

Celebrating Black History Using Storytelling

On Wednesday, February 8, 2017, at 10:30 a. m. Storyteller Priscilla Best will provide storytelling in the Oral Tradition. She will render an array of African American folktales, proverbs, and poetry while making use of the “Call and Response” technique in celebration of African American Heritage. While the audience listens to the stories being told during the session, seniors are likely to be reminded of the origins of many life lessons they have embraced through- out life.

Starlight Dance Band

To celebrate Valentine’s, the Starlight Dance Band will be performing at the Peggy Seegars Senior Center Friday, February 10th 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 Subgrant Program. For more information, contact Rob Phillips at 919-731-1589.

Lunch with a Cop

On Wednesday, February 15th at 11:30am, officers from the Goldsboro Police Department and the Wayne County Sheriff’s 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 Rob Phillips at 919-731-1589.

The Monitors in Concert

To help us celebrate Black History Month, the Monitors are coming back to the Senior Center on Friday, February 17, 2017 at from 7:00 pm to 9:00 pm. Seniors are encouraged to join us to enjoy great music and information about African Americans’ Contributions to Music. You can choose to sit and enjoy the program or get out on the dance floor! We will also serve light refreshments. This event is free and sponsored by the Wayne County Arts Council. Funds for this project were supplied by ACWC Grassroots Subgrant Program. For more information, contact Rob Phillips at 919-731-1589.

Drama Team Black History Presentation

In celebration of Black History Month, the Drama Team at the Peggy M. Seegars Senior Center invites you to attend “Wade in the Water”, on Tuesday, February 28 at 3:00 pm. This production by GYE productions is one of the most informative, versatile Black History dramatic works of its time. It is a walk through history of African Americans fighting for the right to be seen as much more than property but as humans seeking the right to life, liberty, justice and the pursuit of happiness in America. It consists of times in history of African-Americans fighting for freedom. It is not divided into acts or scenes but in **Events and Eras**.

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 February 7th and Gentiva will be available on February 21st to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

Social Security

On Monday, February 13th, 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.

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.

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. February’s class will be held on February 27th at 5:30 PM. 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

February 16, at 5:30 pm, Banks Peacock will have a Beginners and Intermediate class on using your iPad and/or iPhone for seniors that are new to Ipad 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/lhwpmGd> for date and time of class.

Alzheimer & Dementia Educational Enlightenment

The Alzheimer & Dementia Educational Enlightenment invites caregivers, spouses, family members and those of the community to attend on February 9th and 23th 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.

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 **1610.54** hours of service at the Senior Center in December? Our Volunteers have saved the County over **\$15,881.23** for the month of December. 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 PET for donating ice cream for our seniors.
- ◆ **Vote for volunteer of the Quarter!**

Senior Games Health Fair

The Annual Senior Games Health Fair will be held at the Peggy M Seegars Senior Center on **Friday, February 3rd from 9:30 am to 12:00**. This is the kick off event for Senior Games so registration forms will be available. Free health screenings in such areas as skin cancer screening, blood pressure checks, vision, fall risk assessment and more will be offered. You will be able speak with Walmart and Sam’s clubs pharmacist’s about your medications. Also there will be vendors with information on health related services for seniors, free lunch and a raffle. Don’t miss this event! For more information, call Rob Phillips at 731-1589.

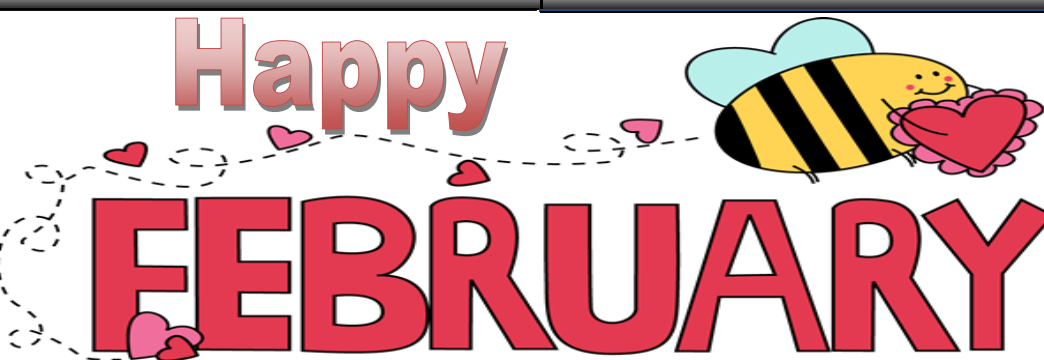
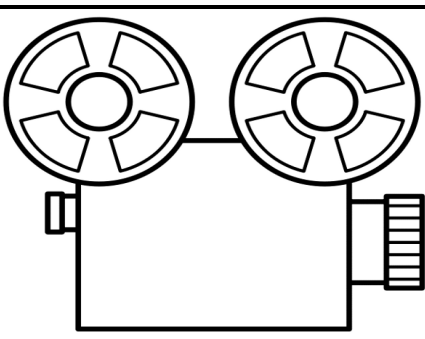
Change your diabetes, change your life!

