

Getting to Know The Enrichment Center

Hosted by the Lee County Library

2nd Monday Each Month

9 AM until 11 AM

Lee County Main Library

107 Hawkins Avenue, Sanford

919-718-4665

The Enrichment Center houses Senior Services, Veteran Services, Volunteer Services and Senior Games/Silver Arts of Lee County. COLTS—County of Lee Transit system operates under the direction of Senior Services. The majority of programs and services are open to all Lee County adults. Join us at the Main Library and we will get to know one another!

Services

- Diners Club Lunch
- Home Delivered Meals
- Information & Referral/Options Counseling
- Family Caregiver Support
- Medicare Counseling
- Transportation

Programs

- Computer/Facebook
 - Volunteer Opportunities
 - Card Parties
- Healthcare Power of Attorney/Notary

Wellness

- Fitness Room & Walking Trail
- Low Impact Aerobics & Yoga
- Evidenced-Based Wellness Classes: Diabetes, Tai Chi, Fall Prevention

