

Silver Arts Follies

Come join us and enjoy watching the talents of the Seniors of Wayne County. The Senior Games Silver Arts Follies will be held at the Paramount Theater on Thursday, April 19th at 6:00 PM. Admission is free and satisfaction is guaranteed!! Performances will include dance, singing, comedy and more! 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.

Drama Team Presentation

The Drama Team will be at the Peggy Seegars Senior Center on Wednesday, April 18th from 1:00 pm until 2:30 pm. The first presentation play is titled "The Bunny or the Cross". This is a fun and clever short play that uses the game show theme and popular Easter traditions to tell the audience about the meaning of Easter. The other play is titled "Imagine if You Will – The Easter Experience". This is an interactive conversation in which the narrator helps us to imagine what it would have been like when Jesus came to earth to die for us. For more information contact Rob Phillips at 919-731-1589.

Free Medicare Seminar

On Wednesday, April 25th at 10:00 am Selena Beaman will be holding a FREE Medicare 101 Seminar at the Peggy Seegars Senior Center to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session. To register, contact Selena Beaman at 919-731-1608.

Diabetes Educational

On Tuesday, April 30th from 9:00 am until 10:30 am Sam's Club Pharmacy Manager Kandice Baye will hold a Diabetes educational class at the Peggy Seegars Senior Center. Limited spots are available. Come and attend an interactive diabetes class led by a Pharmacist. We will discuss managing your diabetes, what you need to know about blood sugar, healthy eating, and your medications. This will be a once a month on-going class. The next class will be May 29th. To sign up or for more information, contact Rob Phillips at 919-731-1589.

Blood Pressure Checks

Free Blood Pressure Checks on the first Wednesday and the third Tuesday of each month from 12:00 pm to 1:00 pm. 3HC will be available on April 4th and Gentiva will be available on April 17th to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

Cape Cod Trip

7 days and 6 nights Cape Cod & the Islands, featuring Boston, Martha's Vineyard, Nantucket & Newport. Round trip airfare-RDU, 9 meals, daily sightseeing. \$2,299.00. Deposit of \$300.00 due by May 23, 2018. For more information contact Hermanita Harris at 919-705-1784.

Social Security

On Monday, April 9th, 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. April's class will be held on April 23rd 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 Thursday, April 12th at 10:00 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 more info.

Alzheimer & Dementia Educational Enlightenment

The Alzheimer & Dementia Educational Enlightenment invites caregivers, spouses, family members and those of the community to attend on April 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

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

ADDRESS

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 **1824** hours of service at the Senior Center in February? Our Volunteers have saved the County over **\$17,626** 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 Krispy Kreme for donating doughnuts for our Senior Dance.

Volunteer Appreciation Month

Thank you to all of our volunteers for everything you do for our Senior Center. Without YOU the Senior Center would not be what it is today. We are grateful for everything you have done and continue to do for the seniors.

How to Talk to your Doctor

On Wednesday, April 11th at 10:30 am Vennessia Hill will be at the Peggy Seegars Senior Center to speak about ways to talk to your doctor. The Presentation will focus on communication tips for getting the most out of your doctor's appointment. For more information please contact Rob Phillips at 919-731-1589.

Eat Smart, Move More, Take Control

On Wednesday, May 2nd at 12:30 pm Michelle Estrada from Wayne County Center/NC Cooperative Extension will present a new program, Eat Smart, Move More, Take Control at the Peggy Seegars Senior Center. Eat Smart, Move More, Take Control serves adults across North Carolina. The program is a 6 session chronic disease prevention program that provides strategies to help adults manage their health. It informs, empowers, and motivates participants to change their eating and physical activity patterns. The program provides opportunities for participants to track their goals and progress toward healthy eating and physical activity behaviors. Each 1-hour session contains a basic cooking demonstration and sample of a healthy recipe. The recipes and nutrition handouts are provided to program participants. Evaluation of the program is conducted via a pre and post behavior survey. Sessions are approximately 60 minutes. It will be held on Wednesdays from 12:30pm until 1:30pm beginning on May 9th for six weeks. For more information, contact Rob Phillips at (919) 731-1589 or Michelle Estrada of NC Cooperative Extension at (919) 731-1518.

