

**Disaster Preparedness Talk**

On Tuesday, August 1st @ 10:30 am, Rob Phillips will be addressing ways to stay prepared in case of a disaster.

**Fall Risk Screenings and Health Talk**

Goshen Medical and ECU representatives will be at the senior center on Wednesday, August 2<sup>nd</sup> at 10:30 am. They will be speaking about the risk of falling and ways to prevent falls. They will also have RN, Jean Matthews present to do free screenings. For more information, contact Rob Phillips at 919-731-1589.

**Disc Golf**

On Tuesday, August 8<sup>th</sup> @ 8:30 am we will be playing disc golf at Stoney Creek Park. The Senior Center will display the rules and teach the game to anyone 60 years of age or older. For more information contact Rob Phillips at 919-731-1589.

**Lunch with a Cop**

On Wednesday, August 16<sup>th</sup> 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.

**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, corn hole, 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, August 14<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. August's class will be held on August 28<sup>th</sup> at 5:30 PM. August's topic will be, **Stress Management**. There is no charge or age requirement for this class. For more information, contact Rob Phillips at 919-731-1589.

**IPad/iPhone/Android class**

August 24th at 9:45 am, Banks Peacock will lead an all levels iPad/iPhone class for seniors who are new to iPads and iPhones, and for experienced users wanting to learn some new tricks. He will tailor the level of the session to fit the questions of those attending. Android users are welcome, too! 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 August 10<sup>th</sup> and 24<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 **1600** hours of service at the Senior Center in June? Our Volunteers have saved the County over **\$15,891** for the month of June. 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.
- ◆ We Thank the Maxwell family for their donation to the senior center.
- ◆ We Thank the Cub Scouts Pack 22 for their donations.
- ◆ Vote for the volunteer of the quarter!

**Services for the Blind and Portable Magnifier**

On August 16<sup>th</sup> at 10:30am, Mary Jones will be presenting information at the Peggy M Seegars Senior Center on the Independent Living Services and the Medical Eye Care Program of the NC Division of Services for the Blind. Services provided through the Independent Living Services Program enable citizens to attain their highest level of independent and self-sufficiency in their own homes and communities. Services provided through the Medical Eye Care Program seek to prevent blindness and where possible to restore vision in individuals who have suffered the loss of sight. This is open to the public. We will also be introducing a new piece of equipment we have received from the Friends of the Peggy M. Seegars Senior Center. We have a portable magnifier and will be demonstrating how to use it. For more information, contact Rob Phillips at 919-731-1589.

**Drama Team Performance**

GYE Productions returns on August 23 @ 3PM for its 12th performance at the Peggy Seegars Senior Center! This thought provoking performance will be a series of short skits exploring selected scriptures as they directly impact our daily experiences. One skit, in particular, will cause you to pause, and examine the true meaning of **The Lord's Prayer** as you embrace it and recite it. Do you truly understand it or just recite it as routine? Come out and get refreshed.

