



The Center Post



Volume 30

DECEMBER 2021

**The
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



YOU'RE INVITED

VETERAN'S HOLIDAY RECEPTION

DECEMBER 15, 2021 | 3:00 PM | ENRICHMENT CENTER - GRAND HALL
1615 S. THIRD STREET, SANFORD, NC 27330

Join us at our holiday reception for veterans to kick off our
Lee County VetConnect get-togethers, which provides local
veterans with the opportunity to meet and socialize with
other veterans.

Please RSVP by calling 919-776-0501 Ext. 2209 or 2210.
We hope to see you there!

*Merry Christmas
& Happy New Year
from The Enrichment Center!*

Operating Hours During Christmas And New Year's

Open December 20 - 22 and December 28 - 30
8:00 AM - 5:00 PM

CLOSED Dec. 23, 24, 27, 31, 2021



Sparkle & Sweat 2022

Tuesdays & Thursdays

January 4 - 27, 2022

5:30 PM – 6:30 PM

Cost: \$10

Kick off your fitness in the New Year with fitness coach, **Erica Davidson**, for 4 weeks of Sparkle and Sweat 2022! Let's not make fitness a New Year's resolution but a lifestyle! At the end of the workouts, you will receive one on one coaching with Erica to get a fitness plan created based on your individual goals!

*Class Participants will need a mat and light weights.

Please call to register (919) 776-0501 ext. 2203. First come first served to those aged 50 & better and Lee County Government staff. Waiting list available to those 49 and below.

BRAIN WELLNESS

With Dr. Jennifer Richards of Carolina Brain Wellness Center

Session 4: Fri., Dec. 17, 2021 3 PM - 4 PM

Cognitive Strategies: Technology-Based Solutions

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* class you will view from your computer, tablet or smart phone. The session can help you understand brain health and how you can maintain it. Call (919) 776-0501 ext. 2203 to register.

A Novel Approach Book Group

The group meets at 12:00 noon at The Enrichment Center for a discussion of the month's selection. Open to all adults.

The book for **December 2021**
is **A Bridge Across the Ocean**
by Susan Meissner

The book for **January 2022**
is **A Cold and Lonely Place**
by Sara J. Henry

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

Lee County Residents Walk In Medicare Part D Enrollment Clinic

No Appointment

Mon., Dec. 6 & Tues, Dec. 7, 2021
8:00 AM to 3:00 PM

The Enrichment Center
1615 S. Third St., Sanford

Must bring Medicare card and medication
list at the time of visit.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

NC residents may call 1-855-408-1212
with Part D, Supplement and other
Medicare assistance.

You're Invited! 1st Friday Movie Club

Friday, December 3, 2021 at 2:00 PM Movie: The Holiday

Friday, January 7, 2022 at 2:00 PM Movie: All the President's Men

Call to reserve your spot, (919) 776-0501 ext. 2230.

*Movie selections based on suggestions and may or may not be to your preference as far as language or subject matter. Please research before attending. Thank you!



Tune in for
LCG Enrichment
Center Updates!



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 Veteran 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.**

ANGEL TREE

We are accepting monetary donations to support our *Angels* in order to limit the number of people and items coming through our facility.

Enrichment Center staff has ordered items and will have them delivered to The Enrichment Center. We are packaging items into gift bags and delivering to the homes of our clientele that we have assisted over the past year.

If you would like more information about the *Angel Tree Project* call Tami Carter (919) 776-0501, ext. 2212.

**Please make donation checks payable to:
(reference *Angel Tree* on memo line of check)
The Enrichment Center, Inc.**

**Mail or drop off at The Enrichment Center
1615 S. Third Street, Sanford, NC 27330
*Thank you for your kindness.***

Today's senior centers are community focal points for active older adults to connect with vital community services that can help them stay healthy and independent. Seniors Centers, like the LCG Enrichment Center, offer some of the most widely used services sought by North Carolina's adults ages 50 and up.

- NCDHHS, Div. of Aging & Adult Services

**WDSG
107.9**

Tune in for
LCG Enrichment
Center Updates!

Up & Coming January 2022

**Tablet, Smart Phone and Technology Classes
Be sure to read The Center Post, January 2022**

Free Health Promotion Tai Chi

For Arthritis for Fall Prevention

Call To Register
The Enrichment Center
(919) 776-0501 ext. 2208



**Classes are provided by
a Health Promotion Grant
Contributions accepted.**

*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 aged 60 & better.
Open spaces available to adults
under age 60.

**Call To Register
The Enrichment Center
(919) 776-0501 ext. 2208
1615 S. Third Street
Sanford, NC 27330**

For Beginners

Mondays & Wednesdays

January 3 -

March 14, 2022

1:30 p.m. – 2:30 p.m.

Classes held
at The Ingram Building
Dalyrmpole Park
300 W. Globe Street
Closed Jan. 17 for Holiday

- 10 weeks – 20 sessions
- Class begin promptly.
- Please wear comfortable attire.
- Try to attend every class.

Part II Intermediate

*Prerequisite – you must have completed a
Beginners Class for Arthritis
For Fall Prevention*

Mondays & Wednesdays

March 21 – May 25, 2022

1:30 p.m. – 2:30 p.m.

Classes held at The Ingram Building
Dalyrmpole Park
300 W. Globe Street

- Class begin promptly.
- Please wear comfortable attire.
- Try to attend every class.

AARP TAX-AIDE 2022 TAX SEASON VOLUNTEERS NEEDED

**SIGN UP TODAY
by Calling James Payne
(919) 356-7652**

Types of duties:

Greet tax clients and assist with completion of information forms, input clients' tax information into computer system, review clients' tax returns for correctness, follow up with tax clients for any additional information needed to complete their return.

