

THE CENTER POST

Volume 33

February 2024

www.leecountync.gov/ec



**The Enrichment
Center of Lee County**
(919) 776-0501
1615 S. Third Street
Sanford, NC 27330
Monday, Wednesday, Friday
8 AM—5 PM
Tuesday and Thursday
8 AM—7 PM

For over 30 years The Enrichment Center has been 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*

THE ENRICHMENT CENTER OF LEE COUNTY'S ANNUAL

BLACK HISTORY MONTH CELEBRATION

CELEBRATING & FEATURING
THE TALENTS OF
LOCAL BLACK ARTISTS

**FRIDAY, FEBRUARY 23, 2024
10:30 A.M. - 11:30 A.M.**

“Black art and creativity at its essence is important because it allows us to share our struggles, triumphs, gifts, and brings the black story in America to life.”

The Student Movement - Andrews University

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The Enrichment Center & COLTS Directory (919) 776-0501

Melanie Rodgers	Director, Administrative, Finance, Marketing	Ext. 2216
Tonya Surratt	Transportation Coordinator, COLTS - County of Lee Transit System	Ext. 2228
Cynthia Wiley	COLTS Scheduling Information	Ext. 5418
Maria Davis	COLTS - Dispatch COLTS - Billing	Ext. 2219 Ext. 5430
Ellen Dunlap	Social Worker, Family Caregiver Specialist, Information & Assistance, Options Counseling, Wheel Chair Loan Program	Ext. 2230
Holly Hight	Senior Center Program Director, Marketing	Ext. 2203
Cathy Andrew	Fitness & Wellness Classes, Health Promotion	Ext. 2208
Jackie Green	Fitness & Wellness Classes, Health Fairs, Support Groups	Ext. 2211
Janice Holmes	Nutrition Programs: Diners Club, Home Delivered Meals, Ensure	Ext. 2213
Amanda Sabangan	Senior Center Nutrition Assistant	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, Home Repair	Ext. 2207
Kyla Love	Veteran Services Officer II	Ext. 2209
Ellsworth Cupid	Veteran Services Officer I	Ext. 2210
Nicole Holmes	Veteran Services Administrative Assistant	Ext. 2217
Michelle Sharpe	Finance & Accounting Specialist	Ext. 2214

LCG Enrichment Center's Information & Resource Directory and this newsletter available online: www.leecountync.gov/ec

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 weekly updates and events. The Center Post will be emailed the first of the month. **E-mail Holly to be added hhight@leecountync.gov**

Fee-Based Policy

If you are interested in a fee-based service or program and unable to pay, ask for Holly Hight, Senior Center Program Director, or call 919-776-0501 ext. 2203.

The Lee County FY 2023 Annual Financial Report

is available for viewing online, www.leecountync.gov. Contact Melanie Rodgers, 919-776-0501 ext. 2216, if you have questions or need further information.

Tele Sensory Magnifier

is available for use at the Enrichment Center. The machine magnifies documents to assist people with reading. Call Ellen if interested in using the machine 919-776-0501.

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 such items as: 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 Janice (919) 776-0501 ext. 2213.
If you or your loved one is in need of a home delivered meal call Janice (919) 776-0501 ext. 2213.**

AFTERNOON CARD PARTY

Wednesday, April 3, 2024
12:30 PM - 5:00 PM

We need you and so does the Enrichment Center, Inc. Helping Fund!

\$4.00 per person (paid at event)
Refreshments, fun, fellowship and door prizes!

Bring a friend (newcomer to the Card Party) and enter our Grand Prize Drawing!

100% of all dollars raised at the party goes to the Enrichment Center, Inc. Helping Fund. The Helping Fund assists Lee County older adults who are in a crisis situation with electricity and other necessities of life.

Co-Sponsored by Miller-Boles Funeral Home

Please call to register your table (919) 776-0501 ext. 2203



JOIN US FOR

POTLUCK & BINGO NIGHT

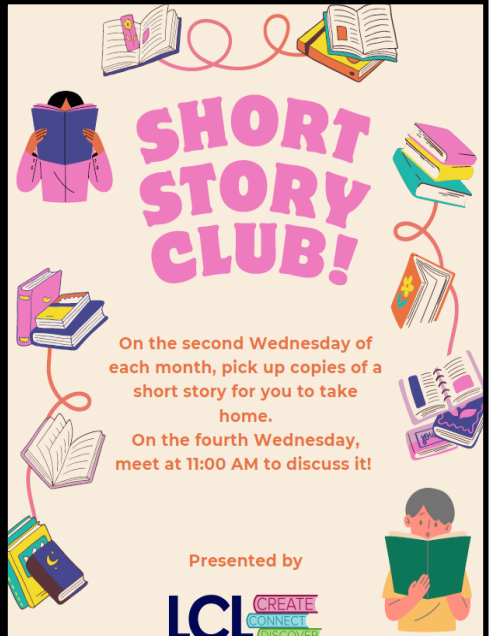
BRING A DISH TO SHARE!

THURSDAY, FEBRUARY 29, 2024
5:00 PM - 6:30 PM

CALL TO RSVP (919) 776-0501 EXT. 2203

THE ENRICHMENT CENTER OF LEE COUNTY

1615 S. THIRD STREET / SANFORD, NC 27330



On the second Wednesday of each month, pick up copies of a short story for you to take home.

On the fourth Wednesday, meet at 11:00 AM to discuss it!

