

Senior Dance

Come dressed in Black and White (optional) and join Goldsboro Parks and Recreation, Goldsboro Family Y and Wayne County Services on Aging at the Peggy M Seegars Senior Center on Friday, October 20th at 7:00 PM for our Ebony & Ivory Dance. DJ Wildheart will play all your favorites. Refreshments will be served. This dance is free and open to anyone aged 50 and older. For more information contact Stasia Fields at 919-739-7486 or Rob Phillips 919-731-1589.

"The Most Important Conversation We're Not Having"

Vicki Dougherty will be at the senior center on Wednesday, October 11th at 10:30 am to speak about Advance Care Planning. "Bringing up end of life issues with your family can be challenging. Making your wishes known in legal documents can be even tougher. Yet, having the conversation now, while you are well and not in a crisis, will help ensure that your wishes are honored." For more information contact Rob Phillips at 919-731-1589.

"Scams and Exploitation Targeting Seniors"

The FDIC has called financial exploitation the "crime of the 21st century." We have all heard the stories of scams and schemes designed to steal resources from unsuspecting victims. Many of us even know someone who has fallen victim to such a scam, and seniors are particularly vulnerable to exploitation. Many seniors have little to no opportunity to recover their stolen wealth. In addition to lost wealth, many seniors also lose the ability to live independently, health often declines and families are torn apart.

The good news: There is hope! Education and awareness are important first steps to preventing financial exploitation. On Wednesday, October 18, the State Employees' Credit Union and Bank On Wayne will present Money Smart for Older Adults. This free, informative session will be from 10:00 am to 11:30 am at the Peggy Seegars Senior Center. Jennie Moore and her team will discuss ways to recognize scams and exploitation targeted at seniors and practical steps to take to avoid falling victim.

Line Dancing with Stasia Fields is back!

Tuesday night line dancing class at the Senior Center with Stasia Fields of Goldsboro Parks and Recreation starts back in October from being on summer break. The class begins at 6:00 pm

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 October 3rd and Gentiva will be available on October 17th to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

Social Security

On Monday, October 16th, 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. October's class will be held on October 23rd at 5:30 PM. October's topic will be, **Physiology of Aging**. There is no charge or age requirement for this class. For more information, contact Rob Phillips at 919-731-1589.

IPad/iPhone/Android class

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 October 5th and 19th 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 2036 hours of service at the Senior Center in August? Our Volunteers have saved the County over **\$20,492** for the month of August. 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.
- ◆ Vote for the volunteer of the quarter!
- ◆ We Thank Congressman David Rouzer, Dwight Williams, and his team for their help putting on our 2017 Senior Resource Fair.

Open Enrollment for Medicare D

The open enrollment period for Medicare D is October 15 to December 7, 2017. This is the time to Review your Medicare Prescription Drug Plan or Advantage Plan. Wayne County Services on Aging at 2001 E. Ash Street in Goldsboro has SHIP counselors who can help you. Counselors will be available on a first come first serve basis from Monday, Tuesday and Wednesday 9:00 – 12:00 starting October 16 through December 6. Please remember to bring your Medicare card and a list of your current medications. For more information contact Selena Beaman at 919-731-1608.

Flu Clinic

The Peggy Seegars Senior Center will be holding a Free Flu Clinic on October 5, 2017 from 11:00 am until 1:00 pm. The Flu Clinic is sponsored by Harris Teeter's Pharmacy. To receive a free flu shot, please bring proof of insurance. For more information contact Rob Phillips at 919-731-1589.

Are you prepared for the flu and cold season?

Your local Sam's Club Pharmacy will be at the Peggy Seegars Senior Center on October 16, 2017 from 9:00 am – 11:00 am. They will be offering flu shots. It is free for anyone that has Medicare or insurance. For more information contact Rob Phillips at 919-731-1589

Diabetic Shoe Clinic

On Wednesday, October 4th at 10:30 am Glenda Barton of Quantum Medical Supply will be at the senior center to present a diabetic shoe clinic for seniors with Medicare as their primary insurance. For more information please contact Rob Phillips @ 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 | Medical Transportation | Legal Services |
| Medicare/ Medicaid | Contact Selena Beaman # 919-731-1608 | Mental Health |

