

# The Center Post

Volume 25

MARCH 2016

**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 about...**

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**Saturday Nite Dance** Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for MARCH 2016:** 5th—Southern Exposure, 12th—Relics, 19th—Bill Pollard Back Porch Country, 26th—NO DANCE/Bldg. Maint.

**A Novel Approach Book Club**  
**Meets the 2nd Tuesday at 12:00 p.m.**  
Registration is not necessary and the group is open to the general public. **March 8** discussion: Boys in the Boat by Daniel James Brown. **April 12** discussion: Rebecca by Daphne DuMaurier.

## **March is Colorectal Cancer Awareness Month**

Wear BLUE on Friday, March 4 and join us in the Diners Club Grand Hall at 11 am for important information about this type of cancer. Colorectal cancer is the second leading cancer killer of men and women in the US, following lung cancer. **Diana Martinez, Physician Assistant from Mid Carolina Gastroenterology**, will speak about the tests that are recommended and other key facts you should know about colon cancer. Registration not required.

## **Ballroom Dance Lessons**

Mondays at 6:45 p.m. with **Instructor Judith McDonald**, member of the US Dance. This is a free opportunity for anyone that would like to learn to glide across the floor with confidence! Wear comfortable clothing and bring your dance or leather soled shoes. Class size is limited. Call 919-776-0501 ext. 2201 to register.

**Living Healthy with Diabetes** is a nationally recognized free Evidence Based class developed by **Sanford University** led by trained instructors. It's designed to help you with healthy eating; relaxation techniques, monitoring blood sugars; managing symptoms. Class meets Thursdays, March 31, April 7, 14, 28, May 5, 12, 2016 from 2 pm to 4:30 pm at The Enrichment Center. To register call 919-776-0501 ext. 2201.

## **EC Fitness Room Reminders**

- ♦ You must have a **one time FREE fitness orientation appointment** to use The Enrichment Center's Fitness Room.
- ♦ **\$1.00 is payable at the front desk at the time of your workout.**
- ♦ **Silver Sneakers**, a fitness & wellness benefit included in some health insurance policies, is accepted as a form of payment to our fitness programs. Present your Silver Sneakers information to our fitness instructor.

**If you have any questions about the Fitness Room please ask Kathy McLeod-Edwards 919-776-0501 ext. 2211 or Cathy Andrew at ext. 2208.**

**Local author AlexSandra Lett will speak about her latest book, The Harvest, Timeless Lessons for an Abundant Life** Monday, March 14 at 2 pm. **Co-hosted by Miller Boles Funeral Home.** AlexSandra has been writing a local newspaper column "Lett's Set a Spell" for more than 15 years. In The Harvest she encourages readers to take a captivating journey through 60-plus years of living, loving, learning, working and discovering one's true self and honoring natural talents. Enjoy refreshments and door prizes. Call 919-776-0501 ext. 2201 to register.

**SENIOR CENTERS ~ Experts at Living Well**

**Shanghai Rummy** card group meets the first Wednesday of the month 2 pm - 5 pm. Registration not required.

**Are you interested in becoming part of a Pinochle group?** Contact Debbie Williams, Senior Center Program Director, at 919-776-0501 ext. 2203.

**Tri County Veteran's Resource Fair and Stand Down** Wednesday, March 30 from 9:00 am until 2:00 pm at the Dennis A. Wicker Civic Center, 1801 Nash Street, Sanford. Veterans are invited to attend and have their questions answered about filing military service connected claims for compensation and/or veteran benefits. If you need further information contact Heidi at 919-776-0501 ext. 2210.

**Pot Luck, Music & Fellowship** Thursday, March 31 at 6:30 pm. Bring your favorite dish to share. Call Carole if you need more information 919-776-0501 ext. 2203.

**Cards & Games Party** Tuesday, April 5, 2016, 2 pm to 5 pm and/or 7 pm to 9 pm. Cost is \$4.00 per person, per session. Co-sponsored by **Miller-Boles Funeral Home**. Enjoy refreshments and door prizes. Proceeds benefit **The Enrichment Center, Inc. Helping Fund**. Every dollar donated to The EC Helping Fund assists Lee County older adults who are in a crisis situation with fuel, electricity and other necessities of life. Registration is required, call 919-776-0501 ext. 2201.

**AARP Smart Driver Course** Thursday, April 28, 2016 from 9 am to 2 pm with **AARP Instructor Phil Bruce**. AARP members \$15, non-members \$20. The classroom course includes: safe strategies to reduce the likelihood of a crash; increasing confidence; driving safely while sharing the road with others; new safety and advance features in vehicles. Registration required. Space is limited. Call 919-776-0501 ext. 2201.

