

The Center Post

Volume 28

JANUARY 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,
17 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



Friday Afternoon **Movie Club 1:00 p.m.**

Enjoy a relaxing afternoon with friends watching your favorite cinema classics. Popcorn and drinks provided! Seating Is Limited. Call To Reserve Your Spot (919) 776-0501 ext. 2201.

January 11, 2019

Casablanca

Humphrey Bogart, Ingrid Bergman and Paul Henreid. The nightclub, the old flame and the Germans...

February 8, 2019

Braveheart

William Wallace is the Medieval Scottish patriot who is spurred into revolt against the English.

A Novel Approach Book Group

Meets the second Tuesday of the month at 12:00 P.M. January 8, 2019 book is A Gentleman in Moscow by Amor Towles. February 12, 2019 book is A Walk in the Woods by Bill Bryson. The group is open to all adults. Registration is not necessary.

Saturday Night Dance Group

Live bands and fellowship at The Enrichment Center, 7:00 p.m.- 10:00 p.m., \$8.00 per person.

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 this new 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.

Tai Chi

for Arthritis for Fall Prevention

This class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls.

Priority given to those age 60 and better. Open spaces available to adults under age 60. **SPACE LIMITED.** Registration required, call (919) 776-0501 ext. 2201.

Mondays & Fridays

March 18- May 31, 2019

10 weeks- 20 sessions

12:15-1:15pm

This class is free and made possible by a Health Promotion and Disease Prevention Grant.
Contributions accepted.

Pot Luck



January 31, 2019

6:00 pm

Bring your favorite dish to share with the group.

Registration requested,
919-776-0501 Ext. 2201

Very little is needed to make a happy life; it is all within yourself, in your way of thinking.
~Marcus Aurelius

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

January 12 and August 3 *The Barn Dinner Theatre, Greensboro, Elvis Tribute Artist Stephen Freeman*

2019 Overnight Trips

Now open to all adults in Lee County and neighboring counties.

April 8-10 *Savannah, Ga*
Sept 5-14 *Canada & New England Cruise*
December 10 - 12 *The Biltmore Estate in Asheville, NC* \$399 Per Person, Double Occupancy, SEATS AVAILABLE!

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

2019 Governor's Volunteer Service Award

Lee County has hundreds of volunteers working in a variety of agencies, organizations and businesses. Ever since 1979, the Office of the Governor recognizes North Carolina's most dedicated volunteers. Each county selects up to ten individuals, businesses, groups/teams and one paid Director of Volunteers to be recognized for their outstanding contributions to their communities. One of the nominees will be nominated for the Governor's Medallion Award for Volunteer Services, which is awarded to the top 20 volunteers in the state. A local committee evaluates the nominations.

Nomination forms are available at the below websites and The Enrichment Center, 1615 S. Third Street, Sanford.

www.leecountync.gov or www.volunteernc.org under the "Volunteer Awards" tab. The nomination form is available for submission online in 2019.

Return completed nomination forms to Janice Holmes at The Enrichment Center

NO LATER THAN Friday, January 11, 2019.

If you need additional information call Janice at (919) 776-0501 Ext. 2206.

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.**

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 self-understanding.

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.

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
- Make a free craft
- Ask unanswered questions
- Find out about available community resources
- Network with other grandparents

Please RSVP
by calling
(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**, 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**.

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.

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.

JANUARY 2019 programs:

2nd—Laurence Poindexter singing in the new year
4th—Moon Landing 50th Anniversary, Dan Combs
9th—Lee County Property Reappraisal, Michael Brown
11th—Cough & Flu, Charity, Medicine Park Pharmacy
16th—Human Trafficking Awareness, Sgt. Jynn Bridges
18th—Billy O'Brian singing as Elvis
23rd—Miller Boles Celebrating the New Year
25th—Bathroom Safety, Kim Widrick, CCH
30th—Senior Tar Heel Legislature Updates, Mary Upchurch

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 attire and be a part of this group of women 50 and older who enjoy life to the fullest!



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.

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.

The Enrichment Center will be **CLOSED**:
January 1, 2019 for New Year's Day and
January 21 for Martin Luther King, Jr. Birthday

INCLEMENT WEATHER AND OPERATIONS AT THE ENRICHMENT CENTER and COLTS

- ♦ If Lee County Government offices are delayed or closed, this includes **Senior Services** and **Veterans Service**.
- ♦ **COLTS** delays and closings will be announced separately.
- ♦ Closings and delays will be announced on WRAL-TV 5, WFJA 105.5 FM, WWGP AM 1050, WLHC-FM Life 103.1 and WXXL AM1290.

You Will Receive Phone Messages From The Enrichment Center

From Phone Number (617) 440-3507

We use this phone number to send you recorded phone messages from us at The Enrichment Center using the MySeniorCenter computer check-in system. We are letting you know about programs, classes, trips or meetings. If you have not been receiving these calls and would like to, please alert the front reception desk.

SAVE THESE DATES

Pick up a flyer at The Center for more details!

Wear Red Day

Friday, February 1, 2019

Black History Celebration

Friday, Feb. 22, 2019 10:30 a.m.

Special music and guest speakers.

Fairytale Reality

with Guest Presenter Lois Gwyn

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

*A poetic presentation of caring communication!
Discover the magic in your daily routines.*