

Cookie Exchange

Freda Owen is having a Cookie Exchange. Bring your favorite store bought cookie to share and exchange with others on December 14th at 3:00pm in the Arts and Craft Room. You will need to bring at least 24 cookies to exchange. For more information contact Rob Phillips @ 919-731-1589.

Christmas Drama Presentation

GYE PRODUCTIONS will uplift your Christmas spirit with three short plays. The first will take you down memory lane to the days of your youth; the second will show how people from different walks of life fail to acknowledge the true reason for the season and the third will explore deeply into the feelings, hopes and dreams of four female inmates on Christmas morning. Come out and enjoy on Tuesday, December 20 @ 3:00 pm. For more information, contact Rob Phillips at 919-731-1589.

Christmas Narrative

Stony Creek OFWB Church will be providing a Christmas Cantata on December 15th at 6:30 pm. For more information contact Rob Phillips @ 919-731-1589.

Ugly Sweater Contest

Come dressed in your ugliest sweater for a chance to win the first annual ugly sweater contest trophy. What a fun and unique way to bring some Christmas spirit to the senior center. The ugly sweater contest will be held on Wednesday, December 21st at noon. For more information call Rob Phillips @ 919-731-1589.

Low Income Energy Assistance Program (LIEAP)

Low Income Energy Assistance Program (LIEAP) provides a one-time annual vendor payment to help eligible families pay their heating expense. LIEAP will be accepting applications from Seniors aged 60 and above or disabled persons receiving services through the Division of Aging and Adult Services at the Peggy Seegars Senior Center from December 5 until December 15 on Monday through Thursday from 7:30 am until 1:00 pm. For more information contact Rob Phillips at 919-731-1589.

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 December 6th and Gentiva will be available on December 20th to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

Social Security

On Monday, December 12th, 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 Senior's and address any questions or concerns relating to Social Security. Appointments are not necessary. Ms. Barnes will see Senior's on a first come, first served basis.

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 has SHIP counselors who can help you. Counselors will be available on a first come first serve basis from 9:00 am – 12:00 pm on Monday, December 5th and Tuesday December 6th only in December. Counselors **will not** be available on Wednesday, December 7th. Please remember to bring your Medicare card and a list of your current medications. For more information contact Lisa Barker at 919-731-1608.

Caregiver Classes

Eastpointe Geriatric Adult Mental Health Specialty Team is offering caregiver classes at the Peggy M. Seegars Senior Center. These classes are usually 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. December's class will be held on December 19th at 5:30 PM. Decembers topic will be **Wandering Behavior**. There is no charge or age requirement for this class. 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 Thursday, December 8th from 12:00 pm until 4:00 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.

Alzheimer & Dementia Educational Enlightenment

The Alzheimer & Dementia Educational Enlightenment invites caregivers, spouses, family members and those of the community to attend on December 1st, 15th, and 29th 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 will be the instructor. With many years of experience, Tracy will be able to answer questions you may have and offer lots of helpful information. For more information please contact Rob Phillips @ 919-731-1589.

AARP Safe Driver Program

On Saturday, January 28 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 Rob Phillips at 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 **977** hours of service at the Senior Center in November? Our Volunteers have saved the County over **\$9,526.34** for the month of November. 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 Countryside Village for donating dessert for our Christmas Open House.
- ◆ We Thank Brookdale on Berkley Blvd. for donating veggie trays for our Christmas Open House.
- ◆ We Thank Golden Agers for donating food items and gift cards.

Senior Center Closed for the Following Holidays:

The Senior Center will be closed Friday-Tuesday on December 23-27th for Christmas Holiday. We will be closed Monday, January 2, 2017 for New Years.

Christmas Open House

On Wednesday, December 7th Wayne County Services on Aging and Goldsboro Parks and Recreation Department will be partnering to offer a Christmas Open House at the Peggy M Seegars Senior Center. The Open House will run from 2:00 PM until 5:00 PM. This event is free and the public is invited. DJ Robin will offer music and her own brand of fun! The Song Birds Choir will perform. We will join together for a sing-a-long, play games and have a great time. Light refreshments will be served. Please join us. For more information you can contact Stasia Fields of Goldsboro Parks and Recreation Department at 919-739-7486 or Rob Phillips of Wayne County Services on Aging at 919-731-1589.

Christmas Bazaar

If you are looking for affordable, unique Christmas presents, look no further. Just come to the Peggy M. Seegars Senior Center Christmas Bazaar on Saturday, December 3rd, 9:00 AM until 1:00 pm to shop. We will be selling gift baskets, crafts, household items, Christmas goodies, cookbooks, scarves, tote bags, T-shirts, sweat shirts, caps, jewelry, crafts, collectables, Christmas decorations and more! For more information, contact Rob Phillips at 919-731-1589.

