

Low Income Energy Assistance Program (LIEAP)

Low Income Energy Assistance Program (LIEAP) provides a one-time annual vendor payment to help eligible families pay their heating expense. LIEAP will be accepting applications from Seniors aged 60 and above or disabled persons receiving services through the Division of Aging and Adult Services at the Peggy Seegars Senior Center on December 10th & 11th and December 17th & 18th from 8:30 am until 4:30 pm. For more information contact Rob Phillips at 919-731-1589.

Open Enrollment for Medicare D

The open enrollment period for Medicare ends on 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 SHIP 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. **Please remember you must bring your Medicare card and all current medications.** For more information contact Selena Beaman at 919-731-1608. **The last day of Open Enrollment at the senior center will be Wednesday, December 4th.**

Stroke Risk Factors and Healthy Lifestyle Modifications

On Wednesday, December 4th at 10:30 am, Sara Ginn from UNC Healthcare will be at the senior center for a health talk. She will be talking about stroke risk factors and how to live a healthy life. For more information, contact Rob Phillips at 919-738-1589.

Fruitcake Factory Tour

On Wednesday December 11, the senior center will be heading to Bear Creek, NC to the Fruitcake Factory. We will leave from the Parking Lot at 209 S. Williams St. at 8am and return by 4 pm. The cost of the trip is \$25 and the cost of lunch will be extra. If you would like to sign up or need more information, contact Hermanita Harris at 919-705-1784.

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 December 4th and Kindred at Home will be available on December 17th to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

Kidney Class

On Friday at 12:00 pm on December 27th, Brooke Walston will be at the senior center for 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.” 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 December 5th at 2:00 pm. Contact Rob Phillips at 919-731-1589, or visit the website <http://bit.ly/psscipc1> for more info.

Drama Team Performance

On Wednesday, December 11th at 1:30 pm the Drama team will be at the senior center for a holiday presentation. The title of the presentation is “I Surrender”. Come out and enjoy a nice time during the holiday season. For more information please 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.

Senior Music Jam Session

On Friday, December 20th from 2:30- 4:30 pm our Second 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.

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 **1811** hours of service at the Senior Center in October.

Our Volunteers have saved the County over **\$18,130** for the month of October. 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.

Senior Center Closed for the Following Holidays:

The Senior Center will be closing early Monday, December 23rd @ 5:00 pm and will be closed Tuesday-Thursday December 24th-26th for Christmas Holiday. We will be closing at 5:00 pm on December 31st and will be closed Wednesday, January 1 2019 for New Years.

Christmas Open House

Wayne County Services on Aging will be holding our annual 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.

Christmas Bazaar (Open to the Public)

If you are looking for affordable, unique Christmas presents, look no further. Come to the Peggy Seegar’s Senior Center Christmas Bazaar on Saturday, December 7, 2019 from 8:30 am until 1:00 pm. We will be selling wreaths, paintings, Tupperware, baked goods, crafts, jewelry, Christmas goodies, decorations and much more. Contact Rob Phillips at 919-731-1589 for more information.

Ugly Christmas Sweater Contest

Come dressed in your ugliest Christmas sweater for a chance to win the Forth annual ugly sweater contest, trophy, and a prize. What a fun and unique way to bring some Christmas spirit to the senior center. The ugly Christmas sweater contest will be held on Wednesday, December 18th at noon. For more information call Rob Phillips @ 919-731-1589. (Those that are competing should be here at 11:30 am to sign up for the contest.)

Cookie Exchange

Freda Owen is having a Cookie Exchange. Bring your favorite store bought cookie to share and exchange with others on Monday, December 16th at 1:00 pm in the Arts and Craft Room. You will need to bring at least 24 cookies to exchange. 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 | | Mental Health |

Contact Selena Beaman @ 919-731-1608

The Peggy M. Seegars Senior Center

December 2019

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
2. Medicare Open Enrollment 9:00 am - 12:00 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 BINGO 5:30 pm Learn Exercise Equipment 5:30 pm	3. Medicare Open Enrollment 9:00 am - 12:00 pm Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm	4. LAST DAY OF Medicare Open Enrollment 9:00am—12:00 pm Stroke Risk Factors Health Talk 10:30 am Christmas Open House 2:00 pm - 4:30 pm Devotional Study 10:30 am FREE BLOOD PRESSURE CHECK NOON Afternoon Activities Cancelled	5. IPAD/Android Class 2:00 pm 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	6. 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	7. Christmas Bazaar 8:30 am - 1:00 pm Learn Fitness Equipment Cancelled Billiards 10:00 am Golden Grooves Cancelled
9. 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	10 LIEAP 8:30 am - 4:30 pm Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm	11. Drama Club Performance 1:30 pm LIEAP 8:30 am - 4:30 pm 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 Canceled In-Liners (Adult Coloring) Canceled Fruitcake Factory Trip	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	13. 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	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
16. Cookie Exchange 1:00 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 BINGO 5:30 pm Learn Exercise Equipment 5:30 pm	17. LIEAP 8:30 am - 4:30 pm Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am FREE BLOOD PRESSURE CHECK NOON Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm	18 Ugly Christmas Sweater Contest 12:00 pm LIEAP 8:30 am - 4:30 pm 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 Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge 2:00 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm	19. 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	20. Senior Music Jam Session 2:30 pm - 4:30 pm 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	21 Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am
23. Senior Center Closes at 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 BINGO Canceled Learn Exercise Equipment Canceled	CLOSED FOR CHRISTMAS		CLOSED FOR CHRISTMAS		27. Kidney Class 12:00 pm 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
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 Caregiver Class Canceled BINGO Canceled Learn Exercise Equipment Canceled	31. Senior Center Closes at 5:00 pm 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			Senior Center Closed for the Following Holidays: The Senior Center will be closing early Monday, December 23 rd @ 5:00 pm and will be closed Tuesday-Thursday on December 24 th -26 th for Christmas Holiday. We will be closing at 5:00 pm on December 31 st and will be closed Wednesday, January 1 2019 for New Years.	