Presented by

LCL CREATE CONNECT DISCOVER
Lee County Libraries

Cook, Exercise and Craft with The Enrichment Center via Lee County Government's YouTube page.

Here's how: 1. Go to Lee County Government's Home Page, www.leecountync.gov
2. Click on the You Tube button, top right of the screen
3. Click on VIDEOS. Scroll through the options ... and voila!

Monthly Birthday Party & Newsletter Review

1st Wednesday of Each Month
11:00 a.m. (Grand Hall)

The 1st Wednesday of each month we will celebrate those who have a birthday, as well as go over programs that are being offered throughout the month.

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.

Tuesday, February 13—Becoming by Michelle Obama
If you have questions, you can contact Ellie Matthews, elliegolf@gmail.com

2024 Greeting Card Paper Craft Class

2nd Tuesday of Each Month
2PM - 3PM

Join CJ Hart from Hart Studios as she demonstrates the art of card-making. All supplies included to make your very own set of themed cards. \$15.



LIVE MUSIC
featuring the
GRATEFUL HEARTS

Classic country
Classic rock
Christian country

1st Thursdays in 2024
11am

The Grand Hall
Come join the fun!

COOKING CLASSES

With Chef Joseph "Pepe" Corello

Classes Held Once Per Month
1:00 PM - 2:00 PM

Space is very limited. Please call to have your name added to the lottery system. Names will be drawn the Monday before the Friday class.
(919) 776-0501 ext. 2203

*Classes can also be viewed on Facebook Live, as well as our YouTube channel.



Paint Your House Class

Friday, February 16, 2024
1pm - 5pm

Paint your house, your old homestead, a family member's home, or any other architectural structure you'd like.
\$75 per picture (bring cash the day of class)
All materials provided.

Please email the building you'd like to paint or questions to hheight@leecountync.gov. Picture must be in .jpg format.

Food-Borne Illness Safety Program

Monday, February 19, 2024
11:00 a.m.—11:30 a.m.

Learn about different types of food-borne illnesses and how you can prevent them with food handling and safety tips.

DEEP DIG GARDENING CLASS

with Amanda Wilkins, Horticulture Agent
with the N.C. Cooperative Extension -
Lee County

Tuesday, April 2, 2024 2pm-3pm
Tropical Paradise: Annuals & Perennials To
Give Your Garden A Tropical Feel

Tuesday, July 2, 2024 2pm-3pm
Pass-Along Garden: How To Save
Seeds From Your Favorite Plants

CALL TO REGISTER:
(919) 776-0501 EXT. 2203



WREATH CLASS

Thursday, February 8 &
Friday, February 9, 2024
1:00 p.m. - 4:00 p.m.

Did you ever want to learn how to make deco-mesh wreaths or bows but think it was too hard? If so, this is the class for you. It is a two-day class for beginners and each day you will leave with a completed deco-mesh & ribbon pancake-style wreath with colorful signs and ribbons.

\$40 Cash Due Day Of Class

All Materials Provided EXCEPT

*Please Bring A Sharp Pair Of Scissors

For questions, you can contact luzzolo@aol.com.

CLASS SIZE:

This is limited to no more than 6 NEW people for me to give each student personal attention.

I hope you will join me for a fun day!



Recipe Of The Month "Mushroom, Beef & Barley Soup"

Ingredients

- 2 tablespoons olive oil
- 1.5 lbs. boneless beef chuck, cut into 1" pieces
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 medium onions
- 2 celery stalks, cut into 1/2 inch pieces
- 1 box fresh button mushrooms
- 3 carrots, cut into 1/2 inch pieces
- 4 garlic cloves, chopped
- 1 (8 ounce) can tomato sauce
- 3.5 cups water
- 2.5 cups low-sodium beef broth
- 1 cup pearl barley, rinsed
- 1 bay leaf
- 1/4 cup finely chopped fresh parsley

Directions

Heat 1 tablespoon oil over moderately-high heat in a deep pot. Toss beef with 1/4 teaspoon salt and 1/8 teaspoon pepper, then brown meat in 3 batches until browned, about 10 minutes. Transfer beef as cooked, to a plate with a slotted spoon.

Heat remaining tablespoon oil and cook, stirring, onions, celery, carrots and garlic with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper until pale golden, about 6 minutes. Stir in tomato sauce, water, broth, barley, beef and bay leaf. Cover pot and bring to 130 degrees, then cook until beef is tender, about 30 minutes. Stir in parsley and add salt to taste. Serve and enjoy! Serves 6.



WHAT IS COMMUNITY SUPPORTED AGRICULTURE?

Join us to learn about community supported agriculture (CSA) programs, how they benefit farmers and consumers alike, and how to join a CSA near you!

MARCH 4TH
11:00AM-11:30 AM

AT THE ENRICHMENT CENTER'S CAFETERIA



N.C. Cooperative Extension is an equal opportunity educator. If you need special accommodations, please contact Meredith Favre at 919-775-5624.

2024 Friday Afternoon Movie Club

1st Friday of Each Month at 1 p.m.

February: *Get Low* (Comedy/Drama/Mystery) – A movie spun out of equal parts folk tale, fable and real-life legend about the mysterious, 1930s Tennessee hermit who famously threw his own rollicking funeral party... while he was still alive.

March: *Gran Torino* (Drama) – Disgruntled Korean War vet Walt Kowalski sets out to reform his neighbor, a young Hmong teenager, who tried to steal Kowalski's prized possession: his 1972 Gran Torino.

