

April 2025

Stay Active.
Stay Healthy.

PEGGY M. SEEGARS SENIOR CENTER

THE BEST PLACE TO BE 60+ IN WAYNE COUNTY
WE MAY HAVE WHAT YOU NEED,
YOU JUST DON'T KNOW IT YET!



YOUR WISER WAYNE BEAT

MISSION STATEMENT

THE MISSION OF THE WAYNE COUNTY SENIOR CENTER IS TO ENHANCE THE LIVES OF OLDER ADULTS THROUGH PROGRAMS, SERVICES, AND ACTIVITIES WHICH ENCOURAGE INDEPENDENCE, INVOLVEMENT, & ADVOCACY WITHIN THE COMMUNITY.

2001 E. Ash Street Goldsboro, NC 27530

Phone: 919-731-1591

Live Your Best Life

THIS
MONTH
AT

PEGGY SEEGARS

PSSC

SENIOR CEN-

Social & Activity Center

FEATURED PROGRAMMING

SENIOR GAMES OPENING CEREMONY

GOSHEN MEDICAL

CONVERSATIONAL SPANISH

ARTIFICIAL INTELLIGENCE

SHRED-A-THON

ORAL HEALTH PRESENTATION

MANAGING PAIN WITHOUT MEDS

WOMENS SHUFFLEBOARD

SILVER ARTS FOLLIES SHOW

APRIL 2025

CLOSINGS

Saturday, April 12

Shred-A-Thon

Friday & Saturday

April 18 & 19

Easter

Wednesday

April 30

3 OLD

HELLO April



UPCOMING SPECIAL EVENTS



THREE OLD DUDES

jam session

Thursday, April 24 / 4:00pm

Sit and Listen / Jump up and Dance

Bring a snack to share with your table of friends.

FREE SHREDDING EVENT

OPEN TO THE PUBLIC

Saturday, April 12

9 :00am-Noon

Senior Center Parking Lot

Bring your confidential documents for shredding. There is a five-bag maximum per vehicle and we will only take paper. No discs, no binders or trash. Staples and paper clips DO NOT need to be removed. Binder clips MUST be removed prior to being brought to the event.

NO plastics, notebooks, books, magazines, or newspapers.

The Senior Center is CLOSED this Saturday for the event.

SENIOR GAMES INFORMATION

Senior Games Opening Ceremony / Tuesday, April 1st / 9:00am

W. A. Foster 1012 S John St. Goldsboro

Women's Shuffleboard / Tuesday, April 22nd / 9:00am

Men's Shuffleboard / Monday, April 28th / 1:00pm

Shuffleboard held at Senior Center

Silver Arts Follies Show / Wednesday, April 23 / 6:00pm

Paramount Theatre Center Street

ALL EVENTS ARE FREE AND OPENTO THE PUBLIC

exciting CLASSES & ACTIVITIES

FREE Smart Device Clinics **Wednesday mornings** **By appointment ONLY**

Do you have a cell phone or laptop that has you stumped? Do you have questions on how to use your device?

Wednesdays @ 8:30am, 9:30am & 10:30am
Call Lisa Weston for an appointment
919-731-1589.

FREE Computer Classes

COMPUTER CLASSES with Paula Reich
Registration Required—Call 919-731-1589
Computer Basics— Class begins on Monday, April 7th. This is an 8 week course on Monday's from 10:30 to noon.
Intermediate Computer—Class begins on Friday, April 11th. This is a 6 week course on Friday's from 10:30 to noon.
You must have basic computer knowledge to enroll in Intermediate Computer.

HIKING GROUP

Wednesday, April 16th at 11:00am,
Barbara Sadler and Mark Debruine
will walk/hike at Cliffs of the Neuse
State Park. Everyone will meet in
the Welcome Center Parking Lot.
Once you enter the Park, follow the
signs to the Welcome Center.

