

THE CENTER POST

Volume 33

January 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*

Happy New Year Lee County!

Are you excited about bringing in a new year? Do you have any plans for 2024? Maybe you will learn a new skill, cook a little more in the kitchen or on the grill, work on your golf or pickle ball game, volunteer, or become a part time driver for COLTS—County of Lee Transit System.

Be sure to add spending time at The Enrichment Center on your 2024 to-do list. We are dedicated to providing Lee County citizens with opportunities, services and resources so that they can remain well, independent and in their own homes for as long as possible. People often ask what is the age requirement to participate? Well, it depends on the program or service. The Diners Club, Home Delivered Meals, and evidence based health promotion classes are open to ages 60 and better. The fitness room, exercise classes, and trips are open to ages 50 and better. The support groups are open to ages 18 and better.

There's much more available beyond this list. Get to know us by reading this monthly newsletter, stop by for a tour, join a new class or volunteer. There is truly something for everyBODY at The Enrichment Center.

Melanie Rodgers, Director



A Special "Thank You" to the many *Angels in our Community*...

The Angel Tree has become an exciting part of the Enrichment Center. Every year we decorate a tree honoring our Angels in the community who could use something a little extra during the holiday season. This year we served over 100 Angels through the many generous donations received. On behalf of all gift recipients, the staff of the Enrichment Center would like to say "THANK YOU" for your generosity.

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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 Information, Alzheimer's Support Group, Information & Assistance, Options Counseling, Wheel Chair Loan Program	Ext. 2230
Holly Hight	Senior Center Programming, Marketing	Ext. 2203
Cathy Andrew	Fitness & Wellness Classes, Health Promotion	Ext. 2208
Jackie Green	Fitness & Wellness Classes, Health Fairs	Ext. 2211
Janice Holmes	Nutrition Programs: Diners Club, Home Delivered Meals, Ensure	Ext. 2213
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
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: 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.**



Bluegrass
LIVE MUSIC
ORIGINAL HAW
RIVER
CROWDADDIES

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

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



SHORT STORY CLUB!

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 GROWING 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!

Thank You

To The WRAG Art Group & The Sanford Area Photography Club for providing the beautiful artwork in the hallway throughout the year. We appreciate and honor your special talents.



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, January 9—Speckled Beauty by Rick Bragg


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

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.




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.



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

FREE

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



DEEP DIG

GARDENING CLASS

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

Tuesday, January 2, 2024 2pm-3pm
Planning Your Vegetable Garden For The Year

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



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

Monthly Birthday Party & Newsletter Review

1st Wednesday of Each Month

11:00 a.m. (Grand Hall)

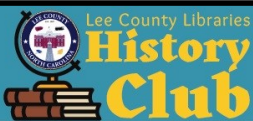
The 1st Wednesday of each month we will celebrate those who have a birthday, as well as go over programs that are being offered throughout the month.

Spill The Beans

Coffee with the Enrichment Center
Program Director

Monday, January 8, 2024
11:00 a.m. - 11:30 a.m.

Join us for a morning coffee break where you can advocate for new programs, events or just say what's on your mind!



**SMARTER THAN YOUR
AVERAGE BEAR:**

Famous Bears in History



WED
10
JAN
@ 11:00 AM

A special presentation for the Lee County Enrichment Center

2024 Friday Afternoon Movie Club 1st Friday of Each Month

January: *Letters to Juliet* (Comedy/Drama/Romance) – An American girl on vacation in Italy finds an unanswered “letter to Juliet” — one of thousands left at the fictional lover’s Verona courtyard, which are typically answered by all the “secretaries of Juliet” — and she goes on a quest to find the lovers referenced in the letter.

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.

July: *Boynton Beach Club* (Comedy) – A romantic comedy about our amazing capacity to rebound and fall in love at any age. Lois, Harry, Marilyn, Sandy and Jack live in an “Active Adult” community in Boynton Beach, Florida.

August: *Million Dollar Baby* (Drama) – A hardened trainer/manager works with a determined woman in her attempt to establish herself as a boxer.

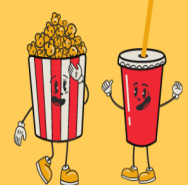
September: *Something's Gotta Give* (Comedy) – A swinger on the cusp of being a senior citizen with a taste for young women falls in love with an accomplished woman closer to his age.

October: *About Schmidt* (Comedy) – Warren Schmidt is a man in his 60's. While trying to run his daughter's life, he realizes that he wasted his.

November: *Waking Ned Devine* (Comedy) – When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.

December: *To Dance with the White Dog* (Drama) – This is the touching story of an elderly widower trying to work through his grief. When Sam Peek's beloved wife, Cora, dies, a white dog suddenly materializes as his new companion and confidant.

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.



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.



