



The Center Post



Volume 28

NOVEMBER 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



Veterans Appreciation Luncheon

*To show our appreciation
for your service and
dedication to our country,
we invite you to lunch.*

**Thursday
November 7, 2019
Doors Open at 11:30 AM**

**Dennis A. Wicker Civic
& Conference Center
1801 Nash Street, Sanford**

Special Entertainment:

**Jazz Combo
From 82nd Airborne
Ft. Bragg, NC**

Space Limited Reservations Required

Call 919-776-0501 Ext. 2201

*Veterans and current military personnel are
invited at no charge. A Veteran may bring one
guest, \$5.00 paid in advance at the
LCG Enrichment Center.*

Co-Sponsored by:

**LCG Enrichment Center
NC Certified Senior Center of Excellence
1615 S. Third St., Sanford, NC
(919) 776-0501**

**Miller-Boles Funeral Home
& Crematory
1150 Fire Tower Rd., Sanford, NC
(919) 775-3434**

Special Thanks to:

**Image One Advertising, Veteran Gifts
Sanford Moose Lodge #386, Advertising
Catering by Ron's Barn**

You Are Invited To *Candlelight Reflections*

*Speakers * Music
Refreshments * Information*

**Thursday,
November 7, 2019
6:00 PM ~ 7:15 PM**

*A ceremony remembering
those we have lost, honoring
those currently living with
Alzheimer's disease and
other dementias and
celebrating their
dedicated caregivers.*

***Open to all.
Please call to RSVP
(919) 776-0501 Ext. 2201***



*"We
remember
their love,
when they
can no
longer
remember."
Unknown*

The Enrichment Center Angel Tree

Please consider adopting Angels from our tree.

Angels will be available for adoption starting Friday, November 8, 2019.

Items should be returned December 2 - 6.



Our Angels are people we have assisted over the past year at the LCG Enrichment Center and we feel they could benefit with a little something extra at Christmas. A list of items is provided at the time of adoption. We provide the container, pack the boxes and make deliveries. Requests to be placed on our tree are not accepted.

All you have to do is: Stop by the LCG Enrichment Center and pick male and female Angels from the tree. Register at the front desk. Purchase the items and label with the Angels' numbers. Return items to the Enrichment Center between Dec. 2 - 6, 1615 South Third Street, Sanford. This is a wonderful project for families, churches, civic organizations, corporate groups and anyone who desires to spread Christmas joy this season. If you need more information call (919) 776-0501 ext. 2212.



**Thursday
November 21, 2019
10:30 a.m. – 11:30 a.m.**

Many diabetic wounds can be prevented with knowledge and know

how. Join **Dr. Gordon from Central Carolina Hospital** for this free diabetic seminar as he discusses diabetic wound prevention and care. Learn how you can treat foot sores and other problematic areas. Open to ages 50 and better. To register call (919) 776-0501 Ext. 2201.

A Novel Approach Book Group meets at LCG Enrichment Center 2nd Tuesday, 12:00 PM. At the Nov. 12 meeting, the group will discuss **The Cuckoo's Calling** by Robert Galbraith. At the Dec. 10 meeting, the group will discuss **Mornings on Horseback** by David McCullough. Registration not required. Open to all adults.

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, November 14, 2019.** If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.

**Low Vision
Support Group**
Tuesday, November 12, 2019
1:00 PM
Facilitator Susan Mills
Registration not required.
Open to all adults.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

DO YOU HAVE

Concerns

About

Falling?

Try

Matter

Of

Balance!

**This program
emphasizes
practical
strategies to
manage falls.**

*Matter of
Balance is
provided by a
Health
Promotion
Grant.*

*Contributions
are accepted.*



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

***Classes meet at the
LCG Enrichment Center***

N.C. Certified

Senior Center of Excellence

1615 S. Third St, Sanford

**Participants should attend all 8
classes. Space is limited.**

**For class dates and to register call
(919) 776-0501 Ext. 2201.**

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home

- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006,
American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Low Impact Aerobics

**Mondays & Wednesdays
at the LCG Enrichment Center**

5:30 PM – 6:30 PM

\$10 Per Month

Your first class is free!

**Wear comfortable exercise clothes and sneakers.
No sandals or flip flops.**

**Open to Lee County male and female residents ages 50
and better and Lee County Government Employees
ages 18 and older.**

**Note: Your classes are FREE if you have
Silver Sneakers and it pays for exercise classes
at Senior Centers. Call the number on your Silver
Sneakers card for verification.**



***Begin an exercise routine now,
BEFORE the holiday season!***

In this exercise class you will learn:

- Low-Impact Cardio (excellent for burning calories)
- Strength Training (excellent for bone density)
- Balance & Toning (fall prevention)
- Flexibility (assists with injury prevention)
- How to adjust exercise intensity level to your preference

**Registration not required. Arrive at 5:15 PM if you
are new to the group. We recommend to check with
your doctor (s) before starting
a new exercise routine.**

Senior Center Phone Calls and Messages From Phone Number (617) 440-3507

Occasionally you may see a phone call coming in from this number. It's a recorded message from the LCG Enrichment Center about programs, meetings, classes, trips, etc. Please be sure to answer the call or listen to the voicemail when you see this number. Let the front desk know if you would like to be added our list.

