

**Lunch with a Cop**

On Wednesday, May 18<sup>th</sup> at 11:30am, officers from the Goldsboro Police Department will be at the Peggy Seegars Senior Center to have lunch with seniors. This is an opportunity to become familiar with the individuals that work hard to keep us safe. It is also a great opportunity for seniors to ask questions or to voice any concerns to the officers. For more information and to register, please contact Paula Edwards at 919-705-1785.

**DRAMA TEAM**

The Drama Team at the Peggy Seegars Senior Center will present its 7th production, "Hurrah for Laughter" on Tuesday, May 24 at 2PM. This production is a series of seven short comedic skits depicting day-to-day real life situations. Each skit is intended to jog your mind, cause you to reflect and to promote healthy conversations coupled with a whole lot of laughter. Come out and get your *ha, ha* on.

**Free Hearing Test and Free Hearing Aide Cleaning**

Have your hearing screened for **FREE!** A Beltone representative will be available at the Senior Center for free hearing screen and to clean hearing aides on May 19, 2016 from 1:30 pm until 4:30 pm. This is available for any senior. Also, for Beltone clients, you can receive a free adjustment during this visit. For more information and to sign up, contact Paula Edwards at 919-705-1785.

**Game Night**

Come out and enjoy a night of fun at the Peggy Seegars Senior Center on Game Night! On Friday, May 6<sup>th</sup> and May 20<sup>th</sup> 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.

**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 5:30 PM until 6:30 PM. 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. May's class will be held on May 23 at 5:30 PM. May's topic will be **Parkinson's Disease**. There is no charge or age requirement for this class. For more information, contact Paula Edwards at 919-705-1785.

**Advocacy Luncheon**

The Wayne County Commissioners, County Manager, Regional Aging Advisory Committee Members, WCSOA Advisory Board Members & our Senior Tar Heel Legislator and Alternate have been invited to the Senior Center on Thursday, May 26 at 11:30 for a luncheon with the Seniors. Dignitaries will have an opportunity to address the group if desired. Seniors will have the opportunity to ask questions. Anyone aged 60 and older is invited to join us. Advance registration is required, so we will have enough food to serve. Call Paula Edwards at 919-705-1785 to make a reservation.

**Lost Colony Trip in June**

Wayne County Senior Tours will be traveling to The Lost Colony on June 7<sup>th</sup> to attend the outdoor drama. This will be an overnight stay in Manteo, NC. The cost of the trip is \$225.00 per person, double occupancy. This includes bus fare, one night rooming, one dinner meal and the ticket to The Lost Colony presentation. If interested, please contact Hermanita Harris at 919-705-1784.

**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 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.

**Line Dancing with Stasia Fields**

Tuesday night line dancing class with Stasia Fields will not have any classes in the month of May (due to Senior Games). Class will resume on Tuesday nights in June and then will be on summer break for July and August.

**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.

**Stroke Awareness**

May is Stroke Awareness month. RN Penny Mattern from Gentiva Home Health will be doing a presentation on Stroke Awareness at the Peggy Seegars Senior Center on May 4<sup>th</sup> at 10:30am. 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](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 **1009** hours of service at the Senior Center in April? Our Volunteers have saved the County over **\$13,203.00** for the month of April. Many thanks to you all.

- ◆ We Thank the Friends of the Senior Center for paying for the cost of having our Billiards tables recovered.
- ◆ We Thank Louis and Ed Faison and the Ash Street Food Lion for our Donated Cakes for the monthly Birthday Parties.
- ◆ We Thank Beltone for their donation of needles and yarn to the Crochet Group.

**Senior Games Opening Ceremonies**

Please join us at the Peggy M Seegars Senior Center for the Senior Games Opening Ceremonies at 9:00 am on May 2. For more information contact Stasia Fields of Goldsboro Parks and Recreation Department at 919-739-7486 or Paula Edwards, Director of Wayne County Services on Aging at 919-705-1785.

