

The Monitors in Concert

To help us celebrate Black History Month, the Monitors are coming back to the Senior Center on Friday, February 21, 2020 from 6:00 pm to 8:00 pm. Seniors are encouraged to join us to enjoy great music and information about African Americans' Contributions to Music. You can choose to sit and enjoy the program or get out on the dance floor! We will also serve light refreshments. This event is free and sponsored by the Wayne County Arts Council. Funds for this project were supplied by ACWC Grassroots Subgrant Program. For more information, contact Rob Phillips at 919-731-1589.



This project was supported by the North Carolina Arts Council, a division of the Dept. of Natural and Cultural Resources

Tai Chi Class

Tai Chi will Begin February 11th on Tuesday at 10:30 am – 11:30 am. The class will be held on Tuesdays at 10:30 am -11:30 am and Fridays at 11:00 am -12:00 pm. The class will last Ten weeks. It will end Friday on April 17th. **Registration is required and space is limited.** Contact instructor Lisa Weston at 919-731-1591.

Social Security

On Monday, February 10th, 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. February's class will be held on February 24th 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 February 5th and Kindred at Home will be available on February 18th 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 February 26th, 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, February 13 at 10:00 am. Contact Rob Phillips at 919-731-1589, or visit the website <http://bit.ly/psscipecl> for more info.

Drama Team Presents "The Great Escape"

On Wednesday, February 26th at 1:30 pm, the Drama Team will perform in observance of Black History Month. We hope that you will come out and enjoy yourself! For more information, contact Rob Phillips @ 919-738-1589.

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.

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 Tours Cruise to Canada and New England

Wayne County Services On Aging presents a 10 Day/ 9 Night Canada & New England Cruise. Cruise Date: September 17–September 26, 2020. Deposit must be paid by February 28th. For more information contact Hermanita Harris @ 919-705-1784.

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 **1801** hours of service at the Senior Center in December.

Our Volunteers have saved the County over **\$18,040** for the month of December. 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 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 am to 11:30 am.** 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. This event is FREE for all seniors 50 and older. For more information, call Rob Phillips at 919-731-1589.

Starlight Dance Band

To celebrate Valentine's, the Starlight Dance Band will be performing at the Peggy Seegars Senior Center Friday, February 7th from 7:00 pm until 9:00 pm. Come and dance the night away. Light refreshments will be served. This event is free for seniors 50 and older. It is sponsored by the Wayne County Arts Council. Funds for this project were supplied by ACWC Grassroots Subgrant Program. For more information, contact Rob Phillips at 919-731-1589.



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Board Of Elections Voter Informative

On Wednesday, February 12th at 10:30 am Jimmy Hull will be at the Senior Center to speak about the voting process. He will be going over any questions you may have about voting, including getting registered to vote. For more information please 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 | Contact Selena Beaman @ 919-731-1608 | Mental Health |

Mon	Tue	Wed	Thu	Fri	Sat
<p>Senior Tours Cruise to Canada and New England Wayne County Services On Aging presents a 10 Day/ 9 Night Canada & New England Cruise. Cruise Date: September 17– September 26, 2020. Deposit must be paid by February 28th. For more information contact Hermanita Harris @ 919-705-1784.</p>		<p>Starlight Dance Band Friday, February 7th from 7:00 pm until 9:00 pm</p>		<p>The Monitors in Concert Friday, February 21, 2020 from 6:00 pm to 8:00 pm</p>	
<p>3. Choir 9:45 am Bible Study 10:30 am Bridge Group 1:00 pm Line Dancing Cancelled Crafts Class Cancelled BINGO 5:30 pm Learn Exercise Equipment 5:30 pm</p>	<p>4. 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 5:30 pm</p>	<p>5. 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>6. 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 END @ 4:30 pm Due to Health Fair Pinochle 1:00 pm END @ 4:30 pm Due to Health Fair Senior Functional Fitness Testing Cancelled Golden Grooves Dance Class Cancelled</p>	<p>7. 2020 Health Fair 8:30 am—11:30 am Starlight Dance Band 7:00 pm - 9:00 pm ATTENTION All regular scheduled activities CANCELLED due to the Health Fair and Starlight Dance Band!</p>	<p>1. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
<p>10. 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>11. Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am Tai Chi Class 10:30 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing 5:30 pm</p>	<p>12. Board Of Elections Voter Informative 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>13. 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>14. Chair Exercise 10:00 am TaiChi Class 11:00 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm 2:00 pm</p>	<p>15. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
<p>17. 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>18. Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Trivia 10:15 am Tai Chi 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 5:30 pm</p>	<p>19. 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>20. 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>21. The Monitors in Concert 6:00 pm - 8:00 pm Chair Exercise 10:00 am TaiChi Class 11:00 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm</p>	<p>22.. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>
<p>24. 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>25. Kidney Class 12:00 pm Arthritis Exercise 9:30 am Billiards Challenge 10:00 am Show and Tell 10:15 am Tai Chi Class 10:30 am Crochet & Knitting 1:00 pm Recreational Cards 1:00 pm Pinochle 1:00 pm Line Dancing 5:30 pm</p>	<p>26. Drama Team "The Great Escape" 1:30 pm 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 Women's Billiards 1:00 pm - 3:00 pm Beginner's Bridge Cancelled In-Liners (Adult Coloring) Cancelled</p>	<p>27. Painting Group 8:30 am Arthritis Exercise 9:00 am BINGO 10:00 am Viola Titus 1:00 pm 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>28. Chair Exercise 10:00 am TaiChi Class 11:00 am Intermediate Tap Dance 12:00 pm Beginner Tap Dance 1:00pm Movie Matinee 2:00 pm</p>	<p>29. Learn Fitness Equipment 9:30 am Billiards 10:00 am Golden Grooves 10:30 am</p>