



The Center Post



Volume 31

SEPTEMBER 2022

**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



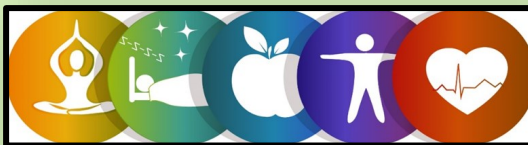
*Connecting people who
are ages 50 and better,
family caregivers and
veterans with
meaningful educational
and volunteer
opportunities; which
increases their access to
services, benefits and
resources and offers
them tools
to manage their health
and finances.*

**Senior Centers:
Masters of Aging**



National Senior Center Month **Celebrating Senior Centers and Strengthening Community Connections**

2022 September Health & Wellness Day
Free and Open to Ages 50 and Better



Health screenings are an important part of maintaining good health. They can detect problems early, when chances for successful treatment are greatest. Share your health screening results with your primary care physician and other health care providers who you are seeing.

Friday, September 16, 2022 **9 AM - 12 PM**

Flu Shots by Sanford Pharmacy in the Pavilion

Walk-ins welcome; sign-ups preferred. Call (919) 776-0501 Ext. 2203

**Healthy Aging - The Enrichment Center Fitness & Wellness,
Fall Prevention with Central Carolina Hospital/A Duke
Lifepoint Hospital, Diabetes Education and Blood Pressure
Checks by Amedysis Home Care**



Age My Way is a collaborative effort between the State of NC and AARP NC to help identify priorities for making our neighborhoods, towns, cities and rural areas great places for people of all ages.



AGE MY WAY NC

We Want to Hear from YOU!

Soon, one in five North Carolinians will be over 65 - more older adults than children for the first time ever.

Age My Way NC is surveying people ages 45 and older all across the state to identify priorities such as safe and walkable streets; age-friendly housing and transportation options; access to needed services; and opportunities for residents of all ages to participate in community life.



AGE MY WAY NC

Take a few minutes to complete the **Age My Way NC** survey, using the QR Code or link below to help identify YOUR priorities.
bit.ly/AgeMyWayNC





NC State Fair

TUESDAY, OCTOBER 18, 2022
NC State Fairgrounds

Come along as we go on our annual trip to the NC State Fair for Senior Day! This is the day devoted to you!! Special events and activities all day long! We will depart from Riverbirch Corner parking lot (Belk/behind pond) at 8 AM and return at 4 PM. Registrations will be on a first come basis. Phone call reservation is allowed, but payment must be made within 48 hours or your name is removed from the list. \$20 cash, money order, or cashier's check for transportation.

Let someone else do the driving!

Fair admission is free for 65+ and \$13 for under 65

Paid at the State Fair Gate

The Enrichment Center is a NC Certified Senior Center of Excellence.

***A portion of your reservation has been paid by Senior Center General Purpose Grant Funds, a grant allocated to Senior Centers of Excellence.**

The Enrichment Center's Trip Policy is Available at the Front Desk and online
<https://www.leecountync.gov/ec>



Join us as we travel to the **BILTMORE HOUSE** Wednesday December 14, 2022

We will depart Riverbirch shopping center at 7:30 AM and head to Asheville for a wonderful day exploring the amazing Biltmore House, which will be decorated for Christmas, and the Leonardo da Vinci exhibition!

Price is \$229 per person which includes your motor coach transportation, admission to the Biltmore House and exhibition.

We will stop for lunch upon arrival in Asheville (not included in price of trip). We will make quick dinner stop on our return (not included in price of trip). Arrival back in Sanford is estimated 10 PM.

Reservations can be made in person or by phone. Payment is due within 48 hours of reservation. Payment is due no later than Monday, October 31, 2022.

Check or money order payable to Senior Services.

Open to ages 50 and better.
 Lee County and non-Lee County residents are able to join us!

“Strengthening Community Connections”

2022 National Senior Center Month

SPIRIT WEEK

Celebrated every year in September, Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. We would like to celebrate and recognize The Enrichment Center's older adults with our 2022 SPIRIT WEEK!

