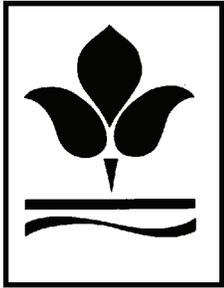


◆ The Center Post ◆

Volume 16 Issue 4

APRIL 2007

*Certified Senior Center of
Excellence by the North
Carolina Division of Aging
and Adult Services*



*Enrichment Center
Hours of Operation:
Monday/Wednesday/
Friday, 8:00 a.m. -
5:00 p.m. and
Tuesday/Thursday,
8:00 a.m. - 10:00 p.m.
919-776-0501*

*Are you
competitive?
Do you like
sports?
How about the
arts?
YOU are
invited to
participate in
the 2007 Senior
Games & Silver
Arts of Lee
County!*

*FREE
shuffleboard,
bocce & horseshoe
clinics April 12,
16 & 20.
Bowling
Tournament
April 21 at
Kendale Lanes
Bowling Center!*

Details on page 8!

National Volunteer Week April 15—21, 2007

VOLUNTEERS



***Are Priceless Treasures
At The Enrichment Center!***

Thank You for Your Service at The Enrichment Center

***You are cordially invited to the
2007 Volunteer Appreciation Dinner***

Tuesday, April 17, 2007

At The Enrichment Center

Doors Open at 5:30 p.m.

Special Guest Speaker Bill Leslie

WRAL-TV Personality & Musician

Please RSVP by Calling 776-0501, Ext. 201

By Monday, April 9, 2007

***Volunteers May Purchase
One Guest Ticket In Advance for \$7.00***

The mission of Lee County Senior Services is to provide a comprehensive assessment of the needs and opportunities associated with older adults and to fashion an achievable vision of successful aging in Lee County.

National Volunteer Week, April 15—23, 2007, is the time to thank one of America's most valuable assets—volunteers—and call the public's attention to all that they do to improve our communities. At The Enrichment Center, we consider our volunteers Priceless Treasures! They are a **necessity** to the success of Enrichment Center programs! More than **300** volunteers have logged priceless hours over the past months to ensure programs are facilitated, tax returns are filed properly, meals are delivered, ramps are built, cookies are baked, Medicare questions are answered and much more! **Thank you for your eagerness to assist others and your continued commitment. The Enrichment Center staff and especially those who have benefited from your efforts, wish to send many thanks to everyone listed on the next pages ...**

Thursday Night Dance volunteers are responsible for the coordination of the Thursday Night Dance, held every third Thursday at 7:00 p.m. *Pauline Collins, Joy Hare, Margie Hearn, Ernestine Pickard and Clint Pickard.*

The following volunteers are responsible for planning and implementing the **Senior Games of Lee County** program. Local games are held in May and State games in September. *Mark Coggins, Bob Garrett, Mike Neal, John Payne, Bill Shuey, Bob Smith, Jim Turner and June Trogdon.*

BINGO volunteers are responsible for the coordination of BINGO games which are every first and third Wednesday. *Louise Brantley, Josephine Hardy, George A. McBride, Barbara Moore, Helen Osborne, Ruby Pilson, Robert Sanderlin, Ida Hilliard.*

S.H.I.I.P. (Seniors' Health Insurance Information Program) volunteers help Lee County citizens with questions regarding Medicare, Medicare Prescription Drug Plan, Medicare bills and supplemental insurance policies. An average of 50 clients are provided with assistance each month at no charge. *Carolyn Blackman, Jean Jones, George Miller, Lewis Riddle, Mary Sutherland and Jean Walker.*

Tax Aide Volunteers assist older, low to moderate income people with their income tax filing. The service is free and provided in cooperation with AARP and the IRS. *William Barnard, Alice Beardsley, Robena Black, Hattie Dietzel, Pat Garrett, Nancy Johnson, John Koneski, Colleen Martin, Shirley Martin, Jim Payne, Anthony Rebello, George Thompson and Mary Upchurch.*

Front Desk Volunteers assist in answering the BUSY Enrichment Center switchboard and registering participants for our many programs. *Ernestine Bridges, Judy Dalrymple, Josie Nagy, Jackie Nordhoff and Mary Upchurch.*

