



# The Center Post



Volume 31

APRIL 2022

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

**Hours: Monday,  
Wednesday, Friday  
8 AM - 5 PM  
Tuesday and  
Thursday  
8 AM - 7 PM**



*Connecting people who  
are ages 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.*

**Senior Centers:  
Masters of Aging**



## Volunteer Appreciation

### Enrichment Center Volunteers:

Thank you for your time and commitment over the past year to vital programs and services for Lee County's older adults. Delivering meals, assisting AARP tax clients, checking in Diners Club participants, facilitating group meetings and building wheel chair ramps are several of the service and program areas that without YOUR HELP AND TIME would not be as successful or possibly, not take place at all.

Over the past two years, Enrichment Center staff and Advisory Board members had to re-build our services and programs with the utmost caution and safety in mind. The mission of Lee County Senior Services is to fashion an achievable vision of successful aging in Lee County. With that mission in mind, we desire to provide quality programs and services so that Lee County citizens ages 50 and better, family caregivers, veterans and volunteers can remain in their homes, healthy and independent for as long as possible.

*Thanks to each one of you, we are able to continue our mission.*

*Turn the page and find the names of our volunteers over the past year. If we've missed someone, please alert Jourdan Huskey, 919-776-0501 ext. 2206.*

### Special Program

#### **Codependency & Addiction With Guest Speaker Steve Horne**

**Codependency: Monday, April 25, 2022**

**Addiction: Monday, May 2, 2022**

5:45 p.m. Refreshments 6:00 p.m. Welcome

***See Page 3 for Complete Details***

## **Vet Connect**

**For Veterans and Active Duty Service Members**

RSVP by Calling 919-776-0501 Ext. 2210

Wednesday, April 6, 2022 at 5:00 p.m.

Game of the Night: Cornhole, Pizza and Drinks Served

Wednesday, May 4, 2022 at 5:00 p.m.

Games of the Night: Bocce and Horseshoes, Bubba Subs and Drinks Served

## Thank you again, Enrichment Center Volunteers 2021– 2022

Ann Beale, Bettie Battle, Betty Cooper, Billy Tew, Bindiya Shah, Bob Garrett, Bob Smith, Bob Will,  
Buster Harrill, Jr., Charles Alexander, Claire Tannenbaum, Cleo Bryant,  
David Kennedy, David Whitaker, Dell Walters, Dianna Atkins, Donna Corbett, Earl Murphy,  
Ed Angel, Ed Barkwell, Eileen Soebbing, Elaine Adams, Ellie Matthews, Erica Duval,  
Estella Egerton, Gael Hogan, Gary Kephart, Gary Wolfe,  
Gloria Bailey, Gloria Simon-Tart, Gretchen Fox, Henry Merritt,  
James Baker, James Emerson,  
Jim Payne, Jim Turner,  
John Corbett, John Koneski,  
Joseph Bertone, Joy Murphy,  
Judy Warf, June Gunter, Karen Beaton,  
Laurie Draughn, Lee Setzer,  
Linda Moore, Loraine Armstrong,  
Martha Wicker, Mary Ann Gaster,  
Mickey Bowman, Mike Neal,  
Nettie Scotton, Nonnie Joyce Smith,  
Richard Holshouser, Robyn Carpenter, Sarah Brooks, Shirley Thomas, Sue Sloan,  
Susan Blackwell, Susan Mills, Tammy Davidson, Thomas Monti, Tom Joyner, Vinnie Sekhri



Janice Scoins, Jim Foster,  
Jimmy Davis, John Burns,  
John Wilson, Johnny Poindexter,  
Joyce Smith, Judy Johnson,  
Kathi Solomon, Larry Howenstein,  
Linda Jordan-Davis,  
Margaret Murchison, Mark Airy,  
Mary Chalmers, Max Tannenbaum,  
Mildred Ridley, Nancy Johnson,  
Paul Porterfield, Peggie Goodbar,

### **PROGRAMS AND SERVICES**

#### ***IN WHICH VOLUNTEERS PROVIDED THEIR TIME***

AARP Tax-Aide, Home Delivered Meals, Diners Club General/Desk/Grounds  
Keeper, Wheel Chair Ramps, Support Groups, Senior Games & Silver Arts,  
Senior Services Advisory Board, The Enrichment Center, Inc. Board,  
WRAG (Wicker Renegade Art Group), Nifty Noggins, First Baptist Church  
Exercise, Wood Carving, Luscious Ladies, A Novel Approach Book Club,  
Kim Kam Mens Heart Group, Line Dancing Class, Saturday Night Dance.

