

The Center Post

Volume 28

FEBRUARY 2019

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

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



Black History Celebration

Friday, February 22, 2019

10:30 a.m.

The Enrichment Center Dining Hall



Program Of Events

Master Of Ceremonies	Holly Hight
Negro National Anthem	Claudia Lee
(audience)	
Special Music "Reflections In Song"	Claudia Lee
Recognitions	Claudia Lee

Computer Class

Tuesdays

Feb. 5th-26th, 2019

9:00 am – 11:00 am



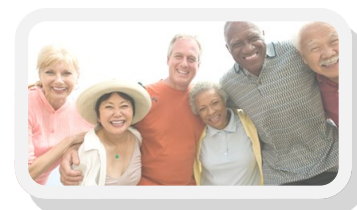
This class will teach the basic functions of a computer, as well as basic programs that can help enrich your life. You will learn simple operating functions including on/off, keyboard and mouse, basic computer programs and operating system, how to use the internet safely and more.

Class Size Is Limited

Call (919) 776-0501 ext. 2201

To Reserve A Spot

This class is brought to you by
Central Carolina Community College.
Classes held at
The Enrichment
Center.
NO COST



Grandparents Raising Grandchildren

Free Support Session

Thursday, February 28, 2019

10:00 A.M. until 11:00 A.M.

At The Enrichment Center
Light Breakfast Provided

- *Printed resource materials available on-site*
 - *Guest speaker*
 - *Ask unanswered questions*
 - *Find out about available community resources*
 - *Network with other grandparents*
- Please RSVP by calling*
(919) 776-0501 ext. 2201

National Wear Red Day

Friday, February 1, 2019

Heart disease *claims the life of 1 in 3 women each year.* **Guest Speaker Addison Zhang, MD of First Health Primary Care** will be presenting in the Grand Hall at 11:00 a.m. Find out what we can do to reduce our risk. Together we can make a difference. More information available at The EC front desk.

Friday Afternoon Movie Club 1:00 p.m.

February 8, 2019

A 1995 epic war film about the medieval Scottish patriot who is spurred into revolt against the English. Call us for the title and to reserve your spot!
Popcorn and water provided!
(919) 776-0501 ext. 2201

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 Enrichment Center
(919) 776-0501 Ext. 2201.

2019 Day Trips

August 3 *The Barn Dinner Theatre, Greensboro, "Rockin' Tribute to Elvis." \$95 per person for transportation, dinner and entertainment. \$50 deposit at registration.*

2019 Overnight Trips

April 8-10 *Savannah, Ga (waiting list)*
Sept 5-14 *Canada & New England Cruise (waiting list)*

December 10 - 12, 2019

The Biltmore Estate in Asheville, NC

\$399 Per Person, Double Occupancy
SEATS AVAILABLE!

\$50 Deposit at registration.

Travel Insurance Protection Available

\$51/person—double occupancy.

Mr. Vanderbilt's legacy of hospitality continues at The Biltmore. Even if you've visited Biltmore, there is so much to experience each and every time.

This 3-day, 2-night package includes:

Hotel accommodations, 2 breakfasts at your hotel and 2 dinners including one holiday dinner at the Biltmore Estate. Visit **Grove Park Arcade** and view the best gingerbread houses in the country. **Self-Guided Candlelight Tour of The Biltmore.** America's largest home will be decorated with dozens of Christmas trees, hundreds of wreaths, bows and poinsettias; miles of evergreen garland; thousands of ornaments! **Admission to Biltmore Estate Gardens and Grounds including the Conservatory and Antler Village and Biltmore's Shops. Wine tasting at the famous Biltmore Estate Winery. Western NC Farmers Market. Blue Ridge Folk Art Center. Asheville Christmas Wonderland Lights Display.** Standard taxes, meal gratuities and baggage handling.

Rock Steady Boxing *Presented by FirstHealth at Parkinson's Support*
Wednesday, February 20, 2019 10:30 a.m. - 11:30 a.m.
"At Rock Steady Boxing, the opponent is Parkinson's disease." Come learn how this fun form of exercise combats the effects of Parkinson's from professionals from **FirstHealth**. All are invited and welcome to attend!