Enrichment Center, Inc. Board members are responsible for overseeing the expenditures of private donations. *Dewey Averitt, Bob Crigler, Hubert Garner, Bud Greene, Millie Griffin, Tony Lett, Bill Lewis, Ruby McSwain, Margaret Murchison, Jackie Nordhoff, Lane Vanderhoek, Tony Lett, Bill Towson and Jeff Ward.*

Senior Services Advisory Board members are appointed by the **Lee County Commissioners** and are responsible for reviewing policies, fiscal budget, grants, center programs and services and assist with building rental requests. *Woody Beale, Dr. Robert Cline, Janice Coleman, Janet Fasick, Brenda Ingram, Anne McKoy, Dot McNeill, Commissioner Ed Paschal, and Mary Upchurch.*

These volunteers represent Lee County older adults at the **Area Agency on Aging's Advisory Board**. *Dr. Robert Cline, Esther Siler, and Mary Upchurch.*

These volunteers represent Lee County older adults at the **Senior Tarheel Legislature**, which was created by the NC General Assembly in 1993 to provide seniors on matters being considered by the NC General Assembly, promote citizen involvement and advocacy concerning aging issues and assess the legislative needs of older citizens. *Dr. Robert Cline, Mary Upchurch.*

CENTER POST volunteers meet the last Wednesday of every month to fold, tape and label approximately 450 newsletters for bulk mail out. *Ruby Belsma, Ruth Conder, Emma Grace Jones, Jennifer Kelly, and Virginia Wade.*

Crafty Creators - Crafty Creators is a network of individuals who come together the third Monday of each month to share crafty ideas with one another. This group will work on different projects throughout the year to donate to local adult care facilities and to group homes. *Marian Carlsen, Opal Brown, Vernetta French, Carolyn Savina, and Frances Schaffer.*

Cookie Cutter Volunteers are the ones to thank for the delicious home made cookies that are often served at the Center. *Ruth Brewner, Ruth Conder, Mary Ruth Deese, Betty Johnson, Emma Grace Jones, Nancy McDowell and Sylvia Thomas.*

Much to the delight of our Diner's Club participants, these volunteers regularly share **exercise & dancing activities, Bible study, support groups, Summer Olympic Games, and music.** *Shirley Buchanan, Eva Farmer, Robert Lewandowski, Patricia Lewandowski, Earl Thompson, and Daniel Watson.*

Diners' Club Volunteers assist in taking meals to the tables, oversee donations and reservations for the following day's lunch. *Hinojsa Alba, Elba Annis, Jim Annis, Joyce Billings, Hazel Bowden, Viola Bowlin, Louise Brantley, Helen Cameron, Marcell Chesney, Floyd Chesney, Mark Coggins, Virginia Cotton, Louisa Frank, Helen Garrett, Richard Golan, Jeanette Gooding, Eddie Hill, Mary Hill, Ida Hillard, James Jones, Ruby Kelly, Peggy Lanier, Etta Laposay, Banks Marsh, Bobbie McAuley, George A. McBride, Annie McIntyre, Thomas McIntyre, Dandie McLean, Levada Morrison, Judy Morrow, Maggie Newby, Sue Puryear, Joan Quick, Louise Quick, Odessa Richardson, Robert Sanderlin, James Sinclair, Bobby Thomas, Earl Thompson, Virginia Wade, Doris West and Alberta Williams.*

Junk Band members have represented the Enrichment Center for many years. Their unique sound enriches nursing home residents as well as our own Diners' Club participants. *Hazel Bell, Hazel Bowden, Virginia Cotton, Laura Cox, Dorothy Felix, John Felix, Ellen Green, Joy Hare, Howard Kelly, Lula Martin, Altie McDuffie, Zula McNeill and Myrtle Sykes.*

Saturday Night Dance Volunteers are responsible for securing the bands, refreshments and set up of the dance held every Saturday night at 7 p.m. *Louise Brantley, Harold Harrington, Ernest Johnson, Mabel Johnson, Ron Klepper and Leo Wicker.*

Fitness Room volunteers are responsible for providing evening orientations and assisting participants with equipment and machines. *Bud Hunter.*

