

**Line Dancing Will Break for the Summer**

Line Dancing will take a break until the second week in September.

**Intro to Beanbag Baseball with Mount Olive Seniors**

On Tuesday, July 18<sup>th</sup> at 1:00 pm Mount Olive Parks & Rec and Mount Olive's seniors will be at the senior center to teach and play Beanbag Baseball. This game is free and for anyone that is a member of the senior center. Sign up Sheet will be located at the front desk. For more information contact Rob Phillips at 919-731-1589.

**General Mobility Health Talk**

The Brian Center will be at the senior center on Wednesday, July 5<sup>th</sup> at 10:30 am to speak about general mobility. They will be bringing one of their therapists with them to demonstrate ways to encourage more mobility. They will be teaching you exercises that you can do at home, and other beneficial information that can help you stay active longer. For more information contact Rob Phillips at 919-731-1589.

**Habitat For Humanity Homeownership Program & Volunteer Opportunities**

Matthew Whittle, executive director for Habitat for Humanity of Goldsboro-Wayne, will speak at 10:30 a.m. on Wednesday, July 12 at the Peggy M. Seegars Senior Center. Whittle will speak about what Habitat is and how to apply for either the homeownership program or the home repair program. Whittle also will speak about volunteer opportunities, which include options at the Habitat ReStore and in the administrative office for folks who do not want to do construction. For more information contact Rob Phillips at 919-731-1589.

**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.

**Wayne County Services on Aging Will be Cruising to the Bahamas**

Wayne County Services on Aging has a cruise to the Bahamas, February 11-16, 2018 for \$599.00 per person, deposit needed by August 18, 2017. Contact Hermanita Harris for more information at 919-705- 1784.

**Social Security**

On Monday, July 10<sup>th</sup>, 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 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 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. July's class will be held on July 24<sup>th</sup> at 5:30 PM. July's topic will be, **Paranoia, Suspiciousness, Accusations?** 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**

July 27<sup>th</sup> 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 July 13<sup>th</sup> and 27<sup>th</sup> 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](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 **757** hours of service at the Senior Center in May? Our Volunteers have saved the County over **\$7,316** for the month of May. 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 Franklin Bread Company for their Bingo donations.

**Volunteer of the Quarter**

Neasie Gill has been voted the volunteer of the quarter. Mrs. Gill is originally from Orlando, Florida and moved to Goldsboro in 1982 because of the military. She has been a BINGO volunteer at the Senior Center for two and a half years. Her favorite thing about volunteering is, "Meeting and greeting the people". She is in charge of calling out the BINGO numbers and does a fantastic job of entertaining the seniors. She goes above and beyond her duties as a volunteer. Her passion to help others is evident in her work. She enjoys playing BINGO and walking in her spare time. The seniors stated that, "She's always smiling and willing to help". Thank you Neasie Gill for your outstanding service and congratulations on being the Senior Center volunteer of the quarter.

**New to Medicare Class**



On Tuesday, July 18 @ 4:00 pm Yvonne McLamb, a SHIP 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 and how it relates to your circumstances. It is very important for everyone becoming eligible for Medicare to get accurate information about coverage and delivery options, including supplemental health insurance, Medicare health plans and prescription drug coverage. Attention to these issues will help you avoid serious and costly problems later. For more information and to register, contact Lisa Barker at 919-731-1608