Understanding Long-Term Care: Levels of Care and Funding Sources

Thursday, February 21, 2019 1:00 p.m. - 2:00 p.m.
Navigating the levels of care and funding sources of Medicare, Medicaid, VA, long-term care insurance and private pay resources can be difficult. Let guest speaker, **Crystal Fowler from Aging Outreach Services**, help you sort through the different programs and potential resources to fund your future long-term care needs. Learn what you should know about the process of placement, what to look for in a care facility and how to cover costs. Registration not required.

The Enrichment Center Red Hat Society

3rd Tuesday at 6:00 p.m. **Queen Mother Marcia Johnson** invites you to bring a red hat, wear your purple outfit and join us as we greet middle age with humor! You must be a woman 50 or over (or you may be a Pink Hatter under 50). *"The Red Hat Society began as a result of a few women deciding to greet middle age with verve, humor and flair. We believe silliness is the comedy relief of life. We share a bond of affection, forged by common life experiences and a genuine enthusiasm for wherever life takes us next."* **Please sign up to attend by calling (919) 776-0501 ext. 2201.**

Let's play Mah Jongg A game of Chinese origin usually played by four persons with 144 tiles that are drawn and discarded until one player secures a winning hand. Call Debbie Williams (919) 776-0501 ext. 2203.

The Opioid Epidemic Tuesday, March 26, 2019 at 6:00 p.m. Join guest speaker **Ashley Graham, MPH, Health Education Supervisor with the Lee County Health Department and the Lee County Sheriff's Office** for an in-depth look into society's current opioid epidemic. Learn about what part you can play in prevention and treatment, as well as resources you can turn to in the community for further help or information. Register by calling (919) 776-0501 ext. 2201.

Washington, DC, Texas and Cuba trip reservations (newly announced trips) will be accepted Mondays and Wednesdays 8:00-8:45 am and 3:00-4:00 pm and on Fridays 8:00 am until noon until April 1, 2019.

The Enrichment Center & PML Tours
Presents a Fabulous Trip to

Washington, DC
October 7-9, 2019

Your 3 Day/ 2 Night Package Includes:

2 Nights Hotel Accommodations

2 Breakfasts at your Hotel

1 Wonderful Dinner & 1 Lunch/Dinner Cruise

Cruise the Potomac River onboard the

Odyssey Luncheon Cruise

Experience the breathtaking views of DC's monuments, a distinctive and freshly-prepared lunch with dessert and live music.

Guided Tour of Washington, DC

To include such sights (as time permits): The Supreme Court, Capitol Building, National Archives, Washington Monument, the Lincoln, Vietnam and the Korean Veterans Memorials, the Jefferson Memorials, the World War II Veterans Memorial and the Martin Luther King Jr National Memorial.

Visit to the U.S. Capitol Building
Smithsonian Institute– The World's
Largest Museum Complex
Tour of Arlington National Cemetery

For Information and /or Reservations,

contact: Janice Holmes

919-776-0501 ext. 2206

Price: \$449.00 per person– Double Occupancy.

**Travel Protection can be purchased at \$51 pp/
double occ. Insurance premiums are non-
refundable.**

The Enrichment Center & PML Tours
Invites You on a Special

Texas Vacation to:
San Antonio, Waco & Dallas
November 1-6, 2019

Your 6 Day/ 5 Night Vacation Includes:

5 Nights Hotel Accommodations including 2 nights in San Antonio, 1 night in Waco and 2 nights in Dallas

4 Evening Receptions at your hotel to include hot food and beverages. 5 Breakfasts and 3 Fabulous Dinners to

include dinner at ***Southfork Ranch***

\$1949 per person includes roundtrip airfare with transportation to airport and deluxe motor coach transportation while in Texas.

Also included: Guided city tour of San Antonio, San Fernando Cathedral, River Walk, Alamo, guided tour of Waco, Dr. Pepper Museum, El Mercado Market, Texas Ranger Hall of Fame, Magnolia Market at the Silos, Magnolia House, Cedar Chest Antique Mall, guided tour of Dallas, Sixth Floor Museum, Southfork Ranch.

For Information and /or
Reservations, contact:

Janice Holmes

919-776-0501 ext. 2206

**Travel Protection can be purchased
at \$199 per person/double occupancy.
Insurance premiums are non-refundable.**

The Enrichment Center of Lee County **Trip Policy**

Priority is given to Lee County residents age 50 or better.

Those who are younger than 50 or non-Lee County residents may be placed on the waiting list and will be allowed to register after a 45-day waiting period, space permitting.

