

The Center Post

Volume 27

JANUARY 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.

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Senior Centers:
Masters of Aging



65th Birthday Party Medicare is Next... Now What? Thursday,

January 25, 2018 at

6:00 pm Find out what's next with Medicare at a birthday party just for you! If you or someone you know is turning 65 in the next several months, you will not want to miss this informative program. To reserve your spot call (919) 776-0501 Ext. 2201. Information provided on behalf of the



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Saturday Night Dance

Group Saturdays 7:00 PM - 10:00 PM, admission \$8.00. **Bands for January 2018,** 6th—Southern Exposure, 13th—NO DANCE—Floor Maintenance, 20th—The Midnight Express, 27th—Flash Back Band

A Novel Approach Book

Group meets the 2nd Tuesday of the month, 12:00 PM at The Center. Open to all adults. January 9, 2018 discussion, The Summer Before the War by Helen Simonson. February 13 discussion, The Wright Brothers by David McCullough.

Scams & Fraud Prevention Seminar



Thursday, January 18, 2018
1:30 PM - 2:30 PM

Join Narcisa Woods, Assistant Attorney General—Public Protection, for an in-depth discussion on the latest scams, frauds, and what you can do to protect yourself. She will also be discussing the latest news on the Equifax data breach.

Please call to reserve a spot,
(919) 776-0501 Ext. 2201.

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 Feb. - April 16. Call (919) 776-0501 Ext. 2201 for an appointment.

You must bring the following documents to your appointment:

- Last year's tax return
- Social Security Card
- Photo ID
- All supporting income and tax documents

2018 GOVERNOR'S VOLUNTEER SERVICE AWARD

The Enrichment Center is the clearing house and contact for Lee County nominations for this award. Please consider nominating a volunteer individual, family, (or group) that you feel is deserving of this award.

There are numerous volunteers in Lee County and they give of their time and talents at a variety of places: The Enrichment Center, Highway to Healing, The Salvation Army, Lee County Parks & Recreation, Central Carolina Hospital, United Way of Lee County Agencies, Churches, Lee County Schools, CUOC (Christian United Outreach Center), Central Carolina Community College, Volunteer Fire Department, Rotary, Civitans, Hospice and many more.

Forms are available at The Enrichment Center or you may access a fillable form at www.volunteernc.org. If you have questions you can call (919) 776-0501 Ext. 2201.

The deadline to submit a nomination is January 12, 2018.

Jewelry Making Meetup Group

Wednesdays, 2:00 PM - 4:00 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. BYOS - Bring Your Own Supplies.

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.

DRAMA CLUB

Join Today!



"The most enjoyable theatre experience I've had in 46 years!" ~ The News & Observance

"The Enrichment Center of Lee County has true talent. 5 thumbs up!" ~The Sanford Tribune

~ 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.

Tatting Club Thursdays at 1:00 PM. Join others who love to tatt. Bring your own tatting shuttle. Thread provided.

Blood Pressure checks provided by Liberty Home Care on Tuesday, December 12, 2017 from 10:30 AM until 11:30 AM. No charge.

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

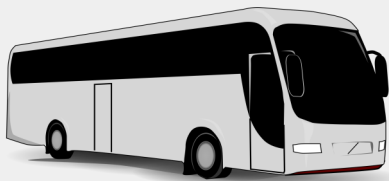
11 AM—12 PM Group Session

With Sincere Hussein (910) 488-6252

E. C. TRAVELERS 2018 Destinations

Join us for the day....

<u>May 7</u>	<i>Biltmore House</i>
<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>



*Or on one of our overnight
excursions....*

<u>April 21-28</u>	<i>Caribbean Cruise</i>
<u>September 17-19</u>	<i>Lancaster</i>
<u>October 9-12</u>	<i>Ark Encounter, Louisville, & Lexington</i>
<u>Nov. 29-Dec. 2</u>	<i>New York City</i>

**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,
1615 S. Third Street, Sanford, (919) 776-0501.

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.
l If you are interested in having lunch
u with us call Carole Nicely
b 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.**

HAPPY NEW YEAR! **JANUARY 2018 programs:**

3rd—Singing in The New Year with Laurence
Poindexter
5th—National Bird Day with Jamie Osborne
10th—Chocolate Trivia Day
12th—Space Exploration & NASA with Dan Combs
16th—Sassy Red Hatters at 10:00 AM
17th—Happy New Year with Miller Boles
19th—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!

