

The Center Post

Volume 26

APRIL 2017

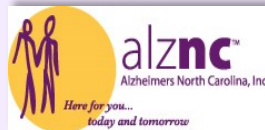
**The Enrichment Center
Hours of Operation:**
Monday - Thursday
8 a.m. - 8 p.m. and
Friday 8 a.m. - 5 p.m.
919-776-0501

Our purpose
is to connect **baby 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...

- ♦ *Women's Program, pg. 4*
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14th Annual Regional Caregiver Education Conference



Tuesday, April 4, 2017
Dennis A. Wicker Civic Center
1801 Nash Street, Sanford, NC

Registration 8:00 a.m.
Program Starts 9:00 a.m.
Lunch provided.

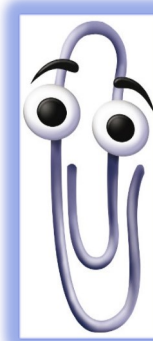
Respite care available for your loved one upon request.
Registration fees: family caregivers, clergy, students and volunteers, \$10.
Professionals: \$40, includes 5.0 CEUs.

For more information and to register call Holly Hight, Senior Center Caregiver Specialist (919) 776-0501 Ext. 2230.

Conference made possible by support from:

Pfizer

Amedisys Home Health & Hospice
Bayberry Retirement Inn
Central Carolina Hospital
Edward Jones - Dargan Moore
First Choice Home Care
FirstHealth Moore Regional Hospital
Griswold Home Care
Liberty Home Care & Hospice
Liberty Medical Specialties
Piedmont Health SeniorCare
Sanford Health & Rehabilitation
St. Joseph of the Pines
Westfield Rehabilitation & Health Center
Bubba's Subs and Pizza
Miller - Boles Funeral Home
The Sanford Herald
WLHC-FM/WLQC-FM Life 103.1
Spring Arbor of Apex for Providing the Virtual Dementia Tour Experience



Enrichment Center Volunteers...

Your time and talents are a life size paperclip... Thanks for holding our programs together!

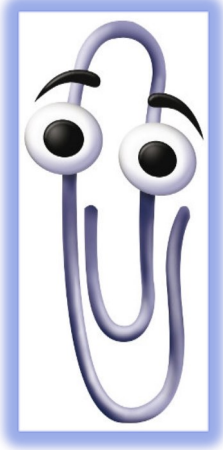
You are invited to a special reception in your honor

***Tuesday, April 25
From 4 P.M. until 6 P.M.
At The Enrichment Center***

Thank you for your time and talents. We depend on each of you to maintain our level of services and programs. Your faithfulness to serve means more than you can ever know. R.S.V.P. appreciated, call (919) 776-0501 Ext. 2201.

On the following pages are more than 200 names of Lee County volunteers who are part of The Enrichment Center's Team of Excellence!

If you are interested in volunteering at The Enrichment Center contact Janice at (919) 776-0501 Ext. 2206.



Over 200 volunteers are registered and served 8,465 hours for The Enrichment Center. Our volunteers use their personal skills and even develop some new ones along the way! Youth and adult volunteers give of their time at The Center for development, socialization and fun. It can even establish contacts for possible employment. Volunteers give their time on a regular and as-needed basis. ***Call Janice today at 919-776-0501 ext. 2206 if you are interested in volunteering.***

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. ***George Miller.***

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

AARP 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. ***Judy Barton, Robena Black, John Burns, Robyn Carpenter, Larry Foran, Nancy Johnson, Shirley Joyner, David Kennedy, John Koneski, Henry Merritt, Jim Payne, Johnny Poindexter, Joyce Smith, David Taylor, Billy Tew and Elaine Thomas.***

Fitness Room volunteers assist with fitness orientations and fill in for instructors. ***Cleo Bryant, Madeline Edwards, Trudy Forrest, Bonnie Marks and Jordan Wofford.***

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 Carlson, Darlene Christiansen, Leona Cox, Mary Parker, Kay Turner, Sue Wagenhauser, and Eva Warrick.***

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

These volunteers assist our **Social Work Department** with various needs such as housing and home repair, and delivery to Angel Tree recipients. ***Mark Ariy, Ed Barkwell, Bill Carter, Sam Carter, Ellen Dunlap, Pat Edmonds, David Glass, Fred Glass, Buster Harrill, Richard Holshouser, Willis McNeil and Ernest Murchison.***