You must be of serious interest when placing your name on a desired trip. If you sign up for a trip that interests you, you must pay a non-refundable deposit of amount determined by trip vendor (unless otherwise requested) at the time of registration. No names will be accepted unless accompanied by a deposit or payment in full. The remaining balance terms will be on the trip information flyer. If a Lee County resident reserves a spot on an overnight trip and their traveling companion is not a Lee County resident, this will be allowed. One of the individuals in the room MUST be a Lee County resident. Proof of residence may be requested.

If you would like to cancel your plans to take a trip on a chartered bus with us, we will make every available effort to refund any money you have paid towards the trip. Please understand that when a chartered trip is planned, we must send in a deposit which the charter company will not refund. In such cases, we will assist in finding someone to take your place—if there is a waiting list. Paid reservations are non-transferable. It is highly recommended that for overnight trips you purchase trip insurance coverage which is available through the motor coach company.

Occasionally, there is not enough interest in a trip causing us to cancel the event. In this case, you will receive a refund in full. If alternate vehicles are used for the trip (instead of a bus), a partial refund will be made to you. (The cost of fuel/vehicle rental will be divided equally amongst the participants.)

Please remember that our trips depart on time. When departing from the Riverbirch parking lot, please park behind the pond in front of the J.C. Penney's/Belk stores (Women's Dept.) - as close to the pond as possible.

Seating on the bus is on a first come, first served basis. Saving of seats is NOT allowed except in the case of one (1) travelling companion. Since it is necessary for the staff/volunteer escort (s) to communicate with the driver, he or she will occupy the front seat on the van (s) or the first seat on the passenger side of the bus.

Please complete an Emergency Contact Form prior to each trip. Forms are available at the front desk. It is our desire to provide you with a pleasurable and memorable experience. If you have any questions, please contact Janice Holmes at 919-776-0501 x2206.

**The Enrichment Center-Certified
Senior Center of Excellence**

1615 S. Third Street, Sanford, NC 27330 919-776-0501
Trip policy revised and approved by the Lee County
Senior Services Advisory Board (Board members
appointed by the Lee County Commissioners) Oct. 2010

The Enrichment Center & PML Tours **Presents**

6 Day/5 Night Cruise
Aboard Carnival Cruise Line's
"Sunshine"

to Havana, Cuba & The Bahamas
Charleston & Cruise Date
January 6 - 11, 2020

Your Price Includes:

Cruise, Shipboard Meals, Port Charges & Taxes,
Motor Coach Transportation to and from Pier
Passports are required. A Visa is required for Cuba—
Carnival Cruise Line will charge a \$75 fee to your
onboard account for processing.

Havana is Cuba's capital city.

*Spanish colonial architecture in its 16th—
century Old Havana core includes the Castillo
de la Real Fuerza, a fort and maritime
museum. The National Capitol Building is an
iconic 1920s landmark. Also in Old Havana is
the baroque Catedral de San Cristobal and
Plaza Vieja, whose buildings reflect the city's
vibrant architectural mix. Vintage American
cars line the city's streets and rumba groups
play in the painted alley Callejon de Hamel.*

Carnival Cruise Cabin Selections: \$799 - \$1039
\$150 per person deposit is due immediately to hold
your reservation. Cabin selection goes to the
earliest bookings. There are special requirements to
visit Cuba. For information and reservations call
Janice Holmes 919-776-0501 ext. 2206

Travel Protection: *Travel Protection can be
purchased at \$92/\$119 per person— Double
Occupancy depending upon cabin category. If you
wish to purchase travel protection, please send in
separate check made payable to **PML Tours**. Travel
Protection should be purchased at the time of your
initial deposit to ensure full benefits.*
Insurance premiums are non-refundable.

AARP Tax-Aide is a group of volunteers who provide free tax filing services to seniors age 50+, 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

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 1-877-579-7562 for assistance and an appointment.**

A Novel Approach Book Group Meets the second Tuesday of the month at 12:00 P.M.

February 12, 2019 book is A Walk in the Woods by Bill Bryson. March 12th book is Cold Sassy Tree by Olive Ann Burns. The group is open to all adults. Registration is not necessary.

2019 Technology Classes

Space is limited.

To register call (919) 776-0501 ext. 2201.

