



The Center Post



Volume 31

DECEMBER 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; which
increases their access to
services, benefits and
resources and offers
them tools
to manage their health
and finances.*

Senior Centers:
Masters of Aging



ANGEL TREE

The *Angel Tree Project* will continue this year in the same manner as during the past few years. We will be accepting monetary donations to support our *Angels* in order to limit the number of people and items coming in and out of our building. Our staff will order items and have them delivered to the Enrichment Center. We will package items into gift bags and deliver to the homes of our most needy clientele that we have served during 2022. Our assistance in the community will be based upon the donations received through this project.

If you would like more information about the *Angel Tree Project* or how you can be involved, please call Tami Carter (919)776-0501, ext. 2212.

Please make checks payable to:

The Enrichment Center, Inc.

Ongoing Activities You Are Welcome to Drop In

Bible Study, 1st and 3rd Mondays
10:30 am - 11:30 am

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

Guitar Class, Wednesdays, 12:00 pm

Line Dancing Class
Beginners Welcome! Mondays, 2 p.m.

EC Art Gallery currently provided by
Sanford Area Photography Club

Merry Christmas & Happy New Year from The Enrichment Center!

Operating Hours During
Christmas and New Year's

Open: Mon., Dec. 19, 8 AM - 5 PM
Tues., Dec. 20, 8 AM - 7 PM
Wed., Dec. 21, 8 AM - 5 PM
Thurs., Dec. 22, 8 AM - 7 PM

Open: Dec. 28, 29, 30, 2022,
8 AM - 5 PM

CLOSED: Dec. 23, 26, 27,
31, 2022 and Jan. 2, 2023



Spirit of the Season Series

3 Original Plays
by Local Author Priscilla Petty

These short parables teach us the true spirit of the season, and how we should treat each other. Performed by:

The Enrichment Players Drama Club
Registration Not Needed

“Favoritism”

Tuesday, December 6, 2022
11:00 a.m.

“Who’s Your Neighbor”

Wednesday, December 14, 2022
11:00 a.m.

“The Cold Within”

Wednesday, December 21, 2022
11:00 a.m.

Pre-Planning Final Arrangements

Lunch & Learn

Thursday, January 5, 2023

11:30 a.m.

**The Enrichment Center
1615 S. Third Street, Sanford**

**RSVP to
(919) 776-0501 Ext. 2230**

**Hosted by
Miller-Boles
Funeral Home**

AARP Driver Safety

**Thurs., Dec. 8, 2022
9:00 A.M. - 1:00 P.M.**

To Register Call (919) 776-0501 Ext. 2203

Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road.

**\$20 for AARP members, \$25 for non-members.
Call today to register! (919) 776-0501 Ext. 2203**

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.

**December 13, 2022 - A Life Without Regrets by Bolden
January 10, 2023 - Have A Little Faith by Albom**

**If you have questions, you can contact
Ellie Mathews, elliegolf@gmail.com**

2023 Property Tax Relief

If you own your own residence and are age 65 and older, or totally and permanently disabled, and your total income does not exceed \$33,800 you may qualify for a homestead exclusion or deferment—which could reduce your tax liability.

If you are an honorably discharged veteran or the unmarried surviving spouse and have a total and permanent service connected disability, you may qualify for a disabled veterans exclusion—which could reduce your tax liability.



Please contact the Lee County Tax Listing department at (919) 718-4661 for more information and details on how to apply for one of these programs in 2023.

Sparkle & Sweat 2023

Tuesdays & Thursdays
January 3rd – February 9th
5:30 p.m. – 6:30 p.m. Cost: \$15

Back by popular demand!

Kick off your fitness in the New Year with fitness coach, **Erica Davidson**, for **6 weeks of Sparkle and Sweat!**

Let's not make fitness a New Year's resolution but a lifestyle! *Class participants will need to bring light weights.*

***Classes are first come first served to those aged 50 & better or Lee County Government staff. Waiting list available for those 49 and below. To register call Debbie Williams, (919) 776-0501 Ext. 2203.**

The Enrichment Center Personal Training Services

Do you have chronic pain, recovering from surgery, or want to work out but don't know where to start?

The Enrichment Center is now offering Personal Training Services. We are offering sessions with Certified Personal Trainer Erica Davidson. Erica will offer a consultation and design a plan personalized for your specific workout goals.

Cost: \$30 per session. On-going sessions will be available per request.

Open to age 50 and over, Lee County Government Employees and other Lee County residents, as space is available. Call (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.

