

Understanding & Managing Congestive Heart Failure

On March 2nd at 10:30am, Penny Mattern, RN from Gentiva Home Health will be presenting "Understanding and Managing Congestive Heart Failure" at the Peggy Seegars Senior Center. For more information, contact Paula Edwards at 919-705-1785.

In-Liners - Adult Coloring

The latest artistic craze is coloring books for adults. Adult coloring books have more intricate designs and patterns than those designed for children. They offer a fun and unique way to unwind and express creativity. Coloring clubs are sprouting up all over the United States as a way for adults to relax and who could use a creative outlet. Are you curious about this new trend? Join us for stress free and relaxing coloring sessions every Monday at 10:00am at the Peggy Seegars Senior Center! Drop in to do some coloring with provided sheets and coloring materials or bring your own materials to work with. For more information contact Paula Edwards at 919-705-1785.

Better Choices

On March 30th at 10:30am Michelle Estrada from Wayne County Center/NC Cooperative Extension will present a new program, Better Choices at the Peggy Seegars Senior Center. Better Choices is a free nutrition education program that targets older adults. The curriculum addresses many diet-related topics such as sodium and hypertension, dietary fat, increasing fruit and vegetable consumption, and food resource management. The benefits of this program are: the participant will be able to sample new healthy foods as well as assist with preparation, receive a cookbook, water bottle and spice jar for the participant to keep, the participant will learn and share strategies for healthy living and saving money. This program consists of eight (8) engaging and interactive sessions approximately 60 minutes. For more information, contact Paula Edwards at (919) 705-1785 or Michelle Estrada of NC Cooperative Extension at (919) 731-1518

Alzheimer & Dementia Educational Enlightenment

The Alzheimer & Dementia Educational Enlightenment invites caregivers, spouses, family members and those of the community to attend on March 3rd, March 17th and March 31st at the Peggy Seegars Senior Center. It will begin at 5:30 pm with refreshments. The goal is to educate the community about Alzheimer's Disease & Dementia. During this meeting, participants will be given helpful tips and information and will have the opportunity to meet others that may be facing similar challenges when dealing with an Alzheimer or Dementia diagnosed person. Tracy Smith, Executive Director of Country Side Villa will be the instructor. For more information please contact Paula Edwards at 919-705-1785.

Caregiver Classes

Eastpointe Geriatric Adult Mental Health Specialty Team is offering caregiver classes at the Peggy M. Seegars Senior Center. These classes are held on the 4th Monday of each month from 5:30pm until 6:30pm. These hour long classes are geared for those who are caring for or have interest in the geriatric population. One hour of continuing education will be given for each participant at the end of the class. March's class will be held on March 28 at 5:30 PM. March's topic will be **Effective Communication with People with Dementia**. There is no charge or age requirement for this class. For more information, contact Paula Edwards at 919-705-1785.

AARP Safe Driver Program

On Saturday, April 9 at 10:00 am the Peggy Seegars Senior Center is hosting an AARP Safe Driver Program. This program is aimed for drivers aged 50 and up. Drivers will learn defensive driving techniques, proven safety strategies, and new traffic laws. You will not have to pass a test! You simply sign up and learn. Please bring your own lunch or snacks. The cost is \$15 for AARP members and \$20 for non-members. To register, contact Paula Edwards at 919-705-1785.

Deaf and Hard of Hearing Support Group

Presenter for March 19 at 11:00 am is Hannah Dorothy from ECU. She is presenting about Speech Reading. The presenter will discuss the act of using visual cues such as speaker's lips, facial, and body expressions to understand context and speech more clearly. There will, also, be hands on activities to aid in learning the skills. This is open to the public. For more information contact Paula Edwards at 919-705-1785.

Wayne County Financial Audit

The Financial Audit for Wayne County fiscal year ending June 2014 is now available online at www.waynegov.com under the link for the Finance Department. . If you need help accessing the report, contact Paula Edwards @ 919-705-1785.

