

THE CENTER POST

Volume 33

March 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

North Carolina Senior Games (NCSG)

began in 1983 with a vision to create a year-round health promotion and wellness education program for adults 55 years of age and better (the age is now 50+). The Senior Games' mission is truly grassroots in North Carolina and has placed our State far beyond



other states with a structure that is participant driven. In 1986 SilverArts was formed to give seniors in North Carolina an outlet for creative expression. SilverArts brings together the athlete and the artist in a program that recognizes the values common to both endeavors: discipline, dedication, and a sense of accomplishment. Five categories of art are showcased annually at State Finals: visual arts, literary arts, performing arts, heritage arts and cheerleading.

Some of our local games include: Swimming, Pickleball, Cornhole, Wii Bowling, Tennis, Track & Field, Croquet, Cycling, Basketball and more! For a full listing of this year's local events or for more information please call Jimmy Solomon at (919) 776-0501 ext. 2207.

TORCH SPONSOR OF SENIOR GAMES AND SILVER ARTS OF LEE COUNTY:



Table Of Contents

Feature 1	Month At A Glance 10-11	Veteran Services 16	Etc. 20
EC Information 2	On-Going Activities 12	Technology 17	
Arts & Entertainment 3-6	Diner's Club March Menu 13	Trips 18	
Health & Wellness 6-9	Noteworthy 14-15	Transportation/Volunteering 19	

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
Amanda Sabangan	Diner's Club	Ext. 2205
Jourdan Huskey	Medicare & SHIIP (Seniors' Health Insurance Information Program), Volunteers, 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 ext. 2230.

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 Amanda (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.**



National Wear Red Day Participants (Friday, February 2nd)

Photo By: Katie Langston Photography

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 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!

Bluegrass

LIVE MUSIC ORIGINAL HAW RIVER CRAWDADDIES

TUESDAY, MARCH 12TH, 2024
11:00 A.M.

IN THE GRAND HALL

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, March 12—Moby Dick by Herman Melville

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

Greeting Card Craft Club

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.



CREATIVE WRITING ESSAY CONTEST

Prompt #1: Do you attend any activities at The Enrichment Center? We'd like to hear about your experience! Write an essay sharing what activities you participate in, and how they have impacted your life. You can also let us know what activities you'd like to see at The Enrichment Center.

Prompt #2: Write an essay expressing what being "an older adult" means to you. Share your life experiences, meaningful events, etc., and what you have learned throughout your life that you'd like to share with others.

Bring your essay/essays to the next Creative Writing Group on Thursday, March 14th where the winners will be selected (voted on by Creative Writing Group) and given an Enrichment Center bag of goodies.

Refreshments will be served.

**If you are interested in joining The "Chapter & Verse" Creative Writing Club they meet the 2nd & 4th Thursday of each month from 2pm-4pm.*



Saturday Night Dance

Doors Open at 5:45PM / Dance 7PM - 10PM
Admission: \$10

Bands for March

**2: Carolina Dreamers 9: TBA 16: Crimson Rose
23: Jimmy Shirley Jr. & The Footlights 30: 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.

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**

JOIN US FOR

POTLUCK & BINGO NIGHT

BRING A DISH TO SHARE!

**THURSDAY, AUGUST 29, 2024
5:00 PM - 6:30 PM**

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

THE ENRICHMENT CENTER OF LEE COUNTY

1815 S. THIRD STREET / SANFORD, NC 27330



The Enrichment Center
Players Present...

A Senior Love Story

Thursday, May 16, 2024
6:00 PM - 7:00 PM

An original play written by local
author Christine Ghrist.

\$15 includes dinner and performance.
Please come by The Enrichment Center to
reserve your seats.



Bee on an
Echinacea Flower
Painting Class
Friday, April 5, 2024
1pm-4pm

Join us for this lovely painting class..
\$40 (pay day of class in cash). All materials provided.
Please call to register:
(919) 776-0501 ext. 2203

2024 Friday Afternoon Movie Club 1st Friday of Each Month at 1 p.m.

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.