Coffee & Conversation

With the EC Program Director



Monday, December 12, 2022
10 AM - 12 PM
EC Grand Hall

The Enrichment Center wants to give participants the opportunity to sit down with the Program Director and voice concerns, offer preferences and suggestions and discuss those issues that are important to you — all while enjoying a cup of coffee! Bring your ideas on how to improve our programs and services. We will provide the coffee! Registration not required.

Diabetes Awareness Class

Open to Ages 50 and Better

Thursday, December 15, 2022
10:30 AM - 11:30 AM

Facilitator: Erica Duval, Nurse Liaison, Amedysis Health

Join us for an information session about proper diabetes management and how to access other diabetic resources. Space limited.

**To register call
 Debbie Williams (919) 776-0501 Ext. 2203.**

Friday Movie Club at 1:00 PM

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

December 2—Love Actually - Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.

January 6, 2023—Brian's Song - Brian Piccolo and Gale Sayers are teammates on the mid-1960s Chicago Bears. At a time when professional football still bears a certain amount of race-based segregation, the growing friendship between the white Piccolo and the black Sayers, as well as their wives, Joy and Linda, becomes a symbol of harmony during the civil rights era.

**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!*

EC Travelers 2023

***Trip payments will be accepted beginning Monday, December 19, 2022.**

***Ark, Lancaster and Myrtle Beach reservations payments must be paid during designated times with Jourdan.**

***Residents outside of Lee County can register and make payments after Jan. 15, 2023.**

Ark Encounter, Louisville & Lexington

April 17 - 20, 2023

\$599 Per Person - Double Occupancy

Travel Protection \$79 Per Person - Double Occupancy
Separate check for insurance payable to PML Travel & Tours Insurance premiums are non-refundable.

Includes: 3 nights hotel accommodations, 3 breakfasts at hotel, 2 dinners (including 1 dinner at Emzara's Kitchen at the Ark Encounter. Experience the Ark Encounter.

One (1) fabulous dinner cruise aboard the Belle of Louisville with entertainment all while cruising the Ohio River on board a beautiful paddle steamer.

Guided tour of Louisville, KY. Visit the Kentucky Horse Park & International Museum of the horse.

Standard taxes, baggage handling & meal gratuities, deluxe motor coach transportation.

Detailed itinerary distributed closer to departure date.

Important!

NO telephone reservations.

Trip payments accepted beginning Monday, Dec. 19, 2022!

Reservations and payments for this trip are accepted by Jourdan Huskey, Mondays and Wednesdays, 8 AM - 9 AM and 3 PM - 4 PM and Fridays, 8 AM - 12 PM.

Summer Jubilee

At the Rudy Theatre

Thursday, July 20, 2023

\$105 Per Person

The music of Summer! Musical memories that bring back your favorite days on the beach with many sing along songs. Cost of \$105 includes your matinee show ticket and transportation aboard a chartered bus. Dinner is not included, but we will stop to eat.

We will depart from Riverbirch parking lot at 11 AM and return at approximately 9 PM.

Important!

NO telephone reservations.

Trip payments accepted beginning Monday, Dec. 19, 2022.

\$25 deposit DUE at time of in-person registration.

Balance due no later than Wed., May 31, 2023.

All trips are subject to The Enrichment Center Trip Policy.

Priority is given to Lee County residents ages 50 or better. Adults who are younger than 50 or non-Lee County residents may be placed on the waiting list and will be allowed to register after a 45-day waiting period, space permitting. The complete EC Trip Policy is available at the EC front desk.



Lancaster & Hershey, PA

September 11 - 14, 2023

\$599 Per Person - Double Occupancy

Travel Protection \$79 Per Person - Double Occupancy

Separate check for insurance payable to

PML Travel & Tours

Insurance premiums are non-refundable.

Includes: 3 nights hotel accommodations, 3 breakfasts at your hotel, 2 dinners including an **Amish Style Dinner Feast** and 1 dinner at **Shady Maple Smorgasbord**. Discover the experience of dining at Lancaster County's largest smorgasbord featuring 200 feet of deliciously authentic **Pennsylvania Dutch** cooking. While there visit the **Shady Maple Farmers Market** and the **Gift Shop**. Visit to **Hershey's Chocolate World**. See, feel and hear the processes that deliciously transform the beans into milk chocolate! Enjoy **Sight & Sound Theater's Production of "Moses."** Guided tour of **Hershey, PA**. Guided tour of **Amish Farmlands in Lancaster County**. Enjoy a visit to **Kitchen Kettle Village**, a world famous canning kitchen.

Standard taxes, meal gratuities, baggage handling and deluxe motor coach transportation

Detailed itinerary distributed closer to departure date.

Important!

NO telephone reservations.

