

Starlight Dance Band

To celebrate Valentine's, the Starlight Dance Band will be performing at the Peggy Seegars Senior Center Friday, February 8th from 7:00 pm until 9:00 pm. Come and dance the night away. Light refreshments will be served. This event is free for seniors 50 and older. It is sponsored by the Wayne County Arts Council. Funds for this project were supplied by ACWC Grassroots Subgrant Program. For more information, contact Rob Phillips at 919-731-1589.



Funds for this project were supplied by ACWC Grassroots Sub-grant Program.



This project was supported by the North Carolina Arts Council, a division of the Dept. of Cultural Resources

The Monitors in Concert

To help us celebrate Black History Month, the Monitors are coming back to the Senior Center on Friday, February 22, 2019 from 7:00 pm to 9:00 pm. Seniors are encouraged to join us to enjoy great music and information about African Americans' Contributions to Music. You can choose to sit and enjoy the program or get out on the dance floor! We will also serve light refreshments. This event is free and sponsored by the Wayne County Arts Council. Funds for this project were supplied by ACWC Grassroots Subgrant Program. For more information, contact Rob Phillips at 919-731-1589.



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Forgotten Troop of Civil War African American Soldiers

On Wednesday, February 13th at 10:00 am, Lieutenant Colonel, United States Air Force Retired, Deborah Jones, of 135th USCT Research, Inc., will be at the senior center to talk about the forgotten troop of Civil War African American soldiers who mustered in Goldsboro March of 1865.

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 February 6th and Kindred at Home will be available on February 19th to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

Drama Team Black History Presentation

On Monday, February 27th at 1:30 pm the Drama Club will present a short skit "Oh Happy Day" with the characters celebrating their freedom from the other side of the world. Also, they will be presenting a narration that will introduce various renowned characters of history. This performance will be held at the Peggy Seegars Senior Center. Come out and have a great time with us! For more information contact Rob Phillips at 919-731-1589.

Social Security

On Monday, February 11th, 2019 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.

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.

Diabetic Shoe Clinic

On Wednesday, February 6th at 10:30 am Glenda Barton will be at the senior center to speak with our seniors about FREE diabetic shoes. Please bring your Medicare card so that she can help you. For more information contact Rob Phillips at 919-731-1589.

Line Dancing with Stasia Fields Will Begin at 5:30 pm Starting February 12th

Line Dancing is starting 30 minutes early from now on. The Class will be on Tuesday nights at 5:30 pm at the Senior Center. Stasia Fields of Goldsboro Parks and Recreation leads the class each Tuesday night.

Bingo Will Now Begin at 5:30 pm Starting Monday 11th

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 **1289** hours of service at the Senior Center in December. Our Volunteers have saved the County over **\$12,339** for the month of December. 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

New Hours for the Senior Center Beginning March 1, 2019

Monday, Tuesday and Thursday 7:30 am - 7:00 pm
Wednesday and Friday 7:30 am - 5:00 pm
Saturday 8:30 am - 12:00 pm

Senior Trip to Savannah, GA

WAYNE COUNTY SERVICES ON AGING presents a fabulous trip to Savannah, GA & the Golden Isles for 3 days/2 nights 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.