April: *Happy Tears* (Comedy) – Two sisters, Jayne and Laura, return home to deal with their ailing father Joe, only to face some surprising situations.

May: *Mrs. Palfrey at the Claremont* (Comedy/Drama) – All but abandoned by her family in a London retirement hotel, an elderly woman strikes up a curious friendship with a young writer.

June: *The Savages* (Comedy) – A sister and brother face the realities of a family responsibility as they begin to care for their ailing father.

POPCORN & WATER PROVIDED



***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.**

Bluegrass
LIVE MUSIC
ORIGINAL HAW
RIVER
CROWDADDIES

TUESDAYS IN 2024 AT 11 AM
JANUARY 9TH
FEBRUARY 13TH
MARCH 12TH
IN THE GRAND HALL

ROSES ARE RED
VIOLETS ARE BLUE
WE'D BE SAD
IF WE DIDN'T SEE YOU!
AT...

Valentine's Party

WEDNESDAY, FEBRUARY 14, 2024
AT 11:00 AM

REFRESHMENTS, MUSIC, SECRET VALENTINES & MORE!

COME DRESSED IN PINK/RED/HEARTS!



COOKING MATTERS®

Cooking Matters® For Adults

Cooking Matters® classes provide a culinary enhanced nutrition education program that builds on your knowledge on how to prepare meals/snacks that are healthy, tasty, and low in cost. Lessons include food preparation, practical nutrition tips and food budgeting skills.



Classes to be held **every Thursday** in February
(February 1st, 8th, 15th, 22nd, & 29th)
10:00 AM to 11:00 AM

Location: The Enrichment Center
1615 S. 3rd St. Sanford, NC 27330
Classroom A

It's Fun and Free!

- Presented by the Lee County Health Department
- Recipes are prepared and enjoyed during class
- Recipes included
- Group discussion encouraged
- Fun and informative!



For more information and to register please contact
Leiana Camp 919-718-4640 x5346 or lcamp@leecountync.gov



WakeMed Mobile Wellness Vascular Screenings

Thursday, March 28, 2024

9:00am-3:00pm (arrive 10mins prior to appt)

Enrichment Center parking lot

1615 S Third Street (Sanford)

To register: 919-776-0501 ext. 2211

What is a vascular screening?

Vascular screenings 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.

Why get a vascular screening?

Stroke prevention- Carotid artery blockages are a major cause for TIAs (Transient Ischemic Attacks) and stroke. These blockages can restrict blood flow to the brain.

AAA (Abdominal Aortic Aneurysm)

detection- An aneurysm is a weakness or ballooning of the blood vessel walls.

Peripheral Arterial Disease (PAD) diagnosis-

PAD is a blockage in the circulation to the arms or legs due to atherosclerosis or other diseases.

Who should be screened?

Age 55 (or older) and with risk factors:

- Diabetes
- High blood pressure and/or high cholesterol
- Renal Disease
- History of smoking or tobacco use
- Family history of stroke, heart attack, aneurysm

How are the screening tests performed?

Carotid scan – Consists of a quick ultrasound evaluation of the arteries in the neck which provides blood to the brain.

A carotid scan can determine if there are blockages in these arteries.

Aortic scan – Consists of ultrasound imaging and measurement of the abdominal aorta, the body's main artery. The scan can determine if an aneurysm is present and measure its size.

Ankle Brachial Index (ABI) - The ankle-brachial index test is an ultrasound to check for PAD and compares the blood pressure measured at your ankle with the blood pressure measured at your arm. This test can indicate narrowing or blockage of the arteries in your legs.

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



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.

NO COST – Contributions Accepted. Class Size Limited.

For more information or to register please call (919)776-0501 ext. 2208

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

FREE HEALTH PROMOTION

TAI CHI FOR ARTHRITIS FOR FALL PREVENTION

CALL FOR DATES/TIMES

This class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls. Priority given to those aged 60 & better.

Classes will be held at The Ingram Building at Dalrymple Park. (300 W. Globe Street). 8 weeks - 16 sessions. Classes will begin promptly at 2p.m. Please wear comfortable attire.

**This class is provided by a Health Promotion Grant. Contributions accepted.*

Registration and confirmation to attend required. Call Cathy at (919) 776-0501 ext. 2208.



Tuesday, February 27th

10:30AM Infant Safe Sleep Class

Evidence-based education for multi-generations. Stay current together!

Enrichment Center

Grand Hall

1615 S. 3rd St., Sanford, NC 27330



Receive incentives* for class completion while supplies last, including Pack n' Play®, diaper bags, and more!

Call, email, or scan the QR code to register

**Must be pregnant to receive incentives*



Leiana Camp
(919) 718-4640 ext. 5356
lcamp@leecountync.gov



FREE Powerful Tools for Caregivers Class

Every Thursday
April 11, 2024 - May 16, 2024
(Must Attend All Six Weeks)
9:30 a.m. – 11:00 a.m.

Six sessions held once a week; led by experienced class leaders. Class participants are given The Caregiver Help book to accompany the class and provide additional caregiver resources at no charge to the caregiver.

Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The class will give you tools to help:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
- Better Communicate Their Feelings
 - Make Tough Decisions
 - Locate Helpful Resource

Registration is required.
Call (919) 776-0501 ext. 2230

National Wear Red Day

Let's Fight Heart Disease!