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

April 2018

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

| Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2. Senior Games Opening Ceremony 9:00 am Watercolor Workshop 8:30 am 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 Learn Exercise Equipment 7:00 pm | 3. Arthritis Exercise 9:30 am A Matter of Balance 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 Fitness Class 6:00 pm - 7:00 pm Line Dancing w/ Stasia Fields Cancelled | 4. Walking Group 8:30 am Devotional Study 10:30 am FREE BLOOD PRESSURE CHECK 12:00 NOON Jewelry Group Cancelled Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 2:00 pm -4:00 pm In-Liners (Adult Coloring) 4:00 pm - 5 pm | 5. Painting Group Cancelled Arthritis Exercise Cancelled BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Senior Functional Fitness Testing Cancelled Alzheimer & Dementia Enlightenment 5:30 pm Golden Grooves Dance Class Cancelled Learn Fitness Equipment Cancelled | 6. Divine Healing 9:30 am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Lara Croft: Tomb Raider 2:00 pm Widow Support Group 5:00 pm Dance Party 5:00 pm - 7:30 pm | 7. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm |
| 9. Social Security Office Hours 11:30 am - 1:00 pm Watercolor Workshop 8:30 am 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 Learn Exercise Equipment 7:00 pm | 10. Arthritis Exercise 9:30 am A Matter of Balance 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 Fitness Class 6:00 pm - 7:00 pm Line Dancing w/ Stasia Fields Cancelled | 11. How to Talk to your Dr. 10:30 am Walking Group 8:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 2:00 pm -4:00 pm In-Liners (Adult Coloring) 4:00 pm - 5 pm | 12. IPAD/IPHONE/ANDRIOD CLASS 10:00 am 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 | 13. Senior Games Shuffleboard All Day In The Meal Site Divine Healing 9:30am Learn Fitness Equipment 10:00 am Chair Exercise Cancelled Movie Matinee - Mad Money 2:00 pm | 14. Brain Injury Support Group 10:00 am - 11:30 am Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm |
| 16. Watercolor Workshop 8:30 am 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 Learn Exercise Equipment 7:00 pm | 17. Scrapbook Class 4:30 pm Arthritis Exercise 9:30 am A Matter of Balance 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 Fitness Class 6:00 pm - 7:00 pm Line Dancing w/ Stasia Fields Cancelled | 18. Drama Team Presentation 1:00 pm - 2:30 pm Walking Group 8:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Women's Billiards 1:00 pm -3:00 pm Beginner's Bridge Cancelled In-Liners (Adult Coloring) 4:00 pm - 5 pm | 19. 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 Alzheimer & Dementia Enlightenment 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm | 20. Divine Healing 9:30 am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - The Lazarus Project 2:00 pm Dance Party 5:00 pm - 7:30 pm | 21. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm |
| 23. Watercolor Workshop 8:30 am 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 Learn Exercise Equipment 7:00 pm | 24. Arthritis Exercise 9:30 am A Matter of Balance 9:30 am Billiards Challenge 10:00 am Sleeping Mat Class 10:00 am Show and Tell 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Fitness Class 6:00 pm - 7:00 pm Line Dancing w/ Stasia Fields Cancelled | 25. Free Medicare Seminar 10:00 am Billiards Room Closed for Senior Games Walking Group 8:30 am Devotional Study 10:30 am Senior Birthday Party 12:00 pm Jewelry Group 12:30pm Women's Billiards Cancelled Beginner's Bridge 2:00 pm -4:00 pm In-Liners (Adult Coloring) 4:00 pm - 5 pm | 26. Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Bridge Group 1:00 pm Pinochle 1:00 pm Viola Titus 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 9:30 am Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Movie Matinee - Our Souls at Night 2:00 pm | 28. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm |
| 30. Diabetes Educational 9:00 am - 10:30 am Watercolor Workshop 8:30 am 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 Learn Exercise Equipment 7:00 pm | <p><i>Good Luck to our seniors competing in the Senior Games</i></p> | | Friday, April 6 - Lara Croft - Video game adventurer Lara Croft comes to life in a movie where she races against time and villains to recover powerful ancient artifacts. Friday, April 13 - Mad Money - Three female employees of the Federal Reserve plot to steal money that is about to be destroyed. Friday, April 20- The Lazarus Project - A former criminal is drawn into a criminal endeavor and subsequently finds himself living an inexplicable new life working at a psychiatric facility. Friday, April 27 - Our Souls at Night - Fonda and Redford will star as Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor. | | |