



The Center Post



Volume 32

MAY 2023

**The
Enrichment Center
(919) 776-0501**

**1615 S. Third Street
Sanford, NC 27330
Monday, Wednesday,
Friday
8 AM - 5 PM
Tuesday and Thursday
8 AM - 7 PM**

*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**



You Are Invited to Celebrate Older Americans Month

Special Programs & Activities



**Moving Into May Fitness Class
Tuesdays & Thursdays 5:30 - 6:30 p.m.**

**Celebration Reception
Honoring Lee County Citizens
Ages 90 and Better
Wed., May 10, 2 p.m.**

**Aging Well Series
May 12, 19, 26, 2:00 p.m. - 3:00 p.m.**

**Cooking Class
Friday, May 19, 1:00 p.m.**

**Self Defense for Seniors
Tues., May 23 at 11 a.m.**

**Senior Health & Fitness Day,
Wed., May 31**

*Further information inside
this newsletter.
We look forward to seeing you in May
and celebrating Aging Unbound!*

Estás invitado a celebrar ¡Mes de los estadounidenses mayores con nosotros!

Programas y actividades especiales



**Pasando a la clase de fitness de mayo
Martes y jueves 5:30 - 6:30 p.m.**

**Recepción de celebración
Honrando a los ciudadanos del condado
de Lee mayores de 90 años
Miércoles 10 de mayo, 14:00 h.**

**Serie Envejecer bien
12, 19, 26 de mayo, 14:00 h. - 3:00 pm.**

**Clase de cocina, viernes 19 de mayo,
13:00 h.**

**Autodefensa para personas mayores,
martes 23 de mayo a las 11 a. m.**

**Día de Salud y Bienestar para Personas
Mayores, miércoles 31 de mayo**

**Más información en el interior
este boletín. ¡Esperamos verlo en mayo
y celebrar Aging Unbound!**

MAY IS OLDER AMERICANS MONTH

Let's Celebrate!

*Each Week In May Let's Celebrate
The Older Adults In Our Community*

Monday - Make a Difference Monday

Do something nice for an older adult in your life that could make their day better. Offer to mow their lawn or pick up groceries.

Tuesday - Talkative Tuesday

Get together with an older adult and find out about their life story. Talk and enjoy good fellowship with one another.

Wednesday - Wonderful Wednesday

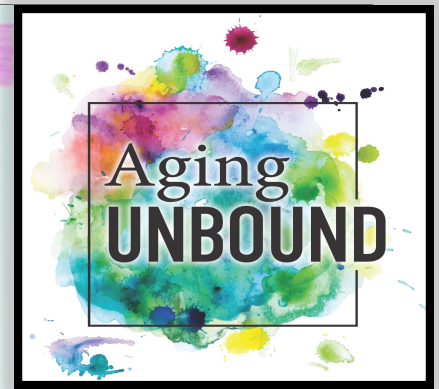
Make it a great day! Tell an older adult they are wonderful. List the reasons for them.

Thursday - Thankful Thursday

Tell an older adult in your life you are thankful for them and tell them why.

Friday - Friendly Friday

Be friendly and kind to all the older adults you encounter.



Aging Unbound
focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose. Embrace the opportunity to change. Explore the rewards of growing older. Stay engaged in your community. Form relationships.

Remnant Speaks - Share Your Experiences and Stories

Cora McIver, former owner of WXXL Radio in Sanford, meets at The Enrichment Center every third Wednesday at 9 a.m. and hosts a program called Remnant Speaks. Cora is looking for those who would be willing to share stories of their past and present life experiences, family history and who was a inspiration in your life. She believes that there is power in words and sharing our life story with others can make a difference. Cora would like to meet and interview those who would be interested in participating in this meaningful program. You can call The Enrichment Center to set up a time for an interview with Ms. Cora. 919-775-0501, ext. 2203.



Tune in for
Up & Coming
with Margaret
& Melanie



Moving Into May Tuesday & Thursday

May 9 - 25, 2023 5:30 p.m. - 6:30 p.m. \$10
Stay active just in time for the summer! Join certified fitness instructor, Erica Davidson, for a fun aerobics toning class. Participants will need to bring light weights.

Classes are first come, first served to Lee County Employees and individuals ages 50+.