Monday, September 19

– Crazy Sock Day

Polka-dot, striped, patterned, etc. -
wear your craziest pair of socks!



Tuesday, September 20

–Favorite Color Day

Wear your favorite color from
head to toe.

Wednesday, September 21

– Mix & Match Day

Striped purple shirt, orange tie-dyed pants?
No problem! Anything goes.



Thursday, September 22

– Workout Wear Day

Get out your sweats,
leotards, sweat band,
running shoes – it's
workout wear day!

Friday, September 23

**– Favorite Holiday Style
Day**

Love Valentines Day? Wear
hearts. Love Christmas?
Rock your favorite ugly
Christmas sweater! Let your
outfit reflect your favorite
holiday.



Prizes awarded to best representation of theme!

You're Invited!

Friday Movie Club

at 1:00 PM

Must sign up for movies.

Call (919) 776-0501 ext. 2230.

September 2 - The Wizard of Oz: Young Dorothy Gale and her dog are swept away by a tornado from her Kansas farm to the magical land of Oz, and embark on a quest with three new friends to see the Wizard, who can return her to her home and fulfill the other's wishes.

October 7 - Practical Magic - A 1998 American fantasy romantic drama film based on the 1995 novel of the same name by Alice Hoffman. Stars Sandra Bullock, Nicole Kidman, Stockard Channing, Dianne Wiest, Aidan Quinn and Goran Visnjic.

**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!*

Free Budgeting Class For Seniors

With State Employees Credit Union

Monday, September 19, 2022

10:30 a.m. – 11:30 a.m.

Learn how to manage monthly expenses, bills,
and income and use that information to create a
monthly budget.

Call today to reserve your spot.

(919) 776-0501 Ext. 2203

Fall Festival

Saturday, October 29, 2022

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 decorations, hand-sewn items and
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 be on site
ready for a
furever home!

GIVE YOURSELF A BREAK!

FREE Powerful Tools For Caregivers Class

Tuesdays
September 13 through October 18, 2022
3:00 p.m. – 4:30 p.m.

With instructors Holly Hight and Tami Carter

Six sessions held once a week; led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources at no charge to the caregiver.

Whether you provide care for a spouse, partner, parent or friend; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

Reduce Stress
Improve Self-Confidence
Manage Time, Set Goals,
and Solve Problems
Better Communicate Their Feelings
Make Tough Decisions
Locate Helpful Resource

Registration is required.
Call (919) 776-0501 ext. 2230.

The EC Drama Club

(The Enrichment Players)
Presents ...



“Granny DJ”

*A comedy with music by local
award-winning author Karen
Matthews*

Thursday, September 29, 2022

6:00 P.M. – 8:00 P.M.

\$15 (Includes Dinner)

Call (919) 776-0501 Ext. 2201
To Reserve Your Seats
Reservations & payment required prior to event.

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.

Creative Writing Journaling Group

Do you enjoy creative writing or journaling?
Would you like to meet other creative minds?
Have you ever thought of journaling, but didn't know where to start?
Then this monthly club is for you!

Next Meeting: Thursday, September 22, 2022 2 PM - 3 PM.
If interested in joining please call Holly at (919) 776-0501 ext. 2230.



**Tune in for
LCG Enrichment
Center Updates!**

VETERAN'S APPRECIATION BBQ

Tuesday, November 1, 2022

5:00 p.m.

Dinner served 5:30 p.m.

at

The Enrichment Center
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



Vet Connect

**Wednesday
Sept. 7 and Oct. 5, 2022**

NEW TIME 3:00 PM RSVP (919) 776-0501 Ext. 2210

These get-togethers provide local veterans and active duty service members the opportunity to meet and socialize with other veterans.

Snacks and drinks served.

Join WakeMed Mobile Wellness & The Enrichment Center

***Free Vascular Screenings
For Age 55+ and Risk Factors***

Next visit: Thursday, April 20, 2023

**Registration Required
(919)776-0501 ext. 2203**

What Is Vascular Screening?

Vascular screening 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.

The results are reviewed by a WakeMed Heart & Vascular physician. Participants receive their results through the mail or phone call.

