

The Center Post

Volume 27

APRIL 2018

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 ...

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Senior Centers: Masters of Aging



Making Every Day a Great Day at The Enrichment Center...

*...Thanks to YOU,
The Enrichment Center Volunteers!*

Enrichment Center Volunteers

You are cordially invited to a reception in your honor

Wednesday

April 18, 2018

2:00 p.m. until 4:00 p.m.

Refreshments

*A Gift as a Token of Our Heartfelt Appreciation
for Your Service and Commitment*

*Presentation of the
2018 Enrichment Center Volunteer of the Year*

*Please R.S.V.P. no later than Monday, April 16
by calling (919) 776-0501 Ext. 2201.*

\$17.71 per hour, estimated value of volunteer time.

2017 Volunteer Statistics

at The Enrichment Center

73,272 Total Participants Served by 3,497 Volunteers

8,680 Hours Pay Equivalent \$153,723

*"We can find meaning and reward by serving some
higher purpose than ourselves, a shining purpose, the
illumination of a Thousand Points of Light...
We all have something to give."
President George H. W. Bush*



Thank you to each volunteer. Your time, talents and commitment assist in keeping Lee County older adults well, vibrant and in their own homes for as long as possible.

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.**

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, Nonnie "Joyce" Smith and Mary Upchurch.**

Support Groups Leaders. **Bob Brickhouse, Candy Davidson, Kay Gladden, Ambrose Greene, Dana Guevara, Jeanne Logue-Hunter, Rosemary McLeod, Linda Moore, Joy Phillips-Murphy, Carolyn Savina, Necole Thomas and Ruth Stone.**

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

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. **Linda Jordon, Billy Jackson, Jerry Clendene, Jerry Bernard, Ruth Lerche, Shirley Buchanan, Carl Nunnery, and Mary Nunnery.**

Enrichment Center, Inc. Board members are responsible for overseeing the expenditures of private donations.



Charles Alexander, James Emerson, Jim Foster, Bob Garrett, June Gunter, Tom Joyner, Margaret Murchison, Paul Porterfield, Janice Scoins, Lee Setzer and Bob Will.

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.**

Nifty Noggins volunteers make coverings for "smart" heads. The coverings are free to cancer patients. From classy berets to handy bandanas, this group has it "covered." **Ann Beale, Marian Carlson, Darlene Christiansen, Liisa Kephart, Mary Parker, Kay Turner, 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. **George Miller.**

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

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.***

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. ***Karen Beaton, John Burns, Robyn Carpenter, Larry Foran, Nancy Johnson, Shirley Joyner, David Kennedy, John Koneski, Henry Merritt, Jim Payne, Johnny Poindexter, Tanya Porter, Joyce Smith, Billy Tew, and Elaine Thomas.***

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. ***Jim Payne and Mary Upchurch.***

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.***

"We all have something to give."
President George W. Bush



These **volunteers** assist with various events that are held each year, such as the Celebration Luncheon, 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.***

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. ***Joy Alderson, Ed Angel, Bill Carter, Donna Corbett, John Corbett, Sabrina Fry, Judy Garner, Geri Hales, William Henning, Margaret King, Gayle Matthews, William Matthews, Pat Moerke, Jim Payne, Ginny Pembleton, Hugh Pembleton, Leslie Prezymusinski, Eugene Rackley, Don Roundy, Ginny Roundy, Sam Sillaman, Janice Scoins, Allan Scoins, Bob Smith, Joyce Smith, Bill Tannenbaum, Claire Tannenbaum, Jack Warf, Judy Warf, Louise Wilkinson and Sam Wilkinson.***

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.***

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, Emma Bester, Wallace Bryant, Jane Carter, Mary Chalmers, Gerald Drzewicki, Patricia Edmonds, Bettie Ervin-Battle, Melvin Griffin, Carol Hargrove, Genevieve Lucas, Dorothy Matthews, DeeDee McKenzie, Linda Nelson, Hazel Nickens, John Perry, David Piggie, Hazel Roberts, Louise Ross, Sue Sloan, Joyce Smith, Judy Sowder, Earl Thompson, Dell Walters, and Alberta Williams.**