Wayne County Senior Tours presents in 2016 the San Antonio Holiday

In November 2016, Wayne County Senior Tours will be traveling to San Antonio, Texas for the San Antonio Holiday. The trip will feature four nights in San Antonio, Texas. The city's old-Spanish flavor, multi-cultural heritage, numerous parks and plazas, and the Riverwalk make it one of America's more intriguing cities. During your stay, you will tour San Antonio City, the San Jose Mission, El Mercado Marketplace, Alamo, Hill Country, the Lyndon B. Johnson Ranch, the German settlement of Fredericksburg and experience the Fiesta de las Luminarias. The fiesta de las Luminarias features thousands of candles illuminating the Riverwalk. Also on the tour you will enjoy a leisurely Riverwalk Cruise. Come and go with us on November 30th through December 4, 2016. The cost of the trip is \$1699.00 per person for double occupancy. For more information or to register contact Hermanita Harris at 919-705-1784.

Tax Return Preparation for Seniors – Appointment Needed

AARP tax volunteers will be at the Veteran's Building at 2001 D East Ash Street (next door to the Peggy M. Seegars Senior Center) in Goldsboro on Tuesdays and Thursdays from 9:00 am until 2:00 pm starting February 2, 2016 and ending on April 14, 2016. Taxes will be done **BY APPOINTMENT ONLY**. You will need to bring your tax documents (W2's, Form 1099s, etc.). Bring proof of donations, vehicle taxes, home taxes, mortgage interest and out of pocket medical expenses. Each tax payer must bring their original Social Security Card (no copies) for all persons claimed on the return and photo ID. Military ID cannot be used to verify Social Security. To schedule an appointment, contact Angela Garner at (919) 731-1586.

Women's Billiards Lessons

To all the senior ladies, Howard Bass will be giving free Billiard lessons on Wednesdays from 1:00 to 3:00 beginning March 2nd at the Peggy Seegars Senior Center. There must be a minimum of four players to have the lessons. For more information, contact Paula Edwards at 919-705-1785.

Wayne County Services on Aging & Peggy M. Seegars Senior Center

HOURS OF OPERATION

ADDRESS

Monday 7:30 AM to 8:30 PM
Tuesday 7:30 AM to 8:30 PM
Wednesday 7:30 AM to 6:00 PM
Thursday 7:30 AM to 8:30 PM
Friday 7:30 AM to 8:30 PM
Saturday 10:00 AM to 2:30 PM

2001 E. Ash Street
Goldsboro NC 27530
Phone: (919) 731-1591
Fax: (919) 580-4024
www.waynegov.com

For closing information go to www.waynegov.com or 919-731-1150



Senior Center closed March 25 and March 26 for Easter.

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.

Did you know that our Senior Center Volunteers gave over **961** hours of service at the Senior Center in February? Our Volunteers have saved the County over **\$12,565.00** for the month of February. Many thanks to you all.

- ◆ We Thank Louis and Ed Faison and the Ash Street Food Lion for our Donated Cakes for the monthly Birthday Parties.
- ◆ We Thank all the Vendors that participated in our Senior Games Health Fair

Senior Games Health Fair

The Annual Senior Games Health Fair will be held at the Peggy M Seegars Senior Center on **Friday, March 4th from 10:30 to 1:00**. This is the kick off event for Senior Games so registration forms will be available. Free health screenings in such areas as skin cancer screening, hearing, depression, arthritis screening, fall risk assessment and more will be offered. You will be able to drop off your expired medication and talk to a tech from Walgreens about your medication. Also there will be vendors with information on health related services for seniors, free lunch and a raffle. Don't miss this event! For more information, call Paula Edwards at 705-1785.

Senior Dance

Come join Goldsboro Family Y, Goldsboro Parks and Recreation and Wayne County Services on Aging at the Peggy M Seegars Senior Center on Friday, March 18th at 7:00 PM for our Dance for Seniors. DJ Wildheart will play all your favorites. Refreshments will be served. This dance is free and open to anyone aged 50 and older. The theme is St. Patrick's, so wear your green! For more information contact Stasia Fields at 919-739-7486 or Paula Edwards at 705-1785.

