



The Center Post



Volume 30

AUGUST 2021

LCG

**Enrichment Center
(919) 776-0501**

**Hours: Monday,
Wednesday, Friday
8 a.m. - 5 p.m.**

**Tuesday and
Thursday
8 a.m. - 7 p.m.**

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,

14 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



Join WakeMed Mobile Wellness & LCG Enrichment Center



Free Vascular Screenings

Thursday, September 23, 2021

9:00 a.m. – 3:00 p.m.

**Arrive 10 minutes prior to
appointment. Masks are required.**

To register:

(919)776-0501 ext. 2203

What Is Vascular Screening?

Vascular screening can identify individuals who may be at risk for stroke, ruptured aneurysm and/or arterial insufficiency in the legs. Screening exams are performed by WakeMed ultrasound techs.

Screening is targeted to participants who:

Age 40 or older or with risk factors:
Diabetes, High blood cholesterol and/or high cholesterol, Renal Disease, history of smoking or tobacco use, family history of stroke, heart attack, aneurysm.

**The results are reviewed by a
WakeMed Heart & Vascular
physician. Participants receive
their results through the mail or
phone call.**

Please Note:

**The Enrichment Center is
not open for guests
who are not attending a
scheduled activity**

The Enrichment Center of Lee County has reopened the **Congregate Diners Club meal site** to participants. Lunch is served in the Grand Hall for Lee County residents 60 and over, Monday - Friday. Participants must register for lunch. Call **Carole Nicely** at 919-776-0501 Ext. 2205. Transportation is available via COLTS for participants who have mobility issues and will not be driving to the Center.

The Enrichment Center is open on Tuesday and Thursday evenings until 7:00 pm. The fitness room is available by appointment. Yoga classes for age 50+ are held at 5:30 pm Tuesdays and Thursdays. Call **Cathy Andrew** at 919-776-0501 Ext. 2208 for a fitness room appointment, fitness room orientation or if you have questions about fitness classes.

Other activities will resume gradually. Contact **Debbie Williams** to verify which activities are scheduled 919-776-0501 Ext. 2203.

Note!

**The Enrichment Center will not be open
for guests who are not attending a
scheduled activity or receiving a service.**

COVID 19 safety protocols will be followed. Unvaccinated participants and guests are strongly encouraged to wear a mask and maintain 6 feet social distancing while inside the Enrichment Center.

LCG Enrichment Center & COLTS Directory (919) 776-0501

Debbie Davidson	Director	Ext. 2216
Melanie Rodgers	Administrative, Finance, Marketing	Ext. 2214
Tonya Surratt	Transportation Coordinator, COLTS - County of Lee Transit System	Ext. 2228
Cynthia Wiley	COLTS Scheduling Information	Ext. 5418
Robin Neal	COLTS Ride Scheduling	Ext. 2219
Tami Carter	Social Work, Information & Assistance, Options Counseling, Wheel Chair Loan Program	Ext. 2212
Debbie Williams	Senior Center Programming & Scheduling, Fitness, Health Promotion	Ext. 2203
Holly Hight	Family Caregiver Information, Support Groups, Senior Center Programs	Ext. 2230
Cathy Andrew	Fitness & Wellness Classes, Health Promotion	Ext. 2208
Janice Holmes	Nutrition Programs: Diners Club, Home Delivered Meals, Ensure	Ext. 2213
Carole Nicely	Diners Club Reservations, Nifty Noggins Head Coverings for cancer patients	Ext. 2205
Jourdan Huskey	Medicare & SHIP (Seniors' Health Insurance Information Program), Volunteer, Trips	Ext. 2206
Jimmy Solomon	Safety, Senior Games & Silver Arts, General & Medical Transportation	Ext. 2207
Kyla Love	Veteran Services Officer, Manager	Ext. 2209
John Sandrock	Veteran Services Officer, Asst.	Ext. 2210

***The Enrichment
Center plays a
vital role in the
lives of older
adults in Lee
County.***



***We are committed to
help you stay connected
with our communities;
Sanford, Broadway,
Lemon Springs, Deep
River, Tramway,
Jonesboro.
Our goal is to keep you
motivated, socialized,
informed and
independent.***

Let's Stay Connected!

Share your E-mail address with us
for updates and information
announced after The Center Post
newsletter has been published.