To register call (919) 776-0501 ext. 2203.

Cooking Class

With Chef

Joseph "Pepe" Corello

Friday, May 19, 2023 1:00 p.m.

Join in person or virtual!

Cooking can sometimes seem like a lot of time and effort. Let Chef Pepe help you find the joy in cooking! Learn new yummy recipes and see how, with very little effort, cooking can become a fun hobby!

Call (919) 776-0501 ext. 2230
to register.

CELEBRATION RECEPTION

Wednesday, May 10, 2023 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 call
Debbie Williams
(919) 776-0501 ext. 2203.

Reception Food
Sponsor
- Sanford Health
& Rehabilitation



Self-Defense for Seniors

With Instructors

James Estes

Lee County Sheriff's Office

And

Jeremy Jackson

Black Belt Leadership Academy

Tuesday, May 23, 2023

11:00 a.m. in the Grand Hall

Registration not required.

SENIOR FITNESS DAY

WEDNESDAY, MAY 31, 2023

GRAND HALL

**Learn how the Enrichment Center can
help you achieve your fitness goals!**

***Free fitness classes for first-timers.**

***Beautifully updated walking trail.**

***Senior Fitness Test 1:30 p.m. - 4:00 p.m.
(first come first served)**

Memorial Day Ceremony

Sponsored by Lee County Veterans Council

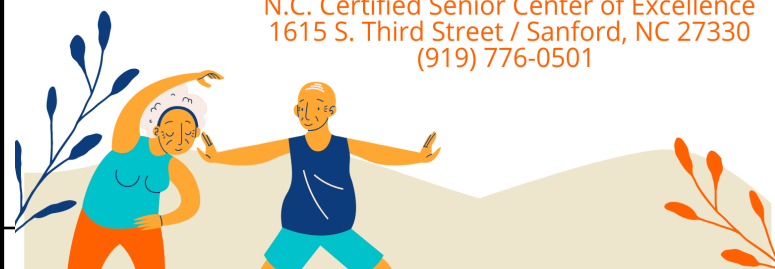
Broadway Memorial

Monday, May 29, 2023 10:00 a.m.

Hotdogs to follow at American Legion Post
146 S. Main Street, Broadway



The Enrichment Center of Lee County
N.C. Certified Senior Center of Excellence
1615 S. Third Street / Sanford, NC 27330
(919) 776-0501



AGING WELL SERIES



Join us for this series on aging well. Learn about what to expect from the aging process and what you can do to improve your life.

Call Debbie Williams to RSVP:
(919) 776-0501 Ext. 2203.

The Aging Eyes Friday, May 12, 2023

2:00 p.m. - 3:00 p.m.

Dr. Anna Fakadej
Carolina Eye & Associates

The Aging Skin Friday, May 19, 2023

2:00 p.m. - 3:00 p.m.

Dr. Cheryl Jones
Central Dermatology

The Aging Ears Friday, May 26, 2023

2:00 p.m. - 3 p.m.

Dr. Angela Bright Pearson
Bright Audiology

The Enrichment Center Personal Training Services

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

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

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

Open to age 50 and over, Lee County Government Employees and other Lee County residents, as space is available. Call (919) 776-0501 Ext. 2203 for appointment options.

Chapter & Verse

Creative Writing Club

2nd & 4th Thursday of each month.

2:00 p.m. - 4:00 p.m.

New Members Welcome!

**If you have questions
call Holly at 919-776-0501 ext. 2230.**

Friday Movie Club

at 1:00 PM

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

May 5, 2023—Fences - Troy Maxson makes his living as a sanitation worker in 1950s Pittsburgh. Maxson once dreamed of becoming a professional baseball player but was deemed too old when the major leagues began admitting black athletes. Bitter over his missed opportunity, Troy creates further tension in his family when he squashes his son's chance to meet a college football recruiter.

June 2, 2023—The Artist - In the 1920s, actor George Valentin is a bona fide matinee idol with many adoring fans. While working on his latest film, George finds himself falling in love...

**Movie selections based on suggestions and may or may not be to your preference as far as language or subject matter. Please research before attending. Thank you!*

NEW 2023 FITNESS PROGRAM!