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.

THRIFT STORE UPCYCLE PAINT PARTY

FRIDAY, APRIL 12, 2024
1:00 PM - 4:00 PM

"Everything old is new again?" Yes! The next time
you see an inexpensive painting at a thrift store,
grab it! Transforming dated art into trendy decor is
easier than you think: all it takes are a few simple
supplies and a short amount of time. Turn
someone's trash into your own treasure! You bring
the picture - we'll provide the paint (and snacks!)

Please call (919) 776-0501 ext. 2203 To Reserve
Your Spot

Music IN THE PAVILION

JUNE 18, 2024
JULY 16, 2024
AUGUST 20, 2024

FREE ENTRY &
REFRESHMENTS

COME SUPPORT
LOCAL ARTISTS!

5:30 P.M. - 7:00 P.M.

THE ENRICHMENT CENTER OF LEE COUNTY
1615 S. THIRD STREET





EASTER WREATH CLASS

Friday, March 8, 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. Many styles to choose from!

ONE DAY CLASS

COST \$20.00 (Due Day Of Class In Cash)

All Materials Provided EXCEPT

*Please Bring A Sharp Pair Of Scissors

CLASS SIZE:

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

Please Call To Register: (919) 776-0501 ext. 2203



NEW DANCE CLASS

Beginning June 2024
(Tentatively)

Tuesdays

5:30PM - 6:30PM

If You Are Interested Or
Would Like More Information

Please Call Holly

(919) 776-0501 ext. 2203



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



Recipe Of The Month "Easy Shrimp & Vegetable Stir Fry"

Ingredients

- 20 peeled and deveined shrimp
- 3 tbsp. vegetable cooking oil, divided
- 2 cloves garlic, finely chopped
- 1/2 tsp. salt
- 1 carrot, sliced
- 1 stalk of celery, sliced
- 1/4 red bell pepper, cut into small pieces
- 4 asparagus, remove the hard ends
- 3 button mushrooms, cut into small pieces
- 6 snow peas, cut into halves
- 1 can baby corn
- 2 can water chestnuts
- 1 bunch of scallions
- 1/4 tsp. sugar
- 1/4 tsp. ground white pepper

Sauce

- 1 tbsp. cornstarch
- 2 tbsp. water
- 1/4 cup chicken broth
- 3 tbsp. soy sauce
- 1 tbsp. sesame oil

Directions

Martinate the shrimp in 1/4 tsp. salt, white pepper and sugar. Set aside for 10 minutes. Combine cornstarch, water, chicken broth, soy sauce and sesame oil. Set aside. Heat around 2 tablespoons of cooking oil in wok and fry the shrimp until they begin to change color. Transfer out. No need to clean the wok. Pour in the remainder of the cooking oil, fry garlic until aromatic. Add the bag of frozen vegetables and cook as directed on packaging. Season to taste with remaining salt. Return the shrimp and drizzle the sauce. Quick fry for around 10 fries, and transfer out immediately. Bon appetit!



FREE RETINAL EYE SCAN

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

WATER AEROBICS

Held at OT Sloan Pool



Monday/Wednesday/Friday
Wednesday, May 29-Friday, August 30
11 a.m.-12 p.m. \$20 per month

Tuesday/Thursday
Tuesday, May 28-Thursday, August 29
5:30-6:30 p.m. \$15 per month
(no class July 4th)

- *Registration opens Monday, April 1st at The Enrichment Center.
- *Payment due by 1st class. No payments at the pool.
- *Open to all adults over age 18. Priority given to those 50 and better.
- *NO REFUNDS

Bring your water bottle!
Arrive swim ready!



Enrichment Center presents



NUTRITION

10:15am Mondays & Wednesdays
March 4-May 15, 2024
(Except April 8th & 29th and May 6th)

Benefits of regular attendance include:

- Nutrition Knowledge
- Improved Gait
- Improved Muscle Strength
- Social Engagement
- Health Knowledge
- Improved Brain Cognition
- Increased Health Ownership

Bring water to drink

For more information please call:
(919)776-0501 ext. 2211. Free to Diners Club participants or Silver Sneakers, \$1.00 for guests.