Friday, February 2, 2024
9 am-noon

FREE

Know Your Numbers Screenings:

Blood Pressure & Blood Glucose
w/Charismatic Hearts Home Care Agency

Education:

10:30 am: Symptoms and Treatment Options for the Heart

Special presentation by Stacey Holder,
Director of Cardiovascular Services,
Central Carolina Hospital

Enrichment Center

1615 S Third Street
Sanford, NC 27330

Join us in raising awareness for heart disease among seniors. Wear red and share a photo of yourself. #NationalWearRedDay #SeniorsHealth #HeartDiseaseAwareness



Enrichment Center Fitness Programs

Open to Lee County residents ages 50 and better.
Keep fit and stay in shape for physical and mental health!
Call Cathy Andrew or Jackie Green if you have questions
(919) 776-0501 Ext. 2208 (Cathy) Ext. 2211 (Jackie).
*Classes Free For Silver Sneakers.
You may try one class per program for free before paying.

Fitness Room - Monday-Friday, Available to participants who have completed orientation. Call (919) 776-0501 ext. 2208 to schedule an orientation appointment. \$1/per visit.

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/month.

On The Move - Tuesday & Thursday, 10:00 a.m. – 10:30 a.m.
A fun, basic exercise class. Space available to guests, \$1/class or free for Diner's Club.

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/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/month.

Arthritis Exercise Program – Mondays & Wednesdays, 10a.m. – 11a.m. Reduce pain, stiffness, fatigue, improve strength, flexibility and balance. \$1/class or free for Diner's Club.

New Year, New Body – Mondays & Wednesdays, 1 p.m.—2 p.m. 1-hour low impact exercise class that starts with cardio, adds stretching and uses hand weights and resistance bands. Includes techniques for improved brain health and balance. \$10/month.

Evening Yoga - Tuesday & Thursday, 5:30 p.m. – 6:30 p.m.
Better suited to participants with prior yoga experience. \$10/month.

Virtual Yoga - Tuesday & Thursday, 11:00 a.m. – 12:00 p.m.
Designed for those who are familiar with yoga. \$10/month.


New Year! Fit You! – Tuesday & Thursday, 5:30 p.m.—6:30 p.m. Exercise with Jackie—8 week body conditioning class to kick start your new year! Learn how to feel your best with cardio, strength training, brain work and relaxation. \$10/month.

Walkie Talkie Walking Club

Fridays at 9 a.m.
Enrichment Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30 Morning Yoga</p> <p>9:30 Diner's Club</p> <p>10 Arthritis Exercise</p> <p>10 Wii Bowling</p> <p>10:30 Adv Tai Chi</p> <p>10:30 Bible Study</p> <p>12:30 Dominos</p> <p>1 New Year, New Body</p> <p>2 Int. Line Dancing</p> <p>5</p>	<p>8:30 Fit & Toned</p> <p>9 WRAG Art</p> <p>9:30 Diner's Club</p> <p>10 On The Move</p> <p>11 Virtual Yoga</p> <p>11 Chair Volleyball</p> <p>12 Men's Heart Club</p> <p>5:30 Evening Yoga</p> <p>5:30 New Year! Fit You!</p> <p>6</p>	<p>• Prior registration is required for some programming. Please call ahead to verify. (919) 776-0501 ext. 2201</p>	<p>8:30 Fit & Toned</p> <p>9:30 Diner's Club</p> <p>10 On the Move</p> <p>10 Cooking Matters</p> <p>11 Live Music (Grateful Hearts)</p> <p>11 Virtual Yoga</p> <p>11 Live Music</p> <p>1 Grief Support</p> <p>1 Caregiver Support</p> <p>1 Cooking Matters</p> <p>1 Virtual Caregiver Support</p> <p>2 Beginner Line Dance</p> <p>5:30 Evening Yoga</p> <p>5:30 New Year! Fit You</p> <p>1</p>	<p>8:30 Morning Yoga</p> <p>9 Tech Talk</p> <p>9-12 Blood Pressure & Glucose Screenings</p> <p>9:30 Diner's Club</p> <p>10:30 National Wear Red Day Presentation</p> <p>10:30 Adv Tai Chi</p> <p>12:30 Friday Cards</p> <p>1 Movie Club</p> <p>2</p>
<p>8:30 Morning Yoga</p> <p>9:30 Diner's Club</p> <p>10 Arthritis Exercise</p> <p>10 Wii Bowling</p> <p>10:30 Adv Tai Chi</p> <p>10:30 Bible Study</p> <p>12:30 Dominos</p> <p>1 New Year, New Body</p> <p>2 Int. Line Dancing</p> <p>5</p>	<p>8:30 Fit & Toned</p> <p>9 WRAG Art</p> <p>9:30 Diner's Club</p> <p>10 On The Move</p> <p>11 Virtual Yoga</p> <p>11 Chair Volleyball</p> <p>12 Men's Heart Club</p> <p>5:30 Evening Yoga</p> <p>5:30 New Year! Fit You!</p> <p>6</p>	<p>9:30 Diner's Club</p> <p>9 Diabetic Support</p> <p>10 Arthritis Exercise</p> <p>10 Wii Bowling</p> <p>10 Wood Carving</p> <p>11 Center Post Review/Birthday Party</p> <p>11 Blood Pressure Checks</p> <p>12 Guitar</p> <p>12:30 Card Club</p> <p>12:30 Knitting</p> <p>1 New Year, New Body</p> <p>2 Drama Club</p> <p>7</p>	<p>8:30 Fit & Toned</p> <p>9:30 Diner's Club</p> <p>10 On the Move</p> <p>10 Cooking Matters</p> <p>11 Virtual Yoga</p> <p>1 Stroke Support</p> <p>1 Virtual Caregiver Support</p> <p>2 Beginner Line Dance</p> <p>2 Creative Writing</p> <p>5:30 Evening Yoga</p> <p>5:30 New Year! Fit You!</p> <p>8</p>	<p>8:30 Morning Yoga</p> <p>9 Tech Talk</p> <p>9:30 Diner's Club</p> <p>10:30 Adv Tai Chi</p> <p>10:30 Bingo</p> <p>12:30 Friday Cards</p> <p>9</p>
<p>8:30 Morning Yoga</p> <p>9 Veteran Counseling</p> <p>9:30 Diner's Club</p> <p>10 Arthritis Exercise</p> <p>10 Wii Bowling</p> <p>10:30 Adv Tai Chi</p> <p>10:30 Live Music</p> <p>12:30 Dominos</p> <p>1 New Year, New Body</p> <p>2 Int. Line Dancing</p> <p>12</p>	<p>8:30 Fit & Toned</p> <p>9 WRAG Art</p> <p>9:30 Diner's Club</p> <p>10 On The Move</p> <p>11 Live Music (Haw River Crawdaddies)</p> <p>11 Virtual Yoga</p> <p>12 Men's Heart Club</p> <p>12 A Novel Approach</p> <p>1 Low Vision Support</p> <p>2 Greeting Card Class</p> <p>5:30 Evening Yoga</p> <p>5:30 New Year! Fit You!</p> <p>13</p>	<p>9:30 Diner's Club</p> <p>10 Arthritis Exercise</p> <p>10 Wood Carving</p> <p>10 Wii Bowling</p> <p>11 For The Love of Books</p> <p>11 Refreshments</p> <p>11 Short Story Club</p> <p>12 Guitar</p> <p>12:30 Card Club</p> <p>12:30 Knitting</p> <p>1 New Year, New Body</p> <p>2 Drama Club</p> <p>14</p>	<p>8:30 Fit & Toned</p> <p>9:30 Diner's Club</p> <p>10 On the Move</p> <p>10 Cooking Matters</p> <p>10:30 Therapeutic Alternatives Monthly Brain Topic</p> <p>11 Virtual Yoga</p> <p>1 Grief Support</p> <p>1 Caregiver Support</p> <p>1 Virtual Caregiver Support</p> <p>2 Beginner Line Dance</p> <p>5:30 Evening Yoga</p> <p>5:30 New Year! Fit You!</p> <p>15</p>	<p>8:30 Morning Yoga</p> <p>9 Tech Talk</p> <p>9:30 Diner's Club</p> <p>10:30 Adv Tai Chi</p> <p>10:30 Bingo</p> <p>12:30 Friday Cards</p> <p>1 Afternoon Art Class</p> <p>16</p>