**L.I.F.T. - Lifelong Improvements through
Fitness Together**

**Functional Fitness Program
Held at The Enrichment Center &
Instructed by NC Cooperative Extension**

Tuesdays & Thursdays

May 25 – July 20 (no class July 4)

2:00 p.m. – 3:00 p.m. \$10 per person.

***Pre & Post functional fitness test day required.**

LIFT is an in-person, group-based strength training program that lasts 8 weeks. Participants meet 2x/week for 1-hour sessions. The classes help improve your strength and mobility, learn healthy food options, and most importantly help form a community.

To register call (919)776-0501 ext. 2230.

EC Travelers 2023

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

Trips are Open to Residents Outside of Lee County

Lancaster & Hershey, PA

September 11 - 14, 2023

\$599 Per Person - Double Occupancy

This trip is full. However, you can put your name on the waiting list at no charge.

Myrtle Beach, SC

December 11 - 13, 2023

\$499 Per Person - Double Occupancy

Come by The Enrichment Center for a flyer with complete details.

Important!
NO telephone reservations.

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

Summer Jubilee

At the Rudy Theatre

Thursday, July 20, 2023 \$105 Per Person

The music of Summer! Musical memories that bring back your favorite days on the beach with many sing along songs. Cost of \$105 includes matinee show ticket and transportation aboard a chartered bus. Dinner is not included, but we will stop to eat. Departs from Riverbirch parking lot at 11:00 a.m., return approximately 9:00 p.m.

Important! NO telephone reservations.

\$25 deposit DUE at time of in-person registration payable to Holiday Tours. Balance due no later than Wed., May 31, 2023.

NC State Fair

Tuesday, October 17, 2023

\$20 for Motor Coach Transportation

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

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

Special events and activities all day long. Departs from Riverbirch parking lot (Belk/behind pond) at 8:00 a.m. and return at 4:00 p.m.

Important! NO telephone reservations.

Payment is required to reserve your spot.

\$20 cash, money order or cashier's check payable to Senior Services.

All trips are subject to The Enrichment Center Trip Policy.

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



*"That's the thing about books –
they let you travel without moving your feet."*

~Jhumpa Lahiri

For The Love Of Books

Lee County Library's Delisa Williams will join us the 2nd and 4th Wednesday of each month to bring new books for your reading pleasure. These books will be available to check out at no charge and without having to go to the Library to return them. You will receive a bookmark indicating the return date.

"Reading can even relax your body by lowering your heart rate and easing the tension in your muscles. A study at the University of Sussex found that reading can reduce stress by up to 68%."

Water

Aerobics

Held at OT Sloan Pool



Registration is open! Payment due by 1st class.

No payments at the pool, please.

Open to all adults over age 18. NO REFUNDS.

Priority given to those 50 and better. Arrive swim ready.

First class is free if it's your first time trying our water aerobics classes.

Monday/Wednesday/Friday

Wednesday, May 31 – Wednesday, August 30

11:00 a.m.—12:00 p.m. \$20 per month

Tuesday/Thursday

Tuesday, May 30 – Thursday, August 31

5:30 p.m. – 6:30 p.m. \$15 per month

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

You Tube

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, make stuffed mushrooms or zucchini fritters with Pepe. Craft a lemon tea towel, door hanger or t-shirt canvas with Jourdan. Exercise with Erica, Jourdan or Cathy (aerobics, yoga and fitness equipment).

Virtual Coffee Talk

1st Tuesday of Each Month

9:00 a.m. – 10:00 a.m. Online Only

Grab a donut (or two) and let's gab! Join us as we discuss the topics that matter the most to you. Want a new program at The Enrichment Center? This is your chance to advocate. Current events, local happenings, new restaurants and Enrichment Center news – let's discuss! We'll have coffee, we'll talk!

Email Holly Hight at hhight@leecountync.gov for a Zoom link to join.

Music in the Pavilion Summer Series

FREE!

Refreshments 5:30 p.m. Music 6:00 p.m. - 7:00 p.m.

Fresh air, refreshments and entertainment!

Add to your calendar!

Space Limited.

Please call to register (919) 776-0501 ext. 2230.

June 21 - Brick City KO (Jammin' Groovy Tunes)

July 19 - Upper Room

August 16 - Brick City KO (Jammin' Groovy Tunes)

Celebrating the 60th Anniversary of Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

We all benefit when older adults remain engaged, independent, and included in their communities.