The Peggy M. Seegars Senior Center

October 2017

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|---|
| 2. 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 Cancelled Learn Exercise Equipment 7:00 pm | 3. Disc Golf 9:00 am 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 Line Dancing w/ Stasia Fields 6:00 pm | 4. Diabetic Shoe Clinic 10:30 am Walking Group 8:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Bridge Lessons 1:00 pm Bed Bugs Training 1:00 pm - 3:00 pm Women's Billiards 1:00 pm - 3:00 pm In-Liners (Adult Coloring) 2:00 pm | 5. Flu Clinic 11:00 am - 1:00 pm 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 | 6. Divine Healing 9:30am Learn Fitness Equipment Cancelled Chair Exercise Cancelled Movie Matinee - Vantage Point 2:00 pm Widow Support Group 5:00 pm Game Night 4:00 pm - 7:00 pm | 7. Golden Grooves Cancelled Billiards 11:00 am Fit & Fabulous Exercise Cancelled Learn Fitness Equipment Cancelled |
| 9. 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 Cancelled Learn Exercise Equipment Cancelled | 10. Arthritis Exercise Cancelled 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 Line Dancing w/ Stasia Fields 6:00 pm | 11. Advanced Care Planning 10:30 am Walking Group 8:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Bridge Lessons 1:00 pm Bed Bugs Training 1:00 pm - 3:00 pm Women's Billiards 1:00 pm - 3:00 pm In-Liners (Adult Coloring) 2:00 pm | 12. Painting Group 8:30 am Arthritis Exercise Cancelled BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Senior Functional Fitness Testing Cancelled Golden Grooves Dance Class Cancelled Learn Fitness Equipment Cancelled | 13. Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - 21 2:00 pm Dance Party/Game Night 4:00 pm - 7:00 pm | 14. Brain Injury Support Group 10:00 am Golden Grooves 10:30 am Billiards 11:00 am Fit & Fabulous Exercise Cancelled Learn Fitness Equipment 1:00 pm |
| 16. SOCIAL SECURITY OFFICE HOURS 10:00 AM—1:00 PM Medicare D Open Enrollment 9:00 am - 12:00 pm FLU CLINIC 9:00 am - 11:00 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 Cancelled Learn Exercise Equipment 7:00 pm | 17. Medicare D Open Enrollment 9:00 am - 12:00 pm 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 Line Dancing w/ Stasia Fields 6:00 pm | 18. "Scams and Exploitation Targeting Seniors" 10:00am - 11:30 am Medicare D Open Enrollment 9:00 am - 12:00 pm 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) 2:00 pm | 19. 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 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 | 20. Senior Dance 7:00 pm-10:00 pm Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Easy Virtue 2:00 pm | 21. Golden Grooves 10:30 am Billiards 11:00 am Fit & Fabulous Exercise Cancelled Learn Fitness Equipment 1:00 pm |
| 23. Medicare D Open Enrollment 9:00 am - 12:00 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 Caregiver Classes 5:30 pm BINGO 6:00 pm Core & More Cancelled Learn Exercise Equipment 7:00 pm | 24. Medicare D Open Enrollment 9:00 am - 12:00 pm 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 Line Dancing w/ Stasia Fields 6:00 pm | 25. Medicare D Open Enrollment 9:00 am - 12:00 pm Walking Group 8:30 am Devotional Study 10:30 am Senior Birthday Party 11:45 am Jewelry Group 12:30 pm Bridge Lessons 1:00 pm Women's Billiards 1:00 pm - 3:00 pm In-Liners (Adult Coloring) 2:00 pm | 26. Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Viola Titus Support Group 1:00 pm 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 | 27. Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Lion 2:00 pm Dance Party/Game Night 4:00 pm - 7:00 pm | 28. Golden Grooves 10:30 am Billiards 11:00 am Fit & Fabulous Exercise Cancelled Learn Fitness Equipment 1:00 pm |
| 30. Medicare D Open Enrollment 9:00 am - 12:00 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 Cancelled Learn Exercise Equipment 7:00 pm | 31. Medicare D Open Enrollment 9:00 am - 12:00 pm 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 Line Dancing w/ Stasia Fields 6:00 pm |  | Vantage Point - Dennis Quaid - Moments after he arrives in Spain for an antiterrorism summit, U.S. President Ashton is shot. 21 - Jim Sturgess - A brilliant group of students become card-counting experts with the intent of swindling millions out of Las Vegas casinos by playing blackjack. Easy Virtue - Jessica Biel - An America widow impulsively marries a wealthy young Englishman, but when they visit his family's country estate, she receives a chilly reception. Lion - Dev Patel - An Indian man who was separated from his mother at age 5 and adopted by an Australian couple returns home, determined to find his birth family. | | |