



The Center Post



Volume 31

FEBRUARY 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 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.*

Tablet & Phone Class

with Instructor Holly Hight

**Tuesday, February 8, 2022
5:00 PM - 6:00 PM**

This one hour class is designed around you and your needs. Bring your questions and device. Class size is limited. To register call (919) 776-0501 Ext. 2230.

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 **February 8, 2022**
is **To The Bright Edge of the World**
by Eowyn Ivey

The book for **March 8, 2022**
is **News of the World** by Paulette Jiles
If you have questions, you can contact Ellie Matthews, elliegolf@charter.net or Debbie Williams (919) 776-0501 ext. 2203.

GIVE YOURSELF A BREAK!

FREE Powerful Tools For Caregivers Class

Space available! Register today!

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.

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

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 Centers:
Masters of Aging



Friday, February 4, 2022

Join others across the country and wear the color red in order to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation.
Turn to page 2 for more details.



National Wear Red Day – Friday, February 4, 2022

Heart disease is the #1 killer of American women. Wear Red Day was created by The American Heart Association and the National Heart, Lung and Blood Institute to show support for women's heart disease awareness. Go RED inspires women to make lifestyle changes to save lives! But it's not just for women. MEN – show your support for the women in your life by wearing red Friday, February 4th!

Nearly 650,000 Americans die from heart diseases each year. Here's what you can do to protect yourself!

- Get a daily dose of physical activity, such as a brisk, 30-minute walk.
- Cook meals that are low in sodium and unhealthy fats.
- Quit smoking and drinking alcohol.
- More water!
- Take your medications as prescribed and keep your medical appointments.
- Sleep 7-8 hours a night.
- Know your numbers! Keep a record of your blood pressure, blood sugar, and cholesterol levels.
- Manage stress through, for example, medication, yoga, a warm bath, or a quiet time with a good book or funny movie.
- Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies when hunger hits.

WDSG
107.9

Tune in for
LCG Enrichment
Center Updates!

**VIERNES 4 DE
FEBRERO DEL 2022**

DÍA NACIONAL DE VESTIR DE ROJO

**Haz hoy los cambios necesarios
para un mañana más saludable.**

**El viernes 4 de febrero, sube el
volumen de la música, levántese
y VÍSTETE DE ROJO.**

American Heart Association.



WearRedDay.org
#WearRedDay

Free Virtual Craft Classes

To register call (919) 776-0501 ext. 2230
for a link and a list of items needed.

Friday, February 11, 2022

2:00 PM

Hot Glue Gun Painting

Friday, March 11, 2022

2:00 PM

Interchangeable Door Hanger



Hello UNC Nursing Students

**Please join us in welcoming to The Enrichment
Center Niklas Luloff and Pearson Gallagher,
UNC School of Nursing Interns.**

**Niklas and Pearson will provide programs for our
participants through April 2022. Be sure to look
for them in the Diners Club!**



HAPPY 65TH BIRTHDAY and Welcome to Medicare

If you are turning 65 soon, or want to know more about Medicare, attend our next informational presentation.



The Enrichment Center
Thursday, March 3, 2022 at 5:00 p.m.
 Registration not required. Information provided by staff trained
 by the NC Department of Insurance, SHIIP (Seniors' Health Insurance Information Program)

OPTUM Serve will provide COVID-19 testing services at the Lee County Health Department's Wellness Clinic, located at 112 Hillcrest Drive, Sanford

Mondays, 12:30pm – 4:30pm, Wednesdays, 8:30am – 12:30pm and Fridays, 12:30pm – 4:30pm

Testing services will be provided on the days above weekly and may change based on demand.

Only PCR testing will be provided at this time.

Scheduling an appointment is best but walk-ins will be accepted. If you are interested in registering for an appointment, please call 1-877-562-4850 or visit <https://lhi.care/covidtesting>. Heath Cain, Health Director of the LCHD said, "One of the best ways to mitigate the spread of the virus is to know if you have the virus or not. Providing testing allows our community the knowledge of their own health and should mitigate the spread of this virus."

For additional information concerning our COVID-19 response,
 call the Lee County Health Department at (919) 842-5744.

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 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.

Blood Pressure Checks

**First Wednesday
of the Month**

Registration Not Needed

**with Dana Guevara,
Amedisys Hospice**

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.

You're Invited! Friday Movie Club

Friday, February 4, 2022 at 2:00 PM Movie: *The Lost Valentine* starring beloved Betty White.

Friday, March 11, 2022 at 2:00 PM Movie: *Hidden Figures*. The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

Must sign up for movies. Call (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!*



(919) 774-1290 / 1080

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

AARP Tax-Aide

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

Call (919) 776-0501 Ext. 2201 for an appointment to pick up a tax packet and further instructions.

**NO WALK-INS
MUST CALL**

Virtual Cooking Class With Chef Joseph "Pepe" Corello

**Wednesday
February 9, 2022
10am**

Cooking for 1 or 2 people can seem like a lot of time and effort. Let Chef Pepe help you find the joy in cooking on a smaller scale! Come learn yummy recipes and see how, with very little effort, cooking can save you more time and money than you think. Today's Food Demonstration: Personal Pizzas!