Technology Courses

Brought to you by:

SENIOR PLANET

FROM AARP

OATS

OLDER ADULTS
TECHNOLOGY
SERVICES

FROM AARP



Space Limited! Sign Up Today!

Call: (919) 776-0501 ext. 2230

Email: hhight@leecountync.gov

Streaming & Smart TVs

Lecture

Monday, June 5, 2023

2:00 p.m. - 3:00 p.m.

Tech 9-1-1

Friday, June 23, 2023

One hour, 1-on-1 technology sessions.

Mindfulness Apps

Tuesday, July 11, 2023

2:00 p.m. - 3:00 p.m.

MyChart Lecture

Tuesday, August 8, 2023

2:00 p.m. - 3:00 p.m.

Device Advice

2nd Tuesday of Each Month

10:45 AM - 11:45 a.m. Diner's Club

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

**WDSG
107.9**

Tune in for
Enrichment
Center Updates!

Enrichment Center Fitness Programs

Open to Lee County residents ages 50 and better.

Keep fit and stay in shape for physical and mental health!
The Enrichment Center is currently offering these programs to help you maintain a healthy lifestyle in a clean, safe environment.

Call Cathy Andrew if you have questions (919) 776-0501 Ext. 2208.

Fitness Room - Monday-Friday

Available to participants who have completed orientation.

Call (919) 776-0501 ext. 2208 to make an orientation appointment.

\$1 per daily visit. (Free to Silver Sneakers Participants)

Morning Yoga - Monday & Friday, 8:30 a.m. – 9:30 a.m.

Great for beginners or those who find it difficult getting to the floor.

*Participants should bring their own equipment, mats, blocks, straps & kneeling pads. \$10 Per Month.

On The Move - Tuesday & Thursday, 10:00 a.m. – 10:30 a.m.

A fun, basic exercise class. Free to Diners Club participants. Space available to guests, \$1.00 or Silver Sneakers.

Advanced Tai Chi - Monday & Friday, 10:30 a.m. – 11:30 a.m.

This is Tai Chi for Arthritis and Fall Prevention. The focus of this class is to reduce fall risk. \$10 Per Month.

Fit & Toned - Tuesday & Thursday, 8:30 a.m. – 9:30 a.m.

Suitable for beginners or those that already have an exercise program.

*Chair will be used for stability. \$10 Per Month.

Evening Yoga - Tuesday & Thursday, 5:30 p.m. – 6:30 p.m.

Better suited to participants with prior yoga experience.

\$10 Per Month.

Virtual Yoga - Tuesday & Thursday, 11:00 a.m. – 12:00 p.m.

Designed for those who are familiar with yoga. \$10 Per Month.

Basic Card Making Class

Instructor: CJ Hart (Hart Studios)

Tuesday, June 6, 2023

2pm-3pm



All materials and instructions will be provided to make three cards with envelopes. We will begin with the basics of card making and will progress to some of the fun-fold cards.

\$15

Space is limited.
Please call to RSVP.
(919) 776-0501 ext. 2230

Ongoing Activities You Are Welcome to Drop In

Bible Study, 1st and 3rd

Mondays

10:30 am - 11:30 am

Friday Friends and Cards

12:30 pm - 4:00 pm

Play Cards of Your Choice

Guitar Class, Wednesdays,

12:00 pm

Line Dancing Class

Beginners Welcome!

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*

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.*

Tues., May 9 - Open Discussion and Book
Recommendations for the next year. **If you
have questions, contact
Ellie Mathews at elliegolf@gmail.com.**



VETCENTER

EST. 1979

*Service Member Counseling
Individual and Group Sessions*

**1st and 3rd Monday, 9 a.m. - 3 p.m.
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.**

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.

For class dates call Cathy at (919) 776-0501 Ext. 2208.

