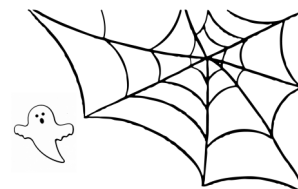


# THE CENTER POST

Volume 32

OCTOBER 2023

[www.leecountync.gov/ec](http://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*

**CRAFTS FOOD FUN**  
**Fall Festival**  
**Saturday, October 28, 2023**  
**8:00 a.m. - 2:00 p.m.**

**Purchase from more than 50 tables filled with woodcarving, jewelry, paintings, baked & canned goods, homemade soaps and lotions, candles, Christmas decor, hand-sewn items and so much more!**  
Grilled HOTDOGS and SAUSAGE DOGS with all the trimmings!  
DRINKS and FRESH BAKED GOODS available for purchase.

**Lending Paws A Hand, Inc. Animal Rescue - Pets will also be on site ready for a 'forever' home! \* \* \* \* \***

**RADA CUTLERY - Open Stock Inventory! Orders accepted.**  
**RADA & Food Proceeds benefit The Enrichment Center, Inc. Helping Fund.**  
**The Helping Fund assists Lee County older adults who are in a crisis situation with the basic necessities of life.**

## Table Of Contents

Feature 1  
EC Information 2  
Arts & Entertainment 3-5  
Caregiving 6

Health & Wellness 7-8  
Legal/Financial 9  
Noteworthy 10  
On-Going Activities 11

Save The Date 12  
SHIIP/Technology 13  
Veteran Services 14  
Volunteer/Transportation 15  
Etc. 16

## 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
Carole Nicely	Diners Club Reservations/Programs, Nifty Noggins Head Coverings	Ext. 2205
Jourdan Huskey	Medicare & SHIIP (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](http://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 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.**

## 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](mailto:hight@leecountync.gov).  
Professional artist will sketch on canvas prior  
to class.



*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.

## OCTOBER GREETING CARD PARTY



**Tuesday, October 10, 2023**

**2:00 PM - 3:00 PM**

**Come Make Fall-Themed Pinwheel Cards with CJ Hart (Hart Studios), and others who enjoy card making. All materials and instructions will be provided. \$15**

## 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**

## TEA & TASTINGS

**Thursday, October 5, 2023**

**3:00 PM - 4:00 PM**

Learn how to put together your very own grazing table/charcuterie board with local caterer and meal delivery service, The Debonair Chef. Free tasting!

Space is limited. Please RSVP by  
Friday, September 29th  
(919) 776-0501 ext. 2203





# DOMINOS

(Regular & Mexican Train)



**Every Monday**  
**Beginning Monday, October 2, 2023**  
**12:30 p.m. – 4:00 p.m.**



Bring snacks.  
 Bring dominos.  
 Bring yourself!  
 Come ride the fun train.



## 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, October 10, 2023**

Find The Good

Heather Lende

If you have questions, you can contact Ellie Matthews, [elliegolf@gmail.com](mailto:elliegolf@gmail.com)

# AFTERNOON ART WORKSHOP



**FRIDAY, OCTOBER 13, 2023 2PM-3PM**

JOIN US FOR A FUN AFTERNOON, LEARNING TO PAINT YOUR VERY OWN MASTERPIECE, WITH A PROFESSIONAL ARTIST FROM THE PAINTED PETAL ART STUDIO. ALL SUPPLIES PROVIDED. \$30

PLEASE CALL TO RESERVE A SPOT. SPACE IS LIMITED.  
 (919) 776-0501 EXT. 2203



# TEA & TASTINGS



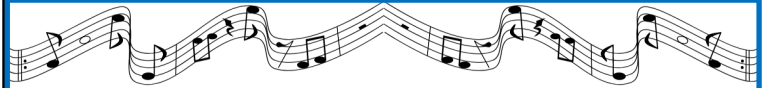
THURSDAY, OCTOBER 19, 2023

2:00 P.M. – 3:00 P.M.

JOIN US FOR A RELAXING AFTERNOON SAMPLING SOME CULINARY DELIGHTS WITH CHEF GREG HAMM, OWNER & CHEF OF SEVERAL LOCAL EATERIES.

PLEASE CALL TO RSVP:

(919) 776-0501 EXT. 2203



# Jukebox Jams



Come jump and jive to all the grooviest tunes our "DJ" has to offer!  
 Requests accepted!