Rex Mobile Mammography Unit is coming to The Enrichment Center

**Wednesday
October 26, 2022
9 AM - 3 PM**

Contact the Lee County Health Department for more information and to pre-register
(919) 718-4640 Ext 5317.

Free Program: When Do I need an Advance Health Care Directive?

**Wed., October 12, 2022
2:00 PM - 3:00 PM**

Reserve your spot today by calling
(919) 776-0501 Ext. 2203.

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: hight@leecountync.gov

All Things Zoom

Date: Friday, September 9, 2022

Time: 2:00 P.M.

Location: The Enrichment Center

This workshop will teach you all about Zoom – how to download, use, secrets, tips and tricks!

Online Health Resources

Date: Monday, September 12, 2022

Time: 2:00 P.M.

Location: The Enrichment Center

This course is designed to teach you about using the internet for health resources, what those health resources are, evaluating information, Medline Plus and about The Mayo Clinic.

Computer Essentials

Mondays, October 3 - 31, 2022

2:00 P.M. - 3:00 P.M.

Location: The Enrichment Center

Learn the fundamentals of computer, internet and e-mail.

**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 free exercise class that will help to keep you fit while having fun!

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.

"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 be provided a bookmark with your return date.

Fact: Reading reduces stress by 68%

Lee County Veterans Services

Get expert assistance
with your VA claim.

(919) 776-0501 Ext. 2209

The Lee County Veteran 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 Service 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 Connect

These get-togethers provide local veterans and active duty service members the opportunity to meet and socialize with other veterans.

Happy 65th Birthday!

Medicare is next.... now what???

Not sure what Medicare is, what Medicare costs and what Medicare pays? Why am I getting so much mail? What are my choices?

Answers are available!

An informational presentation is planned for
Thursday, September 22nd, 2022

5:00 pm



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Registration is not needed.
For more information
contact Jourdan Huskey,
(919) 776-0501 Ext. 2206.

PUBLIC TRANSPORTATION

**COUNTY OF LEE
TRANSIT SYSTEM**
PUBLIC TRANSPORTATION **919-776-7201**



- 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.



Sanford Caregiver Conference:

*Enhancing Life and Relationships for
the Person Living with Dementia*

Thursday, November 3, 2022

**Dennis A. Wicker Civic & Conference Center
1801 Nash Street, Sanford, NC**

The day will feature a session where Teepa will focus on practical tips and skills and how to make changes in ourselves to help our person living with dementia. She will share the practices of Positive Approach to Care® and help us understand just what is happening as dementia progresses.

In addition, we will have other local experts speak on a variety of topics and share valuable resources to help you navigate care.

For more information please contact:

Lisa Levine at Dementia Alliance of North Carolina
llevine@DementiaNC.org or (919) 832-3732

Or

Holly Hight at The Enrichment Center of Lee County
hhight@leecountync.gov or (919) 776-0501 Ext. 2230

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.

September 13, 2022

Bridge Across the Ocean by Meisner

October 11, 2022

The 100 Year Old Man Who Climbed Out the
Window and Disappeared
by Jonasson

If you have questions, you can contact Ellie
Mathews, elliegolf@gmail.com or Debbie
Williams (919) 776-0501 ext. 2203.

Ongoing Programs You Are Welcome to Attend!

Bible Study, 1st and 3rd Mondays, 10:30 am - 11:30 am

Friday Friends and Cards, Fridays, 12:30 pm - 4:00 pm
Play Cards of Your Choice

Guitar Class - Wednesdays, 12:00 pm

Line Dancing Class - Beginners Welcome! Mondays, 2 p.m.

If you have any questions call Debbie Williams, (919) 776-0501 Ext. 2203.



Tune in for
Up & Coming
with Margaret
& Melanie





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 then placed in a cooler at the client's door.

**Contact Janice Holmes
919-776-0501, Ext. 2213
for more information and to
volunteer.**

Saturday Night Dance

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

NO food items served.
Individually wrapped snacks
and drinks only.