Sammy Bailey, NC Diabetes Education Specialist will speak during our Senior Group on Wednesday February 1, 2017 at 10:30 a.m. Ms. Bailey will talk about The Diabetes Empowerment Education Program (DEEP). This free program will help seniors work with their health care providers and learn to manage their diabetes through nutrition, exercise, stress management, and goal setting. Uncontrolled diabetes increases the risk of complications such as blindness, kidney disease, and amputations. Manage your diabetes, don’t let it manage you!

Tax Return Preparation for Seniors – Appointment Needed

AARP tax volunteers will be at the Veteran’s Building at 2001 D East Ash Street (next door to the Peggy M. Seegars Senior Center) in Goldsboro on Tuesdays and Thursdays from 9:00 am until 2:00 pm starting February 2, 2017 and ending on April 13, 2017. Taxes will be done **BY APPOINTMENT ONLY**. You will need to bring your tax documents (W2’s, Form 1099s, etc.). Bring proof of donations, vehicle taxes, home taxes, mortgage interest and out of pocket medical expenses. Each tax payer must bring their original Social Security Card (no copies) for all persons claimed on the return and photo ID. Military ID cannot be used to verify Social Security. To schedule an appointment, contact Hermanita Harris at 919-705-1784.

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	

Mon	Tue	Wed	Thu	Fri	Sat
					
		1. Change Your Diabetes, Change your Life 10:30 am - 11:30 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	2. 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	3. Senior Games Health Fair 9:30 am - 12:00 pm Divine Healing 9:30am Learn Fitness Equipment Cancelled Chair Exercise Cancelled Movie Matinee - The Blind Side 2:00 pm Facebook Clinic 3:00 pm Widow Support Group 5:00 pm	4. Golden Grooves 10:30 am Billiards Challenge 11:00 am In-Liners (Adult Coloring) 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
6. 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	7. Matter of Balance Class 9:30 am 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	8. Celebrating Black History Using Storytelling 10:30 am - 11:30 am Walking Group 8:30 am Arthritis Exercise Cancelled 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	9 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	10. Starlight Dance Band 7:00 pm - 9:00 pm Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - The Butler 2:00 pm Facebook Clinic 3:00 pm	11. Brain Injury Support Group 10:00 am - 11:30 am Golden Grooves 10:30 am Billiards Challenge 11:00 am In-Liners (Adult Coloring) 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
13. 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	14. Matter of Balance Class 9:30 am 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 w/ Stasia Fields 6:00 pm	15. Lunch With A cop 11:30 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	16. Ipad/Iphone class 5:30 pm Painting Group 8:30 am BINGO 10:00 am Bridge Group 1:00 pm-5:00 pm Pinochle 1:00 pm-5:00 pm Senior Functional Fitness Testing 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm	17. The Monitors in Concert 7:00 pm - 9:00 pm Divine Healing 9:30 am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - The Watsons Go To Birmingham 2:00 pm Facebook Clinic 3:00 pm	18. Golden Grooves 10:30 am Billiards Challenge 11:00 am In-Liners (Adult Coloring) 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
20. 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	21. Matter of Balance Class 9:30 am 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	22. Walking Group 8:30 am Arthritis Exercise 10:15 am Devotional Study 10:30 am Senior Birthday Party 11:45 am Jewelry Group 12:30 pm Women's Billiards 1:00 pm -3:00 pm Beginner's Bridge 2:00 pm -4:00 pm	23. 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 Alzheimer & Dementia Educational 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm	24. Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Race 2:00 pm Facebook Clinic 3:00 pm	25. Golden Grooves 10:30 am Billiards Challenge 11:00 am In-Liners (Adult Coloring) 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
27. 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	28. Drama Team Black History Presentation 3:00 pm Arthritis Exercise 9:30 am Billiards 10:00 am Sleeping Mat Class 10:00 am Show & Tell Open Mic 10:15 am Crochet & Knitting 1:00 pm Recreational Cards Cancelled Pinochle Cancelled Line Dancing w/ Stasia Fields 6:00 pm		Friday, February 3 - The Blind Side — Sandra Bullock- The story of Michael Oher, a homeless and traumatized boy who became an All American football player and first round NFL- draft pick with the help of a caring woman and her family. Friday, February 10 - The Butler - Forest Whitaker- As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society. Friday, February 17— The Watsons Go To Birmingham - Bryce Jenkins - The Watsons set out on a family road trip where their experiences give them a newfound courage to stand up for what is right and helps them grow stronger as a family in the process. Friday, February 24 - Race — Stephan James - Jesse Owens' quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy.		