



# THE CENTER POST

Volume 32

SEPTEMBER 2023

www.leecountync.gov/ec



## The Enrichment Center

(919) 776-0501

1615 S. Third Street

Sanford, NC 27330

Monday, Wednesday, Friday

8 AM—5 PM

Tuesday and Thursday

8 AM—7 PM

For over 30 years The Enrichment Center has been connecting people who are ages 50 and better, family caregivers and veterans with meaningful educational and volunteer opportunities; which increases their access to services, benefits and resources and offers them tools to manage their health and finances.



Senior  
Centers:  
Masters  
of  
Aging

## DISCOVER YOURS

September is

National Senior

Center Month



In recognition of National Senior Center Month's theme, "Discover Yours", the Enrichment Center will be helping YOU discover your local senior center with the following fun & informative activities! Other regularly scheduled programming will also be available on site. Some programs do require pre-registration. Please call ahead.

Pick up a punch card, from the front desk, at the beginning of the month. One punch per special event you attend during the month of September. The more punches you get, the more your name is entered into a drawing for a fun prize!

Every Tuesday	Farmer's Market	9:00 am
Sept. 1	1 <sup>st</sup> Friday Movie Club "Gilda"	1:00 pm
Sept. 5	Virtual Coffee Talk	9:00 am
Sept. 7	Music & Mocktails In The Pavilion	5:30 pm
Sept. 11-15	Spirit Week!	
11 Laugh-A-Lot Day	12 Team Trivia	13 Find A Friend Day
Sept. 12	Device Advice	14 Sock Hop
Sept. 13	Diabetes Awareness Series Part 1	15 Bingo!
Sept. 13	5 Minute Legacy Love Letter Workshop	
Sept. 15	Cooking With Chef Pepe	
Sept. 20	Diabetes Awareness Series Part 2	
Sept. 21	Powerful Tools For Caregivers Class	
Sept. 22	Ice Cream Social	
Sept. 27	Senior Prom w/ DJ J. Sizzle	
Sept. 28	Potluck Bingo Night	
Sept. 29	Health & Wellness Day	

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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 & Scheduling, Senior Center Programs, Fitness, Health Promotion	Ext. 2203
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 weekly updates and events. The Center Post will email the first of the month.

**E-mail Holly to be added**  
**hhight@leecountync.gov**

### Notice About Phone Calls

Your phone might not identify us when we are calling you from The Enrichment Center. We have worked with our provider and have ensured that we are sending out the caller ID name of Lee County, County of Lee. We cannot, however; control how the cellular or Internet based phone of the citizen interprets that

**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 appt. 919-776-0501 ext. 2205.

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

**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.





## 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, September 12, 2023**  
The Other Wes Moore Wes Moore

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

~Jhumpa Lahiri

## For The Love Of Books

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

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

## Chapter & Verse Creative Writing Club



2nd & 4th Thursday of each month.

2:00 p.m. - 4:00 p.m.  
 New Members Welcome!

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

## 5-Minute Legacy Love Letter Workshop

Wednesday, September 13, 2023  
 2:00 p.m. - 3:30 p.m.  
 \$25 cash, paid that day

In this session you will discover how writing a Legacy Love Letter can transform your relationships here and now. To register call (919) 776-0501 ext. 2203.

## Friday Movie Club 1:00 PM

### Upcoming Movies:

**Friday, September 1st: Gilda:**  
**Friday, October 6th: Out Of Africa**  
**Friday, November 3rd: Annie Hall**

*\*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!*

## 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!

## 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!



## 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

### FREE Powerful Tools for Caregivers Class

**Thursdays**  
**September 21, 2023 -**  
**October 26, 2023**  
**(Must Attend All Sessions)**  
**9:30 a.m. – 11:00 a.m.**

**Six sessions held once a week; led by experienced class leaders.**

**Class participants are given The Caregiver Help book to accompany the class and provide additional caregiver resources at no charge to the caregiver.**

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

**The class will give you tools to help:**

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

**Registration is required.**  
**Call Ellen at 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, 2-3:**  
**Pt. 3 Caregiver Training**  
**w/ Vicki Rhodes, RN**

#### **SAVE THE DATE:**

**Thursday, December 7: Holiday Tips & Tidbits**  
**Thursday, December 21: Caregiver Holiday Party**



## 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.**

## 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.*

## 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.**

**\*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 make 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.

## 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.

**8 Weeks: Wednesday, September 13 – Wednesday,  
November 1, 2023**

**9:30 a.m. – 11:30 a.m.**

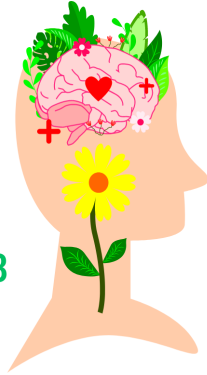
**NO COST – Contributions Accepted.  
Class Size Limited.**