Fitness Room Volunteers assist with fitness orientations, fill in for instructors, and keep towels in the fitness room for participants. **Cleo Bryant, Madeline Edwards, Trudy Forrest, and Bonnie Marks.**

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, Peggy Buchanan, Ed Byrd, Mark Coggins, Ruth Conder, Helen Edwards, Janet Fasick, Ann Griffith, Gretchen Grindle, Dana Guevara, Dallas Harper, Sylvia Howard, Donna Jackson, Rosemary McLeod, Margaret Murchison, Jim Payne, Wilma Price, Pam Rose, Bob Smith, Ruth Stone, Shirley Thomas, Freeman Totten, Alberta Williams and Ann Womble.**

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.**

Much to the delight of our **Diners' Club** participants, these volunteers regularly offer entertainment to the Diner's Club. **Dana Guevara, Sergio Guevara, Robert Lewandowski, Patricia Lewandowski and Laurence Poindexter.**

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

We can use your help, too!

The Enrichment Center has over 200 active volunteers. Does that mean we need more? Of course, we need YOU. Volunteers are essential to the success of our programs, services, trips and events. You choose what best suits your schedule. Janice Holmes, Volunteer Services Specialist, will meet with you to discuss volunteer opportunities. Call or email Janice today at (919) 776-0501 Ext. 2206 or jholmes@leecountync.gov.

Volunteers Needed in the Home Delivered Meal Program

Contact Janice Holmes, Volunteer Services Specialist, 919-776-0501 Ext. 2206, for a volunteer application and more information. Volunteers assist on a regular basis or as fill-in. Meals are picked up at The Enrichment Center and routes take about 1.5 hours. Routes include Tramway, Deep River, Broadway and Hunt Springs. Make a difference in your neighbor's life today through volunteering in the home delivered meals program.





**Learn How to Play
Senior Games events!
Attend a clinic
and learn the skills.**

**All clinics at 11:00 AM
and follow rules set
forth in the 2018
edition of the North
Carolina Senior Games
Rules Book.**

**Friday, April 6
Tuesday, April 10
Monday, April 16
Tuesday, April 24**

**Bocce
Horseshoes
Football Throw
Corn Hole**

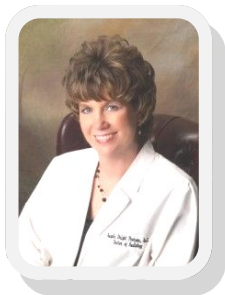
To register for a clinic call (919) 776-0501 Ext. 2201.
Senior Games & Silver Arts of Lee County is open to
those ages 50 and better in Lee County and
surrounding area.

Registration for 2018 Events April 1 - 30, 2018

**Call Jimmy Solomon, local coordinator,
to request a registration form
(919) 776-0501 Ext. 2207, or email
jsolomon@leecountync.gov.**



2018 Torch Sponsor



*Dr. Angela Bright Pearson
and the staff of Bright Audiology
look forward to seeing you during
Senior Games & Silver Arts
of Lee County!*

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

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



**Tuesday, April 24, 2018
2pm - 5pm and/or
7pm- 9pm**

**\$4.00 per person, per session
Refreshments and prizes.**

**Co-sponsored by Miller-Boles Funeral Home
Registration required call 919-776-0501 Ext. 2201.**

*Play any kind of cards or games!
Come over and join us as we get together for a Card
Party to raise money for our HELPING FUND.*

***Did you know our 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

*To The Enrichment Center, Inc.
HELPING FUND directly assists citizens in need.
The Card Party is a wonderful way to have fun and
help Lee County older adults in need!*

TECH 9-1-1 Cell Phones - Laptops Tablets - Etc.

Monday, May 14, 2018

*Do you have questions about your device, or just
need help learning how to work the dang contraption?
Call to reserve your 30 minute time slot
(919) 776-0501 Ext. 2201.*



Reunions can be MURDER. You're Invited Hamilton High Reunion

*A Dinner Theatre Performance by
The Enrichment Center Players
\$10 Dinner and Show
Thursday, June 14, 2018 at 6:00 PM
Payment Due at Time of Reservation*

"I've discovered that loving kindness is required to make this an enjoyable and not a dreaded event."