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

February 2019

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
<p>Friday, February 1 - Brain on Fire- A young, capable professional cannot explain her newly erratic behavior</p> <p>Friday, February 8 - A Series of Unfortunate Events - After the loss of their parents in a mysterious fire, the three Baudelaire children face trials and tribulations attempting to uncover dark family secrets.</p> <p>Friday, February 15- Did You Hear About the Morgan's? - In New York City, an estranged couple who witness a murder are relocated to small town Wyoming as part of the Witness Protection Program.</p> <p>Friday, February 22—Something New - Kenya McQueen, an accountant finds love in the most unexpected place when she agrees to go on a blind date with Brian Kelly, a smart and free-spirited landscaper.</p>				<p>1. Senior Games Health Fair 9:30 am - 12:00 pm</p> <p>Learn Fitness Equipment Cancelled</p> <p>Chair Exercise Cancelled</p> <p>Intermediate Tap Dance Cancelled</p> <p>Beginner Tap Dance Cancelled</p> <p>Movie Matinee - Brain On Fire 2:00 pm</p>	<p>2.</p> <p>Golden Grooves 10:30 am</p> <p>Billiards 11:00 am</p> <p>Learn Fitness Equipment 1:00 pm</p> <p>Senior Games Practice 12:15 pm</p>
<p>4.</p> <p>Choir 9:45 am</p> <p>Bible Study 10.30 am</p> <p>Bridge Group 1:00 pm</p> <p>Line Dancing 1:00 pm</p> <p>Crafts Class 2:00 pm</p> <p>BINGO 6:00 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>5. A Matter of Balance 9:30 - 11:30 am</p> <p>Arthritis Exercise 9:30 am</p> <p>Sleeping Mat Class 10:00 am</p> <p>Billiards Challenge 10:00 am</p> <p>Trivia 10:15 am</p> <p>Crochet & Knitting 1:00 pm</p> <p>Recreational Cards 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Line Dancing W/Stasia Fields 6:00 pm</p>	<p>6. Diabetic Shoes Informative 10:30 am</p> <p>Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Jewelry Group 12:30 pm</p> <p>FREE BLOOD PRESSURE CHECK NOON</p> <p>Drama Club 1:00 pm</p> <p>Women's Billiards 1:00 pm - 3:00 pm</p> <p>Beginner's Bridge 1:00 pm - 5:00 pm</p> <p>In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>7.</p> <p>Painting Group 8:30 am</p> <p>Arthritis Exercise 9:00 am</p> <p>BINGO 10:00 am</p> <p>Computer Class- WCC \$\$ 12:30 pm</p> <p>Bridge Group 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Senior Functional Fitness Testing Cancelled</p> <p>Golden Grooves Dance Class Cancelled</p> <p>Learn Fitness Equipment Cancelled</p>	<p>8. Starlight Dance Band 7:00 pm - 9:00 pm</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p>Intermediate Tap Dance 12:00 pm</p> <p>Beginner Tap Dance 1:00pm</p> <p>Movie Matinee - A Series Of Unfortunate Events 2:00 pm</p>	<p>9. Brain Injury Support Group 10:00 am - 11:30 am</p> <p>Golden Grooves 10:30 am</p> <p>Billiards 11:00 am</p> <p>Senior Games Practice 12:15 pm</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>11.</p> <p>Choir 9:45 am</p> <p>Social Security Office Hours 10:00 am - 1:00 pm</p> <p>Bible Study 10.30 am</p> <p>Bridge Group 1:00 pm</p> <p>Line Dancing 1:00 pm</p> <p>Crafts Class 2:00 pm</p> <p>BINGO 5:30 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>12.</p> <p>Arthritis Exercise 9:30 am</p> <p>A Matter of Balance 9:30 am</p> <p>Sleeping Mat Class 10:00 am</p> <p>Billiards Challenge 10:00 am</p> <p>Trivia 10:15 am</p> <p>Sewing Novelties Class-WCC \$\$ 12:30 pm</p> <p>Crochet & Knitting 1:00 pm</p> <p>Recreational Cards 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Line Dancing W/Stasia Fields 5:30 pm</p>	<p>13. Forgotten Troop Presentation 10:00 am</p> <p>Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Jewelry Group 12:30 pm</p> <p>Drama Club 1:00 pm</p> <p>Women's Billiards 1:00 pm - 3:00 pm</p> <p>Beginner's Bridge 1:00 pm - 5:00 pm</p> <p>In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>14.