**E-mail Holly to be added
hhight@leecountync.gov**

***Ring Ring - It's the
Enrichment Center Calling!***
The Lee County Government
Enrichment Center
uses a telephone one-call system
to alert participants
about important information.

We will call you with news and
updates about meetings, weather,
programs, meals and other important
announcements.

**Be sure to answer the call and
listen carefully. The system will
leave a voicemail if your phone
permits.**

Flu Shots

Provided by **Walgreens**

At The Enrichment Center Wednesday, September 29, 2021 10 a.m.- 1 p.m.

Must register. Call (919) 776-0501 Ext. 2203.

****Bring your Photo ID, newest Medicare card and Medicare Part D card
with you on Sept. 29.****

Reminders When Coming to The Enrichment Center Monday—Friday

- The Enrichment Center is not open for guests who are not attending a scheduled activity or receiving a service. We are not allowing individuals to come into the center for socialization only, such as sitting, visiting, reading the newspaper, watching TV or using the computer lab.
- All guests should enter through the front door.
- Diners Club lunch attendees should enter through the front door. Janice or Carole will provide you with any changes.
- All vaccinated staff, participants and visitors may go without a mask and social distancing while inside and outside of the center, except in areas where the center is requiring distance such as yoga classes.
- Unvaccinated staff and participants should continue to wear a mask and social distance in and outside of the Enrichment Center.
- Participants will be checked into the MySeniorCenter system by a member of the staff or volunteer to eliminate touching the screen.

**WDSG
107.9**

Tune in for
LCG Enrichment
Center Updates!

Enrichment Center Fitness Programs

Open to Lee County residents ages 50 and better.

Keep fit and stay in shape for physical and mental health!
The Enrichment Center is currently offering these programs to help you maintain a healthy lifestyle in a clean, safe environment.
Call Cathy Andrew if you have questions (919) 776-0501 Ext. 2208.

Fitness Room - Monday-Friday

Available to participants who have completed orientation.
Call (919) 776-0501 ext. 2208 to make an appointment. Five participants are allowed per appointment slot. Cleaning takes place between appointments. \$1 (Free to Silver Sneakers Participants)

Morning Yoga - Monday & Friday, 8:30 a.m. – 9:30 a.m.

Great for beginners or those who find it difficult getting to the floor.
*Participants should bring their own equipment, mats, blocks, straps & kneeling pads. \$10 Per Month.

On The Move - Tuesday & Thursday, 10:00 a.m. – 10:30 a.m.

A free exercise class that will help to keep you fit while having fun!

Advanced Tai Chi - Monday & Friday, 10:30 a.m. – 11:30 a.m.

This is Tai Chi for Arthritis and Fall Prevention. The focus of this class is to reduce fall risk. \$10 Per Month.

Fit & Toned - Tuesday & Thursday, 8:30 a.m. – 9:30 a.m.

Suitable for beginners or those that already have an exercise program.
*Chair will be used for stability. \$10 Per Month.

Evening Yoga - Tuesday & Thursday, 5:30 p.m. – 6:30 p.m.

Better suited to participants with prior yoga experience.
\$10 Per Month.

Virtual Yoga - Tuesday & Thursday, 11:00 a.m. – 12:00 p.m.

Designed for those who are familiar with yoga. \$10 Per Month.

What's the difference between a Living Will and Advance Directives? Do I need a Health Care Power of Attorney? Where can I find these legal documents?

**Reserve Your Spot Today
for a FREE Virtual Seminar:
Living Wills
Advance Directives
Health Care Power of Attorney**

Wednesday, August 18, 2021
2:00 p.m.

Call (919) 776-0501 ext. 2230 to register and receive the Zoom link (must have valid email address).

EC Chat

Do you know of an older adult who could use a weekly call from a friendly volunteer?

Are you, yourself, feeling isolated, alone sad or depressed?

Would you like someone to talk to, but don't know who to turn to?

The Enrichment Center is here for you.



The EC Chat program is a free weekly phone call from trained, caring Enrichment Center volunteers.

These friendly check-ins will provide you with the comfort of knowing that you are not alone. All calls are confidential.

To learn more about the EC Chat program or to register contact Holly (919) 776-0501 ext. 2230 or E-mail hhigh@leecountync.gov.