**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.

\*\*\*\*\*


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

\*\*\*\*\*

# The Peggy M. Seegars Senior Center

# August 2017

SENIOR CENTER OF EXCELLENCE  
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
	<b>1. Disaster Preparedness Talk</b> <u>10:30 am</u> Arthritis Exercise Canceled Billiards Challenge 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	<b>2. Fall Risk Health Talk/Screening</b> <u>10:30 am</u> Walking Group 8:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Bridge Lessons 1:00 pm Women's Billiards 1:00 pm - 3:00 pm In-Liners (Adult Coloring) 4:00 pm	<b>3.</b> Painting Group 8:30 am Arthritis Exercise Canceled BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Senior Functional Fitness Testing Canceled Golden Grooves Dance Class Canceled Learn Fitness Equipment Canceled	<b>4. Divine Healing</b> 9:30am Learn Fitness Equipment Canceled Chair Exercise Canceled <b>Movie Matinee - The Double</b> 2:00 pm Facebook Clinic Canceled Widow Support Group 5:00 pm Game Night 4:00 pm - 7:00 pm	<b>5.</b> Golden Grooves Canceled Billiards 11:00 am Fit & Fabulous Exercise Canceled Learn Fitness Equipment Canceled
	<b>7.</b> 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	<b>8. Disc Golf</b> <u>8:30 am</u> Arthritis Exercise 9:30 am Billiards Challenge 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	<b>9.</b> Walking Group 8:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Bridge Lessons 1:00 pm Women's Billiards 1:00 pm - 3:00 pm In-Liners (Adult Coloring) 4:00 pm	<b>10.</b> Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Alzheimer & Dementia Enlightenment 5:30 pm Senior Functional Fitness Testing 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm	<b>11.</b> Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am <b>Movie Matinee - DEJA VU</b> 2:00 pm Facebook Clinic Canceled Dance Party/Game Night 4:00 pm - 7:00 pm
<b>14. SOCIAL SECURITY OFFICE HOURS</b> <u>10:00 AM—1:00 PM</u> 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	<b>15.</b> Arthritis Exercise 9:30 am Billiards Challenge 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	<b>16. Services for the Blind &amp; Portable Talk</b> <u>10:30 am</u> <b>Lunch with a Cop</b> <u>11:30 am</u> Walking Group 8:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Bridge Lessons 1:00 pm Women's Billiards 1:00 pm -3:00 pm In-Liners (Adult Coloring) 4:00 pm	<b>17.</b> Painting Group 8:30 am Arthritis Exercise 9:00 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	<b>18.</b> Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am <b>Movie Matinee - The Newton Boys</b> 2:00 pm Facebook Clinic Canceled Dance Party/Game Night 4:00 pm - 7:00 pm	<b>19.</b> Golden Grooves 10:30 am Billiards 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
<b>21.</b> 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	<b>22.</b> Arthritis Exercise 9:30 am Billiards Challenge 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	<b>23. Drama Team Performance</b> <u>3:00 pm</u> Walking Group 8:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Bridge Lessons Canceled Women's Billiards 1:00 pm -3:00 pm In-Liners (Adult Coloring) 4:00 pm	<b>24. Ipad/Iphone class</b> <u>9:45 am</u> Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Alzheimer & Dementia Enlightenmen 5:30 pm Senior Functional Fitness Testing 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm	<b>25.</b> Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am <b>Movie Matinee - The Switch</b> 2:00 pm Facebook Clinic Canceled Dance Party/Game Night 4:00 pm - 7:00 pm	<b>26.</b> Golden Grooves 10:30 am Billiards 11:00 am Fit & Fabulous Exercise 11:30 am Learn Fitness Equipment 1:00 pm
<b>28.</b> 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	<b>29.</b> Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Sleeping Mat Class 10:00 am Show & Tell Open Mic 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm	<b>30.</b> Walking Group 8:30 am Devotional Study 10:30 am Senior Birthday Party 11:45 am Jewelry Group 12:30pm Bridge Lessons 1:00 pm Women's Billiards 1:00 pm -3:00 pm In-Liners (Adult Coloring) 4:00 pm	<b>31.</b> Painting Group 8:30 am Arthritis Exercise 9:00 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	<b>The Double - Richard Gere</b> - Retired CIA agent joins young FBI agent to track down a Russian assassin who has seemingly returned after the Cold War. <b>DEJÀ VU— Denzel Washington</b> — ATF agent finds himself dogged by increasingly powerful feeling of déjà vu as he investigates a bombing on a New Orleans ferry. <b>The Newton Boys— Matthew McConaughey</b> — Four Texas brothers ignite a crime spree in the 1920's robbing more than 200 banks, without ever killing anyone. <b>The Switch— Jennifer Aniston</b> — Still single and worried about her biological clock, 30-something Kassie decides to pursue motherhood with the help of a sperm donor.	