8:30 Morning Yoga 9:30 Diner's Club 10 Arthritis Exercise 10 Sassy Red Hatters 10:30 Adv Tai Chi 10:30 Bible Study 11 Food-Borne Illness 12:30 Dominos 1 New Year, New Body 2 Int. Line Dancing 5:30 Luscious Ladies 19	8:30 Fit & Toned 9 WRAG Art 9:30 Diner's Club 10 On The Move 11 Virtual Yoga 11 Chair Volleyball 12 Men's Heart Club 2 Introduction To Google Maps 5:30 Evening Yoga 5:30 New Year! Fit You!	8:30 Advisory Board 9 Remnant Speaks 9:30 Diner's Club 10 Arthritis Exercise 10 Wood Carving 10:30 Parkinson Support w/ pharmacist 12 Guitar 12:30 Card Club 12:30 Knitting 1 New Year, New Body 2 Drama Club 21	8:30 Fit & Toned 9:30 Diner's Club 10 On the Move 10 Cooking Matters 10:30 Bingo 11 Virtual Yoga 11 Navigating TV Provider Options 1 Virtual Caregiver Support 2 Creative Writing 2 Beginner Line Dance 5:30 Evening Yoga 5:30 New Year! Fit You!	8:30 Morning Yoga 9 Tech Talk 9:30 Diner's Club 10:30 Adv Tai Chi 10:30 Black History Celebration 12:30 Friday Cards 1 Cooking With Chef Pepe 23
8:30 Morning Yoga 9 Veteran Counseling 9:30 Diner's Club 10 Arthritis Exercise 10:30 Adv Tai Chi 12:30 Dominos 1 New Year, New Body 2 Int. Line Dancing 26	8:30 Fit & Toned 9 WRAG Art 9:30 Diner's Club 10 On The Move 10 Grancare 10:30 Infant Safe Sleep Class 11 Virtual Yoga 12 Men's Heart Club 5:30 Evening Yoga 5:30 New Year! Fit You!	9:30 Diner's Club 10 Arthritis Exercise 10 Wood Carving 11 For The Love of Books 11 Short Story Club 12 Guitar 12:30 Card Club 12:30 Knitting 1 New Year, New Body 2 Drama Club 28	8:30 Fit & Toned 9:30 Diner's Club 10 On the Move 10:30 Sanford Ag Market Community Engagement 11 Virtual Yoga 1 Cooking Matters 1 Virtual Caregiver Support 2 Beginner Line Dance 5 Potluck Bingo 5:30 Evening Yoga 5:30 New Year! Fit You!	*Programs and times subject to change. Please call ahead for confirmation. All programs held on-site unless otherwise noted by instructor. (919) 776-0501 ext. 2201
<div> <div> Saturday Night Dance Doors Open at 5:45 PM , Dance 7:00 PM - 10:00 PM . Admission: \$10 Bands for February 3: Carolina Dreams, 10: Ole Skool, 17: Jimmy Shirley Jr. & The Footlights, 24: Silver Hawk <i>Lee County Government policies apply while attending the dance: No alcohol on the property, smoking allowed 50 feet away from the facility in designated areas only, no firearms or weapons on property.</i> </div> <div>  </div> </div>				
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, 9:00 a.m. - 11:00 a.m. & 1:00 p.m. - 3 p.m. Monday - Friday				

90-Year-Old & Better Celebration Reception

Wednesday, May 8, 2024
2:00 p.m.

