

**Targeted Nutrition For Common Medical Problems Presentation**

On Wednesday, August 14<sup>th</sup> at 10:30 am Lovelina Nadkarni will be at the senior center to present about targeted nutrition for common medical problems. Mrs. Nadkarni is a registered dietician/nutritionist and a certified diabetes educator. 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 Class will be held on Thursday, August 15<sup>th</sup> at 2:00 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 August 7<sup>th</sup> and Gentiva will be available on August 20<sup>th</sup> to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

**Senior Center Closed**

**The Senior Center will be closed on Monday, September 2nd for Labor Day**

**Celebrating Senior Center Month in September**

**Breakfast With The Director– Wednesday, September 11th at 9:00 am**

**Advocacy Lunch - Wednesday, September 18th at 11:30 am**

**Hot Dog Social - Monday, September 23 at 5:00 pm**

**Social Security**

On Monday, August 12<sup>th</sup>, 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.

**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.

**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. August's class will be held on August 26<sup>th</sup> at 5:30 PM. There is no charge or age requirement for this class. For more information, contact Rob Phillips at 919-731-1589.

**Line Dancing with Stasia Fields will take a break for the summer.**

**Wayne County Services on Aging & Peggy M. Seegars Senior Center**

**HOURS OF OPERATION**

**ADDRESS**

**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**

**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](http://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 **1978** hours of service at the Senior Center in June.

Our Volunteers have saved the County over **\$18,499** 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 Moore Medical Messages, United Wayne (Betty Graham and John Hudson) for their donations to the Operation Fan Heat Relief.  
We Thank J.L. Maxwell, Jr. Foundation for donating \$3,750 and the foundation of First Presbyterian Church for donating \$1000.  
Thank you to all of those that donated in Memory of Peggy M. Seegars.

**Disaster Preparedness Talk**

On August 7<sup>th</sup> at 10:30 am, Brittany Clemons from HOPE 4 NC will be presenting on Disaster Preparedness. With it already being hurricane season Hope 4 NC wants everyone to be aware of the importance of being prepared ahead of time! This presentation isn't just geared toward preparing for Hurricanes, but it is beneficial to whatever natural disaster may occur. They will discuss preparedness tips such as how to prepare a household emergency plan and how to assemble a disaster kit for one's home and a to-go kit that will benefit the family effectively. They will also share information about our program, Hope 4 NC and what we can bring to those in the community who are still recovering from Hurricane Florence. For more information call 919-731-1589.

**Senior Tours Cruise to Canada**

Wayne County Services On Aging presents a 10 Day/ 9 Night Canada & New England Cruise. Cruise Dates: September 17– September 26, 2020  
For more information contact Hermanita Harris @ 919-705-1784. The deadline for the deposit is Monday August 12th, 2019.

**Powerful Tools for Caregivers (PTC)**

Powerful Tools for Caregivers (PTC) will be offered on Tuesdays, September 10<sup>th</sup> – October 15<sup>th</sup> from 10:00 am -11:30 am by trainers Holly Williams and Lorri Bradley at the Peggy Seegars Senior Center. PTC is an educational program designed to help family caregivers. This program will help teach caregivers how to take care of themselves while caring for a love one. Class size is limited and registration is required. Please call Holly Williams by September 3, 2019 at 919-705-1928 to register.


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

- |  |   |  |
|--|---|--|
| <b>Advocacy for Seniors</b>                | <b>Senior Games</b>                         | <b>Health Promotion</b>                |
| <b>In Home/Hospice Services</b>            | <b>Social Security Benefits</b>             | <b>Friendly Caller Program</b>         |
| <b>Disaster Preparedness</b>               | <b>Suspected Abuse/Neglect</b>              | <b>Health Screenings</b>               |
| <b>Durable Medical Equipment</b>           | <b>Tax Preparation</b>                      | <b>Home Repair &amp; Modifications</b> |
| <b>Employment &amp; Training Resources</b> | <b>Veterans Benefits</b>                    | <b>Assistive Devices</b>               |
| <b>Energy Assistance</b>                   | <b>Medical Transportation</b>               | <b>Insurance Counseling</b>            |
| <b>Food &amp; Nutrition Programs</b>       | <b>Housing Assistance</b>                   | <b>Legal Services</b>                  |
| <b>Medicare/ Medicaid</b>                  | <b>Contact Selena Beaman @ 919-731-1608</b> | <b>Mental Health</b>                   |

