

The Center Post

Volume 28

MAY 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**



CONNECT, CREATE, CONTRIBUTE



Consumer Protection Program

*Special Guest Speaker
from Legal Aid of North Carolina*

**Thursday, May 2, 2019
2 PM - 4 PM EC Grand Hall**

What is a REVERSE MORTGAGE?
A REVERSE MORTGAGE is a type
of home loan for older adult
homeowners (62 years or older) that
requires no monthly mortgage
payments. All Adults Invited
Call (919) 776-0501 ext. 2201
to reserve your seat.

Free Beginner Computer Class

Instructor Rashia Cox with CCCC

Tuesdays

May 7, 14, 21 & 28, 2019

9 AM - 11 AM

Learn basic computer skills
and knowledge. Open to age 50 and
better. Call (919) 776-0501 ext. 2201
to register.

Tech Savvy Seniors

Instructor Rashia Cox with CCCC

Tuesdays

May 7, 14, 21 & 28, 2019

1 PM - 3 PM

This is a one-on-one class for
individuals or couples. Each session is
one hour. Bring your tech device and
questions! Open to
age 50 and better.
Call to register for
your 1 hour time
spot: (919) 776-0501
ext. 2201.



Volunteer Reception

Wed., May 1, 2019

2 PM until 4 PM

An appreciation reception for people who volunteer at The Enrichment Center. Refreshments, awards and recognitions. We appreciate each volunteer. The time they give enables The Enrichment Center to continue programs and services at a level of excellence! Open this issue and read about our super volunteers!

SPRING FLING

CELEBRATION BRUNCH

Annual event honoring

Lee County's 90-year-olds and better!

Wednesday, May 8, 2019

11 AM

Special Menu & Entertainment

Lee County residents who are 90 years young and better are invited to brunch along with their guest.

RESERVATIONS REQUIRED

Contact Debbie Williams

(919) 776-0501 ext. 2203.

FREE DIABETES EDUCATIONAL CLASS

With Kiley Caldwell, RN

Wound Care & Hyperbaric Medicine
Central Carolina Hospital

Learn how to manage diabetes, lower health risks, and explore physical and nutritional ways of maintaining healthy blood sugar. **Thurs., May 23, 2019**
10:30 AM - 11:30 AM Open age 50
and better. To RSVP call
(919) 776-0501 ext. 2201.

...Lasting Impressions...

This new series, Lasting Impressions, brings to life the journeys of some of Sanford's most inspirational residents. Enjoy these pleasant afternoons being regaled by tales of trials and triumphs. Their experiences are sure to motivate, encourage and show us how to persevere through obstacles that can get in our way. *They will definitely leave lasting impressions on you....*

May 9th	2 PM - 3 PM Jennifer McFadden <i>Sonflower's Table</i>
May 16th	Tammy Stewart <i>Ms. Tammy's Enterprises & former Owner of Scoops Hot Dogs</i>
May 23rd	Crystal McIver <i>Life Coach</i>

Open to all adults.

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



Do Coupons Overwhelm You?

Guest Instructor Mildred Smith, Member of Extension Community Association Tuesday, May 21 at 1:30 PM. You will learn how to organize your coupons easily; super double coupons; online resources; where to find the best coupons; how to focus and save time. Call (919) 776-0501 ext. 2201 to RSVP. Open to all adults.

Let's Talk Real Estate

Thursday, May 23, 2019

6 PM Light Refreshments

Open to all adults. Join Lisa

York, Realtor/Auctioneer with Adcock & Associates, as she dives into the world of real estate. This class will provide useful information on the following topics: Home Selling ~ Home Staging ~ Real Estate Advice ~ Downsizing. To RSVP call (919) 776-0501 ext. 2201.