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

FIT & STRONG W/JACKIE



1pm-2pm Mondays & Wednesdays
March 4-May 15, 2024
(no classes on April 8th & 29th)
\$1 per class or Silver Sneakers

For more information & to register, please call (919)776-0501 ext. 2211



**WakeMed Mobile Wellness
Vascular Screening**

Thursday, March 28, 2024

*All time slots are now full. We are
accepting names for the waitlist.*

Call (919) 776-0501 ext. 2211 if interested.

**FREE Powerful Tools for
Caregivers Class**

Every Thursday

April 11, 2024 - May 16, 2024

(Must Attend All Six Sessions)

9:30 a.m. - 11:00 a.m.

Class Leaders: Ellen Dunlap, Social Worker
Mary Ann Gaster, Retired RN

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

**COMMUNICATING
WITH THOSE
WITH DEMENTIA**



**MONDAY, JUNE 17, 2024
10:30 A.M. - 11:30 A.M.**

Led by Vicki Rhodes, RN

Geriatric Adult Mental
Health Specialty Team &
Therapeutic Alternatives

OPEN TO ALL!

**Enrichment Center
EVENING BODY
CONDITIONING**

w/Jackie

Tuesdays and Thursdays

5:30PM

March 5-May 14, 2024

(No class on March 7 or 26)

-Will resume in September 2024-

Classes are first come,
first served to those ages
50 & better, or Lee County
Government staff 49 &
under as space is available
\$1.00 per class

For more information,
please call (919)776-0501
ext. 2211



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.

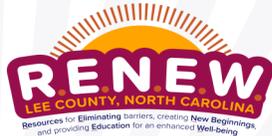
BALANCE FOR LIFE CLASS

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**

From struggle... to **STRENGTH**

Are you or a loved one struggling with...

Substance Abuse?
Mental Health issue(s)?
Justice-Involvement?



Call (919) 718-4610 ext. 5584 | Email RENEW@leecountync.gov

LEE COUNTY GOVERNMENT Community Support Services

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.

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.

BingoFit Nutrition – Mondays & Wednesdays (3/4-5/15 except 4/8, 4/24 & 5/6), 10:00 a.m. – 11:00 a.m. Join us for a fun program that combines exercise and nutrition education into a fun game of bingo, regardless of participant’s physical ability. \$1 or free for Diner’s Club or Silver Sneakers.

Fit & Strong – Mondays & Wednesdays (3/4—5/15 except 4/8 & 4/29), 1 p.m.—2 p.m. Low impact exercise class that includes cardio, stretching and uses hand weights and resistance bands. Includes techniques for improved brain health and balance. \$1 per class or free for Silver Sneakers. Will resume in September.

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

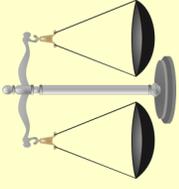
Virtual Yoga - Tuesday & Thursday, 11:00 a.m. – 12:00 p.m. Designed for those who are familiar with yoga. \$10/month.