**For more information or to register please call  
(919)776-0501 ext. 2208**



# HEALTH & WELLNESS DAY

**FRIDAY, SEPTEMBER 29, 2023**  
**9AM - 12PM**



**EC Fitness Programs**  
(The Enrichment Center)

**Holistic Wellness**  
(Alchemy Wellness Center)

**Hospice Resources**  
(First Health Hospice)

**Stroke Resources**  
(Lee County Stroke Support Group)

**Dermatology Screenings**  
(Sanford Dermatology)

**Hearing Screenings**  
(Bright Audiology)

**& More!**

*\*screenings & assessments are on a first come first served basis.*

## FREE FLU SHOTS

**Wednesday, September 6, 2023**

Flu shots will be provided by Sanford Pharmacy in September.

**Please call (919) 776-0501 ext. 2203 to reserve a shot.**

Appointments are limited. Call asap!

## Diabetes Awareness

Dr. Sara S. Morrison, PT, DPT, Owner  
CDT, Cert DN, PCES, CFT, FMT  
Total Body Therapy & Wellness



**Wednesday, September 13, 2023**

**10:00 a.m. – 11:00 a.m.**

Learn how to manage your diabetes with healthy eating and how to care for your well-being.

All are welcome to attend.

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

## VIRTUAL GUIDED MEDITATION

Every Tuesday, 2 p.m. - 3 p.m.

Please bring your own mat.

Join others in a peaceful, quiet setting as you emerge yourself into the art and practice of meditation, led by professionals on YouTube.

Benefits of meditation include: reduced stress and anxiety, better quality sleep, more focus in daily life, boosts mood, increases self-awareness and more!



## Health Fair

Sanford Health & Rehabilitation  
2702 Farrell Road  
Sanford, NC

**Wednesday, September 27, 2023**

**1:00 p.m.—3:00 p.m.**

Vendors, Resources, Information & Door Prizes!



## “The Walkie Talkies”

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.

If you are interested or would like more information, please call Holly at (919) 776-0501 ext. 2203



## Sanford Farmers' Market Presents TUESDAY MARKETS



At The Enrichment Center of Lee County  
1615 S. Third Street, Sanford  
8:30 a.m. - 12 p.m.  
Now through September 26, 2023

Stock up on produce, eggs, meats, honey, crafts and more!

\*Senior Farmers' Market Nutrition Program vouchers accepted at Tuesday and Saturday markets.



## 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.

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

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

The Enrichment Center of Lee County

NC Certified Senior Center of Excellence

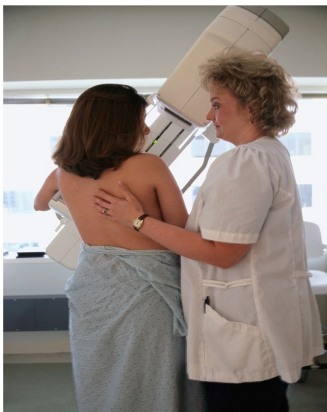
1615 S. 3rd St.  
Sanford, NC 27330  
919-776-0501

**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 mammogram
- 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.



## UNC REX Mobile Mammography llega al Centro de Enriquecimiento!!

El Centro de Enriquecimiento del Condado de Lee

Centro de Excelencia Certificado para Personas Mayores de Carolina del Norte

1615 S. 3rd St.  
Sanford, Carolina del Norte 27330  
919-776-0501

**Horario: 10:00am - 3:00pm**  
**Fecha: 26 de el octubre del 2023**

Para ser elegible para la evaluación, debe:

- Tener un proveedor médico
- No tener antecedentes de cáncer de mama
- No tener ningún síntoma presente, como dolor, bultos o secreción del pezón.
- No estar embarazada ni amamantando
- Tener al menos 35 años para una mamografía de referencia (primera vez) (consulte con su seguro médico)
- Tener al menos 40 años para una mamografía anual
- No haberse realizado una mamografía en los últimos 12 meses
- Por favor traiga su tarjeta de seguro médico (si esta asegurado) y una identificación con foto.

Comuníquese con el Departamento de Salud del Condado de Lee para obtener más información al 919-718-4640. Espacios limitados disponibles.





# 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

**Tuesday, September 26th, 2023**

**at 5:00 pm**

*For more information, please contact:*

*The Enrichment Center, Certified Senior Center of Excellence*

*1615 S. Third Street, Sanford, NC 27330*

*919-776-0501 x2206 ~ [www.leecountync.gov/ec](http://www.leecountync.gov/ec)*

## 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.**

## 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](http://www.ncshiip.com) to find out how SHIIP 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 SHIIP counselor can help explain your Medicare options.  
By appointment only.