Trip payments accepted beginning

Monday, Dec. 19, 2022!

Reservations and payments for this trip are accepted by Jourdan Huskey, Mondays and Wednesdays, 8 AM - 9 AM and 3 PM - 4 PM and Fridays, 8 AM - 12 PM.



Tune in for
Up & Coming
with Margaret
& Melanie



NC State Fair

Tuesday, October 17, 2023

\$20 for Motor Coach Transportation

Fair admission is free for ages 65+ and \$13 for under age 65 paid at the gate.

It's our annual trip to the fair on Senior Day!

Special events and activities all day long. We will depart from Riverbirch Corner parking lot (Belk/behind pond) at 8 AM and return at 4 PM.

Important!

NO telephone reservations.

Trip payments accepted beginning

Monday, Dec. 19, 2022.

Payment is required to reserve your spot.

\$20 cash, money order or cashier's check.

MYRTLE BEACH, SC

December 11 - 13, 2023

\$499 Per Person - Double Occupancy

Travel Protection \$51 Per Person - Double Occupancy

Separate check for insurance payable to

PML Travel & Tours

Insurance premiums are non-refundable.

Includes: 2 nights ocean front hotel accommodations, 2 breakfasts at your hotel and 2 dinners. The Alabama Theater—"The South's Grandest Christmas Show." The Carolina Opry Christmas Special—"The Christmas Show of the South." Enjoy Broadway at the Beach shops, restaurants, attractions, nightclubs, light displays, toy trains and more. The Great Christmas Light Show—Drive through light show features over 2 million lights festively displayed along a 2-mile drive. Holiday shopping in Myrtle Beach.

Standard taxes, meal gratuities, baggage handling and deluxe motor coach transportation

Detailed itinerary distributed closer to departure date.

Important!

NO telephone reservations.

Trip payments accepted beginning

Monday, Dec. 19, 2022!

Reservations and payments for this trip are accepted by Jourdan Huskey, Mondays and Wednesdays, 8 AM - 9 AM and 3 PM - 4 PM and Fridays, 8 AM - 12 PM.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Medicare Part D Open Enrollment: *What You Need to Know*

If you live in Lee County and need assistance
with your Medicare Part D plan, you may contact

SHIIP, NC Dept. of Insurance
1-855-408-1212

OR

Come by The Enrichment Center
1615 S. Third Street, Sanford, NC

To Our Walk-In Clinic
No Appointment Needed

Tues., Dec. 6 or Wed., Dec. 7, 2022
8:30 a.m. - 4 p.m.

Each year, Medicare offers an annual period between October 15 - December 7 where a person with Medicare Part D prescription insurance can review and change his or her drug insurance policy. You might be asking yourself, "If I am already enrolled in Medicare, why would I need to consider open enrollment?" The answer is, your prescription needs are always changing. Another Part D plan may be a better fit for you now, and it's worth considering switching plans or exploring options during this period.

Information is provided by
NC Dept. of Insurance
Seniors' Health Insurance Information Program
(SHIIP) 1-855-408-1212

SHIIP counselors are not licensed insurance agents,
and they do not sell or endorse any product,
plan or company.



Pearl Harbor Remembrance Day Ceremony

The Lee County Veterans Council
will host a Pearl Harbor

Remembrance Day Ceremony on Wednesday,
December 7, 2022, 11:55 a.m. The service will be held
at the NC Veterans Memorial in Broadway. The public is
invited to attend. The ceremony will mark 71 years since the
Japanese attack on U.S. ships and bases at Pearl Harbor.

The Lee County Veterans Council is also reminding
veterans that they can sign up for Service-Disabled
Veterans Life Insurance. This insurance is for service-
connected disabled veterans who have had a new disability
rating within the past two years. For more information
contact the Lee County Veterans Service Office at The
Enrichment Center (919) 776-0501 Ext. 2209.

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: Thurs., December 22, 2022
2 PM - 3 PM

If interested in joining please call Holly at
(919) 776-0501 ext. 2230.

Device Advice

2nd Tuesday of Each Month
10:45 AM - 11:45 AM Diner's Club

Bring your device, questions and any passwords
you might need for a free one on one session
with Holly. Due to time constraints this will be
first come first served.

Ten-minute time limit per person.

Technology Courses

Brought to you by:

SENIOR PLANET

FROM AARP

OATS

OLDER ADULTS
TECHNOLOGY
SERVICES

FROM AARP



Space Limited! Sign Up Today!

Call: (919) 776-0501 ext. 2230

Email: hhight@leecountync.gov

Cloud Storage Seminar

Monday, Dec. 12, 2022 at 2:00 p.m.