Evening Body Conditioning – Tuesday & Thursday (3/5—5/14 except 3/7 & 3/26), 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. Will resume in September.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MARCH 2024</p>	<p>*All programs held on-site unless otherwise noted by instructor.</p>	<p>*Programs and times subject to change. Please call ahead for confirmation. (919) 776-0501 ext. 2201</p>	<p>*Some programs require pre-registration. Please call ahead to verify or register.</p>	
<p>8:30 Morning Yoga 9:30 Diner's Club 9:30 Wii Bowling 10:15 BingoFit Nutrition 10:30 Adv Tai Chi* 10:30 Bible Study 11 Community Supported Agriculture Lecture 12:30 Dominos 1 Fit & Strong 2 Int. Line Dancing</p> <p style="text-align: right;">4</p>	<p>8:30 Fit & Toned 9 WRAG Art 9:30 Diner's Club 10 On The Move 11 Virtual Yoga 11 Center Post Review & March Birthdays 12 Men's Heart Club 5:30 Evening Yoga 5:30 Evening Body Conditioning</p> <p style="text-align: right;">5</p>	<p>9 Diabetic Support 9:30 Diner's Club 9:30 Wii Bowling 9:30 Balance For Life* 10:15 BingoFit Nutrition 10 Wood Carving 11 Weather Safety 11 Blood Pressure Checks 12 Guitar 12:30 Card Club 12:30 Knitting 1 Fit & Strong 2 Drama Club</p> <p style="text-align: right;">6</p>	<p>8:30 Fit & Toned 9:30 Diner's Club 10 On the Move 10 Cooking Matters* 11 Virtual Yoga 11 Live Music (Grateful Hearts) 1 Grief Support 1 Caregiver Support 1 Virtual Caregiver Support 2 Beginner Line Dance 5:30 Evening Yoga 5:30 Volunteer Dinner*</p> <p style="text-align: right;">7</p>	<p>8:30 Morning Yoga 9 Tech Talk 9:30 Diner's Club 10:30 Adv Tai Chi* 10:30 Bingo 12:30 Friday Cards 1 Easter Wreath Class</p> <p style="text-align: right;">8</p>
<p>8:30 Morning Yoga 9 Veteran Counseling 9:30 Diner's Club 9:30 Wii Bowling 10:15 BingoFit Nutrition 10:30 Adv Tai Chi* 10:30 Live Music (Billy O'Brien) 12:30 Dominos 1 Fit & Strong 2 Int. Line Dancing</p> <p style="text-align: right;">11</p>	<p>8:30 Fit & Toned 9 WRAG Art 9:30 Diner's Club 10 On The Move 11 Live Music (Original Haw River Crawdaddies) 11 Virtual Yoga 12 Men's Heart Club 12 A Novel Approach 1 Low Vision Support 2 Greeting Card Class 5:30 Evening Yoga 5:30 Evening Body Conditioning</p> <p style="text-align: right;">12</p>	<p>9:30 Diner's Club 9:30 Wii Bowling 9:30 Balance For Life* 10 Wood Carving 10:15 BingoFit Nutrition 11 For The Love of Books/Short Story Club 11 Virtual Sanford History Tour 11 Refreshments w/ Miller-Boles 12 Guitar 12:30 Card Club 12:30 Knitting 1 Fit & Strong 3 Veteran Town Hall</p> <p style="text-align: right;">13</p>	<p>8:30 Fit & Toned 9:30 Diner's Club 10 On the Move 10 Cooking Matters* 10:30 Farm To Seniors Gardening Talk 11 Virtual Yoga 1 Stroke Support 1 Virtual Caregiver Support 2 Creative Writing 2 Beginner Line Dance 5:30 Evening Yoga 5:30 Evening Body Conditioning</p> <p style="text-align: right;">14</p>	<p>8:30 Morning Yoga 9 Tech Talk 9-12 Retinal Screenings* 9:30 Diner's Club 10:30 Adv Tai Chi* 10:30 Bingo 12:30 Friday Cards 1 Cooking With Chef Pepe*</p> <p style="text-align: right;">15</p>

