



The Center Post



Volume 28

DECEMBER 2019

LCG Enrichment Center

Hours of Operation:

Monday - Thursday

8 AM - 8 PM and

Friday 8 AM - 5 PM

(919) 776-0501

Connecting people who are age 50 and better, family caregivers and veterans with meaningful educational and volunteer opportunities; increasing their access to services, benefits and resources and offering them tools to manage their health and finances.

***By 2035,
16 years away,
Americans age 65
and older are
forecast to
outnumber kids for
the first time.
The U.S. Census
Bureau projects that
the population of
older adults will
surpass children by
almost two million.***

Senior Centers:
Masters of Aging



Medicare Part D Open Enrollment Ends Dec. 7, 2019



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Call the NC Dept. of Insurance SHIP
Office at 1-855-408-1212
for help in choosing a
Part D prescription drug plan.

SHIP is a part of the NC Dept. of Insurance and offers free, reliable information about Medicare Part D plans and Supplemental Health Insurance.

FREE assistance in choosing
a Medicare Part D
prescription drug plan will be
available to residents of
Lee County
Thursday, Dec 5, 2019
8:00 A.M. - 5:00 P.M.
and
Friday, Dec 6, 2019
8:00 A.M. - 2:00 P.M.

Nifty Noggins are handmade head coverings for cancer patients. **The group of volunteers meets the 2nd Thursday of the month at 10:00 AM to drop off head coverings and pick up new materials. If you'd like to volunteer with the group, we'd love to see you at the next meeting, December 12, 2019. If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.**

The EC Drama Club (The Enrichment Players) Presents... "It's a Doggone Wonderful Life!" A Christmas Musical Thursday, December 5, 2019 at 6 PM \$10 (Includes Dinner) Open to the General Public. **Payment required at the time of reservation.**

Helpful Online Services for Savvy Seniors Seminar Wednesday,

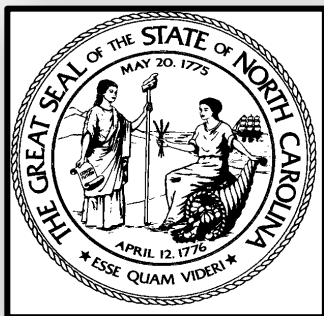
December 11,
2019, 2:30 PM.

Do you have
questions about
how to buy
things online?

Do your
children lose patience with your
questions? Have you heard the term
Amazon, but have no clue what it is? Are
you afraid of using a credit card online?
Have no fear! Holly's here! Open to ages
50 and better. To register call (919) 776-
0501 ext. 2201.



Friday Afternoon Movie Club 1:00 PM December 13th In this 1942 musical filled with holiday songs, Jim and Lila are members of a performing trio who plan to quit and run a country hotel. When Lila says she has fallen in love with the dancer in the act, Ted, Jim leaves town with a broken heart. After turning the inn into a holidays-only live entertainment venue, Jim winds up booking — and falling for — Linda. When Ted shows up at the place after being dumped by Lila, he too, sets his sights on beautiful Linda! ***Due to our Motion Picture License Agreement, call us for the title and to reserve your spot, (919) 776-0501 ext. 2201. Free popcorn! Open to age 50+.***



Governor's Volunteer Service Award 2020

*The Awards honor the true spirit of volunteerism by recognizing **individuals, groups and businesses** that make a significant contribution to their community through **volunteer service**. Any person, group, or business from the public, non-profit and private sector may be nominated for an award.*

Nomination forms are available at the LCG Enrichment Center. Forms are also available at www.volunteernc.org under the "Volunteer Awards" tab. The nomination form is available for submission online in 2020.

*Please return the completed forms to
The LCG Enrichment Center
1615 S. Third Street
Sanford, NC 27330
no later than Wednesday, January 15, 2020.*

*For more information contact
Janice Holmes
Senior Insurance and Volunteer Services Specialist
919-776-0501 Ext. 2206.*



E. C. TRAVELERS

The below trips are now open to all adults in Lee County and neighboring counties.

For travel policy and further information stop by or call the LCG Enrichment Center (919) 776-0501.

2019 Overnight Trips

December 10-12 Asheville, NC & The Biltmore Estate
(wait list)

2020 Overnight Trips

Western Caribbean Cruise, May 2 - 9, 2020

Aboard Carnival Cruise Line's "Breeze"

Departs from Port Canaveral, Florida & stops in Cozumel, Mexico, Belize, Mahogany Bay, Isla Roatan and Costa Maya, Mexico. Payment Plan Available.

Travel Protection Insurance Available.