Friday Afternoon Movie Club

1:00 p.m. May 10 movie is about a character having difficulty adjusting to his hard-labor sentence in Mississippi. He scams his way off the chain gang along with two others to pursue freedom and the promise of a fortune in buried treasure. **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 titles and to reserve your spot, (919) 776-0501 ext. 2201. Free popcorn! Priority to age 50 and better.**

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. Please bring your questions and device (tablet, phone, laptop) to the session.

Monday, May 13, 2019

Monday, June 17, 2019

(Other dates available after June)

Call To Sign Up For Your 1 Hour Time Slot (919) 776-0501 ext. 2201.

Pot Luck Dinner

Thursday, May 30, 2019

Entertainment by
Billy O'Brien

Bring Your Favorite Dish to Share



The Enrichment Center
The *Gem* of Lee County
Up & Coming with Margaret



CONNECT, CREATE, CONTRIBUTE

#OAM19

Older Americans Month 2019 is ...

Recognizing Lee County, NC includes a growing number of older Americans who enrich our community through their diverse life experiences; and

The LCG Enrichment Center is committed to strengthening our community by connecting with and supporting older adults, their families, and caregivers and acknowledging their many valuable contributions to society; and

The LCG Enrichment Center recognizes the importance of bringing together all generations and engaging in activities that promote physical, mental, and emotional well-being for the benefit of all; and

The LCG Enrichment Center can enhance the lives of older Americans in our community by:

- promoting home- and community-based services that support independent living;
- involving older adults in community events and other activities; and
- providing opportunities for older adults to work, volunteer, learn, lead, and mentor.

The LCG Enrichment Center Staff, Senior Services Advisory Board and The Enrichment Center, Inc. Board urge every resident to take time during this month to recognize older adults and the people who serve them as essential and valuable members of our community.



During Older Americans Month, we would like to say a very special thank you to all LCG Enrichment Center volunteers. You help make the services, programs and special events a success. We appreciate your time and talents and so do the participants and clients we serve.

These volunteers assist our **Social Work Department** with various needs such as housing and home repair, and delivery to Angel Tree recipients. **Mark Ariy, Ed Barkwell, Bill Carter, Ellen Dunlap, Pat Edmonds, David Glass, Fred Glass, Buster Harrill, Richard Holshouser, Willis McNeil, Katelyn Taylor, Brooke Bruner and Beth Bruner.**

Senior Services Advisory Board members are appointed by the Lee County Commissioners and are responsible for reviewing policies, fiscal budget, grants, center programs and services and assist with building rental requests. **Cleo Bryant, Trudy Forrest, Mary Ann Gaster, Henry Merritt Jr, Jim Payne, Commissioner Robert Reives, Nonnie "Joyce" Smith, Mary Upchurch and Martha Wicker.**

Support Groups Leaders. **Bob Brickhouse, Kay Gladden, Jeanne Logue-Hunter, Rosemary McLeod, Linda Moore, Joy Phillips- Murphy, Carolyn Savina, and Necole Thomas.**

Caregiver Time Out- These volunteers are available on Tuesday afternoons to offer a break to caregivers. **Donna Kelly, Nancy Remaley and Dorothy Matthews.**

Saturday Night Dance Volunteers are responsible for securing the bands, refreshments and set up of the dance held every Saturday night at 7 p.m. **Linda Jordon, Jerry Clendene, Ed Barkwell, Sarah Brooks, Sue Sloan**

LCG Enrichment Center Volunteers Continued...

Enrichment Center, Inc. Board members are responsible for overseeing the expenditures of private donations.

Charles Alexander, James Emerson, Jim Foster, Bob Garrett, June Gunter, Tom Joyner, Margaret Murchison, Paul Porterfield, Janice Scoins, Lee Setzer and Bob Will.