CARDS & DROP IN

PINOCHLE:

Wednesday / 12:30-4:30pm

Friday / 1:30-4:30pm

RECREATIONAL CARDS:

Wednesday/ 1:00-4:30PM

**BILLIARDS / CHECKERS &
BOARD GAMES**

CAREGIVER CLASS: Topic– Dementia Physical Approach **Monday, April 28, 2025—5:30pm / OPEN TO THE PUBLIC**

Therapeutic Alternatives Mental Health Specialty Team is offering an education series designed to provide information for individuals providing care and support for a friend or family member or have an interest in the geriatric population. The program's goal is to strengthen your skills and resilience and bolster the ability to nurture and support those for whom you care. A one-hour continuing education certificate will be available for each participant. Class may be attended in-person or on Zoom. **There is no charge or age requirement for this class. Professionals, unpaid caregivers and family members are all welcome.** To set up a ZOOM link call 919-731-1589 at least one day prior to the class.

WHAT'S GOING ON

CONVERSATIONAL SPANISH

Basic conversational Spanish is a useful skill for everyone. Nita Smith will teach greetings, common phrases and phrase connectors and fillers.

This is a 4 week course, beginning, Friday, April 4 and then April 11 & 25 and May 2nd. Class runs from 10am to 10:45am.

Registration is required

Call 919-731-1589

AI for Everyday Life Artificial Intelligence

Wednesday, April 9 / 10:30am

This presentation will explore the basics of AI and what it is. John Love with Wayne County IT will show some examples and explain how AI impacts our daily lives.

GOSHEN MEDICAL CENTER'S MOBILE MEDICAL UNITS

Tuesday, April 8 / 10:30am

Michael Owens, with Goshen Medical will address barriers seniors may have to medical care. Goshen's Medical Units provide affordable, high-quality healthcare to families and individuals who may not have regular access to care.

With on-site healthcare medical units, they can bring convenient, high-quality medical care directly to you.

Please join us for this presentation to determine if this could be a fit for our members.

ZOOM link is available, call 919-731-1589 at least one day prior to presentation.

ORAL HEALTH FOR SENIORS

Tuesday, April 15 / 10:45am

Join Diane DeBruine, Registered Dental Hygienist as she presents on how important it is to take care of you teeth and gums, especially if you have a health condition like diabetes or heart disease or if your taking medications that can cause oral health problems.

MANAGING PAIN WITHOUT MEDICATION

Wednesday, April 16 / 10:30am

Brianna McGraw, RN with Cherry Hospital will speak on this essential topic. Her presentation will highlight alternative ways to focus your concentration to better manage and reduce pain.