Support Groups Leaders ***Bob Brickhouse, Dana Guevara, Jeanne Logue-Hunter, Rosemary McLeod, Linda Moore, Joy Phillips- Murphy, Carolyn Savina and Ruth Stone.***

Caregiver Time Out These volunteers are available on Tuesday afternoons to offer a break to caregivers. ***Sarah Gladden, Donna Kelley and Dorothy Matthews.***

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. ***Cleo Bryant, Trudy Forrest, Vera Marks, Henry Merritt Jr, Karen Oldham, Jim Payne, Commissioner Robert Reives, and Mary Upchurch.***

These **volunteers assist with various events** that are held each year, such as the Celebration Luncheon honoring 90-year-olds, Fall Festival and the Alzheimer's conference. *Ed Barkwell, Linda Battle, Bill Carter, Mary Chalmers, Mark Coggins, Ruth Conder, Earline Dow, Ellen Dunlap, Patricia Edmonds, Janet Fasick, Shirley Fehr, Peggy Grimshaw, Dana Guevara, David Kennedy, Nancy Kennedy, George Miller, Theresa Miller, Jim Payne, Linda Rapp, Louise Ross, Janice Scoins, Joyce Smith, Kathy St. Clair, Judy Sowder, Gladys Thomas, Avron Upchurch, Mary Upchurch, and Alberta Williams.*

BINGO Volunteers are responsible for the coordination of BINGO games. *Bettie Ervin Battle, Peggy Grimshaw, Nettie Scotton and Earl Thompson.*

Much to the delight of our **Diners' Club** participants, these volunteers regularly share exercise & dancing activities, Bible study, and music. *Dana Guevara, Sergio Guevara, Robert Lewandowski, Patricia Lewandowski and Laurence Poindexter.*

In the past year, **Home Delivered Meal Volunteers** delivered more than 6,641 hot lunches to homebound older adults in Lee County. Approximately 30 clients on 4 routes are served each day, Monday through Friday. *Joy Alderson, Ed Angel, Bill Carter, Donna Corbett, John Corbett, Geneva Frye, Judy Garner, Geri Hales, William Henning, Margaret King, Gayle Matthews, William Matthews, Pat Moerke, Norbert Miller, Jim Payne, Ginny Pembleton, Hugh Pembleton, Brandi Phillips, Leslie Prezymusinski, Eugene Rackley, Velma Rogers, Don Roundy, Ginny Roundy, Sam Sillaman, Janice Scoins, Allan Scoins, Bob Smith, Joyce Smith, Kathy St. Clair, Bill Tannenbaum, Claire Tannenbaum, Jim Turner, Jack Warf, Judy Warf, Louise Wilkinson and Sam Wilkinson.*

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

Volunteer Program Facilitators regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Carolyn Arnold, Diana Atkins, Ann Beale, Barbara Bedore, Joyce Billings, Dot Boaz, Mickey Bowman, Phil Bruce, Peggy Buchanan, Shirley Buchanan, Clifton Burch, Ed Byrd, Mark Coggins, Ruth Conder, Helen Edwards, Janet Fasick, Pam Glover, Ann Griffith, Gretchen Grindle, Dana Guevara, Dallas Harper, Susan Hooper, Sylvia Howard, Donna Jackson, Judith McDonald, Rosemary McLeod, Margaret Murchison, Jim Payne, Nancy Pickard, Wilma Price, Pam Rose, Sandy Scott, Bob Smith, Ruth Stone, Jochen Thomas, Shirley Thomas, Freeman Totten, and Alberta Williams.*

Enrichment Center, Inc. Board members are responsible for overseeing the expenditures of private donations. *Charles Alexander, James Emerson, Jim Foster, Bob Garrett, Bud Greene, June Gunter, Tom Joyner, Margaret Murchison, Janice Scoins, Lee Setzer and Bob Will.*

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. *Joyce Black, Frances Carter, Ed Hall, Ralph Harrison, Ruth Lerche, Carl Nunnery, and Mary Nunnery*

Lee County Transportation Advisory Board members are appointed by the commissioners to advise on the needs of transportation in the county *Doug Doris and Bob McCarthy.*

Thank you!