**If you are interested in learning more about volunteering for The  
Enrichment Center, contact Jourdan Huskey 919-776-0501 ext. 2206.**

### **You're Invited! Friday Movie Club**

**Must sign up for movies. Call (919) 776-0501 ext. 2230.**

**May 6: Gypsy:** Based on the Broadway hit about the life and times of burlesque dancer Gypsy Rose Lee and her aggressive stage mother, Mama Rose.

**June 4: The King's Speech:** The story of King George VI, his impromptu ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer.

*\*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!*

**WXKL 1290-AM**  
SANFORD, NC  
"We exalt Kingdom Living"

www.wxkl1290.com  
(919) 774-1290 / 1080

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



# Special Program

## Codependency & Addiction

***Codependency:***  
**Monday, April 25, 2022**

***Addiction:***  
**Monday, May 2, 2022**

**Special Guest Speaker Steve Horne**  
**5:45 p.m. Refreshments**  
**6:00 p.m. Welcome**

*“...to help the family and friends of those who are struggling to make the right decisions.”*

This special two-part series will be led by **Steve Horne** author of, *“7 Things Christians Need to Know About Addiction”* and *“The Third Option – In a World of Codependency With Only Two Choices.”*

Mr. Horne is a resident of Sanford, NC who speaks and lectures locally, nationally and internationally. He has over three decades worth of experience working with people who have addiction and codependency issues. His books will be available on-site to purchase.

**Open To All Adults**  
**Please Call To Register**  
**(919) 776-0501 ext. 2203**

## ***Free Health Promotion Classes Offered Throughout the Year***

**CLASS SIZE LIMITED**

Priority given to Lee County residents ages 60 & better.  
Registration and Confirmation to Attend Required.

Call (919) 776-0501 Ext. 2208.

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

### **Health Promotion Tai Chi** ***For Arthritis for Fall Prevention***

#### **For Beginners**

- 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*

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



#### ***Do you have concerns about falling?***

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.

**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.



## 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 **April 12, 2022** is Running with Sherman by Christopher McDougall

At the May 10, 2022 meeting we will discuss books for 2022/23.

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

## Moving Into May

Tuesdays & Thursdays

May 3rd – 26th, 2022 5:30 p.m. – 6:30 p.m.

\$15 (Can pay 1st night of class.)

Stay active just in time for the Spring!  
Join certified fitness instructor, Erica Davidson for an aerobics toning class.

Class participants will need a mat and light weights.

\*Fitness and/or nutrition coaching session included with registration.

Must call

(919) 776-0501 ext. 2203 to register.

Classes are first come, first served to all Lee County Government employees & individuals ages 50+. Waiting list is available for those age 49 & below.

**WDSG**  
**107.9**

Tune in for  
Enrichment  
Center Updates!

## Technology Classes

Staying Safe Online Workshop  
Friday, April 29, 2022  
2:00 p.m. – 3:00 p.m.

Shopping On Amazon Workshop  
Monday, May 2, 2022  
2:00 p.m. – 3:00 p.m.

Computer Basics  
10 Week Course  
Monday, May 9 –  
Monday, July 11th, 2022  
2:00 p.m. – 3:00 p.m.

**Call Holly Hight for more information or to register (919) 776-0501 ext. 2230.**

**In Partnership with:**

**OATS** | OLDER ADULTS  
FROM AARP TECHNOLOGY SERVICES

**SENIOR PLANET**  
FROM AARP

## Blood Pressure Checks

By Amedisys Hospice

First Wednesday of the Month at 10 AM

Registration Not Needed

Measure your blood pressure regularly to help your health care team diagnose any health problems early. You and your health care team can take steps to control your blood pressure if it is too high.

Measuring your blood pressure is the only way to know whether you have high blood pressure.

High blood pressure usually has no warning signs or symptoms, and many people do not know they have it.

**The Enrichment Center's  
30th Anniversary Open House**

**Friday, May 20, 2022 10 am—2 pm**

**Older Americans Month  
Special Events**

**Look for More Details in The Center Post,  
May 2022**

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

*~Jhumpa Lahiri*

## *For The Love Of Books*

Lee County Library's Delisa Williams will join 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. You will be provided a bookmark with your return date.