</p> <p>Painting Group 8:30 am</p> <p>Arthritis Exercise 9:00 am</p> <p>BINGO 10:00 am</p> <p>Computer Class - WCC \$\$ 1:00 pm</p> <p>Bridge Group 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Senior Functional Fitness Testing 5:30 pm</p> <p>Golden Grooves Dance Class 6:00 pm</p> <p>Learn Fitness Equipment 7:30 pm</p>	<p>15.</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p>Intermediate Tap Dance 12:00 pm</p> <p>Beginner Tap Dance 1:00 pm</p> <p>Movie Matinee - Did you Hear About the Morgan's 2:00 pm</p>	<p>16.</p> <p>Golden Grooves Cancelled</p> <p>Billiards 11:00 am</p> <p>Learn Fitness Equipment Cancelled</p>
<p>18.</p> <p>Choir 9:45 am</p> <p>Bible Study 10.30 am</p> <p>Bridge Group 1:00 pm</p> <p>Line Dancing 1:00 pm</p> <p>Crafts Class 2:00 pm</p> <p>BINGO 5:30 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>19. Arthritis Exercise 9:30 am</p> <p>A Matter of Balance 9:30 am</p> <p>Sleeping Mat Class 10:00 am</p> <p>Billiards Challenge 10:00 am</p> <p>Trivia 10:15 am</p> <p>FREE BLOOD PRESSURE CHECK NOON</p> <p>Crochet & Knitting 1:00 pm</p> <p>Recreational Cards 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Line Dancing W/Stasia Fields 5:30 pm</p>	<p>20.</p> <p>Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Jewelry Group 12:30 pm</p> <p>Drama Club 1:00 pm</p> <p>Women's Billiards 1:00 pm - 3:00 pm</p> <p>Beginner's Bridge 1:00 pm - 5:00 pm</p> <p>In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>21. IPAD/Android Class 5:00 pm</p> <p>Painting Group 8:30 am</p> <p>Arthritis Exercise 9:00 am</p> <p>BINGO 10:00 am</p> <p>Computer Class - WCC \$\$ 1:00 pm</p> <p>Viola Titus Bridge Group 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Senior Functional Fitness Testing 5:30 pm</p> <p>Golden Grooves Dance Class 6:00 pm</p> <p>Learn Fitness Equipment 7:30 pm</p>	<p>22. The Monitors in Concert 7:00 pm - 9:00 pm</p> <p>Learn Fitness Equipment 10:00 am</p> <p>Chair Exercise 10:30 am</p> <p>Intermediate Tap Dance 12:00 pm</p> <p>Beginner Tap Dance 1:00pm</p> <p>Movie Matinee - Something New 2:00 pm</p>	<p>23.</p> <p>Golden Grooves 10:30 am</p> <p>Billiards 11:00 am</p> <p>Senior Games Practice 12:15 pm</p> <p>Learn Fitness Equipment 1:00 pm</p>
<p>25.</p> <p>Choir 9:45 am</p> <p>Bible Study 10.30 am</p> <p>Bridge Group 1:00 pm</p> <p>Line Dancing 1:00 pm</p> <p>Crafts Class 2:00 pm</p> <p>Caregiver Class 5:30 pm</p> <p>BINGO 5:30 pm</p> <p>Learn Exercise Equipment 7:00 pm</p>	<p>26.</p> <p>Arthritis Exercise 9:30 am</p> <p>A Matter of Balance 9:30 am</p> <p>Sleeping Mat Class 10:00 am</p> <p>Billiards Challenge 10:00 am</p> <p>Show and Tell 10:15 am</p> <p>Crochet & Knitting 1:00 pm</p> <p>Recreational Cards 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Line Dancing W/Stasia Fields 5:30 pm</p>	<p>27. Drama Team Black History Presentation 1:30 pm</p> <p>Walking Group 8:30 am</p> <p>Devotional Study 10:30 am</p> <p>Senior Center Birthday 12:00 pm</p> <p>Jewelry Group 12:30 pm</p> <p>Women's Billiards 1:00 pm - 3:00 pm</p> <p>Beginner's Bridge Cancelled</p> <p>In-Liners (Adult Coloring) Cancelled</p>	<p>28.</p> <p>Painting Group 8:30 am</p> <p>Arthritis Exercise 9:00 am</p> <p>BINGO 10:00 am</p> <p>Computer Class - WCC \$\$ 1:00 pm</p> <p>Bridge Group 1:00 pm</p> <p>Viola Titus 1:00 pm</p> <p>Pinochle 1:00 pm</p> <p>Senior Functional Fitness Testing 5:30 pm</p> <p>Golden Grooves Dance Class 6:00 pm</p> <p>Learn Fitness Equipment 7:30 pm</p>	