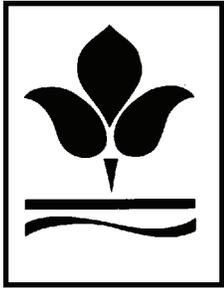


# ◆ The Center Post ◆

Volume 17 Issue 4

APRIL 2008

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



*Enrichment Center  
Hours of Operation:  
Monday & Wednesday  
8 am—8 pm,  
Tuesday & Thursday  
8:00 am—10 pm and  
Friday 8 am—5 pm.  
919-776-0501*

*Look inside for  
information on:*

*Senior Games &  
Silver Arts*

*Mobile  
Mammography*

*Lunch & Learn:  
IRAs and Annuities*

*Seniors  
Appreciation Day*

*Golf Tournament*



## We're Not Foolin'

*Volunteers of The Enrichment Center!  
We are grateful for your dedication and service  
over the past year and invite you to the  
2008 Volunteer Appreciation Dinner!*

*Tuesday, April 1, 2008—April Fools Day*

*At The Enrichment Center*

*Doors Open At 5:30 p.m.*

*Dinner & Entertainment*

*Santa Claus will present your volunteer payroll  
check! APRIL FOOLS!!! hahahahahahhaahha*

April is National Volunteer Month and at The Enrichment Center we value our volunteers. Without the volunteers to assist with our programs and services, we would not be able to accommodate the many participants, clients, grandparents, caregivers and baby boomers! 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, newsletters are folded, Medicare questions are answered and much more!

***Thanks for being so noteworthy in all you do. We truly appreciate a volunteer like YOU! The Enrichment Center staff and especially those who benefit from your efforts, wish to send many thanks to everyone listed on the next pages ...***



These volunteers assist our **Social Work Department** with various needs such as housing and home repair, office duties and delivery to Angel Tree recipients. *Mark Ariy, Brittany Blackman, Bill Carter, Fred Glass, Joe Lanier, Willis McNeill, Andy Siegner, Bob Smith,*

*Joyce Smith, Sam Carter, Angelita Murchison and Charles Sylvant.*

**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, Commissioner Ed Paschal, Esther Siler and Mary Upchurch.*



**Support Groups Leaders** organize and facilitate our many support groups. *Linda Moore, Marge Kanning, Glenda Colebrook, Nora Gunter, Ilona Brown, Dr. Robert Cline, Pam Schonder, Bob Brickhouse, Amy Godwin and Peggy Rowles.*



**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, Clint Pickard, Dr. Emory Sadler, and Dr. Lynn Sadler.*

**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, Clint Pickard, Dr. Emory Sadler, and Dr. Lynn Sadler.*



**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, Robert Douglas, Robert Chambless, Jim Foster, Mary Foster, Lois Moore and Leo Wicker.*

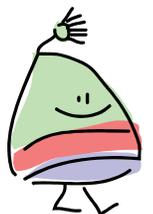
**Enrichment Center, Inc. Board** members are responsible for overseeing the expenditures of private donations. *Bob Crigler, Helen Hincks, Bud Greene, Millie Griffin, Tony Lett, Ruby McSwain,*

*Margaret Murchison, Lane Vanderhoek, Tony Lett, Bill Towson, Bob Will, June Gunter and Jeff Ward.*



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

**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." *Ann Beale, Marian Carlsen, Darlene Christiansen, Leona Cox, Carrie Doberstein, Marge Hansen, Emma Grace Jones, Mary Parker, Monica Patterson, Daphne Tolliver, Dee Utley, Sue Wagenhauser, and Eva Warrick.*





**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, and Lewis Riddle.*

**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, Nancy Johnson, John Koneski, Colleen Martin, Shirley Martin, Jim Payne, George Thompson, Cindy Marcelais, Judy Kesler, Robyn Carpenter and Vickie Sistare.*



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

This volunteer represents 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 NC General Assembly, promote citizen involvement and advocacy concerning aging issues and assess the legislative needs of older citizens. **Dr. Robert Cline.**



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



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

These volunteers assist with various events that are held each year, such as the **flu shot clinics**, the **Boomer and Senior Caregiver Expo**, and the **Alzheimer's conference**.

