

Kidney Class

On Wednesday at 12:00pm on October 2nd, Brooke Walston will be at the senior center to present Davita’s upcoming class KidneySmart. “Take control of your kidney health by attending a no-cost Kidney Smart® class taught by certified educators in your area. Learn about kidney disease, diet and nutrition, insurance options, treatment options, transplant and more.” The class will be held on the 4th Wednesday of each month. You do not have to sign up. For more information, contact Rob Phillips at 919-731-1589.

Veterans Appreciation

On November 6th at 10:00 am, the Peggy M Seegars Senior Center will be observing our Veterans. We invite all our senior Veterans to attend so that we may honor you for your service. Civilians are welcome to come and show their appreciation. For more information contact Rob Phillips at 919-731-1589 or Christine Pittman at 919-731-1586. Also, if you are Veteran that is planning to attend, please contact Christine Pittman. She would like to obtain your information and a picture of you during your service. She will need all pictures by November 4th.

Flu Prevention Informative

On Wednesday, October 2nd at 10:30 am Brookdale Country day will be at the senior to do a flu prevention informative. As Flu season approaches, it’s important to take precaution and prepare yourself. For more info, contact Rob Phillips @ 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 October 10th at 2:00 pm. Contact Rob Phillips at 919-731-1589, or visit the website <http://bit.ly/psscipel> for more info.

ATTENTION CAREGIVERS: MC3 Study informative

On Wednesday, October 9th at 10:30 "We invite you to come learn more about the MC3 Study, *Mindful Coping and Communication in Caregiving*. MC3 is a research study that aims to reduce stress and burden for African American families who are caring for a relative or friend who has Alzheimer's Disease or Dementia by teaching mindfulness over the phone. Mindfulness, similar to contemplative prayer, can help us learn to be present, find joy and appreciation in our everyday life experience, be kinder to ourselves and others, and to communicate clearly with each other so as to better hear and express each other’s needs. We hope to give African American family caregivers the tools to cope with the stress of caregiving and help with family communication. For more information, contact Rob Phillips @ 919-731-1589.

Social Security

Ethel Barnes, Public Affairs Specialist for the Social Security Administration will hold office hours from 10:00 am until 1:00 pm on October 7th, at the Senior Center. Please call 919-731-1589 for the date. 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. October’s class will be held on October 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.

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 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 October 2nd and Kindra will be available on October 15th to check your Blood Pressure. This is free. 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.

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 **1793** hours of service at the Senior Center in July.

Our Volunteers have saved the County over **\$17,779** 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 Gena Harris for cooking for our Hot Dog Social and the Breakfast With The Director Events.

We Thank The Delta Gamma Society International for their \$100 donation in memory of Peggy Seegars.

Look out for our upcoming trip to the Fruitcake Factory!
Contact Hermanita Harris at 919-705-1784.

Free Flu and Pneumonia shots

On Wednesday, October 17th from 9:00 am – 12:00 am, Wal-Mart Pharmacy (On Spence Avenue) will be giving FREE flu and Pneumonia shots. To receive shots you must have your Medicare card present. For more information contact Rob Phillips at 919-731-1589.

Open Enrollment for Medicare D

The open enrollment period for Medicare is October 15 to December 7, 2019. This is the time to Review your Medicare Prescription Drug Plan or Advantage Plan. Wayne County Services on Aging located at 2001 E. Ash Street in Goldsboro has SHIIP counselors who can help you. Counselors will be available on a first come first serve basis from Monday, Tuesday and Wednesday 9:00 – 12:00 starting October 15 through December 5. **Please remember you must bring your Medicare card and all current medications.** For more information contact Selena Beaman at 919-731-1608.

Medicare Card Update

You should have received your new Medicare card by now. It has a combination of numbers and letters on it. Beginning January 1, 2020, you **WILL NOT be able to use your old Medicare card.** If you have not received your new card you should call 1-800-Medicare (1-800-633-4227) for a resolution.

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>Movie Fridays 2:00 pm</p>	<p>1. Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Tai Chi (Closed Class) 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>2. Flu Prevention Health Talk 10:30 am KidneySmart Class Intro 12:00pm</p> <p>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>3. 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>4. Learn Fitness Equipment 9:30 am Chair Exercise 10:00 am Tai Chi (Closed Class) 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm</p>	<p>5. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
	<p>7. 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>8. Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Tai Chi (Closed Class) 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>9. MC3 Study informative 10:30 am</p> <p>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>10. IPAD/Android Class 2:00 pm</p> <p>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>11. Learn Fitness Equipment 9:30 am Chair Exercise 10:00 am Tai Chi (Closed Class) 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 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 5:30 pm Learn Exercise Equipment 5:30 pm</p>	<p>15. Medicare Open Enrollment Begins 9:00 am - 12:00 pm</p> <p>Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Tai Chi (Closed Class) 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>16. Medicare Open Enrollment 9:00 am - 12:00 pm</p> <p>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>17. Flu and Pneumonia Shots 9:00 - 12:00 pm</p> <p>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>18. Learn Fitness Equipment 9:30 am Chair Exercise 10:00 am Tai Chi (Closed Class) 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm</p>	<p>19. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
<p>21. Medicare Open Enrollment 9:00 am - 12:00 pm</p> <p>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>29. Medicare Open Enrollment 9:00 am - 12:00 pm</p> <p>Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Trivia 10:15 am Tai Chi (Closed Class) 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>23. Medicare Open Enrollment 9:00 am - 12:00 pm</p> <p>Walking Group 8:30 am Devotional Study 10:30 am Jewelry Group 12:30 pm KidneySmart Class 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>24. 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>25. Learn Fitness Equipment 9:30 am Chair Exercise 10:00 am Tai Chi (Closed Class) 10:30 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm</p>	<p>26. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
<p>28. Medicare Open Enrollment 9:00 am - 12:00 pm</p> <p>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>29. Medicare Open Enrollment 9:00 am - 12:00 pm</p> <p>Arthritis Exercise 9:30 am Sleeping Mat Class 10:00 am Billiards Challenge 10:00 am Show and Tell 10:15 am Tai Chi (Closed Class) 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>30. Medicare Open Enrollment 9:00 am - 12:00 pm</p> <p>Walking Group 8:30 am Devotional Study 10:30 am Senior Center Birthday 12:00 pm Jewelry Group 12:30 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>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 4:30 pm Golden Grooves Dance Class 5:45 pm</p>	<p>An Elegant Christmas Affair Friday, November 22nd from 6-9 pm @ The Peggy Seegars Senior Center. Free, but must have a ticket. Tickets available at the Senior Center front desk</p> 	