

Peggy Seegars Senior Center

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Wayne County Services on Aging 2001 E. Ash St, Goldsboro NC 27530 Phone: (919) 731-1591 Fax: (919) 580-4024 www.waynegov.com	Follow Fitness classes with Lisa Weston daily on Cable channel 10 at 8:00 a.m. & 3:00 p.m.	Pre-Registration is required for all classes and activities. Please see notes at bottom of page for registration.	*WAGES Frozen Meals 9:00 am Line Dancing - 9:30 am **Arthritis Ex Class - 11:00 am ***Tai Chi For Arthritis- 2:30 pm	
5	6	7	8	9
***Tai Chi For Arthritis - 11:00 am			*WAGES Frozen Meals 9:00 am ***Tai Chi For Arthritis – 2:30 pm	Parking Lot Line Dance 9:30 a.m. **Arthritis Ex Class in the parking lot - 11:00 am
12	13	14	15	16
Tai Chi For Arthritis - 11:00 am	Food Bank 10:30 a.m. Must pre-register Contact Christine Pittman @ 919-731-1586		*WAGES Frozen Meals 9:00 am ***Tai Chi For Arthritis – 2:30 pm	Parking Lot Line Dance 9:30 a.m. **Arthritis Ex Class in the parking lot 11:00 – 11:45 a.m. *Scavenger Hunt – 1:00 pm
19	20	21	22	23
Tai Chi For Arthritis - 11:00 am		Carnival With The Cops 10:00 am **see below	*WAGES Frozen Meals 9:00 am ***Tai Chi For Arthritis – 2:30 pm	Parking Lot Line Dance 9:30 a.m. **Arthritis Ex Class in the parking lot 11:00 – 11:45 a.m.
26	27	28	29	30
Tai Chi For Arthritis - 11:00 am		Fall Corn Hole Tournament 8:30 am **see below	* WAGES Frozen Meals 9:00 am ***Tai Chi For Arthritis – 2:30 pm	Parking Lot Line Dance 9:30 a.m. **Arthritis Ex Class in the parking lot 11:00 – 11:45 a.m.

*** WAGES Frozen Grab & Go Meals – Mt. Olive Mondays @ 9:00 – 11:00 a.m. - Goldsboro on Thursdays 9:30 – 11:00 a.m. To register call WAGES 919-580-1790.**

**** Arthritis Class registration – contact Lisa Weston @ 919-705-1920. Must pre-register - Class size is limited.**

***** Tai Chi class – Class is closed to new members at this time.**

******Scavenger Hunt – contact Lisa Weston at 919-705-1920**

*******Carnival With the Cops call: Rob Phillips@ 919-731-1589 *****Fall Corn Hole Tournament call: Rob Phillips @ 919-731-1589**

----For all activities MUST pre-register to participate----

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