

# Senior Center

**Card & game groups listed are open to all adults.  
Drop in and join us for BRAIN FITNESS!**

*Brain fitness is our brain's ability to strengthen and promote connections in the brain to maintain important brain functions.*

*Brain fitness activities contribute to improved mental and physical health.*

### **4th Wednesday Cards**

2:00 p.m. - 5:00 p.m. Bring cards and friends and play the game of your choice.

### **Hand N Foot - A Form of Canasta**

Facilitator: Carolyn Arnold, Mondays, 12:30 p.m. - 4:00 p.m.

### **Canasta**

Instructor/Facilitator: Carolyn Arnold, Fridays, 12:30 p.m. - 4:00 p.m.

### **Mexican Train Dominos**

Instructor/Facilitator: Norm Findley, 2nd & 4th Tuesday  
12:30 p.m. - 4:00 p.m.

### **Scrabble**

1st Thursday, 12:30 p.m.

### **4th Friday Bridge**

Facilitator: Ann Griffin, 10:00 a.m. - 1:00 p.m.

### **Shanghai Rummy**

1st Wednesday, 2:00 p.m. - 5 p.m.

### **Card & Game Party**

Held twice a year. Check the Center Post Newsletter for details!



The Enrichment Center  
NC Certified Senior Center of Excellence  
1615 S. Third Street, Sanford, NC 27330  
919-776-0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)  
[enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)