



The Center Post



Volume 31

AUGUST 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



2022 August Health & Wellness Day *Free and Open to Ages 50 and Better*



Health screenings are an important part of maintaining good health, especially as we get older. They can detect problems early, when chances for successful treatment are greatest. Share your health screening results with your primary care physician and other health care providers who you are seeing.

Friday, August 19, 2022
9 AM - 12 PM Registration not needed.

Bright Audiology, Hearing Screening
Quality Home Diabetic Foot Care, Quality Home Care
Ask The Expert Pharmacist, Medicine Park Pharmacy
Health & Wellness Information (Diabetes, Healthy Eating, Opioids,
Chronic Diseases & More), Lee County Health Dept.
Dermatology Screening, Central Dermatology Center
Wake Med Mobile Unit Information

NIGHTS OF ENRICHMENT

2022 Pavilion Summer Series

Wednesday, August 24, 2022

5:30 p.m. Refreshments

6:00 p.m. Music

**This week's musical stylings is
by Sanford's Jah Jah Band**

A unique array of Jazz Fusion, R&B & Spiced Up Oldies

No charge and registration is not necessary.

Vet Connect Wednesday, August 3, 2022

NEW TIME 3:00 PM RSVP (919) 776-0501 Ext. 2210

*Lee County Vet Connect is for veterans and active duty service members.
Dominoes, snacks and drinks.*

Tech 9-1-1

These one hour 1-on-1 technology sessions are designed around you and your technology needs.

Please bring your questions, device (tablet, laptop, phone) and any passwords you anticipate needing to the session.

Thursday, August 11, 2022

*Call Or Email To Sign Up For
Your 1 Hour Time Spot:*

Email - hight@leecountync.gov

Call - (919) 776-0501 ext. 2230

"Technology is best when it brings people together." Matt Mullenweg



**Tuesday, August 16, 2022
11:00 a.m. – 11:30 a.m.**

Join us on Tuesday, August 16th at 11am to advocate for improved access to home care to help older adults, caregivers and families.

Increased funding for home care passed by Congress last year is expiring. The path forward to enact the proposal into law this year will be difficult unless Senators hear from their constituents about the urgent need for this reform. Your voice matters!

**The Enrichment Center of Lee County
N.C. Certified Senior Center of Excellence
1615 S. Third Street / Sanford, NC 27330
(919) 776-0501**

E. C. TRAVELERS Update!

Survey results expressed interest in:
Day trips to the NC State Fair and Mt. Airy, NC.
Overnight trip to Myrtle Beach, SC.

We are researching these suggestions.

Forward your trip suggestions to Jourdan Huskey,
jhuskey@leecountnc.gov,
or call 919-776-0501 ext. 2206.

**Day and overnight trips will be announced in
The Center Post newsletter, which is available at
the Enrichment Center front desk lobby and on
our website, www.leecountync.gov.**

**For \$5 a year, you can have The Center Post
mailed to your home. If you would like The
Center Post emailed to you, send a request to
hight@leecountync.gov.**

Security Hints & Tips: Watch Out for COVID-19 Scams

Information Provided by:

SecurityTips, The KnowBe4 Security Team KnowBe4.com

Since 2020, cybercriminals have sent several types of scams related to the COVID-19 pandemic. Many of these scams exploit fears about the pandemic to trick people into acting impulsively. These scams may appear to come from trusted organizations and may seem to contain important health information.

Cybercriminals may try to trick you with several different COVID-19 scams. Some emails may appear to come from legitimate health organizations, such as the Centers for Disease Control (CDC). Cybercriminals have spoofed these legitimate organizations to send emails that contain malicious phishing links or dangerous attachments.

Don't fall for these scams! Follow these tips to stay safe:

- ⇒ NEVER click on links or download attachments from an email that you weren't expecting.
- ⇒ If you receive a suspicious email that appears to come from an official organization such as the CDC, report the email to the official organization through their website.
- ⇒ If you want to make a charity donation, go to the charity's official website to submit your payment. Enter the charity's web address into your browser instead of clicking links in emails or other messages.

GIVE YOURSELF A BREAK!

FREE Powerful Tools For Caregivers Class

**Tuesdays
September 13 through October 18, 2022
3:00 p.m. – 4:30 p.m.**

With instructors Holly Hight and Tami Carter

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!

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.***



**Saturday, October 29, 2022
8:00 a.m. – 2:00 p.m.**

Purchase from more than 50 tables filled with wood-carving, jewelry, paintings, baked & canned goods, homemade soaps and lotions, candles, Christmas decorations, hand-sewn items and much more!