These volunteers **assist our Volunteer Coordinator** with various programs and needs. *Don Barrow, Judy Barton, Ernestine Bridges, Sandra Bridges, Bill Carter, Dr. Robert Cline, Judy Dalrymple, Thomas McIntyre, Willis McNeill, Richard Nagy, Joyce Smith, Charles Sylvant, Mary Upchurch and Nolan Williams.*

The **Grancare Support Group** meets monthly on the last Thursday of the month at 5:30 p.m., for those who are raising or helping raise grandchildren. *Ilona Brown.*

In the past year, **Home Delivered Meal** Volunteers delivered **more than 8,400 hot lunches** to homebound older adults in Lee County. Approximately 40 clients on 6 routes are served each day, Monday through Friday. *Laurence Alexander, Dottie Alexander, Cass Balant, Gary Barnes, George Battschinger, Pearl Battschinger, Ruby Belsma, Miriam Blakely, Jeraline Bunnell, Barry Butzer, Nancy Butzer, Sam Carter, Art Coleman, Janice Coleman, Eleanor Corns, Frank Corns, Mildred Cotton, Russell Cotton, Ann Coy, Pat Cronmiller, Mark Cronmiller, Judy Dalrymple, Deborah Derdan, Williard Garren, Amelia Garren, Richard Golan, Bob Granger, Frances Granger, JT Gunter, Dan Hagerman, Warren Hamburg, Manfred Helling, Chuck Holly, Meg Hunter, Tim Jackson, Peggy Jackson, Dan Jones, Jerry Kennedy, Nancy Kennedy, Dale Larson, Audrey MacDowell, John MacDowell, Dot McNeill, Jack McNeill, Pat Mohnal, Bob Mohnal, Hans Niedworok, Tina Niedworok, Pat Pattishall, Hugh Pembleton, Ginny Pembleton, Eric Pittard, Jack Pittman, Merry Pittman, Eugene Rackley, Don Roundy, Ginny Roundy, Pam Schonder, Sam Sillaman, Bob Smith, Joyce Smith, Bob Stone, Don Voymas, Kipp Voymas, Jewel Womack.*

Volunteer **Program Facilitators** regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Dewey Averitt, Judy Barton, Dot Boaz, Bob Brickhouse, Jean Brown, Betty Caldwell, Dr. Robert Cline, Mark Coggins, Mary Dutton, Joan Dwy, Robert Edens, Judy Estridge, Janet Fasick, Amy Godwin, Marilyn Green, Millie Griffin, Claire Hansen, Bob Hansen, Nannie Harrsch, Brenda Ingram, Mary McDonald, Nancy McDowell, Anne McKoy, Ann Milstead, Fred Murchsion, Josie Nagy, Richard Nagy, Bill Newbound, Dot Newton, Jackie Nordhoff, Nancy Pickard, Merry Pittman, Peggy Rowles, Kathy Rujsz, Penny Shelton, Hal Siler, Frances Smith, Earl Thompson, Bill Towson, June Trogden, Dee Utley, Lane Vanderhoek, Virginia Wade and Jean Walker.*

Nifty Noggins volunteers make coverings for "smart" heads. The coverings are free to cancer patients. From classy berets to handy bandannas, this group has it "covered." *Anne Beale, Marian Carlsen, Darlene Christiansen, Leona Cox, Carrie Doberstein, Vernetta French, Marge Hansen, Emma Grace Jones, Mary Parker, Monica Patterson, Maria Rodriguez, Daphine Tolliver, Dee Utley, Sue Wagenhauser, Dell Walters, Eva Warrick and Mattie Willett.*

These volunteers assist with various large one and two-day events such as our Senior, Boomer and Caregiver Expo, Flu Shot Clinics, Make A Difference Day, Fall Festival and our Gay 90's Luncheon which honors Lee County citizens who are 90 and better. *Judy Barton, Carolyn Blackman, Louise Brantley, Sandra Bridges, Bill Carter, Betty Cole, Ruth Conder, Margaret Cox, Judy Dalrymple, Rebecca Ervin, Eva Farmer, Ryan Draughn, Brenda Garner, Cora Glover, June Gunter (Central Carolina Hospital Auxiliary), Angie Hedgepath, Catherine Jeffers, Emma Grace Jones, Nancy Kennedy, Lee Christian High School Students, Ann McKoy, Jackie Nordhoff, Mary Perry, Jack Pittman, Merry Pittman, Pat Platt, Linda Ray, Patsy Rogers, Robert Sanderlin, Joyce Smith, Mildred Thomas, Virginia Wade, Thad White, and Sarah Woods.*