**Monday, October 2, 2023**  
**11:00 a.m. - 11:30 a.m.**  
**The Grand Hall**

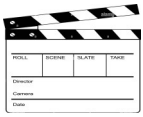
**Chapter & Verse**  
**Creative Writing Club**  
 2nd & 4th Thursday of each month. 2:00 p.m. - 4:00 p.m.



**New Members Welcome!**

Each meeting—a new prompt is given and you are invited to bring your own stories/poems/etc. to share!





## Friday Movie Club

**1:00 PM**

### Upcoming Movies:

**Friday, October 6th: Out Of Africa**—An aristocrat moves to Africa and falls in love. She must choose between her love and personal growth.

**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.*



## Line Dancing



### Intermediate Class:

Every Monday: 2:00 p.m. – 3:00 p.m.

### Beginner Class (New):

Every Thursday: 2:00 p.m. – 3:00 p.m.

Come boot, scoot and boogie with the best  
(and the rest) of them!



## Card Party!

**Thursday, October 12**  
**2:00 pm - 6:00 pm**

Refreshments, fellowship, prizes. \$4 per person, paid at event. All proceeds benefit The EC Helping Fund.

*Register now by calling  
919-776-0501 ext. 2203.*

# 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  
NC Certified Senior Center of  
Excellence  
1615 S. Third Street  
Sanford, NC 27330

## “All The World’s A Stage” JOIN THE EC PLAYERS DRAMA CLUB

If you like having a good time, meeting new people and acting like a HAM—then this group is for you! Every Wednesday, 2pm-3pm. Call Holly for more info (919) 776-0501 ext. 2203

## 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.**

## 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



## November is National Caregiver Month

*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 Training w/  
Vicki Rhodes, RN

**Thursday, November 16, 1-3pm:**  
Pt. 2 Caregiver Training w/  
Vicki Rhodes, RN

**Thursday, November 30, 2-3pm:**  
Pt. 3 Caregiver Training w/  
Vicki Rhodes, RN

### SAVE THE DATE

Thursday, December 7, 1-3pm  
Holiday Tips & Tidbits

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

## Personal Training Services

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

The Enrichment Center offers Personal Training Services 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. 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.

## 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.

## 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 if you have questions  
(919) 776-0501 Ext. 2208.**

**\*Classes are free to Silver Sneaker Participants.**

**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 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.

**\*NEW FITNESS CLASSES WILL BE ANNOUNCED IN THE NOVEMBER CENTER POST. STAY TUNED!**

## Free Health Promotion

## Tai Chi For Arthritis For Fall Prevention



### Intermediate Class:

**Mondays & Wednesdays**

**November 27, 2023 — February 14, 2024  
2pm—3pm**

### Beginner Class:

**Mondays & Wednesdays**

**March 4—May 8, 2024 2pm-3pm**

Classes will be held at The Ingram Building at Dalrymple Park. (300 W. Globe St).

10 weeks – 20 sessions

Class will begin promptly at 2 p.m.

Please wear comfortable attire.


Try to attend every class.

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.

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

*Provided by a Health Promotion Grant.  
Contributions accepted.*





# HEALTH & WELLNESS DAY

**FRIDAY, OCTOBER 20, 2023  
9AM - 12PM**

Free Chair Massages (A Touch Of Tropics Massage)	EC Health Recoures (The Enrichment Center Specialist)
Dental Health (CCCC Dental Students)	Healty Eating (Cooking4Fitness)
Ask The Pharmacist (Medicine Park Pharmacy)	BP & Glucose Screenings (Charismatic Hearts Home Care)