Caring For A Loved One In The Home

Janice Morris Fraley, RN, BSN

Wednesday, April 25, 2018

3:00 P.M. – 4:30 P.M.

Please call (919) 776-0501 ext. 2201 to RSVP

Join us for an afternoon of learning the ins & outs of caring for a loved one in the home with a professional who has been there, done that, and actually "written the book on it"! Light refreshments will be served, and Janice's booklet will be available for purchase.

Reducing Stress in the Golden Years, free class! **Thursday, April 19, 2018** from 2:30 PM until 3:30 PM. Participants learn to de-stress their lives, how faith and humor can help, as well as practical solutions for a better night's sleep. Call to reserve your spot (919) 776-0501 Ext. 2201.

SOS "Help!" for the Caregiver, free class! **Thursday, May 9, 2018** from 1:00 PM until 2:00 PM (during the regular Alzheimer's Support Group time). This class focuses on the challenges of caregiving as well as coping techniques to assist in dealing with the day-to-day care of an aging adult. Led by a professional from NCBAM (NC Baptist Aging Ministry). Registration requested call (919) 776-0501 Ext. 2201.

Tai Chi For Fall Prevention Mondays and Fridays April 9 - June 18, 2018, 11:00 AM - 12:00 PM. Informational Class April 6, 2018. This class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls. **SPACE IS LIMITED. TO REGISTER CALL (919) 776-0501 Ext. 2201.**



This class is provided at no charge to participants by a Health Promotion Disease Prevention Grant. Contributions accepted.

Tatting Club Thursdays at 1:00 PM. Join others who love to tatt. Bring your own tatting shuttle. Thread provided. The group teaches newcomers and all adults are welcome to attend.



Craft snowflake ornaments with a jeweled center; make a unique bookmark or cross for framing. You can even make sachet covers, earrings, necklaces and delicate chokers. **Tatting** is a technique for handcrafting a particularly durable lace from a series of knots and loops. **Tatting** dates to the early 17th century, as evidenced in a poem by Sir Charles Sedley, "The Royal Knotter", written in the late 1600s and published posthumously in 1707. He writes of Queen Anne "knotting" as she rides abroad in her carriage.

A Matter of Balance Series, Do You Have Concerns About Falling? Attend the next **A Matter of Balance** series, an award-winning program designed to manage falls and increase activity levels. **Mondays, April 9 through May 21 from 2:00 PM until 4:00 PM and Friday, May 25 from 1:00 PM - 3:00 PM.** Learn to view falls as controllable, set goals for increasing activity, exercise to increase strength and balance and make changes to reduce fall risks at home. Free to all participants; provided by a Health Promotion Grant. Contributions are accepted. Space is limited, reserve your spot by calling (919) 776-0501 Ext. 2201.

Beginner Guitar Class, Wednesdays from 12:00 PM until 1:45 PM. **Instructor Mickey Bowman.** Bring your own guitar and learn the basic principles in a fun and stress-free setting. No charge.



Better Sleep B-I-N-G-O!

Wednesday, July 11, 2018 11:00 AM

"If a great night's sleep is something you only dream of, play **Better Sleep Bingo** to identify and learn 25 tips for getting better ZZZZZs ... all while playing a fun game of Bingo!"

AARP Tax-Aide

is a group of volunteers who provide free tax filing services to seniors, low and middle income individuals during tax season.

The AARP Tax-Aide program at The Enrichment Center is available for appointments through April 16.

Call (919) 776-0501 Ext. 2201 for an appointment.

Jewelry Making Meetup Group

Wednesdays, 2:00 PM - 3:00 PM. Join other jewelry making enthusiasts and spend a relaxing afternoon designing your very own collection of hand-made necklaces, bracelets, earrings and much more. Bring your own supplies.

Saturday Night Dance Group Saturdays 7:00 PM - 10:00 PM, admission \$8.00. **Bands for APRIL 2018: 7th—Southern Exposure, 14th—Jr Gainey and The Killing Time Band, 21st—The Midnight Express, 28th—The Fabulous Troubadours, Birthday Dinner at 6:00 PM.**

A Novel Approach Book Group meets the 2nd Tuesday of the month, 12:00 PM at The Center. Open to all adults. April 10 discussion, The Water is Wide by Pat Conroy. May 8th discussion, Mudbound by Hillary Jordan.