All work is overseen onsite by trained AARP Tax-Aide lead volunteers.

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

Volunteers are trained 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.

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.

**For more information
and to volunteer,
call James Payne
Phone: 919-356-7652
Email: pesty42@gmail.com**

*AARP and Lee County citizens
appreciate your volunteer time in
making this program possible.*

***GIVE YOURSELF A BREAK!* FREE Powerful Tools For Caregivers Class**

**Every Wednesday March 2, 2022 – April 6, 2022
3:00 PM – 4:30 PM**

Six sessions held once a week; 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.

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! **The 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 Resource**

Registration is required, (919) 776-0501 Ext. 2230.

Joy

I've discovered the secret of living
It's not hard to understand.
Whatever your work or profession
Do it with love from your heart.

If you're true to yourself
I promise you ~
You'll never work a day in
your life.

Just glide on the tides
And enjoy the ride
You'll grow older
Without getting old.

By Nancy A. Bye, September 2021

Hiring Drivers!

**COLTS - County Of Lee Transit System
is hiring part time drivers.
Start pay rate \$13/hour.**

**Contact Tonya Surratt (919) 776-7201
1807 Douglas Drive, Sanford**

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 - Dispatch	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 & SHIIP (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 II	Ext. 2209
Zee Cupid	Veteran Services Officer I	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.



***To Join, Or Not To Join...That Should Not Even Be A Question!
~ Shakespeare?***

Drama Club General Interest Meeting

Wednesday, January 19, 2022 2:00 PM – 3:00 PM

We will discuss plans for the fourth season of *The Enrichment Players*.

All those interested in joining either on or off stage are welcome and invited to attend. ***For More Information, contact Holly
hhight@leecountync.gov or (919) 776-0501 ext. 2230.***

Reminders When Visiting 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.
- It is recommended whether vaccinated or not, participants and visitors wear masks and social distance while inside and outside of the center.

COVID-19 Vaccine Clinics

Provided by the
Lee County Government
Health Department

Schedule an appointment:

Online: www.leecountync.gov

By Phone:

(919) 842-5744 (English)

(919) 718-4640, option 8 (Spanish)

To schedule a free ride with COLTS, register for the COVID vaccine or Booster and then call COLTS to schedule transportation
(919) 776-7201.

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.

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

For The Love Of Books

DID YOU KNOW?

Reading reduces stress by 68%!

The Lee County Library's Delisa Williams will be joining us the 2nd and 4th Wednesday of each month to bring new books for your reading pleasure. These books will be available to check out at no charge and without having to go to the Library to return them.

Donating Your IRA Distributions to a Charity

Qualified charitable distributions (QCDs) can be used to satisfy required minimum distributions from an IRA without having the distribution included in your income. Ask your Financial Advisor if QCD is an option for you. If so, please consider donating to The Enrichment Center, Inc. 501c3 charity.

The Enrichment Center, Inc. Helping Fund is used to assist older adults in Lee County who are in a crisis situation. The funds are used for food, fuel, electricity, water and medications.

Make checks payable to The Enrichment Center, Inc. and mail to or drop off at 1615 S. Third Street Sanford.
919-776-0501

*Every dollar donated to The Enrichment Center, Inc. Helping Fund is used to assist Lee County older adults in need.
Thank you.*

Drug costs hard to swallow?

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



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

PHOTO: JIM

The 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 log-in information for virtual group.

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

**Meets monthly on the first Wednesday
10:00 a.m. At The Enrichment Center
Led by Erica Duval, Nurse Liaison,
Amedisys Home Health**

Grupo de apoyo para diabéticos

mensual, primer miércoles
**10:00 a.m. En el Centro de Enriquecimiento
Dirigido por Erica Duval, enfermera de enlace,
Amedisys Home Health**



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

Friday, February 4, 2022 is National Wear Red Day On this day in February, American Heart Month, everyone across the country dons the color red in order to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation.
Wear your red on Friday, February 4th!

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 menus include: BBQ chicken, baked beans, oven browned potatoes, spaghetti, 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 December:
4th - Carolina Dreamers
11th - Bill Brady & Tarheel Rambler
18th - Colours
25th - NO DANCE

Keep in mind Lee County Government policies while attending the dance: No alcohol on the property, smoking allowed 50 feet away from the facility, no firearms or weapons on the property.

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults (ages 60 and better) 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.

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



Classes meet weekly at
The Enrichment Center
1615 S. Third Street
Sanford, NC 27330

Eight Classes in the Series
Wednesdays 9am – 11am
March 2, 2022 – April 20, 2022

NO COST - Contributions Accepted.
Class size limited.

For more information or to register please call
The Enrichment Center
(919)776-0501 ext. 2208

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).

Creative Writing Journaling Group

This new EC Creative Writing Club will begin meeting the 4th Thursday of each month from 2 PM - 3 PM. Each month a new topic or theme will be given to write about. After journaling for 30-40 minutes we will then share our written experience. At the end of the year you will have a special keepsake to pass down to your loved ones of your 12 months of thoughts/ideas/dreams/goals and memories...what a special treasure for your family to have!

Please bring your own notebook.

*If interested in joining please call Holly at
(919) 776-0501 ext. 2230 or email
hhight@leecountync.gov.*

Trips!

Appointment required to register.

**Call Jourdan Huskey
(919) 776-0501 ext. 2206.**

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"**

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 servicios del Sistema de Transito Condado de Lee. "COLTS" (919) 776-0501 Ext. 2216.

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.



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.

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.

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.legallaidnc.org.**



Tune in for
Up & Coming
with Margaret
& Melanie



LCG Enrichment Center

2021 Holiday Closings

Christmas	December 23, 24 and 27
New Year's Day 2022	December 31

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

Facebook

Twitter

YouTube

Instagram

Blogger