"A gracious word may smooth the way; A joyous word may light the day, A timely word may lessen stress; A loving word may heal and bless." Author Unknown

Drug costs hard to swallow?

If you're on Medicare, call 855-408-1212 or visit ncshiip.com



LCG Enrichment Center Support Groups Open to All Adults (Holidays may affect dates. Call before coming.)

Parkinson Support:

3rd Wednesday of each month at 10:30 a.m.

Grief Support:

1st & 3rd Thursday of each month at 1:00 p.m.

Stroke Support:

2nd Thursday of each month at 1:00 p.m.

Grancare Support:

4th Friday of each month at 10:30 a.m.

Low Vision Support:

2nd Tuesday of each month at 1:00 p.m.

Caregiver/Dementia Support:

*Virtual and In-Person at 1:00 p.m.

1st & 3rd Thursday of each month at 1:00 p.m. are in person at the Enrichment Center. Call (919) 776-0501 ext. 2230 for virtual log-in information.

Grupos de apoyo de la CE de primavera de 2021

- Asistencia para el Parkinson
3er miércoles de cada mes a las 10:30 a.m.
- Apoyo para el duelo
1er y 3er jueves de cada mes a la 1:00 p.m.
- Soporte para accidentes cerebrovasculares
2do jueves de cada mes a la 1:00 p.m.
- Soporte de Grancare
4to viernes de cada mes a las 10:30 a.m.
- Soporte para baja visión
2do martes de cada mes a la 1:00 p.m.
- Apoyo al cuidador
* Virtual y Presencial a la 1:00 p.m.

1er y 3er jueves de cada mes a la 1:00 p.m. están en persona en el Centro de Enriquecimiento. Llame al (919) 776-0501 ext. 2230 para el enlace al grupo de apoyo virtual.

Diabetic Support Group

Wednesday, September 1, 2021 (monthly, first Wed.)
10:00 a.m. At The Enrichment Center
Led by Erica Duval, Nurse Liaison,
Amedisys Home Health

Grupo de apoyo para diabéticos

Miércoles, 1 de septiembre de 2021
(mensual, primer miércoles)
10:00 a.m. En el Centro de Enriquecimiento
Dirigido por Erica Duval, enfermera de enlace,



The Enrichment Center's Home Delivered Meals Program is in need of Volunteers to deliver a hot, nutritious meal to a homebound older adult in Lee County Monday - Friday.

Regular and fill-in positions available.

Routes take a little over an hour. Meals are picked up at the Enrichment Center and then placed in a cooler at the client's door.

Contact Janice Holmes
919-776-0501, ext. 2213
for more information or to volunteer.

Volunteers do not necessarily have the time; they just have the heart. – Elizabeth Andrew

We Provide Hot Lunches

Lee County citizens ages 60 and better can participate in our lunch time nutrition program. You have a hot lunch at The Enrichment Center, Monday through Friday. For those who are unable to drive, COLTS can provide a ride to the Enrichment Center for you to have lunch. For those who are homebound and live outside of the Sanford city limits, we offer **home delivered meals**.

Our spring and summer menus include: tuna salad, cucumber, onion and tomato salad, pasta salad, BBQ chicken, baked beans, oven browned potatoes, spaghetti, chicken salad, marinated pork loin and spiced peach cobbler.

Each week you will receive next week's menu, health & wellness information, important alerts, games and puzzles.

If you would like to participate in our lunch time program call Carole, (919) 776-0501 ext. 2205.

If you or your loved one is in need of a home delivered meal call Janice, (919) 776-0501 ext. 2213.



SATURDAY NIGHT DANCE

At The Enrichment Center

7:00 pm Cost: \$10

NO food items served.

Individually wrapped snacks and drinks only.

Bands for August: 7th - Carolina Dreamers, 14th - Bill Brady & Tarheel Rambler, 21st - SideKix 28th - Colours

Bands for September: 4th - Old Skool, 11th - Crossfire, 18th - SideKix, 25th - Old Skool

Bands for October: 2nd - Bill Brady & Tarheel Rambler, 9th - Crossfire, 16th - SideKix, 23rd - Colours, 30th - Big Daddy



HAPPY 65TH BIRTHDAY!

Medicare is next...

If you are turning 65 soon, or want to know more about Medicare, attend our next informational presentation.

