

THE CENTER POST

Volume 32

November 2023

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*

*November is National
Caregiver Month*



Celebrated every November, National Family Caregiver Month is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

Join us for a special month dedicated to YOU the caregiver.

Thursday, November 2, 1-3pm:

Special Caregiver Memories Luncheon/
Candlelight Reflections

Thursday, November 9, 2-3pm:

Pt. 1 - Caregiver Fatigue: Why Am I So Tired?

Thursday, November 16, 1-3pm:

Pt. 2 - Caregiver Resilience: How To Find Strength To Keep
Going!

Thursday, November 30, 2-3:

Pt. 3 - Holiday Joy: Finding Precious Moments Of Joy

Vicki Rhodes, RN, CDP, CCFP

Sandhills Geriatric Adult Mental Health Special Team Leader

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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, Family Caregiver Information, Alzheimer's Support Group	Ext. 2230
Holly Hight	Senior Center Programming	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

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 email 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 2022 Annual Financial Report

is available for viewing online, www.leecountync.gov. Contact Melanie Rodgers, 919-776-0501 ext. 2214, 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 Tami or 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.

THRIFT STORE UPCYCLE PAINT PARTY

FRIDAY, NOVEMBER 17, 2023

2:00 PM - 3:00 PM

"Everything old is new again?" That's especially true with vintage art. 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!

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

Holiday Door Hanger CRAFT CLASS

2 Day Class: Tuesday, November 7th &
Wednesday, November 8th

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

2 Decorations to take home!

(Thanksgiving & Christmas)

All supplies are provided.

\$35 per person

Space is limited.

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



The Enrichment Center Players

★

SPIRIT OF THE SEASON

DINNER THEATRE

A series of skits, with music, that
celebrate the spirit of the season.
Laughter, tears ...
and maybe a life lesson, or two.
Written by local author, Priscilla Petty.

WEDNESDAY, DECEMBER 13,
2023

6:00 PM - 8:00 PM

\$15 INCLUDES DINNER

To RSVP please come by
The Enrichment Center
front desk. Must pay at
time of reservation.

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



PAINT YOUR PET CLASS



Friday, December 22, 2023

2:00 PM - 3:00 PM

\$55 Per Pet


All Supplies Provided

Relieve stress and have fun!

Makes a great present. *Please call Holly at
(919) 776-0501 ext. 2203 to register.

Email pet's picture to hight@leecountync.gov.
Professional artist will sketch on canvas prior
to class.





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



Healthy Brain for the New Year

with
Vicki Rhodes, RN
Geriatric Adult Mental Health
Specialty Team
& Therapeutic Alternatives

THURSDAY, DECEMBER 21, 2023
AT 10:30 AM
GRAND HALL



**OPEN TO SENIORS, STAFF, AND
VOLUNTEERS!**



JINGLE & MINGLE HOLIDAY PARTY

WEDNESDAY, DECEMBER 20, 2023
11:00 A.M.
THE GRAND HALL

Join us for refreshments, music,
and a jolly good time! Celebrate
the spirit of the season with your
Enrichment Center Family.

"We are here for a good time, not a long time, so make it count."

Dawna Walter



Bluegrass LIVE MUSIC ORIGINAL HAW RIVER CRAWDADDIES



**THURSDAY
NOVEMBER 30, 2023
AT 10:45 AM
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, November 14, 2023
Horse
Geraldine Brooks

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

LIVE MUSIC featuring the GRATEFUL HEARTS

Classic country
Classic rock
Christian country

**Tuesday, November 7th, 2023
11am**

The Grand Hall
Come join the fun!

THANKSGIVING GREETING CARD PARTY

TUESDAY, NOVEMBER 14, 2023
2:00 p.m. - 3:00 p.m.

JOIN US AS WE MAKE THANKSGIVING-THEMED
GREETING CARDS WITH CJ HART, OF HART STUDIOS.
\$15. ALL SUPPLIES INCLUDED.

Finding Joy in the Holidays

with
Vicki Rhodes, RN
Geriatric Adult Mental Health
Specialty Team
& Therapeutic Alternatives

TUESDAY, NOVEMBER 28, 2023
AT 10:30 AM
GRAND HALL

OPEN TO SENIORS, STAFF, AND
VOLUNTEERS!