In honor of Older American's Month, each year in the month of May, the Enrichment Center of Lee County hosts a gathering to recognize and honor Lee County residents who are ages 90 and better.

If you or someone you know is age 90 or better and would like to register to attend please call Holly at (919)776-0501, ext. 2203.

Lee County Elections GENERAL PRIMARY March 5, 2024

Early Voting

Hales Center (147 McIver St)
McSwain Center (2420 Tramway Rd)

February 15 - March 1 8:00-7:30 Monday - Friday
February 18 1:00-4:00 Sunday
March 2 8:00-3:00 Saturday

Absentee Ballot Request (Deadline February 27)

Online at the N.C. Absentee Portal
<https://votebyemail.ncsbe.gov>

Last day to register to vote in the March 5, 2024 Primary is February 9th, 2024

919-718-4646 LeeCountyNC.gov/Elections

FREE RETINAL EYE SCAN



**Prevent
Blindness**
North Carolina



**Friday, March 15, 2024
9 am - noon**

**Lee Enrichment Center
1615 S. Third St. Sanford
By Appointment Only**

Book now

919-776-0501 ext 2211
jackie.green@leecountync.gov



"In this world nothing can be said to be certain, except death and taxes." Ben Franklin

FREE TAX ASSISTANCE

Since 1968, AARP Foundation Tax-Aide has provided free tax help to over 75 million taxpayers, with a focus on older adults with low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

Come by the front desk to make an appointment, and to pick up your tax preparation kit.

Drop-In Activities**Chapter & Verse Creative Writing Group:**

2nd & 4th Thursday
2:00 pm—4:00 pm

Blood Pressure Checks: 1st Wednesday

11:00 am—11:30 am

Bible Study: 1st & 3rd Mondays

10:30 am—11:30 am

Dominos: Mondays

12:30 pm—4:00 pm

Friday Friends & Cards: Fridays

12:30 pm—4:00 pm

Card Club: Wednesdays

12:30 pm—4:00 pm

For The Love Of Books: 2nd & 4th Wednesday

11:00 am—11:30 am

Creative Hands Knitting Group: Wednesdays

12:30 pm—3:00 pm

EC Players Drama Club: Wednesdays

2:00 pm—3:00 pm

Beginner Line Dancing: Thursdays

2:00 pm—3:00 pm

Intermediate Line Dancing: Mondays

2:00 pm—3:00 pm

Sassy Red Hatters: 3rd Tuesday

10:00 am—11:00 am

Wood Carving: Wednesdays

10:00 am—12:00 pm

Greeting Card Class: 2nd Tuesday

2:00 pm—3:00 pm

Wii Bowling: Mondays & Wednesdays

10:00 am—11:00 am

Nifty Noggins are handmade head coverings for cancer patients. If you or someone you know could use head coverings, pick up times are Monday - Friday, 2p.m. - 4p.m., or by appointment. (919) 776-0501 ext. 2201

The Enrichment Center Support Groups

Open To All Adults.

Registration Not Required.

Holidays may affect dates. Please call to verify before attending. (919) 776-0501 ext. 2211

Caregiver Support:

1st & 3rd Thursday of each month at 1:00 p.m.

**There is a virtual caregiver support group that is offered weekly, Thursdays, at 1 p.m. on Zoom. Call (919) 776-0501 ext. 2230 for log-in info.*

Diabetic Support:

1st Wednesday of each month at 9:00 a.m.

(Beginning in April group will be held on the 1st & 3rd Wednesday at 9am)

Grandparents Raising Grandchildren Support:

4th Tuesday of each month at 10:00 a.m.

(Group meets at The Partnership For Children the other Tuesdays of the month)

Grief Support:

1st & 3rd Thursday of each month at 1:00 p.m.

Low Vision Support:

2nd Tuesday of each month at 1:00 p.m.

Sanford/Lee County Stroke Support:

2nd Thursday of each month at 1:00 p.m.

Parkinson Support:

3rd Wednesday of each month at 10:30 a.m.

Remnant Speaks—

Cora McIver meets at the Enrichment Center every third Wednesday at 9 a.m. and hosts a program called Remnant Speaks. Cora is the former host and producer of the community presentation, "Stay Connected," on WXL Radio in Sanford. Cora is looking for those who would be willing to share stories of their past and present life experiences, family history and who was an inspiration in your life. She believes there is power in words and sharing our life stories with others. If you would like to participate, call to set up a time for an interview. (919) 776-0501 ext. 2203

LEE COUNTY VETERAN TOWN HALL

HOSTED BY LEE COUNTY VETERAN SERVICES

February 15 @ 2:00 PM

Lee County Enrichment Center

**1615 S. 3rd Street
Sanford, NC 27330**

Join Fayetteville NC VA Coastal Health Care System Executive Director, Marri Fryar, and other senior health system leaders for a town hall to discuss Veterans Health Care in Lee County and throughout Southeastern North Carolina.



