

Lunch with a Cop

On Wednesday, November 14th at 11:30am, officers from the Goldsboro Police Department and the Wayne County Sheriff's 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.

Free Flu and Pneumonia shots

On Wednesday, November 5th from 9:00 am – 11:30 am, Shelby Jones from Wal-Mart Pharmacy will be giving FREE flu and Pneumonia shots. To receive shots you must have your Medicare card present. For more information contact Rob Phillips at 919-731-1589.

Christmas Bazaar (SEEKING VENDORS!)

The Senior Center will hold their annual Christmas Bazaar fundraiser. It will be held on Saturday, December 1, 2018 from 9:00 am until 1:00 pm. For \$10 you can rent a table and sell your arts and crafts, baked goods or collectables. Space is limited so we recommend you get your registrations in soon. Contact Rob Phillips at 919-731-1589 for more information.

Christmas Open House

Wayne County Services on Aging and Goldsboro Parks and Recreation Department are partnering to offer a Christmas Open House at the Peggy M Seegars Senior Center on Wednesday, December 5th from 2:00pm to 4:30pm. DJ Wildheart will provide entertainment. We will offer refreshments and door prizes. Please come and enjoy some holiday cheer with us. The public is welcome.

Free Flu and Pneumonia Shots

On Monday, November 26nd from 9:00 am until 10:30 am Sam's Club Pharmacy Manager Kandice Baye will hold a Flu and Pneumonia clinic. To receive shots you must have your Medicare card present. For more information contact Rob Phillips at 919-731-1589.

Diabetes Educational

On Monday, November 26nd 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. To sign up or for more information, contact Rob Phillips at 919-731-1589.

Alzheimer & Dementia Educational Enlightenment

The support group will now be meeting once a quarter. The next meeting at the senior center is TBA. For more information contact Rob Phillips at 919-731-1589.

“What you can do to help prevent Alzheimer’s”

On Wednesday, November 14th at 10:30 am, Melissa Shaw from Pruitt Health will be at the senior center to do a health talk. She will be discussing “What you can do to help prevent Alzheimer’s.” For more information 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, November 17, 2018 at 11:30 am.

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. November's class will be held on November 26nd at 5:30 PM. There is no charge or age requirement for this class. For more information, contact Rob Phillips at 919-731-1589.

Social Security

On Monday, November 5th, 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.

IPad/iPhone/Andriod Class – Beginners/Intermediate

On Thursday, November 8th 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 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.

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 **845** hours of service at the Senior Center in September. Our Volunteers have saved the County over **\$8,117** for the month of September. 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.
- ◆ **VOTE for Volunteer of the Quarter!!!! (Voting can be Completed at the front desk)**

The Senior Center Closed for Veterans Day and Thanksgiving

The Senior Center will be closed for Veterans Day on Monday November 12th.

The Senior Center will be closed for Thanksgiving on Thursday – Saturday November 22nd – 24th.

Veterans Appreciation

On November 7th at 10:00 am, the Peggy M Seegars Senior Center will be observing our Veterans. We invite all our senior Veterans to attend so that we may honor you for your service. Civilians are welcome to come and show their appreciation. For more information contact Rob Phillips at 919-731-1589.

Open Enrollment for Medicare D

The open enrollment period for Medicare is October 15 to December 7, 2018. This is the time to Review your Medicare Prescription Drug Plan or Advantage Plan. Wayne County Services on Aging located 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 15 through December 5. Please remember you must bring your Medicare card and all current medications. For more information contact Selena Beaman at 919-731-1608.

Medicare...Do you have your ducks in a row?

On Wednesday, November 28th at 10:30 am Selena Beaman will speak about Medicare. When it comes to Medicare sometimes we can be overwhelmed. What do I choose? Which plan is best for me? Wayne County Services on Aging can help you get your ducks in a row when it comes to your Medicare. Call 919-731-1608 for an appointment to meet with one of our counselors. We can answer your questions and help with things such as extra help applications, enrollments, and more. If you do not wish to make an appointment, you can call the Senior Health Insurance Information Program state office at 1-855-408-1212.




