



# THE ENRICHMENT CENTER

1615 S. Third Street, Sanford. N.C. 27330  
919.776.0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)

***Making Every Day a Great Day***

*The Enrichment Center is a  
N.C. Certified Senior Center of Excellence.  
We connect 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.*

Mon/Wed/Fri 8:00 AM - 5:00 PM  
Tues/Thurs 8:00 AM - 7:00 PM

The Enrichment Center is a focal point in the community where patrons access services and engage in activities. Programming has an emphasis on community betterment through involvement. We offer a variety of innovative programs: educational, entertaining, fitness, health and wellness.

*The mission of Lee County Senior Services is to fashion an achievable vision of successful aging in Lee County.*

*Policies and guidelines are reviewed at the time of inquiry and registration.*

*We welcome residents from neighboring counties on a space available basis and when our policies allow.*

**EDUCATIONAL OFFERINGS** Life long learning is essential for maintaining a zestful life. Classes vary from topics concerning financial planning, insurance, health, wellness, caregiving, driver's refresher, computer, Internet/Email/Facebook, art, current events and dancing. Participant suggestions and staff exploration provide innovative ideas for continuing education.

The Enrichment Center Staff are available to make presentations on topics related to aging for area groups, agencies and employers. Marketing assistance is available to small businesses that wish to attract mature consumers. Industrial, business, faith community, agency and organization partnerships are welcome.

**SERVICES** Lee County Senior Services has been providing quality services for over thirty years in the Sanford area. Among the many services offered at the Center are:

Veterans Services ❖ Nutritionally Balanced Meals ❖ Home Delivered Meals ❖ Public Transportation  
Volunteer Opportunities ❖ Resources for Family Caregivers ❖ Information & Options Counseling ❖ Home  
Repair ❖ Medicare Counseling ❖ Tax Assistance ❖ Advance Directives: Health Care POA, Living Wills &  
Notary ❖ Support Groups ❖ Indigent Assistance Programs ❖ Resource Directory ❖ Senior Games & Silver  
Arts ❖ Community Outreach ❖ Grandparents Raising Grandchildren ❖ Aging Provider Network ❖ Public  
Access Computers ❖ Wireless Internet ❖ Community Events Information ❖ Employment/Training  
Information ❖ Virtual & YouTube Options ❖ Health Screenings

**ACTIVITIES** The Center provides a wide variety of entertaining activities. Virtual and YouTube options, card parties, games, dances, drama team, dinners with entertainment, trips, drop in activities and regularly scheduled special events are part of the weekly fare. Participants and the general public work with staff to develop innovative programming.

**FITNESS & WELLNESS on next page...**



# Wellness Works!

**We Have Something for Every"BODY" Try a Class for FREE!**  
**Fitness and wellness are central to many of the programs offered at The Center.**

A personal fitness trainer is available to assist you with individual fitness needs and goals. The Enrichment Center staff work with area health care professionals to offer health fairs, health education, self-care seminars and disease prevention classes.

Consult your physician before beginning any exercise program. No refunds on fitness classes. Unless otherwise noted or approved, fitness and wellness programs for age 50+ and Lee County resident.

### 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 with the provided supplies after each use. 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.

**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 and fun exercise class!

**Advanced Tai Chi** - Monday/Friday, 10:30 a.m. – 11:30 a.m. 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 who already have an exercise program. \$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.

### Walking Trail

1/4 mile around the perimeter of the property. **No Charge.**

**Drop by for shuffleboard, horseshoes, bocce and table tennis. Equipment available for your use. No Charge.**

**Senior Games & Silver Arts of Lee County**  
Registration in March. Athletic and artistic events held April - May. Senior Games & Silver Arts are open to residents age 50 and better in Lee and neighboring counties. First time participant fees waived.

### **FREE Evidence-Based and Wellness Programs Led by Certified Trainers**

Contributions Accepted  
Call (919) 776-0501 for class dates and times.

### Diabetes

Classes and programs offered addressing today's diabetic needs.

### A Matter of Balance

A program designed to manage falls, increase activity levels and increase strength and balance.

### Tai Chi for Arthritis for Fall Prevention

This beginners class is aimed at helping to increase both lower and upper body strength, as well as improve balance and reduce falls.

### Powerful Tools for Caregivers

A program for family caregivers that provides participants with tools and strategies to better handle unique caregiver challenges.

### SilverSneakers Fitness Location!

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. If you are part of a Medicare health plan or a group retiree, you may already have the SilverSneakers benefit.

Eligible participants receive FREE participation in our qualifying fitness programs at The Enrichment Center.

**To enroll, provide the front desk with your Silver Sneakers card. We must make a copy of your card and verify eligibility at The Enrichment Center.**