Grilled **HOTDOGS** and **SAUSAGE DOGS** with all the trimmings— chili, slaw & onions. **DRINKS** and **FRESH BAKED GOODS** available for purchase. *All food proceeds benefit The Enrichment Center, Inc. Helping Fund. The Helping Fund assists Lee County older adults who are in a crisis situation with the basic necessities of life.*

**American Made Rada Cutlery
20% off Inventory!
Orders Accepted.**

**Lending Paws A Hand,
Inc. Animal Rescue
Pets will on site ready
for a forever home!**

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.

Creative Writing Journaling Group

**Do you enjoy creative writing or journaling?
Would you like to meet other creative minds?
Have you ever thought of journaling, but didn't know where to start?
Then this monthly club is for you!**

**Next Meeting: Thursday, August 25, 2022 2 PM - 3 PM.
If interested in joining please call Holly at (919) 776-0501 ext. 2230.**



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

Questions about Medicare?

SHIIP can help.

SHIIP, the Seniors' Health Insurance Information Program, provides free counseling about Medicare in all 100 counties of North Carolina. SHIIP can also help you apply for Medicare cost savings programs.

Call 855-408-1212 or visit www.ncshiip.com to find out how SHIIP can help you.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



YOU'RE INVITED!

Caregiver Summer Social

**Thursday, August 4th, 2022
1:00 PM - 2:30 PM**

Join your fellow caregivers for support and sweets! Let's grub while we gab! We will have ice cream sandwiches, other snacks, and drinks.

Contact Holly,
(919) 776-0501
Ext. 2230



You're Invited! Friday Movie Club at 1:00 PM

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

August 5 - Walk The Line: A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis and Carl Perkins.

September 2 - The Wizard of Oz: Young Dorothy Gale and her dog are swept away by a tornado from her Kansas farm to the magical land of Oz, and embark on a quest with three new friends to see the Wizard, who can return her to her home and fulfill the other's wishes.

**Movie selections based on suggestions and may or may not be to your preference as far as language or subject matter.*

Join WakeMed Mobile Wellness & The Enrichment Center

**Free Vascular Screenings
For Age 55+ and Risk Factors**

Thursday, September 22, 2022

**Registration Required
(919)776-0501 ext. 2203**

What Is Vascular Screening?

Vascular screening can identify individuals who may be at risk for stroke, ruptured aneurysm and/or arterial insufficiency in the legs. Screening exams are performed by WakeMed ultrasound techs.

The results are reviewed by a WakeMed Heart & Vascular physician. Participants receive their results through the mail or phone call.



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.

September 13, 2022

Bridge Across the Ocean by Meisner

October 11, 2022

The 100 Year Old Man Who Climbed Out the
Window and Disappeared
by Jonasson

If you have questions, you can contact Ellie
Mathews, elliegolf@gmail.com or Debbie
Williams (919) 776-0501 ext. 2203.

The EC Drama Club

(The Enrichment Players)
Presents ...

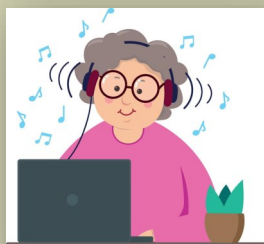
"Granny DJ"

A comedy with music by local award-
winning author Karen Matthews

Thursday, September 29, 2022

6:00 P.M. – 8:00 P.M.

\$15 (Includes Dinner)



Pay Now To
Reserve
Your Seats

(919) 776-0501
Ext. 2201

Reservations & payment required prior
to event.

SAVE THE DATE Dementia & Caregiver Symposium

The symposium is for family and professional caregivers as
well as community members wanting to learn more.

Discover current trends in dementia care, practical self-
care suggestions, how to pay for care, information about
legal issues, brain health and much more! Informational
seminars, guest speakers, vendors, health
screenings, door prizes and more!

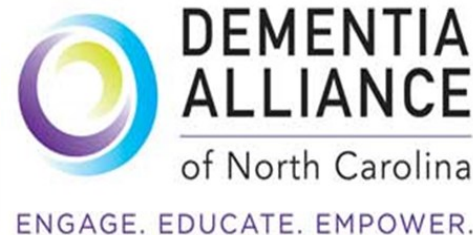
Thursday, November 3rd, 2022

Dennis A. Wicker Civic & Conference Center
1801 Nash Street
Sanford, North Carolina 27330
8:00 a.m. - 4:00 p.m.

