

CARTERET COUNTY DEPARTMENT OF HUMAN SERVICES

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For Immediate Release

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Carteret County COVID-19 Leon Mann Jr Senior Enrichment Center Virtual Outreach Press Release #26

Beaufort, NC – The Leon Mann Jr. Enrichment Center is engaging Carteret County seniors through virtual classes and activities. “It is important to encourage older adults to stay active and continue to improve quality of life, even during challenging times,” said Lakeisha Williams, Leon Mann Jr. Enrichment Center Director.

The following opportunities will begin on Monday March 30, 2020 and will include:

- Virtual Tours of National Museums, Zoos and National Historic Sites
- Telephone Bingo
- Bible Study
- Music: Sing-alongs and Music with Mara
- Senior Happy Hour
- Good Times Café: While eating lunch from home, chat with the Director and have some light-hearted fun
- Fitness Classes: Tai Chi and Arthritis Foundation Exercise Program

Through its Senior Outreach Initiative, Aging Services utilizes several outlets such as Facebook, Zoom, and FreeConferenceCall.com to engage senior center members and older adults throughout Carteret County.

A weekly calendar is available on the Leon Mann Jr. Enrichment Center website at <https://www.carteretcountync.gov/168/Aging-Services>. On this website, click the link to the Activity Calendar for instructions on how to join in the activities. Seniors can also call 252-247-2626 to inquire about Bingo Cards, accessibility and/or more information about the program.

Also Wi-Fi is available in the parking areas of our County Libraries and you can call them if you need technical assistance in operating the virtual systems.

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