



THE ENRICHMENT CENTER

1615 S. Third Street, Sanford. N.C. 27330
919.776.0501 www.leecountync.gov/ec

Making Every Day a Great Day

North Carolina Certified Senior Center of
Excellence Serving Boomers, Seniors,
Caregivers, Veterans and Volunteers

Monday - Thursday 8:00 AM - 8:00 PM

Friday 8:00 AM - 5:00 PM

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

The Enrichment Center is a focal point in
the community where patrons access
services and engage in activities.
Programming has an emphasis on
community betterment through
involvement. We offer a variety of
innovative programs: educational,
entertaining, fitness, health and wellness.

*Most programs are open to all Lee County adults. Due to the broad variety offered, policies and guidelines are reviewed at the time of inquiry and registration.
We welcome residents of neighboring counties on a space available basis.*

EDUCATIONAL OFFERINGS Life long learning is essential for maintaining a zestful life. Classes vary from topics concerning financial planning and insurance to driver's refresher, computer, Internet/Email/Facebook, art classes, current events and dancing. Participants keep Enrichment Center staff inspired with their innovative ideas for continuing education.

The Enrichment Center Staff are available to make presentations on topics related to aging for area groups, agencies and employers. Marketing assistance is available to small businesses that wish to attract mature consumers. Industrial, business, faith community and agency/organization partnerships are welcome.

SERVICES Lee County Senior Services has been providing quality services for over twenty-five years in the Sanford area. Among the many services offered at the Center are:

Powerful Tools Training for Family Caregivers ❖ Nutritionally Balanced Meals ❖ Home Delivered Meals
Transportation ❖ Volunteer Opportunities ❖ Resources for Family Caregivers ❖ Information & Options
Counseling ❖ Home Repair ❖ Medicare Counseling ❖ Tax Assistance ❖ Advance Directives: Healthcare
POA & Living Wills & Notary ❖ Support Groups ❖ Indigent Programs ❖ Resource Directory ❖ Senior
Games & Silver Arts ❖ Community Outreach ❖ Grandparents Raising Grandchildren ❖ Aging Provider
Network Public Access Computers ❖ Wireless Internet ❖ Community Events Information ❖ Employment/
Training Information

ACTIVITIES The Center provides a wide variety of entertaining activities. Card Parties, games, dances, dinners with entertainment, trips, drop in activities and regularly scheduled special events are part of the weekly fare. Participants and the general public work with staff to develop innovative programming.

FITNESS & WELLNESS on Reverse Side...



Wellness Works!

We Have Something for Every"BODY" Try a Class for FREE!

Fitness and wellness are central to many of the programs offered at The Center.

A personal fitness trainer is available to assist you with individual fitness needs and goals.

The Enrichment Center staff work with area health care professionals to offer health fairs,

health education self-care seminars and disease prevention classes.

For complete details and to register, call or stop by The Center. Consult your physician before beginning any exercise program. No refunds on fitness classes.

Unless otherwise noted or approved, fitness and wellness programs for age 50+ and Lee Co. resident.

***PKG Package Options - Aerobics & Yoga**

Daytime Classes PKG \$30/month, \$10 discount

Evening Classes PKG \$20/month, \$5 discount

Fun & Fit Fridays 10:00 AM

Chair exercise, balance, eye/hand coordination, range of motion, brain exercise. **\$10 per month**

Wellness Tai Chi Mondays 10:00 AM

Combination sit and stand Tai Chi, 45 min. **\$15 per 6 wks**

Tai Chi Fridays at 11:00 AM

A continuation of your Tai Chi skills. **\$10 per month**

Low Impact Aerobics & Toning Classes

\$10 per month (*PKG option)

Tuesday/Thursday 9:00 AM

Monday/Wednesday 5:30 PM

Water Aerobics Held at OT Sloan Pool

May through August, \$15/month

Monday/Wednesday/Friday 11:00 AM

or Monday/Wednesday/Thursday 5:30 PM

Stretch & Tone

Tuesday/Thursday 11:00 AM. **No Charge**

The Fitness Room

Monday - Thursday 8:00 AM – 8:00 PM

Friday 8:00 AM – 5:00 PM

\$1 per daily visit – required: Lee Co. resident, equipment orientation, Lee County Govt. Employee age 18+

Walking Trail

1/4 mile around the perimeter of the property. **No Charge**

Fitness Yoga

Mondays 8:30 AM, Tuesdays 5:30 PM, Fridays 8:30 AM

\$15 per month/one class per week (*PKG option)

Drop by for shuffleboard, horseshoes, bocce and table tennis.

Senior Games & Silver Arts of Lee County

Held every spring and offers athletic & artistic events.

Senior Games & Silver Arts are open to Lee County residents age 50 and better.

FREE Evidence-Based Wellness Programs Offered Led by Certified Trainers

Contributions Accepted

Call (919) 776-0501 ext. 2201

for Class Dates and Times

Take Control of Your Diabetes

A program for people with diabetes that provides participants with skills and tools to gain more control of their health.

A Matter of Balance

A program designed to manage falls, increase activity levels and increase strength and balance.

Powerful Tools for Caregivers

A program for family caregivers that provides participants with tools and strategies to better handle the unique caregiver challenges.

Tai Chi for Arthritis for Fall Prevention

This beginners class is aimed at helping to increase both lower and upper body strength, as well as improve balance and reduce falls.

SilverSneakers Fitness Location!

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. If you are part of a Medicare health plan or a group retiree, you may already have the SilverSneakers benefit. Eligible participants receive FREE participation in our qualifying fitness programs at

The Enrichment Center.

To enroll call 919-776-0501

Ext. 2201 and ask for a fitness instructor.



SilverSneakers