.

**Saturday Night Dance**—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for February:** 4th—Southern Exposure, 11th—Bill Pollard Back Porch Country, 18th—Raymond Bradley Band, 25th—Bill Pollard Back Porch Country.



## **A daily celebration**

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 & meat sauce, pork chop, BBQ chicken, baked chicken, fruit, dessert and beverage. **If you are interested in having lunch with us call Carole Nicely at 776-0501 ext. 2205 for information and to register. Contact Carole if you have a change in your lunch reservation.** The following 11:00 a.m. Diners Club Programs for **February** are open to the general public:

**C** 1st—Laurence Poindexter singing & playing guitar  
3rd—Games  
**I** 8th—All About Colon Cancer with **Wanda Wazenegger**  
10th—Extra Bingo  
**U** 15th—Miller Boles Program  
**b** 17th—Laura Bruce of Ammons Chiropractic Clinic  
21st—Sassy Red Hatters  
22nd—Let's Make Christmas Trees from Toilet Paper Holders with **Edie Eubanks**  
29th—Bulletin Board Trivia



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.**

#### **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 and Jeanette Redman.**

**Yada Yada Sisters**—Tuesday, February 7, 5 p.m. meet at **Crossroads** to eat and then play cards at The Enrichment Center. *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.*

# ***Let's travel in 2012!***

**The Enrichment Center**  
**1615. South Third Street, Sanford**  
**919-776-0501 x 2201**



## **Saturday, March 31 *Vietnam Veterans Homecoming***

***Celebration*** Join us as we travel to the Charlotte Motor Speedway to welcome home our Vietnam Veterans.

**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".

*More detailed information is available at the front desk of The Enrichment Center or by calling 919-776-0501 ext. 2201. Please see trip policy on reverse.*

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## **The Enrichment Center of Lee County Trip Policy**

### **Priority is given to Lee County residents, Boomers and Better- born before 1964).**

Those who are younger than Boomers or non-Lee County residents may be placed on the waiting list and will be allowed to register after a 45-day waiting period, space permitting.

**Payment in full is due upon registration of day trips** in order to maintain payment terms with our vendors, **unless otherwise stated on trip flyer.**

You must be of serious interest when placing your name on a desired trip. If you sign up for a trip that interests you, you must pay a non-refundable deposit of \$50 (unless otherwise requested) at the time of registration for an overnight trip. **No names will be accepted unless accompanied by a deposit or payment in full.** The remaining balance terms will be on the trip information flyer.

If you would like to cancel your plans to take a trip on a chartered bus with us, we will do everything in our power to refund any money you have paid towards the trip. Please understand that when a chartered trip is planned, we must send in a deposit which the charter company will not refund. In such cases, we will assist in finding someone to take your place-if there is a waiting list. **It is highly recommended that for overnight trips you purchase trip insurance coverage which is available through the motor coach company.**

Occasionally, there is not enough interest in a trip causing us to cancel the event. In this case, you will receive a refund in full. If alternate vehicles are used for the trip (instead of a bus), a partial refund will be made to you. (The cost of fuel/vehicle rental will be divided equally amongst the participants.)

**Please remember that our trips depart on time.** When departing from the Riverbirch parking lot, **please park behind the pond in front of the J.C. Penney's/Belk stores - as close to the pond as possible.**

Seating on the bus is on a first come, first served basis. Saving of seats is NOT allowed except in the case of one (1) travelling companion. Since it is necessary for the staff/volunteer escort(s) to communicate with the driver, he or she will occupy the front seat on the van(s) or the first seat on the passenger side of the bus.

It is our desire to provide you with a pleasurable and memorable experience.  
If you have any questions, please contact Janice Holmes at 919-776-0501 ext. 2206.

**The Enrichment Center-Certified Senior Center of Excellence**  
**1615 S. Third Street, Sanford, NC 27330 919-776-0501**

Trip policy revised and approved by the Lee County Senior Services Advisory Board  
(Board members appointed by the Lee County Commissioners)  
October 20, 2010

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**A Valentine  
for All Family Caregivers**

2 Heaping Cups of Patience  
2 Handfuls of Generosity  
1 Heart Full of Love  
Dash of Laughter

1 Head Full of Understanding  
5 Spoons of Hope  
2 Spoons of Tenderness  
Sprinkle generously with  
kindness; add plenty of faith. Mix  
well. Bake it with sunshine. Serve  
daily with generous helpings of love.



*Happy Valentine's Day,  
Judi, Caregiver Advisor*

**Alzheimer's Support Group**— Facilitators: **Judi Womack and Arnie Kreisberg**. Thursday, February 2 at 2:30 p.m. "**Vitamins and Supplements for Dementia**" with **Mary Farrell**. This support group provides a forum for families and friends of individuals with dementia, strokes and other related conditions to share experiences and information, discuss mutual problems and learn coping skills. The group is open to the general public.