	PEGGY SEEGARS SENIOR CENTER	APRIL	2025
Monday	Name of Activity	Location	Instructor / Leader
9:00am-10:00am	Tone & Tighten Exercise	Multipurpose Room	Lisa Weston/Eugene K.
10:30am-11:15am	Bible Study	Meal Site	Various Instructors
11:30am-12:30pm	Lunch	Meal Site	Wages
2:00pm-4:00pm	Craft Class	Arts & Craft Room	Freda Owen
5:30pm	Caregiver Class: April 28-ONLY	Arts & Craft Room	Allison Garzo
Tuesday			
9:30am-10:30am	Arthritis Exercise:NO class April 22	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am	Billiards Challenge	Billiard Room	
10:30am- Noon	<i>Get Crafty: April 1 & 15</i>	Arts & Crafts	Vivian & Tonya
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-2:00pm	Choir	Multipurpose Room	Lorraine Gist/AlanArmstrong
12:30pm-3:30pm	WCC Beginning Sewing \$\$\$	Arts & Craft Room	May 20-July15, 2025
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	
2:00pm-4:00pm	Drama Club	Meal Site	
Wednesday			
8:30am-10:30am	<i>Smart Device Clinics</i>	Conference Room	Kevin Grundmeier
9:00am-10:00am	Group Exercise	Multipurpose Room	Lisa Weston/Eugene K.
10:00am-11:15am	Devotional Study	Arts & Craft Room	Willie Justice
11:30am-12:30pm	Lunch	Meal Site	Wages
11:45am	Senior Center Birthday: April 30, 2025	Meal Site	
12:30pm-2:30pm	Painting Group	Arts & Craft Room	
12:30pm-4:30pm	Pinochle:cancel April 30	Multipurpose Room	Don Ebron
1:00pm-4:30pm	Recreational Cards: cancel April 30	Meal Site	
1:00pm-3:00pm	Womens Billiards:cancel April 30	Billiard Room	
Thursday			
9:00am-10:00am	Arthritis Exercise	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am-12:00pm	Scrapbooking Class: April 10 ONLY	Arts & Crafts	
10:00am-11:15am	Bingo	Meal Site	
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-2:00pm	Jewelry/In-Liners	Meal Site	
1:00pm-2:00pm	Intermediate Line Dance: cancel April 17	Meal Site	L. Weston
12:30pm-2:30pm	Create & Donate: April 17 ONLY	Arts & Crafts	Donna Moerie
4:00pm	Learn Fitness Equipment	Fitness Room	A. Strickland/ E. Wiggs
Friday			
9:00am-9:45am	Cardio Exercise	Multipurpose Room	Lisa Weston
10:00am-10:45am	Chair Exercise	Multipurpose Room	Louise Hinnant
11:30am-12:30pm	Lunch	Meal Site	Wages
11:00am-12:00pm	Ballet	Multipurpose Room	Maureen Prys
12:00pm-1:00pm	Tap	Multipurpose Room	Maureen Prys
1:30pm-4:30pm	Pinochle	Multipurpose Room	Don Ebron
Saturday			
9:30am	Learn Fitness Equipment:cancel April 30	Fitness Room	A. Strickland/ E. Wiggs
10:00am-11:00am	Beginner Line Dance:cancel April 30	Meal Site	Frances Ward
SPECIAL MONTHLY EVENTS & PRESENTATIONS			
10:00-10:45am	<i>Conversational Spanish</i>	<i>Arts & Crafts</i>	<i>April 4, 11,25 & May 2</i>
10:30am-Noon	<i>Computer Basics</i>	<i>Computer Lab</i>	<i>April 7-June 2, 2025</i>
10:30am	Goshen Medical Center	Meal Site	Tuesday, April 8, 2025
10:30am	AI-Artificial Intelligence	Meal Site	Wednesday, April 9, 2025
10:30am-Noon	<i>Intermediate Computer</i>	<i>Computer Lab</i>	<i>April 11-May 23</i>
9:00am-Noon	Shred-A-Thon (Center is CLOSED)	Parking Lot	Saturday, April 12, 2025
10:45am	Oral Health for Seniors	Meal Site	Tuesday, April 15, 2025
10:30am	Managing Pain without Medication	Meal Site	Wednesday, April 16, 2025
9:00am-Noon	Senior Games Womens Shuffleboard	Meal Site	Tuesday, April 22, 2025
6:00pm	Senior Games Silver Arts Follies Show	Paramount	Wednesday, April 23, 2025
4:00pm	3 OLD DUDES	Meal Site	Thursday, April 24, 2025
1:00-5:00pm	Senior Games Mens Shuffleboard	Meal Site	Monday, April 28, 2025
<i>Some regular DROP-IN activities include Billiards, Checkers,Computer Lab, Fitness Room, Puzzles and Word Search,Games and More!</i>			
<i>Italics=registration required</i>		\$\$\$=fee	

exciting **ARTS & CRAFT CLASSES**

CREATE & DONATE

Card Making Class / Thursday, April 17/ 12:30-2:30pm

We would love for you to join us to make and donate handmade cards to people who are homebound or in the hospital. Cards will be made entirely by hand with kind and uplifting messages and drawings. Donna Moerie will instruct you on how to make the cards. Please bring scissors!



GET Crafty:

Make time to make stuff
April 1 & 15, 2025
10:30am—noon

Crafting is fun, relaxing and inspiring. Vivian and Tonya will be here to help start you on your new creation. They will guide you when you get stuck and help you embrace your creative side.

Call 919-731-1589 to enroll.

