

Volunteer Opportunities (Injoy/Wages)

Representatives from Injoy and Wages will be at the Senior Center on Wednesday, June 14 at 10:30 to provide information about volunteer opportunities with their business. For more information, please contact Rob Phillips at 919-731-1589.

Health Activities Here at the Senior Center

On Wednesday, June 7 at 10:30 am Rob Phillips will provide a brief health talk on what the senior center offers for seniors health. He will talk to you about the different classes and groups that offer health benefits and what those benefits are. For more information contact Rob Phillips at 919-731-1589.

Reverse Mortgages

A representative of Consumer Credit Counseling Service, a non profit agency that provides credit counseling for individuals, will be at the Senior Center on Wednesday, June 28 at 10:30 to provide information about Reverse Mortgages. This program is free and open to the public. For more information, contact Rob Phillips at 919-731-1589.

Senior Dance "Military Appreciation"

Come help us honor our military and show our appreciation for their service at the Peggy M Seegars Senior Center on Friday, June 30 from 7 pm- 10pm. The dance is hosted by Goldsboro Parks and Recreation and Wayne County Services on Aging. DJ Wildheart will play all your favorite songs. Light refreshments will be served, but Feel free to bring your own snack. This dance is free and open to anyone aged 50 and older. Come wear your red, white, and blue in support of our military. For more information contact Stasia Fields at 919-739-7486 or Rob Phillips at 919-731-1589.

Introduction to Disc Golf

On Tuesday, June 13th @ 9:30 am there will be an introduction to disc golf at Stoney Creek Park. The Senior Center and Goldsboro Parks and Rec will display the rules and teach the game to anyone 55 years of age or older. 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 June 6th and Gentiva will be available on June 22nd to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

Social Security

On Monday, June 12, 2017 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. June's class will be held on June 26th at 5:30 PM. May's topic will be, **Is it Depression of Dementia?** 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

June 15th at 9:45 am, 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/1hwpnGd> 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 June 8th and 22nd 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 **1103** hours of service at the Senior Center in April? Our Volunteers have saved the County over **\$10,638** for the month of April. 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 The Bridge Group for their donation to our Senior Center.
- ◆ We Thank Franklin Bread Company for their Bingo donations.
- ◆ Group Respite would like to thank all of the Crochet Group for the 10 new afghans they donated!
- ◆ Vote for Volunteer of the Quarter at the front reception area!

Operation Fan Heat Relief

Operation Fan Heat Relief (OFHR) is a summer program intended to provide a more comfortable living environment and reduce heat related illnesses. Summertime can be a difficult and dangerous time for our seniors in Wayne County especially when they do not have a means to keep their homes cool. OFHR provides fans to Wayne County Seniors at no cost that have a home situation where a threat to health and well being exists. Fans are very limited through this funding. However, the Peggy Seegars Senior Center will gladly accept donated fans or monetary donations to buy fans to distribute to seniors in need. For more information, you may contact Lisa Barker at 919-731-1608.

Dance Party/Game Night

The Dance Party/Game Night at the Peggy Seegars Senior Center is for seniors 60 and older. The Dance Party/Game Night will be held on Friday's from 4-7 pm (Unless stated otherwise). 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. We will also have various games out for you to play including: ping pong, cornhole, washer toss, football throw, ladder ball and many more. This is a great time to have some fun and socialize with others. For more information please contact Rob Phillips at 919-731-1589.

Crisis Counseling Program (CCP) for Hurricane Matthew

Melissa Harrell from Easter Seals UCP will be at the senior center on Wednesday, June 21 at 10:30 am to speak about their Crisis Counseling program. Thanks to a federal grant, Easterseals UCP of NC and VA is able to assist survivors of Hurricane Matthew. The mission of the federally funded program, HOPE 4 NC, is to assist individuals and communities recovering from the challenging effects of Hurricane Matthew by providing community-based outreach and psychoeducational services. For more information please contact Rob Phillips at 919-731-1589.