Volunteer of the Quarter

Don Ebron has been voted as Volunteer of the Quarter. Mr. Don is originally from Pitt County. He graduated from A&T College in Greensboro, NC with a BS in Economics. He worked many years in the Insurance field as a manager and an investigator. In 1982 after living in various states, he transferred back to North Carolina to be close to his ailing parents. Mr. Don also worked 17 years for the state of North Carolina in various capacities such as in Child Support, Correctional Officer and with O'berry until his retirement. He also worked privately for six years with individuals suffering from Traumatic Brain Injury as a therapist. It was a very rewarding experience for him. Mr. Don has one daughter that is an Assistant Principal in South Carolina. In his spare time, he enjoys growing vegetables in his garden pots and making wine. Mr. Don began volunteering in 2012 by starting the Pinnacle group at the Senior Center. He had been playing Pinnacle with a group in homes and on base for many years before starting it at the senior center. The players state that "he is loyal and helps others to adapt also. He teaches patrons how to play cards and has so much patience." Another said that "Don is the Welcome Wagon for Peggy Seegars Senior Center." Not only does Mr. Don volunteer at the center but he is a faithful and an active member of Best Grove Missionary Baptist Church where he teaches Sunday School and serves as Deacon. He also sung in the choir until his accident in 2010. Mr. Don believes in maintaining a positive attitude and to look at things as the "glass half full" perspective. He stated that he "does not want to cause any person to be unhappy." Instead Mr. Don would rather bring joy to those that he comes in contact with on a daily basis.

Wayne County Services on Aging offers Information and Options Counseling for Seniors on the following Topics:

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| Advocacy for Seniors | Senior Games | Health Promotion |
| In Home/Hospice Services | Social Security Benefits | Friendly Caller Program |
| Disaster Preparedness | Suspected Abuse/Neglect | Health Screenings |
| Durable Medical Equipment | Tax Preparation | Home Repair & Modifications |
| Employment & Training Resources | Veterans Benefits | Assistive Devices |
| Energy Assistance | Housing Assistance | Insurance Counseling |
| Food & Nutrition Programs | Medicare/ Medicaid | Legal Services |
| | Contact Lisa Barker @ 919-731-1608 | Mental Health |