**Breast Cancer & Mammography Information**  
(Amanda Sloan, LPNT)

**Live Demonstrations & More!**  
*\*screenings & assessments are on a first come first served basis.*

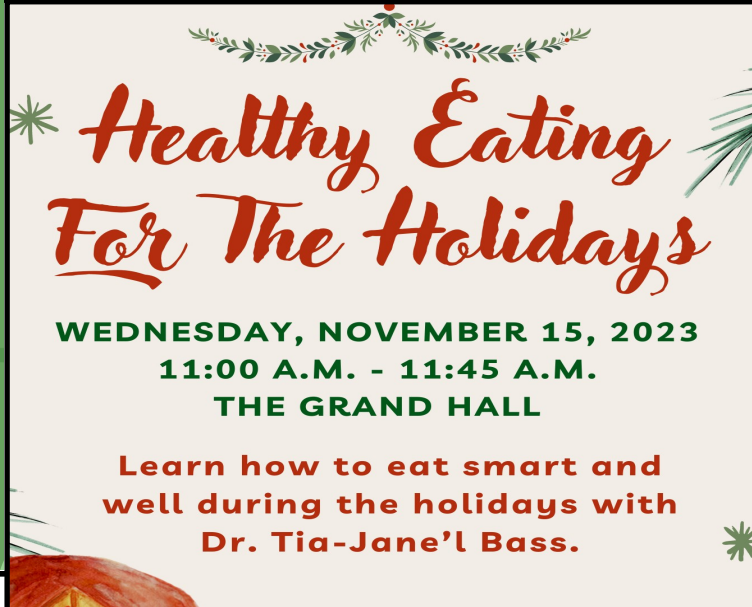
## BALANCE FOR LIFE CLASS

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**



# 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.**

## UNC REX Mobile Mammography is coming to the Enrichment Center!!

The Enrichment Center of Lee  
County  
NC Certified Senior Center of  
Excellence  
1615 S. 3rd St.  
Sanford, NC 27330  
919-776-0501

**Time: 10:00am - 3:00pm  
Date: October 26, 2023**  
**To Be Eligible for screening, you**

**must:**

- You must have a physician or a medical home
- Have no previous History of Breast Cancer
- Not have any present symptoms, such as pain, lumps or nipple discharge
- Not be pregnant
- Be at least 35 years old for a baseline (first time) mammogram (check with insurance)
- Be at least 40 years old for an annual mammo-gram
- Not have had a mammogram within the last 12 months
- Please bring your insurance card (if applicable) and a photo ID

**Contact Lee County Health  
Department for more info at  
919-718-4640 Ext 5355.  
Appointments are limited.**



## “The Walkie Talkies” Walking Club:

Do you enjoy getting fit while you gab? Then this group is for you! Enjoy the beautiful outdoors in a relaxed setting with a great group of people who enjoy the same thing. For more information: (919) 776-0501 ext. 2203

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

**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. 2205.





## DRIVE-THRU SHRED-A-THON

Wednesday, October 4, 2023  
12:00 p.m. - 3:00 p.m.

### NOTE - DO NOT ARRIVE BEFORE 12 P.M.

Defend yourself against fraud and identity theft.  
Shred check stubs, credit card offers, receipts,  
outdated tax documents. Remain in your car.  
Limit 5 boxes/bags per vehicle. No plastic.

## Questions about Medicare?

### SHIP can help.

SHIP, the Seniors' Health Insurance Information Program, provides free counseling about Medicare in all 100 counties of North Carolina. SHIP can also help you apply for Medicare cost savings programs.

Call 855-408-1212 or  
visit [www.ncship.com](http://www.ncship.com)  
to find out how SHIP can help you.



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 SHIP  
counselor can help  
explain your  
Medicare options.  
By appointment  
only.

## 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

## LONGEVITY PLANNING SEMINAR

with Financial Advisor  
Zeke Kelly,  
Founder of Canopy  
Financial Solutions

Wednesday, October 18, 2023  
10:30 a.m. - 11:30 a.m.  
The Grand Hall

### Learn How To:

- Manage healthcare costs & options in retirement
- Long-term care considerations
- Understanding annuities
- Protecting yourself from financial exploitation



*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



## Jackie Green

(Senior Center Specialist)

Please welcome our newest staff member, Mrs. Jackie Green.

Jackie lives in Sanford with her husband, Jim, and owns Priority Farm, LLC—a working farm whose overall mission is mentoring kids from single parent homes. Jackie will be overseeing health and wellness programs, and events, here at The Enrichment Center, as well as teaching some exercise classes. We know you will help Jackie feel right at home!

## Nicole Holmes

(Veteran Services Administrative Assistant)



Nicole is our new Veteran Services Administrative Assistant. She has two children, Jax & Riley. She has been married to her husband, Zack, for 12 years. She is originally from Ohio (Go Buckeyes!) but currently calls NC home due to her husband's service in the military. She enjoys traveling, the mountains, hiking and spending time with family, including their German Shepherd, Kiowa. She looks forward to advocating veterans in Lee County. Welcome Nicole!



## October is National Breast Cancer Awareness Month

**1 in 8 women** in the United States will be diagnosed with breast cancer in her lifetime. In 2023, an estimated **297,790 women and 2,800 men will be diagnosed with invasive breast cancer**. Chances are, you know at least one person who has been personally affected by breast cancer. **But there is hope.** When caught in its earliest, localized stages, **the 5-year relative survival rate is 99%**. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 3.8 million breast cancer survivors in the United States.