**Starlight Dance Band**

To celebrate Older Americans Month, we are excited to have the Starlight Dance Band performing at the Peggy Seegars Senior Center. They will be performing on Friday, May 13 from 7:00 pm until 9:00 pm. Come and dance the night away. Light refreshments will be served. This event is free for seniors 50 and older. It is sponsored by the Wayne County Arts Council. Funds for this project were supplied by ACWC Grassroots Sub-grant Program. For more information contact Paula Edwards at 919-705-1785.

**Chronic Disease Workshop**

Wayne County Services on Aging is offering a free six week workshop designed to help you manage your chronic illness. What is a chronic illness? Any of the following and more: Arthritis, Asthma, Lung Disease, Cancer, Heart Disease/Heart Failure, Diabetes, High Blood Pressure, Multiple Sclerosis, Parkinson's Disease, Renal Failure and Stroke. Participate in this fun FREE interactive workshop and learn to: Manage Pain, Fatigue, Depression and Frustration, Increase Fitness & Self-Confidence, Use medications Wisely, Improve Communication, Choose Foods for Health, Solve Problems Effectively, and Set Goals. Classes will be held on six (6) Wednesdays from 9:00 – 11:30 starting Wednesday, May 25, 2016, There will not be any class on the 15<sup>th</sup> of June. Participants will receive a free book and free relaxation CD. The Workshops will be held in the Conference Room at the Peggy M. Seegars Senior Center on 2001 E. Ash Street in Goldsboro. Pre-registration is required and a maximum of 10 students are allowed. For more info or to register, contact Celita Graham at 919-731-1235.


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

- |  |   |  |
|--|---|--|
| <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