Nifty Noggins are head coverings for cancer patients and come in a variety of materials and styles. Volunteers make them free of cost just for you. **The next volunteer meeting is Thursday, April 12 at 10:00 AM.** If you would like a head covering, contact Carole, (919) 776-0501 Ext. 2205.

2018 Wellness Tai Chi. Known as, "meditation in motion," Wellness Tai Chi will help you maintain your strength, balance, physical and mental well-being. This is a great way to exercise both mind and body with little discomfort, or for those who are unable to stand for extended periods. Cost, \$15, payable at registration to reserve your spot. **Session 4, Mondays, April 16 through May 21, 2018 at 10:00 AM.** **Session 5, Mondays, June 4 through July 9, 2018 at 10:00 AM.**

DRAMA CLUB

Join Today!



~ Murder Mystery Dinner Theatre
~ Diners' Club Skits
~ Guest Speakers & Performances
~ Social Outings

To join and for more information call (919) 776-0501 Ext. 2230.

Bible Study, Mondays at 10:30 AM with Facilitators Joyce Billings and Al Simpson. Open to the public.

Blood Pressure checks provided by Liberty Home Care on 2nd Tuesday from 10:30 AM until 11:30 AM. No charge.

Legal Aid of North Carolina is a statewide nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. Call 1-866-219-5262 for assistance and an appointment.

Guard Your Medicare Card! All Medicare beneficiaries will receive a NEW Medicare card between April 1, 2018 and April 1, 2019. The new card will have a Medicare Beneficiary Identifier and will NOT have a signature line. The government will NOT visit, call or ask beneficiaries to go on-line to obtain a new card. BE SMART AND GUARD YOUR CARD!

Fayetteville VET Center "Keeping the Promise"

Combat Veteran

Readjustment Counseling

At The Enrichment Center

1615 S. Third Street, Sanford

Every Other Monday FREE Counseling for veterans, active duty and their families.

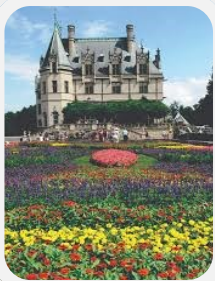
8:30 AM—11 AM Individual Sessions

11 AM—12 PM Group Session

With Sincere Hussein (910) 488-6252

E. C. TRAVELERS

2018 Destinations



The Biltmore House in Asheville, NC on Monday, May 7. Seats still available! Stroll acres of formal and informal gardens designed by America's foremost landscape architect, Frederick Law Olmsted.

From the beauty of the Italian Garden to the breathtaking trees in America's first managed forest, Biltmore's lush landscape is a living tribute to Olmsted's genius.

You will be amazed at the beautiful gardens full of spring flowers that will surely brighten your day! This grand European estate was built by George Vanderbilt and completed in 1895. It took 1000 workers 5 years to build. Inside are art treasures from Europe and outside are acres of formal gardens. *The grounds and gardens of this most formal estate are the most beautiful at this time of year. Cost is \$125 per person and will include your transportation and ticket to the estate.*

Check out these other day trips!

| | |
|---------------------|-----------------------------|
| <u>June 28</u> | <i>The Wizard of Oz</i> |
| <u>September 27</u> | <i>Mt. Airy</i> |
| <u>October 16</u> | <i>NC State Fair</i> |
| <u>December 13</u> | <i>Billy Graham Library</i> |

Psssstttt- BIG trip announcement for 2019 coming in June'18 Center Post!

For more information and pricing, see flyers at the front desk or announcement board in hallway. Payment (or deposit) required at time of reservation.

For travel policy and further information stop by or call The Enrichment Center, (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 who are 60 and better.

Cub

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 AM programs in the Diners Club are open to the general public.

APRIL 2018 programs:

- 4th—Laurence Poindexter Singing in Spring
- 6th—What Can You Do For Your Kidneys?
- 11th—Senior Keep Check Program, Scams and Safety for Seniors with Jynn Bridges from the Sheriff's Office
- 13th—Fruits and Vegetables Safety, Norovirus and Handwashing with Shannon Cagle from Environmental Health
- 18th—Miller Boles Bringing in Spring
- 25th—Wreath Making for Diners Club Participants with Michele Fogle
- 27th—Extra Bingo

MONDAYS

Crafts 'n Coloring

WEDNESDAYS

Let's Walk! 10 AM

Diners' Club Sassy Red Hatters Meets the third Tuesday of the month at 10:00 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 older who enjoy life to the fullest!