Awareness of the facts and statistics surrounding breast cancer in the United States is key in empowering individuals to make informed decisions about their health. For more information visit [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org).

## 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](http://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!

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](mailto:tiffany.mcdougald@dhhs.nc.gov)



**Drop-In Activities**

**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

**Guitar Class:** Wednesdays  
12:00 pm—1:45 pm

**Drama Club:** Wednesdays  
2:00 pm—3pm

**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

**Puzzles, Cards & Games:** Daily  
9:30 am—11:30 am

**Meditation Meetup:** 2nd & 4th Tuesday  
9:30 a.m.—11:00 a.m.

**Saturday Night Dance**

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

**Bands for October:**

7th- Back Alley Kats, 14th- Ole Skool,  
28th- Side Kix

**\*NO DANCE ON OCTOBER 21**

*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, no firearms or weapons on property.*

**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:**

1<sup>st</sup> & 3<sup>rd</sup> 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.

**Grief Support:**

1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month at 1:00 p.m.

**Low Vision Support:**

2<sup>nd</sup> Tuesday of each month at 1:00 p.m.

**Parkinson Support:**

3<sup>rd</sup> Wednesday of each month at 10:30 a.m.

**Sanford/Lee County Stroke Support:**

2<sup>nd</sup> Thursday of each month at 1:00 p.m.

**Virtual Coffee Talk: 1<sup>st</sup> 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 [hhigh@leecountync.gov](mailto:hhigh@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 WXKL 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

**You're Invited...**

## **The Enrichment Center's Halloween Party**

**TUESDAY,  
OCTOBER 31,  
2023**

**DRESS IN YOUR  
SPOOKTACULAR  
BEST!**

**11:00 A.M.**

**THE GRAND  
HALL**



## **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.**



## **DEEP DIG GARDENING CLASS**

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

**Tuesday, October 10, 2023 2pm-3pm**

**Fall Rainbow: Unexpected Plants With Beautiful Fall Color**

**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**



THE ENRICHMENT CENTER OF LEE COUNTY

## **NATIONAL NIGHT OUT CELEBRATION**

**TUESDAY, OCTOBER 3RD, 2023  
10:30 A.M. - 11:30 A.M.**

**National Night Out enhances the relationship  
between neighbors and law enforcement while  
bringing back a true sense of community. Join us  
on this special day for refreshments and meet  
your local law enforcement. This is your time to  
advocate for your community. Let your voice be  
heard.**



THE ENRICHMENT CENTER OF LEE COUNTY  
N.C. CERTIFIED SENIOR CENTER OF EXCELLENCE  
1615 S. THIRD STREET / SANFORD, NC 27330

## Technology Courses

Brought to you by:



### Device Advice

2nd Tuesday of Each Month  
10:45 AM - 11:45 a.m.

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. 10 minute time limit per person.

### Computer Basics Class

Mondays, October 2—October 30, 2023  
2:00 p.m. - 3:00 p.m.

In this PC-based 5-week course you'll learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. We will cover Email, searching for information, entertainment, connecting with people. Call to register! 919-776-0501 ext. 2203.

### Money Matters

Tuesday, October 17, 2023  
10:00 a.m. - 11:00 a.m.

The internet can open a new world for saving money and managing your finances. This lecture introduces online banking and goes over how to keep your financial information safe.

Call to register! 919-776-0501 ext. 2203.

### Exploring & Downloading Apps

Tuesday, November 14, 2023  
2:00 p.m. - 3:00 p.m.

During this hands-on workshop you will learn how to search for and download apps to your smartphone. We will learn on both Android and iPhone. Please bring your own device.

Call to register! 919-776-0501 ext. 2203.

SAVE THE DATE:

Tuesday, December 12  
Anti-Virus & Malware Lecture



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.



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

For more information, contact

The Enrichment Center, A Certified Senior Center of Excellence

1615 S. Third Street, Sanford, NC 27330

**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





# VETERAN'S APPRECIATION BBQ

Wednesday, November 1<sup>st</sup>, 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](mailto: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](http://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](mailto: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](http://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](http://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.

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

## Media

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



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



Tune in for  
LCG Enrichment  
Center Updates!



Tune in for  
Up & Coming



## 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](mailto:hhight@leecountync.gov).



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