

◆ The Center Post ◆

Volume 16 Issue 1

JANUARY 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

Look inside for
information on:

☐ Special
Angel Tree
Thank You

☐ Card Games
& Dominos

☐ Powerful
Tools for
Caregivers
Classes—
FREE!



Happy New Year!

Yada Yada Sisters, Tuesday, January 2, 6:00 p.m. We will meet at The Enrichment Center, order dinner and play cards. Our sisterhood is a network with other ladies in an exciting and stimulating group. Call 776-0501, ext. 201 to register.

Basket Weaving Class with Instructor **Eva Green**, Tuesdays, January 9—March 13. 6:00 p.m. FREE for those 65+ and \$50 for those under 65. In cooperation with **Central Carolina Community College**, call 718-7225 to register. Classes held at The Enrichment Center.

A Novel Approach Book Club— Tuesday, January 9, 12:00 noon. The group will discuss Curious Incident of the Dog in the Night-Time by Mark Haddon. In January they will read Three Junes by Julia Glass. Registration is not necessary.

Veterans Remembrance Group, Wednesday, January 10, 2:00 p.m. with special guest **Mike Jones**. Mr. Jones was a General in the Armed Services and will speak about his experiences. Registration is encouraged, call 776-0501, ext. 201.

Nifty Noggins—fashionable head coverings for cancer patients, Thursday, January 11, 2007 10:00 a.m. Anyone in need of head coverings can call **Carole** at the Center, 776-0501, ext. 205.

Lunch & Learn, Wednesday, January 17, 12:00 noon with **Dr. Mark Silvester, D.C. with Ammons Chiropractic Clinic**. Dr. Silvester will speak about relief from spinal joint pain, arthritis, headaches and overall health improvement. Sign up now, you will not want to miss this one! Bring a bag lunch, we will provide drinks and cookies. Call 776-0501, ext. 201.

AARP Tax-Aide, the nation's largest free volunteer-run tax counseling and preparation service is training volunteers to assist in free tax preparation. Volunteers of all ages and backgrounds are welcome. There will be FREE tax training in January. From February 1 through April 15 taxes are prepared with computer software and free e-filing is available. Training and filing of returns will be held at the Enrichment Center. **To volunteer contact Mary Upchurch, 776-2868. To make an appointment for tax filing, call 776-0501, ext. 201.**

Knitting Class with Instructor **Kipp Voymas**, Wednesdays, January 3, 10, 17, 24, and 31, 1:00 p.m. FREE, register now! Start the new year by learning this popular craft! Bring knitting needles and yarn and **Kipp** will teach you the basics. Call 776-0501, ext. 201 to register.

Food for Thought—Taking the Library Beyond Its Walls. Sponsored by the Lee County Library and The Enrichment Center. This FREE program loans books, tapes, videos and magazines to participants in the Home Delivered Meal program, the Diners Club program, the local dialysis unit and the local domiciliary homes. If you are interested or would like further details, call **Carole** at 776-0501, ext. 205.

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$5 per person. **Bands for January: 6th—Bill Pollard, 13th—NO Dance-floor maintenance, 20th—Southern Exposure, 27th—Family Jam.**

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.

Hugs, Kisses & Heartfelt Thanks

The Helping Fund is one of our most important programs at The Enrichment Center—100% of all donations are used to assist Lee County older adults who are in a crisis situation. Thanks to your generosity, older adults in Lee County will have a place to turn when they are in need of fuel, electricity and other necessities of life.

Many thanks to all of you who responded to our December Helping Fund Plea...

*First Baptist Church,
Gleaners Sunday School Class
Cool Springs Baptist Church,
Katie Petty Bible Study Group
First Presbyterian Church, Circle 7
First Presbyterian Church, Carrington-McNeil-
Vanguard Bible Class
First Presbyterian Church c/o Helen Lynde
Jonesboro Heights Baptist Church, Sower's Men
Sunday School Class
Mr. & Mrs. Charles A. Calhoun
Brick Capital Line Dancers
Harold & Florence Kaisen
Morningside Presbyterian Church
Annie MacKay
Turner's Chapel Christian Church, Ed Wicker
Bible Class
"Anonymous"
Richard & Evelyn Watson
Addiction Professionals of NC
Martha Quick
Mrs. Louise Burkey
Monday Night Bridge Club
First Presbyterian Church, Circle 6
First Baptist Church, Friendship Class
Ruby Scoggins*

Designated to Angel Tree:

*Hester Russell
Charlene Malloy
Brenda Ingram
Mary & Avron Upchurch
Zena Hess
Rhonda Kelly
Crystal Fish
MADD (Make A Difference Day) 2006
Dr. & Mrs. Robert Cline
Lewis & Lois Yow
Rose Lyttle
Jonesboro Heights Baptist Church,
The Lifesource Class*

In Memory of:

*Jean Miller
Given by: Dr. & Mrs. Don Roscoe
& Neal Hobart Family
Marjorie Cox*

*Given by: Neal Hobart Family
Robert R. Bock
Given by: Mrs. Kathryn Bock*

In Honor of:

*Mr. & Mrs. Buddy Keller
Given by: Blannie Harrington
Church Missionary
Given by: Tempting Congregational Church
Every gift is appreciated. We apologize for
anyone we may have missed.*