## Boomer - Senior & Caregiver EXPO!

*Margaret Cox, Sylvia Watson, Judy Morrow, Jim Payne, Peggy Abshear, Carol Goodwin, Kathy Rujsz, Deborah Derden, Peggy Rowles, Pam Schonder, Emma Grace Jones, Ruth Conder, Merry Pittman, Jack Pittman, Mildred Thomas, Ann McKoy, Brenda Ingram, Janet Fasick, Nancy Kennedy, Virginia Wade, Dot Newton, Linda Ray, Lynda Totten, Marcia Johnson, Althea Shellock, Carolyn Blackman, George Miller, Sharon Gordan, Martha Wicker, Helen Hincks, Esther Siler, Hal Siler, Mary Upchurch, Avron Upchurch, Bud Greene, Mark Coggins, Jennifer Holmes, Joyce Smith, Sarah Woods, Brittany Blackman, Harold Morcombe, and Patsy Rogers.*



The **front desk area of The Enrichment Center** is an extremely busy place. From greeting guests as they arrive, answering the ever ringing phone, and directing to the various activities, these

volunteers are very much appreciated. *Ernestine Bridges, Judy Warf, Mary Upchurch, Jackie Nordhoff, and Josie Nagy*

**BINGO** Volunteers are responsible for the coordination of BINGO games. *Robert Sanderlin, George A. McBride, Barbara Moore, and Louise Brantley.*



Much to the delight of our Diners' Club participants, these volunteers regularly share **exercise & dancing activities, Bible study, support groups and music**. *Shirley Buchanan, Eva Farmer, Robert Lewandowski, Patricia Lewandowski, Earl Thompson, Alice Cline, Etta Laposay and Daniel Watson.*



In the past year, **Home Delivered Meal** Volunteers delivered **more than 8,700 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, George Battschinger, Pearl Battschinger, Ruby Belsma, Miriam Blakely, Jeraline Bunnell, Barry Butzer, Nancy Butzer, Sam Carter, Janet Carter, Art Coleman, Janice Coleman, Eleanor Corns, Mildred Cotton, Russell Cotton, Ann Coy, Pat Cronmiller, Mark Cronmiller, Judy Warf, Jack Warf, Deborah Derdan, Williard Garren, Amelia Garren, Richard Golan, Ronald Goodwin, Carol Goodwin, Jay Greenwood, JT Gunter, Tim Jackson, Peggy Jackson, Dan Jones, Jerry Kennedy, Nancy Kennedy, Dale Larson, Audrey MacDowell, John MacDowell, Jack McNeill, Pat Mohnal, Bob Mohnal, Hans Niedworok, Tina Niedworok, Susan Patterson, Hugh Pembleton, Ginny Pembleton, Eric Pittard, Jack Pittman, Merry Pittman, Polly Pursche, Eugene Rackley, Don Roundy, Ginny Roundy, Pam Schonder, Sam Sillaman, Bob Smith, Joyce Smith, Bob Stone, Don Voymas, Kipp Voymas, Jewel Womack, Mike DiBartolomeo, Dee Utley.*



**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, Helen Garrett, 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, Sue Puryear, Joan Quick, Louise Quick, Odessa Richardson, Robert Sanderlin, Bobby Thomas, Earl Thompson, Virginia Wade, Doris West and Alberta Williams.*



**Volunteer Program Facilitators** regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Dot Boaz, Bob Brickhouse, Jean Brown, Dr. Robert Cline, Mark Coggins, Hattie Dietzel, Russel Dietzel, 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, Josie 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, Lane Vanderhoek, Virginia Wade and Jean Walker.*

# Volunteer Spotlight



This month we are spotlighting all of our volunteers! We appreciate the hours you graciously donate every day to maintain our programs and keep them successful.

Thanks again for all you do!