The History Of Christmas

Special Presentation with Bingo,
Prizes & Fun! Special Guest Austin
Decker from NCBAM

Tuesday, December 19, 2023
10:30 am - 11:30 am

The Enrichment Center of Lee
County

Saturday Night Dance

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

Bands for November

4th— Hwy 301, 11th— Back Alley
Kats, 18th— Jimmy Shirley Jr. &
The Footlights, 25th— Ole Skool

*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.*

**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!

Friday Movie Club 1:00 PM



Upcoming Movies:

Friday, November 3rd: Annie Hall—
Comedian examines the rise and fall of
his relationship with nightclub singer.
Critically acclaimed.

**Friday, December 1: Miracle on 34th
Street—** The classic tale of an old man
that begins appearing regularly as
"Santa" and soon a court case must
prove if he is indeed the man, the myth,
the legend.

**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!*

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

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.



The Enrichment Center of Lee County Caregiver Support Program

"Sometimes the person caring for others needs someone to care for them."

The Caregiver Support Program provides information, resources and referral services to caregivers in Lee County.

We assess needs and help you to find the solutions available in your community. We offer counseling and educational services such as trainings, guest speakers, seminars, and support groups. We provide limited respite care, allowing caregiver's time to meet other responsibilities. We provide a sense of community and relief with the added bonus of stress-relieving activities including: Monthly support groups, seminars and classes led by care professionals, designed for caregivers, Powerful Tools for Caregivers 6-week class, a limited number of respite hours and supplies available per family, virtual programs, fun activities such as movies, ice cream socials, dinners, theatre & more, plus a caregiver resource library open to all (books, guides, brochures, tips, etc.). Call for more information: (919) 776-0501 ext. 2230

PLEASE JOIN US TO OUR

Caregiver Holiday Party

THURSDAY, DECEMBER 21, 2023
1PM - 3PM

JOIN OTHER CAREGIVERS
FOR A RELAXING
AFTERNOON BREAK TO
CELEBRATE EACH OTHER &
THE HOLIDAY SEASON

PLEASE CALL TO RSVP
(919) 776-0501 EXT. 2230

SAVE THE DATE

Thursday, December 7
1:00 p.m.—3:00 p.m.
Holiday Tips & Tidbits

10 Holiday Tips For Family Caregivers

1. Recognize Your Signs of Stress & Burnout
2. Anticipate Your Holiday Hot Button Moments
3. Acknowledge Your Feelings Good & Bad
4. Put Selfcare Back On Your List
5. Find a Healthy Stress Relief Outlet
6. Get Support
7. Do Mindful Planning
8. Ask for Help
9. Keep Your Holiday Simple
10. Start New Traditions

Healthy Eating For The Holidays

WEDNESDAY, NOVEMBER 15, 2023

11:00 A.M. - 11:45 A.M.

THE GRAND HALL

Learn how to eat smart and
well during the holidays with
Dr. Tia-Jane'l Bass.

HOLIDAY FITMAS AEROBICS CLASS

Tuesdays & Thursdays
November 7—December 14
5:30 p.m.—6:30 p.m.

Stay active just in time for the holidays!

Join fitness

instructor, Erica Davidson, for a 6-week aerobics class that will help you feel your best, just in time for the holiday season! Classes are first come first served to those aged 50 & better, or Lee County Government staff. 49 & under as space is available. Call (919) 776-0501 ext. 2203 to register. \$15.

Lee Enrichment Center

MOVIN' ON UP! FITNESS CLASS W/JACKIE

1 Hour class focusing on safely doing cardio, stretching, strength training for upper body, lower body, and core, ending with relaxation! Better suited for those already active and looking to increase their fitness level. Chairs will be used for some of the exercises.

TUESDAYS & THURSDAYS

9:30-10:30AM

(EXCEPT NOV. 2, 9, 23, OR 28)

FREE TO DINERS CLUB
PARTICIPANTS. SPACE
AVAILABLE TO GUESTS, \$1.00
OR SILVER SNEAKERS.

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

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.

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.

Movin' On Up - Tuesday & Thursday, 9:30 a.m. – 10:30 a.m.

1 hour class focusing on safety while doing cardio, stretching, strength training for upper body, lower body, and core, ending with relaxation. Free to Diner's Club Participants. \$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.

