



The Center Post



Volume 31

MAY 2022

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

1615 S. Third Street
Sanford, NC 27330
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



Join Us The Enrichment Center's 30th Anniversary Celebration Open House

Friday, May 20, 2022

10:00 AM – 2:00 PM

*Help us celebrate with live demonstrations, a free hotdog lunch, music,
center tours, resource tables, games and more.*

*Come see for yourself why we are a
North Carolina Certified Senior Center of Excellence!*

10:00am: Live Craft Demonstration

10:30am: Tai Chi Class Demonstration

11:00am: Enrichment Rockettes
Performance

11:00am – 1:00pm: Grilled Hotdog Lunch & Music

1:00pm: Cornhole & Shuffleboard

1:30pm: Line Dancer Performance



LUNCH WITH THE SHERIFF

**Tuesday, May 24, 2022
11:00 a.m. – 12:00 p.m.**



The Diner's Club

**Join us for lunch
with Sheriff Brian
Estes as he
discusses**

**important issues surrounding older adults in
Lee County. This is your opportunity to
advocate for your rights as Lee County
residents.**

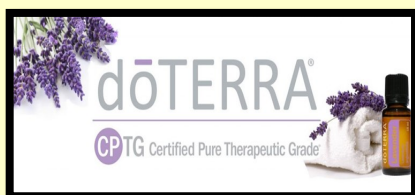
The benefits of using essential oils for a healthy body:

Aromatically * Topically * Internally

**Monday, May 16, 2022
1:30pm - 2:30pm
With Roberta Byram**

**This seminar focuses on the benefits of using essential
oils. Roberta will provide us an introduction to
doTERRA Therapeutic Grade Essential Oils and The
Basics of Natural Healthcare: Essential Oils used in
Hospitals and Supplements that are Whole Food
Enzymes (Nutrition)**

**Registration
Requested
Call (919) 776-0501
Ext. 2203**



VET CONNECT

***For Veterans
and Active Duty Service Members***

Sponsored by :
Lee County Veterans Services

RSVP by Calling 919-776-0501 Ext. 2210

Wednesday, May 4, 2022 at 5 PM
Games of the Night: Horseshoes & Bocce
Subs and Drinks!

Wednesday, June 1, 2022 at 5 PM
Games of the Night: Bingo
Ice Cream!

*Lee County Veterans Services Officer available
to answer general questions
about your VA claim.*

FLOWER POT CANDY JAR *Free Virtual Craft Class*

**Friday
May 6, 2022
2:30 PM – 3:00 PM**



**List of items needed, as well as link, will be
emailed after sign up. Call (919) 776-0501
ext. 2230 with email address to register.**

You're Invited! Friday Movie Club at 2 PM

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 3: 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

Part 2: 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."

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
Registration Requested
(919) 776-0501 ext. 2203

Free Health Promotion Classes Offered Throughout the Year

Health Promotion Tai Chi

For Arthritis for Fall Prevention



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.

Age my way!



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

While *Age My Way* will look different for each person, here are common things everyone can consider:

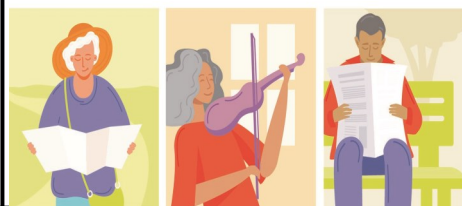
Planning: Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone.



AGE MY WAY: MAY 2022

A Novel Approach

Book Group

The group meets at 12:00 noon
September through May at The
Enrichment Center for a discussion of
the month's selection.
Open to all adults.

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 or Debbie
Williams (919) 776-0501 ext. 2203.

Technology Classes

**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 11, 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

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!

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.



**Calling ALL Enrichment Center
Volunteers!**

Wed., May 18, 2022 at 1:30 pm
or Thurs., May 19, 2022 at 2:00 pm.

Volunteers are invited to choose a training session to attend and gain
valuable information and knowledge that
will be a benefit to our community. Registration requested. Space is
limited. *Light refreshments will be served.*

To register, contact Jourdan Huskey at
919-776-0501 ext. 2206.

"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 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.

EC Fitness Room

The EC fitness room is open to Lee County older adults ages 50 and better and Lee County Government employees ages 18+.

Appointments are no longer required to use the EC Fitness Room. Participants are expected to clean their equipment after each use.

Please limit time on the machines if others are waiting.

An orientation is required before using the equipment.

Contact Cathy at 919-776-0501 ext. 2208
for an orientation appointment.

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.

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

Lee County Veterans 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

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

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 May 2022
7th—Carolina Dreamers,
14th—Ole School, 21st—
Jimmy Shirley 8 Track 45
Band, 28th—Backyard Alley
Catts**

***Keep in mind Lee County
Government policies while
attending the dance: No alcohol
on the property, smoking allowed
50 feet away from the facility in
designated areas, 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.*



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.



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



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.

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 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

Arts Categories on Display May 2022

**Contact Jimmy Solomon for schedule
and more information**

919-776-0501 ext. 2207 or

jsolomon@leecountync.gov

Or check our webpage

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

Making Every Day a Great Day



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

Non-Profit Org.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198

Handicapped Accessible Facility

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

Memorial Day	May 30
Independence Day	July 4
Labor Day	Sept. 5
Veterans Day	Nov. 11
Thanksgiving	Nov. 24, 25
Christmas	Dec. 23, 26, 27

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



Facebook



Twitter



YouTube



Instagram



Blogger

