



The Center Post



Volume 31

MARCH 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



*Promoting health and wellness through staying active
and involved year round.*

**Open to Citizens in Lee County
& Surrounding Counties**
Ages 50 and Better
Turning 50 by December 31, 2022

Registration March 2022
Events April & May 2022

How to Register

Forms and schedule available at
The Enrichment Center
1615 S. Third St., Sanford
Online www.leecountync.gov/ec
Questions?

Contact Jimmy Solomon, SGSA Coordinator
919-776-0501 Ext. 2207 or jsolomon@leecountync.gov

Sports Categories

Pickleball
Golf
Cycling
5K & 10K Run
Table Tennis
Track & Field
Cornhole
Fun Walk
3 on 3 Basketball
Badminton
Tennis
Shuffleboard
Horseshoes
Bocce
Swimming
Croquet

Arts Categories

Visual Arts
Heritage/Folk Art
Performing Arts
Literary Arts

*"I enjoy seeing the art
showcase, reading the stories
and poems and meeting other
participants. It's a lot of fun
as well as friendly
competition!"*

~Silver Arts Participant

**Qualifiers will
move on to
participate
at State
Finals.**

*This program is
sanctioned by NC Senior
Games and sponsored
state wide by the NC
Division of Aging &
Adult Services.*

Practice ~ Learn How to Play ~ 11 A.M.
Call Jimmy to register (919) 776-0501 Ext. 2207
Thursday, March 3, Shuffleboard
Friday, March 11, Bocce
Friday, March 18, Horseshoes

**TORCH SPONSOR OF SENIOR
GAMES AND SILVER ARTS
OF LEE COUNTY:**



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 **March 8, 2022** is **News of the World** by Paulette Jiles

The book for **April 12, 2022** is **Running with Sherman** by Christopher McDougall

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

March Into Fitness!

March 1 - 31, 2022

Tuesdays and Thursdays 5:30 PM

Cost: \$15 - Pay at 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. Classes are first come, first served to all Lee County Government employees and individuals ages 50+.

A waiting list is available for those ages 49 and below.

Call to register
(919) 776-0501 Ext. 2203.

WDSG
107.9

Tune in for
Enrichment
Center Updates!

SCAMS & FRAUDS

Virtual Program



With John Brown of
the NC Dept. of
Justice Outreach

Tuesday, March 15, 2022
1 PM - 2 PM

Scammers and con artists are always looking to take advantage of consumers. This presentation will include how to:

- Identify prevalent scams and frauds
- Respond if you think you've been scammed
- Keep yourself and your information safe

Presentations, speeches or events on this issue are for the general public. Another version of this presentation is specifically for senior audiences and discusses scams that target the elderly.

Email Holly to RSVP and to receive a link to view. hhigh@leecountync.gov

"Hey Robert (DeNiro), did you hear that?"

Men are needed for the upcoming drama production at The Enrichment Center.

If interested contact Holly (919) 776-0501 Ext. 2230 or email hhigh@leecountync.gov.

"Yeah, I did, Jack (Nicholson)!
Let's call Holly today!"

Free Virtual Craft Classes

Interchangeable Door Hanger
Thursday, March 10, 2022 at 2 PM

Easter Wreath

Friday, April 1, 2022 at 2:30 PM

List of items needed and link will be emailed after sign up. 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.*

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>.

For additional information concerning 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

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.

You're Invited! Friday Movie Club

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

March 11, 2022 at 2:00 PM Hidden Figures. The story of a team of female African-American mathematicians who served a vital role in NASA.

April 1, 2022 at 1:00 PM Grumpy Old Men. A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves in across the street.

*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!**

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**

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.

"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
5:00 PM at The Enrichment
Center. These get-togethers
provide local veterans with the
opportunity to meet and
socialize with other veterans.**

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!**

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 March 2022
5th—Carolina Dreamers, 12th—
Silver Hawk, 19th—Jimmy
Shirley, 26th—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: 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.**

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**

The Powerful Tools for Caregivers series

that was scheduled to begin in March 2022
has been postponed until May 2022.

If you would like to sign up for this series that meets once a
week for six weeks or would like more information,
please call Holly (919) 776-0501 ext. 2230.

Special Program



Codependency & Addiction

Codependency: Monday, April 25, 2022

Addiction: Monday, May 2, 2022

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 Horn author of, “7 Things Christians Need to Know About Addiction” and “The Third Option – In a World of Codependency With Only Two Choices”.

Mr. Horn 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

The Enrichment Center
N.C. Certified Senior Center of Excellence
1615 S. Third Street, Sanford, NC 27330

April 2022

**Enrichment
Center
Volunteer
Appreciation
Event**

Invitations
will be mailed to
volunteers.

Up & Coming Mark Your Calendars**May 2022**

The Enrichment Center 30th Anniversary
& Older Americans Month Special Events

Shopping on Amazon Workshop
Monday, May 2, 2022 at 2 PM

Wake Med Vascular Screenings
Thursday, May 5, 2022 - Appointment Required

Computer Basics 10 Week Course
Tuesdays, May 10 - July 12, 2022 at 2 PM

June 2022

**Water Aerobics
at OT Sloan Pool**
Instructions and
registration in
May 2022

**Rex Mobile
Mammography**
Tues., June 7
Appointment
Required

**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

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.*

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.

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.

CLASS SIZE LIMITED

**Priority given to ages 60 & better.
Registration and Confirmation to
Attend Required.**

Call (919) 776-0501 Ext. 2208.

DO YOU HAVE concerns about falling?

If so, register for the next class



**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

**Eight Classes in the Series
NO COST - Contributions Accepted.**

CLASS SIZE LIMITED

**Registration and Confirmation
to Attend Required.**

**Call Cathy Andrew, Certified MOB Leader
(919) 776-0501 Ext. 2208.**

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



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

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

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



Twitter



YouTube



Instagram



Blogger