Corner

What to Do When a Senior Refuses to Bathe and Change Their Clothes

From: www.AgingCare.com

If you need further information about family caregiver classes, resources or general information, contact Holly Hight, Senior Center Caregiver Specialist, (919) 776-0501 Ext. 2230 or hhight@leecountync.gov.

The issue of elders who were once reasonably clean adults refusing to take showers and wear fresh clothes is one that is far more common than most people think. To remedy this often-malodorous situation, it is crucial to first understand *why* a loved one is not bathing and/or changing their clothes regularly. Getting to the root of their avoidance is the best way to devise a successful strategy for cleaning up their act. **Why Seniors “Let Themselves Go”...**

Depression

A simple checkup with a doctor is a good idea, especially if low energy seems to be part of this change in behavior or they just don't seem to be interested in much of anything anymore.

Control

Seniors tend to keep a tight grip on for as long as possible is their own personal hygiene. Caregivers and family members can nag all they want, but the more you pester them, the more they resist.

Dulling Senses

Our elders may not even notice stomach-turning hygiene scents. They are especially “nose blind” to their own smell and that of their home. With the aging process comes a weakening of the senses, especially one's sense of smell.

Fear and Discomfort

The bathroom can be a scary place for many seniors. After all, it is entirely composed of slick, hard and often monochromatic surfaces—the perfect setting for a fall.

Cognitive Impairment

Poor personal hygiene is an incredibly common symptom of Alzheimer's disease and other types of dementia.

Continued, next column.

Cont'd, “What to do...”

How to Convince a Loved One to Bathe and Wear Fresh Clothing

Use Their Doctor as a Resource

A doctor can help determine if depression is a factor and whether antidepressants may lift their spirits and give them more energy, thereby helping to resolve the self-care issue. A renewed interest in life may make a senior more aware of needing (or wanting) a shower or bath and clean clothes. Keep in mind that our elders often place doctors on a pedestal and may take their “official” recommendations more seriously than our pleading and nagging.

Overcoming the Power Struggle

A little well-intended trickery can come in handy. See if you can get a close friend to call and extend an invitation out to lunch or some other gathering that requires a bit of primping. A reason to get cleaned up for someone besides family can sometimes do the trick.

Alzheimer's & Caregivers Support Group
1st & 3rd Thursday of Every Month
1:00 pm - 2:00 pm

Parkinson's Disease Support Group
3rd Wednesday of Every Month
10:30 am

Caregiver

Time Out Program

Tuesdays from 1:00 PM to 3:00 PM

You are invited to bring your loved one to The Enrichment Center on Tuesdays 1 PM - 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 can join us.**

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



THE ENRICHMENT CENTER

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

Making Every Day a Great Day



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

Handicapped Accessible Facility



The Enrichment Center Radio Newsletter
Monday through Saturday,
on Life 103.1 WLHC-FM.

Subscribe to The Center Post today!
\$5/year you will receive the newsletter in your mailbox! Drop off cash or check today.

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

CELEBRATION LUNCHEON

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



Wednesday, May 2, 2018 12:00 P.M.

Special Menu, Entertainment
Flowers by Petals, Co-Owner Sarah Jackson
Photos by Bob Smith

Now taking reservations!
Contact Debbie Williams, (919) 776-0501 Ext. 2203,
no later than Monday, April 23, 2018.

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.

Happy 65th Birthday!

Medicare is next.... now what???
Not sure what Medicare is, what Medicare
costs and what Medicare pays? Why
am I getting so much mail?
What are my choices?



Reliable answers are
available!
Attend one of these
presentations.

Thursday, May 10
Or Thursday, September 13
5:30 P.M.

To register and for more information
contact The Enrichment Center
(919) 776-0501 Ext. 2201.



*This program is brought
to you by SHIIP,
a division of the
NC Dept. of Insurance.*