The following volunteers are responsible for planning and implementing the **Senior Games and Silver Arts of Lee County** program. Local games are held in May and State Finals in September and October. **Angela Bright-Pearson, Bob Garrett, Gael Hogan, Cindy Hall, Ben Lucas, John Payne, Bill Shuey, Kathi Solomon and Jim Turner.**

Nifty Noggins volunteers make coverings for "smart" heads. The coverings are free to cancer patients. From classy berets to handy bandannas, this group has it "covered." **Ann Beale, Marian Carlson, Darlene Christiansen, Liisa Kephart, Mary Parker, Kay Turner, Sue Wagenhauser and Eva Warrick.**

S.H.I.I.P. (Seniors' Health Insurance Information Program) volunteers help Lee County citizens with questions regarding Medicare, Medicare Prescription Drug Plan, Medicare bills and supplemental insurance policies. **George Miller.**

These volunteers represent Lee County older adults at the **Area Agency on Aging's Advisory Board.** **Trudy Forrest, Jim Payne and Mary Upchurch.**

Lee County Transportation Advisory Board members are appointed by the commissioners to advise on the needs of transportation in the county **Nelson Burke and Bob McCarthy.**

Tax Aide Volunteers assist older, low to moderate income people with their income tax filing. The service is free and provided in cooperation with AARP and the IRS. **Karen Beaton, Jean Browne, John Burns, Robyn Carpenter, Larry Foran, Nancy Johnson, Shirley Joyner, David Kennedy, John Koneski, Henry Merritt, Jim Payne, Ruthann Payne, Joyce Smith, Billy Tew and Elaine Thomas.**

These volunteers represent Lee County older adults at the **Senior Tarheel Legislature**, which was created by the NC General Assembly in 1993 to provide seniors on matters being considered by NC General Assembly, promote citizen involvement and advocacy concerning aging issues and assess the legislative needs of older citizens. **Jim Payne and Mary Upchurch.**

Cookie Cutters Volunteers are the ones to thank for the delicious homemade cookies that are often served at the Center. **Ruth Conder, Diane Davis, Donna Jackson, Marie McLendon, Marjorie Morris and Pam Stephens.**

The **front desk** area of The Enrichment Center is an extremely busy place. From greeting guests as they arrive, answering the ever-ringing phone, and directing guests to the various activities, these volunteers are very much appreciated. **Joyce Billings and Dot Phillips.**

These **volunteers assist with various events** that are held each year, such as the Celebration Event Honoring Lee County's 90-year-olds and Better, Fall Festival and the Dementia & Caregiver Symposium. **Ed Barkwell, Bill Carter, Mary Chalmers, Ruth Conder, Earline Dow, Ellen Dunlap, Patricia Edmonds, Janet Fasick, Shirley Fehr, David Kennedy, Nancy Kennedy, George Miller, Theresa Miller, Jim Payne, Linda Rapp, Louise Ross, Janice Scoins, Joyce Smith, Kathy St. Clair, Judy Sowder, Gladys Thomas, Avron Upchurch, Mary Upchurch and Alberta Williams.**



In the past year, **Home Delivered Meal Volunteers** delivered more than 6,000 hot lunches to homebound older adults in Lee County. Approximately 30 clients on 4 routes are served each day, Monday through Friday. **Joy Alderson, Ed Angel, Judy Barton, Bill Carter, Donna Corbett, John Corbett, Tammy Davidson, Judy Garner, Mary Ann Gaster, Geri Hales, William Henning, Margaret King, Whitney Marks, Pat Moerke, Jim Payne, Ginny Pembleton, Hugh Pembleton, Leslie Prezymusinski, Eugene Rackley, Ginny Roundy, Sam Sillaman, Janice Scoins, Allan Scoins, Bob Smith, Joyce Smith, Bill Tannenbaum, Claire Tannenbaum, Jack Warf, Judy Warf, Louise Wilkinson and Sam Wilkinson.**

LCG Enrichment Center Volunteers Continued...