Lee County

Diners' Club Volunteers assist Monday through Friday in taking lunch meals to the tables, overseeing donations and reservations for the following day's lunch. *James Baker, Ed Barkwell, Jane Carter, Mary Chalmers, Shameka Dowdy, Gerald Drzewicki, Patricia Edmonds, Sharon Embree, Bettie Ervin-Battle, Melvin Griffin, Peggy Grimshaw, Carol Hargrove, Alba Hinojosa, Frank Kaufman, Charles Kennedy, Genevieve Lucas, Dorothy Matthews, DeeDee McKenzie, Barbara Miller, Linda Nelson, Hazel Nickens, John Perry, David Piggie, Joan Quick, Herbert Ray, Joanna Ray, Hazel Roberts, Sue Sloan, Joyce Smith, Judy Sowder, Earl Thompson, Delphine Walters, and Alberta Williams.*

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. *Linda Battle, Joyce Billings and Dot Phillips.*

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

Cookie Cutters Volunteers are the ones to thank for the delicious homemade cookies that are often served at the Center. *Ruth Conder, Diane Davis, Donna Jackson, Marie McLendon and Pam Stephens.*

Saturday Nite Dance

Live music and fellowship 7:00 pm - 10:00 pm. Admission is \$8.00 per person. **Bands for April 2017:** 1st—Southern Exposure, 8th—The Tarheel Rhythm, 15th—NO DANCE, 22nd—Trace Jazz, 29th—Fabulous Troubadours

Financial Planning Seminar with Dargan Moore, of Edward Jones

Thursday, April 6, 2017 at 2:00 PM Whether you're planning for retirement, saving for college for children or grandchildren, or just trying to protect the financial future of the ones you care for the most, come and hear Dargan's informative seminar. No products will be solicited at the time of the presentation. **Space is limited. Call to reserve you spot 919-776-0501 ext. 2230.**



Women's Program

*Join us for an evening
celebrating the unique life of women!
Open to all women.*

**Thursday
April 20th, 2017
6:00 P.M. - 8:00 P.M.**

This special program will include:

- **A Fashion Show** with LuLaRoe Fashion Consultant, Anita Barber.
- **Makeup Tips** from Stephanie Rojas, Lancome Counter Manager with Belk.
- **Best Quick Food Choices** with Alyssa Anderson, MS, RDN, LDN Family & Consumer Sciences Agent.
- **"Fit Bits" Quick Fix Exercises That Will Bring Good Results** with Jordan Wofford, Fitness Instructor Intern at The Enrichment Center.
- **"Healing Starts From Within"** motivational speech from Pam Glover.

Catered meal sponsored by Miller-Boles.
Door Prizes!

Please call Holly to R.S.V.P
(919) 776-0501 ext. 2230.

Enrichment Center Day & Overnight Trips

Payment due at the time of registration to reserve your seat. Travel Policy available at the front desk.

June 4 -9, 2017: New Orleans, LA

\$739 pp/double occupancy. Travel Protection Insurance \$79 per person, payable at registration.

September 17-23, 2017: Mackinac Island FUND-raiser!

\$849 pp/double occupancy. Includes hotel, 6 breakfasts, 4 dinners, 1 evening reception, 1 buffet lunch. Several tours including Frankenmuth, Michigan's Little Bavaria. Hydro jet ferry ride to the island, carriage tour, Great Lakes Shipwreck Museum and a Soo Locks Boat Tour— which is the largest waterway traffic system in the world! *\$50 of your payment will go to The Enrichment Center Helping Fund, a fund used to assist older adults in Lee County who are in an emergency situation with fuel, power or medications.*

Tues., September 19, 2017: The Barn Dinner Theatre in Greensboro, NC.

"Nunsense" follows the crazy antics of five nuns from the Little Sisters of Hoboken convent. When their cook accidentally serves up some tainted soup, several sisters are poisoned and die, leaving only five living nuns who were not home on the day of the toxic meal. Reserve your seat today to watch the rest of the story!

Tues., October 17, 2017: NC State Fair in Raleigh \$20 per person and someone else does the driving! Sit back and relax- enjoy all the NC State Fair has to offer! Spaces available.

Dec.12-14, 2017: Charleston, SC

\$349 pp/double occupancy. Holiday Festival of Lights tour, dinner at the Charleston Crab House on James Island and The Charleston Christmas Special Show.



ATTENTION:

*PML Travel & Tours
and The Enrichment Center*

**Present a Fabulous 8 day/7 night
Eastern Caribbean Cruise
Aboard Carnival Cruise Line's "Magic"**

April 21-28, 2018

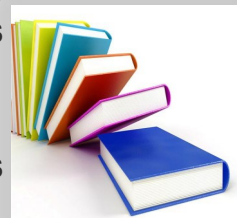
Soak in the sunny, serene rhythms of the Eastern Caribbean's beautiful sun-dappled islands. Sail to some of the region's most storied isles, each ringed by rainbow-hued coral gardens. Dig your feet in silky sand, float in azure seas and let your cares melt away.....

