

May 2025

**Stay Active.**  
**Stay Healthy.**

# PEGGY M. SEEGARS SENIOR CENTER

THE BEST PLACE TO BE 60+ IN WAYNE COUNTY  
WE MAY HAVE WHAT YOU NEED,  
YOU JUST DON'T KNOW IT YET!

*our seniors are*



## YOUR WISER WAYNE BEAT

### 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.

2001 E. Ash Street Goldsboro, NC 27530

Phone: 919-731-1591

# *Older American's Month*

THIS  
MONTH  
AT

PEGGY SEEGARS  
**PSSC**  
SENIOR CENTER

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Social & Activity Center

## UPCOMING EVENTS IN MAY

See Inside the Newsletter

Bingocize

Cake Decorating with Freda

Congestive Heart Failure Presentation

Digital Navigator Presentation

Drama Presentation

Gardening with Native Plants

Goshen Mobile Medical Unit

Hiking Group

3 Old Dudes Jam Session

## MAY CLOSINGS

May 28, all activities  
canceled -Senior Fun Day

Monday, May 26  
Memorial Day

## HANDICAP PARKING

Handicap spots are for  
people who have a handi-  
cap license plate or rear-  
view mirror sign, desig-  
nating a handicap status.

If you do not have either

## **OLDER AMERICANS MONTH**

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

## UPCOMING SPECIAL EVENTS

# SENIOR FUN DAY AT THE CENTER

Celebrating Older Americans Month

We invite all members of the Peggy Seegars Senior Center to come out and enjoy this event featuring lots of fun and activities

WEDNESDAY, MAY 28TH / 9:30AM-1:00PM

WHERE: Peggy Seegars Senior Center

WHAT: Games, Music, Cake Walk and a whole lot of laughs!



# 3OD

## jam session

### THREE OLD DUDES

Thursday, May 15 / 4:30pm

Sit and Listen / Jump up and Dance

Bring a snack to share with your table of friends.

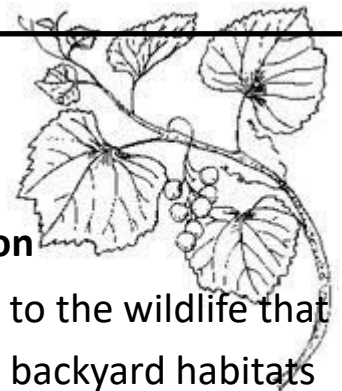
## GARDENING WITH NATIVE PLANTS

WEDNESDAY, MAY 21 / 10:30AM

**Jessica Strickland**

**Horticulture Extension Agent for Wayne County Cooperative Extension**

Most of us create gardens that are beautiful but have little to no value to the wildlife that live as our neighbors. Discover how to turn your garden into beautiful backyard habitats that both you and your backyard flora and fauna can appreciate.



## BINGOCIZE / Bingo, Exercise, and a lot of laughs!

Bingocize® combines exercise and health information with the game of bingo. This is a 10-week program designed to increase physical activity and reduce sedentary behavior, making exercise enjoyable.

Classes begin on May 29 and are held on Mondays and Thursdays at 3:30pm. Registration is required, members who have previously taken Bingocize will be placed on a waiting list to ensure new members have a spot. To register, call Angela or Evelyn at 919-731-1591.

## exciting CLASSES & ACTIVITIES

### **FREE Smart Device Clinics** **Wednesday mornings** **By appointment ONLY**

Do you have a cell phone or laptop that has you stumped? Do you have questions on how to use your device?

Wednesdays @ 8:30am, 9:30am & 10:30am  
Call Lisa Weston for an appointment  
919-731-1589.

### **CAKE DECORATING with Freda**

**Monday, May 5, 12 & 19**

**12:30pm-2:00pm**

Come and enjoy a fun and creative class. No supplies required for the first class. Supplies for the following 2 classes will be needed.

**Registration for this class is required:**

Call 919-751-1589-seats are limited, to sign up you must commit to all  
Classes.

### **HIKING GROUP**

Wednesday, May 14th at 11:00am,  
Barbara Sadler and Mark Debruine  
will walk/hike at Cliffs of the Neuse  
State Park. Everyone will meet in  
the Welcome Center Parking Lot.  
Once you enter the Park, follow the  
signs to the Welcome Center.

### **CARDS & DROP IN**

**PINOCHLE:**

Wednesday / 12:30-4:30pm

Friday / 1:30-4:30pm

**RECREATIONAL CARDS:**

Wednesday/ 1:00-4:30PM

**BILLIARDS / CHECKERS &**

**BOARD GAMES**

### **CAREGIVER CLASS: Topic– Mental Health 101**

**Monday, May 12, 2025—5:30pm / OPEN TO THE PUBLIC**

Therapeutic Alternatives Mental Health Specialty Team is offering an education series designed to provide information for individuals providing care and support for a friend or family member or have an interest in the geriatric population. The program's goal is to strengthen your skills and resilience and bolster the ability to nurture and support those for whom you care. A one-hour continuing education certificate will be available for each participant. Class may be attended in-person or on Zoom. There is no charge or age requirement for this class. Professionals, unpaid caregivers and family members are all welcome. To set up a ZOOM link call 919-731-1589 at least one day prior to the class.