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



**Drop-In Activities**

**Bible Study:** 1st & 3rd Mondays  
10:30 am—11:30 am

**Friday Friends & Cards:** Fridays  
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:** Tuesdays  
2:00 pm—3:00 pm

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

**Saturday Night Dance**

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

**Bands for September:**

9th— Back Alley Cats, 16th—Jimmy Shirley Jr. & The Footlights, 23rd— Ole Skool, 30th— Crimson Rose Band

**\*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.*

**Virtual Coffee Talk**

**1<sup>st</sup> Tuesday of Each Month**  
**9:00 a.m. – 10:00 a.m. Zoom Only**

Join us as we discuss the topics that matter the most to you. This is your chance to advocate. Email [hheight@leecountync.gov](mailto:hheight@leecountync.gov)

**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. 2203

**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 vlog-in information.*

**Breast Cancer Support:**

1st Tuesday of each month at 6:00 p.m.

**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.

**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





## SAVE THE DATE! 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.

### Cooking With Chef Pepe Corello

Friday, September 29, 2023

1:00 PM—2:00 PM

Recipe: Stuffed Cabbage Rolls



Names will be drawn by lottery. Call to  
have your name added. Can be viewed on Face-  
book Live, as well. (919) 776-0501 ext. 2203



**Card Party**  
**Thurs., Oct. 12, 2023**  
**2:00 p.m. - 6:00 p.m.**  
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.

## POTLUCK & BINGO NIGHT

**BRING A DISH TO SHARE!**

**THURSDAY, SEPTEMBER 28, 2023**  
**5:30 PM - 7:00 PM**

**Call (919) 776-0501 ext. 2205 To RSVP**

# 2023 SENIOR PROM

WEDNESDAY, SEPTEMBER 27  
10:30 A.M. - 11:30 A.M.  
THE GRAND HALL

Get out your best party dresses,  
tuxes, top hats, and be prepared  
to dance the morning away at our  
Enrichment Center prom! Will you  
be crowned king or queen? Who  
knows!

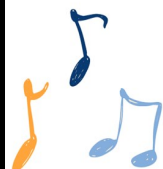


JOIN OUR



## MUSIC & MOCKTAILS

LIVE MUSIC, MOCKTAILS,  
AND A WHOLE LOT OF FUN!



**THURSDAY**  
**SEPTEMBER 7, 2023**  
**5:30 PM - 7:00 PM**



**Featuring Brick City KO Band -**  
**"Jammin' Groovy Tunes!"**  
**Brandon Allred & Dave Watson**





# 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.

## 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**

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH  
WE INVITE YOU TO JOIN US FOR A SPECIAL ...

## ICE CREAM SOCIAL!

FRIDAY, SEPTEMBER 22, 2023

11:00 A.M. GRAND HALL




## HOLIDAY FITMAS AEROBICS CLASS

Tuesdays & Thursdays

November 7 - December 14, 2023


5:30 p.m. - 6:30 p.m.

\$15

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

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.





## **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**

**Thursdays, October 5 - Nov. 2, 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**

## **EC Travelers 2023**

**Trips are Open to Residents Outside of Lee County**

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

**Important! NO telephone reservations.**

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

### **Myrtle Beach, SC**

**December 11 - 13, 2023**

**\$519 Per Person - Double Occupancy**

### **NC State Fair**

**Tuesday, October 17, 2023**

**\$20 for Motor Coach Transportation  
Fair admission is free for ages 65+ and \$13 for under age 65 paid at the gate.**



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

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

**Important! NO telephone reservations.**

**Payment is required to reserve your spot.  
\$20 cash, money order or cashier's check payable to Senior Services.**

**\*TRIP IS FULL. WAITLIST AVAILABLE**

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



# 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 servíos del Sistema de Transito Condado de Lee.

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



Sanford Lions Club  
**Lee**  
REGIONAL FAIR  
LOVE This Fair!  
September 13-17-2023

SANFORD LIONS CLUB  
LEE REGIONAL FAIR

SANFORD LIONS CLUB

**2023**

**LEE REGIONAL FAIR**

*September 13-17, 2023*

**\$5 ADMISSION  
FREE PARKING  
MIDWAY BY BIG ROCK AMUSEMENTS**

**SENIORS AND YOUTH  
ADMITTED FREE ON OPENING DAY  
UNTIL 7:30PM**

[www.leeregionalfair.com](http://www.leeregionalfair.com)

ADMIT ONE





# 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

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

Labor Day	Sept. 4
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)