

Wayne County Services on Aging September Public Service Announcement

Contact Paula Edwards 919-705-1785 or Rob Phillips 919-731-1589

### **Senior Center Closed for Labor Day**

The Peggy M Seegars Senior Center will be closed on Saturday, September 3<sup>rd</sup> and Monday, September 5<sup>th</sup> in observance of Labor Day.

### **Do You Know Your Cholesterol Numbers?**

On Wednesday September 7, 2016 at 10:30 am, Gentiva Home Health will be at the Senior Center to talk about how your Cholesterol Numbers can affect your health. A question and answer period will follow the program. This program is free and open to the public. For more information, contact Rob Phillips at 919-731-1589.

### **Drama Presentation**

They're Back! The Drama Team at the Peggy M. Seegars Senior Center invites you to their 8th production on Tuesday, September 13 at 3:00 PM. You will be entertained with several short skits dealing with some present day situations loosely connected to scriptures. Let your thoughts and experiences be your personal guide. Some of the topics implied will be self-control, anxiety, distress, jealousy, talents, endurance, responsibility, duty, conscience, kindness, skepticism, patience and flattery. Come out and enjoy! For more information, contact Rob Phillips at 919-731-1589.

### **Board of Elections**

Anne Risku-Smith Deputy Director of Wayne County Board of Elections will be at the Peggy M. Seegars Senior Center on September 14<sup>th</sup> at 10:30 am. She will be giving a brief overview of voter registration, early voting and absentee voting. She is also looking to recruit precinct officials for November. After the presentation, there will be an opportunity to check voter registrations, register to vote and request absentee voting. This program is free and open to the public. For more information, contact Rob Phillips at 919-731-1589.

### **Flu Clinic**

The Peggy Seegars Senior Center will be holding a Free Flu Clinic on September 15, 2016 from 12:00 pm until 2:00 pm. The Flu Clinic is sponsored by Walgreens Pharmacy on Ash Street. To receive a free flu shot, please bring proof of insurance. If you do not have medical insurance then the cost will be \$26.00. For more information contact Rob Phillips at 919-731-1589.

### **Deaf and Hard of Hearing Support Group**

The Peggy M. Seegars Senior Center hosts the Deaf and Hard of Hearing Support Group that meets every other Month on the third Saturday. The next meeting, conducted by the NC Division of Services for the Deaf and the Hard of Hearing will be held on Saturday, September 17, 2016 at 11:30 am.

### **Senior Center Month**

September is **Senior Center Month** and we are celebrating with a Hot Dog meal on **Monday, September 19 at 5:00 pm**. After the meal please stay for Monday Night Bingo that begins at 6:00 pm. The food and Bingo are free to seniors. However, we welcome donations for Bingo prizes, but donations are not required to participate. For more information, contact Rob Phillips at 919-731-1589.

### **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 September 20<sup>th</sup> from 1:00 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 Rob Phillips at 919-731-1589.

### **Senior Tar Heel Legislature Update**

On Wednesday, September 21<sup>st</sup> 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 Rob Phillips at 919-731-1589.

### **New to Medicare Class**

On Wednesday, September 21<sup>st</sup> @ 4:00pm, Yvonne McLamb, a SHIIP 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.

### **Breakfast With The Director and New Senior Center Program Manager**

Would you like an opportunity to meet the Director, Paula Edwards of the Peggy M. Seegars Senior Center? Then please come and have breakfast with her on September 28, 2016 at 9:00 am. Paula will be available to discuss any suggestions or concerns that seniors may have. You will also have an opportunity to meet the new Senior Center Program Manager Rob Phillips. This event is open to all Wayne County seniors aged 60 years or older. Contact Rob Phillips at 919-731-1589 for more information.

### **Line Dancing with Stasia Fields**

Tuesday night line dancing class at the Senior Center with Stasia Fields of Goldsboro Parks and Recreation starts back in September from being on summer break. The class begins at 6:00 pm.

### **Brain Injury Support Group**

Wayne County's Brain Injury Support Group meets the second Saturday of each month at the Peggy Seegars Senior Center located at 2001 E. Ash Street in Goldsboro, NC. Come and join us for information on resources for survivors and

enjoy the fellowship and fun of being together. We want to provide support for those that have survived brain injury, their families and friends. Be there at 10:00 am when the Senior Center doors open and plan to stay until 11:30 am. Refreshments will be served. For more information contact Pier Protz at 919-394-1091 or Martha at 252-481-5679.

### **Social Security**

On Monday, September 12, 2016 Ethel Barnes, Public Affairs Specialist for the Social Security Administration will hold office hours from 10:00 am until 1:00 pm, at the Senior Center. She will be available to meet with Seniors and address any questions or concerns relating to Social Security. Appointments are not necessary. Ms. Barnes will see Seniors on a first come, first served basis.

### **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. September's class will be held on September 26<sup>th</sup> at 5:30 PM. September's topic will be **Aphasia**. There is no charge or age requirement for this class. For more information, contact Rob Phillips at 919-731-1589.

### **IPad/iPhone Class – Beginners/Intermediate**

On Thursday, September 15, 2016 at 9:45 am until 11:45 am, Banks Peacock will have a Beginners and Intermediate class on using your iPad and/or iPhone for seniors that are new to Ipads and iPhones. He will begin the class with the basics of Ipad and then progress to more advanced topics. The class is located at the Peggy Seegars Senior Center. It is free and registration is not needed. Contact Rob Phillips at 919-731-1589 or visit the web site <http://bit.ly/1hwpnGd> for more information.

### **Blood Pressure Checks**

Free Blood Pressure Checks on the first and third Tuesdays of each month from 12:00 pm to 1:00 pm. 3HC will be available on September 6<sup>th</sup> and Gentiva will be available on September 20<sup>th</sup> to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

### **Dance Party**

The Dance Party at the Peggy Seegars Senior Center is for seniors 60 and older. The dance will be on September 9<sup>th</sup> and September 23<sup>rd</sup> from 6:00 pm until 8:00 pm. Snacks will not be provided. It is free. If you have music that you would like to dance to, please feel free to bring your own to share. Come and get your groove on! It is a great opportunity to get moving while having fun with others. For more information please contact Rob Phillips at 919-731-1589.