## *WHAT'S GOING ON*

### GOSHEN MOBILE MEDICAL UNIT AT THE CENTER

Tuesday, May 13, 9:30am to 1:30pm

Goshen is accepting appointments for the Mobile Medical Unit at the Senior Center. Some services include wellness visits, medication refills, blood pressure checks and health screenings. If you have a Primary Care Physician but wish to be seen at the Center, Goshen will share their findings with your provider. Accepted forms of payment include Medicare and Medicaid as well as a sliding fee scale.

Please call Mike Owens at 910-935-1404 or email [mowens@goshenmed.com](mailto:mowens@goshenmed.com) for an ap-

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Cynthia Livingston / Digital Navigator / Tuesday, May 13 / 10:45am

A digital navigator will help our senior members think about digital issues they may have or digital skills they may want to learn. This presentation is interactive and will be followed by a short survey. The survey is an opportunity to ask for individual assistance or a general group presentation. Cynthia will also include time to help with specific problems related to cell phones. Zoom offered, call 919-731-1589 a day prior.

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### CONGESTIVE HEART FAILURE AWARENESS (CHF)

Tuesday, May 27 / 10:30am

Wendy Thornton with PruittHealth Hospice and Palliative Care will be here to educate seniors about congestive heart failure, its risks and symptoms in emergency situations.

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Drama Presentation

Tuesday, May 20 / 2:00pm

The presentation will consist of three skits revolving around the social life of older Americans. We will also enjoy a few presentations from the Sassy Senior steppers.



	PEGGY SEEGARS SENIOR CENTER	MAY	2025
<b>Monday</b>	<b>Name of Activity</b>	<b>Location</b>	<b>Instructor / Leader</b>
9:00am-10:00am	Tone & Tighten Exercise	Multipurpose Room	Lisa Weston/Eugene K.
10:30am-11:15am	Bible Study	Meal Site	Various Instructors
11:30am-12:30pm	Lunch	Meal Site	Wages
2:00pm-4:00pm	Craft Class	Arts & Craft Room	Freda Owen
5:30pm	Caregiver Class: May 12 ONLY	Arts & Craft Room	Allison Garzo
<b>Tuesday</b>			
9:30am-10:30am	Arthritis Exercise	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am	Billiards Challenge	Billiard Room	
10:30am- Noon	<i>Get Crafty: May 6 &amp; 20</i>	Arts & Crafts	Vivian & Tonya
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-2:00pm	Choir	Multipurpose Room	Lorraine Gist/AlanArmstrong
12:30pm-3:30pm	WCC Beginning Sewing \$\$\$	Arts & Craft Room	May 20-July15, 2025
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	
2:00pm-4:00pm	Drama Club	Meal Site	
<b>Wednesday</b>	<b>SENIOR DAY AT THE CENTER-5/28</b>		
8:30am-10:30am	<i>Smart Device Clinics/cancelled 5/28</i>	Conference Room	Kevin Grundmeier
9:00am-10:00am	Group Exercise/cancelled 5/28	Multipurpose Room	Lisa Weston/Eugene K.
10:30am-11:15am	Devotional Study/cancelled 5/28	Arts & Craft Room	Willie Justice
11:30am-12:30pm	Lunch	Meal Site	Wages
11:45am	Senior Center Birthday: May 27, 2025	Meal Site	
12:30pm-2:30pm	Painting Group/cancelled 5/28	Arts & Craft Room	
12:30pm-4:30pm	Pinochle/cancelled 5/28	Multipurpose Room	Don Ebron
1:00pm-4:30pm	Recreational Cards/cancelled 5/28	Meal Site	
1:00pm-3:00pm	Womens Billiards/cancelled 5/28	Billiard Room	
<b>Thursday</b>			
9:00am-10:00am	Arthritis Exercise	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am-12:00pm	Scrapbooking Class: May 8 ONLY	Arts & Crafts	
10:00am-11:15am	Bingo	Meal Site	
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-2:00pm	Jewelry/In-Liners	Meal Site	
1:00pm-2:00pm	Intermediate Line Dance	Meal Site	L. Weston
12:30pm-2:30pm	Create & Donate: May 29 ONLY	Arts & Crafts	Donna Moerie
5:00pm	Learn Fitness Equipment	Fitness Room	A. Strickland/ E. Wiggs
<b>Friday</b>			
9:00am-9:45am	Cardio Exercise	Multipurpose Room	Lisa Weston
10:00am-10:45am	Chair Exercise	Multipurpose Room	Louise Hinnant
11:30am-12:30pm	Lunch	Meal Site	Wages
11:00am-12:00pm	Ballet	Multipurpose Room	Maureen Prys
12:00pm-1:00pm	Tap	Multipurpose Room	Maureen Prys
1:30pm-4:30pm	Pinochle	Multipurpose Room	Don Ebron
<b>Saturday</b>			
9:30am	Learn Fitness Equipment	Fitness Room	A. Strickland/ E. Wiggs
10:00am-11:00am	Beginner Line Dance	Meal Site	Frances Ward
<b>SPECIAL MONTHLY EVENTS &amp; PRESENTATIONS</b>			
12:30-2:00pm	<i>Cake Decorating with Freda</i>	Arts & Crafts	May 5, 12 & 19
10:45am	Digital Navigator	Meal Site	Tuesday, May 13, 2025
9:30am	Goshen Mobil Medical Unit	Parking Lot	Tuesday, May 13, 2025
11:00am	Hiking Group	Cliffs of the Neuse	Wednesday, May 14, 2025
4:30pm	3 Old Dudes	Meal Site	Thursday, May 15, 2025
2:00pm	Drama Performance	Meal Site	Tuesday, May 20, 2025
10:30am	Gardening with Native Plants	Meal Site	Wednesday, May 21, 2025
10:30am	Congestive Heart Failure Awareness	Meal Site	Tuesday, May 27, 2025
9:30a1:00pm	SENIOR DAY AT THE CENTER	Senior Center	Wednesday, May 28, 2025
3:30-4:30pm	Bingocize	Meal Site	May 29-Aug 7
<i>Some regular DROP-IN activities include Billiards, Checkers,Computer Lab, Fitness Room, Puzzles and Word Search,Games and More!</i>			
<i>Italics=registration required</i>		\$\$\$=fee	



