



The Center Post



Volume 28

OCTOBER 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, OCTOBER 26, 2019

8:00 AM - 2:00 PM

Purchase from more than 50 tables filled with woodcarving, jewelry, paintings, baked & canned goods, homemade soaps and lotions, candles, Christmas decorations, hand sewn items and much more!

Grilled hot dogs and sausage dogs with all the trimmings - chili, slaw, & onions.
Drinks and Fresh Baked Goods will be available for purchase.

**Lending Paws A Hand, Inc.
Animal Rescue**
will have pets on site ready
for their "forever" home!



**20% off Inventory!
Orders accepted.**

All food and cutlery proceeds benefit
The Enrichment Center, Inc. Helping Fund

The Helping Fund assists Lee county older adults who are in a crisis situation with the basic necessities of life.

LCG Enrichment Center
NC Certified Senior Center of Excellence
1615 S. Third St. | Sanford, NC 27330
919.776.0501 ext. 2201 | www.leecountync.gov/ec





Let's Have A Card Party!

LCG
Enrichment
Center
N.C. Certified
Senior Center of
Excellence
1615 S. Third
Street,
Sanford, NC
27330



We need you and so does the
Enrichment Center, Inc.
Helping Fund!
Co-sponsored by
Miller-Boles
Funeral Home
Tuesday

October 8, 2019
2 PM – 5 PM and/or
5 PM – 8 PM

\$4.00 per person, per session
Refreshments, Fellowship
and Door Prizes!
All Adults Welcome

**Bring a friend (newcomer to
the Card Party) and
enter our
Grand Prize Drawing!**

*100% of all dollars raised at the
party goes to the Enrichment
Center, Inc. Helping Fund. The
Helping Fund assists Lee County
older adults who are in a crisis
situation with electricity and
other necessities of life.*

**Register by calling (919)
776-0501 ext. 2201.**

**20% OFF Rada Cutlery
inventory!**
Special orders accepted.
*Proceeds from Rada
also benefit the
EC, Inc. Helping Fund.*



Intro To Facebook *Free Class*

4 Weeks (Each Thursday)
October 24 - November 14, 2019
4 PM – 5 PM

Open to Ages 50 and Better
Call (919) 776-0501 Ext. 2201 to register.



Would you like to keep in touch with friends
and family, share photos and videos, and even
talk face to face? Well, this class is for you!

In this FREE 4-week class you will learn:

- What is Facebook and Facebook Messenger
- How to set up your own Facebook account
- Connect with friends and family
- Share photos of special moments and view photos from friends and family (ex. Grandchildren)
- Safety and social media (Facebook, Instagram, Twitter...)
- Games on Facebook to Stimulate your mind
And much more!

Low Vision Support Group

Tuesday, October 8, 2019
1:00 PM

Facilitator Susan Mills
Guest Speaker Roxanne Soucy
**Bring your cell phone and/or tablet
for helpful tips and Apps.**
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

Mondays 2 PM - 4 PM

Oct. 7 – Dec. 2, 2019

**(if this class is full, add your
name to our waiting list.)**

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

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

**To register call
(919) 776-0501 Ext. 2201.**

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).*

October Health & Wellness Day

Friday, October 11, 2019

9 AM - 12 PM

Free and Open to Age 50+

Mini Dementia Screening

By The Laurels of Chatham

Vitamins & Herbal Supplements

By Medicine Park Pharmacy

Spinal Screening

By Ammons Chiropractic

Fall Risk Assessment

By Liberty Home Care & Hospice

Sign-Up Required, (919) 776-0501 Ext. 2201

Chair Massage

By Joyce Marks

A Touch of Tropics Massage

Salad Demonstration & Tasting

By Saladmaster

**Medical Information, Wellness Screenings, Health
Professionals, Exhibits and More!**

Thursday

Nov. 7, 2019

9 AM – 1 PM

(No lunch break. Bring snack.)



\$15 For AARP Members

\$20 For Non-Members (Payable at Class)

Registration required.

Call (919) 776-0501 Ext. 2201

***Please have your AARP member ID number ready
when registering 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.

Medicare Part D Open Enrollment Oct. 15, 2019 - Dec. 7, 2019

Beginning October 1, 2019, Lee County residents may call (919) 776-0501 ext. 2206 or ext. 2207 for an appointment to review prescription drug plans. A limited number of appointments are available, do not delay!

