



# The Center Post



Volume 30

SEPTEMBER 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



## *Communities of Strength* **National Senior Center Month** **September 2021 Activities**

In recognition of National Senior Center Month's theme, "Communities of Strength," the Enrichment Center will be showing off our EC community with the following fun and informative programs and activities! All listed activities are free.

Every Mon	Line Dancing (except Sept. 6)	2:00 pm
Every Tue	Community Chess Club	5:00 pm
Every Tue	Art Club	9:00 am
Every Tue & Thu	"On The Move" Exercise Class	10:00 am
Every Wed	Wood Whittling & Carving	10:00 am
Every Tue	Farmer's Market (except Sept. 7)	9:00 am
Every Wed	Guitar	12:00 pm
Every Wed	Knitting	12:30 pm
Sept. 3	1 <sup>st</sup> Friday Movie Club "Forrest Gump"	2:00 pm
Sept. 8	Blood Pressure Checks, UNC Nursing Students	10:00 am
Sept. 9	Welcome To Medicare	5:00 pm
Sept. 10	Music Variety, Billy O'Brien	10:30 am
Sept. 13-17	Spirit Week!	All Day
13 Favorite Color Day 14 Pick A Decade Day 15 Favorite Team Day 16 Funny Hair Day 17 Art For The Heart Day		
Sept. 15	Stroke Awareness, Joy Murphy	11:00 am
Sept. 16	Living Wills Virtual Seminar	2:30 pm
Sept. 17	Diners Club Bingo!	10:30 am
Sept. 17	Tech 9-1-1	2:00 pm
Sept. 17	Brain Wellness Series (Brain Health & Aging: The Basics)	3:00 pm. See page 2 for more information.
Sept. 22	Knowing Your Options, Miller-Boles Funeral Home & Crematory	11:00 am
Sept. 24	Estate Planning with Dargan Moore	10:30 am
Sept. 24	Jazz Music, Art Bickel	11:00 am
Sept. 29	Flu Shots, Walgreens. See page 3.	10:00 am
Sept. 29	Fall Prevention Program, UNC Nursing Students	11:00 am

*Some programs require pre-registration or Zoom links.  
Please call (919) 776-0501 ext. 2203 for more details.*

## IN THE MOOD

FRIDAY, SEPTEMBER 24  
11:00 A.M.

JAZZ GUITAR WITH  
ESTEEMED MUSICIAN  
ART BICKEL

## You're Invited!

### 1st Friday Movie Club

Friday, September 3, 2021 at 1:30 pm  
Movie: Forrest Gump (approx. 2 1/2 hours)

Friday, October 1, 2021 at 1:30 pm  
Movie: Hello Dolly

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!

## 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.



## HAPPY 65TH BIRTHDAY!

*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,  
**SHIIP (Seniors' Health  
Insurance Information  
Program)**



*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?*

## FREE Virtual Seminar: Living Wills, Advance Directives & Health Care Power of Attorney

Thursday, September 16, 2021 at 2:30 pm  
Call (919) 776-0501 ext. 2230 to register and receive the  
Zoom link. You must have valid email address.



**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 & 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 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

**SEPTEMBER 28,  
OCTOBER 5, 6, 12, 13, 18, 19, 26,  
27, 2021  
9AM-3PM**

Schedule an appointment:  
Online: [www.leecountync.gov](http://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 2<sup>nd</sup> 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](mailto: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](http://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:

3<sup>rd</sup> Wednesday of each month at 10:30 a.m.

#### Grief Support:

1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month at 1:00 p.m.

#### Stroke Support:

2<sup>nd</sup> Thursday of each month at 1:00 p.m.

#### Grancare Support:

4<sup>th</sup> Friday of each month at 10:30 a.m.

#### Low Vision Support:

2<sup>nd</sup> Tuesday of each month at 1:00 p.m.

#### Caregiver/Dementia Support:

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

1<sup>st</sup> & 3<sup>rd</sup> 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 for about 12 weeks. They will provide health and wellness programs for the Diners Club and other participants.

### ***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 September: 4th - Old Skool, 11th - Crossfire, 18th - SideKix, 25th - Fabulous Troubadours**

**Bands for October: 2nd - Bill Brady & Tarheel Ramblers, 9th - Fabulous Troubadours, 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.**



NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

## MEDICARE 101 THE BASICS

ON YouTube!

Watch the Medicare 101 presentation on YouTube using the link below.

<https://www.youtube.com/watch?v=p0w711KpUNM>

***Presented by:***

***Lisa Barker, SHIP Northeastern Regional Manager***

***Jeanie Schepisi, SHIP Field Operations Manager***

- Understanding Medicare
  - What is Medicare?
  - Who are Eligible?
  - The 4 Parts of Medicare
- Enrollment Periods & How to Enroll
- Part D Prescription Drug Coverage
  - Part D Extra Help Program
- Differences between Medigap Plans and Medicare Advantage Plans

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!

## 10th Anniversary Stroke Support Celebration

Thursday, October 7, 2021 1:00 pm - 2:30 pm

Help us celebrate our 10th year of success and growth with special key note speaker, Dr. David Huang. Registration required. Call (919) 776-0501 ext. 2230.

## 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.**



# 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.



## **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](http://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.

Friday, September 17, 2021

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 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](mailto:elliegolf@charter.net), or Debbie Williams (919) 776-0501 ext. 2203.



Tune in for  
Up & Coming  
with Margaret  
& Melanie



**"You are never too old to set another goal or to dream a new dream"**  
- Les Brown

## 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**

## Fall Festival

**Saturday, October 23, 2021**

**8 a.m. - 2 p.m.**

Purchase from a variety of homemade and handmade goods. Our vendors are excited about showcasing their items!



**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.*



## Veterans Appreciation Breakfast

**At the Dennis A. Wicker Civic Center**

**1801 Nash Street, Sanford**

**Wednesday, November 10, 2021**

*To show our appreciation for your service and dedication to our country, we invite you to breakfast.*

**Co-Sponsored by:**  
**LCG Enrichment Center**  
**and Miller-Boles Funeral Home**  
**& Crematory**

***Space Limited. Reservations Required!***  
***Call (919) 776-0501 Ext. 2203***

***Veterans and current military personnel are invited at no charge.***  
***A Veteran may bring one guest, \$3.00 paid in advance at the LCG Enrichment Center.***

# Hiring Drivers!

**COLTS - County Of Lee Transit System**  
**is hiring part time drivers.**

**Start pay rate \$10/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](http://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](http://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](http://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](http://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](http://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

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