**LCG Enrichment Center
Thursday, September 9, 2021
5:00 p.m.**

Registration not required.

Information provided by staff trained by the NC Department of Insurance, SHIP (Seniors' Health Insurance Information Program)





Veteran Services Office

The Lee County Veteran Services Officer (VSO) assists eligible

veterans and their families, deceased veteran's dependents and survivors in applying for benefits from the U.S. Department of Veterans Affairs (VA) and the N.C. Department of Military and Veterans Affairs (NCDMVA).

Members of the Reserves, National Guard and active duty service members are also welcome to call the county VSO for assistance with any matters involving the VA.

While Lee County is not the authorizing organization for these benefits, the County Veterans Service Officer can assist the veteran greatly in the following areas:

- Assessing and confirming eligibility
- Completing the documentation required by the VA and NCDMVA
- Explaining complex issues and forms
- Referring veterans and service members to other agencies that may be of assistance

The mission of Lee County Veterans Services is to pursue a high quality of life for local veterans, their families and their survivors.

It is our goal to increase public awareness of the services available to veterans and their families. We advocate for Lee County veterans and their families by assisting them in obtaining the benefits to which they are entitled.

**Get Expert Assistance
With Your VA Claim
Call (919) 776-0501 ext. 2209.**

DO YOU HAVE CONCERNS about falling?



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.

Once a week, eight weeks at the LCG Enrichment Center

Wednesdays, 9:00 a.m. - 11:00 a.m.

August 4, 2021 - September 22, 2021

No Cost - Contributions Accepted

Class size is limited.

Priority given to Lee County residents ages 60 and better.

This program emphasizes practical strategies to manage falls.

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

**To register and for more information call
Cathy Andrew (919) 776-0501 ext. 2208.**

Free Health Promotion Tai Chi For Arthritis for Fall Prevention

These classes are aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls. Priority given to those ages 60 and better. Open spaces available to adults under age 60. To register call (919) 776-0501 ext. 2208



- Class begins promptly at 1:30 p.m.
- Please wear comfortable attire.
- Try to attend every class.

Free classes provided by a Health Promotion Grant.
Contributions accepted.

For Beginners

Mondays & Wednesdays

August 2 - Oct. 11, 2021

1:30 p.m. - 2:30 p.m.

Classes held at the Ingram Building, Dalrymple Park, 300 W. Globe St.

Part II Intermediate

Prerequisite - you must have completed a Beginners Class for Arthritis for Fall Prevention.

Tuesdays & Thursdays

August 3 - Oct. 7, 2021

1:30 p.m. - 2:30 p.m.

Classes held at the Ingram Building, Dalrymple Park, 300 W. Globe St.

Rex UNC Healthcare Mobile Mammography is Coming to the LCG Enrichment Center

Friday, October 8, 2021 10:00 am - 3:00 pm

To be eligible for the screening, you must: have a physician or medical provider, have no previous history of breast cancer, not have any present symptoms, not be pregnant or breastfeeding, be at least 35 years old for a baseline (first time) mammogram (check with insurance), be at least 40 years old for an annual mammogram, not have had a mammogram within the last 12 months, must not have breast implants or breast augmentation.

Contact the Lee County Health Department for more information and to pre-register (919) 718-4640, Ext. 5355.

La Unidad Movil de Mamograma Rex UNC Healthcare viene al Control de Enriquecimiento

Horario: 10:00 am - 3:00 pm Fecha: October 8, 2021

Para ser elegible para la deteccion, usted debe: no tener antecedentes de cancer de mama. No tener sintomas presents, como dolor, protuberancias. No estar embarazada o amamantando. Tener por lo menos 35 anos para una linea de base (primera vez) mamografia (verifique con su Seguro). Tener por lo menos 40 anos de edad para una mamografia annual. No haberse hecho una mamografia en los ultimos 12 meses. No debe tener implantes mamarios o aumento de senos. Para mas informacion y para pre-registrarse por favor llame al Departamento de Salud del Condado de Lee (919) 718-4640, Ext. 5355.

Financial Estate Planning Seminar

With Dargan Moore from Edward Jones

**Friday, September 24, 2021
10:30 a.m. – 11:30 a.m.**

Join Certified Financial Advisor, Dargan Moore CFP, CLU, AAMS, as he delves into the importance of determining the best financial strategy for you and your family, with a focus on Grandparents Raising Grandchildren. To register call (919) 776-0501 ext. 2203.