# The Peggy M. Seegars Senior Center

# AUGUST 2019

SENIOR CENTER OF EXCELLENCE  
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
		<h2>Movie Fridays</h2> <h3>2:00 pm</h3>	<b>1.</b> 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 4:30 pm Golden Grooves Dance Class 5:45 pm	<b>2.</b> Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm <p style="text-align: center;"><b>Movie Matinee</b> 2:00 pm</p>	<b>3.</b> Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am
<b>5.</b> Choir Cancelled Bible Study 10:30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class 2:00 pm BINGO 5:30 pm Learn Exercise Equipment 5:30 pm	<b>6.</b> 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 Cancelled	<b>7. Disaster Preparedness Talk</b> <u>10:30 am</u> Walking Group 8:30 am Devotional Study 10:30 am <b>FREE BLOOD PRESSURE CHECK NOON</b> 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	<b>8.</b> 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 4:30 pm Golden Grooves Dance Class 5:45 pm	<b>9.</b> Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm <p style="text-align: center;"><b>Movie Matinee</b> 2:00 pm</p>	<b>10. Brain Injury Support Group</b> <u>10:00 am - 11:30 am</u> Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am
<b>12.</b> Choir Cancelled Social Security 10:00 am - 1:00 pm Bible Study 10:30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class 2:00 pm BINGO 5:30 pm Learn Exercise Equipment 5:30 pm	<b>13.</b> 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 Cancelled	<b>14. Nutrition Health Talk</b> <u>10:30 am</u> 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 2:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm	<b>15 IPAD/Android Class</b> <u>2:00 pm</u> 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 4:30 pm Golden Grooves Dance Class 5:45 pm	<b>16.</b> Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm <p style="text-align: center;"><b>Movie Matinee</b> 2:00 pm</p>	<b>17.</b> Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am
<b>19.</b> Choir Cancelled Bible Study 10:30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class 2:00 pm BINGO 5:30 pm Learn Exercise Equipment 5:30 pm	<b>20.</b> Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am <b>FREE BLOOD PRESSURE CHECK NOON</b> Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing W/Stasia Fields Cancelled	<b>21.</b> Walking Group 8:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm Drama Club 12:30 pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 12:30 pm In-Liners (Adult Coloring) 2:00 pm	<b>22.</b> 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 4:30 pm Golden Grooves Dance Class 5:45 pm	<b>23.</b> Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm <p style="text-align: center;"><b>Movie Matinee</b> 2:00 pm</p>	<b>24.</b> Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am
<b>26.</b> Choir Cancelled Bible Study 10:30 am Bridge Group 1:00 pm Line Dancing 1:00 pm Crafts Class 2:00 pm Caregiver Class 5:45 pm BINGO 5:30 pm Learn Exercise Equipment 5:30 pm	<b>27.</b> 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 Cancelled	<b>28.</b> Walking Group 8:30 am Devotional Study 10:30 am Senior Center Birthday 12:00 pm Jewelry Group 12:30 pm Drama Club 12:30 pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 12:30 pm In-Liners (Adult Coloring) 2:00 pm	<b>29.</b> 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 4:30 pm Golden Grooves Dance Class 5:45 pm	<b>30.</b> Learn Fitness Equipment 10:00 am Chair Exercise 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm <p style="text-align: center;"><b>Movie Matinee</b> 2:00 pm</p>	<b>31.</b> Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am