VA Fayetteville NC
VA Coastal Health
Care System

VET CENTER

EST. 1979

**Service Member Counseling
Individual and Group Sessions
at The Enrichment Center
1615 S. Third Street, Sanford**

Counseling services are for veterans, active-duty service members and their families. With Vet Center Service Member Counseling Services, you can be assured of easy access, quality services, client satisfaction, financial stewardship and confidentiality.

Vet Centers help you and your family build meaningful connections and develop tools for achieving success in both your military and civilian lives.

Any interested parties should reach out to Lee County Veterans Services to receive more information.

Call 919-776-0501 Ext. 2209 or 2210.

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.**



Lee County Veterans Services

Get expert assistance with your VA claim. (919) 776-0501 Ext. 2209

The Lee County Veterans 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 Services 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.

Happy 65th Birthday!

Medicare is next.... now what???

Not sure what Medicare is, what Medicare costs and what Medicare pays?



Why am I getting so much mail?

What are my choices?

Answers are available!

An informational presentation is planned for

Tuesday, February 13th, 2024

at 5:00 pm

For more information, please contact:

The Enrichment Center, Certified Senior Center of Excellence

1615 S. Third Street, Sanford, NC 27330

919-776-0501 x2206 ~ www.leecountync.gov/ec



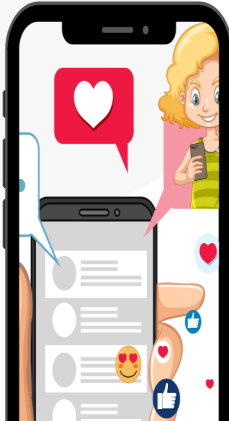
**NC DEPARTMENT OF
INSURANCE**
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

GETTING TO KNOW YOUR SMARTPHONE

Smartphones are full of useful features that can help you make the most of today's digital world. learn the basics of your smartphone with this easy one day class.

Tuesday, March
19, 2024
2pm-3pm

Please call to reserve
your seat
(919) 775-0501 ext. 2203

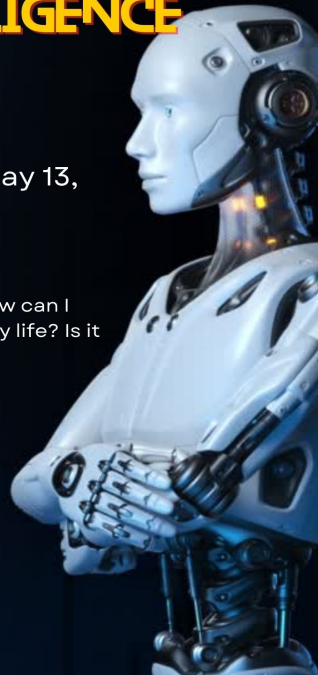


INTRODUCTION TO ARTIFICIAL INTELLIGENCE (A.I.)

Monday, May 13,
2024
2pm-3pm

What is A.I.? How can I use it in my daily life? Is it safe?

Please call to register:
(919) 776-0501
ext. 2203



Introduction To Google Maps



Tuesday, February 20, 2024
2pm-3pm

Learn how to work Google Maps like a pro. Join us for this one hour introductory class on how to use this app.

Brought to you by The Enrichment Center and AARP OATS.

Please call to reserve your seat.
(919) 776-0501 ext. 2203.



Technology Courses Brought To You By: OATS (Older Adult Technology Program from AARP) & The Enrichment Center of Lee County. Have a tech question? Call the Senior Planet Tech Hotline: 888-713-3495
The National Tech Hotline is monitored by Senior Planet Trainers from 9:00am – 8:00pm EDT, Monday through Friday.

TECH TALK

**EVERY FRIDAY
9:00 AM - 10:00 AM**

**A NEW PROGRAM
DESIGNED FOR OLDER
ADULTS IN LEE COUNTY.
BRING YOUR DEVICE &
QUESTIONS. FOR MORE
INFORMATION CALL (919)
776-0501 EXT. 2203**



TECH TIPS FOR Disaster Preparedness

Learn how your phone and computer can help prepare you in the case of a disaster, as well as aid you when/if the time comes!

Monday, April 15, 2024
2pm-3pm
Please call to register:
(919) 776-0501 ext. 2203



An Enrichment Center &
NC Baptist Aging Ministries
Special Program

Navigating TV Provider Options

Thursday, February 22, 2024
10:30 a.m. - 11:30 a.m.
The Grand Hall

Streaming? Hulu? Spectrum? Apps?
Does finding the right tv provider option for your household sound difficult? Join us for this special presentation to make choosing the right option easier for you.

**CHROMEBOOKS
AVAILABLE TO
BORROW**
(While At Enrichment Center)

Please call Holly for more
information. (919) 776-0501
ext. 2203



Enrichment Center 2024 Trips!

