

Intermediate and Beginner Tap Dancing

Intermediate and beginner's tap dancing classes are held on Friday's 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 Maureen Prys. She has taught tap dancing for over 15 years. For more information contact Rob Phillips @ 919-731-1589.

Brain Injury Support Group

Wayne County's Brain Injury Support Group meets the second Saturday of each month. 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 injuries and 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.

Fall Risk Health Talk

Crystal Thomas from Kindred At Home will be at the senior center on Wednesday, August 15th at 10:30 am. The talk will help you understand the many risk factors for falls and things you can do to reduce your risk at home. For more information, contact Rob Phillips at 919-731-1589.

Diabetes Educational

On Monday, August 20th 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.

Alzheimer & Dementia Educational Enlightenment Is Back + New Time

The Alzheimer & Dementia Educational Enlightenment invites caregivers, spouses, family members and those of the community to attend the class on August 9th and 23rd at the Peggy Seegars Senior Center. It will begin at **6:00 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 is 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.

Disc Golf

On Tuesday, August 28th @ 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, August 6th, 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, August 9th and August 30th 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. August's class will be held on August 27th 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, August 16th at 2:00 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

Arthritis Exercise Class

The Peggy Seegars Senior Center offers an Evidence Based Arthritis Exercise Class on Tuesdays at 9:30am and Thursdays at 9:00 am. The Arthritis Foundation Exercise Program is a community-based, recreational group exercise and education program designed specifically for people with arthritis and related diseases. The program's multiple components help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional ability. Individuals from basic to advanced capabilities will benefit from the program. The classes are conducted by Lisa Weston, a trained and certified instructor. For more information please contact Rob Phillips at 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 **1485** hours of service at the Senior Center in June? Our Volunteers have saved the County over **\$14,016** 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 You Need Help Ministries for their donations to our seniors.
- ◆ We Thank J.L. Maxwell, Jr. Foundation for the generous monetary donation to the senior center.
- ◆ We Thank the First Presbyterian Church Foundation for their grant to help with Transportation for Seniors.

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 August 1st and Gentiva will be available on August 21st to check your Blood Pressure. **This is free!** For more information contact Rob Phillips at 919-731-1589.

Music Therapy

On Wednesday, August 8th @ 10:30 am Bob Modica will be at the senior center to talk about Music Therapy. He will be explaining the benefits of music therapy and how it helps those who suffer from memory loss and signs of dementia. 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. 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 Selena Beaman at 919-731-1608.

Lunch with a Cop

On Wednesday, August 15th at 11:30am, officers from the Goldsboro Police Department and the Wayne County Sheriffs 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.

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

August 2018

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
<p>Friday, Aug. 3 - Thor: Ragnarok - Thor is imprisoned on the planet Sakaar, and must race against time to return to Asgard and stop Ragnarok, the destruction of his world at the hands of Hela.</p> <p>Friday, Aug. 10 - Lincoln - a revealing drama that focuses on the 16th President's tumultuous final months in office.</p> <p>Friday, Aug. 17 - Mama Mia - The story of a bride-to-be trying to find her real father told using hit songs by popular 1970s group ABBA.</p> <p>Friday, Aug. 24 - Queen of Katwe - Is based on the true story of Phiona Mutesi, the first titled female chess player in Ugandan history. Mutesi lived in the slum of Katwe. She dropped out of school at age 9 when her father died of AIDS to help her mother sell maize in the streets.</p> <p>Friday, Aug. 31 - How to Lose a Guy in 10 Days - Benjamin Barry is an advertising executive and ladies' man who, to win a big campaign, bets that he can make a woman fall in love with him in 10 days.</p>		<p>1. Walking Group 8:30 am Powerful Tools 9:30 am - 10:30 am Devotional Study 10:30 am FREE BLOOD PRESSURE CHECK 12:00 pm 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</p>	<p>2. 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 Canceled Golden Grooves Dance Class Canceled Learn Fitness Equipment Canceled</p>	<p>3. Learn Fitness Equipment Canceled Chair Exercise Canceled Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00 pm Movie Matinee - Thor: Ragnarok 2:00 pm Widow Support Group 5:00 pm</p>	<p>4. Golden Grooves Canceled Billiards 11:00 am Learn Fitness Equipment 1:00 pm</p>
<p>6. Social Security Office Hours 10:00 am - 1:00 pm</p> <p>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>	<p>7. Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am Sewing Novelties Class -WCC \$ 12:00 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Fitness Dance With Lisa 6:00 pm (Sewing Class through Wayne Community College - Registration Required and Class has a fee)</p>	<p>8. Music Therapy Informative 10:30 am</p> <p>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</p>	<p>9. Poetry Group 1:00 pm</p> <p>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 Alz & Dementia Educ. Enlightenment 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>10. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee - Lincoln 2:00 pm</p>	<p>11. Brain Injury Support Group 10:00 am - 11:30 am</p> <p>Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm</p>
<p>13. 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</p>	<p>14. Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am Sewing Novelties Class-WCC \$ 12:00 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Fitness Dance With Lisa 6:00 pm</p>	<p>15. Fall Risk Health Talk 10:30 am</p> <p>Walking Group 8:30 am Powerful Tools 9:30 am - 10:30 am Devotional Study 10:30 am Lunch w/a Cop 11:30 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</p>	<p>16. IPAD/Android Class 2:00 pm</p> <p>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</p>	<p>17. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00 pm Movie Matinee - Mama Mia 2:00 pm</p>	<p>18. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm</p>
<p>20. Diabetes Educational 9:00 am</p> <p>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</p>	<p>21. Scrapbooking Class 4:30 pm</p> <p>Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am FREE BLOOD PRESSURE CHECK 12:00 PM Sewing Novelties Class -WCC \$ 12:00 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Fitness Dance With Lisa 6:00 pm</p>	<p>22. Walking Group 8:30 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 2:00pm In-Liners (Adult Coloring) 2:00pm-4 pm</p>	<p>23. 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 Alz & Dementia Educ. Enlightenment 6:00 pm Learn Fitness Equipment 7:30 pm</p>	<p>24. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee - Queen of Katwe 2:00 pm</p>	<p>25. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm</p>
<p>27. Bible Study 10.30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class Cancelled Caregiver Class 5:30 pm BINGO 6:00 pm Learn Exercise Equipment 7:00 pm</p>	<p>28. DISC Golf at Stonev Creek Park 8:30 am</p> <p>Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Show and Tell 10:15 am Sewing Novelties Class-WCC \$ 12:00 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Fitness Dance With Lisa 6:00 pm</p>	<p>29. Walking Group 8:30 am Devotional Study 10:30 am Senior Center Birthday Party 12:00 pm Jewelry Group 12:30 pm Drama Club 1:00pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 2:00 pm In-Liners (Adult Coloring) 2:00pm-4 pm</p>	<p>30. Poetry Group 1:00 pm</p> <p>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</p>	<p>31. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee - How to Lose a Guy in 10 Days 2:00 pm</p>	