These volunteers assist our Social Work Department with various needs such as housing and home repair, support groups, delivery of gifts to Angel Tree recipients and our annual Charity Gala which benefits The Enrichment Center, Inc. Helping Fund. *Brittany Blackman, , Bill Carter, Ryan Draughn, Fred Glass, Joe Lanier, Willis McNeill, Margaret Murchison, Silas Newby, Hugh Pembleton, Andy Siegner, Bob Smith, Joyce Smith, Bill Spell, John Payne, Eric Davidson, Jerry Moss, Bob Dillon, Rockie Dillon, Brandon Wright, Kelly Wright, Wayne Poole, Sam Carter, Daniel Watson, Neelly Lambert, Trent Jones, Emily Jones and Charles Sylvant.*

Volunteer in Lee County

People Need People.

Make a difference in Lee County by joining our team!

If you are in need of volunteers at your organization or for more information on the various opportunities that are available at the Enrichment Center and in Lee County you may contact Janice Holmes, Volunteer Services Coordinator, at 776-0501, ext. 206.

Volunteers Needed!!! The Home Delivered Meals program at The Enrichment Center is in need of volunteers who are available to deliver a hot, nutritious noon-time meal to a homebound older adult. Routes generally take about 1 hour. If you are not available on a regular basis, how about becoming a substitute driver?

Contact Carole Nicely at 919-776-0501, ext. 205 for more information.

*There are those who give with joy,
and that joy is their reward.*

-Kahlil Gibran, Lebanese-American Writer

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Join us for Lunch in the Diner's Club!

A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better. Menu selections include: Baked Chicken, meatloaf, pork chop, tuna salad, baked fish, pasta dishes, vegetables, fresh fruit, bread, cobblers and beverage. Call 776-0501, ext. 201 for information and to register. **Special 11:00 a.m. Diners Club Programs for April include:**
 4th—Easter Fashion Show
 11th—Plants & Plant Division with Avron Upchurch
 13th—Miller & Boles Easter Program
 18th—Sanford Health & Rehabilitation Program
 20th—Bingo
 25th—Movie & Popcorn
 27th—Homestead Exclusion, Mary Yow, Lee County Tax Office

Mexican Train Dominos—Join instructors **Hattie & Russell Dietzel** each Thursday evening 6:30 p.m. and learn to play this fun game! Call 776-0501, ext. 201 to register.

Card Game Canasta, every Friday afternoon, 1:00 p.m. with instructor **Carolyn Arnold**. Call 776-0501, ext. 201 to register.

Calling all Card Players—Wednesday, April 25, 2:00 p.m. Join us the 4th Wednesday of each month. Bring cards and friends and play the game of your choice. Registration is encouraged, call 776-0501, ext. 201.



Masculine Meals in Minutes,

Thursday, April 5, 10:00 a.m. This **FREE** cooking class, made possible by **Health Promotion Grant** funds, is exclusively for men. Impress your friends with your new cooking skills. Register by calling, 776-0501, ext. 201. Space is limited! Call today!

Just for laughs...

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness program and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. By the time I got my leotards on, the class was over!

Donna Dewberry In-Home Art One Stroke Painting Classes, Monday April 2, 23 & 30, 2:30 p.m. with Instructor **C.J. Hart**. Upon completion of each class you will take home your own personal art work! Each class cost \$12, you may come to one or all of the classes. Registration is required, call 776-0501, ext. 201.

Yada Yada Sisters, Tuesday, April 3, 6 p.m. We will meet at **Bay Breeze Seafood Restaurant** for dinner and return to The Enrichment Center to play cards. *Our sisterhood is a network with other ladies in an exciting and stimulating group. We offer the perfect opportunity to receive support and encouragement from a sister.* Call 776-0501, ext. 201 to register.