Trips!

Appointment required
to register.

Call (919) 776-0501 ext. 2213.
Pick up a flyer with full details
at the EC front desk.

West Virginia

**Train Adventure
June 14-17, 2022**

Canada & New England Cruise







**August 11 - 19, 2022
Aboard Royal Caribbean's
"Enchantment of the Seas"**

Alaska Cruise

**September 15 - 23, 2022
Aboard Royal Caribbean's
"Ovation of the Seas"**

PUBLIC TRANSPORTATION



-  Public Transportation to Work, Shopping, General, Medical
-  Raleigh Executive Jetport Shuttle
-  Purchase Ride Vouchers
-  Accessibility for Physically Challenged
-  Free Transportation to COVID-19 Vaccination Location
-  Call COLTS for More Public Access Transit Options, Schedule & Pricing



1807 Douglas Drive, Sanford

(919) 776-7201

www.leecountync.gov/colts.aspx

Title VI Policy Participant

Our mission is to provide safe & reliable transportation to the citizens of Lee County.



Opciones Con COLTS

COLTS es un sistema de tránsito coordinado que provee servicios de transporte a muchas de las agencias que proveen servicios humanos en el Condado de Lee.

COMO SE USA COLTS Pasajeros que usan COLTS bajo el auspicio de una agencia que provee servicios humanos pueden viajar gratis pero primero deben de ser referidos por la agencia patronizadora. Los requisitos varían dependiendo de las agencias del Condado de Lee. Si usted o alguien que usted conoce tiene necesidades especiales, llame a la agencia de servicios humanos que usted piensa apropiada o simplemente llame a la oficina de COLTS. Nosotros le ayudaremos en determinar su elegibilidad a través de las agencias que están contratadas con COLTS.

HORARIO 6:00 a.m. a 5:00 p.m. lunes a viernes. Mensajes para cancelar servicios se pueden dejar en la grabadora después de las horas de trabajo. **(919) 776-7201**

Dirección Física: 1807 Douglas Drive, Sanford

Correo: 1615 S. Third Street, Sanford

COLTS esta patrocinado por el Condado de Lee de Carolina del Norte, por el Departamento de Transporte por el Gobierno Federal y el público en general.

COLTS es participante de la empresa de negocios para los desventajados.

Sistema de transito Condado de Lee Declaración política del Título VI

Es la política de brindar igualdad de oportunidades a toda personas, que reciban servíos del Sistema de Transito Condado de Lee. "COLTS" (919) 776-0501 Ext. 2216.

Tech 9-1-1

Do you need help with a cellphone, tablet or laptop? Do you wonder what Zoom and Facebook are? If so, call to sign up for a free 1-on-1 session for a personalized tech help experience. Please bring your devices, and any questions you have.

Tuesday, August 24, 2021

Call (919) 776-0501 ext. 2230 to register for a time spot.



A Novel Approach Book Group

The group meets September through May, 12:00 noon at the Enrichment Center for a discussion of the month's selection. The book for September 14 is **The Dutch House** by Ann Patchett.

The book for October is **The Dearly Beloved** by Cara Wall.

If you have questions, you can contact Ellie Matthews, elliegolf@charter.net, or Debbie Williams (919) 776-0501 ext. 2203.



Tune in for
Up & Coming
with Margaret
& Melanie



National Night Out Program & General Safety in Our Community

With Mayor Chet Mann

Monday, October 4, 2021 at 11:00 a.m.

Registration Not Required



GOT YOUR SHOT?

Health Department COVID-19 Vaccination Offerings

1. Every Thursday and Friday

from 2 p.m. - 4 p.m. at the
Government Center (106
Hillcrest Drive)

2. Register by calling between
8:30 a.m. - 4:30 p.m. Mon -
Fri at (919) 842-5744 (English)
or (919) 718-4640 option 8
(Spanish)

Free Financial Planning Seminar

With Zeke Kelly

Financial Advisor with Principal Financial Group

Thursday, September 16, 2021 at 5:30 p.m.



EPISODE 1: YOUR LIFE & MONEY IN RETIREMENT

For those at the moment of retirement – two years away, currently transitioning to or even living in, retirement. This workshop highlights strategies and action steps retirees can take to feel more confident transitioning to retirement and emphasizes the importance of striking a balance between guaranteed and non-guaranteed products.