**Fact: Reading reduces stress by 68%**

## *New Group Meeting at The Enrichment Center*

### **NAMI Support Group** *(National Alliance on Mental Illness)*

**Meets the 4th Thursday each month starting April 28, 2022 at 5:30 P.M.**

*These are monthly meetings of caregivers of individuals with mental illness. Family members can talk frankly about their challenges and help one another through learned wisdom.*

*Participants are encouraged to share actively in the group. Facilitated by a professional in the field of mental illness.*

*Open to all adults.  
Registration not needed.*

## **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.

## **ATTENTION**

Beginning Monday, April 4, 2022 the fitness room will be open with no appointment necessary. Participants are expected to clean their equipment after each use. Please limit time on the machines if others are waiting.

Please note: the fitness room will be closed daily  
12:30 p.m. - 1:00 p.m. for deep cleaning.

### **Fitness Room Hours:**

M/W/F 8:00 a.m. – 12:30 p.m. & 1:00 p.m. – 5:00 p.m.

T/TH 8:00 a.m. – 12:30 p.m. & 1:00 p.m. – 7:00 p.m.

# Lee County Veteran Services

*Get expert assistance  
with your VA claim.*

**(919) 776-0501 Ext. 2209**

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.*

## Vet Connect

Meets First Wednesday  
5:00 PM at The Enrichment  
Center. These get-togethers  
provide local veterans and active  
duty service members the  
opportunity to meet and socialize  
with other veterans.

## DID YOU KNOW?

You can watch free recorded classes from The Enrichment Center, on YouTube, in the comfort of your own home!



Type this address into your search bar:  
**[www.youtube.com/user/leelinked](http://www.youtube.com/user/leelinked)**

**and voila! You're on your way to finding exciting craft classes, cooking lessons, exercise demonstrations and more! If you have questions or trouble with the link, call Holly at 919-776-0501 ext. 2230.**

## 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.*





**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 and to  
volunteer.**

## ***Saturday Night Dance***

**At The Enrichment Center  
Doors Open at 5:45 PM  
Dance 7:00 PM - 10:00 PM  
Admission: \$10**

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

**Bands for APRIL 2022**  
**2ND—NO DANCE, 9th—**  
**Carolina Dreamers, 16th—**  
**Carolina Alley Kate, 23rd—**  
**Diamond Edge with Big Daddy,**  
**30th—Side Kix**

***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.***

## **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. We offer a pick-up option as well at this time.

For those who are homebound and live outside of the Sanford city limits, we offer **home delivered meals**.

Our menus include: Salmon Patties, BBQ chicken, baked beans, salad, oven browned potatoes, spaghetti, marinated pork loin, spiced peach cobbler, glazed apples and breakfast bake.

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.**



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

***Every Tuesday, May 10th – Tuesday, June 14th, 2022  
3:00 p.m. – 4:30 p.m.***

***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. Call (919)776-0501 ext. 2230.**



## SENIOR PLANET

FROM AARP

Have a technology question? Call  
AARP's FREE hotline today!  
(844) 410-0268

Hotline hours: Monday - Friday, 9:00 AM - 5:00 PM ET

Need help setting up an email account? Looking for advice about buying a new tablet or computer? Call the toll-free hotline from Senior Planet from AARP, where a patient technology trainer will answer your questions for FREE.

*Senior Planet from AARP helps people age 60+ learn to use technology to reach their goals, find community, and thrive in the digital world.  
Learn more at [www.seniorplanet.org](http://www.seniorplanet.org).*



## 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.*

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.

### COMO SE USA COLTS Pasajeros que usan

**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.



Tune in for  
Up & Coming  
with Margaret  
& Melanie



*Boot Scootin Boogie Time...  
Join Us at Line Dancing Class*

*Beginners Welcome!*

*Mondays, 2 PM at The Enrichment Center*



## **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  
Trip is full - waiting list available.**

### **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"**

## **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

PHOTO: JIM

## **The Enrichment Center Support Groups**

**Open to All Adults & Registration Not Required**

*Masks and social distancing are not required,  
but strongly encouraged.*

*Holidays may affect dates. Call before attending.  
(919) 776-0501 Ext. 2230*

### **Alzheimer's/Dementia Caregiver Support:**

*\*Virtual and In-Person*

*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.*

### **\*NEW Starting May 10, 2022\* Breast Cancer Support:**

*1st Tuesday of each month at 6:00 p.m. Facilitated by Bobbi  
Matthews, CMA, Advanced Care for Women.*