10 Day/9 Night
Canada & New England Cruise
Aboard Royal Caribbean's
Grandeur of the Seas
September 3 - 12, 2020

Ports include Boston, Massachusetts; Portland, Maine; Bar Harbor, Maine; Saint John, New Brunswick (Bay of Fundy); and Halifax, Nova Scotia.

New England and eastern Canada have an unmistakable charm, history and natural beauty all their own. And there's no better time to visit than fall; the foliage is brilliant in every imaginable color, lighthouses dot the coastline and there's always an authentic lobster bake going on somewhere!

Included in Your Price:

Cruise, Cabin, Shipboard Meals, Port Charges and Taxes. Motor Coach to and from Baltimore Pier.

Deposits in the amount of \$250 per person (check or money order) will be needed to hold your reservation.

Travel Protection insurance can be purchased at the time of initial deposit.

Payment schedule: Additional \$500 payment due January 14, 2020.

Final payment due by May 13, 2020.



LCG Enrichment Center
The *Gem* of Lee County
Up & Coming
with Margaret
9:30 AM First Friday

LIVING WITH VISION LOSS, 2nd Tuesday each month 1:00 PM - 2:00 PM. Join this wonderful group of individuals living with vision impairments of all kinds, and learn ways of coping. Special speakers, resources, seminars and support. Program open to all adults.

Grupo De Apoyo Para Baja Vision - Viviendo con pérdida de vision 2^{do} martes de cada mes 1:00 PM – 2:00 PM Únase a este maravilloso grupo de personas que viven con discapacidades visuales de todo tipo y aprenda formas de afrontarlo. Oradores especiales, recursos, seminarios y apoyo! Programa abierto a todos los adultos.

Grief Support Group now meets twice per month, 2nd and 4th Thursday at 1:00 PM. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. This group provides an opportunity for those persons grieving to come together for support and assistance with the grieving process with a trained professional. Open to all adults.

AARP Tax-Aide Volunteers Needed AARP Tax-Aide is a group of volunteers who provide free tax filing services at the LCG Enrichment Center to seniors (age 50+), low and middle income individuals during income tax season. Membership in AARP is not required. **The group is seeking volunteers to be Client Facilitators or Tax-Aide Counselors.** Client Facilitators assist taxpayers in completing a demographic form used to set up their account in the IRS computer software system. Counselors are trained on the IRS TaxSlayer computer software. You do NOT have to be a tax lawyer or tax professional to do our volunteer work. Basic computer skills are helpful. **To volunteer and for more information contact James Payne, (919) 718-9012 or email paynejw@windstream.net.**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Do YOU
HAVE**

Concerns

About

Falling?

Try

Matter

Of

Balance!

**This program
emphasizes
practical
strategies to
manage falls.**

*Matter of
Balance is
provided by a
Health
Promotion
Grant.*

*Contributions
are accepted.*



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**Classes meet at the
LCG Enrichment Center**
N.C. Certified
Senior Center of Excellence
1615 S. Third St, Sanford
Participants should attend all 8
classes. Space is limited. For
class dates and to register call
(919) 776-0501 Ext. 2201.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
anyone who has restricted activities
because of falling concerns

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

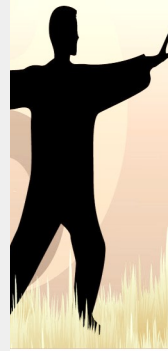
A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006,
American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Free Health Promotion Tai Chi for Beginners *For Arthritis for Fall Prevention*

This class is provided by a Health
Promotion Grant.
Contributions accepted.
*It's aimed at helping to
improve both lower and upper
body strength as well as improve
balance and reduce falls.*



Priority given to
Lee County residents
aged 60 and better.
Open spaces available to adults
under age 60. For class dates
and to register call
(919) 776-0501 ext. 2201.
Space is limited.

Tai Chi is an ancient Chinese practice that has proven to be one of the most powerful ways to improve both our physical and mental health. The key to tai chi's scientifically backed health benefits is qi. Rooted in ancient Asian traditions, qi is your vital energy. Although tai chi sounds mysterious, research is proving it works! Benefits of regular tai chi include: lowers risk of falling, lifts your mood, prevents heart disease, reduces pain, sharpens mind, builds confidence and so much more.

Seated Tai Chi Wednesdays for 10 Weeks

January 8 - March 11, 2020, 4:00 PM - 4:45 PM, \$10 per month. This class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls, all while seated. For more information and to register call
(919) 776-0501 Ext. 2201.



LCG Enrichment Center
Hot Topics
9:00 AM
First Wednesday

FREE Blood Pressure Checks the 2nd Tuesday of the month at the LCG Enrichment Center, 10:20 AM - 11:30 AM. Open to ages 50+. Registration not necessary.

