

Senior Center Closed for Easter

Senior Center closed for Easter Holiday on Friday, March 30, 2018 and Saturday, March 31, 2018.

Senior Dance "It's a 70s party!"

Let's go back to the 70s! Come dressed in your 70s attire and party at the Peggy M Seegars Senior Center on Friday, March 9th at 7:00 PM for our Dance for Senior's. The dance is hosted by Goldsboro Parks and Recreation, Wayne County Services on Aging, and The Goldsboro Family Y. DJ Wildheart will play all your favorites. Refreshments will be served. This dance is free and open to anyone aged 50 and older. The theme is 70s but you can come dressed as you please! For more information contact Stasia Fields at 919-739-7486 or Rob Phillips at 919-731-1589.

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 January 30, 2018 and ending on April 17, 2018. Taxes will be done **BY APPOINTMENT ONLY. Beginning January 8th, we will take appointments for those needing their taxes done.** 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.

Medicine Drop

On Monday, March 19th from 10:30 am – 1:30 pm, officers from the Goldsboro Police Department will be at the Peggy Seegars Senior Center to collect old prescription and non-prescription drugs to be properly destroyed (CANNOT accept BIO-HAZARD materials). For more information, please contact Rob Phillips at 919-731-1589.

Homestead Exemption

On Wednesday, March 14th at 10:30 am, Tax Administrator, Alan Lumpkin will be at the Senior Center to talk about the Homestead Exemption for Senior's and disabled adults. Mr. Lumpkin will review the requirements that may allow you to save money on your property taxes. A question and answer period will follow. This program is free and open to the public. For more information, contact Rob Phillips at 731-1589.

Free Hearing Test and Free Hearing Aide Cleaning

Have your hearing screened for **FREE!** A Beltone representative will be available at the Senior Center for free hearing screen and to clean hearing aides on Thursday, March 8th from 10:00 am until 12:00 pm. This is available for any senior. Also, for Beltone clients, you can receive a free adjustment during this visit. For more information and to sign up, contact Rob Phillips at 919-731-1589.

Deaf and Hard of Hearing Support Group

Are you or a loved one hearing impaired? The Peggy M. Seegars Senior Center hosts the Deaf and Hard of Hearing Support Group that meets every other Month on the third Saturday. The next meeting conducted by the NC Division of Services for the Deaf and the Hard of Hearing, will be held on Saturday, March 17, 2018 at 11:30 am.

Social Security

On Monday, March 12th, 2018 Ethel Barnes, Public Affairs Specialist for the Social Security Administration will hold office hours from 11:30 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

Therapeutic Alternatives 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. March's class will be held on March 26th 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/Andriod Class – Beginners/Intermediate

On Tuesday, March 6th at 1:00 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/1hwpnGd> for more info.

Alzheimer & Dementia Educational Enlightenment

The Alzheimer & Dementia Educational Enlightenment invites caregivers, spouses, family members and those of the community to attend on March 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 **1355** hours of service at the Senior Center in January? Our Volunteers have saved the County over **\$13,330** for the month of February. 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 Great Harvest Bread Company for donating a gift basket for our survey drawing.
- ◆ We Thank our Friends of the Senior Center for purchasing a Bluetooth speaker for the center.

Wayne County Financial Audit

The Financial Audit for Wayne County fiscal year ending June 2017 is available at the front desk and available online at www.waynegov.com under the link for the Finance Department. If you need help accessing the report, contact Rob Phillips @ 919-731-1589.

Volunteer of the Quarter

Milton Simmons has been voted as Volunteer of the Quarter. Mr. Simmons is a native of Rosewood and has been around here his entire life. He worked in management for many years until he decided to retire from Grifols Pharmaceuticals in Clayton. His friendly personality shines here at the senior center. He has been very helpful at the senior center. He started volunteering in the Nutrition Site serving meals over 2 years ago. He takes pride in putting others first and the seniors recognize this special trait. The seniors stated that Mr. Simmons is always very nice and caring. He enjoys refereeing Basketball, Baseball, and Football in his spare time for the local high schools. Thank you Milton Simmons for your outstanding service as Senior Center volunteer of the quarter.

Stroke prevention and the flu update

On Wednesday, March 7th at 10:30, Wayne UNC Stroke Coordinator Sarah Ginn will be at the Senior Center to talk about prevention of strokes and how to deal with having a stroke. She will also speak on flu prevention and symptoms of this years flu. For more information contact, 919-731-1589.

Senior Games Opening Ceremonies

Please join us at the Peggy M Seegars Senior Center for the Senior Games Opening Ceremonies at 9:00 am on April 2nd. For more information contact Stasia Fields of Goldsboro Parks and Recreation Department at 919-739-7486 or Rob Phillips, of Wayne County Services on Aging at 919-731-1589.