The Peggy M. Seegars Senior Center

MARCH 2016

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
<p>Movie Line Up</p> <p>Friday, March 4th - Madea's Class Reunion— Tyler Perry's Alter ego—Madea, is traveling to the Pandora Hotel, the venue for her 50– year class reunion. Running a foul of the law, Medea still manages to teach valuable lessons amidst the comedy and chaos, addressing the importance of forgiveness and the value of friendship.</p>	<p>1. Blood Pressure Checks 12:00pm—1:00pm</p> <p>Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Trivia 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing with Stasia Fields from Goldsboro Parks & Rec Cancelled</p>	<p>2. Understanding & Managing Congestive Heart Failure 10:30am</p> <p>Arthritis Exercise 10:15 am Devotional Study 10:30 am</p> <p>Tutor for Computers (in Computer Lab) 10:00-11:30</p> <p>Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge Cancelled</p>	<p>3. Public Housing Advice 10:00am—12 :00 pm</p> <p>Painting Group 8:30 am Origami Class 9:45 am BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Alzheimer & Dementia Education Enlightenment 5:30 pm Senior Functional Fitness Testing 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>4. Senior Games Health Fair & Open House 10:30am—1:00pm</p> <p>Bag lunch will be provided to all</p> <p>Dance Party 6:00—8:00pm</p> <p>Divine Healing 9:30am—10:30am</p> <p>Movie Matinee—Madea's Class Reunion 2:00 pm</p> <p>Facebook Clinic 3:00 pm Widows Support Group 5:00 pm</p>	<p>6.</p> <p>Billiards Challenge 11:00 am Golden Groves 10:30 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm</p>
<p>7. Choir Practice 9:45am In-liners– Adult Coloring 10:00am Bible Study 10.30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Craft Class 2:00 pm Core & More Exercise 6:15 pm BINGO 6:00 pm Learn Exercise Equipment 7:00 pm</p>	<p>8.</p> <p>Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Trivia 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing with Stasia Fields from Goldsboro Parks & Rec 6:00 pm</p>	<p>9.</p> <p>Arthritis Exercise 10:15 am Devotional Study 10:30 am</p> <p>Tutor for Computers (in Computer Lab) 10:00-11:30</p> <p>Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge 2:00pm —4:00pm</p>	<p>10.</p> <p>Painting Group 8:30 am BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Senior Functional Fitness Testing 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>11. Divine Healing 9:30am—10:30am</p> <p>Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am</p> <p>Movie Matinee — Fool's Gold 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p>	<p>12. Brain Injury Support Group 10:00am</p> <p>Billiards Challenge 11:00 am Golden Groves 10:30 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm</p>
<p>14. Social Security Office Hours 10:00am – 1:00pm</p> <p>Choir Practice 9:45 am In-liners– Adult Coloring 10:00am Bible Study 10.30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class 2:00 pm Core & More Exercise 6:15 pm BINGO 6:00 pm Learn Exercise Equipment 7:00 pm</p>	<p>15. Blood Pressure Checks 12:00pm—1:00pm</p> <p>Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards 10:00 am Trivia 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing with Stasia Fields from Goldsboro Parks & Rec 6:00 pm</p>	<p>16.</p> <p>Arthritis Exercise 10:15 am Devotional Study 10:30 am</p> <p>Tutor for Computers (in Computer Lab) 10:00-11:30</p> <p>Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge 2:00pm —4:00pm</p>	<p>17.</p> <p>Painting Group 8:30 am I Pad & I Phone for Beginners 9:45am I Pad & I Phone for Intermediate 10:45am BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Senior Functional Fitness Testing 5:30 pm Alzheimer & Dementia Education Enlightenment 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>18. St . Patrick's Day Dance 7:00pm—10:00pm</p> <p>Divine Healing 9:30am—10:30</p> <p>Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am</p> <p>Movie Matinee—Rain 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p>	<p>19.</p> <p>Deaf & Heard of Hearing Support Group 11:00am</p> <p>Billiards Challenge 11:00 am Golden Groves 10:30 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm</p>
<p>21.</p> <p>Choir Practice 9:45 am In-liners– Adult Coloring 10:00am Bible Study 10.30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class 2:00 pm Core & More Exercise 6:15 pm BINGO 6:00 pm Learn Exercise Equipment 7:00 pm</p>	<p>22.</p> <p>Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Trivia 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing with Stasia Fields from Goldsboro Parks & Rec 6:00 pm</p>	<p>23.</p> <p>Arthritis Exercise 10:15 am Devotional Study 10:30 am</p> <p>Tutor for Computers (in Computer Lab) 10:00-11:30</p> <p>Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge 2:00pm —4:00pm</p>	<p>24.</p> <p>Painting Group 8:30 am BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Viola Titus 1:00 pm Senior Functional Fitness Testing 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>25. CLOSED</p> <p><i>Good Friday</i></p> <p>26. Happy Easter</p> <p>CLOSED</p>	
<p>28.</p> <p>Choir Practice 9:45 am In-liners– Adult Coloring 10:00am Bible Study 10.30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class 2:00 pm Caregiver Classes 5:30 pm Core & More Exercise 6:15 pm BINGO 6:00 pm Learn Exercise Equipment 7:00 pm</p>	<p>29.</p> <p>Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Open Mic. 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing with Stasia Fields from Goldsboro Parks & Rec 6:00 pm</p>	<p>30. Better Choices Nutrition Program 10:30</p> <p>Arthritis Exercise 10:15 am Devotional Study 10:30 am</p> <p>Tutor for Computers (in Computer Lab) 10:00-11:30</p> <p>Senior Center Birthday Party 11:45 am Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge 2:00pm —4:00pm</p>	<p>31.</p> <p>Painting Group 8:30 am BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Senior Functional Fitness Testing 5:30 pm Alzheimer & Dementia Education Enlightenment 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>Movie Line Up</p> <p>Friday, March 11th — Fools Gold — Matthew McConaughey/ Kate Hudson — A deep-sea treasure hunter and his estranged wife go on an adventure to find a sunken Spanish Ship. Comedy/Action/ Adventure</p> <p>Friday, March 18th - Rain — Renel Naomi Brown/ Irma Hall — determined to find the mother who abandoned her, 14 year old Rain leaves her secluded home after her grandmother dies in this inspiring family drama.</p>	