BINGO Volunteers are responsible for the coordination of BINGO games. **Nettie Scotton and Earl Thompson.**

Much to the delight of our **Diners' Club** participants, these volunteers regularly offer entertainment to the Diner's Club. **Robert Lewandowski, Patricia Lewandowski and Laurence Poindexter.**

Diners' Club Volunteers assist Monday through Friday in taking lunch meals to the tables, overseeing donations and reservations for the following day's lunch. **James Baker, Dwight Barbee, Ed Barkwell, Emma Bester, Gene Bland, Wallace Bryant, Jane Carter, Mary Chalmers, Debra Clemons, Betty Cooper, Patricia Edmonds, Bettie Ervin-Battle, Peggie Goodbar, Melvin Griffin, Carol Hargrove, Dorothy Matthews, Dora McCutchen, DeeDee McKenzie, Hazel Nickens, Billy O'Brien, John Perry, David Piggie, Gloria Rivera, Hazel Roberts, Louise Ross, Kathryn Simmel, Sue Sloan, Joyce Smith, Bobby Thompson, Carmen Thompson, Earl Thompson, Dell Walters and Alberta Williams.**

Fitness Room Volunteers assist with fitness orientations, fill in for instructors, and keep towels in the fitness room for participants. **Bonnie Marks.**

Volunteer Program Facilitators regularly share their time and talents so that we may offer a variety of affordable programs and classes. **Carolyn Arnold, Diana Atkins, Ann Beale, Barbara Bedore, Joyce Billings, Mickey Bowman, Peggy Buchanan, Ed Byrd, Mark Coggins, Ruth Conder, Janet Fasick, Ann Griffith, Gretchen Grindle, Dallas Harper, Sylvia Howard, Donna Jackson, Rosemary McLeod, Margaret Murchison, Jim Payne, Wilma Price, Pam Rose, Al Simpson, Bob Smith, Ruth Stone, Shirley Thomas, Freeman Totten, Alberta Williams and Ann Womble.**

Administrative Volunteers assists staff members when needed-everything from tallying survey results, making phone calls, keying data entry, preparing deposits to preparing finance accounts payable. **Linda Rapp and Donna Workman.**

Volunteers Needed

Would you like to 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.**

Contact:
Janice Holmes (919) 776-0501 ext. 2206
or Laurie Draughn ext. 2213
for more information and to volunteer.



SENIOR GAMES



SILVER ARTS Of Lee County

United in the Spirit of Competition

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

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

Registration: April 1-30 | Early Bird: April 1-20

Register online at jsolomon@leecountync.gov or pick up a registration form at
Enrichment Center of Lee County | 1615 S. Third Street | Sanford

The registration fee entitles each participant to opening reception, and entry into athletic events and/or SilverArts. Participants may enter as many events/categories as desired. Fee is waived for first-time participants.

Tuesday, May 14

5:30 PM - Opening Ceremonies | 6:15 PM - Performing Arts

May 1 - 31

SilverArts - Visual, Literary, and Heritage Arts Displays
Enrichment Center of Lee County | 1615 S Third Street | Sanford



Sponsored by:



This program is sanctioned by NC Senior Games. NCSG is sponsored state wide by the NC Division of Aging.

SGSA Lee County Participants!

Have you RSVP'd
for Opening Ceremonies?
Your meal is included in your
registration fee.

Opening Ceremonies

Tues., May 14 at 5:30 PM

General public welcome to
watch athletic events. Stop by
and cheer on your friends...
and make new friends...
Schedules available at EC front
desk. General public may view
the Silver Arts displays at The
EC the month of May.



Olympic-style Athletic Events:

Cycling

Tennis

Golf

Softball

Pickleball

Bocce

Bowling

3 v 3 Basketball

Table Tennis

Shuffleboard

Track & Field

Swimming

Cornhole

Football Throw

Horseshoes

SilverArts Showcase:

Visual Arts

Heritage Arts

Literary Arts

Performing Arts

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

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)*

Turn to pages 9 and 10 for more trips!