**Lee County Volunteer Base**  
*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.*

**D  
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### The Enrichment Center

**Diners 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, glazed ham, fish filet, lasagna, vegetables, fruit, bread, dessert and beverage. Call 776-0501, ext. 208 for information and to register. The following 11:00 am Diners Club

#### Programs for April are open to the general public:

- 2nd—Laurence Poindexter singing and guitar
- 4th—Amy & Cindy with Liberty Home Care & Hospice
- 9th—Irene Harvey-Felder Volunteers for the School System
- 11th—Bingo
- 11th—Rex UNC Healthcare Mobile Mammography
- 16th—Jonesboro Heights Faith Singers
- 18th—Write Your Poetry
- 21st—Bright Audiology 9 am—12 noon
- 23rd—Games
- 25th—Bingo
- 30th—Miller Boles April Showers

**Masculine Meals in Minutes, Men's Cooking Class, Thursday, April 3, 10 am.** Need new ideas for meals and snacks? The first Thursday of each month Carole will teach us how to prepare a new dish. Registration is required, 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. We look forward to seeing all volunteers as well as anyone new who is interested in joining this fun and fulfilling group! **Please join us, Thursday, April 10, 10:00 am!**

**Yada—Yada Sisters**, Tuesday, April 8, 5:45 pm. We will meet at **Pizza Inn** for dinner and return to the Center to play cards. *Our sisterhood is a network with other females in an exciting and stimulating group. It's the perfect opportunity to receive support and encouragement from a sister.* Call 776-0501, ext. 201 to register.

**A Novel Approach Book Club**—Facilitator **Ellen Viggiano** invites you to join the group Tuesday, April 8, 12:00 noon, at The Enrichment Center, and discuss White Teeth by Zadie Smith. Registration is not necessary and the group is open to the general public.

**Living with Vision Loss Support Group**—Wednesday, April 9, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones.

#### **Rex UNC Healthcare Mobile Mammography Is Coming To The Enrichment Center!!!**

In collaboration with The Lee County Health Department, Friday, April 11, 2008, 10 am—2:30 pm. All patients must pre-register. **Call Sharon Lucas at The Lee County Health Department for more information and to pre-register, 718-4640, ext. 5317.**

#### **Lunch & Learn, Wednesday, April 16, 12:00 noon. Successful Beneficiary Planning with Brian Clayton, Vice President, Financial Advisor, Capital Bank.**

Successful estate planning transfers your assets to your beneficiaries quickly and with minimal tax consequences. Brian will discuss **IRAs**—Individual Retirement Accounts or Arrangements and **Annuities**—financial contracts between you and an insurance company. Call 776-0501, ext. 201 to register.

**San-Lee Senior Dance**, Thursday, April 17, 7 pm with **South Roads Band**. This band plays a lot of line dancing numbers. During intermission Shirley Buchanan will teach a line dance! Bring finger foods to share at intermission. See you there!

**“Let's Talk” with Mayor Cornelia Olive**, Thursday, April 17, 10:30 am. Drop by and share your concerns and views in this informal setting with Mayor Olive.

**Senior Appreciation Day—ALL Lee County Seniors Are Invited!** Tuesday, April 22, 2008 at the Dennis A. Wicker Civic Center. Program and meal will be provided by the Lee County Sheriff's Department. Pick up your attendance ticket at The Enrichment Center or the Sheriff's Department.

**55 Alive Driver Safety Program**, Thursday, April 24 & Friday, April 25, 10 am—3 pm Cost: \$10 payable at first class. Instructor: Bob Edens, AARP Certified. This classroom-only course covers age-related physical changes, declining perceptual skills, rules of the road and much more! Call 776-0501, ext. 201 to register.

**Gay 90's Luncheon**, Our annual luncheon honoring 90-year-olds and better, will be held Wednesday, May 14, 2008, 12 noon at The Enrichment Center. If you know of anyone who wishes to attend this event or would like their name recognized as being 90 or better, please contact Debbie Williams, 776-0501, ext. 203.

**Saturday Night Dance**, live music and good fellowship, 7 pm, admission is \$6 per person. Bands for April: 5th—South Roads, 12th—Bill Pollard/Back Porch Country, 19th—Southern Exposure, 26th—Bill Pollard/Back Porch Country.

**Veteran's Remembrance Group**, Wednesday, April 9, 2:00 pm. Registration is encouraged, call 776-0501, ext. 201.

# Games

**Mexican Train Dominos**,  
Thursdays, 6:30 pm with Instructors Hattie and Russell Dietzel.

**Card Game Canasta**, Fridays, 1:00 pm with Instructor Carolyn Arnold.

## Drop In Activities Available!

### Art Dealer—Computer Game

This memory game takes you to an art auction where you will purchase paintings. Your memory skills will assist you in purchasing authentic paintings. This game is available on computers in our public access lab.