Four-week Tablet Class, Thursdays February 7, 14, 21 and 28, 2019 from 2:00 p.m. until 3:00 p.m.

iPhone Smartphone Class, Tuesday, March 12, 2019 from 2:00 p.m. until 3:00 p.m.

Fairytale Reality

with Guest Presenter Lois Gwyn

Friday, February 8, 2019 10:30 a.m.

Join us for a journey through the rabbit hole. Learn how to make your reality feel like a fairy tale and find joy in the every day. *Presenter Lois Gwyn calls this, "A poetic presentation of caring communication!"* Discover the magic in your daily routines. *"Life itself is the most wonderful fairy tale," Hans Christian Anderson.*

D A daily celebration



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.

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

**C
l
u
b**

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

FEBRUARY 2019 programs:

1st—Wear Red Day in observance of Heart Disease in Women, Dr. Addison Zhang presents information
6th—Laurence Poindexter singing love songs
8th—Fairytale Reality, A Poetic Presentation of Caring Communication
13th—Miller Boles Celebrating Valentine's Day
14th—Let's Celebrate Valentine's Day
15th—Different Sounds of Birds, Back Yard Bird Count With Jamie Osborne
15th—NO Bingo
19th—Sassy Red Hatters at 10 a.m.
20th—Wound Care with Kelsey Caldwell, Central Carolina Hospital
22nd—Black History Celebration
22nd—NO Bingo
27th—Cap Tel Phone, Libby Caviness

MONDAYS

Crafts 'n Coloring

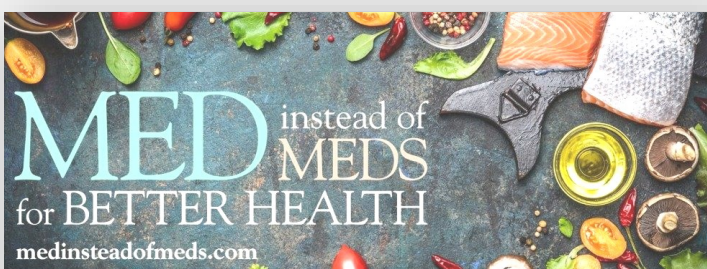
WEDNESDAYS

Silver Striders

Let's Walk! 10 AM

Diners' Club Sassy Red Hatters

Third Tuesday, 10:00 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!



Interested in eating the Mediterranean way,
but not sure where to start?

The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med way every day. Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more. **You will learn:**

- Simple steps for mindful eating
 - Meal planning
 - Label reading
- Right-sizing your portions
- Simple steps for mindful physical activity

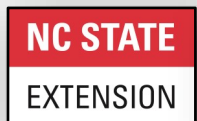
Tuesdays March 19—April 23, 2019

4:00 p.m.— 6:00 p.m.

Cost: \$20 Class Size is Limited

Registration Deadline: Thursday, March 12, 2019

Please Call (919) 776-0501 ext. 2201



Saturday Night Dance Group

Live bands and fellowship at The Enrichment Center, 7:00 p.m.- 10:00 p.m., \$8.00 per person. Bands for February: 2nd—Southern Exposure, 9th—Jr. Gainey and The Killing Time Band, 16th—Colours, wear red/sweetheart dance, 23rd—Flash Back Band, birthday dinner at 6 p.m.

NEW in the Fitness Room, Promaxima Total Body Multi Gym! Four stations: chest press, incline press, shoulder press, hi-lat pulldown, seated cable row, leg extension, prone leg curl. Ask for one of our fitness instructors, Jourdan or Cathy, to assist you with getting to know the equipment. **If you are interested in a fitness room orientation call (919) 776-0501 ext. 2201 for a one time free appointment. Fee is \$1 per visit to use the fitness room.**

FIVE WISHES®

**ADVANCE
CARE
PLANNING**



**Thursday,
March 21, 2019
6:00 P.M.**

Join guest speaker, **Jennifer Matthews from Amedisys Inc.**, as we delve into the Five Wishes - Advance Care Planning workbook. What is Advance Care Planning? It's discussing and documenting our wishes and preferences for the kind of care and treatment we want or do not want in advance, so that if we are unable to communicate our choices, what we want is understood. *Five Wishes* is a comprehensive program that helps guide you, your loved ones, your trusted advisors, and your healthcare team through conversations before a health crisis.

Five Wishes allows you to express:

- ◆ The person you trust to make decisions for you
- ◆ What types of medical treatment you would want – or not want
- ◆ What is most important for your comfort and dignity
- ◆ What important spiritual or faith traditions should be remembered
- ◆ What you want your loved ones and healthcare providers to know about you

Please Call To RSVP (919) 776-0501 ext. 2201

Benefits to Attending a Support Group Meetings

There are ten support groups held at The Enrichment Center and they are open to all adults. They include Alzheimer's, Caregiver, Parkinson's, Cancer, Grief, Diabetes, Grandparents Raising Grandchildren, MS, vision loss and stroke. **Stop by The Enrichment Center for a flyer with complete details, or read our website, www.leecountync.gov/ec.** There are benefits to attending a support group, such as realizing you are not alone, learning helpful information, expressing yourself, reducing distress, improving social skills, gaining hope, helping others, affordability and increased

16th Annual Dementia & Caregiver Symposium

The symposium is for family and professional caregivers as well as community members wanting to learn more. Discover current trends in dementia care, practical self-care suggestions, and information about legal issues and maintaining brain health. Educational seminars, guest speakers, vendors, health screenings, door prizes and more!

Tuesday, April 16th, 2019

Dennis A. Wicker Civic & Conference Center

1801 Nash Street

Sanford, North Carolina 27330

8:00 a.m. - 4:00 p.m.

Registration 8:00 a.m. ▪ Program Starts 9:00 a.m. ▪ Lunch Provided

Respite Care for Families Available & Arranged in Advance

Registration Required

Family Caregivers, Clergy, Students & Volunteers: \$10

Professionals: \$40

Continuing Education Contact Hrs. 4.5

TO REGISTER PLEASE CONTACT LISA LEVINE (919) 832-3732

For Questions: Holly Hight, Senior Center Caregiver Specialist at The Enrichment Center. (919)776-0501 ext. 2230 ▪ hhight@leecountync.gov ▪ www.dementianc.org

Hosted by: The Dementia Alliance of NC & The Enrichment Center of Lee County



Spring Clinics!
Brush Up on Your Skills
Practice Time - Learn a New Event



Open to
 Residents Age
 50 & Better in
 Lee &
 Neighboring
 Counties

Thursday, March 28
 Friday, April 5
 Tuesday, April 9
 Monday, April 15
 Tuesday, April 23

Shuffleboard
 Bocce
 Horseshoes
 Football Throw
 Corn Hole

Clinics are held at 11:00 a.m. and follow
 rules set forth in the 2019 edition of the
 NC Senior Games Rules Book.

To register for a clinic contact Coordinator
 Jimmy Solomon at (919)776-0501 ext. 2207
 or jsolomon@leecountync.gov

Registration for Senior Games & Silver Arts
 of Lee County will be April 1-30, 2019.
 Events are held in May.

*Started in 1983, NC Senior Games is a year-
 round health promotion and education
 program for North Carolinians 50 years of
 age and better. It's a holistic approach to
 body, mind and spirit staying fit, while
 enjoying the company of friends, family,
 spectators and volunteers.*

*Senior Games and Silver Arts of Lee county
 is part of a network of 52 Local Games
 across North Carolina and is sanctioned by
 North Carolina Senior Games, Inc.*



Lee County Senior Services is located at the
 Enrichment Center, a building which serves as a focal
 point in the community where older adults meet to
 participate in activities and enhance their involvement
 in the community. The Center was developed for the
 purpose of providing an activity center for older adults
 who can function independently. It is a visible reminder
 in Lee County of the value and contributions of our
 older citizens.

***The Enrichment Center is a NC Certified Senior
 Center of Excellence.***

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

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.

Services and programs we offer Lee County Citizens:

- Nutritionally balanced meals in a congregate setting
- Home delivered meals
- General and medical transportation
- Information and Options Counseling
- Health Promotion/Disease Prevention classes
- Home Repair
- Family Caregiver resources, training and support
- Medicare Counseling & Registration
- Tax Assistance
- Volunteer Opportunities
- Healthcare POA & Living Will
- Support Groups & Resources

Corner



Contact Holly Hight, Senior Center Caregiver Specialist, for further details about local adult day care, respite services and The Enrichment Center Caregiver Time Out Program, (919) 776-0501 Ext. 2230.