**Dance on Friday, Sept. 9
With Southern Star Band**

**Other Bands for September:
3rd—Ole Skool, 10th—Side Kix,
17th—Jimmy Shirley 8 Track 45
Band, 24th—Fabalous Flashback**

**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.**

Hot Lunches

Lee County citizens ages 60 and better can participate in our lunch time nutrition program. You 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.**



Opciones Con COLTS

***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.***

COMO SE USA COLTS Pasajeros que usan COLTS bajo el auspicio de una agencia que provee servicios humanos pueden viajar gratis pero primero deben de ser referidos por la agencia patronizadora. Los requisitos varían dependiendo de las agencias del Condado de Lee. Si usted o alguien que usted conoce tiene necesidades especiales, llame a la agencia de servicios humanos que usted piensa apropiada o simplemente llame a la oficina de COLTS. Nosotros le ayudaremos en determinar su elegibilidad a través de las agencias que están contratadas con COLTS.

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

Dirección Física: 1807 Douglas Drive, Sanford
Correo: 1615 S. Third Street, Sanford

COLTS esta patrocinado por el Condado de Lee de Carolina del Norte, por el Departamento de Transporte por el Gobierno Federal y el público en general. ***COLTS es participante de la empresa de negocios para los desventajados.*** Sistema de transito Condado de Lee
Declaración política del Título VI. Es la política de brindar igualdad de oportunidades a toda personas, que reciban servíos del Sistema de Transito Condado de Lee. "COLTS" (919) 776-0501 Ext. 2216.

Essential Oils & Their Uses for Parkinson's Disease

Special Guest Speaker:

Roberta Byram

Wednesday

September 21, 2022

10:30 AM - 11:30 AM

Registration not needed.

Open to all adults.

Low Vision Support

Special Guest Speaker:

Dr. Miles Whitaker,

Ophthalmologist

Tuesday, October 18, 2022

12:30 PM

Registration not needed.

Open to all adults.

Cancer Support Group

Are you looking for cancer resources and a strong network to lean on? Do you feel you would benefit from a cancer support group? Call Holly (919) 776-0501 Ext. 2230.

Blood Pressure Checks

By Amedisys Hospice

First Wednesday of the Month

10:00 AM

Registration Not Needed

Measure your blood pressure regularly to help your health care team diagnose any health problems early. You and your health care team can take steps to control your blood pressure if it is too high.

Measuring your blood pressure is the only way to know whether you have high blood pressure. High blood pressure usually has no warning signs or symptoms, and many people do not know they have it.

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:

***Virtual and In-Person**

1st & 3rd Thursday of each month at 1:00 p.m. are in person at the Enrichment Center. Gain support, advice and understanding. Caregivers, family and friends of those living with Dementia. 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:

4th Friday of each month at 10:30 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 Ride Scheduling - Dispatch	Ext. 2219
Tami Carter	Social Work, Information & Assistance, Options Counseling, Wheel Chair Loan Program	Ext. 2212
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

Ring Ring - It's the Enrichment Center Calling!

The Enrichment Center uses a telephone one-call system to alert participants about important information.

We will call you with news and updates about meetings, weather, programs, meals and other important announcements.

Be sure to answer the call and listen carefully. The system will leave a voicemail if your phone permits.

Caring-Lee is an all-inclusive resource guide to caregiving in Lee County. You can find it on 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.



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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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

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 for assistance and an appointment or online at www.legalaidnc.org.

LEE REGIONAL FAIR

This is YOUR Fair!

★ "This Is YOUR Fair" ★
Sanford Lions Club Fairgrounds

SEPT. 14 thru 18

Rides ★ Games ★ Food ★ Fun
Midway By Big Rock Amusements
America's Cleanest & Brightest Midway

Ages 65 and better admitted free
Wednesday, 4:30 PM - 7:30 PM
Website: leeregionalfair.com

Lee County Enrichment Center

2022 Holiday Closings

Labor Day	Sept. 5
Veterans Day	Nov. 11
Thanksgiving	Nov. 24, 25
Christmas	Dec. 23, 26, 27

2023 Holiday Closings

New Year's Day	Jan 2
Martin Luther King, Jr. Birthday	Jan. 16
Good Friday	April 7
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