For Questions Call Holly Hight, Senior Center Caregiver
Specialist at The Enrichment Center. (919)776-0501 ext. 2230

▪ hhigh@leecountync.gov ▪

Hosted by: The Dementia Alliance of NC
& The Enrichment Center of Lee County



Ongoing Programs You Are Welcome to Attend!

Bible Study, Mondays, 10:30 am - 11:30 am

Friday Friends and Cards, Fridays, 12:30 pm - 4:00 pm
Play Cards of Your Choice

Guitar Class - Call Debbie Williams for Day/Time
(919) 776-0501 Ext. 2203

"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%

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.

**WDSG
107.9**

Tune in for
Enrichment
Center Updates!

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 offers 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, \$1 per daily visit.

Available to participants who have completed orientation.

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.

*If you have the **Silver Sneakers** wellness benefit with your Health Insurance Policy, provide a copy of your Silver Sneakers card to Cathy for verification of benefits at The Enrichment Center.*

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+.

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.

Call Cathy at 919-776-0501 ext. 2208

for an orientation appointment, or if it's been longer than 6 months since you've visited the Fitness Room.

Fitness Room Hours:

M/W/F 8:00 a.m. – 5:00 p.m.

T/TH 8:00 a.m. – 7:00 p.m.

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

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 cooking and craft 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.

6th—Carolina Dreamers,
13th—Big Daddy, 20th—Jimmy
Shirley 8 Track 45 Band,
27th—The Back Yard Kats

**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.**



WATER AEROBICS

**At OT Sloan Pool
Payment accepted at The Enrichment Center**

**Registration paperwork at the pool.
NO REFUNDS.**

****Please come swim ready. There will be limited access to
changing facilities and restrooms.***

Day Class:

Mondays/Wednesdays/Fridays through August 31
10:45 a.m.—11:45 a.m. \$20 per month

Night Class:

Tuesdays/Thursdays through August 30
5:45 p.m. – 6:45 p.m. \$15 per month
Open to all adults, priority given to those age 50 and better and
Lee County Government employees (ages 18+).

- 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.

Technology Courses

Brought to you by:

SENIOR PLANET OATS OLDER ADULTS
FROM AARP TECHNOLOGY SERVICES
FROM AARP



Space Limited! Sign Up Today!

Call: (919) 776-0501 ext. 2230

Email: hight@leecountync.gov

All Things Zoom

Date: Friday, September 9, 2022

Time: 2:00 P.M.

**Location: The Enrichment Center
1615 S. Third Street / Sanford, NC 27330**

This workshop will teach you all about Zoom – how to download, use, secrets, tips and tricks!

Online Health Resources

Date: Monday, September 12, 2022

Time: 2:00 P.M.

**Location: The Enrichment Center
1615 S. Third Street / Sanford, NC 27330**

This course is designed to teach you about using the internet for health resources, what those health resources are, evaluating information, Medline Plus and about The Mayo Clinic.

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

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.

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.

Blood Pressure Checks

By Amedisys Hospice

**First Wednesday of the Month, 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.

**Rex Mobile
Mammography Unit
is coming to
The Enrichment Center
Wednesday
October 26, 2022
9 AM - 3 PM**

**Contact Lee County Health
Department for more information
and to pre-register
(919) 718-4640 Ext 5317.**

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. Gain support, advice and understanding. Caregivers, family and friends of those living with Dementia. Call (919) 776-0501 ext. 2230 for virtual log-in information.

Breast Cancer Support:

1st Tuesday of each month at 6:00 p.m. For breast cancer patients, survivors and caregivers. **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: DATE CHANGE FOR AUGUST ONLY: Tuesday, August 16

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.

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



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.

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. **Legal Aid of NC** provides free assistance with health care power of attorney, living wills, property wills and other important legal documents. Seniors should call 1-877-579-7562 for assistance and an appointment or online at www.legalaidnc.org.

Dial 988 for 24-hour, 7-days a week access to trained crisis counselors who can help people experiencing mental health-related distress.



Lee County Enrichment Center

2022 Holiday Closings

Labor Day	Sept. 5
Veterans Day	Nov. 11
Thanksgiving	Nov. 24, 25
Christmas	Dec. 23, 26, 27

2023 Holiday Closings

New Year's Day	Jan 2
Martin Luther King, Jr. Birthday	Jan. 16
Good Friday	April 7
Memorial Day	May 29
Independence Day	July 4
Labor Day	Sept. 4
Veterans Day	Nov. 10
Thanksgiving	Nov. 23, 24
Christmas	Dec. 25, 26, 27