**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.

**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>                   |

| Mon  | Tue  | Wed  | Thu   | Fri   | Sat   |
|--|--|--|---|---|---|
| <p>31.</p> <p>Bible Study 10:30 am<br/>Bridge Group 1:00 pm<br/>Line Dancing 1:00 pm<br/>Crafts Class 2:00 pm<br/>BINGO 6:00 pm<br/>Core &amp; More 6:15 pm<br/>Learn Exercise Equipment 7:00 pm</p>   | <p><b>ATTENTION!</b></p> <p><b>July 31st to the left</b></p>   | <p>Friday, July 7 - <b>Masterminds – Owen Wilson</b>- A guard at an armored car company in the Southern U.S. organizes one of the biggest bank heists in American history. Based on the October 1997 Loomis Fargo robbery.</p> <p>Friday, July 14 - <b>An Unfinished Life - Jennifer Lopez</b>- Desperate to provide care for her daughter, down-on-her-luck Jean moves in with her father in-law from whom she is estranged. Through time, they learn to forgive each other and heal old wounds.</p> <p>Friday, July 21 - <b>The Great Gilly Hopkins– Kathy Bates</b> - 12-year-old wisecracking Gilly Hopkins finds herself shuffled from foster home to foster home until she meets Maime Trotter.</p> <p>Friday, July 27 - <b>The Bucket List– Morgan Freeman</b> - Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die.</p> |   |   | <p>1.</p> <p>Golden Grooves 10:30 am<br/>Billiards 11:00 am<br/>Fit &amp; Fabulous Exercise 11:30 am<br/>Learn Fitness Equipment 1:00 pm</p>  |
| <p>3.</p> <p>Bible Study 10:30 am<br/>Bridge Group 1:00 pm<br/>Line Dancing 1:00 pm<br/>Crafts Class 2:00 pm<br/>BINGO 6:00 pm<br/>Core &amp; More 6:15 pm<br/>Learn Exercise Equipment 7:00 pm</p>  | <p>4.</p>  <p><b>CLOSED</b></p> <p>Happy 4th of July!</p>  | <p>5. <b>General Mobility Health Talk</b><br/><b>10:30 am</b></p> <p>Walking Group 8:30 am<br/>Devotional Study 10:30 am<br/>Jewelry Group 12:30 pm<br/><b>Better Choices Cancelled</b><br/>Bridge Lessons 1:00 pm<br/>Women's Billiards 1:00 pm - 3:00 pm<br/>In-Liners (Adult Coloring) 4:00 pm</p>  | <p>6.</p> <p>Painting Group 8:30 am<br/>Arthritis Exercise 9:00 am<br/>BINGO 10:00 am<br/>Bridge Group 1:00 pm<br/>Pinochle 1:00 pm<br/>Senior Functional Fitness Testing 5:30 pm<br/>Golden Grooves Dance Class 6:00 pm<br/>Learn Fitness Equipment 7:30 pm</p>  | <p>7.</p> <p>Divine Healing 9:30am<br/>Learn Fitness Equipment 10:00 am<br/>Chair Exercise 10:30 am</p> <p><b>Movie Matinee - Masterminds</b><br/>2:00 pm</p> <p>Facebook Clinic 3:00 pm<br/>Widow Support Group 5:00 pm<br/>Dance Party/Game Night 4:00 pm - 7:00 pm</p> | <p>8. <b>Brain Injury Support Group</b><br/><b>10:00 am</b></p> <p>Golden Grooves 10:30 am<br/>Billiards 11:00 am<br/>Fit &amp; Fabulous Exercise 11:30 am<br/>Learn Fitness Equipment 1:00 pm</p>        |
| <p>10. <b>SOCIAL SECURITY OFFICE HOURS</b><br/><b>10:00 AM—1:00 PM</b></p> <p>Bible Study 10:30 am<br/>Bridge Group 1:00 pm<br/>Line Dancing 1:00 pm<br/>Crafts Class 2:00 pm<br/>BINGO 6:00 pm<br/>Core &amp; More 6:15 pm<br/>Learn Exercise Equipment 7:00 pm</p> | <p>11. <b>Disc Golf</b><br/><b>8:30 am</b></p> <p>Arthritis Exercise 9:30 am<br/>Billiards Challenge 10:00 am<br/>Sleeping Mat Class 10:00 am<br/>Trivia 10:15 am<br/>Crochet &amp; Knitting 1:00 pm<br/>Recreational Cards 1:00 pm<br/>Pinochle 1:00 pm</p> <p><b>Line Dancing will break for the summer!</b></p>   | <p>12. <b>Habitat for Humanity Talk</b><br/><b>10:30 am</b></p> <p>Walking Group 8:30 am<br/>Devotional Study 10:30 am<br/>Jewelry Group 12:30 pm<br/>Better Choices 12:30 pm<br/>Bridge Lessons 1:00 pm<br/>Women's Billiards 1:00 pm -3:00 pm<br/>In-Liners (Adult Coloring) 4:00 pm</p>   | <p>13.