More information available at the front desk or call Janice at 919-776-0501 Ext. 2206.

Lee County Library Large Print Available at The Enrichment Center

A variety of large print books and a check-out kiosk are now available at The Enrichment Center! Anyone with a Lee County Library card may check out the books, which are located in the conference room at The Enrichment Center. Books should be returned to the Main Branch Library, Hawkins Ave.

Some of the authors available:
Ann Quindlen, Robert Parker, James Patterson, Brad Meltzer,
Jenn McKinlay, W.E.B. Griffin.





Learn how to play
Senior Games events
at an open clinic at
The Enrichment Center
1615 S. Third St., Sanford

All clinics will follow rules set forth in the
2017 edition of the North Carolina
Senior Games Rules Book.

11:00 A.M.

Friday, April 7 - Bocce

Tuesday, April 11 - Horseshoes

Monday, April 17 - Football Throw

Tuesday, April 25 - Corn Hole

For further information about
Senior Games & Silver Arts of
Lee County contact Jimmy
Solomon, (919) 776-0501 Ext. 2206
or jsolomon@leecountync.gov.
*Participants from neighboring
counties welcome!*



SENIOR GAMES



SILVER ARTS
Of Lee County

REGISTER NOW
through April 30, 2017

Online registration available!

www.ncseniorgames.org

NEW IN 2017

*Registration fees are
waived for first time
participants!*

Senior Games & Silver Arts of Lee County
is a program to promote fitness, friendship and
well-being for folks 50 years of age and better in Lee
County. We welcome participants
from neighboring counties.

Registration takes place in April and the athletic,
performing and visual arts events take place in May.
Individuals compete for awards within their own
gender and age categories: 50-54, 55-59, 60-64, 65-
69, 70-74, 75-79 and 80+. Top winners (medalists)
in each event by age and gender are eligible to
compete in the North Carolina Senior Games state
competition each fall.

Individual and team sporting events include golf,
bowling, basketball, swimming, corn hole, pickleball,
cycling and track and field. Silver Arts includes visual,
literary, heritage, craft and performing arts.

*We look forward to seeing you
at this year's competitions!*



2017 Torch Sponsor

**For more information and to register contact
Jimmy Solomon, Local Coordinator
919-776-0501 ext. 2207.**

Senior Games and Silver Arts of Lee County is part of a
network of 53 Local Games across North Carolina and is
sanctioned by N.C. Senior Games, Inc.



AGE OUT LOUD: MAY 2017

We're in the process of
making exciting event
plans for Older
Americans month in
May! Mark your

calendars and look for more details at The
Enrichment Center and the May Center Post.
May 1st—Open House—Bring your friends for a tour
May 3rd—Celebration Luncheon honoring Lee
County's 90-year-olds and better
May 5th—Cinco De Mayo Chips n Salsa and Latin
Dance with **Gilroy Buller**
9th—Senior Fitness Day
11th—Better Choices Nutrition Program with **Alyssa
Anderson, Family & Consumer Science Agent**
11th—Desserts on the Lawn with special music by
Dana & Sergio Guevera
12th—Mother's Day Program in the Diner's Club
15th—High Hopes Chorus in the Diners' Club
16th—Senior Games & Silver Arts Opening
Ceremonies
31st—Hot Dog Celebration for participants and
veterans

CELEBRATION LUNCHEON

Annual Luncheon Honoring Lee County's 90-Year-Olds and Better



*Lee County residents
who are 90 years young and better
are invited to lunch along with their guest.*

**Wednesday, May 3, 2017
12:00 P.M.
Special Menu & Entertainment
At The Enrichment Center
1615 S. Third Street, Sanford, NC**

Reservations required.
Contact Debbie Williams at (919) 776-0501 Ext. 2203.

**The Lee County Senior Services Advisory Board,
Lee County Board of Commissioners,
The Enrichment Center Staff, Guests and Volunteers
look forward to celebrating and honoring each of you.**

"This is what getting older looks like today! I look forward to seeing you at The Enrichment Center," Jeanne Moore, born 3/21/1921, daily participant at The Enrichment Center.