**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.**

Veterans' Coffee

Veterans Coffee

To Bring Veterans from Sanford Together
Share the Below Date/Time/Location with Other Veterans

When: Tuesday, January 16, 2024

Time: 9 - 10:30am

Where: Sanford Lions Club, Fairgrounds
(We Thank Starbucks from Spring Lane as the Host Sponsor)



We appreciate the support from Veterans Bridge Home and sharing knowledge about the VA Services available to Veterans

ARTHRITIS EXERCISE PROGRAM

Most
Mondays and
Wednesdays at 10am
Grand Hall
Starting January 8,
2024

Safe, enjoyable, group exercise class for those with Arthritis.
Taught by an Arthritis Foundation certified instructor.

Goals include:

- Reduce pain, stiffness and fatigue
- Improve strength
- Restore or maintain joint range of motion
- Improve balance and coordination
- Increase endurance
- Improve overall perceived health status
- Can be done seated or standing

For information, call Jackie @ 919-776-0501, ext 2211 or
jackie.green@leecountync.gov

\$1 per class!
Free for Diners
Club and Silver
Sneakers.

New Year! Fit You! Exercise w/Jackie



Tuesdays and Thursdays
5:30-6:30pm
January 9-February 27, 2024

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.

Classes are first come, first served to those ages
50 & better, or Lee County Government staff. 49 &
under as space is available.

Call (919) 776-0501 ext. 2211 to register. \$20

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).

*Some classes free for Silver Sneakers. Call to inquire.

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 daily 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. Free to Diners Club participants. Space
available to guests, \$1/class.

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.

Bingo Fit – Mondays, 10:00 a.m. – 11:00 a.m. Join us for a fun
program that combines exercise and health education into a fun
game of bingo, regardless of participant's physical ability. 20
sessions per health topic. Free to all.

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





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). 10 weeks - 20 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.

New Year, New Body w/Jackie

Mondays and Wednesdays

1pm-2pm

January 3 - February 28, 2024

Low impact

Cardio

Good for the brain

Stretching for flexibility and range of motion

Upper and lower body strengthening

\$10 per month or Silver Sneakers



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



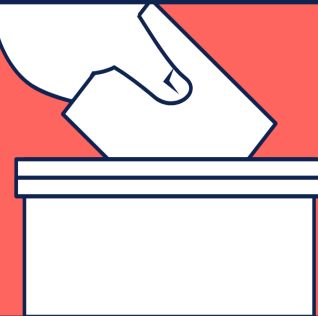
NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

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.



DRIVING REFRESHER COURSE

AARP SMART DRIVER

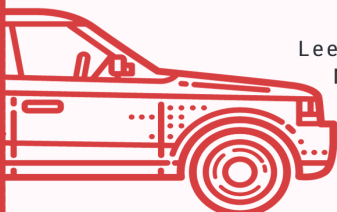
THURSDAY, JANUARY 25, 2024

9:00 A.M. - 12:00 P.M.

- *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-Member



Lee County Enrichment Center
NC Certified Senior Center
of Excellence
1615 S. Third Street
Sanford, NC 27330

IN COLLABORATION WITH THE LEE COUNTY
ELECTIONS OFFICE

VOTER ID EVENT

Have an impact on our community. Be
a registered voter!

THURSDAY, JANUARY 25, 2024

10:30 A.M. - 11:30 A.M.

THE ENRICHMENT CENTER OF LEE
COUNTY
N.C. CERTIFIED SENIOR CENTER OF
EXCELLENCE
1615 S. THIRD STREET



COLTS Part-Time Driver Starting Rate of Pay \$13.26 per hour

Lee County is seeking qualified applicants for a Part Time Van Driver in the County of Lee Transit System. Employee will work from 25 to 30 hours per week. The essential function of the job is to drive a van on a scheduled route to transport individuals to and from various locations within Lee County. The ability to lift is extremely important in assisting clients in wheelchairs into and out of the vans in a safe manner. Additional responsibilities include maintaining records such as time at each stop, purpose of trip, number of passengers per day, mileage, and vehicle maintenance. Independent judgment must be exercised in handling unusual situations arising with passengers. Hourly rate of pay is \$13.26 with bonus available for CDL and Weekends. Employee must be at least 21 years old, have a valid NC Drivers License, and a good driving record and clean background check. Experience in operation of large automotive equipment is also desirable. Employee must be able to become certified in passenger assistance, defensive driver and first aid training.

Pre-employment drug testing is required under the regulation of the Federal Transit Administration as well as random drug testing throughout employment tenure.

Applications may be obtained and returned to the Human Resources Department, 408 Summit Driver or PO Box 1968, Sanford, NC or apply on line at www.leecountync.gov Position will remain open until filled. Females and minorities are encouraged to apply, Lee County does not discriminate on the basis of race, color, national origin, sex, religion, age or disabling condition in employment opportunities.

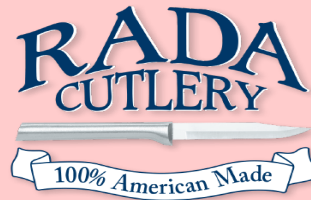
2024 Governors Volunteer Service Award Nominations now available!



Nominate individuals or groups that have made a significant contribution to the community through volunteer service.