A Novel Approach Book Club— We would like to take this time to thank **Mrs. Claire Hansen** for her volunteer efforts creating and facilitating this popular book club. She will be relocating soon and we will miss her dearly. We would like to welcome new facilitator **Ellen Viggiano**. The group will meet Tuesday, April 10, 12:00 noon, and will discuss My Sister's Keeper by Jodi Picoult. In May they will read Blood Done Sign My Name by Timothy Tyson. Registration is not necessary and the group is open to the general public.

Veterans Remembrance Group, Wednesday, April 11, 2:00 p.m. A video will be presented on the hazards of flying in World War II. Registration is encouraged, call 776-0501, ext. 201.

Nifty Noggins are fashionable head coverings for cancer patients. Come by The Enrichment Center and choose one or two of the trendy and seasonal head coverings which are made from the latest fabrics and colors. Anyone in need of head coverings can call **Carole** at The Center, 776-0501, ext. 205. The **Nifty Noggins** volunteers will meet Thursday, April 12, 2007 at 10:00 a.m. Please join us if you are interested in helping us cut and sew fabric or organize kits.

Enrichment Center Golf Swingers, Mondays, 8:30 a.m. at Quail Ridge & Wednesdays, 10:00 a.m. at Carolina Lakes. \$14.00. If interested, call **Jim Bergur**, 498-6303, **Roy Goodwin**, 776-6440, **Dick or Josie Nagy**, 499-1208.

Thursday Nite Dance, April 19, 7:00 p.m. with **Bill Pollard**—Country United.

The Enrichment Center Fitness Room is available:
Monday/Wednesday 7:30 a.m.—7:00 p.m.
Tuesday/Thursday 7:30 a.m.—10:00 p.m.
Friday 7:30 a.m.—5:00 p.m.
The cost is \$1.00 per daily visit. Call and register today for a FREE fitness orientation, 776-0501, ext. 201.



Hello Boomers—born 1946—1964!
We welcome you to use the fitness room equipment as well! Call for a one-time FREE orientation, 776-0501, ext. 201.

AARP 55 Alive Driver Safety Program—Thursday, April 26 and Friday, April 27, 10 a.m.—3 p.m. Cost is \$10 to be paid first day of class. **AARP Instructor Bob Edens** will cover age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements. Space is limited, call 776-0501, ext. 201 to register.

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$5 per person. **Bands for April: 7th—Bill Pollard Back Porch Country, 14th—The Gator Rocks, 21st—Modern Knights, 28th—Southern Exposure.**

Living with Vision Loss Support Group—Wednesday, April 11, 1:00 p.m. with facilitator **Ken Price**. For those with vision impairments (including Macular Degeneration) and their loved ones.



Lunch & Learn

Wednesday, April 18
12:00 Noon

At The Enrichment Center

Speaker: Dr. Robert Cline
Presentation & Discussion
Lewis & Clark Expedition

Lunch & Learn is brought to you the third Wednesday of the month to educate, inform and enlighten you on a variety of topics. Bring a bag lunch. We will provide beverages and cookies. Call 776-0501, ext. 201 to register.

corner

caregiver



I would like to share a common concern I have observed in so many caregivers- **asking for help!**

Caregiving presents considerable challenges- physical, emotional and economic. Caregivers do not need to suffer in silence. It's always OK to seek and ask for help. Getting help can enable you to become a better caregiver.

So often caregivers feel guilty, or they have failed if they need assistance caring for a family member or friend. Help is available and you are encouraged to seek it out- even if you don't feel you need it.

We want you to remember that The Enrichment Center offers services, information, support groups and training that can help you provide better care to your loved one. It can also help you protect your own health and financial future. Remember, the process of educating and preparing yourself may help you reduce stress and better cope with the many challenges of caregiving.

Take care and don't forget to Just Ask for Help!
Judi, Caregiver Advisor, The Enrichment Center

A Caregiver Time-Out

Made possible by the National Family Caregiver Grant **Family Caregivers!** Are you in need of time for shopping, picking up prescriptions, or other errands? Maybe you need a little time just for YOU? **The Enrichment Center offers an afternoon out every Tuesday, 1:00 p.m.—3:00 p.m. This program, which is designed for adults with dementia and memory loss, promotes socialization through activities. It also creates time for caregivers to take care of themselves! Please call Judi Womack, Caregiver Advisor, 776-0501, ext. 230.**

Caregivers Support Group— This group meets the **4th Tuesday of each month, 10:00 a.m.** Are You a Caregiver? This is an opportunity to share your concerns, problems and ideas in connection with caring for your loved one as well as learning from the knowledge of others who may be experiencing a similar situation. You are welcome to bring your loved one to our **Caregiver Time** out while you attend this support group.