Dixie Line Dancers Welcome You to Join Them!
 Mondays, 2 PM at the LCG Enrichment Center
 Grand Hall Dining Room. Open to Age 50+ and Free

Saturday Night Dance Group Live bands and fellowship at LCG Enrichment Center, 7 PM - 10 PM, \$8.00 per person. Open to all adults.

A Novel Approach Book Group meets at LCG Enrichment Center 2nd Tuesday, 12:00 PM. At the December 10 meeting, the group will discuss Mornings on Horseback by David McCullough. At the January 14, 2020 meeting, the group will discuss Mr. Penumbra's 24-Hour Book Store by Robin Sloan. Registration not required. Open to all adults.

Caregiver Holiday Party Thursday, December 19th 2019, 1:00 PM - 3:00 PM. It's time to deck the halls and celebrate YOU! Join your fellow caregivers for a relaxing afternoon of holiday music and cheer. Lunch provided. This is a time to celebrate the season as well as another year with your loved ones. No scrooges allowed. **Open to currently participating caregivers only. RSVP by Dec. 12, 2019. Call (919) 776-0501 ext. 2201.**

If advance registration is required to attend a LCG Enrichment Center program, both free and those with a fee, please be sure to do so. Classes, events and trips may become filled, or cancelled if minimum numbers are not reached. Don't be left out!

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, 919-776-0501 Ext. 2230** to find out if your loved one can join us. Made possible by **National Family Caregiver Grant**.

D A daily celebration



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A nutritious lunch
 is available in the Diners Club
 Monday through Friday
 12:00 p.m. for Lee County
 residents who are 60 and better.

If you are interested
 in having lunch with us call
Carole Nicely 919-776-0501 Ext. 2205
 for information and to register.

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

December 2019 programs:

- 4th—Laurence Poindexter Singing & Playing Guitar**
- 6th—Let's Make a Bookmark with Ginny**
- 9th—10:30 AM Christmas Craft with Miriam Davila, FEMA**
- 11th—10:30 AM Lee Christian School "Dude You Hear What I Hear"**
- 13th—High Hopes Chorus**
- 16th—Dixie Line Dancers, Shirley Thomas**
- 18th—Santa's Coming**
- 20th—Safety Talk, Jynn Bridges, Lee Co. Sheriff's Office**
- 27th—Extra Bingo**

MONDAYS
Crafts 'n Coloring

WEDNESDAYS
Silver Striders
Let's Walk! 10 AM

Diners' Club Sassy Red Hatters

Third Tuesday, 10 AM. Wear your red hat and purple attire and be a part of this group of women 50 and older who enjoy life to the fullest!

Free blood pressure screenings 2nd Tuesday from 10:30 AM - 11:30 AM. For ages 50 and better.

**LCG Enrichment Center
 & The Good News Crew
 First Thursday 10 AM**

WDSG
107.9



**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.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198

Handicapped Accessible Facility



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

Enrichment Center's Information & Resource
Directory and this newsletter available online:
www.leecountync.gov/ec

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

*As the calendar year 2019 comes to a close,
please consider a charitable gift to The
Enrichment Center, Inc. Helping Fund.*

Recipients of The EC, Inc. Helping Fund live in Lee County, are age 60 and better and need assistance in a crisis situation with fuel, electricity, food or medication. Our staff members have a close relationship with other agencies, churches and organizations in the community to prevent abuse. Every dollar donated to The EC, Inc. HF is used to assist older adults in need.

**Drop off or mail your contribution
at the LCG EC, 1615 S. Third St., Sanford 27330.**

INCLEMENT WEATHER AND OPERATIONS AT THE ENRICHMENT CENTER and COLTS

- ♦ If Lee County Government offices are delayed or closed, this includes **Senior Services and Veteran Services**.
- ♦ **COLTS delays and closings will be announced separately.**
- ♦ Closings and delays will be announced on WTVD-TV, WRAL-TV, WFJA 105.5 FM, WWGP AM 1050, WLHC-FM Life 103.1 and WXXL AM1290.

Legal Aid of North Carolina is a statewide nonprofit law firm that provides free legal services in civil matters to people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. **Seniors should call 1-877-579-7562 for assistance and an appointment or online at www.legalaidnc.org.**

LCG Enrichment Center 2019 Holiday Closings

Christmas December 24, 25 & 26

2020 Holiday Closings

New Year's Day January 1
MLK, Jr. Birthday January 20

Like or Follow LCG
Social Media
Accounts
Department &
Program Information



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Twitter

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Blogger

