



The Center Post



Volume 28

JUNE 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



"ONE NIGHT IN TV LAND" A RETRO TV DINNER THEATRE PRODUCTION

Dab in your Dippity-Do, pull on your pedal pushers and enjoy the Enrichment Players on a night of strolling down memory lane. You'll reminisce over spoofs of classic commercials as well as retro television hits like, "I Love Lucy" and "Mary Tyler Moore" while enjoying a delicious meal! **Thursday, June 6, 2019, 6:00 PM – 8:00 PM \$10** Includes Dinner. Payment required at the time of registration. **Retro Attire Strongly Encouraged. Open to age 50 and better.**

Wills & Advance Directives

with Legal Aid NC Monday, June 10, 2019 from 2:00 PM - 4:00 PM. Join Erin Haygood, attorney with Legal Aid of NC, as she discusses the basic principles and importance of having your will and advance directives in place. Open to all adults. Call (919) 776-0501 ext. 2201 to register.

Friday Afternoon Movie Club

1:00 PM June 14 movie is about a spirited housewife with a scheme to raise money for a memorial for her best friend's husband. The novel detail of using middle-aged women of their village for a photo shoot stuns the husbands and a wary young photographer. Call us for the title and to reserve your spot, (919) 776-0501 ext. 2201. Free popcorn! Open to age 50 and better.

Rex UNC Healthcare Mobile Mammography

at LCG Enrichment Center **Friday, June 14** from 10:00 AM - 3:00 PM. Contact the LCG Health Dept. (919) 718-4640 ext. 5317 for age and eligibility guidelines and to register for a mammogram.

The Savannah Sipping Society

**Tuesday
July 30, 2019**



***Open to all adults
inside/outside Lee
County. Deadline to register and
pay, Wed., June 26.***

In this delightful comedy, four unique Southern women, all needing to escape the sameness of their day-to-day routines, are drawn together by fate - and an impromptu happy hour - and decide it's high time to reclaim the enthusiasm for life they've lost through the years. Over the course of six months, filled with laughter, mishaps and the occasional liquid refreshment, these middle-aged women discover lasting friendships and a renewed determination to live in the moment.

***\$95 per person includes meal, show
ticket and transportation. Depart from
Riverbirch Corner at 11:30 AM.
Return at approximately 6:30 PM.***

Mini Mental Screening for Dementia Monday, June 17, 2019 at 11:00 AM with The Laurels of Chatham Rehabilitation Dept. Do you wonder if your brief lapses in memory are something more? Is your short-term memory concerning you? The results of this free brief test can help determine if further evaluation is needed by a trained physician. To register call (919) 776-0501 ext. 2201.



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

REGISTRATION FOR PROGRAMS

REQUIRED You should register for all programs and classes in advance, both free and those with a fee. Classes and events may become filled or cancelled if minimum numbers are not reached. Don't be left out!

Nifty Noggins are handmade head coverings for cancer patients. The group of volunteers meet 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.

Call for Vendors! Crafters can begin calling July 1 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+.

Tech 9-1-1 *Open to age 50 and better!* 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. Monday, June 17, 2019 (Other dates available after June) *Call To Sign Up For Your 1 Hour Time Slot* (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.

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.



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

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. Details on front page of this newsletter.

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.

Free Showing of: **A Teachable Moment**

A film about the inspiring story of four stroke survivors. Tuesday, 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.

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.

Caregiver Ice Cream Summer Social You are invited to cool off with your fellow caregivers for an afternoon of fun, fellowship and flavor! 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.

Grancare Support For grandparents and other relatives raising grandchildren. Thursday, June 27 at 10:00 AM. Refreshments provided. Resources, support and networking. If you need further information contact Holly at (919) 776-0501 ext. 2230.

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

u JUNE 2019 programs:

b 5th—Laurence Poindexter singing to Dads for Father's Day
7th—Put a Rainbow in Your Diet
12th—Miller Boles Refreshments
12th—Father's Day Celebration
14th—Elder Abuse, Madeline Masters, Legal Aid
17th—Mini Dementia Screenings, Laurels of Chatham Rehabilitation Dept.
19th—Meet Amanda Covert, Sanford Health & Rehabilitation
21st—Chair Volleyball
28th—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 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



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919.776.0501 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

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

Donate to The Enrichment Center, Inc.

Helping Fund. Every dollar donated to The EC, Inc. Helping Fund assists older adults in Lee County who are in a crisis situation with the basic necessities of life. The EC, Inc. private non-profit accepts donations by check, cash and through memorials, endowments and Qualified Charitable Distributions (from an IRA to satisfy minimum distributions). Make your contribution payable to The Enrichment Center, Inc., 1615 S. Third Street, Sanford, NC 27330. Thank you in advance for your support.

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 June: 1st—Southern Exposure, 8th—Skyryder Band, 15th—Colours (honor oldest and youngest dad), 22nd—Flash Back Band, 29th—Jr Gainey and The Killing Time Band (Birthday Dinner at 6:00 PM).

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.

LCG Enrichment Center 2019 Holiday Closings

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

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