This will kick off a 4-part series designed to cover the most common questions and concerns when it comes to retirement planning.

Call to reserve your spot today! (919) 776-0501 ext. 2203

Please note: If you are unable attend this in-person seminar, a Zoom makeup session will be held Monday, September 20, 2021 at 5:30 p.m. Call (919) 776-0501 ext. 2230 to have the Zoom link emailed to you.

Hiring Drivers!

**COLTS - County Of Lee Transit System is hiring part
time drivers. Start pay rate \$10/hour.
Contact Tonya Surratt (919) 776-7201**



**Tune in for
LCG Enrichment
Center Updates!**

AARP TAX-AIDE 2022 TAX SEASON VOLUNTEERS NEEDED

AARP Tax-Aide is a group of volunteers who provide free tax filing services to Seniors, low and middle-income individuals during tax season.

We train all Volunteers on the TaxSlayer software and tax form input requirements. You DO NOT have to be a Tax Professional, an AARP member or a college graduate to do our volunteer work. Some basic computer skills are helpful.

An introductory meeting about AARP Tax Aide will be held in November. Discussions on training and how you may be scheduled (depends upon your availability) will be presented. During tax season, Volunteers are requested to perform a minimum of one 4-hour day per week. We prepare taxes at the Lee County Government Enrichment Center on Mondays, Wednesdays, and Thursdays.

We are seeking a SIGN-UP list of Volunteers **now** to determine training needs.

Please contact:

James Payne

Phone: 919-353-7986

Email: pesty42@gmail.com

"That's the thing about books – they let you travel without moving your feet." Jhumpa Lahiri

For The Love Of Books

The 2nd Wednesday of each month from 11:00 a.m. – 12:00 p.m. The Enrichment Center, in collaboration with the Lee County Library, will be offering 'Book Day'! Come by the dining room, ask for Debbie Williams and choose a library book! Details for return will be included on a bookmark in the book.

Now Accepting Vendors

For Annual Fall Festival

To be held Saturday, October 23, 2021

Call Debbie Williams

(919) 776-0501 ext. 2203

Add to Your Calendar!

Fall Festival at the Enrichment Center

Saturday, October 23, 2021

8 a.m. - 2 p.m.

Veterans Appreciation Breakfast

At the Dennis A. Wicker Civic Center

Wednesday, November 10, 2021

2021 BRAIN WELLNESS SERIES

*With Dr. Jennifer Richards
of Carolina Brain Wellness Center*

Are you someone that is concerned with aging and the impact that it has on your brain? Would you like to learn different strategies and techniques to help your brain remain functional and vital? This is a free virtual series you will view from your computer, tablet or smart phone.

There are 4 sessions that can help you understand brain health and how you can maintain it. **Call (919) 776-0501 ext. 2203 to register.**

Session 1: Sept. 17, 2021, 3 pm - 4 pm

Brain Health and Aging: The Basics

Session 2: Oct. 15, 2021, 3 pm - 4 pm

Brain Health: Lifestyle Changes

Session 3: Nov. 19, 2021, 3 pm - 4 pm

Cognitive Strategies: Attention and Memory

Session 4: Dec. 17, 2021, 3 pm - 4 pm

Cognitive Strategies: Technology-Based Solutions.





1615 S. Third Street, Sanford, N.C. 27330
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.

LCG 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.

Caring-Lee is an all-inclusive resource guide to caregiving in Lee County. You can find it on our website, www.leecountync.gov/ec or call Holly for a paper copy to be mailed to you, (919) 776-0501 ext. 2230. *NOTE: some programs in the guide are operating on limited schedules due to the global pandemic. Please call the appropriate entity for updated times. For more information and resources regarding COVID-19 please go to nc.gov/COVID19 or call the Lee County Health Dept., (919) 718-4640.

Nifty Noggins are handmade head coverings for cancer patients. If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.

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

2021 Holiday Closings

Labor Day
Veterans Day
Thanksgiving
Christmas

September 6
November 11
November 25, 26
December 23, 24
and 27

Like or Follow LCG Social Media Accounts for Department & Program Information

Facebook

Twitter

YouTube

Instagram

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