



# The Center Post



Volume 28

JULY 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



## Saturday Night Dance Group

Live bands and fellowship at LCG Enrichment Center, 7 PM - 10 PM, \$8.00 per person. Open to all adults. Bands for JULY: 6th—Southern Exposure (Ice Cream & Cake by SNDG. Red, white and blue for 4th of July), 13th—Skyryder Band, 20th—Colours, 27th—William Willard's Country Storm Band (Birthday Dinner at 6 PM).

## Free Showing of: *A Teachable Moment*

*A film about the inspiring story of four stroke survivors.* Thursday, July 11, 2019 at 1:00 PM. Open to all adults. Refreshments, stroke information and raffle prizes. Sponsored by LCG Enrichment Center Stroke Support Group, Central Carolina Hospital and American Heart Association. To register call (919) 776-0501 ext. 2201.

## You Can Make a Difference in Someone's Life

Volunteers are needed to deliver a hot, nutritious meal to a homebound older adult in Lee County. Routes usually take around an hour to deliver. Regular and fill-in positions available. Volunteer as often as your schedule allows. Contact: Janice Holmes (919) 776-0501 ext. 2206 or Laurie Draughn ext. 2213 for more information and to volunteer.

**Free Facebook Classes** with **Instructor Madison Carter.** Open to age 50+. Attend four sessions on Mondays, July 8, 15, 22 and 29. 1:30 PM - 2:30 PM. Learn to set up, manage and navigate your personal Facebook page. Bring your device with you to class. Class size is limited, call (919) 776-0501 ext. 2201 to register.

## Cooking for 1 or 2 with Chef

**Joseph "Pepe" Corello** Open to age 50+. Wednesday, July 17 at 4:00 PM. Cooking for one or two people can seem like a lot of time and effort. Let Chef Pepe help you find the joy in cooking on a smaller scale! With very little effort, cooking at home can be fun and save you time and money. Food Demonstration: Easy zucchini & squash casserole. Space is limited, call to register (919) 776-0501 ext. 2201.

## Caregiver Ice Cream Summer Social

Join us for a sweet treat and unwind from your busy caretaking schedule with a bowl, or two, of delicious ice cream! Thursday, July 18, 2019 from 1:00 PM - 3:00 PM. RSVP by calling (919) 776-0501 ext. 2201.

## Caring for a Loved One in The Home

*Tips, tricks and treats to overcome caregiver burnout.*

Thursday, August 1, 1 PM - 2:30 PM with **Janice Morris Fraley, RN, BSN.** Join us for an informative afternoon of learning the ins and outs of caring for a loved one in the home. Janice is a professional who has been there, done that and actually written a book on it. Light refreshments served. Open to all. Call to RSVP, (919) 776-0501 ext. 2201.

**Operation Fan Heat Relief,** Box fans are available at LCG Enrichment Center for people who live in Lee County and are 60+, as well as adults with disabilities. The purpose of the program is to provide a more comfortable living environment and reduce heat-related illnesses. The program is made possible by donations from Duke Energy Progress. Picture ID required.



LCG Enrichment  
Center *Hot Topics*  
9:00 AM  
First Wednesday

**Tech 9-1-1 Open to age 50+!** These 1-on-1 hour long technology sessions are designed around you and your technology needs. Bring your questions and device (tablet, phone, laptop) to the session. Thursday, July 11, 2019 (Other dates available after July) **Call To Sign Up For Your 1 Hour Time Slot (919) 776-0501 ext. 2201.**

### **Friday Afternoon Movie Club 1:00 PM**

**July 12** movie is about a group of brothers who have left their gunslinger ways behind them to settle down and start a business in the town of Tombstone, Arizona. Trouble soon finds them when they become targets of the ruthless Cowboy gang. The brothers must pick up their guns once more to restore order to a lawless land. Call us for the title and to reserve your spot, (919) 776-0501 ext. 2201. Free popcorn! Open to age 50+.

**The Enrichment Center's National Night Out Special Safety Program** Wed., July 31, 2019 at 11:00 AM in the Grand Hall. Information open to all adults. Special Speakers from the **Sanford Police and Fire Departments.** Topics include: general safety, current scam prevention, fire safety, fire prevention, **National Night Out** and community watch. If you need more information call (919) 776-0501 ext. 2201.

**Navigating Through Care** *An In-Depth Look at Placing Your Loved One in Long-Term Care* **Special Guest Speakers from The Laurels of Chatham** Thursday, August 8, 2019 at 2:00 PM. Caregiving for your loved one can be a challenging journey. This seminar will help you identify the right time to transition from home to facility. Financial considerations, resources, tips and ample Q&A time with professionals. Open to all adults. Call (919) 776-0501 ext. 2201 to register.

**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.** If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.

## **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 Day Trips**

**Tuesday, July 30** The Barn Dinner Theater Show, The Savannah Sipping Society. \$95.

**Tuesday, October 22** *NC State Fair. Come along as we go on our annual fall trip to the NC State Fair for Senior Day! Register and pay today—\$20 cash, money order or cashier's check only. Space is limited. A portion of your reservation has been paid by Senior Center General Purpose Grant Funds, a grant allocated to Senior Centers of Excellence.*

### **2019 Overnight Trips**

**Sept. 5-14** *Canada/New England Cruise (wait list)*

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

*Reminder that trip payments/registrations for Washington, DC, Texas and the Western Caribbean Cruise are accepted on Mondays and Wednesdays, 8-9 am and 3-4 pm and on Fridays, 8 am -12 pm. Remember, no cash is accepted- all payments MUST be in form of check or money order for these trips.*

### **Washington, DC, October 7-9, 2019**

**3 Day/ 2 Night Package Includes Motor Coach and:**

2 Nights Hotel Accommodations

2 Breakfasts at your Hotel

1 Wonderful Dinner & 1 Lunch/Dinner Cruise

**\$449.00 per person– Double Occupancy.**

*Travel Protection Insurance Available.*

### **San Antonio, Waco & Dallas, Nov. 1-6, 2019**

**6 Day/ 5 Night Vacation Includes Airfare, Motor Coach and:** 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.** *Travel Protection Insurance Available.*

### **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.*



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

**Grief Support Group** 2nd Thursday at 1:00 PM with facilitator **Linda Moore, RN, MSN, PA** Next meeting July 11, 2019. 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. Registration not required.

**LCG Enrichment Center is in need of a volunteer facilitator for the Low Vision Support Group.** Facilitator would lead the group, provide resources and maintain contact with the members about meetings and special offerings. Contact if you are interested and for more information (919) 776-0501 ext. 2230.

**Up & Coming! Call (919) 776-0501 ext. 2201 to register or for more information.**

**BYE BYE STRESS!** Experience techniques and tools on how to calm and relax your mind, body and spirit. Wed., Sept. 18 at 2:00 PM.

**Happy 65th Birthday and Welcome to Medicare!** Thurs., Sept. 19 at 5:30 PM. Get your questions about Medicare answered by a reliable source, SHIP, Seniors' Health Insurance Information Program.

**Special Workshop for Grandparents Raising Grandchildren** with Guest Speaker Samantha Allred from NCBAM, NC Baptist Aging Ministry. Thurs., Sept. 26 at 10 AM. This workshop addresses the causes of this cultural phenomenon, its challenges and resources that are available to help. There will be time for questions and answers after the discussion. Open to all. Call to RSVP, (919) 776-0501 ext. 2201.

**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**



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

**u JULY 2019 programs:**

**b Farmers' Market begins July 2!**

- 3rd—Laurence Poindexter singing
- 5th—Karaoke with Nelson Smith
- 10th—EC Ice Cream Dessert & Trivia
- 12th—Extra Bingo
- 15th—House Protection, Legal Aid NC
- 17th—Miller Boles Ice Cream Social
- 18th—10:30 AM Baptist All State Youth Choir with Doug Thompson
- 19th—Preparing for a Disaster, FEMA
- 26th—Hot Dogs & Ice Cream
- 31st—National Night Out Safety Program, Sanford Police Dept. and Fire Dept.

**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 provided by Liberty Home Care 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**



1615 S. Third Street, Sanford, N.C. 27330  
919.776.0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)

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*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](http://www.leecountync.gov/ec)**

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

**Call for Vendors! We are accepting crafters** to participate in our annual 2019 Fall Festival to be held Saturday, October 26, 8:00 AM - 2:00 PM. Call Debbie Williams at (919) 776-0501 ext. 2203.

**Tablet & Phone Class** Wednesday, August 28 OR Wednesday, September 25, 5:30 PM. This 1 hour class is designed around you and your needs. Bring your questions and device. Space is limited. Call to reserve your space (919) 776-0501 ext. 2201. Open to age 50+.

**A Novel Approach Book Group** meets at LCG Enrichment Center 2nd Tuesday, 12:00 PM, September through May. Book selections have been made for the upcoming year. You may pick up the list at the front desk.

**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. **Seniors should call 1-877-579-7562 for assistance and an appointment or online at [www.legalaidnc.org](http://www.legalaidnc.org).**

**LCG Enrichment Center 2019 Holiday Closings**

<b>Independence Day</b>	<b>Thursday, July 4</b>
<b>Labor Day</b>	<b>Monday, September 2</b>
<b>Veterans Day</b>	<b>Monday, November 11</b>
<b>Thanksgiving</b>	<b>Thursday &amp; Friday, November 28 &amp; 29</b>
<b>Christmas</b>	<b>Tuesday, Wednesday &amp; Thursday, December 24, 25 &amp; 26</b>

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