

**New to Medicare Class**

On Wednesday, April 13 @ 4:00pm. Yvonne McLamb, a SHIP Certified Counselor will offer a New to Medicare Class. Several months before becoming Medicare eligible and/or turning 65 you should begin to learn more about Medicare and how it relates to your circumstances. It is very important for everyone becoming eligible for Medicare to get accurate information about coverage and delivery options, including supplemental health insurance, Medicare health plans and prescription drug coverage. Attention to these issues will help you avoid serious and costly problems later. For more information and to register, contact Lisa Barker at 919-731-1608.

**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.

**Brown Bag Event**

You are invited to attend the Brown Bag Event at the Peggy Seegars Senior Center sponsored by Sam's Club Pharmacists on April 13<sup>th</sup> at 10:30 am until 11:30 am. Bring all your prescription and over-the-counter medications along with any supplements or herbs, and the Pharmacists will review your regimens one-on-one. Their goal is to ensure all your questions are answered and that you are on optimal regimens. This event is free and open to the public. For more information contact Paula Edwards at 919-705-1785.

**Alzheimer & Dementia Educational Enlightenment**

The Alzheimer & Dementia Educational Enlightenment invites caregivers, spouses, family members and those of the community to attend on April 14<sup>th</sup> and April 28<sup>th</sup> 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. . April's class will be held on April 25 at 5:30 PM. April's topic will be **Vascular 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.

**Lost Colony Trip in June**

Wayne County Senior Tours would like to offer a trip to The Lost Colony. Our goal is to get 40 Seniors to travel with us for one overnight stay in Manteo and attend the outdoor drama. If we are able to register 40 people, we are hoping to price the trip at \$225.00 per person, double occupancy. This includes bus fare, one night rooming, one meal and the ticket to The Lost Colony presentation. This would be the first week in June and exact date is TBD. If interested, please contact Hermanita Harris at 919-705-1784 at Peggy Seegars Senior Center.

**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 30<sup>th</sup> 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.

**How to Minister Healing to the Sick**

Malissa Hill is offering a free class at the Senior Center called "How to Minister Healing to the Sick". This class was formally "Building Your Faith to Receive Healing". It is being held on Fridays from 9:30 am until 10:30 am. This program is non- denominational and open to all. For more information contact Malissa Hill at 919-734-1165.

**Women's Billiards Lessons**

To all the senior ladies, Howard Bass will be giving free Billiard lessons on Wednesdays from 1:00pm to 3:00pm 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.

**Need a Notary**

Contact Belle Chandler at the Senior Center for an Appointment (919) 731-1589

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

**HOURS OF OPERATION**

**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**

**ADDRESS**

**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](http://www.waynegov.com) or 919-731-1150**



**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 774 hours of service at the Senior Center in March? Our Volunteers have saved the County over \$7,908.00 for the month of March. Many thanks to you all.

- ◆ We Thank All of our Volunteers, without whom our Senior Center would not be able to run effectively.
- ◆ We Thank Louis and Ed Faison and the Ash Street Food Lion for our Donated Cakes for the monthly Birthday Parties.
- ◆ We Thank everyone who has donated to both our Gift Shop; our Lending Closet, and to the Senior Center.

**Game Night**

Come out and enjoy a night of fun at the Peggy Seegars Senior Center on Game Night! On Friday, April 8th and April 22nd at 6:00 pm, you can enjoy a game of table tennis, corn hole and/or play the Wii. For more information contact Paula Edwards at (919) 705-1785.

**Senior Tar Heel Legislature Update**

On Wednesday, April 20 at 10:30am, Peggy Seegars, Senior Tar Heel Legislative Delegate and Martha Bryan Senior Tar Heel Legislative Alternate for Wayne County will present an update on the latest session of the Senior Tar Heel Legislature. Seniors will be able to learn what recommendations concerning Senior Citizens are being made to our lawmakers. A question and answer period will follow. As part of this program you will have an opportunity to provide feedback to these representatives. This program is free and open to the public. For more information, call Paula Edwards at 705-1785.

**Better Choices**

On Wednesday, April 6th at 12:30pm until 1:30pm 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. It will be held on Wednesdays 12:30pm until 1:30pm beginning on April 6 for eight weeks. For more information, contact Paula Edwards at (919) 705-1785 or Michelle Estrada of NC Cooperative Extension at (919) 731-1518.