Nomination forms may be submitted online at <https://www.nc.gov/working/volunteer-opportunities/volunteernc/governors-volunteer-service-awards>.

Nominations due no later than Wednesday February 7th at 5 PM. Contact Jourdan Huskey for more information.
919-776-0501 x2206.



Rada Cutlery is for sale year-round at The Enrichment Center

Proceeds benefit the Enrichment Center, Inc. Helping Fund. The HF assists Lee County older adults who are in a crisis situation with fuel, electricity and other necessities of life.

Rada Cutlery is 100% American made. With over 170 million pieces sold, Rada Cutlery has earned the reputation for remarkable cutlery, service and value. Purchase as gifts, replace dull or worn out cutlery with America's best and at the same time help older adults in Lee County.

Best sellers include Regular Paring, Tomato Slicer, Utility/Steak, Heavy Duty Paring, Quick Edge Knife Sharpener and Vegetable Peeler. To purchase or place an order call Melanie, (919) 776-0501 ext. 2216

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

Puzzles, Cards & Games: Daily

9:30 am—11:30 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, 2 p.m. - 4 p.m., or by appointment 919-776-0501 ext. 2213

The Enrichment Center Support Groups
Open to All Adults. Registration Not Required.
Holidays may affect dates. Call to verify before attending.
(919) 776-0501 ext. 2211

Alzheimer's/Dementia 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 information.*

Diabetic Support:

1st Wednesday of each month at 10:00 a.m.

Grandparents Raising Grandchildren Support:

4th Tuesday of each month at 10:00 a.m. (Group meets at The Partnership For Children the other Tuesdays)

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.

Parkinson Support:

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

Sanford/Lee County Stroke Support:

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

Saturday Night Dance

Doors Open at 5:45 PM , Dance
7:00 PM - 10:00 PM .
Admission: \$10

Bands for January

6th: Back Alley Katts, **13th:**
Ole Skool, **20th:** Jimmy Shirley
Jr. & The Footlights, **27th:**
Back Alley Katts

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.

Remnant Speaks—Share Your Experiences & Stories

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 WKKL 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 in this meaningful program, call to set up a time for an interview.

AARP Foundation



The AARP Tax Aide program will begin accepting appointments for filing 2023 taxes after February 1, 2024.

AARP Tax-Aide is a group of volunteers who provide free tax filing services to Seniors, low and middle-income individuals during tax season.

Call (919) 776-0501 ext. 2201 after February 1, 2024 for an appointment.

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

To Request a **Senior Tar Heel Athletic Card**

Contact Tiffany McDougald
NC Division of Aging and Adult Services
Phone: 919-855-3402

Email: tiffany.mcdougald@dhhs.nc.gov

Legal Aid of N.C.

Free Wills & Advance Directives Clinic (for low-income seniors)

**THURSDAY, JANUARY 18, 2024
8:00 A.M. - 12:00 P.M.**

Speak with experienced attorneys, at no charge, to help you set up your Wills & Advance Directives. You will correspond with Legal Aid of N.C. over the phone, prior to January 18th and will meet in person, at the Enrichment Center, to finalize and sign documents. Priority given to homeowners. Please call (919) 776-0501 ext. 2203 for more information.

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

INTRODUCTION TO FACEBOOK

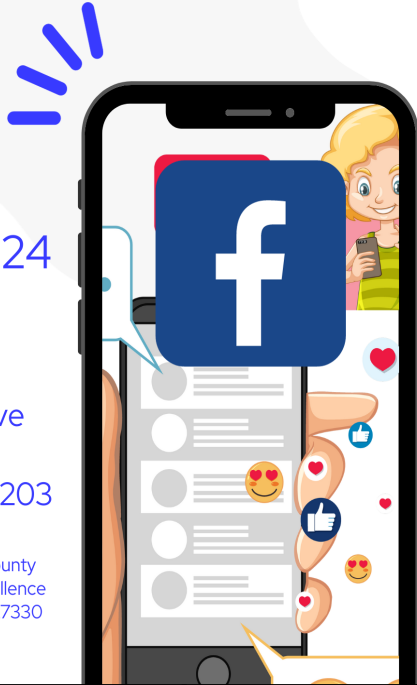


THIS CLASS WILL TEACH YOU THE INS AND OUTS OF FACEBOOK: WHAT IS IT. WHY AND HOW USE IT. AND MORE!

Tuesday
January 23, 2024
2pm-3pm

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

The Enrichment Center of Lee County
NC Certified Senior Center of Excellence
1615 S. Third Street / Sanford, NC 27330



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.



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



CHROMEBOOKS AVAILABLE TO BORROW (While In Enrichment Center)

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



Technology Courses Brought to you by:



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. We're here to help you with whatever technological issues you're experiencing. If we can't assist you, we'll help you find someone who can!

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



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27330
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*Handicapped Accessible Facility
*Programs & times subject to change.
Please call ahead to verify.

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)



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



Tune in for
LCG Enrichment
Center Updates!



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

New Year's Day: Monday, January 1
Martin Luther King, Jr. Birthday: Monday, January 15
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