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

June 2017

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
<p>Friday, June 2 - Wild Oats – Shirley MacLaine- When insurance accidently pays her millions, retired teacher Eva and her pal Maddie head to the Canary Islands for the adventure of their lives.</p> <p>Friday, June 9 - Oceans Rising - Jason Tobias - When an evacuation order comes too late, deadly hurricane claims the lives and leaves Tampa’s survivors to battle rising waters with scant resources.</p> <p>Friday, June 16 - True Memoirs of an International Assassin– Kevin James - After his publisher markets his crime novel as a memoir, a novice author finds himself forcibly recruited into a deadly political plot in Venezuela.</p> <p>Friday, June 23 - Next– Nicolas Cage - Las Vegas magician Cris can see a few minutes into the future and an FBI agent wants his help thwarting a nuclear attack.</p> <p>Friday, June 30 - Southside with You - Parker Sawyers - Tag along as future President Barack Obama and a young lawyer named Michelle go on their first date across Chicago’s South Side in the summer of 1989.</p>			<p>1. Painting Group 8:30 am</p> <p>Arthritis Exercise 9:00 am</p> <p>BINGO 10:00 am</p> <p>Bridge Group 1:00 pm-5:00 pm</p> <p>Pinochle 1:00 pm-5:00 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. Divine Healing 9:30am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p>Movie Matinee - Wild Oats 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p> <p>Widow Support Group 5:00 pm</p> <p>Dance Party/Game Night 4:00 pm - 7:00 pm</p>	<p>3. Golden Grooves 10:30 am</p> <p>Billiards 11:00 am</p> <p>Fit & Fabulous Exercise 11:30 am</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>5. 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 & More 6:15 pm</p> <p>Learn Exercise Equipment 7:00 pm</p> <p>Choir will resume in September!</p>	<p>6. Arthritis Exercise 9:30 am</p> <p>Billiards Challenge 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 & 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>7. Healthy Activities @ the Senior Center 10:30 am</p> <p>Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Jewelry Group 12:30 pm</p> <p>Better Choices Cancelled</p> <p>Bridge Lessons 1:00 pm</p> <p>Women’s Billiards 1:00 pm - 3:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm</p>	<p>8. Painting Group 8:30 am</p> <p>Arthritis Exercise 9:00 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>Alzheimer & Dementia Enlightenment 5:30 pm</p> <p>Golden Grooves Dance Class 6:00 pm</p> <p>Learn Fitness Equipment 7:30 pm</p>	<p>9. The Senior Center will be CLOSED due to the parking lot being repaved.</p>	<p>10. The Senior Center will be CLOSED due to the parking lot being repaved</p>
<p>12. SOCIAL SECURITY OFFICE HOURS 10:00 AM—1:00 PM</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 & More 6:15 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>13. Intro to Disc Golf 9:30 am</p> <p>Arthritis Exercise 9:30 am</p> <p>Billiards Challenge 10:00 am</p> <p>Sleeping Mat Class 10:00 am</p> <p>Trivia 10:15 am</p> <p>Crochet & 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>14. Volunteer Opportunities 10:30 am</p> <p>Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Jewelry Group 12:30 pm</p> <p>Better Choices 12:30 pm</p> <p>Bridge Lessons 1:00 pm</p> <p>Women’s Billiards 1:00 pm -3:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm</p>	<p>15. Ipad/Iphone class 9:45 am</p> <p>Painting Group 8:30 am</p> <p>Arthritis Exercise 9:00 am</p> <p>BINGO 10:00 am</p> <p>Bridge Group 1:00 pm-5:00 pm</p> <p>Pinochle 1:00 pm-5:00 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. Divine Healing 9:30am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p>Movie Matinee - True Memoirs of an International Assassin 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p> <p>Dance Party/Game Night 4:00 pm - 7:00 pm</p>	<p>17. Golden Grooves 10:30 am</p> <p>Billiards 11:00 am</p> <p>Fit & Fabulous Exercise 11:30 am</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>19. 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 & More 6:15 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>20. Arthritis Exercise 9:30 am</p> <p>Billiards Challenge 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 & 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. Crisis Counseling Program For Hurricane Matthew 10:30 am</p> <p>Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Jewelry Group 12:30 pm</p> <p>Better Choices 12:30 pm</p> <p>Bridge Lessons 1:00 pm</p> <p>Women’s Billiards 1:00 pm -3:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm</p>	<p>22. Painting Group 8:30 am</p> <p>Arthritis Exercise 9:00 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>Alzheimer & Dementia Enlightenmen 5:30 pm</p> <p>Golden Grooves Dance Class 6:00 pm</p> <p>Learn Fitness Equipment 7:30 pm</p>	<p>23. Divine Healing 9:30am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p>Movie Matinee - Next 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p> <p>Dance Party/Game Night 4:00 pm - 7:00 pm</p>	<p>24. Golden Grooves 10:30 am</p> <p>Billiards 11:00 am</p> <p>Fit & Fabulous Exercise 11:30 am</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>26. 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 Classes 5:30 pm</p> <p>BINGO 6:00 pm</p> <p>Core & More 6:15 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>27. Arthritis Exercise 9:30 am</p> <p>Billiards Challenge 10:00 am</p> <p>Sleeping Mat Class 10:00 am</p> <p>Show & Tell Open Mic 10:15 am</p> <p>Crochet & 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>28. Reverse Mortgages 10:30 am</p> <p>Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Senior Birthday Party 11:45 am</p> <p>Better Choices 12:30 pm</p> <p>Jewelry Group 12:30pm</p> <p>Bridge Lessons 1:00 pm</p> <p>Women’s Billiards 1:00 pm -3:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm</p>	<p>29. Painting Group 8:30 am</p> <p>Arthritis Exercise 9:00 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. Senior Dance “Military Appreciation” 7:00 pm - 10:00 pm</p> <p>Divine Healing 9:30am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p>Movie Matinee - Southside with You 2:00 pm</p> <p>Facebook Clinic 3:00 pm</p> <p>Dance Party/Game Night 4:00 pm - 7:00 pm</p>	