# exciting **ARTS & CRAFT CLASSES**

## CREATE & DONATE

### Card Making Class / Thursday, May 29/ 12:30-2:30pm

We would love for you to join us to make and donate handmade cards to people who are homebound or in the hospital. Cards will be made entirely by hand with kind and uplifting messages and drawings. Donna Moerie will instruct you on how to make the cards. Please bring scissors!



## GET Crafty:

Make time to make stuff

May 6 & 20, 2025

10:30am—noon

**Crafting is fun, relaxing and inspiring. Vivian and Tonya will be here to help start you on your new creation. They will guide you when you get stuck and help you embrace your creative side.**

**Call 919-731-1589 to enroll.**

**Space is limited and registration for this class is required.**

## JEWELRY CRAFTERS

Thursday

12:30pm—2:00pm

Our Jewelry group designs, develops and creates beautiful pieces of art to be worn. If you are interested in making jewelry, sit with this group to find out what works well, when designing and creating jewelry from people who know best.



## HANDMADE HAVEN CRAFT CLASS

Monday-Arts & Crafts

2:00pm —4:00pm

Unleash your creativity! Freda Owen offers mixed media craft classes. Inspiring classes with techniques to grow your skills and nurture your creative spirit. Freda has samples of your project and ideas to share.

## Scrapbooking Class / May 8 / 10:00am-Noon

Creating a scrapbook is a great way to preserve your special memories. This class will have a leader to help guide you on your scrapbooking journey.

**Supplies are NOT provided.** What to bring:

Glue, Tape, Scissors, and photos you may want to work with or magazines to cut, a Scrapbook and Stickers.

## STAY ACTIVE



### ARTHRITIS CLASSES

#### **ARTHRITIS EXERCISE**

**ZOOM offered**

**Tuesdays / 9:30am-10:30am**

**Thursdays / 9:00am-10:00am**

This class moves the body through range of motion exercises for the joints, light hand weights for muscle

### DANCE CLASSES

**Thursday: Intermediate Line Dance**  
1:00pm with Lisa

**Friday : Ballet / 11:00am with Maureen**

**Friday: Tap/ 12 noon with Maureen**

**Saturday: Beginner Line Dance /**  
10:00am with Frances

### EXERCISE CLASSES

#### **TONE & TIGHTEN**

**Mondays / 9:00am-10:00am**

A challenging cardio and toning workout with equipment for all levels.

#### **GROUP EXERCISE-ZOOM offered**

**Wednesdays / 9:00am-10:00am**

This workout incorporates cardio and strength training with a deep focus on the core and emphasizes moves that will tone, stretch and elongate mus-

#### **CARDIO EXERCISE**

**Fridays / 9:00am-9:45am**

This class focuses on elevating the heart rate while toning the body.