### Wii want to play!

This game, and excellent choice for exercise, is a product by Nintendo. The name Wii, with two lower case "i" characters, is meant to resemble two people standing side by side representing players gathering together. Connect Wii to the television and use the controls to play three-dimensional games such as bowling, golf, baseball, tennis and boxing. Call 776-0501, ext. 201 to reserve the equipment and learn more about Wii!!!

**Are you interested in playing Rummy Cube, cards or board games in the afternoon?**  
Call Debbie Williams, 776-0501, ext. 203.



***Making Choices  
For a Healthier Future***

## Spring Fitness Challenge!

Get Fit On 

April 1—June 30, 2008

Individuals and/or Teams of Four.

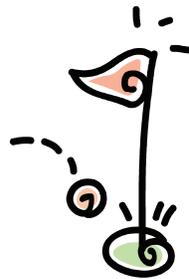
Name Your Team Reflective of the 50s and 60s.

"Coke Floats, Diner Divas," etc.

Each team member must individually drive the route to completion. Follow the AARP web site directions and chart your individual progress. See Kathy if you need assistance with the AARP web site.

<http://aarp.getfitonroute66.com>

Put your driving gloves on and let's hit the road! We've got a long trip ahead of us if we are going to travel 2,448 miles from the shores of Lake Michigan to the California Coast down America's most famous highway. Choose from 66 activities, including walking. Your exercise minutes are converted to miles along the highway. Visit the Route 66 Diner for recipes or try the Backseat Driver feature where friends can opt in to see each other's progress. One minute of activity equals one mile on the route. So...Let's put the pedal to the metal and get started!



### **The Enrichment Center**

#### **Captain's Choice Mixed Group**

Teams are formed by drawing cards. All skill levels are welcome! 9:30 am Tee Time each Monday at Quail Ridge and 9:30 am Tee Time each Wednesday at Carolina Lakes. \$14.00 with Cart.

Interested golfers should contact Josie Nagy, 499-1208. *A Golf Adventure Brought to You By The Enrichment Center of Lee County!*

# Terrific Trips 2008

**Call 776-0501 to register! Additional information is available at the front desk.**

## **Friday, April 25**

Girls Day Out- We are going to the Southern Women's Show in Raleigh for a short day trip. Take a break to feel **refreshed, rejuvenated and recharged!** \$20 per person- includes ticket and transportation.

## **July 8-11**

Lancaster Show Trip and the Dutch Country. Includes 3 nights lodging, 6 meals, show tickets and much, more!

## **September 17-18, 2008**

### Historic Chesapeake Bay Getaway

Join us as we travel to historic Williamsburg, Virginia! Trip includes a beautiful Chesapeake Bay cruise, a visit to Tangier Island, lodging, and lunch at the Chesapeake House Restaurant. Shopping time at **Prime Outlets**, the largest outlet center in Williamsburg, is included.

## **Tuesday, October 21**

Senior Day at the NC State Fair. \$15 per person. Cost includes transportation aboard chartered bus.

## **Tuesday, November 25**

Christmas with Elvis at the Barn Dinner Theatre in Greensboro. \$62 per person includes matinee show performance, meal and transportation aboard chartered bus. Deposit of \$32 due at registration.

## **Thursday, December 11**

A Southern Christmas at The Rudy Theatre in Selma, NC! \$50 per person and includes transportation, show ticket and meal at The Meadow Village Restaurant. We will also see the ever popular Meadow Lights display.

Register today! \$25 deposit due at registration and balance due Nov 7.

**\*\*\*Gift Certificates are available!\*\*\***

*Please keep in mind that payment in full is due at time of registration for day trips. A deposit to hold your space for overnight trips is due at registration. Trips depart from the Riverbirch shopping center. Please park in front of Belk's as close to the pond as possible.*

## ***Lee County Volunteer Base***

*People Need People.*

*Make a difference in Lee County by joining our team!*

**The Helping Fund needs your help...**A golf tournament will be held Thursday, May 8, 2008 (date has changed to 5/8/08) to raise money for The Enrichment Center Helping Fund. Volunteers are needed to assist the day of the tournament. If you are willing and available, please contact Volunteer Coordinator Janice Holmes at 919-776-0501, ext. 206.