Wayne County Services on Aging offers Information and Options Counseling for Seniors on the following Topics:

- Advocacy for Seniors
- In Home/Hospice Services
- Disaster Preparedness
- Durable Medical Equipment
- Employment & Training Resources
- Energy Assistance
- Food & Nutrition Programs
- Medicare/ Medicaid

- Senior Games
- Social Security Benefits
- Suspected Abuse/Neglect
- Tax Preparation
- Veterans Benefits
- Medical Transportation
- Housing Assistance


- Health Promotion
- Friendly Caller Program
- Health Screenings
- Home Repair & Modifications
- Assistive Devices
- Insurance Counseling
- Legal Services
- Mental Health

Contact Selena Beaman @ 919-731-1608

The Peggy M. Seegars Senior Center

March 2018

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
<p>Friday, March 2 - Sleepwalk with me - A burgeoning stand-up comedian struggles with the stress of a stalled career, a stale relationship, and the wild spurts of severe sleepwalking he is desperate to ignore.</p> <p>Friday, March 9 - Tommy Boy- After his auto-parts tycoon father dies, the overweight, underachieving son teams up with a snide accountant to try and save the family business.</p> <p>Friday, March 16- The Artist - A silent movie star meets a young dancer, but the arrival of talking pictures sends their careers in opposite directions.</p> <p>Friday, March 23 - Super 8 - During the summer of 1979, a group of friends witness a train crash and investigate subsequent unexplained events in their small town.</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</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>2. Divine Healing Cancelled</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p>Movie Matinee - Sleepwalk with me 2:00 pm</p> <p>Widow Support Group 5:00 pm</p>	<p>3. Golden Grooves 10:30 am</p> <p>Billiards 11:00 am</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>5. Watercolor Workshop 8:30 am</p> <p>Choir Practice 9:45 am</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>Learn Exercise Equipment 7:00 pm</p>	<p>6. IPAD/IPHONE/ANDRIOD CLASS <u>1:00 pm</u></p> <p>Arthritis Exercise 9:30 am</p> <p>A Matter of Balance 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>7. Stroke Prevention/Flu Update <u>10:30 am</u></p> <p>Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>FREE BLOOD PRESSURE CHECK 12:00 NOON</p> <p>Jewelry Group 12:30 pm</p> <p>Women's Billiards 1:00 pm - 3:00 pm</p> <p>Beginner's Bridge 2:00 pm -4:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm - 5 pm</p>	<p>8. Painting Group 8:30 am</p> <p>Arthritis Exercise 9:00 am</p> <p>FREE Hearing Test & Hearing Aide Cleaning 10:00 am - 12:00 pm</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. Senior Dance "It's a 70s party!" <u>7:00 pm - 9:00 pm</u></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 - Tommy Boy 2:00 pm</p>	<p>10. Brain Injury Support Group <u>10:00 am - 11:30 am</u></p> <p>Golden Grooves 10:30 am</p> <p>Billiards 11:00 am</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>12. Watercolor Workshop 8:30 am</p> <p>Choir Practice 9:45 am</p> <p>Bible Study 10:30 am</p> <p>Social Security Office Hours 11:30 am -1:00 pm</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>Learn Exercise Equipment 7:00 pm</p>	<p>13. Scrapbook Class <u>4:30 pm</u></p> <p>Arthritis Exercise 9:30 am</p> <p>A Matter of Balance 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. Homestead Exemption <u>10:30 am</u></p> <p>Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Jewelry Group 12:30 pm</p> <p>Women's Billiards 1:00 pm -3:00 pm</p> <p>Beginner's Bridge 2:00 pm - 4:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm - 5 pm</p>	<p>15. 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>16. Divine Healing 9:30 am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p>Movie Matinee - The Artist 2:00 pm</p>	<p>17. Deaf & Hard of Hearing <u>11:30 am</u></p> <p>Golden Grooves 10:30 am</p> <p>Billiards 11:00 am</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>19. Medicine Drop <u>10:30 am - 1:30 pm</u></p> <p>Watercolor Workshop 8:30 am</p> <p>Choir Practice 9:45 am</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>Learn Exercise Equipment 7:00 pm</p>	<p>20. Arthritis Exercise 9:30 am</p> <p>A Matter of Balance 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. Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Jewelry Group 12:30pm</p> <p>Women's Billiards 1:00 pm -3:00 pm</p> <p>Beginner's Bridge 2:00 pm -4:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm - 5 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>Viola Titus 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>23. Divine Healing 9:30 am</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p>Movie Matinee - The Adventures of Tin Tin 2:00 pm</p>	<p>24. Golden Grooves 10:30 am</p> <p>Billiards 11:00 am</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>26. Choir Practice 9:45 am</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>Caregiver Classes 5:30 pm</p> <p>BINGO 6:00 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>27. Arthritis Exercise 9:30 am</p> <p>A Matter of Balance 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. Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Senior Birthday Party 11:45 am</p> <p>Jewelry Group 12:30pm</p> <p>Women's Billiards 1:00 pm -3:00 pm</p> <p>Beginner's Bridge 2:00 pm -4:00 pm</p> <p>In-Liners (Adult Coloring) 4:00 pm - 5</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><u>CLOSED FOR EASTER</u></p>  <p>Happy Easter!</p>	