**This program emphasizes
practical strategies to manage
falls.**

You Will Learn To:

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

Class Consists of:

- **Group Discussions**
- **Individual Activities**
- **Appropriate Exercises**

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

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



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
for more information and to
volunteer.**

Free Health Promotion Classes Offered Throughout the Year

**Health Promotion Tai Chi
For Arthritis for Fall Prevention**

**CLASS SIZE LIMITED. Priority given to Lee
County residents ages 60 & better.**

**Registration and Confirmation to Attend
Required. Call (919) 776-0501 Ext. 2208.**

*Classes are provided by a Health
Promotion Grant. Contributions are
accepted.*

**Are you interested in dance of all
types – Jazz, Ballroom, Salsa,
Broadway?**

If you are interested in taking dance
classes or teaching dance classes
please call
Holly (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
Carole (919) 776-0501 ext. 2205.**

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

PUBLIC TRANSPORTATION



- Public Transportation to Work, Shopping, General, Medical
- Raleigh Executive Jetport Shuttle
- Purchase Ride Vouchers
- Accessibility for Physically Challenged
- Free Transportation to COVID-19 Vaccination Location
- Call COLTS for More Public Access Transit Options, Schedule & Pricing



1807 Douglas Drive, Sanford

(919) 776-7201

www.leecountync.gov/colts.aspx

Title VI Policy Participant

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

**COLTS es un
sistema de tránsito
coordinado que
provee servicios de
transporte a
muchas de las
agencias que
proveen servicios
humanos en el
Condado de Lee.**

HORARIO

6:00 a.m. a 5:00
p.m. lunes a viernes.
Mensajes para
cancelar servicios se
pueden dejar en la
grabadora después
de las horas de
trabajo.
(919) 776-7201

Dirección Física: 1807 Douglas Drive, Sanford

Correo: 1615 S. Third Street, Sanford

COLTS esta patrocinado por el Condado de Lee de Carolina del Norte, por el Departamento de Transporte por el Gobierno Federal y el público en general.

COLTS es participante de la empresa de negocios para los desventajados.
Sistema de transito Condado de Lee. Declaración política del Título VI. Es la política de brindar igualdad de oportunidades a toda personas, que reciban servicios del Sistema de Transito Condado de Lee.

"COLTS" (919) 776-0501 Ext. 2216.



The Enrichment Center extends heartfelt thanks to these volunteers who have assisted in our programs over the past year:

**Mabel Thomas
Carol Varga**

Your time and talents are greatly appreciated!

Saturday Night Dance

At The Enrichment Center
Doors Open at 5:45 PM
Dance 7:00 PM - 10:00 PM
Admission: \$10

Bands for May:

6th—Carolina Dreamers,
13th—Side-Kix, 20th—
Jimmy Shirley Jr. Band &
Footlights with Allen
Howington as Guest, 27th—
Back Alley Kats

Keep in mind Lee County Government policies while attending the dance: No alcohol on the property, smoking allowed 50 feet away from the facility in designated areas, no firearms or weapons on the property.

The Enrichment Center Support Groups

Open to All Adults & Registration Not Required

Masks and social distancing are not required, but strongly encouraged. Holidays may affect dates. Call before attending. (919) 776-0501 Ext. 2230

Alzheimer's/Dementia Caregiver Support:

1st & 3rd Thursday of each month at 1:00 p.m. Offers support, advice and understanding to caregivers, family and friends of those living with Dementia. Familiarize yourself with this overwhelming disease and learn about community resources to help yourself and others deal with the present and plan for the future. Facilitators: Holly Hight and Kay Gladden. **There is a virtual caregiver support group that is offered weekly, Thursdays, at 1 p.m. on Zoom. Call (919) 776-0501 ext. 2230 for virtual log-in information.*

Breast Cancer Support:

1st Tuesday of each month at 6:00 p.m. For breast cancer patients, survivors and caregivers. **Facilitated by Bobbi Matthews, CMA, Advanced Care for Women.**

Diabetic Support:

1st Wednesday of each month at 10:00 a.m. This group is for the diabetic, as well as the caregivers and loved ones of diabetics. **Facilitated by Erica Duval, Nurse Liaison, Amedisys Home Health.**

Grandparents Raising Grandchildren Support:

Last Tuesday of each month at 10:00 a.m. Are you a grandparent raising grandchildren/parenting the second time around? Join us to learn about community resources and to have questions answered by guest speakers.

Grief Support:

1st & 3rd Thursday of each month at 1:00 p.m. Provides an opportunity for those persons grieving to come together for support and assistance with the grieving process with a trained professional.