**The Enrichment Center
NC Certified Senior Center of Excellence
1615 S. Third St., Sanford, NC 27330 www.leecountync.gov/ec**

Celebration Luncheon is held in observance of Older Americans Month, which is celebrated nationally in May.

***Quick Facts for today's
90-Year-Olds and Better***

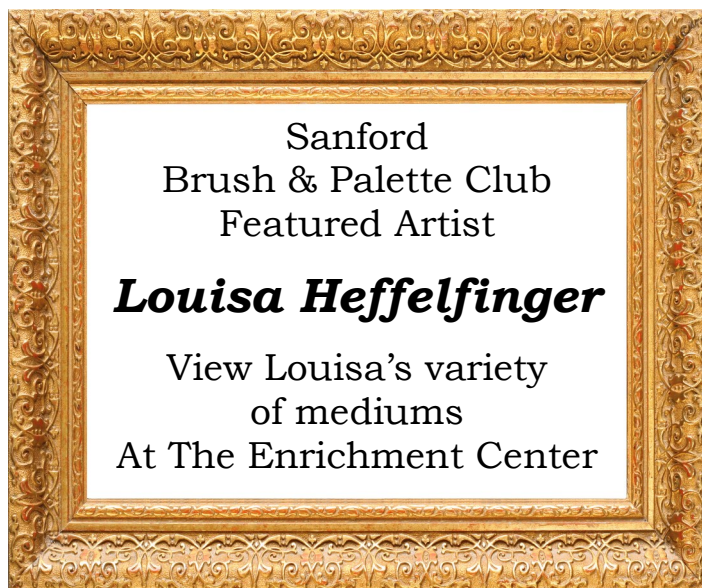
Age 90, born in 1927
Calvin Coolidge, President
#1 Song, "Stardust"
by Hoagy Carmichael

Age 95, born in 1922
Warren G. Harding, President
#1 Song, "My Man"
by Fanny Brice

Age 100, born in 1917
Woodrow Wilson, President
#1 Song, "Over There"
by Nora Bayes

In 1962 John F. Kennedy was president and you were in your 30s and 40s, Elvis Presley had four of the top ten songs: Return to Sender, Good Luck Charm, Can't Help Falling in Love, She's Not You.





We need you!

And so does
The Enrichment Center,
Inc. Helping Fund!

Any kind of *cards or games*. Old Maid, Bridge, Texas Hold'Em, Poker, Pinochle, Canasta, Dominoes, UNO. Come over and join us as we get together for a Card Party to raise money for our **HELPING FUND**.

Tuesday, April 11, 2017

2pm - 5pm and/or 7pm- 9pm

\$4.00 per person, per session

Join us for refreshments and prizes but most of all to know you have helped an older adult in need.

**Co-sponsored by
Miller-Boles Funeral Home**

Registration required:

The Enrichment Center 919-776-0501 Ext. 2201

The Enrichment Center, Inc. Helping Fund assists low income Lee County residents who are in a crisis situation with fuel, electricity and other necessities of life? 100% of all donations directly assists citizens in need. The Card Party is a wonderful way to have fun and help Lee County older adults in need!

Diners A daily celebration



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

Club 11:00 am programs in the Diners Club are open to the general public.

APRIL 2017 programs:

- 5th—Billy O'Brien entertaining us with his musical talents and impersonating Elvis
- 7th—NO BINGO
- 7th—Chakra, Kristin Sweet from Piedmont Health Services
- 11th—Card & Games Party 2-5 pm and 7-9 pm
- 18th—Sassy Red Hatters at 10 am
- 19th—Sarah Richmond with Progressive Home Care & Counseling Services
- 21st—Extra Bingo
- 26th—Laurence Poindexter singing in the Spring
- 28th—CapTel with Libby

MONDAYS

Table Tennis & Let's Color



**WEDNESDAYS
Walking Club**

corner

caregiver



Life as a Caregiver From agingcare.net

A Perfect Day

By Sarah Jane

By **Sarah Jane**

Every once in a while someone tells me it's not really worth spending time with a person who has dementia because they probably won't remember. My experience yesterday gives the lie to that.

The night before last, Mum phoned from her rest home just after six. This time she was particularly low. I managed to cheer her up momentarily by reminding her that the next day was Saturday and that we'd be doing things together, but it didn't help for long. "Tell me honestly, what do I have to look forward to?" she asked. How do you answer that?

So yesterday morning, when everyone in my house had gone out for the day, I whizzed 'round and scooped her up. Mum was fully clothed but had retreated to her bed. When I asked her why, she said there didn't seem to be anything worth doing.