8:30 Morning Yoga 9:30 Diner's Club 9:30 Wii Bowling 10:15 BingoFit Nutrition 10:30 Adv Tai Chi* 10:30 Bible Study 12:30 Dominos 1 Fit & Strong 2 Int. Line Dancing <p style="text-align: center;">18</p>	8:30 Fit & Toned 9 WRAG Art 9:30 Diner's Club 10 On The Move 10 Sassy Red Hatters 11 Chair Volleyball 11 Virtual Yoga 12 Men's Heart Club 2 Getting To Know Your Smartphone Class 5:30 Evening Yoga 5:30 Evening Body Conditioning 5:30 Luscious Ladies <p style="text-align: center;">19</p>	8:30 Advisory Board 9 Remnant Speaks 9:30 Diner's Club 9:30 Balance For Life* 9:30 Wii Bowling 10:15 BingoFit Nutrition 10 Wood Carving 10:30 Parkinson Support 12 Guitar 12:30 Card Club 12:30 Knitting 1 Fit & Strong 1 Social Security 101 2 Drama Club <p style="text-align: center;">20</p>	8:30 Fit & Toned 9:30 Diner's Club 9:30 Wii Bowling 9:30 Balance For Life* 10:15 BingoFit Nutrition 10 Wood Carving 11 For The Love of Books/Short Story Club 12 Guitar 12:30 Card Club 12:30 Knitting 1 Fit & Strong 2 Drama Club <p style="text-align: center;">27</p>	8:30 Morning Yoga 9 Tech Talk 9:30 Diner's Club 10:30 Adv Tai Chi* 10:30 Bingo 12:30 Friday Cards <p style="text-align: center;">22</p>	8:30 Fit & Toned 9:30 Diner's Club 10 On the Move 10 Cooking Matters* 10:30 Tax Time w/ Zeke 11 Virtual Yoga 1 Grief Support 1 Caregiver Support 1 Virtual Caregiver Support 2 Beginner Line Dance 5:30 Evening Yoga 5:30 Evening Body Conditioning <p style="text-align: center;">21</p>	8:30 Fit & Toned 9-3: Vascular Screenings* 9:30 Diner's Club 10 On the Move 10 Cooking Matters* 11 Virtual Yoga 11 Craft w/ Amanda 1 Virtual Caregiver Support 2 Beginner Line Dance 2 Creative Writing 5:30 Evening Yoga 5:30 Evening Body Conditioning <p style="text-align: center;">28</p>	8:30 Morning Yoga 9 Veteran Counseling 9:30 Diner's Club 9:30 Wii Bowling 10:15 BingoFit Nutrition 10:30 Adv Tai Chi* 12:30 Dominos 1 Fit & Strong 2 Int. Line Dancing <p style="text-align: center;">25</p>	8:30 Fit & Toned 9 WRAG Art 9:30 Diner's Club 10 On The Move 10 Grancare 11 Chair Volleyball 11 Virtual Yoga 12 Men's Heart Club 5:30 Evening Yoga <p style="text-align: center;">26</p>	Center Closed In Observance Of Holiday <p style="text-align: center;">29</p>
---	--	---	---	--	--	---	--	--	--

Legal Aid of North Carolina



Assists adults with low to modest income. Please call the Senior Legal Helpline at 1-877-579-7562 Monday through Friday, 9am-11am & 1pm-3pm. Appointments can take place at the Enrichment Center of Lee County. They provide FREE civil legal help to North Carolinians who are 60 years of age or better. Assistance includes: evictions, foreclosures, Medicaid & Food Stamp benefits, elder abuse, debt collection and other civil legal matters.

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.

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

Walkie Talking Walking Club: Fridays

9:00 a.m.—10:00 a.m.

Wii Bowling: Mondays & Wednesdays

10:00 am—11:00 am

Puzzles, Cards & Games: Daily

9:30 am—11:30 am

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 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)

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.

Stroke Support:

2nd Thursday 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.

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 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, call to set up a time for an interview. (919) 776-0501 ext. 2203

Diner's Club March Menu



Friday, March 1: Fish patty, pasta salad, greens, roll, fruit, brownie, milk

Monday, March 4: Spaghetti, Irish blend vegetables, garden salad, roll, cookies, milk

Tuesday, March 5: Salisbury steak with gravy, rice, broccoli, biscuit, fruit, milk

Wednesday, March 6: Chicken patty, sweet potatoes, green beans, gravy, rice, cookie, milk

Thursday, March 7: Pork chop, mashed potatoes, gravy okra with tomatoes, cookie, milk