Strong & Fit - Mondays, Tuesdays, Thursdays & Fridays, 3:00 p.m. – 4:00 p.m. 1-hour low impact exercise class that starts with cardio, adds stretching for flexibility and range of motion, and uses hand weights, body weight and resistance bands for upper and lower body strengthening. 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.

FREE HEALTH PROMOTION

TAI CHI FOR ARTHRITIS FOR FALL PREVENTION

INTERMEDIATE CLASS:
MONDAYS & WEDNESDAYS
NOVEMBER 6 - JANUARY 8
2:00 P.M. - 3:00 P.M.

BEGINNER CLASS:
MONDAYS & WEDNESDAYS
JANUARY 22 - MARCH 13
2:00 P.M. - 3:00 P.M.

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.

STRONG & FIT W/JACKIE

Come become a better YOU!

1 hour low impact exercise class that starts with cardio, adds stretching for flexibility and range of motion, and uses hand weights, body weight and resistance bands for upper and lower body strengthening. Includes techniques for improved brain health and balance. Better suited for those who are already active but may not be participating in formal exercise. \$10 per month.

3pm-4pm
Most Mondays, Tuesdays, Thursdays & Fridays
(no classes on 11/9, 11/10, 11/23 or 11/24)

Bring water, hand weights and flat exercise band if you have them.

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

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



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.

ARTHRITIS BUSTERS EXERCISE PROGRAM

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

Safe, enjoyable, group exercise class for those with Arthritis.

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

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

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



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.

Is your Medicare plan still right for you?
An annual Medicare review may help you save.

SHIIP can help.

Medicare's Annual Open Enrollment Period is **Oct. 15 – Dec. 7**. During that time, seniors who have Medicare coverage can make plan changes that may lower their costs. You could save by:

- Evaluating eligibility for low-income subsidies
- Choosing the best Part D Drug Plan based on current medications & preferred pharmacy
- Exploring available Medicare Advantage Plans

The Seniors' Health Insurance Information Program (SHIIP) offers free individual counseling to assist you in selecting the best Medicare options for you. **Schedule an appointment today to see if you can save!**

Jourdan Huskey
919-776-0501 x2206

Lee County
Enrichment Center



MEET YOUR ENRICHMENT CENTER SHIIP COORDINATOR: JOURDAN HUSKEY



Jourdan has been the Lee County SHIIP Coordinator for 2 years, although you may know her from teaching fitness classes at the EC prior to her current position. She is certified through NC SHIIP, North Carolina Senior's Health Insurance Information Program, and has regular training to make sure she's up to date on the latest information. She can assist Medicare beneficiaries with all things related to Medicare. She loves to help Lee County residents better understand what insurance they have and it's a bonus when they get to save money. Jourdan is married to Jonathan and they have one daughter, Lucy. She loves all things outdoors! You can most likely find her in the gym, or anywhere there's food.

Lee County residents may call 919-776-0501 ext. 2206 for more information and an appointment. If you are turning 65, or on disability and qualify for Medicare, a SHIIP counselor can help explain your Medicare options. By appointment only.



Need help choosing the **BEST**
 Medicare Prescription Drug
 Plan for your individual needs?

Make plans NOW to CHECK your plan!

October 15– December 7

*If you are on Medicare and **UNDER** age 65, a dedicated enrollment clinic is available. On **Wednesday, November 15th, 2023** between the hours of 9:00 am and 12:00 pm, counselors will be available to assist you with your Medicare Part D choices.

If you need assistance choosing the best plan for you in 2024, come to our walk-in clinic on

Wednesday, December 6 or

Thursday, December 7

between the hours of 8:30 am and 4:00 pm.

Counselors will be available to assist you with your Medicare Part D choices.

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.**

Happy Trails Debbie Davidson!



Someone once said, “A leader is one who knows the way, goes the way, and shows the way.” Debbie is the epitome of a great leader. She knows the way, goes the way and shows the way to each staff member who requires her guidance, and we all do! There is not enough room to list the many contributions Debbie has made to the citizens of Lee County. It would require an entire newsletter in and of itself. Instead, I will let the words of our County Manager reflect on Debbie’s many achievements.

“Debbie has been the Director of Senior Services since June 1, 1997. Her dedication to her job and the senior population of this county has been evident from the first day she assumed the position. She strongly advocates for excellent service and strives to achieve excellent service throughout her department. She has always worked to make her department a great place to work and she will missed tremendously. She has devoted herself to not only being a good co-worker, but a friend to us all. We thank her for her 37 years of dedicated service to Lee County and its citizens. We wish all the best to Debbie in her well-deserved retirement.”

