

**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.

**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.

**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.

**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.

**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.

**New to Medicare Class**

On Wednesday, September 21st @ 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 & how it relates to your circumstances. It is very important for everyone becoming eligible for Medicare to get accurate information about coverage & delivery options, including supplemental health insurance, Medicare health plans & prescription drug coverage. Attention to these issues will help you avoid serious & costly problems later. Contact Lisa Barker @ 919-731-1608.

**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 serve basis.

**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 14th 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.

**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 919-705-1589 or visit the web site <http://bit.ly/1hwpnGd> for more information.

**Senior Center Month Hot Dog Social**

September is Senior Center Month and we are celebrating with a Hot Dog Social 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.

**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 **818** hours of service at the Senior Center in August? Our Volunteers have saved the County over **\$9,136.08** for the month of August. Many thanks to you all.

- ◆ We Thank Louise and Ed Faison and the Ash Street Food Lion for our Donated Cakes for the monthly Birthday Parties.

**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.

**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 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.

**Senior Tar Heel Legislature Update**

On Wednesday, September 21st at 10:30 am, 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.



**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>Legal Services</b>                  |
| <b>Medicare/ Medicaid</b>                  | <b>Contact Lisa Barker @ 919-731-1608</b> | <b>Mental Health</b>                   |

# The Peggy M. Seegars Senior Center

# September 2016

SENIOR CENTER OF EXCELLENCE  
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
<p>Friday, September 2 - <b>SHERLOCK HOLMES</b> - Robert Downey Jr. - Jude Law - When a string of brutal murders terrorize London, it doesn't take long for legendary detective Sherlock Holmes and his crime-solving partner, Dr. Watson, to find the killer.</p> <p>Friday, September 9 - <b>UNSTOPPABLE</b> - Denzel Washington - Two locomotive operators who team up to stop a runaway train filled with explosives.</p> <p>Friday, September 16 - <b>SECRET WINDOW</b> - Johnny Depp - Following a bitter separation from his wife, famed mystery writer Mort Rainey is unexpectedly confronted at his remote lake house by a dangerous stranger.</p> <p>Friday, September 23 - <b>BIG FISH</b> - Albert Finney - A frustrated son tries to determine the fact from fiction in his dying fathers life.</p> <p>Friday, September 30 - <b>X MEN UNITED</b> - Hugh Jackman - A villainous former Army commander holds the key to Wolverine's past and the future of the X-Men. This threat re-ignites the call for a mutant registration act.</p>			<p>1.</p> <p>Painting Group 8:30 am</p> <p>BINGO 10:00 am</p> <p>Bridge Group 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Senior Functional Fitness Testing 5:30 pm</p> <p>Golden Grooves Dance Class 6:00 pm</p> <p>Learn Fitness Equipment 7:30 pm</p>	<p>2.</p> <p>Divine Healing CANCELLED 9:30am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p><b>Movie Matinee - Sherlock Holmes</b> 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p> <p>Widow's Support Group 5:00 pm</p>	<p>3.</p> <p><b>SENIOR CENTER CLOSED!</b></p> 
<p>5.</p> <p><b>SENIOR CENTER CLOSED!</b></p> 	<p>6.</p> <p>Arthritis Exercise 9:30 am</p> <p>Billiards 10:00 am</p> <p>Sleeping Mat Class 10:00 am</p> <p>Trivia 10:15 am</p> <p>FREE BLOOD PRESSURE CHECK 12:00 NOON</p> <p>Crochet &amp; Knitting 1:00 pm</p> <p>Recreational Cards 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Line Dancing with Stasia Fields from Goldsboro Parks &amp; Rec 6:00 pm</p>	<p>7. <b>CHOLESTEROL 10:30 am</b></p> <p>Arthritis Exercise 10:15 am</p> <p>Devotional Study 10:30 am</p> <p>Tutor for Computers 10:00 - 11:30 am (in Computer Lab)</p> <p>Jewelry Group 12:30 pm</p> <p>Women's Billiards 1:00 pm - 3:00 pm</p> <p>Beginner's Bridge 2:00 pm - 4:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm - 5 pm</p>	<p>8.</p> <p>Painting Group 8:30 am</p> <p>BINGO 10:00 am</p> <p>Bridge Group 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Senior Functional Fitness Testing 5:30 pm</p> <p>Golden Grooves Dance Class 6:00 pm</p> <p>Learn Fitness Equipment 7:30 pm</p>	<p>9.