



The Center Post



Volume 30

JULY 2021

LCG Enrichment Center
(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,
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



Update!

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

Services and Activities Scheduled

The Enrichment Center of Lee County will reopen the **Congregate Diners Club meal site** to participants on July 6. Lunch will be served in the Grand Hall for Lee County residents 60 and over. 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.

Starting Tuesday, July 6, The Enrichment Center will be open on Tuesday and Thursday evenings until 7:00 pm. The fitness room will be available by appointment. Yoga classes for age 50+ will resume on Tuesdays and Thursdays at 5:30 p.m. Call **Cathy Andrew** at 919-776-0501 Ext. 2208 for a fitness room appointment or if you have questions about fitness classes.

The **Saturday Night Dance** will resume on Saturday, July 10 at 7:00 pm in the Grand Hall. The band will be Crossfire.

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
in the Enrichment Center.***

*The Enrichment
Center is vital
to the lives of
older adults in
Lee County.*

*We are
committed to
help you stay
connected
with our
communities.
Our goal is to
keep you
motivated,
socialized and
independent.*

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 for July. This may change in August. You will receive instructions from Janice and Carole.
- 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

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.

Let's Stay Connected!

We hope you, your family and friends are staying well. Our schedule at the Enrichment Center has increased a bit and we are excited to bring the Diners Club back to the Grand Hall for lunch.

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

E-mail Holly to be added to our list, 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, COVID-19 pandemic, meals and important announcements.

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

LCG Enrichment Center and 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, Fitness, Health Promotion, ext. 2203

Janice Holmes, Medicare and SHIP (Seniors' Health Insurance Information Program), Volunteer, Trips, ext. 2206

Janice Holmes, Nutrition Program Director, Home Delivered Meals, Ensure Program, ext. 2213

Jimmy Solomon, Safety, Senior Games & Silver Arts, General & Medical Transportation Age 60+, ext. 2207

Holly Hight, Family Caregiver Specialist, Support Groups, Senior Center Programs, ext. 2230

Cathy Andrew, Fitness & Wellness Coordinator, Fitness and wellness classes, ext. 2208

Carole Nicely, Diners Club Lunch Program, Nifty Noggins Head Coverings for cancer patients, ext. 2205

Kyla Love, Veteran Services Officer, ext. 2209

John Sandrock, Veteran Services Officer, ext. 2210

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.

"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

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
hhight@leecountync.gov.

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.



Water Aerobics

Mondays/Wednesdays/Fridays

10:45 a.m. - 11:45 a.m.

at OT Sloan Pool

\$20 per month. Registration and

payment at the pool before class. Open to all adults.

NO REFUNDS. Priority given to those ages 50 and better.



SATURDAY NIGHT DANCE

At The Enrichment Center

7:00 pm Cost: \$10

NO food items served.

Individually wrapped snacks and drinks only.

Bands for July: 10th – Crossfire, 17th – Ole School, 24th – Colours, 31st – Big Daddy



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 am - 11:00 am
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 aged 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.

July

Staying Healthy



SHIP
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

N.C. Department of Insurance
Mike Causey, Commissioner
855-408-1212 (toll free) www.ncdoi.gov

You can live a healthy lifestyle and prevent disease by exercising, eating well, maintaining a healthy weight and not smoking.

Medicare can help. Medicare pays for many preventive services to help keep you healthy. Preventive services can find health problems early and fight off certain diseases.

If you have Medicare, you can get a yearly wellness visit and many other preventive services.

For more information contact: Janice Holmes (919) 776-0501 ext. 2206

We need

YOU!



*Would you like
to make a
difference in
someone's life
every day?*

Volunteers are needed to deliver a hot, nutritious meal to a homebound older adult in Lee County, Monday - Friday.

Regular and fill-in positions available.
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*

Drug costs hard to swallow?

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



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

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
Rescheduled to 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, July 13, 2021 or 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 beginning June 10th and 11th 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)

3. Drive-Thru Clinics each Tuesday from 8:30 a.m. - 9:30 a.m. at the Dennis Wicker Civic Center (1801 Nash Street)
*Offered until July 20th

Join WakeMed Mobile Wellness & LCG Enrichment Center *Free Vascular Screenings*

Thursday, September 23, 2021 from 9:00am - 3:00pm
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.

Hiring Drivers!

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

WXKL 1290-AM
SANFORD, NC
"We exalt Kingdom Living"
WWW.WXKL1290.COM
(919) 774-1290 / 1080
**Tune in for
LCG Enrichment
Center Updates!**

AARP TAX-AIDE VOLUNTEERS NEEDED

AARP Tax-Aide is a team of volunteers who provide free tax filing services to seniors, low and middle income individuals during tax season. Membership in AARP is not required. Our team is seeking Volunteers to be trained as Client Facilitators or Tax-Aide Counselors.

Our needs have risen due to COVID-19 and general volunteer loss. We would like to recognize and thank volunteer Nancy Johnson for her 25 years of volunteer work in the AARP Tax-Aide program. Nancy retired from the program after the 2020 tax filing season. She has been the foundation of Lee County AARP Tax Aide and her insight and leadership skills has weathered many constraints to keep the AARP program going for our community. She has been a great mentor to all volunteers.

Client Facilitators assist Taxpayers in completing some demographic forms used to setup their accounts in computer software.

We train new Counselors on the TaxSlayer computer software for completing tax forms. **You DO NOT have to be a Tax Lawyer / Professional to do our volunteer work.** Some basic computer skills are helpful.

If interested or further understanding is desired, 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 am – 12:00 pm. The Enrichment Center, in collaboration with the Lee County Library, will be offering 'Book Day'! Stop by the pavilion 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

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.

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

| | |
|------------------|------------------------|
| Independence Day | July 5 |
| Labor Day | September 6 |
| Veterans Day | November 11 |
| Thanksgiving | November 25, 26 |
| Christmas | December 23, 24 and 27 |

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



Facebook

Twitter

YouTube

Instagram

Blogger

