

Intermediate and Beginner Tap Dancing

Starting on Friday, July 6th we will be holding intermediate and beginner’s tap dancing class at the senior center. The intermediate class will be from 12:00 pm – 1:00 pm. The Beginners class will be from 1:00 pm – 2:00 pm. The classes will be every Friday and open to all members of the Peggy Seegars Senior Center. Come and have a great time with seasoned instructor Maurine Prys. Mrs. Prys has taught tap dancing for over 15 years. For more information contact Rob Phillips @ 919-731-1589.

Powerful Tools for Caregivers (PTC)

Powerful Tools for Caregivers (PTC) will be offered on Wednesdays, July 11th, 18th, 25th, and August 1st, 8th, 15th from 9:30am-10:30am by trainers Holly Williams and Lorri Bradley at the Peggy Seegars Senior Center. PTC is an educational program designed to help family caregivers. This program will help teach caregivers how to take care of themselves while caring for a love one. Class size is limited and registration is required. Please call Holly Williams by July 3, 2018 at 919-705-1928 to register.

Joint Care Health Talk

On Wednesday, July 18th @ 10:30 am meet the Orthopedic Nurse Navigator from Wayne UNC to learn what to expect for total joint replacements. You will meet the one who will "navigate" you through the process and continue to follow you as you recover. Learn more about shoulder, hip, and knee replacements as well as the opportunity to ask questions. For more information contact Rob Phillips @ 919-731-1589.

Diabetes Educational

On Monday, July 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 is a monthly on-going class. To sign up or for more information, contact Rob Phillips at 919-731-1589.

Blood Pressure Checks

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

Disc Golf

On Tuesday, July 3rd @ 8:30 am we will be playing disc golf at Stoney Creek Park (Across from the senior center). 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.

Social Security

On Monday, July 16th, 2018 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 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.

Poetry Group

On Thursday, July 12th and July 26th at 1:00 pm Linda Jones will be leading a poetry group. This group is open to all senior center members. The group will be reading, writing, and reciting different forms of poetry. Come and be a part of this exciting adventure at the senior center. For more information contact Rob Phillips @ 919-731-1589.

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. July’s class will be held on July 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, July 19th 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 Ipads 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.

Meet Our Transportation Coordinator Christine Pittman

On, Wednesday, July 25th at 10:30 am Christine Pittman will be speaking about her role as transportation coordinator and head receptionist here at the senior center. This will be a great time to get to know one of full-time staff. For more information contact Rob Phillips at 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 **1799** hours of service at the Senior Center in May? Our Volunteers have saved the County over **\$17,1756** 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 You Need Help Ministries for their weekly donations to our seniors.

Volunteers Needed

We are in search of a Craft Class instructor, Line Dancing instructor, and a Painting Class instructor.

Closed for Independence Day

In observance of Independence Day, the Peggy Seegars Senior Center will be closed on Wednesday, July 4th 2018.

Ice Cream Social Advocacy Event

On Wednesday, July 11th at 12:00 pm we will have an Ice Cream Social Event where you will be given an opportunity to encourage our state legislators to increase funding for senior centers in our state. For more information contact Rob Phillips @ 919-731-1589.

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. Summer-time 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 Selena Beaman at 919-731-1608.

The Senior Center Is Cruising to the Southern Caribbean

Wayne County Services on Aging invites you to a “Warm” getaway aboard Carnival Cruise Line’s 10 day/9 night trip. Cruise trip date: January 3 – January 12, 2019. The deposit for the trip is due Friday, July 6th. For more information contact Hermanita Harris @ 919-705-1784.

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

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	Medical Transportation	Insurance Counseling
Food & Nutrition Programs	Housing Assistance	Legal Services
Medicare/ Medicaid		Mental Health

Contact Selena Beaman @ 919-731-1608

The Peggy M. Seegars Senior Center

July 2018

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
2. 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 Billiards Challenge 10:00 am Trivia 10:15 am Sewing Novelties Class 12:00 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Fitness Dance With Lisa 6:00 pm	4. <p style="text-align: center;"><u>The Senior Center</u> <u>Will Be</u> <u>Closed!</u></p>	5. 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	6. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate & Beginner Tap Dance 12:00 pm-2:00pm <p style="text-align: center;">Movie Matinee - Get Smart 2:00 pm</p> Widow Support Group 5:00 pm	7. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm
9. 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 Billiards Challenge 10:00 am Trivia 10:15 am Sewing Novelties Class 12:00 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Fitness Dance With Lisa 6:00 pm	11. Ice Cream Social Advocacy Event 12:00 pm Walking Group 8:30 am Powerful Tools 9:30 am - 10:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Drama Club 1:00 pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 2:00 pm - 4:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm	12. Poetry Group 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 Senior Functional Fitness Testing 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm	13. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate & Beginner Tap Dance 12:00 pm-2:00pm <p style="text-align: center;">Movie Matinee - Despicable Me 3 2:00 pm</p>	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. Social Security Office Hours 10:00 am - 1:00 pm Bible Study 10:30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class Cancelled BINGO 6:00 pm Learn Exercise Equipment 7:00 pm	17. Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am FREE BLOOD PRESSURE CHECK 12:00 NOON Sewing Novelties Class 12:00 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Scrapbook Class 4:30 pm Fitness Dance With Lisa 6:00 pm	18. Joint Care Health Talk 10:30 am Walking Group 8:30 am Powerful Tools 9:30 am - 10:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Drama Club 1:00 pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 2:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm	19. IPAD/Android Class 5:30 pm 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	20. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate & Beginner Tap Dance 12:00 pm-2:00pm <p style="text-align: center;">Movie Matinee - Blue Jasmine 2:00 pm</p> 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. Bible Study 10:30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Caregiver Classes 5:30 pm Crafts Class Cancelled BINGO 6:00 pm Learn Exercise Equipment 7:00 pm	24. Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am Sewing Novelties Class 12:00 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Fitness Dance With Lisa 6:00 pm	25. Meet Our Transportation Coordinator 10:30 am Drama Team Production 1:00 pm Walking Group 8:30 am Powerful Tools 9:30 am - 10:30 am Devotional Study 10:30 am Senior Center Birthday Party 12:00 pm Jewelry Group 12:30 pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge Cancelled Senior Birthday Party 12:00 pm	26. Poetry Group 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 Senior Functional Fitness Testing 5:30 pm Golden Grooves Dance Class 6:00 pm Learn Fitness Equipment 7:30 pm	27. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate & Beginner Tap Dance 12:00 pm-2:00pm <p style="text-align: center;">Movie Matinee - An Unfinished Life 2:00 pm</p>	28. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm
30. Diabetes Educational 9:00 am Bible Study 10:30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class Cancelled Caregiver Classes 5:30 pm BINGO 6:00 pm Learn Exercise Equipment 7:00 pm	31. Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Show and Tell 10:15 am Sewing Novelties Class 12:00 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Fitness Dance With Lisa 6:00 pm	Friday, July 6 - Get Smart - A highly intellectual but socially awkward spy is tasked with preventing a terrorist attack from a Russian spy agency. Friday, July 13 - Despicable Me 3 - Gru meets his long-lost charming, cheerful, and more successful twin brother Dru who wants to team up with him for one last criminal heist. Friday, July 20 - Blue Jasmine - A New York socialite, deeply troubled and in denial, arrives in San Francisco to impose upon her sister. She looks a million, but isn't bringing money, peace, or love... Friday, July 27 - An Unfinished Life - 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.			