#### **CHAIR EXERCISE**

**Fridays / 10:00am-10:45am**

Warm up with 10 minutes of gentle range of motion exercises. The next 30 minutes of strength, cardio and balance exercises are done standing near the chair. A gentle

#### **FITNESS ROOM ORIENTATION**

To correctly use the Fitness Room equipment, we suggest an orientation. Proper set-up and use of the fitness equipment helps to ensure a safe and effective fitness program. Sessions are on Thursdays at 4:00pm or Saturday at 9:30am.

#### **ZOOM LINK**

***Preregistration is required to Zoom. Please call Lisa Weston (919-731-1589) the day prior to the class you wish to Zoom. An email address is required.***



## SENIOR SERVICES

The Peggy Seegars Senior Center offers seniors and their caregivers information and resources on all aspects of aging, and will connect you with the right senior focused programs, services



### GIFT SHOP

**Visit the  
FRIENDS OF THE SENIOR CENTER  
GIFT SHOP**

*Proceeds Benefit the Senior Center*

**Shop: Monday—Friday**

**10:00am-2:00pm**

*Purchase items donated with love*

Gift Shop donations are always accepted.  
Please, no clothing or books.

### INFORMATION & OPTIONS

Advocacy for Seniors  
In Home/Hospice Services  
Disaster Preparedness  
Durable Medical Equipment  
Employment & Training Resources  
Energy Assistance  
Food & Nutrition Programs  
Senior Games  
Social Security Benefits  
Suspected Abuse/Neglect  
Tax Preparation  
Veterans Benefits  
General/Medical Transportation  
Housing Assistance  
Health Promotion/Screenings  
Friendly Caller Program  
Reverse Mortgage  
Medicare/Medicaid  
Home Repair & Modifications  
Assistive Devices  
Medicare D & Senior's Health  
Insurance Information Counseling  
Legal Services  
Mental Health  
LTC/Rehab  
Respite

## *AROUND THE CENTER*

### VOLUNTEER

We are looking for a volunteer to lead a Beginner Line Dance class on Monday's from 1:00 to 2:00pm. If interested please call:

### MEMBERSHIP & INFORMATION

The Senior Center is for Wayne County residents aged 60 and older. You must be a member of the Senior Center to participate in activities and events unless otherwise noted.

**New member sign ups are by appointment only.** If you would like to become a member of the senior center please call Hermanita Harris at 919-705-

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Our SUGGESTION BOX is located in the lobby. Please feel free to write down your concerns, ideas and suggestions. If you would like a response to your idea, please leave your name and contact information, thanks!

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### KIOSK SIGN IN REQUIRED

When entering the building, please sign in at the kiosks with your keycard and touch the activities you are participating in for the day. These statistics are

### RESPITE

#### DAY RESPITE PROGRAM

The Peggy Seegars Day Respite Program is designed to help senior citizens of Wayne County and their families who are coping with Alzheimer's disease and other memory loss conditions. For information on Respite please call Holly Jones at 919-705-1928. **VOLUNTEERS NEEDED!**

### MEDICARE ASSISTANCE

Our Volunteer Counselors are here to help with your Medicare questions!  
Appointments are NOT scheduled during Open Enrollment.  
To make an appointment call:

919-731-1608



# Around the Center

## SUPPORT groups

### **VIOLA TITUS FRIENDSHIP GROUP**

**4th Thursday of the month  
1:00pm-2:30pm**

A speaker is scheduled for each meeting on topics of interest to the group. Transportation is arranged with GWTA for clients living in Wayne County. For more information contact Mary Jones at 919-731-1102.

### **BRAIN INJURY SUPPORT 2nd Saturday of each month 10:00am-11:45am**

Provides information and resources, socialization, support, and speakers for those with brain injury, their families and friends. For additional information, contact Pier Protz at 919-394-1091.

### **DEAF & HARD OF HEARING SUPPORT GROUP**

**July 24, 2025 / 2-3:30 pm**

Are you or a loved one hearing impaired? Simply meeting up with others going through a similar struggle can be invaluable. The Peggy Seegars Senior Center will host the Deaf and Hard of Hearing Support Group, led by Jennifer Cabe.

## BIBLE STUDY

### **BIBLE STUDY**

Mondays-10:30am-11:15am

Various Leaders

### **BIBLE STUDY**

**w/ Willie Justice**

Wednesdays-10:00am-11:15am



## SENIOR CENTER

### **CENTER HOURS**

Monday / Tuesday / Thursday

7:30am-7:00pm

Wednesday / Friday

7:30am-5:00pm

Saturday / 8:30am-12 noon

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Peggy Seegars Senior Center  
Wayne County Services on Aging  
2001 E. Ash Street,  
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Phone:(919) 731-1591  
[www.waynegov.com](http://www.waynegov.com)