Bible Study Mondays at 10:15 AM. An independent group with a facilitator that meets to discuss, learn and study the Bible. Open to all adults.

You are invited to join these groups!

Scrabble and Mexican Train Dominoes

meet regularly at the LCG Enrichment Center. Facilitators and members will teach you how to play. For group times, call (919) 776-0501 Ext. 2201.

Community Chess Club, Wednesdays,

5 PM – 8 PM. All Levels Welcome: Beginners, learn how to play. Casual players, join a enjoyable group. Development players, sharpen skills. Tournament player's team. **Bring board/mat and pieces. A few extras will be available if you need to borrow. Bring a chess clock if you have one.** *Program open to ages 8 and up.*

If advance registration is required to attend a LCG Enrichment Center program, both free and those with a fee, please be sure to do so. Classes, events and trips may become filled, or cancelled if minimum numbers are not reached. Don't be left out!

Dixie Line Dancers

Welcome You to Join Them!
Mondays, 2 PM
at the LCG Enrichment Center
Grand Hall Dining Room.
Open to Age 50+ and Free



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

Friends Supporting Friends

First Wednesday of each month at 10:30 a.m.
First meeting will be held November 6th, 2019.

A support group for people aged 50 & up with personal issues or situations in life where the support of others who have had similar experiences would be welcome. Communication with others helps us to learn that we are not alone. By sharing experiences this group will examine the challenges of daily life in a safe and confidential atmosphere. Such issues may include but are not limited to: anger, depression, anxiety and addiction for individuals or family members. No registration is necessary. Confidentiality required.

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. Monday, November 18, 2019. **Call To Sign Up For Your 1 Hour Time Slot** (919) 776-0501 ext. 2201.

Friday Afternoon Movie Club 1:00 PM

November 8th After moving to a new town, a troublemaking teen is supposed to have a clean slate, although being the new kid in town brings its own problems. While searching for some stability, he forms a bond with a disturbed classmate, and falls for a local girl. However, the local girl is the girlfriend of the neighborhood tough man. When the tough man violently confronts him and challenges him to a drag race, the new kid's troubles really begin! ***Due to our Motion Picture License Agreement, call us for the title and to reserve your spot, (919) 776-0501 ext. 2201. Free popcorn! Open to age 50+.***



LCG Enrichment Center
Hot Topics
9:00 AM
First Wednesday

The EC Drama Club (The Enrichment Players) Presents...“It’s a Doggone Wonderful Life!” A Christmas Musical

Thursday, December 5, 2019 at 6 PM
 \$10 (Includes Dinner) Open to the General Public
 Payment required at the time of reservation.

FREE Blood Pressure Checks Provided by Liberty Home Care the 2nd Tuesday of the month at the LCG Enrichment Center, 10:20 AM - 11:30 AM. Open to ages 50+. Registration not necessary.

FREE Beginner Guitar Class, Wednesdays, 12:00 PM with **Instructor Mickey Bowman**. Bring your guitar and learn the basic principles of how to play in a fun and stress-free setting. Open to ages 50+. Registration not necessary.

County of Lee Transit System, COLTS is a coordinated transit system that provides transportation services for the general public and human service agencies in Lee County. Passengers who are customers of a human service agency should contact the sponsoring agency to reserve their ride. Passengers can ride to work and back home, to in-town and out of town medical appointments and to the LCG Enrichment Center for lunch. **Call COLTS today to discuss your transportation needs and the options available (919) 776-7201. TDD/TTY users call 1-800-735-2962, voice users 1-800-735-8262.**

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.

D A daily celebration

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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.

**C
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b**

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.**

NOVEMBER 2019 programs:

- 1st—All About Honey Bees with Ed Angel
- 6th—Laurence Poindexter Singing & Playing Guitar
- 8th—Titles, Deeds and Moving, Lila Martin, Allen Tate Relators
- 12th—10 AM—11 AM Fitness Screenings, Jourdan Huskey
- 13th—Healthy Minerals, Pat Wilkins, RN, Retired
- 15th—Alzheimer’s Disease, Lisa Levine, Program Director, Dementia Alliance NC
- 20th—Refreshments, Miller Boles
- 22nd—Extra Bingo
- 27th—Thanksgiving Program, Carole Nicely

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**

If you use your Silver Sneakers benefit at the LCG Enrichment Center, PLEASE tap Silver Sneakers when checking in MySeniorCenter.

It's how we are paid for your visit.

Thank you.

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity. If you are 65 years of age or older and/or part of a Medicare health plan or a group retiree, you may already have the SilverSneakers benefit. **Eligible participants receive FREE participation in our qualifying fitness programs: yoga, fitness room, low impact aerobics, stretch and tone, Tai Chi, Fun & Fit and the outdoor walking trail.**

Contact your insurance provider and find out if your coverage includes SilverSneakers and is accepted at LCG Enrichment Center. Note: some SilverSneakers plans only cover gym facilities, not senior centers. **Present your SilverSneakers card to the LCG Enrichment Center front desk attendant so that we can make a copy of your card for your file.**

To Join, or Not To Join...That Should Not Even Be A Question! The Enrichment Players Drama Club For more information call Holly Hight (919) 776-0501 ext. 2230.