Handling Stress During The Holidays


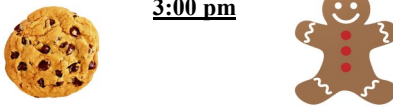

The Holidays can be a stressful time for many people. There are a number of things you can do to cope with stress and keep it from spoiling your holidays and your health. Jessica Harvey will be here from Well Care Home Health on Wednesday, December 7th at 10:30 am to talk about ways to alleviate stress during the holidays. For more information contact Rob Phillips at 919-731-1589.

Wayne County Services on Aging offers Information and Options Counseling for Seniors on the following Topics:		
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	Mental Health
Medicare/ Medicaid	Contact Lisa Barker @ 919-731-1608	

The Peggy M. Seegars Senior Center

December 2016

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
<p>Friday, December 2 - Love Actually- Hugh Grant- Follows the lives of eight different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.</p> <p>Friday, December 9 - Christmas With The Kranks - Tim Allen- Parents decide to skip Christmas, when they realize their daughter won't be home for the holidays. When she changes her mind at the last minute, they must rush to create the best Christmas ever.</p> <p>Friday, December 16 - Miracle on 34th Street - Mara Wilson - A lawyer and a little girl must prove that a man claiming to be Santa Clause is the real thing.</p> <p>Friday, December 30- Honey I Shrunk The Kids - Rick Moranis -An inventor who is working on an electro-magnetic machine accidentally shrinks his family.</p>			<p>1. 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 Enlightenment 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>2. Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Love Actually 2:00 pm Facebook Clinic 3:00 pm Widow Support Group 5:00 pm</p>	<p>3. Christmas Bazaar 9:00 am - 1:00 pm  Billiards Challenge 11:00 am</p>
<p>5. Medicare D Open Enrollment 9:00am—12:00pm LIEAP 7:30 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</p>	<p>6. Medicare D Open Enrollment 9:00am—12:00pm LIEAP 7:30 am - 1:00 pm 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</p>	<p>7. Christmas Open House 2:00 pm - 5:00 pm Handling Stress During The Holidays 10:30 am - 11:30 pm LIEAP 7:30 am - 1:00 pm 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 CANCELLED In-Liners (Adult Coloring) 4:00 pm - 5 pm</p>	<p>8. FREE Hearing Test and Hearing Aid Cleaning 12:00 pm - 4:00 pm LIEAP 7:30 am - 1:00 pm 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>9. Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Christmas With The Kranks 2:00 pm Facebook Clinic 3:00 pm</p>	<p>10. Golden Grooves 10:30 am Billiards Challenge 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm</p>
<p>12. SOCIAL SECURITY OFFICE HOURS 10:00 AM—1:00 PM LIEAP 7:30 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</p>	<p>13. LIEAP 7:30 am - 1:00 pm 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</p>	<p>14. Cookie Exchange 3:00 pm  LIEAP 7:30 am - 1:00 pm 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</p>	<p>15. Christmas Narrative - 6:30 pm LIEAP 7:30 am - 1:00pm Painting Group 8:30 am Ipad/Iphone class 9:45 am - 11:45 am BINGO 10:00 am Bridge Group 1:00 pm-5:00 pm Pinochle 1:00 pm-5:00 pm Alzheimer & Dementia Educational 5:30 pm Senior Functional Fitness Testing 5:30 pm Learn Fitness Equipment 7:30 pm</p>	<p>16. Divine Healing 9:30 am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Miracle on 34th Street 2:00 pm Facebook Clinic 3:00 pm</p>	<p>17. Golden Grooves 10:30 am Billiards Challenge 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm</p>
<p>19. 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</p>	<p>20. Christmas Drama Presentation 3:00 pm 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 CANCELLED Pinochle CANCELLED</p>	<p>21. Ugly Sweater Contest 12:00 pm Walking Group 8:30 am Arthritis Exercise 10:15 am Devotional Study 10:30 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</p>	<p>22. 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><i>Merry Christmas</i> Copyright Homemade-Preschool.com CLOSED 23rd-27th</p>	
<p>Sorry We Are Closed MERRY CHRISTMAS  Copyright Homemade-Preschool.com</p>		<p>28. 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</p>	<p>29. Painting Group 8:30 am BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Alzheimer & Dementia Educational 5:30 pm Senior Functional Fitness Testing 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>30. Divine Healing 9:30 am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Honey I Shrunk The Kids 2:00 pm Facebook Clinic 3:00 pm</p>	<p>31. Golden Grooves 10:30 am Billiards Challenge 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm</p>