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 | Contact Selena Beaman @ 919-731-1608 | Mental Health |

The Peggy M. Seegars Senior Center

November 2018

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
<p>Friday, November 2 - The Stray - The story of how a stray dog, Pluto, comes out of nowhere and impacts the Davis family, who are struggling in many ways. In just a short time, Pluto the Wonderdog manages to save a toddler</p> <p>Friday, November 9 - The Guernsey Literacy and Potato Peel Pie Society. In the aftermath of World War II, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their experiences during the war.</p> <p>Friday, November 16- The Cobbler - A cobbler, bored of his everyday life, stumbles upon a magical heirloom that allows him to become other people and see the world in a different way.</p> <p>Friday, November 30- The Lake House - A lonely doctor, who once occupied an unusual lakeside house, begins exchanging love letters with its former resident, a frustrated architect. They must try to unravel the mystery behind their extraordinary romance before it's too late.</p>			<p>1. Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Computer Class Begins - WCC \$\$ 12:30 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>2. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee - The Stray 2:00 pm</p>	<p>3. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm</p>
<p>5. FREE Flu and Pneumonia Shots 9:00 am - 11:30 am Medicare Open Enrollment 9:00 am - 12:00 pm Choir 9:45 am Bible Study 10.30 am Social Security Office Hours 11:30 am - 1:00 pm 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>6. Medicare Open Enrollment 9:00 am - 12:00 pm Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Sewing Novelties Class-WCC \$\$ 12:30 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dance With Lisa 6:00 pm</p>	<p>7. Veterans Appreciation 10:30 am Medicare Open Enrollment 9:00 am - 12:00 pm Walking Group 8:30 am Devotional Study 10:30 am FREE BLOOD PRESSURE CHECK NOON Jewelry Group 12:30 pm Drama Club 1:00 pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 12:30 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>8. IPAD/Android Class 2:00 pm Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Poetry Group 1:00 pm Computer Class- WCC \$\$ 12:30 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</p>	<p>9. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee - The Guernsey Literary & Potato Peel Pie Society 2:00 pm</p>	<p>10. 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</p>
<p>12. CLOSED </p>	<p>13. Medicare Open Enrollment 9:00 am - 12:00 pm Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Sewing Novelties Class-WCC \$\$ 12:30 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dance With Lisa 6:00 pm</p>	<p>14. What can you do to prevent Alzheimer's 10:30 am Medicare Open Enrollment 9:00 am - 12:00 pm Walking Group 8:30 am Devotional Study 10:30 am Lunch with 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 12:30 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>15. Poetry Group 1:00 pm Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Computer Class - WCC \$\$ 12:30 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</p>	<p>16. 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 - The Cobbler 2:00 pm</p>	<p>17. Deaf & Hard of Hearing Support Group 11:30 am Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm</p>
<p>19. Medicare Open Enrollment 9:00 am - 12:00 pm Choir 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>	<p>20. Medicare Open Enrollment 9am-12pm Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Sewing Novelties Class-WCC \$\$ 12:30 pm FREE BLOOD PRESSURE CHECK 12:00 PM Crochet & Knitting 1:00 pm Pinochle / Recreational Cards 1:00 pm Scrapbooking Class 4:30 pm Line Dance With Lisa 6:00 pm</p>	<p>21. Medicare Open Enrollment 9:00 am - 12:00 pm 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 12:30 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>22. CLOSED 22nd - 24th </p>	<p>23. CLOSED 22nd - 24th</p>	<p>24. CLOSED 22nd - 24th</p>
<p>26. Free Flu Shots 10:30 am Medicare Open Enrollment 9:00 am - 12:00 pm Diabetes Educational 9:00 am Choir 9:45 am Bible Study 10.30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class 2:00 pm Caregiver Class 5:30 pm Bingo 6:00 pm Learn Exercise Equipment 7:00 pm</p>	<p>27. Medicare 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 and Tell 10:15 am Sewing Novelties Class-WCC \$\$ 12:30 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dance With Lisa 6:00 pm</p>	<p>28. Medicare Open Enrollment 9:00 am - 12:00 pm Medicare Informative 10:30 am 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 12:30 pm In-Liners (Adult Coloring) 2:00pm-4 pm</p>	<p>29. Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Poetry Group 1:00 pm Computer Class - WCC \$\$ 12:30 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</p>	<p>30. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee - The Lakehouse 2:00 pm</p>	<p></p>