A Novel Approach Book Group Meets the second Tuesday of the month at 12 PM. At the May 14 meeting, the group will discuss book selections for the next list, September 2019 through May 2020. They do not meet June through August. The group is open to all adults and registration is not necessary.

Luscious Ladies of Sanford

3rd Tuesday at 6 PM. **Marcia Johnson, Queen Mum**, invites you to wear a red hat, with 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). **Call the EC if interested in attending (919) 776-0501 ext. 2201.**

Beginner Guitar Class for those age 50 and better. Wednesdays, 12 PM with Instructor **Mickey Bowman**. Bring your guitar and learn the basic principles of how to play the guitar. Fun and stress-free setting. Absolutely free!

"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 while enjoying a delicious meal ... it'll be just like you're home on the couch in front of the TV!



Let's travel back to a better place in time.

Thursday, June 6, 2019 6:00 PM – 8:00 PM

\$10 Includes Dinner

Payment required at the time of registration.

(Retro Attire Strongly Encouraged)

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 Enrichment Center (919) 776-0501 ext. 2205.

Cell Phones For Soldiers is a national nonprofit organization dedicated to providing cost-free communication services and emergency funding to active-duty military members and veterans. **Drop off your gently-used mobile devices, charges and accessories at The Enrichment Center, 1615 S. Third St., Sanford. Call (919) 776-0501 ext. 2206 if you need more information.**

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

Do you know how to play the game Mahjong? We have interest in forming a group for this game but need someone willing to teach the game or co-teach with someone else. Please call 919-776-0501, ext. 2203 if interested in attending or teaching. Open to all adults.

Water Aerobics Classes

May 20, 2019 through September 13, 2019

Mondays/Wednesdays/Fridays at 11 AM

OR

Mondays/Wednesdays/Thursdays at 5:30 PM

OT Sloan Pool with Instructors

Cathy Andrew and Jourdan Huskey

\$45 for the Summer or \$15/Month

Prorated cost for partial month.

NO REFUNDS

Priority given to Lee County residents age 50 and better.

Register, complete an information form and pay at The Enrichment Center, 1615 S. Third St., Sanford. Sorry, no telephone registrations. Payment secures your spot.

Benefits of Water Aerobics

- Aerobic workouts in the pool are perfect for those who find certain movements on land—running, striding, kicking, leaping and even dance—too jarring or painful.
- Water exercise is one of the best non-impact fitness activities around and just about anybody can participate.
- The resistance of water is perfect for a strength-training workout; instead of weights, the water itself provides the resistance.
- One of the greatest benefits of water exercise is its effect on flexibility.
- Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

**FREE Blood Pressure Checks
At The Enrichment Center
provided by Liberty Home Care
2nd Tuesday
10:30 a.m. until 11:30 a.m.
For ages 50 and better!**

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

MAY 2019 programs:

1st—Laurence Poindexter singing to
Moms for Mother's Day
3rd—Create, Connect and Contribute,
Debbie & Holly
8th—NO Diners Club - Spring Fling Celebration
Brunch for 90-year-olds
10th—Mother's Day Program
15th—High Hopes Chorus
17th—Group Ball
22nd—Miller Boles Celebrating Mother's Day
22nd—MySeniorCenter & Our Finances,
Melanie
24th—Let's Go to Hawaii, Wear Your Hawaiian
Shirts
29th—Falls & Balance, Kim Widrick, CCH

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!



The Enrichment Center
Hot Topic
9:00 a.m.
First Wednesday

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 Barn Dinner Theatre
Presents**

The Savannah Sipping Society



Tuesday, July 30, 2019

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.***

**We will depart Riverbirch Corner at 11:30 AM
and return at approximately 6:30 PM**

PML Travel & Tours and The Enrichment Center

**Present a Fabulous
8 Day/7 Night Western Caribbean Cruise**

**Aboard Carnival Cruise Line's "Breeze"
May 2 – May 9, 2020**

Departs from Port Canaveral, Florida

Cozumel, Mexico - Cozumel, perched atop a coral reef, is just minutes from San Miguel's seafloor shops and the white sand beach at Chankanaab National Park.

