

Powerful Tools for Caregivers (PTC)

Powerful Tools for Caregivers (PTC) will be offered on Tuesdays, September 10th – October 15th 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.

Advocacy Luncheon

The Wayne County Commissioners, County Manager, Regional Aging Advisory Committee Members, WCSOA Advisory Board Members & our Senior Tar Heel Legislator and Alternate have been invited to the Senior Center on Wednesday, September 18th at 11:30 for a luncheon with the seniors. Dignitaries will have an opportunity to address the group if desired. Seniors will have the opportunity to ask questions. Anyone aged 60 and older is invited to join us. Advance registration is required, so we will have enough food to serve. Call Rob Phillips at 919-731-1589 to make a reservation.

Hot Dog Social

September is **Senior Center Month** and we are celebrating with a Hot Dog meal on **Monday, September 23th at 5:00 pm**. After the meal please stay for Monday Night Bingo. The food and Bingo are free to seniors. However, we welcome donations for Bingo prizes, but donations are not required to participate. For more information, contact Rob Phillips at 919-731-1589.

Drama Presentation

They're back! The Drama Team at the Peggy M. Seegars Senior Center invites you to their new production on Wednesday, September 25 at 1:30 PM. You will be entertained with several short skits, dealing with some present day situations. Come out and enjoy! For more information, contact Rob Phillips at 919-731-1589.

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, September 19th at 10:00 am. Contact Rob Phillips at 919-731-1589, or visit the website <http://bit.ly/psscicpl> for more info.

Substance Abuse And Older Adults Informative

On Wednesday, September 25th at 10:00 am Vennessia Hill from Eastpointe will be at the senior center to present about substance abuse and Older Adults. September is designated as National Recovery Month. This is a time to promote prevention and treatment for mental and substance use disorders. It also promotes the message that recovery is possible in all of its forms. This is a free event that is open to the public, professionals, and caregivers. The event does NOT require registration. For more information contact Rob Phillips at 919-731-1589.

Social Security

On Monday, September 9th, 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.

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 September 23rd 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.

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 September 4th and Gentiva will be available on September 17th to check your Blood Pressure. This is free. 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, July 20, 2019 at 10:30 am.

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



September
2019

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 **1699** hours of service at the Senior Center in July.

Our Volunteers have saved the County over **\$17,279** for the month of July. 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 United Wayne and News Argus for their donations to the Operation Fan Heat Relief.
We Thank The Friends of the Peggy Seegars Senior Center for funding the Simply Natural Creamery Tour Trip.

Senior Center Closed for Labor Day

The Peggy M Seegars Senior Center will be closed on Monday, September 2nd in observance of Labor Day.

Breakfast With The Director

Would you like an opportunity to meet with the Director, Paula Edwards of the Peggy M. Seegars Senior Center and share any concerns or suggestions? Then please come and have breakfast with her on **Wednesday, September 11 at 9:00 am**. This event is open to all Wayne County seniors aged 60 years or older. For more information, contact Rob Phillips at 919-731-1589.

Older Americans Act Funding Post Card Event (During Breakfast W/ Director Event)

On Wednesday, September 11 at 9:00 am join us for our Older Americans Act Funding Event. The federal Older Americans Act (OAA) funds critical services for older adults and their caregivers in our communities, including SENIOR CENTER PROGRAMS! The current law expires at the end of September, which means that Congress will update the Older Americans Act to ensure that these critical programs supporting older adults and caregivers continue in your community and around the country. Hundreds of seniors from Senior Centers across North Carolina will be mailing post cards to our Federal Representatives that detail how the OAA programs have and continue to positively impact their lives. Please join us by writing a few sentences about how the OAA programs at your senior center have made a difference in your life. Participating in this event allows you to contribute to the voice that champion for seniors across America. Let it be known what the Senior Center means to you!! We will be writing and mailing the postcards to our state legislators and representatives.

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 |

Mon	Tue	Wed	Thu	Fri	Sat
<p>2. CLOSED FOR LABOR DAY</p>	<p>3. Arthritis Exercise Canceled 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 Canceled</p>	<p>4. 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>5. Painting Group 8:30 am Arthritis Exercise Canceled BINGO 10:00 am Computer Class- WCC \$\$ 12:30 pm Bridge Group 1:00 pm Pinochle 1:00 pm Senior Functional Fitness Testing Canceled Golden Grooves Dance Class Canceled</p>	<p>6. Learn Fitness Equipment Canceled Chair Exercise Canceled Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm</p>	<p>7. Learn Fitness Equipment Canceled Billiards 10:00 am Golden Grooves Canceled</p>
<p>9. Choir 9:45 am 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</p>	<p>10. Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Tai Chi 10:30 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing W/Stasia Fields Canceled</p>	<p>11. Breakfast With The Director & Older Americans Act Funding Event 9:00 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 12:30 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>12. 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</p>	<p>13. Learn Fitness Equipment 9:30 am Chair Exercise 10:00 am Tai Chi 11:00 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm</p>	<p>14. Brain Injury Support Group 10:00 am - 11:30 am Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
<p>16. 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 5:30 pm Learn Exercise Equipment 5:30 pm</p>	<p>17. Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Tai Chi 10:30 am FREE BLOOD PRESSURE CHECK NOON Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing W/Stasia Fields 5:30 pm</p>	<p>18. Advocacy Lunch 11:30 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 2:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>19. IPAD/Android Class 10:00 am 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</p>	<p>20. Learn Fitness Equipment 9:30 am Chair Exercise 10:00 am Tai Chi 11:00 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm</p>	<p>21. Deaf & Hard Of Hearing 10:00 am Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
<p>23. Hot Dog Social 5:00 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 Caregiver Class 5:30 pm BINGO 5:30 pm Learn Exercise Equipment 5:30 pm</p>	<p>24. Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Show and Tell 10:15 am Tai Chi 10:30 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing W/Stasia Fields 5:30 pm</p>	<p>25. Substance Abuse Informative 10:00 am Walking Group 8:30 am Devotional Study 10:30 am Senior Center Birthday 12:00 pm Jewelry Group 12:30 pm DRAMA PRESENTATION 1:30 pm Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge Canceled In-Liners (Adult Coloring) Canceled</p>	<p>26. 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</p>	<p>27. Learn Fitness Equipment 9:30 am Chair Exercise 10:00 am Tai Chi 11:00 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm</p>	<p>28. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
<p>30. 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 5:30 pm Learn Exercise Equipment 5:30 pm</p>	<p>Line Dancing Starting back up September 17th Weekly Line Dancing with Stasia Fields will start back up on Tuesday, September 17th at 5:30 pm.</p>	<p>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.</p>		<p>Medicare Open Enrollment Begins October 15th</p>	<p>Movie Fridays 2:00 pm</p>