**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.

**Sanford/Lee County Stroke Support Group**—Thursday, February 9 at 1:00 p.m. with Facilitator **Joy Murphy**. **Judi Womack, Caregiver Advisor**, will speak about Enrichment Center resources. This group will offer networking, education and motivation to stroke survivors and their family caregivers. Open to the general public—all adults invited.

**Parkinson's Support Group**—For Persons With Parkinson's Disease, Their Family Members, Caregivers and Friends. Wednesday, February 15, 10:30 a.m. with **Judi Womack, Caregiver Advisor**, "**Caregiving and Parkinson's Disease.**" Facilitators **Bob Brickhouse and Marge Kanning** invite all adults to attend. Registration not required.

**Grancare Luncheon**—Wednesday, February 9 at 12:00 noon with **Guest Speaker Linda Swann, Lee/Harnett Family Support Program**, "**Crazy Busy Tip: Do What Matters to You.**" Grancare is a support group for grandparents and other relatives raising their grandchildren. For lunch reservations call 919-776-0501 ext. 2230.

**Join us for Powerful Tools for Caregivers**, Wednesdays, February 1, 8 and 15, 6:30 p.m. at St. Luke United Methodist Church. Caregiving today includes learning the skills necessary to provide care, accepting the fact that you cannot do it alone, and being aware of the need to take care of yourself while you are a caregiver. Call Judi for more information, 919-776-0501 ext. 2230.

**GAMES—All Adults Welcome  
Registration Not Required**

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

**Mexican Train Dominos** with Instructor **Norm Findley**, 2nd and 3rd Thursdays at 6:00 p.m.

**Canasta** Fridays at 12:30 p.m. with Instructor **Carolyn Arnold**.

**4th Wednesday Cards** at 2:00 p.m. Bring cards and friends and play the game of your choice.

**North Carolina Symphony  
Returns to Lee County  
Thursday, Feb. 2, 2012 8:00 p.m.  
Dennis A. Wicker Civic Center  
Tickets Available at The Enrichment Center**

The program "**Chopin & Tchaikovsky**", conducted by **Resident Conductor William Henry Curry**, will begin at 8:00 p.m. and feature Chopin's '*Andante spianato* and Grande Polonaise No. 58 for Piano and Orchestra, with John Noel, piano soloist. Kodaly's *Dances of Galanta* and Tchaikovsky's '*Symphony No. 5 in E minor, Opus 64*' will complete the program.

Tickets may now be purchased locally at The Enrichment Center (1615 S. Third Street), Temple Theatre Box Office (120 Carthage St.), Capital Bank (130 N. Steele St.) and Capital Bank (2917 S. Horner Blvd.). Adult admission is \$23, Senior is \$21 and Student (any age, with ID) is \$6. Credit card purchases may be made online at [www.ncsymphony.org](http://www.ncsymphony.org) or by calling toll free at 1-877-627-6724. Donations are welcome.





The Enrichment Center  
 1615 S. Third Street, Sanford, NC 27330  
 919-776-0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)  
 email: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)  
**June 2008 Re-Certified Senior Center of Excellence by  
 the North Carolina Division of Aging and Adult  
 Services.**

Non-Profit Org.  
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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.**

## ***Inclement Weather***

The Enrichment Center is a Lee County Government facility. During inclement weather, when Lee County Government offices are closed or on a delay, so is The Enrichment Center. Postings are made on WRAL-TV Raleigh and WTVD-TV Durham. Announcements are made on Sanford radio stations WFJA 105.5 FM, WWGP 1050 AM and Life 103.1 FM. **NOTE:** If Lee County Government Offices are on a delay or closed, The Enrichment Center's Diners Club and Home Delivered Meal Program will be closed.

## ***Tax Filing Available***

AARP Tax-Aide volunteers are available to file your 2011 Income Tax return at The Enrichment Center. Call 919-776-0501 ext. 2201 for an appointment and more information.



**A MATTER OF  
 BALANCE**  
 MANAGING CONCERNS ABOUT FALLS

## ***Do you have concerns about falling?***

***Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.***

This program emphasizes practical strategies to manage falls. **Who should attend?** Anyone concerned about falls; anyone interested in improving balance, flexibility and strength; anyone who has fallen in the past; anyone who has restricted activities because of falling concerns.

**Thursdays 2:00 p.m. - 4:00 p.m.**

**February 2 - March 22, 2012**

**Program Fee: \$5.00**

**Instructors: Jeanette Redman & Cathy Andrew**

**This class is currently filled; however, call 919-776-0501 ext. 2201 to add you name to the waiting list for the next class.**