Storing documents, images and other files remotely, while protecting important data.

Beyond the Basics

Mondays, January 9, 2023 through
February 6, 2023

(No class on Monday, January 16th)

Class will be held Tuesday, January 17th)

Time: 2:00 p.m.

Participants must have a
computer and email.

Accomplish everyday tasks, stay organized,
find entertainment, and be creative. Improve
research skills; explore more Gmail features;
use Google Drive and Docs; make playlists on
YouTube; and more.

Using Job Search Engines

Tuesday, February 14, 2023 2:00 p.m.

Learn skills to improve how you search for
jobs on the internet.

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 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 orientation appointment.

\$1 per daily visit. (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 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%

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

The group meeting is transitioning to a semi-annual event over Memorial Day and Veterans Day holidays. Read The Center Post monthly for more updates.

AARP TAX-AIDE 2023 TAX SEASON VOLUNTEERS NEEDED

AARP Tax-Aide is a group of volunteers who provide free tax filing services to Seniors (age 50+) and low to middle Income individuals during tax season. Volunteers are trained on the TaxSlayer software and tax form input requirements. You DO NOT have to be a Tax Professional, an AARP member or a college graduate to do our volunteer work. Some basic computer skills are needed.

Chromebook computers are provided.

We are seeking a SIGN-UP list of Volunteers now to determine training needs. Please contact (or leave voicemail or email):

James Payne, Phone: 919-356-7652 or

Email: pesty42@gmail.com

*To have your 2022 taxes filed, call The Enrichment Center,
(919) 776-0501 ext. 2201 starting January 9, 2023
for an appointment and further instructions.*

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.lee-county-nc.gov/colts.aspx

Title VI Policy Participant

Our mission is to provide safe & reliable transportation to the citizens of Lee County.

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.

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.



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**

Bands for December:

**3rd—Carolina Dreamers,
10th—Big Daddy/Diamond
Edge Band, 17th—Jimmy
Shirley Jr. 8 track 45,
24th—NO DANCE,
31st—"New Years" Party -
Ole Skool Band**

**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.**

Hot Lunches

Lee County citizens ages 60 and better can participate in our lunch time nutrition program. You can 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.

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

Our menus include: Spaghetti, glazed BBQ patty on bun, herb baked chicken breast, a variety of vegetables, breads and desserts.

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.**

BALANCE FOR LIFE CLASS

This class is designed to add life to your years and improve your health span. We address fall hazards in the home and community, practice the mental skills needed to reduce our fall risk and learn which exercises are best suited to prevent falls.

This program emphasizes
practical strategies to manage
falls.

You Will Learn To:

- Manage concerns about falling.
- Assess helpful and unhelpful beliefs about falling.
- Make necessary changes to reduce fall risks.
- Improve your balance.

Class Consists of:

- Group Discussions
- Individual Activities
- Appropriate Exercises

**A healthcare professional
attends during one session to
provide information and
answer questions.*

**No cost. Contributions accepted. Class size limited.
For more information and to register call (919) 776-0501 Ext. 2208.**

Cancer Support Group

Are you looking for cancer resources and a strong network to lean on? Do you feel you would benefit from a cancer support group? Call Holly (919) 776-0501 Ext. 2230.

Blood Pressure Checks

By Amedisys Hospice
First Wednesday of the Month
10:00 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.

Rideability

A Partnership Between the Stevens Center and COLTS

Rideability is a program of the Stevens Center that provides evening and weekend transportation for any person who has a disability. It only costs \$2.00 per trip.

Individuals must be registered with the program prior to using it the first time.

To register for Rideability, call (919) 776-4048 or come to the Stevens Center, 1576 Kelly Drive, 8 AM - 5 PM. You will be required to provide evidence of a disability and you will receive a free Rideability photo ID.

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:

1st & 3rd Thursday of each month at 1:00 p.m. Offers support, advice and understanding to caregivers, family and friends of those living with Dementia. Familiarize yourself with this overwhelming disease and learn about community resources to help yourself and others deal with the present and plan for the future. Facilitators: Holly Hight and Kay Gladden. **There is a virtual caregiver support group that is offered weekly on Zoom. 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:

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 & 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
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

NOTICE ABOUT PHONE CALLS

Your phone might not identify us when we are calling you from The Enrichment Center or other Lee County Government offices. We have worked with our provider and have ensured that we are sending out the caller ID name of Lee County, County of Lee. We cannot, however, control how the cellular or Internet based phone of the citizen interprets that depending on the feature (s) they may or many not have active on their cell phone (s).

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.



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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

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