

Well Care Home Health Telehealth Unit Informative

On Wednesday, January 16th at 10:30 am Jonda Paxton and the Telehealth unit, will be at the senior center to give our monthly health talk. Telehealth is the provision of healthcare remotely by means of telecommunications technology. For more information contact Rob Phillips at 919-731-1589.

Pre-Super Bowl Tailgate Party and Game day!

On Wednesday, January 30th at 10:30 am we will be having our first annual Senior Center Super Bowl Classic. Come dressed in YOUR NFL teams gear and compete in the Mash Ball and Corn Hole Super Bowl Tournament. We will be serving a tailgate lunch and want to see who can represent their team the loudest! This event is FREE for our senior center members. Sign ups for the tournament are located at the front desk. For more information contact Rob Phillips at 919-731-1589.

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 55 years. For more information contact Rob Phillips @ 919-731-1589.

Arthritis Exercise Class

The Peggy Seegars Senior Center offers an Evidence Based Arthritis Exercise Class on Tuesdays at 9:30 am 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.

Medicare Advantage Open Enrollment

If you need to make changes to you Medicare Advantage plan, the open enrollment date is January 1st - March 31st. Call to make an appointment with Selena Beaman at 919-731-1608.

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 January 2nd and Kindred at Home will be available on January 15th to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

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. January's class will be held on January 28th at 5:30 PM. There is no charge or age requirement for this class. For more information, contact Rob Phillips at 919-731-1589.

Senior Games Health Fair

The Annual Senior Games Health Fair will be held at the Peggy M Seegars Senior Center on **Friday, February 1st from 9:30 to 12:00.** This is the kick off event for Senior Games so registration forms will be available. Free health screenings in such areas as skin cancer screening, hearing, depression, arthritis screening, fall risk assessment and much more will be offered. Also there will be vendors with information on health related services for seniors, free lunch and a raffle. Don't miss this event! For more information, call Rob Phillips at 919-731-1589.

Social Security

On Monday, January 7th, 2019 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/Android Class

Banks Peacock will lead a session on using your iPad, iPhone, or Android phone or tablet for seniors. The class is open to ALL skill levels. Questions from attendees are encouraged. The class is located at the Peggy Seegars Senior Center. It is free, and registration is not needed. The Date and Time is January 10th at 2:00 pm. Contact Rob Phillips at 919-731-1589, or visit the website <http://bit.ly/pssciple> for more info.

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 **1598** hours of service at the Senior Center in November. Our Volunteers have saved the County over **\$14,246** for the month of November. 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 The Golden Agers for donating gift cards and food to the senior center.
- ◆ We Thank UPS for their donations to our seniors for Christmas Wish List.
- ◆ We Thank Essie Walton, Gena Harris, and Leea Williamson for delivering our Wish list christmas gifts to seniors.

Senior Center Closed for the Following Holidays

The Senior Center will be closing early on Monday, December 31st at 5:00 pm for New Years Eve. The Senior Center will be closed Tuesday, January 1, 2019 for New Years' and Monday, January 21, 2019 for Martin Luther King's Birthday.

Senior Trip to Savannah, GA

WAYNE COUNTY SERVICES ON AGING presents a fabulous trip to Savannah, GA & the Golden Isles for 3 days/2nights for \$420.00, per person, June 17-19, 2019. Take a guided tour of historic Savannah, see a performance at the Savannah historic theater, tour Jekyll Island and St. Simons Island and visit the famous River Street. Deposit of \$50.00 due by March 8, 2019. For information and or reservations contact Hermanita Harris 919-705-1784.

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 31, 2019 and ending on April 11, 2019. Taxes will be done **BY APPOINTMENT ONLY. Beginning January 7th, 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.

Line Dancing with Stasia Fields

Line dancing will start back up the second week in January! Come and have fun on Tuesday nights at 6:00 pm with the line dancing class at the Senior Center. Stasia Fields of Goldsboro Parks and Recreation leads the class each Tuesday night.


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

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| 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

January 2019

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
	<p>1. Closed For New Years</p>	<p>2. 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 1:00 pm- 5:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>3. Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Computer Class - 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>4. 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 Dark Knight 2:00 pm</p>	<p>5. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm</p>
<p>7. 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>8. Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing W/Stasia Fields 6:00 pm</p>	<p>9. 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 1:00 pm- 5:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>10. IPAD/Android Class 2:00 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>11. Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee - Definitely Maybe 2:00 pm</p>	<p>12. 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>14. 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>15. Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am FREE BLOOD PRESSURE CHECK NOON Sewing Novelties Class-WCC \$\$ 12:30 pm Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing W/Stasia Fields 6:00 pm</p>	<p>16. Well Care Home Health Telehealth Unit Informative 10:30 am 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 1:00 pm- 5:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>17. (NEW) Computer Basics For Seniors 1:00 pm - 4:00 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</p>	<p>18. 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 - Indiana Jones and the Last Crusade 2:00 pm</p>	<p>19. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm</p>
<p>Closed For Martin Luther King Jr. Day</p>	<p>22. Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing W/Stasia Fields 6:00 pm</p>	<p>23. 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 1:00 pm- 5:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>24. Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Computer Class - WCC \$\$ 1:00 pm Viola Titus 1:00 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>25. 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 Boy in the Striped Pajamas 2:00 pm</p>	<p>26. Golden Grooves 10:30 am Billiards 11:00 am Learn Fitness Equipment 1:00 pm</p>
<p>28. 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>29. Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Show and Tell 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing W/Stasia Fields 6:00 pm</p>	<p>30. Super Bowl Tailgate Party & Game Day 10:30 am Walking Group 8:30 am Devotional Study 10:30 am Senior Center Birthday 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 1:00 pm- 5:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>31. Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Computer Class - WCC \$\$ 1:00 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>Friday, January 4 - The Dark Knight- When the menace known as the Joker emerges from his mysterious past, he wreaks havoc and chaos on the people of Gotham.</p> <p>Friday, January 11 - Definitely Maybe- A political consultant tries to explain his impending divorce and past relationships to his 11-year-old daughter.</p> <p>Friday, January 18- Indiana Jones and the Last Crusade- In 1938, after his father Professor Henry Jones, Sr. goes missing while pursuing the Holy Grail, Indiana Jones finds himself up against Nazis again to stop them obtaining its powers.</p> <p>Friday, January 25- The Boy in the Striped Pajamas - Set during WWII, a story seen through the innocent eyes of Bruno, the eight-year-old son of the commandant at a German concentration camp .</p>	