

Senior Music Jam Session

On Friday, November 15th from 2:30- 4:30 pm our first Senior Jam Session will be held at the Senior Center. This is going to allow seniors to bring their instruments and “Jam” with one another. We encourage those that don’t play an instrument come and enjoy the music. The music jam session will be very informal, but will be led by volunteers, Larry Robinson and Giles Fisher. The senior center will not provide or be liable for instruments or equipment. You do not have to sign up for this activity. For more information contact Rob Phillips @ 919-731-1589.

Independent Living and Safety in the Home

Mark Armstrong of Helen Keller Services will be presenting on Wednesday November 13, 2019 during the *Health Talk* at 10:30 AM. His presentation will focus on communication and technologies that support independent living and safety in the home. It will be a great opportunity to talk about combined vision and hearing loss as it may help to identify seniors who are experiencing both. Many times, senior do not report having difficulty with their vision and do not realize their vision has diminished until it has reached the level of impairment. For more information contact Rob Phillips @ 919-731-1589.

Free Hearing Test and Free Hearing Aide Cleaning

Have your hearing screened for **FREE!** A Beltone representative will be available at the Senior Center for free hearing screen and to clean hearing aides on Tuesday, November 19th from 9:30 am until 11:30 am. This is available for any senior. Also, for Beltone clients, you can receive a free adjustment during this visit. For more information and to sign up, contact Rob Phillips at 919-731-1589.

Senior Dance "An Elegant Christmas Affair!"

Come dressed for an elegant night of fun and dancing at the Peggy M Seegars Senior Center on Friday, November 22nd from 6:00-9:00 PM for our Dance for Senior’s. The dance is hosted by Goldsboro Parks and Recreation and Wayne County Services on Aging. DJ Wildheart will play all your favorites. Refreshments will be served. This dance is free and open to anyone aged 50 and older. For more information contact Stasia Fields at 919-739-7486 or Rob Phillips at 919-731-1589

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

Social Security

Social Security will NOT visit the Senior Center during the month of November.

Kidney Smart Class

On Wednesday at 1:00pm on November 27th, 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.

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 November 14th at 10:00 am. Contact Rob Phillips at 919-731-1589, or visit the website <http://bit.ly/pssciple> for more info.

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. November’s class will be held on November 25th at 5:30 PM. There is no charge or age requirement for this class. For more information, contact Rob Phillips at 919-731-1589.

Christmas Bazaar (SEEKING VENDORS!)

The Senior Center will hold their annual Christmas Bazaar fundraiser. It will be held on Saturday, December 7, 2019 from 8:30 am until 1:00 pm. For \$10 you can rent a table and sell your arts and crafts, baked goods or collectables. Please no used (yard sale) items unless they are collectables. Space is limited so we recommend you get your registrations in soon. Contact Rob Phillips at 919-731-1589 for more information.

Christmas Open House

Wayne County Services on Aging and Goldsboro Parks and Recreation Department are partnering to offer a Christmas Open House at the Peggy M Seegars Senior Center on Wednesday, December 4th from 2:00pm to 4:30pm. DJ Wildheart will provide entertainment. We will offer refreshments and door prizes. Please come and enjoy some holiday cheer with us. The public is welcome.

Deaf and Hard of Hearing Support Group

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, November 16, 2019 at 10:00 am.

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 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 **1831** hours of service at the Senior Center in September.

Our Volunteers have saved the County over **\$18,950** for the month of September .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.

The Senior Center Closed for Veterans Day and Thanksgiving

The Senior Center will be closed for Veterans Day on Monday November 11th.

The Senior Center will be closed for Thanksgiving on Thursday – Saturday November 28nd – 30th.

ATTENTION CAREGIVERS!!! Caregivers' Day Out

We would like to take care of the caregiver’s of Wayne County! On November 20, 2019 at the Peggy M. Seegars Senior Center, we have planned a special day for unpaid caregivers. If you are an older adult that is a caregiver or you are a caregiver of an older adult, we want to take care of you for a day. We will have a lot of activities planned for you to enjoy. There will be Tai Chi, Relax and Design Painting, Dementia Live Simulation, Health Screenings, Laughter Yoga, Music for Memory, Lunch, games, door prizes, and more. Registration will begin at 8:30am and the event will be from 9:00am to 2:30pm. The event has limited space and you must pre- register to attend. It is FREE! To pre-register, please contact Holly Williams at 919-705-1928 by November 15, 2019.

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. **For November 20th and 27th, we will NOT be doing open enrollment on Wednesday.**

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.

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 |
|--|---|---|---|---|---|
| <h2>Movie Fridays</h2> <h3>2:00 pm</h3> | <p><u>An Elegant Christmas Affair</u> 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>  | | <p>See Hermanita Harris About Our Upcoming Trip to the Fruitcake Factory! 919-705-1784</p> | <p>1. 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>2. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p> |
| <p>4. Medicare Open Enrollment <u>9:00 am - 12:00 pm</u> 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>5. Medicare Open Enrollment <u>9:00 am - 12:00 pm</u> Arthritis Exercise 9:30 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>6. Veterans Appreciation <u>10:00 am</u> Medicare Open Enrollment <u>9:00 am - 12:00 pm</u> 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 2:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p> | <p>7. 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>8. 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>9. Brain Injury Support Group <u>10:00 am - 11:30 am</u> Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p> |
| <h2>CLOSED FOR VETERANS DAY</h2> | <p>12. Medicare Open Enrollment <u>9:00 am - 12:00 pm</u> Arthritis Exercise 9:30 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>13. Independent Living Informative <u>10:30 am</u> Medicare Open Enrollment <u>9:00 am - 12:00 pm</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</p> | <p>14. IPAD/Android Class <u>10:00 am</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</p> | <p>15. Senior Music Jam Session <u>2:30 pm - 4:30 pm</u> 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>16 Deaf and Hard Of Hearing <u>10:00 am</u> Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p> |
| <p>18. Medicare Open Enrollment <u>9:00 am - 12:00 pm</u> 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>19. Medicare Open Enrollment <u>9:00 am - 12:00 pm</u> Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am Hearing Test & Aide Cleaning 9:30 am - 11:30 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>20. Caregivers' Day Out Event <u>9:00 am - 2:30 pm</u> All senior activities and lunch cancelled. Open for pre-registered caregivers only.</p> | <p>21. 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>22. An Elegant Christmas Affair Senior Dance <u>6:00 pm - 9:00 pm</u> Learn Fitness Equipment 9:30 am Chair Exercise 10:00 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm</p> | <p>23. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p> |
| <p>25. Medicare Open Enrollment <u>9:00 am - 12:00 pm</u> 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>26. Medicare Open Enrollment <u>9:00 am - 12:00 pm</u> Arthritis Exercise 9:30 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 5:30 pm</p> | <p>27. Walking Group 8:30 am Devotional Study 10:30 am Senior Center Birthday 12:00 pm Jewelry Group 12:30 pm Drama Club 1:00 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> | <h2>CLOSED FOR THANKSGIVING</h2> | <h2>CLOSED FOR THANKSGIVING</h2> | <h2>CLOSED FOR THANKSGIVING</h2> |