

# The Center Post

Volume 25

MAY 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.**

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## OLDER AMERICANS MONTH



**BLAZE A TRAIL: MAY 2016**

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From **69-year-old NASA Administrator Charles Bolden, Jr.** to **84-year-old actress Rita Moreno** to **83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60**, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. **This year's theme, "Blaze a Trail,"** emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

*At The Enrichment Center we look forward to hearing about how local Lee County older adults are blazing trails! We are truly blessed to have you in our community and honored to serve you at The Enrichment Center.*

**Genealogy Workshop** Mondays, May 2 - June 13, 2016 at 10 am. Learn who your ancestors were/where they came from and what they did; find out if you have famous ancestors; construct a family tree; generate genealogy reports. Registration requested. Call 919-776-0501 ext. 2201.

**Catawba Queen Riverboat & Lazy 5 Ranch** Tuesday, May 10, 2016. See 400 animals from all over the world! Enjoy a lunch cruise on beautiful Lake Norman aboard the Catawba Queen. Call 919-776-0501 ext. 2201 or come by The Center to register and make payment.

**Annual Gay 90s Luncheon** Wednesday, May 11, 2016 at 12:00 pm. 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, 919-776-0501 ext. 2203.**

**Senior Games & Silver Arts** Registration open through Monday, May 16. Open to all residents of Lee County and surround communities aged 50 and better! Opening ceremonies and dinner Tuesday, May 17, 2016 at 5:30 pm. All SGSA participants are invited and may bring a guest for \$8.00. For catering purposes, registration is required. To register for the games and the dinner, call 919-776-0501 ext. 2201 or come by The Enrichment Center.

**Sponsored Locally by:**



**SENIOR CENTERS ~ Experts at Living Well**

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

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

### ***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 10*** 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 15*** Upon arrival in Myrtle Beach, we visit Broadway at the Beach, enjoy some free time and then see a wonderful show!

***Pricing and more detailed information is available at the front desk of The Enrichment Center or by calling 919-776-0501 Ext. 2201.***

## **Diners** **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.

**11:00 a.m. programs in the Diners Club are open to the general public. May programs:**  
2nd—Ice Cream Social Kickoff Older Americans Month "Blaze a Trail"  
4th —Laurence Poindexter Performs Music for Mother's Day  
6th—Mother's Day Program  
9th—High Hopes Chorus  
11th—Gay 90s Luncheon—Diners Club Closed  
13th—Blandonia Day Care Children at 9:30 am  
13th—Bingo  
18th—Miller Boles Mother's Day Program  
20th—Music Duo "Unplugged" Dana & Sergio Guevara Perform  
25th—Let's Color!  
27th—Tap Dancers from Pittsboro Performance with Picnic  
31st—Senior Fitness Day in the Diners Club!

### **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.

**Diners Club Sassy Red Hatters** Meet the 3rd Tuesday at 10 am. 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!

**Blood Pressure Checks** are provided by Liberty Home Care on the 2nd Tuesday each month at The Enrichment Center from 10:30 am to 11:30 am.

## corner

Caregiver



### Caregiver Time Out

Tuesdays from 1:00 pm to 3:00 pm 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 Debbie Williams at 919-776-0501 ext. 2203.

**Thank you** to all who attended the **Annual Caregiver Educational Conference with Alzheimer's NC, Inc. held in April at the Dennis A. Wicker Civic Center**. More than 100 family caregivers and professionals attended to hear from speakers who are experts in their field when it comes to caring for those with Alzheimer's disease and related dementias.



Over 60 of the attendees experienced the **Virtual Dementia Tour**. The tour is a powerful sensitivity and awareness experience created for anyone seeking to understand the physical and mental challenges of those with dementia. It's a simulation where you experience the challenges someone with dementia might face. Many thanks to **Spring Arbor of Apex** for providing the **Virtual Dementia Tour**! And thank you to **Alzheimer's NC, Inc.** and the sponsors listed below for supporting the **Caregiver Educational Conference**.

### Thank you to our sponsors!



**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, May 12, 2016 at 10 a.m. **If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.**



**A Novel Approach Book Club** Meets the **2nd Tuesday at 12:00 pm** Registration is not necessary and the group is open to the general public. **May 10** discussion: All the Light You Cannot See by Anthony Doerr. The group will not meet June - August.

**Saturday Nite Dance** Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for May 2016:** 7th—Southern Exposure, 14th—Bill Pollard Back Porch Country, 21st—The Fabulous Troubadours, 28th—Bill Pollard Back Porch Country.

**The following groups are open to all adults and registration is not required.**

**Living with Vision Loss Support Group with Facilitator Ruth Stone.** Meetings are held the 2nd Wednesday of every month at 1:00 pm. This group is for people with vision impairments and their loved ones to discuss ways to cope with low vision.

**Diabetes Support Group with Facilitator Dana Guevara.** Meetings are held the 1st Wednesday of the month at 10:00 am. Special speakers, cooking, information on new treatments and answers to your questions on living a full life with diabetes. This group is for the diabetic, their caregivers and loved ones.

**The Caring Connection Support Group with Facilitator Jeanne Logue-Hunter.** Meetings are held the 1st Monday of every month at 10:00 am. A cancer support group that provides a time for patient and family members to discuss feelings and concerns.

**"ANGELS" (Angels Now Getting Empathy, Love & Support) Caregiver Support Group with Facilitator Carolyn Savina.** Meetings are held the 2nd and 4th Tuesday of the month at 6:00 pm. The group provides a forum for families and friends of individuals caring for loved ones.



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**  
**Monday, May 30, 2016 for**  
**Memorial Day.**

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



**Rex UNC Healthcare Mobile Mammography** is coming to The Enrichment Center Friday, June 3, 2016 at 9:00 am. All patients must pre-register with the Lee County Health Department.

This service is designed for those at least 35 years old for a first time mammogram, or at least 40 years old for annual mammogram. **Contact the Lee Co. Health Dept. for your appointment and further information, 919-718-4640 ext. 5317.**

**AARP Program** Monday, June 13, 2016 at 6:00 pm. AARP is a non-profit, nonpartisan membership organization for people age 50 and over. AARP provides a wide range of unique benefits, special products and services for their members. Audrey Galloway, special guest speaker of AARP, will give the presentation informing the public on general information about AARP and how it may benefit you. **This program is provided by the MS Support Group of The Enrichment Center. Registration is requested, call 919-776-0501 ext. 2201.**



**Water Aerobics** June through mid September. Classes are held Mondays/Wednesdays/Fridays at 11:00 am and Mondays/Wednesdays/Thursdays at 5:30 pm at OT Sloan Pool. Cost is \$25 for the summer or \$10 per month. Register, complete an information form and pay now at The Enrichment Center. Open to all adults. Priority given to those 50 and better.

**Summer Fling Pot Luck Dinner** Thursday, June 30, 2016 at 6:00 pm. Bring a friend and your favorite food. We will provide drinks and entertainment. Registration required, call 919-776-0501 ext. 2201.

**Living Healthy with Diabetes** is an evidence based class developed by Stanford University. Classes will meet Thursdays, August 4 - September 8, 2016 from 2:00 pm to 4:30 pm. This is a free workshop to help you: manage symptoms; use relaxation techniques; eat healthy; improve communication; monitor blood sugars. Class size is limited to 12 and registration is required. Call 919-776-0501 ext. 2201.

**REMINDER** Any vendors or crafters interested in participating in our annual Fall Festival can begin calling July 1st to reserve tables. The Fall Festival will be held Saturday, October 29, 2016 from 8:00 am to 2:00 pm. Call Debbie Williams at 919-776-0501, ext. 2203.