Congratulations Melanie Rodgers!



Melanie will assume the position of Senior Services Director on December 3, 2023.

Melanie began her career with the Senior Services Department on July 2, 1993, as an Administrative Assistant. She was promoted in June 1997 to the Administrative and Marketing Specialist position. She brings to the Department experience and understanding of the operational budgets for Senior Services, COLTS and Veterans and knowledge of the federal and state requirements to administer all the department areas.

We are excited as we enter the next phase of our new staffing patterns and the enhancement of our team with Melanie at the helm!



Congratulations to Carole Nicely on her retirement November 1, 2023. Carole has been with Lee County 22.5 years. She has worked as the Senior Center Nutrition Coordinator at the Enrichment Center for 19 years and Cooperative Extension 2.5 years prior to coming to Senior Services. Carole is looking forward to some quiet time and a chance to work more with Boy Scouts and extra camping trips, as has been her passion for over 40 years. ***Best Wishes Carole in your future endeavors and thank you for your years of service to Lee County Older Adults!!!***

The Angel Tree Project

will continue this year in the same manner as during the past few years. We will be accepting monetary donations to support our *Angels*. Our staff will order items and have them delivered to the Enrichment Center. We will package items into gift bags and deliver to the homes to our most needy clientele that we have served during 2023. Our assistance in the community will be based upon the donations received through this project.

If you would like more information about *The Angel Tree Project* or how you can be involved, please call Tami Carter (919) 776-0501, ext. 2212. Please make checks payable to:

The Enrichment Center of Lee County
1615 S. Third Street, Sanford, NC 27333

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

Fitness Room: Daily

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

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 every other Tuesday)

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.

Virtual Coffee Talk: 1st Tuesday of each month. 9am-

10am. Zoom only. Join us as we discuss the topics that matter the most to you. This is your chance to advocate.

Email hight@leecountync.gov



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.
(919) 776-0501 ext. 2203

THANKSGIVING ADVOCACY DAY

Monday, November 20, 2023

11:00 a.m.

I'm thankful for my Senior Center
because...

Let your local legislators know how and
why you are thankful for your Sanford
Senior Center. This is your time to
advocate for yourself and your center.

All supplies will be provided.

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

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

END OF YEAR FINANCIAL PLANNING SEMINAR

with Financial Advisor Zeke Kelly,
Founder of Canopy Financial Solutions

Monday December 4, 2023
10:30 a.m. - 11:30 a.m.

- Your investments and tax considerations
- Satisfying your Required Minimum Distributions (RMDs)
- Insurance coverage review
- Open forum discussion

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



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

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!

Exploring & Downloading Apps Class

**Tuesday,
November 14,
2023
2pm-3pm**

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



During this hands-on workshop, you'll learn how to search for and download apps to your smartphone. We will be demonstrating how to choose apps, as well as un-installing them. Please bring your own device.

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

Brought to you by AARP's Senior Technology Program and
The Enrichment Center of Lee County

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**



**THE ENRICHMENT CENTER OF
LEE COUNTY**

Anti-Virus & Malware Removal Programs At A Glance



**Tuesday, December 12, 2023
2pm - 3pm**

Viruses and other malware can harm your computer in a variety of ways. We will go over different types of malware, how they work, and some software that can remove unwanted attacks. Learn how to help keep your device safe!

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

VETERAN'S APPRECIATION BBQ

Wednesday, November 1st, 2023

5:00 p.m. (Dinner served at 5:30 p.m.)

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

To show our appreciation for your service and dedication to our country we invite you to join us for an evening of music, fellowship and food!

Space is limited. Please register NOW. Call (919) 776-0501 ext. 2201

*Veterans and current military personnel are invited at no charge. A Veteran may bring one guest, \$5.00 paid in advance at The Enrichment Center.

Event is co-sponsored by Miller-Boles Funeral Home & The Enrichment Center of Lee County



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.

VET★CENTER

**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.



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

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 servios 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
Permit No. 198

*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
Up & Coming



Lee County Enrichment Center 2023 Holiday Closings

Veterans Day	Nov. 10
Thanksgiving	Nov. 23, 24
Christmas	Dec. 25, 26, 27

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.



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