Call (919) 776-0501 ext. 2230 for Zoom link.

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

Lee County Library's Delisa Williams will be joining us the 2nd Tuesday 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.

DID YOU KNOW? Reading reduces stress by 68%!

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
Beginning March 2, 2022
5:00 PM at The Enrichment
Center. These get-togethers
provide local veterans with the
opportunity to meet and socialize
with other veterans.

Senior Games & Silver Arts of Lee County Registration Begins Tuesday, March 1, 2022

**Contact Jimmy Solomon for More
Information and to Participate**

(919) 776-0501 Ext. 2207
jsolomon@leecountync.gov

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.



**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

**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 February 2022
5th—Diamond Edge with Big
Daddy, 12th—Carolina
Dreamers, 19th—Jimmy Shirley,
26th—Old Skool**

***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: BBQ chicken, baked beans, salad, oven browned potatoes, spaghetti, marinated pork loin and spiced peach cobbler.

Each week you will receive next week's menu, health & wellness information, important alerts, games and puzzles.

**If you would like to participate in our lunch time program
call Carole, (919) 776-0501 ext. 2205.**

**If you or your loved one is in need of a home delivered
meal call Janice, (919) 776-0501 ext. 2213.**



***For Sale Year-Round
at The Enrichment
Center***

MADE IN THE UNITED STATES OF AMERICA

**Proceeds benefit The Enrichment Center, Inc. Helping
Fund. The HF assists Lee County older adults who
are in a crisis situation with fuel, electricity
and other necessities of life.**

Rada Cutlery is 100% American made. With over 170 million pieces sold, Rada Cutlery has earned the reputation for remarkable cutlery, service and value. Purchase as gifts, replace dull or worn out cutlery with America's best and at the same time help older adults in Lee County.

Best sellers include Regular Paring, Tomato Slicer, Utility/Steak, Heavy Duty Paring, Quick Edge Knife Sharpener and Vegetable Peeler.

**To purchase or place an order call Melanie
919-776-0501 ext. 2214 or email
mrodgers@leecountync.gov**



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.



**Liberty Hospice
Services**

Caring with Compassion

Hospice Volunteers Needed In Our Area

**You can make a difference with as little as one hour a week or even just one day a month.
Free training provided.**

Opportunities and Ways Hospice Volunteers Help:

Friendly visits at nursing facilities or in the patient's home; sitting with patients and talking about their life; polishing nails and combing hair; Bible study and prayer; making phone calls; listening and laughing; watching television; playing cards...and much more...

"The Hospice volunteer who came in to sit with my dad provided a positive, uplifting presence. Her kindness and genuine concern for my dad and our family made the night a little easier."

~ Daughter of a Hospice Patient

**For more information
please contact
Charlotte Walton
Regional Volunteer
Program Manager
(910) 515-4715**

chwalton@libertyhomecare.com



**Tune in for
Up & Coming
with Margaret
& Melanie**



"We can't be afraid of change. You may feel very secure in the pond that you are in, but if you never venture out of it, you will never know that there is such a thing as an ocean, a sea."

- C. JoyBell C.

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



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

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.

***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:

1st & 3rd 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:

2nd 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:

3rd 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:

2nd 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.

Free Health Promotion Tai Chi

For Arthritis for Fall Prevention

Call for more information
The Enrichment Center
(919) 776-0501 ext. 2208



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

*Classes are aimed at helping to improve
both lower and upper body strength, as
well as improve balance and reduce falls.*

Priority given to those aged 60 & better.
Open spaces available to adults
under age 60.

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

For Beginners

- 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.

**Testimonials from previous
participants...**

*“Taking these classes has improved
my balance, blood pressure and
overall mood,”*

*“I was reluctant about joining, I don’t
have a lot of spare time, as I care for
my mother. These classes reduced my
stress level and I made some new
friends,”*

*“It was nice to be able to take a class
like this for free,”*

*“After taking this class, I’ve noticed
more strength in my legs. It’s easier
for me to get out of the chair or bed,”*

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults (ages 60 and better) experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



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

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

NO COST - Contributions Accepted.
Class size limited.

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

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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, 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 II	Ext. 2209
Zee Cupid	Veteran Services Officer I	Ext. 2210

The Enrichment Center plays a vital role in the lives of older adults in Lee County.



We are committed to help you stay connected with our communities; Sanford, Broadway, Lemon Springs, Deep River, Tramway, Jonesboro. Our goal is to keep you motivated, socialized, informed and independent.

Let's Stay Connected!

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

**E-mail Holly to be added
hhight@leecountync.gov**

Ring Ring - It's the Enrichment Center Calling!

The 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

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 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.

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

Like or Follow Lee Co.
Govt. Social Media
Accounts for Dept. &
Program Information



Facebook



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YouTube



Instagram



Blogger