Belize - Silky sand beaches, waving palms and colorful coral gardens are just part of Belize's natural wonders. Visit Old Belize to learn the history.

Mahogany Bay, Isla Roatan - Diamond-clear seas, one of the Caribbean's hidden gems.

Costa Maya, Mexico - Vivid southern Caribbean coast with turquoise waves and ivory sand. Explore white stone pyramids of the ancient Maya and blue Lake of Seven Colors.

Payment Plan Available.

**Travel Protection can be purchased.
Insurance premiums are non-refundable.**

Reminder that trip payments/registrations for Washington, DC, Texas and the Western Caribbean Cruise will be 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.

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: *Travel Protection can be purchased at \$51.00 per person– Double Occupancy. 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.*

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.

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.

GIVE YOURSELF A BREAK!

Powerful Tools For Caregivers

Each Thursday in May 2019

5:30 PM – 7:30 PM

(Light snacks provided)

Six class sessions held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources at no charge to the caregiver.

We will help you through this journey. Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This class will give you tools to help:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
- Better Communicate Their Feelings
- Make Tough Decisions
- Locate Helpful Resources

Registration is required. Call (919) 776-0501 ext. 2230. Respite services are available for your loved one while you attend classes.

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. Caregiver Time Out is made possible by the *National Family Caregiver Grant.*

Fayetteville VET Center "Keeping the Promise"

*Combat Veteran
Readjustment Counseling
At The Enrichment Center
1615 S. Third Street, Sanford*

Every Other Monday FREE Counseling for veterans, active duty and their families.

8:30 AM—11 AM Individual Sessions

11 AM—12 PM Group Session

With Sincere Hussein (910) 488-6252

Caregiver Respite Service Available

If you are a Lee County family caregiver and need assistance with taking care of your loved one, The Enrichment Center's National Family Caregiver Grant Program may be able to help. We have minimal hours available to assist family caregivers through paid respite. **Contact Holly today at (919) 776-0501 ext. 2230 to find out if we can assist you and your loved one.**

Benefits of Attending a Support Group Meeting

Support groups held at The Enrichment Center are open to all adults. They include Alzheimer's, Caregiver, Parkinson's, Cancer, Grief, Diabetes, Grandparents Raising Grandchildren, MS, 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, gaining hope, helping others, affordability and increased self-understanding.

The Enrichment Center is in search of a group facilitator for the Low Vision Support Group. Call Holly for more details (919) 776-0501 ext. 2230.

Medical Equipment Available, The Enrichment Center has an inventory of gently used medical equipment such as walkers or canes in our exchange closet. We have partnered with The **Exchange Club of Sanford** to provide wheelchairs to our community. Please call for more information about these programs. Call (919) 776-0501 ext. 2213.

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

**WDSG
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The Enrichment Center Radio Newsletter
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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.



The LCG Enrichment Center sells Rada cutlery year round as a fundraiser for The EC, Inc. Helping Fund. Forty percent of sales benefit this fund that assists Lee Co. older adults who are in a crisis situation with the basic necessities

of life. Contact Melanie to order or find out about our open stock (919) 776-0501 ext. 2214.

Saturday Night Dance Group Live bands and fellowship at The Enrichment Center, 7 PM - 10 PM, \$8.00 per person. Open to all adults. Bands for May are 4th—Jr Gainey and The Killing Time Band, 11th—Flash Back Band (honor oldest and youngest mothers), 18th—Colours (Birthday dinner at 6 PM. Recognize Veterans), 25th—NO DANCE

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.**

Note on Your Calendar

2019 Holiday Closings for The Enrichment Center

Memorial Day	Monday, May 27
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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