**Accepting Reservations for the Annual Gay 90s Luncheon** to be held on Wednesday, May 11 at 12:00 noon. This luncheon is hosted each year to honor Lee County's very special residents who are 90 and older. If you or someone you know wishes to attend **contact Debbie Williams, Senior Center Program Director at 919-776-0501 ext. 2203**.

## Diners Club A daily celebration



A nutritious lunch is available in the Diners Club Monday through Friday at 12:00 Noon for Lee County residents 60 and better.

**C** Menu selections include: Baked chicken, hamburger, chef salad, vegetables, fruit, bread, cobbler/cake and beverage. If you are interested in having lunch with us call Carole Nicely at 919-776-0501 ext. 2205 for information and to register.

**b** 11:00 a.m. programs in the Diners Club are open to the general public as well.

March 2nd—Laurence Poindexter singing Easter selections  
4th—National Wear Blue Day for Colon Cancer Awareness  
9th—Miller Boles Easter Program  
11th—ACC Day, Atlantic Coast Conference—Wear ACC basketball team colors  
16th—Let's Use Our Green Thumbs and Plant  
17th—Wear Green for St. Patrick's Day  
18th—Extra Bingo  
23rd—Easter Program  
30th—Senior Games & Silver Arts with Jimmy Solomon

**Walking Club EVERY WEDNESDAY  
10 am in the Diners Club!**

**Bible Study** Every Monday at 10:30 a.m. with **Facilitator Joyce Billings**. Open to the general public.

**Crafty Creators** Homemade craft items will be for sale the first Monday of the month in the Diner's Club, 10 a.m. - 11:30 a.m. *If you are a Diner's Club participant and have a craft you would like to sell contact Carole Nicely at 919-776-0501 ext. 2205.*

### **Diners Club Sassy Red Hatters**

Meet the 3rd Tuesday at 10 am. Join these ladies for some fun and fellowship. Wear your red attire on this day and make plans to be a part of a group of women 50 and better who enjoy life to the fullest!

## ATTENTION

*Lee County Residents and  
Surrounding Communities...  
Share the Joy of Healthy Aging ...*

Are you 50 years or better and...

- ⇒ Enjoy bowling, basketball,  
golf, horseshoes, bocce,  
cornhole or softball?
- ⇒ Like taking photographs?
- ⇒ Take pleasure in writing or artwork?
- ⇒ Want to learn about pickleball?

*We invite you to participate  
in the Lee County 2016*

*Senior Games & Silver Arts events.*



Registration Held  
April 2016  
Online registration  
available!

For more information  
and to register contact  
Jimmy Solomon,  
Local Coordinator  
919-776-0501 ext. 2207.  
[jsolomon@leecountync.gov](mailto:jsolomon@leecountync.gov)

*This program is sanctioned  
by North Carolina Senior Games, Inc. NCSG, Inc.  
Sponsored state-wide by the  
North Carolina Division of Aging and Adult Services.  
[www.ncseniorgames.org](http://www.ncseniorgames.org)*

**Nifty Noggins** are head coverings for cancer patients and come in a variety of materials and styles. The volunteers at **Nifty Noggins**, would be most happy to share, free of cost, the head coverings that they make just for you. Volunteers will meet Thursday, March 10, 2016 at 10 a.m. If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.

**Blood Pressure Checks** are provided by **Liberty Home Care** every 2nd Tuesday of the month at The Enrichment Center from 10:30 a.m. - 11:30 a.m.

**NC Bar Association 4ALL Statewide Day of Service** will take place on Friday, March 4, 2016 across North Carolina. There will be volunteer attorneys stationed at call centers across NC to answer your legal questions. At the time of this newsletter printing, the telephone number to call had not been assigned. Call The Enrichment Center for updates, 919-776-0501 ext. 2201.

**You can be an Everyday Hero! The American Red Cross needs volunteers** responding to local disasters to provide assistance with emergency needs such as food, clothing and shelter; welcoming donors and assisting with sign in process at blood drives. To join the team, apply at [www.redcross.org/volunteer](http://www.redcross.org/volunteer) or call Kathleen Page at 919-231-1602.

**Cell Phones for Soldiers** are accepted at The Enrichment Center. All brands of cell phones and chargers are accepted. Over 10 years ago Robbie and Brittany Bergquist, then 12 and 13 years old, answered the call to serve the men and women in the United States of America military. "Our sole mission and complete passion was to connect the world's bravest men and women with their greatest strength...their families," said Robbie.