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

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

# The Peggy M. Seegars Senior Center

# APRIL 2016

SENIOR CENTER OF EXCELLENCE  
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat				
<u>Movie Line Up</u>		<u>Movie Line Up</u>		<b>1. Divine Healing: How to minister Healing to the Sick</b> <u>9:30am-10:30am</u> Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am <b>Movie Matinee—Mom's Day Away</b> <b>2:00 pm</b> Facebook Clinic 3:00 pm Widows Support Group 5:00 pm	<b>2.</b> Billiards Challenge 11:00 am Golden Groves 10:30 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm				
<b>Friday, April 1<sup>st</sup> - Mom's Day Away— Bonnie Summerville—Laura begins to feel unappreciated in her hectic household. Feeling as though motherhood has halted her own personal and professional aspirations, she goes on a weekend adventure with her friend. Comedy</b> <b>Friday, April 8<sup>th</sup> - The Game— Michael Douglas/ Sean Penn—a successful businessman who is always in control and lives a well ordered life –until an unexpected birthday gift from his brother destroys it all. Van Orton has to win this deadly game or lose control of everything in his life. Drama/ Suspense</b>		<b>Friday, April 15<sup>th</sup> - League of Extraordinary Gentlemen — Sean Connery— a bunch of fictional characters are called together in 1899 to combat a madman who threatens to take over the world. Drama/ Adventure/Suspense</b> <b>Friday, April 22<sup>nd</sup> - Robin Hood — Kevin Costner— New Spin on an old tale of good versus evil. Drama/Comedy/ Adventure</b> <b>Friday, April 29<sup>th</sup> - Meet the Browns— Tyler Perry — A single mom takes her family to Georgia for the funeral of her father — a man she never met. There, her clan is introduced to the crass, fun-loving Brown family. Comedy</b>		<b>8. Divine Healing</b> <u>9:30am-10:30am</u> Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am <b>Movie Matinee — The Game</b> <b>2:00 pm</b> Facebook Clinic 3:00 pm Game Night 6:00 pm	<b>9. Brain Injury Support Group</b> <b>10:00—11:30</b> <b>AARP Safe Driver Class 10:00 –2:00</b> Billiards Challenge 11:00 am Golden Groves 10:30 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm				
<b>4. Choir Practice</b> 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	<b>5. Blood Pressure Checks</b> <b>12:00pm—1:00pm</b> 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	<b>6. Fall Risk</b> <b>10:30</b> Arthritis Exercise 10:15 am Devotional Study 10:30 am <b>Tutor for Computers</b> <b>(in Computer Lab)</b> <b>10:00-11:30</b> Better Choices 12:30pm Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge 2:00pm—4:00pm	<b>7. Public and Low Income Housing Advice</b> <b>10:am—12:00pm</b> Painting Group 8:30 am Origami 9:45 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	<b>11. Social Security Office Hours</b> <b>10:00am – 1:00pm</b> 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	<b>12.</b> 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	<b>13. Brown Bag Event</b> <b>10:30am</b> <b>New to Medicare Class</b> <b>4:00pm</b> Arthritis Exercise 10:15 am Devotional Study 10:30 am <b>Tutor for Computers</b> <b>(in Computer Lab)</b> <b>10:00-11:30</b> Better Choices 12:30pm Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge 2:00pm—4:00pm	<b>14.</b> 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	<b>15. Divine Healing</b> <b>9:30am-10:30</b> Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am <b>Movie Matinee—League of Extraordinary Gentlemen</b> <b>2:00 pm</b> Facebook Clinic 3:00 pm	<b>16.</b> Billiards Challenge 11:00 am Golden Groves 10:30 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
<b>18.</b> 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	<b>19. Blood Pressure Checks</b> <b>12:00pm—1:00pm</b> 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	<b>20. Senior Tar Heel Legislature Update</b> <b>10:30 am</b> Arthritis Exercise 10:15 am Devotional Study 10:30 am <b>Tutor for Computers</b> <b>(in Computer Lab)</b> <b>10:00-11:30</b> Better Choices 12:30pm Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge 2:00pm—4:00pm	<b>21.</b> 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 Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm	<b>22. Divine Healing</b> <b>9:30am-10:30am</b> Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am <b>Movie Matinee — Robin Hood</b> <b>2:00 pm</b> Facebook Clinic 3:00 pm Game Night 6:00 pm	<b>23..</b> Billiards Challenge 11:00 am Golden Groves 10:30 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm				
<b>25.</b> 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	<b>26.</b> 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	<b>27.</b> Arthritis Exercise 10:15 am Devotional Study 10:30 am <b>Tutor for Computers</b> <b>(in Computer Lab)</b> <b>10:00-11:30</b> Better Choices 12:30pm 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	<b>28.</b> 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 Alzheimer & Dementia Education Enlightenment 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm	<b>29.. Divine Healing</b> <b>9:30am-10:30am</b> Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am <b>Movie Matinee — Meet the Browns</b> <b>2:00 pm</b> Facebook Clinic 3:00 pm	<b>30.</b> Billiards Challenge 11:00 am Golden Groves 10:30 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm				