

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 October 4th and Gentiva will be available on October 18th to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

Widow's Support Informative

Vicky Darden will be at the Peggy M. Seegars Senior Center to address widow support. You don't have to go through the grieving process alone. This informative talk will be held at the Peggy M. Seegars Senior Center on Wednesday, 19th at 10:30 am. 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 October 13, 2016 from 11:30 am until 3:00 pm. The Flu Clinic is sponsored by Wal-Mart Pharmacy in Rosewood. To receive a free flu shot, please bring proof of insurance. For more information contact Rob Phillips at 919-731-1589.

Bingo and Free Manicures

Come out to the Peggy M. Seegars Senior Center on Saturday October, 22nd from 11:00 am until 12:00 pm for a fun hour of Bingo and free manicures! This event is sponsored by the Lieutenant Governor Division 14 Carolina Key Club. Free to seniors 60 and older. For more information contact Rob Phillips at 919-731-1589.

Social Security

On Monday, October 10, 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.

What's Happening at the Library?

On October 12th at 10:30 am, Kristina Gabriel from the Goldsboro Library will be at the Peggy M. Seegars Senior Center to talk about services and programs that are offered to seniors at the library. For more information contact Rob Phillips @ 919-731-1589.

Open Enrollment for Medicare D

The open enrollment period for Medicare D is October 15 to December 7, 2016. This is the time to Review your Medicare Prescription Drug Plan or Advantage Plan. Wayne County Services on Aging at 2001 E. Ash Street in Goldsboro has SHIP counselors who can help you. Counselors will be available on a first come first serve basis from Monday, Tuesday and Wednesday 9:00 – 12:00 starting October 17 through December 6. Please remember to bring your Medicare card and a list of your current medications. For more information contact Lisa Barker at 919-731-1608.

Fit and Fabulous Fitness Class

On Saturdays at 11:30 am, the Senior Center has Fit and Fabulous Fitness Class. This class does cardiovascular, range of motion, strength training, balance and toning. The instructor is Sandra Spasojevic. For more information please 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. October's class will be held on October 24th at 5:30 PM. October's topic will be **Shaping Behaviors through Activities and Environment**. 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 October 20th at 9:45am, 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 date and time of class.

Are you prepared for the flu and cold season?

James Chamberlain, PharmD, MS from your local Sam's Club Pharmacy will be at the Peggy Seegars Senior Center to address Cold/Flu OTC medications, and fall vaccines (flu and pneumonia). He will also be offering flu shots after the presentation. It is free for anyone that has Medicare or insurance. The presentation will be on October 5th at 10:30 am. For more information contact Rob Phillips at 919-731-1589.

Walking Group

Tired of walking alone? Looking for a new way to motivate yourself and others to get moving? Our walking group will meet every Wednesday at 8:30 am in the lobby of the Peggy M. Seegars Senior Center. For more information contact Rob Phillips @ 919-731-1589.

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



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 **1,093.23** hours of service at the Senior Center in September? Our Volunteers have saved the County over **\$13,709.08** for the month of September. 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.
- ◆ We Thank St. Stephen's Episcopal Church for their \$150.00 donation.
- ◆ We Thank First Presbyterian Church for their \$1500.00 donation.
- ◆ **Please vote for the volunteer of the quarter!**

Senior Country Fall Dance

Come in your overalls or jeans and join Goldsboro Parks and Recreation, Goldsboro Family Y and Wayne County Services on Aging at the Peggy M Seegars Senior Center on Friday, October 14th at 7:00 PM for our Country Fall Dance. DJ Wildheart will play all your favorites. Refreshments will be served. This dance is free and open to anyone aged 50 and older. For more information contact Stasia Fields at 919-739-7486 or Rob Phillips 919-731-1589

Line Dancing with Stasia Fields

Come and have fun on Tuesday nights at 6:00 pm with the line dancing class at the Senior Center. Stasia Fields of Goldsboro Parks and Recreation leads the class each Tuesday night.

Arthritis Exercise Class

The Peggy Seegars Senior Center offers an Evidence Based Arthritis Exercise Class on Tuesdays at 9:30 am and Wednesdays at 10:15 am. The Arthritis Foundation Exercise Program is a community-based, recreational group exercise and education program designed specifically for people with arthritis and related diseases. The program's multiple components help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional ability. Individuals from basic to advanced capabilities will benefit from the program. The classes are conducted by Lisa Weston, a trained and certified instructor. For more information please contact Rob Phillips at 919-731-1589.

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.