The Importance of Celebrating Valentine's Day with Your Aging Loved One www.umh.org

Valentine's Day is a holiday for couples. This holiday can be very painful when a loved one doesn't have their husband or wife by their side. For your widowed mom or dad, they could be experiencing this pain. Watching others celebrate with their spouses can trigger deep sadness, and even depression, in your aging loved one. By celebrating together, you can show the one you love that this holiday is about love, not just spouses. This act may help alleviate some of that grief. **How to Help:**

As Valentine's Day approaches, take it upon yourself to do something to help with this sense of loss. While you can't completely take away the pain of a lost spouse, through your love and thoughtfulness, you can do your part to bring some joy to your loved one on this normally difficult day.

- ✓ **Send a card** – Send a card, and encourage friends and other relatives to do the same. Brightening up your parent's home with cheerful greetings will help bring reminders of loved ones who are still here.
- ✓ **Pay a visit** – If you live close enough, pay a visit to your mom or dad on Valentine's Day. Don't be surprised if your parent expresses deep sadness. This is normal, but rest assured that your presence is helpful.
- ✓ **Reminisce together** – Use this special holiday to remember together the love that you shared and still share as a family. Look through old scrapbooks, bring up gifts from Valentine's Days past and turn a sad time into a happy time of remembering.

Continued on next column...

Continued...

- ✓ **Re-create past celebrations** – If the one who has passed away had a special tradition on Valentine's Day, consider re-creating it with your mom or dad. While you won't replace the one who is missing, this can help take the sting of grief away a bit.
- ✓ **Do something unexpected** – If you've been contemplating doing something unexpected, like taking your dad on a golfing excursion or spending the day at the spa with mom, Valentine's Day is an excellent time to do so.

Allow Time for Grief

Grief can be difficult to watch, especially when someone you love is the one who is grieving. Remember, though, that grief is normal. Give your parent some room and time to grieve, if it is warranted.

Just be sure that you do not neglect the holiday altogether. Visit, call and send a card to help provide your own type of love on this love-filled holiday.

Key Takeaways

- *Valentine's Day can be a difficult holiday for those who have been recently widowed.
- *Show your aging loved one you are thinking of them with gifts, cards or visits.
- *Provide time to grieve, and grieve together, as you celebrate this holiday.

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**.



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 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.**

Happy 65th Birthday! Medicare is next and you probably have a lot of questions. Reliable information will be provided at an informational presentation **Thursday, March 7, 2019 at 5:30 p.m.** Anyone wanting to know more about Medicare is welcome to attend. Janice Holmes, Senior Insurance and Volunteer Services Specialist, (919) 776-0501 ext. 2206, is the presenter and information is provided by the **NC Department of Insurance Seniors' Health Insurance Information Program.**

Cooking for 1 or 2 with Chef Joseph "Pepe" Corello Thursday, March 7, 2019, 2 - 4 p.m. Let Chef Pepe help you find the joy in cooking on a smaller scale! Today's food demonstration Chicken a la Pepe. Space is limited and registration required, call (919) 776-0501 ext. 2201.

Friday Afternoon Movie Club, March 8 at 1 p.m. 1961 film about a young New York socialite who becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way. **Call us for the title and to reserve your spot, (919) 776-0501 ext. 2201. Popcorn and water served!**

Down, But Not Out! Addressing Depression in Aging Adults, with Special Guest Speaker Samantha Allred of NCBAM (NC Baptist Aging Ministry). Wednesday, March 20, 2019, 2 - 3 p.m. Even though one in five aging adults may experience depression, it is not part of normal aging. Participants will learn the symptoms of depression, steps to take to feel better and whole again and how to bring hope to those suffering from depression. Call (919) 776-0501 ext. 2201 to RSVP.

LAUGHTER IS THE BEST MEDICINE! With Special Guest Samantha Allred of NCBAM (NC Baptist Aging Ministry). Wednesday, April 3, 2019, 2 - 3 p.m. Medical science has proven the importance of laughter and its benefits to emotional and physical health. This workshop helps us to choose laughter and intentionally increase happiness in life. Call (919) 776-0501 ext. 2201 to RSVP.

Old-Fashioned Recipe Swap Thursday, April 11, 2019, 1:00 p.m. - 3:00 p.m. Gather up your tried and trues for an afternoon of fun and fellowship. Swap your favorites while enjoying refreshments and music. Call Holly to RSVP (919) 776-0501 ext. 2230.