</p> <p>Divine Healing 9:30am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p><b>Movie Matinee - Unstoppable</b> 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p> <p><b>DANCE PARTY 6:00 PM - 8 PM</b></p>	<p>10. <b>Brain Injury Support Group 10:00am- 11:30am</b></p> <p>Golden Grooves 10:30 am</p> <p>Billiards Challenge 11:00 am</p> <p>Fit &amp; Fabulous Exercise 11:30 am</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>12. <b>SOCIAL SECURITY OFFICE HOURS 10:00 AM-1:00 PM</b></p> <p>Choir Practice 9:45 am</p> <p>Bible Study 10.30 am</p> <p>Bridge Group 1:00 pm</p> <p>Line Dancing 1:00 pm</p> <p>Crafts Class 2:00 pm</p> <p>BINGO 6:00 pm</p> <p>Core &amp; More 6:15 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>13. <b>Drama Presentation 3:00pm</b></p> <p>Arthritis Exercise 9:30 am</p> <p>Billiards 10:00 am</p> <p>Sleeping Mat Class 10:00 am</p> <p>Trivia 10:15 am</p> <p>Crochet &amp; Knitting 1:00 pm</p> <p>Recreational Cards CANCELLED 1:00pm</p> <p>Pinochle CANCELLED 1:00 pm</p> <p>Line Dancing with Stasia Fields from Goldsboro Parks &amp; Rec 6:00 PM</p>	<p>14. <b>Board Of Elections 10:30am</b></p> <p>Arthritis Exercise 10:15 am</p> <p>Devotional Study 10:30 am</p> <p>Tutor for Computers 10:00-11:30 am (in Computer Lab)</p> <p>Jewelry Group 12:30 pm</p> <p>Women's Billiards 1:00 pm -3:00 pm</p> <p>Beginner's Bridge 2:00 pm - 4:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm - 5 pm</p>	<p>15. <b>IPhone/IPad Class</b> Beginners/Interm. <b>9:45- 11:45 am</b></p> <p>Painting Group 8:30 am</p> <p>BINGO 10:00 am</p> <p><b>Free Flu Clinic 12:00pm - 2:00pm</b></p> <p>Bridge Group 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Senior Functional Fitness Testing 5:30 pm</p> <p>Golden Grooves Dance Class 6:00 pm</p> <p>Learn Fitness Equipment 7:30 pm</p>	<p>16.</p> <p>Divine Healing 9:30 am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p><b>Movie Matinee - Secret Window</b> 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p>	<p>17.</p> <p>Golden Grooves 10:30 am</p> <p>Billiards Challenge 11:00 am</p> <p>Fit &amp; Fabulous Exercise 11:30 am</p> <p><b>Deaf and Hard of Hearing Support Group 11:30am</b></p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>19. <b>Hot Dog Social 5:00 PM</b></p> <p>Choir Practice 9:45 am</p> <p>Bible Study 10.30 am</p> <p>Bridge Group 1:00 pm</p> <p>Line Dancing 1:00 pm</p> <p>Crafts Class 2:00 pm</p> <p>BINGO 6:00 pm</p> <p>Core &amp; More 6:15 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>20. <b>Free Hearing Test and Free Hearing Aide Cleaning 1:00pm- 4:30pm</b></p> <p>Arthritis Exercise 9:30 am</p> <p>Billiards 10:00 am</p> <p>Sleeping Mat Class 10:00 am</p> <p>Trivia 10:15 am</p> <p>FREE BLOOD PRESSURE CHECK 12:00 NOON</p> <p>Crochet &amp; Knitting 1:00 pm</p> <p>Recreational Cards 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Line Dancing w/ Stasia Fields 6:00 pm</p>	<p>21. <b>Senior Tar Heel Legislature Update 10:30am</b></p> <p><b>New To Medicare Class 4:00pm</b></p> <p>Arthritis Exercise 10:15 am</p> <p>Devotional Study 10:30 am</p> <p>Tutor for Computers 10:00-11:30 am (in Computer Lab)</p> <p>Jewelry Group 12:30pm</p> <p>Women's Billiards 1:00 pm -3:00 pm</p> <p>Beginner's Bridge 2:00 pm -4:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm - 5 pm</p>	<p>22.</p> <p>Painting Group 8:30 am</p> <p>BINGO 10:00 am</p> <p>Bridge Group 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Viola Titus 1:00 pm</p> <p>Senior Functional Fitness Testing 5:30 pm</p> <p>Golden Grooves Dance Class 6:00 pm</p> <p>Learn Fitness Equipment 7:30 pm</p>	<p>23.</p> <p>Divine Healing 9:30 am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p><b>Movie Matinee - Big Fish</b> 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p> <p><b>DANCE PARTY 6:00 PM - 8 PM</b></p>	<p>24.</p> <p>Golden Grooves 10:30 am</p> <p>Billiards Challenge 11:00 am</p> <p>Fit &amp; Fabulous Exercise 11:30 am</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>26.</p> <p>Choir Practice 9:45 am</p> <p>Bible Study 10.30 am</p> <p>Bridge Group 1:00 pm</p> <p>Line Dancing 1:00 pm</p> <p>Crafts Class 2:00 pm</p> <p>Caregiver Class 5:30- 6:30 pm</p> <p>BINGO 6:00 pm</p> <p>Core &amp; More 6:15 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>27.</p> <p>Arthritis Exercise 9:30 am</p> <p>Billiards 10:00 am</p> <p>Sleeping Mat Class 10:00 am</p> <p>Open Mic. / Show and Tell 10:15 am</p> <p>Crochet &amp; Knitting 1:00 pm</p> <p>Recreational Cards 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Line Dancing with Stasia Fields from Goldsboro Parks &amp; Rec 6:00 pm</p>	<p>28. <b>Breakfast W/ Director &amp; New SC Program Manager 9:00am</b></p> <p>Arthritis Exercise 10:15 am</p> <p>Devotional Study 10:30 am</p> <p>Tutor for Computers 10:00-11:30 am</p> <p>Senior Birthday Party 11:45 am</p> <p>Jewelry Group 12:30pm</p> <p>Women's Billiards 1:00 pm -3:00 pm</p> <p>Beginner's Bridge 2:00 pm -4:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm - 5 pm</p>	<p>29.</p> <p>Painting Group 8:30 am</p> <p>BINGO 10:00 am</p> <p>Bridge Group 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Senior Functional Fitness Testing 5:30 pm</p> <p>Golden Grooves Dance Class 6:00 pm</p> <p>Learn Fitness Equipment 7:30 pm</p>	<p>30.</p> <p>Divine Healing 9:30 am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p><b>Movie Matinee - X Men United</b> 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p>	