Arthritis Support Group— Facilitator Peggy Rowles invites you Thursday, April 12, 2007, 11:00 a.m. with special guest speaker **Valerie Wheat, Dietician at Central Carolina Hospital.** Our educational and mutual support group focuses on helping people with any form of arthritis lead a healthier life. Registration is not necessary and meetings are open to the general public.

YES, There is HOPE... Powerful Tools for Caregivers

**A class designed to meet
the physical and emotional needs of caregivers.**

**Tuesdays, April 3, 10, 24 and May 1, 2007
1:00- 3:00 p.m.**

Our action-oriented sessions will give you the tools to help reduce stress, build self-confidence, improve communication with your loved ones, make informed decisions, and locate resources.

**Please join us on at the Enrichment Center!
If you would like to attend this class but need assistance with your loved one, please call Judi at 776-0501, Ext. 230.**

***This FREE class is made possible
by the National Family Caregiver Grant Program.***

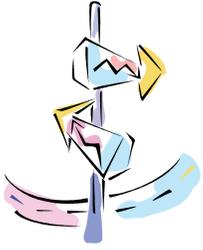
Alzheimer's Association Eastern NC Chapter Presents... 4th Annual Regional Caregiver Educational Conference "Caring with Confidence"

**Wednesday, May 30, 2007
The Enrichment Center
9:00 a.m.—3:00 p.m.
Lunch Provided**

This conference is offered for family, community members and professional caregivers. A one-day conference to address current trends in Alzheimer's care. All family caregivers and those interested in knowing more about this disease are encouraged to attend.

**Respite care available upon request.
Memory screening will be available by appointment.**

***Registration is required, call 776-0501, ext. 230.
Deadline is Wednesday, May 23, 2007.***



**Goin' on a Road Trip
The Enrichment Center
Day & Overnight
Adventures**

**Durham Bulls & Bullock's BBQ
Wednesday, April 11, 2007**

Join us as travel to Durham for a delicious, home-style lunch at Bullock's BBQ before we cheer the Bulls on against the Pawtucket Red Sox. Cost is \$37 per person- includes transportation, ticket to the game, and lunch. This trip is full; however, you may put your name on the waiting list at no charge.

**Girl's Day Out
Friday, April 27, 2007**

Come on girls! This is our day to be spoiled and pampered- The Southern Women's Show at the state fairgrounds in Raleigh. The cost is just \$12 per person. We will arrive in style aboard a chartered bus. Hurry and sign up- you don't want to miss out on the fun!

**Lexington, NC
Tuesday, May 29, 2007**

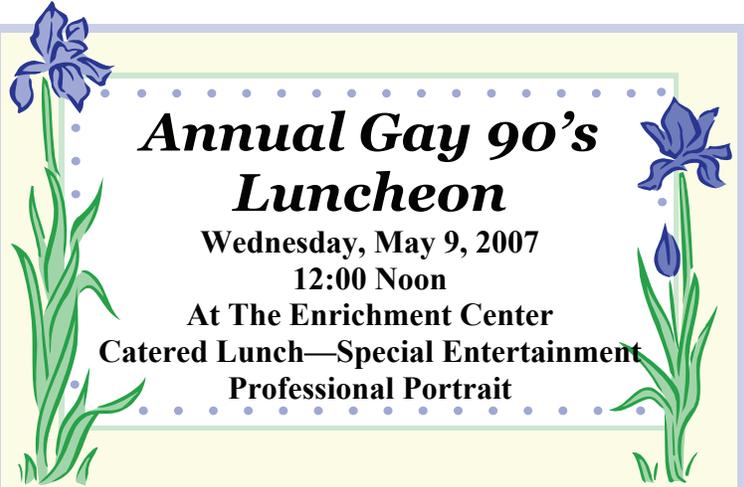
We will visit the Bob Timberlake Gallery, Childress Vineyards and the RCR Racing and Nature Museum. The museum is home to several of NASCAR's top teams and possibly the most famous car ever in NASCAR- the black Goodwrench #3. We will enjoy a true *Lexington-style* BBQ lunch with all the trimmings. Cost is \$79 per person. Price includes admission, lunch and transportation aboard a chartered bus.
Register today!