Friday, March 8: Pizza, pasta salad, cucumber and onion, salad, fruit, milk

Monday, March 11: Marinated chicken breast, Irish blend vegetables, greens, potatoes, cornbread, cookie, milk

Tuesday, March 12: Grilled cheese sandwich, tomato soup, corn salad, cake, fruit, milk

Wednesday, March 13: Chicken pot pie, mashed potatoes, broccoli, biscuit, cake, milk

Thursday, March 14: Sweet and sour meatballs, lima beans, cabbage, rice, roll, cookie, milk

Friday, March 15: Salisbury steak with gravy, carrots, rotini, roll, fruit, brownie, milk

Monday, March 18: Pork chop, gravy, peas, greens, fruit, biscuit, cookies, milk

Tuesday, March 19: Spaghetti with tomato sauce, Irish blend vegetables, garden salad, roll, brownie, milk

Wednesday, March 20: BBQ chicken, corn, sweet potatoes, roll, cake, milk

Thursday, March 21: Pinto beans, scalloped potatoes, okra with tomatoes, garden salad, cornbread, fruit, milk

Friday, March 22: Stuffed peppers, rice, broccoli, cornbread, brownie, fruit, milk

Monday, March 25: Baked chicken breast, potatoes, broccoli, fruit, cornbread, cake, milk

Tuesday, March 26: Pork chop, gravy, corn, rice, roll, fruit, milk

Wednesday, March 27: Chicken pot pie, mashed potatoes, Irish blend vegetables, biscuit, cookie, milk

Thursday, March 28: Chili con carne, cabbage, rice, cornbread, cake, milk

Friday, March 29: CENTER CLOSED

Daily Ongoing Activities: Bocce, Shuffleboard, Walking Trail, Fitness Room, Library, Horseshoes, Table Tennis, Checkers, Jenga, Puzzles, Google Chromebooks, Cards, Media Table, Television and VCR/DVD, Nintendo Wii. *Please contact a staff member to check out any needed equipment.*

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. **Please stop by The Enrichment Center to make your tax appointment.**

DID YOU KNOW?

You can donate your IRA distributions to a charity without a tax penalty? Making a qualified charitable distribution provides an opportunity to make a charitable contribution that you might otherwise not have been able to make an/or receive potential tax benefits for charitable contributions that you are already making.

Eligibility:

- A qualified charitable distribution may be made:
- When the IRA holder is age 70 1/2 or older.
 - Directly from the IRA to a qualified charity.
 - From a traditional or Roth IRA.

There are certain limitations. Please consult your tax advisor and estate-planning attorney about your situation.







**CITY OF SANFORD
AGRICULTURAL
MARKETPLACE**

**Information
Workshop**



Learn about the Sanford Agricultural Marketplace and envision how this facility can serve you!

Date: 2/29/2024

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

Time: 10:30 am - 11:30 am

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://votebymail.ncsbe.gov>

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

919-718-4646 LeeCountyNC.gov/Elections

Social Security 101 Seminar



**Wednesday, March 20, 2024
1PM - 2PM**

This hybrid event (in person and virtual) will go over the basics of Social Security, what you need to know, as well as go over the changes for 2024.

***If you would like the link to join from your computer at home, please email hheight@leecountync.gov**

***If you plan on attending in person, please call to register:
(919) 776-0501 ext. 2203**

PARKINSON'S & PARKINSON'S DEMENTIA



LED BY VICKI RHODES, RN

Geriatric Adult Mental Health Specialty Team & Therapeutic Alternatives

Thursday, April 18, 2024

10:30 a.m. - 11:30 a.m.

Open to all!



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 March and April.

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 x5356 or lcamp@leecountync.gov

DRIVING REFRESHER COURSE

AARP SMART DRIVER CLASS

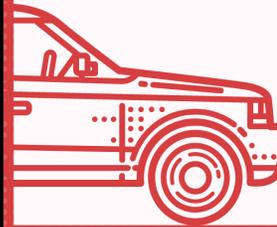
FRIDAY, MAY 31, 2024

9:00 A.M. - 1:00 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



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

+ BLOOD DRIVE



TUESDAY, APRIL 9, 2024
12:30 P.M. - 7:30 P.M.



