

Peggy Seegars Senior Center and Wayne County Services on Aging
June 2021 Regularly Scheduled Activities
*Classes and Programs in Italics and marked with ** require pre-registration.*

Monday	Name of Class/Program	Location	Teacher
9:00am-10:00am	Tone & Tighten Exercise	Multipurpose Room	Lisa Weston
	Tone & Tighten ZOOM		
10:30am-11:15am	Bible Study	Meal Site	John Sasser
11:30am-12:30pm	Lunch	Meal Site	Wages
1:00pm-2:00pm	Beginner Line Dance	Multipurpose Room	Freda Owen
1:00pm-1:30pm	Bridge Set Up	Meal Site	Sterling Jarrett
1:30pm-4:30pm	Bridge	Meal Site	Sterling Jarrett
2:00pm-4:00pm	Craft Class	Arts & Craft Room	Freda Owen
5:30pm-6:30pm	Caregiver Class-offered on June 28	Arts & Craft Room	Allison Garzo-4th Monday
	<i>Caregiver Class also offered on ZOOM</i>		

Tuesday			
9:30am-10:30am	Arthritis Class (cancelled 6/22 ONLY)	Multipurpose Room	Lisa Weston
10:00am	Billiards Challenge	Billiard Room	Ronnie Artis
12:00pm-1:00pm	Blood Pressure Checks-June 15 only	Kindred Home	Steve Hall (3rd Tuesday)
<i>12:30pm-3:30pm</i>	<i>WCC Sewing Class-\$Fee **</i>	Arts & Crafts	Barbara Price-WCC
1:00pm-4:30pm	Recreational Cards	Meal Site	
2:00pm-4:00pm	Drama Club	Multipurpose Room	Laverne Rouse
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	Diana Rodriguez

Wednesday			
9:00am-10:00am	Group Exercise	Multipurpose Room	Lisa Weston
	Group Exercise ZOOM		
10:00am-11:15am	Devotional Study	Arts & Craft Room	Willie Walker
11:00am-11:30am	Senior Center Birthday-June 30 only	Meal Site	Last Wednesday of the Month
11:30am-12:30pm	Lunch	Meal Site	
12:30pm-4:30pm	Pinochle	Multipurpose Room	Don Ebron
1:00pm-3:00pm	Womens Billiards	Billiard Room	
<i>2:00pm-3:00pm</i>	<i>Tai Chi **</i>	<i>Meal Site</i>	<i>Lisa Weston</i>

Thursday			
8:30am-10:30am	Painting Group	Arts & Craft Room	
9:00am-10:00am	Arthritis Exercise	Multipurpose Room	Lisa Weston
9:00am-10:00am	Grab N' Go Meals	Drive Thru	Wages
10:00am-11:30am	Bingo	Meal Site	Grantham/Gill/Reid
12:30pm-2:00pm	Jewelry/In-Liners	Arts & Craft Room	
2:00pm-3:00pm	Tai Chi **	Multipurpose Room	Lisa Weston

Friday			
9:00am-9:45am	Cardio Exercise	Multipurpose Room	Lisa Weston
	Cardio ZOOM		
10:00am-11:00am	Chair Exercise	Multipurpose Room	Lisa Weston
11:30am-12:30pm	Intermediate Tap	Multipurpose Room	Maureen Prys
12:30pm-1:30pm	Beginner Tap	Multipurpose Room	Maureen Prys
1:30pm-4:30pm	Pinochle	Multipurpose Room	Don Ebron
1:30pm-2:30pm	Intermediate Line Dance	Meal Site	Lisa Weston

SPECIAL MONTHLY EVENTS & PRESENTATIONS			
9:00am-12:30pm	Elder Abuse Symposium	Meal Site	Tuesday, June 22
	Arthritis Class cancelled June 22 due to Symposium		
9:00am-10:00am	Wages Grab N' Go Meals	Drive Thru	Thursday's
11:30am	Hiking Group	Cliffs of the Neuse	Tuesday, June 8
11:30am	Walking Group	Downtown Goldsboro	Tuesday, June 15
12:00pm-1:00pm	Blood Pressure Checks	Meal Site	Tuesday, June 15
12:30pm-3:30pm	WCC Sewing Class**-\$ Fee	Arts & Craft Room	Tuesday's, June 1-July 27 **
12:30pm-1:30pm	Eat Smart, Move More**	Meal Site	May 6-June 24 **
2:00pm-3:00pm	Tai Chi **	Multipurpose Room	May 12-July 15 **

*Some regular DROP-IN activities include Billiards, Checkers, Fitness Room, Puzzles and Word Search .
Call Lisa Weston at 919-731-1589 to register for Activities or Events with ***