

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 at 5:30 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. June's class will be held on June 24th at 5:30 PM. There is no charge or age requirement for this class. 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 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.

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 June class will be held on Thursday, June 20th at 5:30 pm. Contact Rob Phillips at 919-731-1589, or visit the website <http://bit.ly/pssciple> for more info.

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 June 5th and Gentiva will be available on June 18th to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

Lunch with a Cop

On Wednesday, June 26th 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.

Medicare Seminar

On Friday, June 7th at 9:30 a.m. Selena Beaman will present a FREE Medicare Seminar. Join us for a conversation as we explore the ins and outs of your Medicare Benefits! For more information contact Selena Beaman at 919-731-1608.

Movie Fridays! 2:00 pm

Social Security

On Monday, June 10th, 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.

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.

Wayne County Services On Aging presents a 10 Day/ 9 Night Canada & New England Cruise

Cruise Date: September 17- September 26, 2020

For more information contact Hermanita Harris @ 919-705-1784

Advanced Care Planning

Community Liaison Timothy Lancaster of Vidant Home Health & Hospice will be at the senior center on June 19th at 10:30 am to speak. He will be giving a short presentation on advanced care planning. For more information contact Rob Phillips @ 919-731-1589.

Line Dancing with Stasia Fields

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 & Peggy M. Seegars Senior Center

HOURS OF OPERATION

Monday 7:30 AM to 7:00 PM
Tuesday 7:30 AM to 7:00 PM
Wednesday 7:30 AM to 5:00 PM
Thursday 7:30 AM to 7:00 PM
Friday 7:30 AM to 5:00 PM
Saturday 8:30 AM to 12:00 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 **1888** hours of service at the Senior Center in April.

Our Volunteers have saved the County over **\$16,999** for the month of April .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 The Volunteer Of The Quarter- (@ The Front Desk)

NO Congregate Meals will be served on June 12th due to special event

Carnival with a Cop

On Wednesday, June 26th from 9:30 am – 11:30 am the Goldsboro Police Dept. will be at the senior center to play games and have fun with the seniors! Come out and compete against Goldsboro's finest and enjoy a morning full of fun! This is FREE and open to members of the senior center. For more information, contact Rob Phillips at 919-731-1589.

Elder Abuse Awareness Symposium

On June 12, 2019 at 9:00 am until 12:30 pm the Peggy Seegars Senior Center will hold an Elder Abuse Awareness Symposium. Social Services, NC Department of State, and Wayne County Sheriff's Department will be presenting. Topics will include: "Types and signs of elder abuse", "Investment and Charity Fraud, and counter-fit prescription drugs", and "Exploitation, fraud and scams". This Event is FREE and open to the public. Lunch will be provided to all participants. Please register by June 6th to attend the symposium. To sign up, contact Paula Edwards @ 919-705-1785.

Art and Soul Expressions Paint Party Events

On June 10th, 2019 at 9 am-11am Monica Walker will be holding an Art and Soul Expressions Paint Party! Cost is \$25 dollars per person. You must sign up and pay to hold your spot. Come and enjoy a great time creating your own masterpiece! Step by step instructions provided and all the canvases are pre-drawn to aid you in creating a great piece! All materials are provided, including protective aprons. No experience needed! Seats are limited and the event is filled with laughs and fun! To sign up or for more information contact Rob Phillips @ 919-731-1589.

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 |

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