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

The Peggy M. Seegars Senior Center

October 2016

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
3. Choir Practice 9:45 am 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 & More 6:15 pm Learn Exercise Equipment 7:00 pm	4. Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Trivia 10:15 am FREE BLOOD PRESSURE CHECK 12:00 NOON Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing w/ Stasia Fields 6:00 pm	5. Are You Prepared For Cold Season? 10:30 am Walking Group 8:30 am Arthritis Exercise 10:15 am Devotional Study 10:30 am Jewelry Group 12:30 pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 2:00 pm - 4:00 pm In-Liners (Adult Coloring) 4:00 pm - 5 pm	6. 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	7. Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Finest Hours 2:00 pm Facebook Clinic 3:00 pm Widow's Support Group 5:00 pm	8. Brain Injury Support Group 10:00am- 11:30am Golden Grooves 10:30 am Billiards Challenge 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
10. SOCIAL SECURITY OFFICE HOURS 10:00 AM-1:00 PM Choir Practice 9:45 am 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 & More 6:15 pm Learn Exercise Equipment 7:00 pm	11. 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	12. What's Happening at the Library? 10:30 am Walking Group 8:30 am Arthritis Exercise 10:15 am Devotional Study 10:30 am Jewelry Group 12:30 pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 2:00 pm - 4:00 pm In-Liners (Adult Coloring) 4:00 pm - 5 pm	13. Painting Group 8:30 am BINGO 10:00 am Free Flu Clinic 11:30pm - 3:00pm 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	14. Senior Country Fall Dance 7:00 pm Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - The Giver 2:00 pm Facebook Clinic 3:00 pm	15. Golden Grooves 10:30 am Billiards Challenge 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
17. Medicare D Open Enrollment 9:00am-12:00pm Choir Practice 9:45 am 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 & More 6:15 pm Learn Exercise Equipment 7:00 pm	18. Medicare D Open Enrollment 9:00am-12:00pm Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Trivia 10:15 am FREE BLOOD PRESSURE CHECK 12:00 NOON Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing w/ Stasia Fields 6:00 pm	19. Widow's Support Informative 10:30am Medicare D Open Enrollment 9:00am-12:00pm Walking Group 8:30 am Arthritis Exercise 10:15 am Devotional Study 10:30 am Jewelry Group 12:30 pm Women's Billiards 1:00 pm -3:00 pm Beginner's Bridge 2:00 pm - 4:00 pm In-Liners (Adult Coloring) 4:00 pm - 5 pm	20. iPhone/iPad Class Beginners/Intern. 9:45- 11:45 am 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	21. Divine Healing 9:30 am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Left Behind 2:00 pm Facebook Clinic 3:00 pm	22. Bingo and Free Manicures 11:00 am-12:00pm Golden Grooves 10:30 am Billiards Challenge 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
24. Medicare D Open Enrollment 9:00am-12:00pm Choir Practice 9:45 am 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 BINGO 6:00 pm Core & More 6:15 pm Learn Exercise Equipment 7:00 pm	25. Medicare D Open Enrollment 9:00am-12:00pm Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Open Mic/Show and Tell 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing w/ Stasia Fields 6:00 pm	26. Medicare D Open Enrollment 9:00am-12:00pm Walking Group 8:30 am Arthritis Exercise 10:15 am Devotional Study 10:30 am Senior Birthday Party 11:45 am Jewelry Group 12:30pm Women's Billiards 1:00 pm -3:00 pm Beginner's Bridge 2:00 pm -4:00 pm In-Liners (Adult Coloring) 4:00 pm - 5 pm	27. 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	28. Divine Healing 9:30 am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Elsa and Fred 2:00 pm Facebook Clinic 3:00 pm	29. Golden Grooves 10:30 am Billiards Challenge 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
31. Medicare D Open Enrollment 9:00am-12:00pm Choir Practice 9:45 am Bible Study 10.30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class 2:00 pm Caregiver Class 5:30- 6:30 pm BINGO 6:00 pm Core & More 6:15 pm Learn Exercise Equipment 7:00 pm			Friday, October 7 - Finest Hours -Chris Pine - The Coast Guard makes a daring rescue attempt off the coast of Cape Cod after a pair of oil tankers are destroyed during a blizzard in 1952. Friday, October 14 - The Giver - Meryl Streep - In a seemingly perfect community, without war, pain, suffering, differences or choice, a young boy is chosen to learn from an elderly man about the true pain and pleasure of the "real" world. Friday, October 21 - Left Behind - Nicolas Cage - A small group of survivors are left behind after millions of people suddenly vanish and the world is plunged into chaos and destruction. October, 28 - Elsa and Fred - Shirley MacLaine - A story of two people who at the end of the road, discover that it's never too late to love and make dreams come true.		