So we set off for the shops. Mum adores drives. It's like being at the movies without the stress of following the plot. Recently I've noticed that she's just as happy parked up somewhere that's busy, watching people going about their lives. Next we had lunch. Mum seldom complains about rest home meals, but I suspect they're not the greatest. I've noticed that she loves soft-boiled eggs, asparagus, fresh wholegrain bread, or a slice of perfectly ripe pear.

After lunch I suggested we both have a nap. Mum was skeptical, but I persuaded her to lie down for a minute. I'd hardly put the blanket over her before she passed out. She slept for almost two hours and awoke refreshed, ready to take on the garden. So we weeded, potted, and swept and soon it was time for afternoon tea. We sat outside and gazed at the splendid vista of the newly tidied courtyard.

Suddenly Mum had an idea. "We should take photos! Do you have a camera?" "Yes," I fetched my digital camera. I lined up the shots and got Mum to press the button. Then we took turns taking pictures of each other, posing beside the newly planted pots.

At five, I drove Mum home. She was really, really happy. We both were. **Mum didn't remember exactly what we'd done, it's true, but she knew she was happy. And that's the bit that stuck in her memory.**

Caregiver Time Out

Tuesdays from 1:00 p.m. to 3:00 p.m.

You are invited to drop off your loved one at The Enrichment Center on Tuesdays from 1 PM until 3 PM for Caregiver Time Out. This program is designed for participants who have Alzheimer's or other forms of dementia. We offer fellowship, games, puzzles, crafts and refreshments.

There is NO CHARGE. Contributions are accepted.

Contact **Holly Hight, Senior Center Caregiver Specialist**, at 919-776-0501 ext. 2230 to see if your loved one qualifies.



Caregiver Time Out is made possible by the **National Family Caregiver Grant**.

EC Support Groups Open to All Adults

Diabetes Support Group

Facilitator: Dana Guevara

Meetings are held the **1st Wednesday of every month at 10:00 a.m.** Special speakers, information on new treatments and answers to your many questions on living a full life with diabetes. This group is for the diabetic, as well as, the caregivers and loved ones of diabetics.

Alzheimer's Support Group

Facilitator: Holly Hight Caregiver Specialist

Meetings are held the **1st Thursday of every month at 1:00 p.m.** This group offers support, advice & understanding to caregivers, family & friends of Alzheimer's patients. Come familiarize yourself with this overwhelming disease, learn about community resources & help yourself & others deal with the present and plan for the future.

Sanford MS Self-Help Group

Facilitator: Rosemary McLeod

Meetings are held the **2nd Monday of every month at 6:00 p.m.** Self-help group for people living with multiple sclerosis & their families in the Sanford area.



1615 S. Third Street, Sanford, N.C. 27330
919.776.0501 www.leecountync.gov/ec

Making Every Day a Great Day

Handicapped Accessible Facility



2013



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

The Enrichment Center will be CLOSED
April 14, 2017 in observance of Good Friday.

Non-Profit Org.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198

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

Read Our Script! The EC Drama Club is the greatest drama club from here to Harvard! No talent? Some talent? Broadway talent? All baby boomers and better are welcome! Midsummer Murder Dinner Theatre in the works. Please call (919) 776-0501 ext. 2230 for more details and to become a part of the EC Drama Club.

VET CENTER Service Member Counseling

Services are available at The Enrichment Center on Mondays from 8:00 a.m. until 10:30 a.m. Counseling services are for veterans and active duty service members and their family. **Mr. Sincere Hussein, Counselor, of the Fayetteville Vet Center** provides a broad range of counseling, outreach and referral services to assist in making a positive post deployment readjustment to life.

A Novel Approach Book Group

Open to all adults and meets at 12 PM on 2nd Tuesday. **April 11th discussion, Nightingale by Kristin Hannah.** **May 9th discussion, Defending Jacob by William Landay.**

Living with Vision Loss Support Group

Wednesday, April 12 at 1:00 P.M. with a presentation by the **Sanford Police Department.** **Facilitator Ruth Stone** invites you to attend this group that was created for people with vision impairments (including Macular Degeneration) and their loved ones to discuss ways to cope with low vision. Registration is not necessary and the group is open to the public.

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 meet the 2nd Thursday of the month at 10:00 AM. Next meeting April 13. If you would like a head covering, contact **Carole** at 919-776-0501 ext. 2205.