### **Diabetic Support:**

*1st Wednesday of each month at 10:00 a.m. This group is for the  
diabetic, as well as the caregivers and loved ones of diabetics.  
Facilitated by Erica Duval, Nurse Liaison, Amedisys Home  
Health.*

### **Grandparents Raising Grandchildren Support:**

*4th Friday of each month at 10:30 a.m. Are you a grandparent  
raising grandchildren/parenting the second time around? Join us  
to learn about community resources and to have questions  
answered by guest speakers.*

### **Grief Support:**

*1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month at 1:00 p.m. Provides an  
opportunity for those persons grieving to come together for  
support and assistance with the grieving process with a trained  
professional.*

### **Low Vision Support:**

*2<sup>nd</sup> Tuesday of each month at 1:00 p.m. For people with vision  
impairments and their loved ones to discuss ways to cope with  
low vision and discover resources.*

### **Parkinson Support:**

*3<sup>rd</sup> Wednesday of each month at 10:30 a.m. Support, problem  
solving and education for persons with Parkinson's, their family  
members, caregivers friends or anyone wanting to learn more  
about this disease.*

### **Sanford/Lee County Stroke Support:**

*2<sup>nd</sup> Thursday of each month at 1:00 p.m. Provides educational  
materials, speakers and support for those who have had a stroke,  
their families and caregivers.*

## CELEBRATION RECEPTION

Wednesday, May 11, 2022 at 2:00 p.m.

**In honor of Older American's Month, each year in the month of May, the Enrichment Center of Lee County hosts a gathering to recognize and honor Lee County residents who are ages 90 and better.**

**If you or someone you know is age 90 or better and would like to register to attend, please call Debbie Williams at (919)776-0501, ext. 2203.**

## WATER AEROBICS

Registration beginning at 10:00 a.m.  
Wednesday, June 1st prior to day class &  
Tuesday, May 31st at 5:00 p.m.  
prior to night class. **NO REFUNDS.**

*\*Please come swim ready.*

*There will be limited access to changing facilities and restrooms.*

### Day Class:

Mondays/Wednesdays/Fridays  
Wednesday, June 1 – Wednesday, August 31  
10:45 a.m.—11:45 a.m. at OT Sloan Pool  
\$20 per month

### Night Class:

Tuesdays/Thursdays  
Tuesday, May 31 – Tuesday, August 30  
5:45 p.m. – 6:45 p.m. at OT Sloan Pool  
\$15 per month  
Open to all adults, priority given to those age 50 and better and Lee County Government employees (ages 18+). Wait list available.

- Water exercise is one of the best non-impact fitness activities around and just about anybody can participate.
- The resistance of water is perfect for a strength-training workout; instead of weights, the water itself provides the resistance.
- One of the greatest benefits of water exercise is its effect on flexibility.
- Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility. ~ACE, American Council on Exercise

**FREE Transportation Available to COVID-19 Vaccine & Booster Appointments**

### TIENE UNA CITA?

Si no, visite <https://lhi.care/covidtesting> o escanee el siguiente código para registrarse y obtener una Identificación de Paciente para presentarse en el lugar. 877-562-4850

Preguntas sobre el coronavirus?  
[health@leecountync.gov](mailto:health@leecountync.gov) or (919) 718-4640

***Schedule a free ride with COLTS to your vaccine location. First, register for the COVID vaccine or booster and then call COLTS to schedule transportation (919) 776-7201.***

## Senior Games & Silver Arts of Lee County

Sports Events, Opening Ceremonies and Follies  
April and May 2022

Arts Categories on Display May 2022

Contact Jimmy Solomon for schedule  
and more information  
919-776-0501 ext. 2207 or [jsolomon@leecountync.gov](mailto:jsolomon@leecountync.gov)  
Or check our webpage  
[www.leecountync.gov/ec](http://www.leecountync.gov/ec)

Thank you to our  
2022 Torch Sponsor:



## The 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
Maria Davis	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/Programs, 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
Ellsworth 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 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.**

### ***Reminders When Visiting The Enrichment Center***

- **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.**





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*



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### 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 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).

## Lee County Enrichment Center

### 2022 Holiday Closings

Good Friday	April 15
Memorial Day	May 30
Independence Day	July 4
Labor Day	September 5
Veterans Day	November 11
Thanksgiving	Nov. 24, 25
Christmas	Dec. 23, 26, 27

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