**Memphis & Nashville, Tennessee
September 4-8, 2007**

Highlights include a visit to Elvis' Graceland and the Grand Ole Opry and much, much more! Prices as follows: double/\$659; triple/\$629; quad/\$609 and a single/\$799. See flyer for more information.

Need to purchase a gift for someone who has everything? Enrichment Center Trip Gift Certificates are the one-size-fits-all gift for birthday, Mother's Day, Father's Day or Anniversary!

Call Janice, 776-0501, ext. 206.



**Annual Gay 90's
Luncheon**

Wednesday, May 9, 2007
12:00 Noon
At The Enrichment Center
Catered Lunch—Special Entertainment
Professional Portrait

This luncheon is hosted each year to honor Lee County citizens who are 90 years of age and better. We would like to recognize all 90 and better Lee County citizens in our program. Our 2006 luncheon honored 70 attendees. If you or someone you know wishes to attend this event, please contact Debbie Williams, 776-0501, ext. 203.

Hello Spring!

Now that spring has arrived, enjoy these drop in outdoor activities at The Enrichment Center: Bocce, shuffleboard, walking trail & horseshoes. Contact a staff member to check out any needed equipment.



Luscious Ladies, The Enrichment Center's Red Hat Society, invites you to join them. Feel free to call **Queen Mother Elizabeth Bass**, 776-9012, or email embass@windstream.net, for details of their next meeting.

Apartments Available!

Nice - New *Neighborhood Atmosphere*

Sandhill Manor, Courtland Drive & Harkey Road
Hunter's Glen, 550 Glenaire Drive
Call Ms. Oskirko,
718-4690, Ext. 5209 for further details!

Are You Competitive?

Do you like sports—how about the arts?

You will NOT want to miss the 2007

Senior Games & Silver Arts of Lee County!

Senior Games and Silver Arts of Lee County is a

health promotion program open

to Lee County residents 55 years of age and better.

Registration forms are now available at the Enrichment Center, Lee County Parks and Recreation, Sanford Nautilus, the main branch of the Lee County Library and online at www.leecountync.gov. Jimmy Solomon, Local Coordinator, looks forward to seeing you at this year's events! If you have questions, call Jimmy at 776-0501 ext. 207 or by email, jsolomon@leecountync.com.

Have you always wanted to know how to play? We will teach you!

Thursday, April 12—Shuffleboard

Monday, April 16—Bocce

Friday, April 20—Horseshoes

10:00 a.m. at The Enrichment Center

All clinics are FREE

and refreshments will be served.

Registration is requested, call 776-0501, ext. 207.



The Enrichment Center
1615 S. Third Street
Sanford, North Carolina 27330
919-776-0501
email: enrichment.center@leecountync.com
www.leecountync.gov

The Enrichment Center will be closed
Friday, April 6, 2007 in observance
of Good Friday.
Have a safe and happy holiday!

Let's Bowl!

A 9-pin No-Tap
Bowling Tournament
Sponsored by

Senior Games of Lee County
Saturday, April 21—12:30 p.m.
Kendale Lanes Bowling Center

Two Age Brackets: 54 & Under and 55 & Better
PRIZES: 1st place-\$50, 2nd place-\$20, 3rd place-\$10
Registration fee is \$10. Proceeds benefit Senior Games & Silver Arts of Lee County, a year-round health promotion program sanctioned by NC Senior Games, Inc. Come by The Enrichment Center to register or call 776-0501, ext. 201.



Celebrating the Centennial of Lee County!

Events scheduled for April Include:

13th—7-9pm-Centennial Dance #2-Old-Fashioned Styles—Marvin Gaster—Lions Fairgrounds,

15th—Centennial Tour, **20th—22nd**—Broadway Centennial Celebration.

You may contact **Lynn Sadler** to submit stories or information relevant to this celebration, 499-9216. Bookmark this Internet address for information about Celebrating the Centennial of Lee County:

<http://www.leecountync.gov/history/centennial.html>

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