You can also call the NC Dept. of Insurance SHIP Office at 1-855-408-1212 for help in choosing a Part D plan. SHIP is a part of the NC Dept. of Insurance and offers free, reliable information about Medicare Part D plans and Supplemental Health Insurance.

Fayetteville Vet Center Resource Fair

Wed., Oct. 23, 2019, 12:30 PM - 4 PM, Robeson Plaza, 2301 Robeson St., Suite 103, Fayetteville, NC. (910) 488-6252 for more information. Free event for veterans and their families. Vendors such as NC Works Employment Consultants, VA Homeless Veterans Program, Methodist University, Vision Resource Center, Veteran Services Officers, Lawyers Serving Warriors and more.

A Novel Approach Book Group meets at LCG Enrichment Center 2nd Tuesday, 12:00 PM. At the Oct. 8 meeting, the group will discuss We Were the Lucky Ones by Georgia Hunter. At the Nov. 12 meeting, the group will discuss The Cuckoo's Calling by Robert Galbraith. 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, October 10, 2019.** If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.

Knitting & Crocheting Class, Wednesdays, 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 needles and yarn. Group open to ages 50+.

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.



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

Friends Supporting Friends, 1st and 3rd Thursdays, 6 PM - 7 PM. A new support group open to men and women age 50 and better designed for people who have been in recovery or fairly-new to recovery that may want ongoing support. By sharing experiences while on the road to recovery and beyond, this is a safe place for discussion. Also, at times in life one may have situations that seem unsurmountable, but communication with others who have had similar problems can help to learn that one is not alone. **Confidentiality is required.** Registration is not necessary.

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, October 21, 2019. **Call To Sign Up For Your 1 Hour Time Slot (919) 776-0501 ext. 2201.**

Friday Afternoon Movie Club 1:00 PM October 11th In this 1959 film, an oddball has a proposal for five guests at a possibly haunted mansion: show up, survive a night filled with scares and receive \$10,000 each. The guest of honor is his estranged wife, who, with her secret lover, has concocted her own scheme to scare the associate into shooting the potentially crazy millionaire. More spooks and shocks throw a wrench into the plan. 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+.

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!



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.

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

Pot Luck, Thursday, October 31, 6 PM
LCG Enrichment Center. Bring a dish to share!

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. Made possible by **National Family Caregiver Grant**.

D A daily celebration

**D
i
n
e
r
s

C
l
u
b**



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.**

October 2019 programs:

Farmers' Market Tuesdays

2nd—Laurence Poindexter Singing and Playing
Guitar
4th—Weather with Miriam Davila, FEMA
9th—Ageless Grace, New Exercise Program, Susan Cole
11th—NO Bingo
11th—Health & Wellness Day
16th—Refreshments, Miller Boles
18th—Consumer Protection, Melanie Earnhardt, Legal
Aid
23rd—Ticks & Tick Borne Illness, Tyra Harding, Master
Gardener, NC Cooperative Extension
25th—Adequate Barbershop Music
30th—Breast Cancer Awareness, Sarah Arthur, LCG
Health Dept.
31st—Halloween Bash

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.

Rex UNC Healthcare Mobile Mammogram Unit

at the LCG Enrichment Center,

Friday, October 18, 2019 9 AM - 3 PM

Contact Lee County Health Department for more information and to pre-register
(919) 718-4640 Ext 5317.



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
By Thursday, October 31, 2019**

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



And

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

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, 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

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

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.*

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.

SAVE THE DATE Candlelight Reflections

**Thursday, November 7, 2019,
6 PM until 7:15 PM**

You are invited to this special ceremony remembering those we have lost, honoring those currently living with Alzheimer's and other dementias and celebrating their dedicated caregivers. There will be speakers, special music, refreshments and information. **Open to all. Please call to RSVP, (919) 776-0501 Ext. 2201.**



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

Making Every Day a Great Day



Non-Profit Org.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198

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.

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 TaxSayer 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.



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.legallaidnc.org.

LCG Enrichment Center 2019 Holiday Closings

Veterans Day	Monday, November 11
Thanksgiving	Thursday & Friday, November 28 & 29
Christmas	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 Code Red Alert in the Search option.

Like or Follow LCG
Social Media
Accounts
Department &
Program Information



Facebook

Twitter

YouTube

Instagram

Blogger