</p> <p>Painting Group 8:30 am<br/>Arthritis Exercise 9:00 am<br/>BINGO 10:00 am<br/>Bridge Group 1:00 pm-5:00 pm<br/>Pinochle 1:00 pm-5:00 pm<br/>Alzheimer &amp; Dementia Enlightenment 5:30 pm<br/>Senior Functional Fitness Testing 5:30 pm<br/>Golden Grooves Dance Class 6:00 pm<br/>Learn Fitness Equipment 7:30 pm</p>                            | <p>14.</p> <p>Divine Healing 9:30am<br/>Learn Fitness Equipment 10:00 am<br/>Chair Exercise 10:30 am</p> <p><b>Movie Matinee - An Unfinished Life</b><br/>2:00 pm</p> <p>Facebook Clinic 3:00 pm<br/>Dance Party/Game Night 4:00 pm - 7:00 pm</p>                         | <p>15. <b>Deaf &amp; Hard of Hearing Group</b><br/><b>11:30 am</b></p> <p>Golden Grooves 10:30 am<br/>Billiards 11:00 am<br/>Fit &amp; Fabulous Exercise 11:30 am<br/>Learn Fitness Equipment 1:00 pm</p> |
| <p>17.</p> <p>Bible Study 10:30 am<br/>Bridge Group 1:00 pm<br/>Line Dancing 1:00 pm<br/>Crafts Class 2:00 pm<br/>BINGO 6:00 pm<br/>Core &amp; More 6:15 pm<br/>Learn Exercise Equipment 7:00 pm</p>   | <p>18. <b>Intro to Beanbag Baseball</b><br/><b>1:00 pm</b></p> <p>Arthritis Exercise 9:30 am<br/>Billiards Challenge 10:00 am<br/>Sleeping Mat Class 10:00 am<br/>Trivia 10:15 am<br/>FREE BLOOD PRESSURE CHECK 12:00 NOON<br/>Crochet &amp; Knitting 1:00 pm<br/>Recreational Cards 1:00 pm<br/>Pinochle 1:00 pm<br/><b>New to Medicare Class 4:00 pm</b></p> | <p>19.</p> <p>Walking Group 8:30 am<br/>Devotional Study 10:30 am<br/>Jewelry Group 12:30 pm<br/>Better Choices 12:30 pm<br/>Bridge Lessons 1:00 pm<br/>Women's Billiards 1:00 pm -3:00 pm<br/>In-Liners (Adult Coloring) 4:00 pm</p>  | <p>20.</p> <p>Painting Group 8:30 am<br/>Arthritis Exercise 9:00 am<br/>BINGO 10:00 am<br/>Bridge Group 1:00 pm<br/>Pinochle 1:00 pm<br/>Senior Functional Fitness Testing 5:30 pm<br/>Golden Grooves Dance Class 6:00 pm<br/>Learn Fitness Equipment 7:30 pm</p>   | <p>21.</p> <p>Divine Healing 9:30am<br/>Learn Fitness Equipment 10:00 am<br/>Chair Exercise 10:30 am</p> <p><b>Movie Matinee - The Great Gilly Hopkins</b><br/>2:00 pm</p> <p>Facebook Clinic 3:00 pm<br/>Dance Party/Game Night 4:00 pm - 7:00 pm</p>                    | <p>22.</p> <p>Golden Grooves 10:30 am<br/>Billiards 11:00 am<br/>Fit &amp; Fabulous Exercise 11:30 am<br/>Learn Fitness Equipment 1:00 pm</p>   |
| <p>24.</p> <p>Bible Study 10:30 am<br/>Bridge Group 1:00 pm<br/>Line Dancing 1:00 pm<br/>Crafts Class 2:00 pm<br/>Caregiver Classes 5:30 pm<br/>BINGO 6:00 pm<br/>Core &amp; More 6:15 pm<br/>Learn Exercise Equipment 7:00 pm</p>                                   | <p>25.</p> <p>Arthritis Exercise 9:30 am<br/>Billiards Challenge 10:00 am<br/>Sleeping Mat Class 10:00 am<br/>Show &amp; Tell Open Mic 10:15 am<br/>Crochet &amp; Knitting 1:00 pm<br/>Recreational Cards 1:00 pm<br/>Pinochle 1:00 pm</p>   | <p>26.</p> <p>Walking Group 8:30 am<br/>Devotional Study 10:30 am<br/>Senior Birthday Party 11:45 am<br/>Better Choices 12:30 pm<br/>Jewelry Group 12:30pm<br/>Bridge Lessons 1:00 pm<br/>Women's Billiards 1:00 pm -3:00 pm<br/>In-Liners (Adult Coloring) 4:00 pm</p>  | <p>27. <b>Ipad/Iphone class</b><br/><b>9:45 am</b></p> <p>Painting Group 8:30 am<br/>Arthritis Exercise 9:00 am<br/>BINGO 10:00 am<br/>Bridge Group 1:00 pm<br/>Pinochle 1:00 pm<br/>Senior Functional Fitness Testing 5:30 pm<br/>Alzheimer &amp; Dementia Enlightenmen 5:30 pm<br/>Golden Grooves Dance Class 6:00 pm<br/>Learn Fitness Equipment 7:30 pm</p> | <p>28.</p> <p>Divine Healing 9:30am<br/>Learn Fitness Equipment 10:00 am<br/>Chair Exercise 10:30 am</p> <p><b>Movie Matinee - The Bucket List</b><br/>2:00 pm</p> <p>Facebook Clinic 3:00 pm<br/>Dance Party/Game Night 4:00 pm - 7:00 pm</p>                            | <p>29.</p> <p>Golden Grooves 10:30 am<br/>Billiards 11:00 am<br/>Fit &amp; Fabulous Exercise 11:30 am<br/>Learn Fitness Equipment 1:00 pm</p>   |