Upcoming Technology Classes

Space For Each Class Is Limited

Please Call To Register:

(919) 776-0501 ext. 2201



4 Week Computer Class

Thursdays

**February 1, 8, 15
& 22, 2018**

9:00 A.M. - 10:00 A.M.

4 Week Tablet Class

Fridays

**February 2, 9, 16
& 23, 2018**

3:00 P.M. - 4:00 P.M.



iPhone Smartphone Class

Friday, March 2, 2018

3:00 P.M. - 4:00 P.M.

Android Smartphone Class

Friday, March 9, 2018

3:00 P.M. - 4:00 P.M.



**Featured Products
Inventory on Hand!**

Call Melanie

(919) 776-0501

Ext. 2214

*Proceeds benefit
The Enrichment
Center, Inc.*

*Helping Fund, a fund
used to assist older adults in Lee County
who are in a crisis situation.*

Item W202

Peeling Paring with Black Handle, \$4.75
Peel fruits and vegetables or make garnishes



Item W206

Butcher with Black Handle, \$7.25
Cut up cooked and raw meats or other prep



Item W221

Pizza Cutter with Black Handle, \$10.50
Quickly cut all types of pizza



Item W232

**Vegetable Peeler with
Black Handle, \$6.50**
Incredibly sharp blade,
right or left-hand use,
swiveling blade



Corner



Alzheimer's Support Group

Facilitator: Holly Hight

1st Thursday of the 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 plans for the future.

"ANGELS" (Angels Now Getting Empathy, Love & Support) Caregiver Support Group

Facilitator: Carolyn Savina

2nd & 4th Tuesday of the month 6:00 - 8:00 p.m.

Provides a forum for families and friends of individuals caring for loved ones. Share experiences, information, discuss mutual problems and learn coping skills.

The Caring Connection Support Group

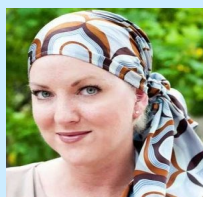
Facilitator: Jeanne Logue-Hunter & Candy Davidson

1st Monday of every month at 10:00 a.m.

A cancer support group that provides a time for patient & family members to discuss feelings & concerns.

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 2nd Thursday of the month at 10:00 AM. Next meeting is January 9,

2018. **If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.**

Caregiver Time Out

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

The Powerful Tools Support Group will meet Thursday, January 18 at 1:00 PM.

Grief Support Group

Facilitator: Linda Moore, RN, MSN, PA

2nd Thursday of every month at 1:00 p.m.

Provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

Sanford MS Self-Help Group

Facilitator: Rosemary McLeod **2nd Monday of every month at 6:30 p.m.** Self-help group for people living with multiple sclerosis & their families in the Sanford area.

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.



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

Making Every Day a Great Day



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

The Enrichment Center will be **CLOSED**
January 1, 2018 for New Year's Day and January
15, 2018 for Martin Luther King, Jr. Birthday

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



*"Explain how much I love my
grandkids? That's like counting
all the stars in the universe ...
impossible!"*

Grancare Informational Session

Thursday, March 8, 2018 6: 00 PM - 7:00 PM
Grandparents Raising Grandchildren



Has your home become the place where parenting for the second time is your responsibility? Have you had to assume the role as a parent? If so, Grancare is where you belong. Grancare is a support program for anyone who can answer "yes" to either of the above questions. Come and enjoy a combination of sharing experiences, educational presentations and informal exchange. If you would like to participate in this new group please RSVP to (919) 776-0501 ext. 2201.

National Wear Red Day Friday, February 2, 2018 is a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. Join the national awareness movement by wearing red on Feb. 2 and encourage your family, friends and coworkers to do the same. Love your heart and avoid tobacco; be more active and choose good nutrition!

Black History Celebration Friday, February 23, 2018 at 10:30 AM in the Diners Club Grand Hall.

If you are interested in
starting a
tap dancing
class



at The Enrichment Center, please contact Holly
Hight at (919) 776-0501 Ext. 2230.