+ In partnership with the American Red Cross.

Save someone's life with a drop of your blood!

The Enrichment Center of Lee County
1615 S. Third Street, Sanford, NC 27330



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

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.



Lee County Government
Veterans Services Office

Serving Those Who Have Served

1615 South Third Street
Sanford, NC 27330
(919) 776-0501 option 1
(919) 774-7593 FAX
Monday-Friday 8am-4pm

https://lee-county-nc.gov/departments/veteran_services/

SCAN HERE



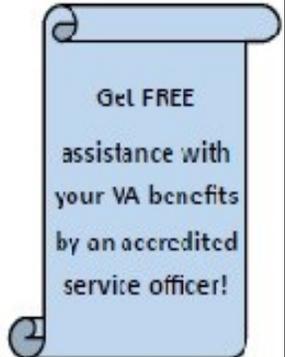
Walk-in Services
Monday-Friday, 9:00 a.m. - 2:00 p.m.

- Veteran License Plates MVR31A
- Disabled Veteran Hunting and Fishing License
- Disabled Veteran Property Tax Exclusion



Appointment Required Services:

- Disability claims to include new claims and appeals
- Pension
- Survivor's benefits
- Burial benefits
- Healthcare eligibility and enrollment



LEE COUNTY VETERAN TOWN HALL

HOSTED BY LEE COUNTY VETERAN SERVICES

March 13, 2024 @ 3:00 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.



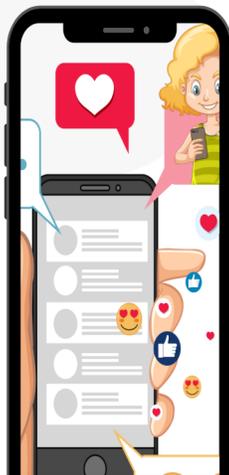
GETTING TO KNOW YOUR SMARTPHONE

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

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



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

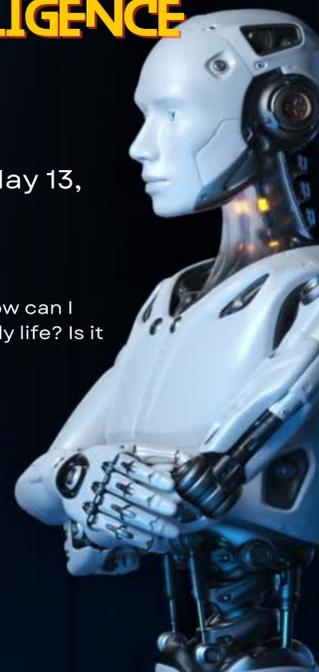


INTRODUCTION TO ARTIFICIAL INTELLIGENCE (A.I.)

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



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**



iPhone Basics Class

Tuesday, June 25, 2024
2:00 P.M. - 3:00 P.M.

Learn the basic features of your iPhone and how your smartphone can be a tool for every day life.

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

CHROMEBOOKS AVAILABLE TO BORROW

(While In Enrichment Center)

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



SPRINGTIME IN CHARLESTON, SC

April 8—April 10, 2024

Price: \$499 Per Person—Double Occupancy

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: 2 nights hotel accommodations, 2 breakfasts at your hotel, 2 evening dinners including 1 at the Grand Ole Opry, Country Music Show in Pigeon Forge), guided tour of Nashville, enjoy exploring the Opryland Resort, transportation & more!



TRIP IS FULL. WAITLIST AVAILABLE.

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. The complete EC Trip Policy is available at the Enrichment Center front desk, as well as trip flyers for more information.

We need

YOU!



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 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.

COLTS DRIVERS NEEDED: Applications and job description may be obtained and returned to the Human Resources Department, 408 Summit Drive or PO Box 1968, Sanford, NC or apply online at www.leecountync.gov

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



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

- 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