### **The 5th Annual Caregiver Education**

**Conference** will be held at the Dennis A. Wicker Civic Center, Wednesday, May 28, 2008, 9 am - 3 pm.

Volunteers are needed for registration, refreshments, distributing water and refreshments to vendors and other areas. Volunteer part of the day or all day! Call Janice, 776-0501, ext. 206.

*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.*



## **Enrichment Center Golf Tournament**

**Note: Date Change** Thursday, May 8, 2008  
Quail Ridge Golf Course  
Sanford

**\$55 Per Person**

**Includes Green Fees, Cart and Lunch**

**4-Man Superball—Flighted Based on Team Handicap—2 Flights 1:00 pm Shotgun Start**

**Lunch Will Be Served Prior to Play**

**PRIZES! Top Three Teams in Each Flight**

**Pick up a registration form at The Enrichment Center.**

Proceeds and donations from the tournament will benefit The Enrichment Center Helping Fund. This benevolent fund assists Lee County older adults who are in a crisis situation with utilities and medication. In 2007, through the generosity of donations provided by citizens and corporations in Lee County, The Enrichment Center's Helping Fund was able to assist older adults in 340 instances with fuel, utilities, and medical aid.

## corner

caregiver



*Dear Caregivers,*

I was given the book **The Present** by Spencer Johnson, M.D. for my birthday by my loving sister. It is the kind of book you just want to share with everyone so here are Three Ways To Use Your Present Moments To Enjoy Your Work and Life, Now!! It's a must to read.

We all need to take time and reflect on our life from time to time.

- 1. Be In The Present**—When You Want To Be Happier and More Successful: focus on what is right now, respond to what is important now.
- 2. Learn From The Past**—When You Want To Make The Present Better Than The Past: look at what happened in the past, learn something valuable from it, do things differently in the present.
- 3. Plan For The Future**—When you Want To Make The Future Better Than The Present: see what a wonderful future would look like, make plans to help it happen, put your plan into action in the present.

### Caregiver Recipe for the Month: Chocolate Éclair Cake—Yum!

- 2—3 oz. packages instant vanilla pudding mix
- 3 cups milk
- 1—8oz. Container frozen whipped topping, thawed
- 1—16 oz. Package graham crackers
- ¼ cup milk
- 1/3 cup unsweetened cocoa powder
- 1 cup white sugar
- 2 tablespoons butter
- 1 teaspoon vanilla extract

Combine pudding mix and milk; mix well. Fold in Whipped topping and beat with mixer 2 minutes. Grease 9x13 baking dish, spread a layer of graham crackers on the bottom of dish. Spread ½ pudding mixture over crackers, then top with graham crackers, Spread remaining pudding over crackers and continue to layer. To make topping: In a medium saucepan over medium-high heat, combine ¼ cup milk, coca and sugar and allow to boil for 1 minute; remove from heat and add butter and vanilla. Mix well and cool. Pour sauce over graham cracker layer and refrigerate until set.

**Caregiver Time Out**—Tuesdays, 1 pm—3 pm. Our Time Out program is designed for adults with dementia and memory loss. If you are caring for a loved one and would like a short break, this is the option for you. Bring your loved one and they will enjoy socialization through activities. Call Judi, 776-0501, ext. 230.



**Am I Doomed  
by  
My Genes?!?!?**  
Tuesday, April 22  
7:00 p.m.

**Karen Desombre**  
Research Coordinator for Alzheimer  
Institute for Human Genomics  
University of Miami

If your parents, grandparents or other relatives have or have had Alzheimer's Disease, please join us for a very informative talk about our genes and an update on the research done on this overwhelming disease. Call 776-0501, ext. 230 for further details. Registration is not necessary.

**Arthritis Support Group**, Thursday, April 10, 11 am with facilitator **Peggy Rowles**. We will discuss the medical family tree. Open to the general public; registration is not necessary. Call 776-0501, ext. 201 for more information.

**Caregiver Connections**, Tuesday, April 22, 10 am. Join us for coffee and share your concerns, problems, and ideas in caring for your loved one. Gain knowledge from others who may be experiencing a similar situation. Registration is not necessary, call 776-0501, ext. 230 for more information.