Space is limited and registration for this class is required.

JEWELRY CRAFTERS

Thursday

12:30pm—2:00pm

Our Jewelry group designs, develops and creates beautiful pieces of art to be worn. If you are interested in making jewelry, sit with this group to find out what works well, when designing and creating jewelry from people who know best.



HANDMADE HAVEN CRAFT CLASS

Monday-Arts & Crafts

2:00pm —4:00pm

Unleash your creativity! Freda Owen offers mixed media craft classes. Inspiring classes with techniques to grow your skills and nurture your creative spirit. Freda has samples of your project and ideas to share.

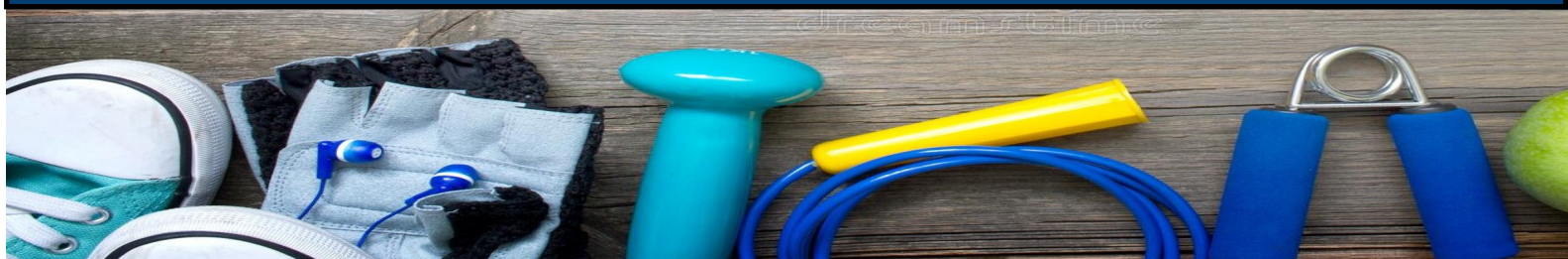
Scrapbooking Class / April 10 / 10:00am-Noon

Creating a scrapbook is a great way to preserve your special memories. This class will have a leader to help guide you on your scrapbooking journey.

Supplies are NOT provided. What to bring:

Glue, Tape, Scissors, and photos you may want to work with or magazines to cut, a Scrapbook and Stickers.

STAY ACTIVE



ARTHRITIS CLASSES

ARTHRITIS EXERCISE

ZOOM offered

Tuesdays / 9:30am-10:30am

Thursdays / 9:00am-10:00am

This class moves the body through range of motion exercises for the joints, light hand weights for muscle tone and easy stretches for flexibility.

DANCE CLASSES

Thursday: Intermediate Line Dance
1:00pm with Lisa

Friday : Ballet / 11:00am with Maureen

Friday: Tap/ 12 noon with Maureen

Saturday: Beginner Line Dance /
10:00am with Frances

EXERCISE CLASSES

TONE & TIGHTEN

Mondays / 9:00am-10:00am

A challenging cardio and toning workout with equipment for all levels.

GROUP EXERCISE-ZOOM offered

Wednesdays / 9:00am-10:00am

This workout incorporates cardio and strength training with a deep focus on the core and emphasizes moves that will tone, stretch and elongate muscles.

CARDIO EXERCISE

Fridays / 9:00am-9:45am

This class focuses on elevating the heart rate while toning the body.

CHAIR EXERCISE

Fridays / 10:00am-10:45am

Warm up with 10 minutes of gentle range of motion exercises. The next 30 minutes of strength, cardio and balance exercises are done standing near the chair. A gentle stretch finishes the class.

ZOOM LINK

Preregistration is required to Zoom. Please call Lisa Weston (919-731-1589) the day prior to the class you wish to Zoom. An email address is required.

FITNESS ROOM ORIENTATION

To correctly use the Fitness Room equipment, we suggest an orientation. Proper set-up and use of the fitness equipment helps to ensure a safe and effective fitness program. Sessions are on Thursdays at 4:00pm or Saturday at 9:30am.

