

Senior Tar Heel Legislature Update

On Wednesday, January 8th at 10:30am, Senior Tar Heel Legislative Delegate Martha Bryan and Alternate Brownie Doss will present an update on the latest session of the Senior Tar Heel Legislature. Seniors will be able to learn what recommendations concerning Senior Citizens are being made to our lawmakers. A question and answer period will follow. As part of this program you will have an opportunity to provide feedback to these representatives. This program is free and open to the public. For more information, call Rob Phillips at 919-731-1589.

Pre-Super Bowl Tailgate Party and Game day!

On Wednesday, January 29th at 8:30 am we will be having our second annual Senior Center Super Bowl Classic. Come dressed in YOUR NFL teams gear and compete in the Corn Hole Super Bowl Tournament. We will be serving a tailgate lunch and want to see who can represent their team the loudest! This event is FREE for our senior center members. Sign ups for the tournament are located at the front desk. You must sign up with your partner by January 22nd. **All teams that have registered must check in at 8:00 am on game day, January 29th.** If you do not have a partner, we will try to put you with someone. For more information contact Rob Phillips at 919-731-1589.

Social Security

On Monday, January 13th, 2020 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. January's class will be held on January 27th at 5:30 PM. There is no charge or age requirement for this class. For more information, contact 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 January 8th and Kindred at Home will be available on January 21st to check your Blood Pressure. This is free. For more information contact Rob Phillips at 919-731-1589.

Kidney Class

On Wednesday at 12:00 pm on January 29th, 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 Thursday, January 16th at 5:30 pm. Contact Rob Phillips at 919-731-1589, or visit the website <http://bit.ly/pssciple> for more info.

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, January 18, 2019 at 10:00 am.

Senior Games Health Fair

The Annual Senior Games Health Fair will be held at the Peggy M Seegars Senior Center on **Friday, February 7th from 8:30 to 11:30.** This is the kick off event for Senior Games so registration forms will be available. Free health screenings in such areas as blood pressure, hearing, depression, fall risk assessment and much more will be offered. Also there will be vendors with information on health related services for seniors, free lunch and a raffle. Don't miss this event! For more information, call Rob Phillips at 919-731-1589.

Senior Music Jam Session

On Friday, January 17th from 2:30- 4:30 pm our 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 **1671** hours of service at the Senior Center in November.

Our Volunteers have saved the County over **\$16,440** for the month of November. 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 The Golden Agers donation of food and gift cards.

We Thank Boy Scouts Troop 1227 for Homemade cookies in tins.

We Thank St. Stephen's Episcopal Church for the \$250 donation.

We Thank First Baptist Church for the \$400 donation.

We Thank Atlantic Casualty for 10 Therapeutic Cats for the Group Respite Day Program.

We Thank Wayne County Human Resource Association for the \$1,000 donation.

Senior Center Closed for the Following Holidays:

The Senior Center will be closing early on Tuesday, December 31st at 5:00 pm for New Years Eve. The Senior Center will be closed Wednesday, January 1, 2020 for New Years' and Monday, January 20, 2020 for Martin Luther King's Birthday.

Fall Prevention Informative and Screenings

Vidant Health will be at the senior center on Wednesday, January 15th at 10:30 am to perform a fall prevention informative. They will also have their Physical Therapist present to do balance and fall prevention screenings. This is free! For more information contact Rob Phillips at 919-731-1589.

Tax Return Preparation for Seniors – Appointment Needed

AARP tax volunteers will be at the Veteran's Building at 2001 D East Ash Street (next door to the Peggy M. Seegars Senior Center) in Goldsboro on Tuesdays and Thursdays from 9:00 am until 2:00 pm starting January 30, 2020 and ending on April 14, 2020. Taxes will be done **BY APPOINTMENT ONLY. Beginning January 6th, we will take appointments for those needing their taxes done.** You will need to bring your tax documents (W2's, Form 1099s, etc.). Bring proof of donations, vehicle taxes, home taxes, mortgage interest and out of pocket medical expenses. Each tax payer must bring their original Social Security Card (no copies) for all persons claimed on the return and photo ID. Military ID cannot be used to verify Social Security. To schedule an appointment, contact Hermanita Harris at 919-705-1784.

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 |

The Peggy M. Seegars Senior Center

January 2020

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Mon	Tue	Wed	Thu	Fri	Sat
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<p>6. 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>7. 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 Line Dancing Cancelled</p>	<p>8. Senior Tar Heel Legislature Update 10:30 am 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>9. 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>10. 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>11. 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>13. 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>14. 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 Line Dancing Cancelled</p>	<p>15. Fall Prevention informative/Screenings 10:30 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 12:30 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>16. IPAD/Android Class 5:30 pm 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>17. 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</p>	<p>18. Deaf & Hard Of Hearing 10:00 am Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
<p><u>Closed</u> <u>For</u> <u>Martin Luther Kings</u> <u>Birthday</u></p>		<p>22. 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>23. 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 Viola Titus 1:00 pm Pinochle 1:00 pm Senior Functional Fitness Testing 4:30 pm Golden Grooves Dance Class 5:45 pm</p>	<p>24. 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>25. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
<p>27. 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>28. 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 5:30 pm</p>	<p>29. Corn Hole Tournament/Tailgate Party 8:30 am Walking Group 8:30 am Devotional Study 10:30 am Senior Center Birthday 12:00 pm Kidney Class 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 12:30 pm In-Liners (Adult Coloring) 2:00 pm - 4 pm</p>	<p>30. 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>31. 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>	