Low Vision Support:

2nd Tuesday of each month at 1:00 p.m. For people with vision impairments and their loved ones to discuss ways to cope with low vision and discover resources.

Parkinson Support:

3rd Wednesday of each month at 10:30 a.m. Support, problem solving and education for persons with Parkinson's, their family members, caregivers friends or anyone wanting to learn more about this disease.

Sanford/Lee County Stroke Support:

2nd Thursday of each month at 1:00 p.m. Provides educational materials, speakers and support for those who have had a stroke, their families and caregivers.

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

Debbie Davidson	Director	Ext. 2216
Melanie Rodgers	Administrative, Finance, Marketing	Ext. 2214
Tonya Surratt	Transportation Coordinator, COLTS - County of Lee Transit System	Ext. 2228
Cynthia Wiley	COLTS Scheduling Information	Ext. 5418
Maria Davis	COLTS - Dispatch COLTS - Billing	Ext. 2219 Ext. 5430
Tami Carter	Social Work, Information & Assistance, Options Counseling, Wheel Chair Loan Program	Ext. 2212
Ellen Dunlap	Social Worker	Ext. 2211
Debbie Williams	Senior Center Programming & Scheduling, Fitness, Health Promotion	Ext. 2203
Holly Hight	Family Caregiver Information, Support Groups, Senior Center Programs	Ext. 2230
Cathy Andrew	Fitness & Wellness Classes, Health Promotion	Ext. 2208
Janice Holmes	Nutrition Programs: Diners Club, Home Delivered Meals, Ensure	Ext. 2213
Carole Nicely	Diners Club Reservations/Programs, Nifty Noggins Head Coverings for cancer patients	Ext. 2205
Jourdan Huskey	Medicare & SHIP (Seniors' Health Insurance Information Program), Volunteer, Trips	Ext. 2206
Jimmy Solomon	Safety, Senior Games & Silver Arts, General & Medical Transportation	Ext. 2207
Kyla Love	Veteran Services Officer II	Ext. 2209
Ellsworth Cupid	Veteran Services Officer I	Ext. 2210

The Enrichment Center plays a vital role in the lives of older adults in Lee County.



We are committed to help you stay connected with our communities; Sanford, Broadway, Lemon Springs, Deep River, Tramway, Jonesboro. Our goal is to keep you motivated, socialized, informed and independent.

Let's Stay Connected!

Share your E-mail address with us for updates and information announced after The Center Post newsletter has been published. E-mail Holly to be added hhight@leecountync.gov

NOTICE ABOUT PHONE CALLS

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

Caring-Lee is an all-inclusive resource guide to caregiving in Lee County. Go to our website, www.leecountync.gov/ec or call Holly for a paper copy to be mailed to you (919) 776-0501 Ext. 2230.

Nifty Noggins are handmade head coverings for cancer patients. If you or someone you know could use head coverings, contact **Carole** at The Enrichment Center (919) 776-0501 Ext. 2205.

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



1615 S. Third Street, Sanford. N.C. 27330
919.776.0501 www.leecountync.gov/ec

Making Every Day a Great Day



Handicapped Accessible Facility



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

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

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

Legal Aid of North Carolina is a statewide nonprofit law firm that provides free legal services in civil matters to people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. **Legal Aid of NC** provides free assistance with health care power of attorney, living wills, property wills and other important legal documents. Seniors should call 1-877-579-7562, 9:00 a.m. - 11:00 a.m., 1:00 p.m. - 3 p.m., Monday - Friday.

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

SUGGESTIONS PLEASE!

We like new ideas and want your input. Give your program and class suggestions to Debbie Williams, ext. 2203, dwilliams@leecountync.gov or Holly Hight, ext. 2230, hhight@leecountync.gov.



Lee County Enrichment Center 2023 Holiday Closings

Memorial Day	May 29
Independence Day	July 4
Labor Day	Sept. 4
Veterans Day	Nov. 10
Thanksgiving	Nov. 23, 24
Christmas	Dec. 25, 26, 27

Fee Based Policy

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



**The Enrichment Center
of Lee County, NC
is on Facebook! Like our
page and follow us!**

[Facebook.com/LCGEnrichment](https://www.facebook.com/LCGEnrichment)