# MAY 2016

SENIOR CENTER OF EXCELLENCE  
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat	
<p>2. <b>Senior Games Opening Ceremony</b> 9:00am</p> <p>Choir Practice 9:45 am In-liners- Adult Coloring 10:00am Bible Study 10:30 am Origami 12:30 pm Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class 2:00 pm BINGO 6:00 pm Core &amp; More 6:15 pm Learn Exercise Equipment 7:00 pm</p>	<p>3. <b>Blood Pressure Checks</b> 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 &amp; Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing with Stasia Fields Canceled</p>	<p>4. <b>Stroke Awareness</b> 10:30</p> <p>Arthritis Exercise 10:15 am Devotional Study 10:30 am</p> <p><b>Tutor for Computers (in Computer Lab)</b> 10:00-11:30</p> <p>Better Choices 12:30pm Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge 2:00pm —4:00pm</p>	<p>5. <b>Public and Low Income Housing Advice</b> 10:am—12:00pm</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>6.</p> <p>Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am</p> <p><b>Movie Matinee — Still Alice 2:00 pm</b></p> <p>Facebook Clinic 3:00 pm Widows Support Group 5:00 pm Game Night 6:00 pm</p>	<p>7.</p> <p>Billiards Challenge 11:00 am Golden Groves 10:30 am Fit &amp; Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm</p>	
<p>9. <b>Social Security Office Hours</b> 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 BINGO 6:00 pm Core &amp; More 6:15 pm Learn Exercise Equipment 7:00 pm</p>	<p>10.</p> <p>Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Trivia 10:15 am Crochet &amp; Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing with Stasia Fields from Goldsboro Parks &amp; Rec Canceled</p>	<p>11.</p> <p>Arthritis Exercise 10:15 am Devotional Study 10:30 am</p> <p><b>Tutor for Computers (in Computer Lab)</b> 10:00-11:30</p> <p>Better Choices 12:30pm Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge 2:00pm —4:00pm</p>	<p>12.</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 &amp; Dementia Education Enlightenment 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>13.</p> <p>Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am</p> <p><b>Movie Matinee — The Phantom of the Opera 2:00 pm</b></p> <p>Facebook Clinic 3:00 pm</p> <p><b>Starlight Dance Band</b> 7:00pm—9:00pm</p>	<p>14. <b>Brain Injury Support Group</b> 10:00—11:30</p> <p>Billiards Challenge 11:00 am Golden Groves 10:30 am Fit &amp; Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm</p>	
<p>16.</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 BINGO 6:00 pm Core &amp; More 6:15 pm Learn Exercise Equipment 7:00 pm</p>	<p>17.. <b>Blood Pressure Checks</b> 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 &amp; Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing with Stasia Fields Canceled</p>	<p>18. <b>Lunch with a Cop</b> 11:30am</p> <p>Arthritis Exercise 10:15 am Devotional Study 10:30 am</p> <p><b>Tutor for Computers (in Computer Lab)</b> 10:00-11:30</p> <p>Better Choices 12:30pm Jewelry Group 12:30pm Women's Billiards Lessons 1:00pm—3:00pm Beginner's Bridge 2:00pm —4:00pm</p>	<p>19. <b>Free Hearing Screening 1:30pm—4:30pm</b></p> <p>Painting Group 8:30 am Beginners Ipad/iphone 9:45 am Intermediate Ipad/iphone 10:45 am BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Senior Functional Fitness Testing 5:30 pm Alzheimer &amp; Dementia Education Enlightenment 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>20.</p> <p>Divine Healing 9:30 am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am</p> <p><b>Movie Matinee — Madea, I Can Do Bad All By Myself</b> 2:00 pm</p> <p>Facebook Clinic 3:00 pm Game Night 6:00 pm</p>	<p>21.. <b>Deaf &amp; Hard of Hearing Support Group</b> 11:30 am</p> <p>Billiards Challenge 11:00 am Golden Groves 10:30 am Fit &amp; Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm</p>	
<p>23.</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 Class 5:30 pm BINGO 6:00 pm Core &amp; More 6:15 pm Learn Exercise Equipment 7:00 pm</p>	<p>24. <b>DRAMA TEAM—"Hurrah for Laughter"</b> 2:00 pm</p> <p>Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Trivia 10:15 am Crochet &amp; Knitting Canceled Recreational Cards Canceled Pinochle Canceled Line Dancing with Stasia Fields from Goldsboro Parks &amp; Rec Canceled</p>	<p>25.</p> <p>Arthritis Exercise 10:15 am Devotional Study 10:30 am</p> <p><b>Tutor for Computers (in Computer Lab)</b> 10:00-11:30</p> <p>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</p>	<p>26. <b>Advocacy Luncheon</b> 11:30 am</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>27.</p> <p>Divine Healing 9:30 am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am</p> <p><b>Movie Matinee — Our Town</b> 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p>	<p>28.</p> <p>Billiards Challenge 11:00 am Golden Groves 10:30 am Fit &amp; Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm</p>	
<p>30.</p> <p>Senior Center Closed</p> <p><i>Memorial Day</i></p> 	<p>31.</p> <p>Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Open Mic. 10:15 am Crochet &amp; Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing with Stasia Fields from Goldsboro Parks &amp; Rec Canceled</p>	<p>***** <b>Movie Line Up</b> *****</p> <p><b>Friday, May 6<sup>th</sup> - Still Alice — Julianne Moore— Alice Howland, happily married with three grown children, is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer's disease, Alice and her family find their bonds thoroughly tested. Drama</b></p> <p><b>Friday, May 13<sup>th</sup> - The Phantom of the Opera — Gerard Butler/ Emmy Rossum— He is a genius whose rapturous music fills the Opera Populaire of 1870 Paris—and a solitary soul hiding his disfigurement behind a mask and dwelling in the catacombs below. But he can no longer hide his love for young soprano Christine. And the Phantom may emerge from the shadows past the point of no return. Musical Drama</b></p> <p>*****</p>			<p>***** <b>Movie Line Up</b> *****</p> <p><b>Friday, May 20<sup>th</sup> - Madea –I Can Do Bad All By Myself — Tyler Perry— When Madea gets sick, her family comes to her aid. What they don't realize is they're the ones who need her help. As always, Madea's cockeyed outlook on life saves the day and guarantees side-splitting laughs along the way. Comedy</b></p> <p><b>Friday, May 27<sup>th</sup> - Our Town — William Holden/Martha Scott— Meet the citizens of Grover's Corner, a small New Hampshire town, as they face the large and small questions of life. Romance/Drama</b></p> <p>*****</p>	