## Home Delivered Meals



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.

## ***Let's travel in 2016!***

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

***Branson, April 23-May 1*** Incredible price includes motorcoach transportation, 8 nights lodging, admission to 7 Branson shows, and 14 meals.

***Catawba Queen Riverboat & Lazy 5 Ranch, May 10***  
See 400 animals from all over the world! Then we will enjoy a lunch cruise on beautiful Lake Norman aboard the Catawba Queen.

***Salvage Dawgs & Hillbilly Hide-A-Way, June 9*** In beautiful Roanoke, Virginia we visit Black Dog Salvage, with free time at the historic Farmers' Market and then we will stop at Hillbilly Hide-A-Way for an all-you-care to eat home cooked meal.

***Wohlfahrt Haus Dinner Theatre, August 9*** In the beautiful Appalachian Mountains of southwest Virginia, we will have a delicious meal followed by a production of "Joseph and the Amazing Technicolor Dreamcoat".

***New York City and The Statue of Liberty, September 22-28*** We are off to "The Big Apple!" Manhattan, Central Park, Rockefeller Center, Times Square, Ellis Island, Liberty Island, 9/11 Memorial and admission to the 9/11 Museum.

***NC State Fair, October 18*** This is our annual trip to the NC State Fair in Raleigh, NC where food and fun are all around you!

***Christmas Wonderland at the Palace Theatre, December 14*** Upon arrival in Myrtle Beach, we visit Broadway at the Beach, enjoy some free time and then see a wonderful show!

***More detailed information is  
available at the front desk of  
The Enrichment Center or by  
calling 919-776-0501 x2201.***

## **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. **Paid reservations are non-transferable.** 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) traveling 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 x2206. **Trip policy revised and approved by the Lee County Senior Services Advisory Board (Board members appointed by the Lee County Commissioners) October 20, 2010.**

# Wellness Works!

**Fitness Programs Held at the Enrichment Center - Lee County Senior Services  
NC Senior Center of Excellence**

1615 S. Third Street, Sanford, NC 27330 Phone: (919) 776-0501 FAX (919) 774-7593

E-mail: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov) Internet: [www.leecountync.gov/ec](http://www.leecountync.gov/ec)

**We Have Something for Every"BODY" Try a Class for FREE!**

To register for classes, further details and guidelines, please give us a call or stop by the Center.

Consult your physician before beginning any exercise program.

**Daytime Classes Package \$30/month**

- \$10 discount

**Evening Classes Package \$25/month**

- \$10 discount

## **Low Impact Aerobics & Toning Classes**

\$10 per month.

Tuesday/Thursday 9:00 – 10:00 a.m.

with Kathy McLeod-Edwards

Low-Impact Aerobics Monday/Wednesday

5:30 p.m. with Cathy Andrew

## **Zumba Gold**

\$10 per month. Thursdays 5:30 p.m.

with Cathy Andrew

## **Water Aerobics Held at OT Sloan Pool**

**June - August \$25 for the summer or \$10/month**

Monday/Wednesday/Friday 11:00 a.m.

or Monday/Wednesday/Thursday 5:30 p.m.

## **Stretch & Tone**

Tuesday/Thursday 11:00 a.m. No Charge.

## **The Fitness Room**

Monday - Thursday 8:00 a.m. – 8:00 p.m.

Friday 8:00 a.m. – 5:00 p.m.

\$1.00 per daily visit – Equipment orientation required.

## **Walking Trail**

1/4 mile around the perimeter of the property.

No Charge.

## **Fitness Yoga**

Mondays 8:30 a.m. OR Tuesdays 5:30 p.m.

OR Fridays 8:30 a.m. \$15 per month/one class per week.

**Senior Games & Silver Arts of Lee County**  
Held every spring and offers athletic & artistic events.

Senior Games & Silver Arts are open to Lee County residents age 50 and better.

## **FREE Evidenced-Based Wellness Programs Offered**

**Contributions Accepted**

**Call (919) 776-0501 ext. 2201**

**for Class Dates and Times**

## **Living Healthy with Diabetes**

A program for people with diabetes that provides participants with skills and tools to gain more control of their health.

## **A Matter of Balance**

A program designed to manage falls, increase activity levels and increase strength and balance.

## **Powerful Tools for Caregivers**

A program for family caregivers that provides participants with tools and strategies to better handle the unique caregiver challenges.

## **Tai Chi**

A program designed by the Arthritis Foundation and is proven to reduce pain and improve mental and physical well-being. Beginner and intermediate offered.

## **SilverSneakers Fitness Location!**

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. If you are part of a Medicare health plan or a group retiree, you may already have the SilverSneakers benefit. Eligible participants receive FREE participation in our qualifying fitness programs at The Enrichment Center: yoga, fitness room, land aerobics, stretch & tone & Zumba! **To enroll bring your membership card to The Enrichment Center and complete an information form from one of our fitness instructors.**

## corner

caregiver



### Dear Family Caregivers,

It's that time of the year again for filing tax returns. **Did you know if you provide care for an older adult, you may be entitled to tax breaks?** According to a report by the National Alliance for Caregiving and AARP, 43.5 million Americans look after someone age 50 or older, up 28% from 2004. On average, each caregiver spends about \$5,500 a year providing that care. **You may be able to claim a care recipient as a dependent on your tax return.** With such an exemption, you can reduce your taxable income. If the care recipient shares your home, you may be able to claim housing-related expenses. If you are paying for some or all of a care recipient's medical or dental expenses, you may be eligible for yet another tax break. **There are many options and along with each of them are eligibility guidelines. Be sure to discuss options with your accountant or tax preparer.**

Happy Tax Filing!

**Judi, Family Caregiver Specialist**

**A.N.G.E.L.S. - Angels Now Getting Empathy, Love & Support** is a family caregiver support group that bond together the second and fourth Tuesday of the month at 6:00 p.m. General public is invited.

**Caregiver Time Out** - Tuesdays from 1:00 p.m. to 3:00 p.m. Family caregivers can bring their loved one to this weekly group where there's fellowship, games, puzzles, crafts and refreshments. Program made possible by the **National Family Caregiver Grant**. For further information and to become a part of this group contact Judi at 919-776-0501 ext. 2230.

### Alzheimer's & Dementia Support Group

**Facilitator: Judi Womack.** "Caregiving, an Emotional Roller Coaster." Thursday, April 7 at 1 pm. We encourage anyone that is or has been touched by Alzheimer's and other dementias. We have speakers and learn from each other. General public invited.

### Sanford/Lee Co. Stroke Support Group

**Facilitator: Joy Phillips Murphy.** Thursday, March 10 at 1 pm. Education and support are what you will find in this group. Meetings are held the second Thursday of the month at 1:00 p.m. Stroke survivors and their caregivers will find networking, education, outstanding speakers and motivation at the meetings. General public invited.

## Powerful Tools for Family Caregivers

*Made Possible by the National Family Caregiver Grant  
FREE Evidenced-Based Class*

**Tuesdays**

**March 1, 8, 15, 22 and April 5, 2016  
3 pm to 5 pm at The Enrichment Center**

**The Powerful Tools for Family Caregivers Classes** will provide you with tools and strategies to better handle the unique caregiver challenges you face. The tools learned in the six-week series benefit caregivers by helping reduce stress; improving caregiving confidence; establishing balance; communicating needs, making tough decisions and locating helpful resources.

You will receive a free 300-page book, The Caregiver Helpbook, developed specifically for the class. **For more information and to register call 919-776-0501 ext. 2230.**

## SAVE THE DATE

**Tuesday, April 12, 2016**

**CAREGIVER EDUCATION CONFERENCE  
At the Dennis A. Wicker Civic Center, Sanford, NC**

**Melanie Bunn, MS, RN, GNP, Dementia Training Specialist** will be back with us at the Caregiver Education Conference along with other outstanding professionals.

Topics to be announced in the April 2016 Center Post. You will not want to miss this informative and relaxing education conference. If you would like for someone to stay with your loved one while you attend, The Enrichment Center's family caregiving program will make the arrangements. **Contact Judi today at 919-776-0501 ext. 2230.**

### Caregiver Connections Board

Are you looking to privately hire someone to help out in your home? Are you looking to privately work in an individual's home? If so, check out our Caregiver Connections Board at The Enrichment Center. Family caregivers can browse workers available for private pay. Individuals can post their contact information, services offered and availability on the board. If you have any questions, contact **Laurie Draughn at 919-776-0501 ext. 2213**. Please note that workers posted on the board are not employees of The Enrichment Center.



# RESOURCES

**FREE Basic Computer Classes** at the Lee County Library Mondays at 2:00 p.m. and Fridays at 10 a.m. Made possible by the Library Services Technology Act through the Institute of Museum & Library Services. **If interested contact Susan Benning at the Lee Co. Library, 919-718-4665.**

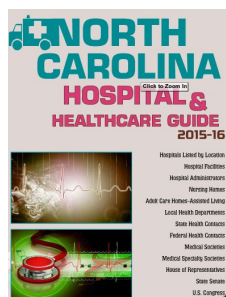
**St Joseph of the Pines Outreach Health & Dental Mobile Program** provides free adult dental service in Lee County once a month. **For further information and to make an appointment call Marlena Booth, 910-246-3126.**

**Division of Services for the Deaf and Hard of Hearing** offers services and products for Lee County residents. There is a program for low income individuals who qualify to get free hearing aids. **Contact Kay Satterwhite at 919-859-8526 or 1-800-999-5737.**

**Rideability** is a transportation program offered by the Stevens Center. Rideability provides evening and Saturday daytime transportation in Lee County for people with disabilities. Transportation is provided via contract with COLTS, County of Lee Transit System. Any person with a disability, broadly defined, can use Rideability. **For more information call Roger at 919-776-4048.**

**NC Attorney General Roy Cooper wants you to stay smart and stay safe from scams and fraud.** New scams targeting seniors come out every day. Protect your account numbers and social security number; don't pay money up front to get a loan, to collect a prize, or for debt settlement, credit repair or foreclosure help (it's illegal to require such a payment); don't deposit a check and then agree to wire money to someone; be wary of door-to-door contractors offering home repair services. **For more tips, report a potential scam visit their website at [www.ncdoj.gov](http://www.ncdoj.gov) or call toll-free 1-877-5NOSCAM.**

**North Carolina Hospital & Healthcare Guide 2015-16 from Medical Publishing, LLC** is available via the Internet at <http://www.nc-hospitals.com/publication>.



## COLTS

### County of Lee Transit System



Public transportation taking you safely to your destination.

**COLTS** offers a variety of scheduling options for passengers.

- Transportation schedule zones include: **Sanford Downtown, Deep River, Cape Fear, Broadway, Carolina Trace, Lemon Springs, Tramway, Pocket and West Sanford.**
- Passengers **schedule their appointments** according to the zone section schedules.
- **Additional stops** on Sanford in-town loop.
- **Pinehurst medical** trips 5 days a week.
- **Options** for last minute appointments.

Ridership is available for the general public. For your convenience prepaid ticket vouchers are available. Contact our office for the current fee schedule (919) 776-7201, 112 Hillcrest Dr., Sanford. [www.leecountync.gov/colts.aspx](http://www.leecountync.gov/colts.aspx)

**COLTS is a coordinated transportation system that provides transportation services for the general public and human services agencies in Lee County.**

**National Do-Not-Call Registry:**  
1.888.382.1222

**Opt Out of Preapproved Offers:**  
1.888.567.8688 or [www.optoutprescreen.com](http://www.optoutprescreen.com)

**Free Credit Report:**  
[www.annualcreditreport.com](http://www.annualcreditreport.com)



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)  
**Handicapped Accessible Facility**  
*June 2013 Re-Certified Senior Center of Excellence by  
 the North Carolina Division of Aging and Adult  
 Services.*

Non-Profit Org.  
 U.S. Postage  
 PAID  
 Sanford, NC  
 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 Enrichment Center will be CLOSED  
 Friday, March 25, 2016  
 in observance of Good Friday.**

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

## VOLUNTEERS NEEDED

Monday through Friday, thirty hot nutritious lunches leave The Enrichment Center and are delivered past the city limits of Sanford to frail older adults at their homes. All thirty of these Lee County residents appreciate the kindness of their volunteer bringing their lunch to them. They also enjoy seeing the smile and hearing the voice at their door.

Lee County Senior Services at Enrichment Center provides this service to citizens outside of the city limits. Routes include Tramway, Deep River, Broadway and St Andrews Church Road. **Volunteers are needed on a regular and fill-in basis. Please contact Janice Holmes, Volunteer Services Coordinator, at 919-776-0501 ext. 2206.**



## NETA

### ***National Exercise Trainers Association***

**Lee County Senior Services and NETA, a non-profit fitness professional association, are co-sponsoring the following nationally-recognized workshops:**

#### **Senior Fitness Specialty Certification**

**Saturday, April 30, 2016 from 8 am to 4 pm, Cost \$169**

Meet the growing demand for fitness classes geared specifically for active older adults. NETA's new Senior Fitness Specialty certification is designed for fitness professionals wanting tools to safely and effectively train and teach the older adult population.

#### **Yoga for Everybody!**

**Sunday, May 1, 2016 from 8 am to 1 pm, Cost \$119**

Making yoga accessible to everybody requires modifications and options. This workshop provides instructors important knowledge and techniques to provide instruction for special populations such as individuals who are overweight/obese, elderly pre and postnatal participants and those suffering from chronic conditions.