Saturday Night Dance Group Live bands and fellowship at LCG Enrichment Center, 7 PM - 10 PM, \$8.00 per person. Open to all adults.

Advanced Tai Chi Mondays and Fridays 11 AM, \$20/month. This class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls. *Prerequisite: Health Promotion Disease Prevention Tai Chi.

Helpful Online Services for Savvy Seniors Seminar Wednesday, December 11, 2019, 2:30 PM. Do you have questions about how to buy things online? Do your children lose patience with your questions? Have you heard the term Amazon, but have no clue what it is? Are you afraid of using a credit card online? Have no fear! Holly's here! Open to ages 50 and better. To register call (919) 776-0501 ext. 2201.

AARP Tax-Aide Volunteers Needed

AARP Tax-Aide is a group of volunteers who provide free tax filing services at the LCG

Enrichment Center to seniors (age 50+), low and middle income individuals during income tax season. Membership in AARP is not required. **The group is seeking volunteers to be Client Facilitators or Tax-Aide Counselors.** Client Facilitators assist taxpayers in completing a demographic form used to set up their account in the IRS computer software system. Counselors are trained on the IRS TaxSlayer computer software. You do NOT have to be a tax lawyer or tax professional to do our volunteer work. Basic computer skills are helpful. **To volunteer and for more information contact James Payne, (919) 718-9012 or email paynejw@windstream.net.**



AARP Driver Safety Course

Thursday, November 7 from 9:00 AM until 1:00 PM. No lunch break. Bring a snack. \$15 for AARP Members, \$20 for Non-Members.

Registration required. Call (919) 776-0501 Ext. 2201. Have your AARP member ID number ready when registration for the class.

The AARP Smart Driver course, offered by AARP Driver Safety, is the nation's first and largest refresher course designed specifically for drivers age 50 and older. For more than 35 years, the course has taught over 16 million drivers proven safety strategies so they can continue driving safely for as long as possible.

Join AARP instructor Barry Hill as he teaches defensive driving techniques, proven safety strategies plus new traffic laws and rules of the road you may not know.

Knitting & Crocheting Class Wednesdays from 12:30 PM until 3:00 PM. Learn a craft that is becoming popular once again. You will learn the basic steps to knitting that will help you start that sweater, hat or scarf that you've always wanted to make. Bring your knitting/crochet needles and yarn. Program open to ages 50 and better.



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 Overnight Trips

All payments MUST be in form of check or money order for these trips.

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.*

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

2020 Overnight Trips

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.*

PML Travel & Tours and
The LCG Enrichment Center Present a Fabulous

10 Day/9 Night Canada & New England Cruise Aboard Royal Caribbean's *Grandeur of the Seas* September 3 - 12, 2020

Ports include Boston, Massachusetts; Portland, Maine; Bar Harbor, Maine; Saint John, New Brunswick (Bay of Fundy); and Halifax, Nova Scotia.

New England and eastern Canada have an unmistakable charm, history and natural beauty all their own. And there's no better time to visit than fall; the foliage is brilliant in every imaginable color, lighthouses dot the coastline and there's always an authentic lobster bake going on somewhere!

Included in Your Price:

Cruise, Cabin, Shipboard Meals, Port Charges and Taxes. Motor Coach to and from Baltimore Pier.

Deposits in the amount of \$250 per person (check or money order) will be needed to hold your reservation.

Travel Protection insurance can be purchased at the time of initial deposit.

Payment schedule:

**Additional \$500 payment
due January 14, 2020.**

Final payment due by May 13, 2020.



1615 S. Third Street, Sanford, N.C. 27330
919.776.0501 www.leecountync.gov/ec

Making Every Day a Great Day



Non-Profit Org.
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Handicapped Accessible Facility



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.

Seated Tai Chi Wednesdays for 10 Weeks

January 8 - March 11, 2020. 4:00 PM - 4:45 PM
This class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls, all while seated. For more information and to register, call (919) 776-0501 Ext. 2201.

Combat Veteran Readjustment Counseling

Every other Monday at the LCG Enrichment Center. This is free counseling for veterans, active duty and their families. Individual sessions 8:30 AM - 11 AM. Group session 11 AM - 12 PM. Facilitator Sincere Hussein, (910) 488-6252.

Legal Aid of North Carolina is a statewide nonprofit law firm that provides free legal services in civil matters to 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

Veterans Day
Thanksgiving

Christmas

Monday, November 11
Thursday & Friday,
November 28 & 29
Tuesday, Wednesday &
Thursday, December 24, 25 & 26

Register for Code RED Emergency Notification
The LCG Emergency Services team will send out critical community alerts, such as weather and missing child.
To register, go to www.leecountync.gov and type

Like or Follow LCG
Social Media
Accounts
Department &
Program Information



Facebook
Twitter
YouTube
Instagram
Blogger