SENIOR SERVICES

The Peggy Seegars Senior Center offers seniors and their caregivers information and resources on all aspects of aging, and will connect you with the right senior focused programs, services



GIFT SHOP

**Visit the
FRIENDS OF THE SENIOR CENTER
GIFT SHOP**

Proceeds Benefit the Senior Center

Shop: Monday—Friday

10:00am-2:00pm

Purchase items donated with love

Gift Shop donations are always accepted.
Please, no clothing or books.

INFORMATION & OPTIONS

Advocacy for Seniors
In Home/Hospice Services
Disaster Preparedness
Durable Medical Equipment
Employment & Training Resources
Energy Assistance
Food & Nutrition Programs
Senior Games
Social Security Benefits
Suspected Abuse/Neglect
Tax Preparation
Veterans Benefits
General/Medical Transportation
Housing Assistance
Health Promotion/Screenings
Friendly Caller Program
Reverse Mortgage
Medicare/Medicaid
Home Repair & Modifications
Assistive Devices
Medicare D & Senior's Health
Insurance Information Counseling
Legal Services
Mental Health
LTC/Rehab
Respite

Natasha Artis

919-731-1608

AROUND THE CENTER

VOLUNTEER

We are looking for a volunteer to lead a Beginner Line Dance class on Monday's from 1:00 to 2:00pm. If interested please call:

MEMBERSHIP & INFORMATION

The Senior Center is for Wayne County residents aged 60 and older. You must be a member of the Senior Center to participate in activities and events unless otherwise noted.

New member sign ups are by appointment only. If you would like to become a member of the senior center please call Hermanita Harris at 919-705-

Our SUGGESTION BOX is located in the lobby. Please feel free to write down your concerns, ideas and suggestions. If you would like a response to your idea, please leave your name and contact information, thanks!

KIOSK SIGN IN REQUIRED

When entering the building, please sign in at the kiosks with your keycard and touch the activities you are participating in for the day. These statistics are

RESPITE

DAY RESPITE PROGRAM

The Peggy Seegars Day Respite Program is designed to help senior citizens of Wayne County and their families who are coping with Alzheimer's disease and other memory loss conditions. For information on Respite please call Holly Jones at 919-705-1928. **VOLUNTEERS NEEDED!**

MEDICARE ASSISTANCE

Our Volunteer Counselors are here to help with your Medicare questions!
Appointments are NOT scheduled during Open Enrollment.
To make an appointment call:

919-731-1608



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Around the Center

SUPPORT groups

VIOLA TITUS FRIENDSHIP GROUP

**4th Thursday of the month
1:00pm-2:30pm**

A speaker is scheduled for each meeting on topics of interest to the group. Transportation is arranged with GWTA for clients living in Wayne County. For more information contact Mary Jones at 919-731-1102.

BRAIN INJURY SUPPORT 2nd Saturday of each month 10:00am-11:45am Cancelled in April

Provides information and resources, socialization, support, and speakers for those with brain injury, their families and friends. For additional information, contact Pier Protz at 919-394-1091.

DEAF & HARD OF HEARING SUPPORT GROUP

April 24, 2025 / 2-3:30 pm

Are you or a loved one hearing impaired? Simply meeting up with others going through a similar struggle can be invaluable. The Peggy Seegars Senior Center will host the Deaf and Hard of Hearing Support Group, led by Jennifer Cabe.

BIBLE STUDY

BIBLE STUDY

Mondays-10:30am-11:15am

Various Leaders

BIBLE STUDY

w/ Willie Justice

Wednesdays-10:00am-11:15am



SENIOR CENTER INFORMATION

CENTER HOURS

Monday / Tuesday / Thursday

7:30am-7:00pm

Wednesday / Friday

7:30am-5:00pm

Saturday / 8:30am-12 noon

Peggy Seegars Senior Center
Wayne County Services on Aging
2001 E. Ash Street,
Goldsboro, NC 27530
Phone:(919) 731-1591
www.waynegov.com