



The Center Post



Volume 30

OCTOBER 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**



**Medicare costs
hard to swallow?**

**SHIP can help find the
best Medicare Prescription
Drug Plan for you!**



It's time to evaluate your plan and see what's new for 2022. The Seniors' Health Insurance Information Program (SHIP) offers free, unbiased information about Medicare and can assist with enrollment and subsidy applications that could save you money.

**Medicare Annual Open Enrollment Period
October 15 - December 7**
Changes will be effective Jan. 1, 2022

Call to schedule an appointment
with a trained SHIP counselor.



**Lee County
Residents Call:**

(919) 776-0501 Ext. 2206

**Listen carefully to
instructions on voicemail.**

**Anyone on Medicare
Call: 855-408-1212**

Fall Festival

**Saturday, October 23, 2021
8 a.m. - 2 p.m.**



**Handmade and
Homemade Baked &
Canned Goods,
Accessories,
Woodcarving,
Decorations, Hand
Sewn Items & Much More**



**Lending Paws A Hand, Inc.
Animal Rescue
Pets on site ready for a
'forever' home!**

**Grilled HOTDOGS and SAUSAGE
DOGS with all the trimmings!**
*Proceeds from hotdog and sausage dog
sales benefit The Enrichment Center,
Inc. Helping Fund. A fund used to assist
older adults in Lee County who are in a
crisis situation.*

*We look forward to seeing you!
During this event, wearing masks inside
the facility is highly recommended.
Thank you.*

NEW HOLIDAY FITNESS CLASSES!

Tuesdays & Thursdays

The Twelve Days of Fitmas

November 9th - December 16th

5:30 p.m. – 6:30 p.m.

Cost: \$15

Stay active just in time for the holidays! Join fitness instructor, Erica Davidson, for a 6-week Aerobics Pilates class. This 6 weeks will help you feel your best, just in time for the holiday season!

Tuesdays & Thursdays

Sparkle & Sweat 2022

January 4th – January 27th

5:30 p.m. – 6:30 p.m.

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 Years 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.

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 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.



Candlelight Reflections

2021 Annual Ceremony

Thursday, November 4, 2021

5:30 – 6:30 PM

**Special Candlelight Ceremony,
Refreshments & Music**

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

We will be celebrating this year in a safe, socially-distanced manner outside in the pavilion.

Please call (919) 776-0501 ext. 2230 to RSVP.

You're Invited! 1st Friday Movie Club

Friday, November 5, 2021 at 2:00 pm

Movie: I Can Only Imagine

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!**

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
Z 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.

Diner's Club Halloween Party! Friday, October 29, 2021

Come dressed in your favorite Halloween attire and join us for some trick-or-treating ... mostly treating! We will be enjoying yummy halloween snacks while listening to some scary tales of NC ghosts and legends! See you at 11:00 a.m.!



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 Booster Vaccine Clinic

Dennis Wicker Civic Center
1801 Nash St
Sanford, NC 27330

**OCTOBER 5, 6, 12, 13, 18, 19,
26, and 27, 2021
9AM-3PM**

Schedule an appointment:
Online: www.leecountync.gov

By Phone:
(919) 842-5744 (English)
(919) 718-4640, option 8 (Spanish)

To schedule a ride with COLTS, register for the booster FIRST 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

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.

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



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

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

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*

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: 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.



**Alexa Woodard
and
Chloe Chastain**

UNC School of Nursing Interns

Alexa and Chloe will be with us at the Enrichment Center until mid November.

They have been providing health and wellness programs for the Diners Club and other participants. Be sure to meet them and participate in their programs.

Benefits of Participating at a NC Senior Center

*Based on a survey of 7000 NC senior
center participants taken by NC Dept.
HHS, Division of Aging and Adult
Services*

*Improvement in well-being...
Development of stronger support
systems...
Better management of health...
Better and easier access to services...
Increased creativity...*

SATURDAY NIGHT DANCE

At The Enrichment Center

7:00 pm Cost: \$10

**NO food items served.
Individually wrapped snacks and drinks only.**

Bands for October:

**2nd - Carolina Country,
9th - Old Skool, 16th - SideKix,
23rd - Colours, 30th - Big Daddy**

Bands for November:

**6th - Carolina Dreamers, 13th - Big Daddy, 20th - SideKix,
27th - Colours**



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.**

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 will order items and have them delivered to the Enrichment Center. We will package items into gift bags and deliver 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!



DUE TO COVID-19 THE VETERANS' APPRECIATION BREAKFAST HAS BEEN CANCELED.

We appreciate your service and commitment to this country.

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 Lee County residents ages 60 and better.

Open spaces available to adults under age 60.

To register call (919) 776-0501 ext. 2208

Free classes provided by a Health Promotion Grant.

Contributions accepted.

For Beginners And Part II Intermediate

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



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.

Contact Cathy Andrew for Class Dates (919) 776-0501 ext. 2208

**No Cost - Contributions Accepted. Class size is limited.
Priority given to Lee County residents ages 60 and better.**

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.**



Veteran's Day by Darcy Hill, 2014

Veterans Day is all about honor.
It's all about serving your country
So everyone here can be free.
Veterans Day is all about valor.
It's all about laying your life on the line
To protect liberty.
We raise our flag to you.
The red, the white, and blue.
Veterans Day is all about courage.
It's all about respecting the right of each one
To life live without fear.
And Veterans Day is all about heroes,
The ones who stand up each day
To defend the hope of us all.
We raise our flag to you,
The red, the white, and blue:
To say thank you, thank you, thank you.

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"

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 Friday, October 8, 2021

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.

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



A Novel Approach Book Group

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

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

The book for November is

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



Thursday, November 11, 2021

"On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much that we can live free."

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

Reducing Stress In The Golden years



**With Special Guest
Speaker**

**Samantha Allred
from NC BAM!**

NC Baptist Aging Ministry

**Thursday, November 18, 2021
11:00 A.M. – 11:45 A.M.**



The aging process can include stress-inducing challenges such as chronic illnesses, grief and financial struggles.

Participants learn ways to de-stress their lives, how faith and humor can help, as well as practical solutions for a better night's sleep.

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



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

Making Every Day a Great Day



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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

Veterans Day	November 11
Thanksgiving	November 25, 26
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