Singing Praises of Joy, Hope and Love...A Special "Thank You" to the many Angels in our Community... The Angel Tree has become an exciting part of the Enrichment Center. Every year we decorate a tree using Angels to identify people in our community that could use something a little extra during the holiday season. This year we had over 165 Angels hanging on our tree. All were adopted and we also received numerous financial contributions to assist in meeting the many needs of our angels. We are overwhelmed by the response received from the *Angels of our Community* who have helped make this holiday season a little brighter for the Angels on our tree. ***On behalf of all gift recipients, the staff of the Enrichment Center would like to say "THANK YOU" for your generosity.*** Also, THANK YOU to all the wonderful "angels" who helped make this project possible.

corner

caregiver



A Caregiver Time-Out

Are you caring for a loved one who is sixty or older? Do YOU need a break? The

Enrichment Center offers an afternoon out every Tuesday, 1:00

p.m.—3:00 p.m. This program promotes socialization and activities for adults with dementia and memory loss. It also creates

time for caregivers to take care of themselves!

Please call Judi Womack, Caregiver Advisor, 776-0501, ext. 230.

Powerful Tools for Caregivers Series

Tuesdays January 9—February 6, 2007

1:00 p.m.—3:00 p.m.

No charge for Lee County Family Caregivers Contributions Accepted

Certificates Awarded Upon Completion

Caregiving today includes learning the skills necessary to provide care, accepting the fact that you can't do it alone, being aware of the need to take care of yourself while you are a caregiver.

In this series you will learn to: reduce stress; improve self-confidence; better communicate your feelings; balance your life; increase your ability to make tough decisions. If you are caring for a loved one and would like to take this class, you may bring your care recipient to our Caregiver Time Out every Tuesday, 1:00—3:00 p.m. Transportation is available by request, call Judi at 776-0501, ext. 230. This program is made possible by the **National Family Caregiver Grant**.

Celebrating Life Cancer Support Group—Commitment to Provide Information and Support to Anyone Who Has Been Touched by Cancer.

Facilitator **Lori Baker** invites you Tuesday, January 9, 7:00 p.m., with **Christie C. Yerby, ND**, Director of Health Education. Registration is not necessary.

Alzheimer's & Caregiver's Support Group—Special Announcement! The groups will meet the 2nd and 4th Tuesday of each month at 1:00 p.m. in order for the care recipient to participate in Caregiver Time-Out.

Facilitator **Pam Schonder** invites you to attend Tuesday, January 9, 1:00 p.m. The group is open to the general public. It provides a forum for families and friends of individuals with dementia, Alzheimer's, strokes and other related conditions. Registration is not necessary.

Volunteer in Lee County

People Need People.

Make a difference in Lee County by joining our team!

The Enrichment Center is in need of a Bridge instructor. If you are interested in teaching small groups how to play Bridge, call **Debbie Williams**, 776-0501, ext. 203.

A HUGE Thank You to everyone who spent their precious time and used their talents to create lap afghans that were distributed along with the Angel Tree gifts during the Christmas holidays.

Thank you also to everyone who donated supplies. We could not have done this without you.

THANK YOU!

Janice Holmes, Volunteer Services Coordinator

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.

Parkinson's Support Group, Wednesday, January 17, 10:30 a.m. **Robert Kennedy** will share his brain surgery experience. Facilitator **Bob Brickhouse** invites you to attend this educational group for people with Parkinson's, family members, caregivers and friends of people with Parkinson's. Registration is not necessary.

Grancare, Thursday, January 25, 5:30 p.m. Has your home become the place where parenting for the second time is your responsibility? Have you had to assume the role as a parent? If so, Facilitator **Ilona Brown** invites you to Grancare! Come and enjoy a combination of sharing experiences, educational presentations and informal exchange. Tutoring, childcare and a light meal will be provided, if reservations are made in advance. Call 776-0501, ext. 201.

Living with Vision Loss Support Group—Wednesday, January 10, 1:00 p.m. with facilitator **Ken Price**. For those with vision impairments (including Macular Degeneration) and their loved ones. Registration is not necessary.

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.

Diners  **You are invited to the Diners Club!** A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better. Call 776-0501, ext. 201 for information and to register. **Special 11:00 a.m.**

C Programs for January include:

l 5th—January Birthdays!

u 10th—Getting Healthy—Staying Healthy

b 12th—BINGO

17th—Games

19th—BINGO

24th—Movie & Popcorn

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.

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

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.

Calling all Card Players—Wednesday, January 24, 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.

Community Happenings...

The Lee County Chapter of the North Carolina Symphony is pleased to announce that the Symphony will present its annual concert of 'Classical Favorites' on Sunday, February 18, 2007, at the Dennis A. Wicker Civic Center, 3:00 p.m. Advance tickets are available at The Enrichment Center and The Temple Theatre Box Office for adults (\$20), seniors (\$18) and students (\$10). Tickets may be purchased at the door for \$3 more. Credit card purchases may be made by calling the NC Symphony Box Office at 1-877-627-6724 Monday—Saturday, 10:00 a.m.—6:00 p.m.

**The Enrichment Center will be CLOSED:
Monday, January 1, and Monday, January 15, 2007.**



The Enrichment Center
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Non-Profit Org.
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