**Save the date! Wednesday, May 28, 2008, 5th Annual Caregiver Education Conference, an education program of the Alzheimer's Assoc.—Eastern NC Chapter. Held at the Dennis A. Wicker Civic Center, 9 am—3 pm. Call 776-0501, ext. 230 for further details!**

# SENIOR GAMES



## LEE COUNTY

In Partnership  
with Our Torch Sponsor  
*Bright Audiology*

# Are You Competitive?

Register NOW!

Do you like sports—how about the arts?

You will NOT want to miss the 2008

**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, and at the main branch of the Lee County Library. Jimmy Solomon, Local Coordinator, looks forward to seeing you at this year's events!

More than 136 participated in the 2007 games.

Categories include: basketball, softball, bowling, bocce, shuffleboard, golf, swimming, bicycling, crocheting, painting, woodworking and much more!

If you have questions, call Jimmy at 776-0501 ext. 207 or by email, [jsolomon@leecountync.gov](mailto:jsolomon@leecountync.gov).



# Welcome to Our Team

## *Bright Audiology*

**TORCH SPONSOR FOR SENIOR GAMES  
AND SILVER ARTS OF LEE COUNTY**

**Bright Audiology** has signed on as the official torch sponsor of Senior Games and Silver Arts of Lee County. Sponsorship by Bright Audiology means increased resources to further develop the Senior Games program, which consists of athletic and artistic activities and educational programs for adults 55 years of age and better.

Stephanie Chilton, Bright Audiology Patient Coordinator says, "Bright Audiology is proud to become a sponsor of Senior Games and Silver Arts of Lee County. Angela Bright-Pearson and her staff are dedicated to improving the quality of life for all people. We see this as an opportunity to educate and encourage healthier lifestyles for everyone." Bright Audiology, located at 211 Carbonton Drive in Sanford, is an audiological testing and hearing aid fitting center specializing in helping people hear better.

Senior Games and Silver Arts of Lee County is coordinated by Lee County Senior Services, Lee County Parks and Recreation, Central Carolina Community College and Sanford Nautilus and Racquetball Club. Senior Games is sponsored statewide by the North Carolina Division of Aging and Adult Services. Senior Games and Silver Arts of Lee County is one of 54 Local Games sanctioned by North Carolina Senior Games. NC Senior Games is a nonprofit organization dedicated to providing year-round health promotion and education for adults 55 years of age and better. For more information regarding Senior Games and Silver Arts of Lee County, contact Jimmy Solomon, Local Coordinator at 919-776-0501 ext. 207 or via email at [jsolomon@leecountync.gov](mailto:jsolomon@leecountync.gov).



The Enrichment Center  
1615 S. Third Street  
Sanford, North Carolina 27330  
919-776-0501  
email: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)  
[www.leecountync.gov](http://www.leecountync.gov)

Non-Profit Org.  
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Sanford, NC  
27330  
Permit No. 198

**Save the Date!**  
**Alzheimer's Association**  
**Caregiver Education Conference**  
**Wednesday, May 28, 2008**  
**Dennis A. Wicker Civic Center**

*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.*



## **Grancare Luncheon**

*Life's a Journey*

**Thursday, April 10, 2008**  
**12:00 Noon**

*Internet Safety...*

*Protecting Our Children & Our Minds*

*How do we protect our children and grandchildren  
on the World Wide Web?*

*What about Internet safety for adults?*

**Lunch Will Be Served, Call facilitator Iona Brown  
at 776-0501, ext. 201 to register. Feel free to attend  
the program only—lunch is optional.**

**Grancare Luncheon, a support unit for  
grandparents raising their grandchildren,  
meets every 2nd Thursday at 12 noon.**

The North Carolina Symphony  
returns to the  
Dennis Wicker Civic Center  
Sunday, June 1, 2008  
3:00 pm Matinee  
Classical Favorites

William Henry Curry, Resident Conductor, will lead the orchestra in Aaron Copland's Suite from The Tender Land, Bach's Oboe Concerto in G. minor, BMV 1056 featuring oboe soloist Melanie Wilsden and Beethoven's Symphony No. 6, 'Pastoral'.

Brochures and tickets are available now at The Enrichment Center and Temple Theatre Box Office for Adult (\$20), Senior (\$18) and Student (\$10). Prices at the door will be \$3 more. For more information, visit [www.ncsymphony.org](http://www.ncsymphony.org) or call The North Carolina Symphony Box Office at 1-877-627-6724.