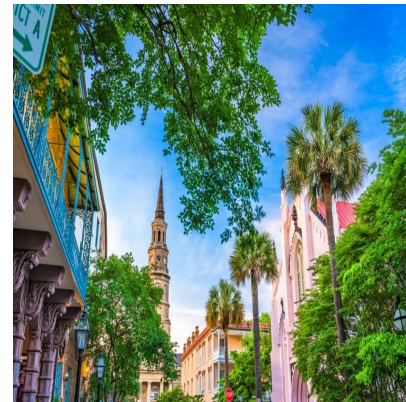
SPRINGTIME IN CHARLESTON, SC

April 8—April 10, 2024

Price: \$499 Per Person—Double Occupancy

\$150 Deposit—Final balance due by 2/2/2024

Package Includes: 2 nights hotel accommodations, 2 breakfasts at your hotel, 2 dinners including 1 at the Charleston Crab House on James Island and a dinner cruise with entertainment aboard The Spirit of Carolina, guided touring of historic Charleston, admission to the Magnolia Plantation & Gardens, a visit to the City Market, transportation & more!



NASHVILLE & PIGEON FORGE, TN

September 22—September 25, 2024

Price: \$799 Per Person—Double Occupancy

\$150 Deposit—Final balance due by 7/19/2024

Package Includes: 3 nights hotel accommodations, 3 breakfasts at your hotel, 2 dinners including 1 dinner at Applewood Farmhouse, 2 evening receptions at your hotel with snacks and beverages, 3 nights of entertainment (1 dinner show at the Nashville Nightlife Theatre, 1 evening at the Grand Ole Opry, Country Tonite Show in Pigeon Forge), guided tour of Nashville, enjoy exploring the Opryland Resort, transportation & more!



NC STATE FAIR: Tuesday, October 22, 2024

\$20 Cash (Payments accepted anytime at the front desk)

NC State Fair Senior Day—this is the day devoted to YOU! Special events and activities all day long. We will depart from Riverbirch Corner parking lot at 8:00 am and will return at 4:00 pm. Payment is required to reserve your spot.



A NEW YORK CITY CHRISTMAS December 8th—December 11th, 2024

Price: \$829 Per Person—Double Occupancy

\$150 Deposit—Final balance due by 10/4/2024

Package Includes: 3 nights hotel accommodations, 3 breakfasts at your hotel, 1 dinner at a NYC restaurant, transportation, orchestra seating for the Radio City Music Hall Christmas Spectacular, guided tour of NYC including: Rockefeller Center, 5th Avenue store windows, Macy's, 9/11 Memorial, Chelsea Market, Grand Central Station's Holiday Fair & more!



IMPORTANT: Trip payments are accepted Mondays and Wednesdays 8-9 am and 3-4pm. On Fridays from 8am until noon. Please ask for Jourdan at the front desk. 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. **Open to out of county: February 2, 2024.** The complete EC Trip Policy is available at the Enrichment Center front desk, as well as trip flyers for more information.



Volunteer in Lee County

Jourdan Huskey is available to assist you in searching for volunteer opportunities in Lee County.

You can contact her by calling (919) 776-0501 Ext. 2206 or emailing jhuskey@leecountync.gov.

Opportunities available at The Enrichment Center (Lee County Senior Services) include: Home Delivered Meals, instructors for activities and games, SHIP (Seniors Health Insurance Information Program), Tax Aide and other needs related to older adults.

Opportunities are available in other LCG Departments. Contact Jourdan for a Lee County Volunteer Application. Or you may access it on the website, www.leecountync.gov, click **How Do I**, click **Volunteer**.

Highway To Healing: Drivers Needed!

Highway to Healing is a volunteer organization with the mission of driving cancer patients in Lee County to their various health appointments, both in the county, and beyond. Our volunteer drivers are not paid, but receive gas for each trip taken and covers any parking expenses. If you join with our other drivers, you are NOT committed to any particular trips, but rather our scheduler would call you and ask you if you are available for an upcoming trip. If you are retired this is the perfect volunteer opportunity for you as you can take trips only as they fit into your schedule. If you are interested in learning more, please contact Brad Butler at stogafan2002@gmail.com or by phone at 919-498-5068.

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 delivered to the client's home.

Contact Janice Holmes : 919-776-0501, Ext. 2213

NEW EXPANDED SERVICE TIMES!



7:00 A.M. - 6:00 P.M. \$5 Each Way

- Public transportation within Lee County
 - Monday - Friday
- One-hour window of your request & vehicle availability

To set up a ride and further information call 919-776-7201.

TDD/TTY Users 1-800-735-2962
Voice Users 1-800-735-8262

No cash? No problem!
Purchase Vouchers

Our mission is to provide safe and reliable transportation to the citizens of Lee County. Title VI Policy Participant



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

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
- *Programs & times subject to change. Please call ahead to verify
- *All programs held at the Enrichment Center unless otherwise noted.

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

MEDIA

The Enrichment Center of Lee County, NC is on Facebook. Like our page and follow us! We post new activities as they are scheduled. [Facebook.com/LCGEnrichment](https://www.facebook.com/LCGEnrichment)



Tune in for
LCG Enrichment
Center Updates!



The Enrichment Center
Radio Newsletter
Monday through
Saturday, on Life 103.1
WLHC-FM.



Tune in for
Up & Coming



SUGGESTIONS PLEASE!

We like new ideas and want your input. Give your program, activities and class suggestions to Holly Hight, (919) 776-0501 ext. 2203, hhight@leecountync.gov.



2024 Holiday Closings

Good Friday: Friday, March 29
Memorial Day: Monday, May 27
Independence Day: Thursday, July 4
Labor Day: Monday, September 2
Veterans Day: Monday, November 11
Thanksgiving: Thursday & Friday, November 28 & 29
Christmas: Tuesday, Wednesday & Thursday, December 24, 25 & 26