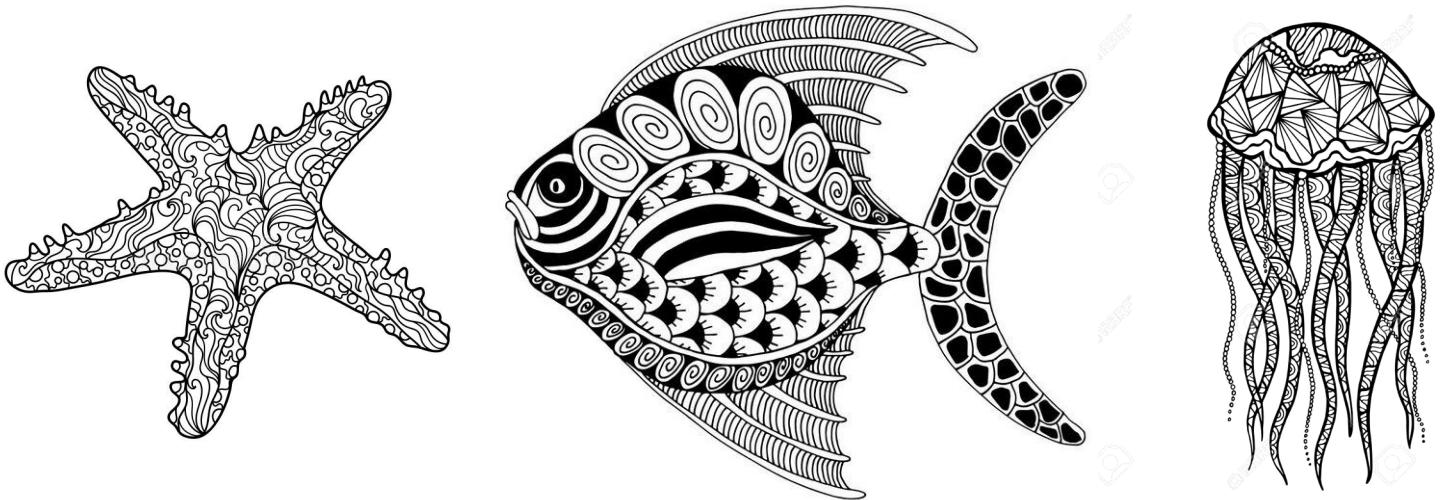


July 2025

**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!



## 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

THIS  
MONTH  
AT

PEGGY SEEGARS  
**PSSC**  
SENIOR CENTER

Social & Activity Center



**UPCOMING EVENTS-JULY**

See Inside the Newsletter

4-H Community Fun

Ice Cream Social

Digital Navigator

SHIIP Presentation

Trivia

Pictionary



JULY 2025



**JULY CLOSINGS**

July 4th & 5th  
In observance of  
Independence Day

**CENTER HOURS**

Monday / Tuesday / Thursday

7:30am-7:00pm

Wednesday / Friday

7:30am-5:00pm

Saturday / 8:30am-12 noon

CLOSED Sunday

Peggy Seegars Senior Center  
Wayne County Services on Aging  
2001 E. Ash Street,  
Goldsboro, NC 27530  
Phone:(919) 731-1591  
[www.waynegov.com](http://www.waynegov.com)

## **BRAIN BOOTCAMP**

### **BIBLE TRIVIA**

Wednesday, July 23 / 10:15am

A fun brain-boosting question game to test your knowledge of scripture and keep your brain young...it's a win-win!



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### **PICTIONARY**

Tuesday, July 29 / 10:45am

Players must draw clues for team members to guess. It's lighthearted



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### **WORD SEARCH TOURNAMENT**

Wednesday, July 30 / 10:15am

Unwind by hunting for words—they are hidden horizontally, vertically, diagonally and backward. Word Search is a fantastic way to sharpen your



# 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.



Who knew what time it was when the first clock was made?

In the word SCENT, is the “S” or the “C” silent?

At the movie theatre, which arm rest is yours?

Why is there a “D” in fridge, but not in refrigerator?

## 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- Elder Mistreatment Monday, July 28, 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



### 4-H Community Fun Day Service Project

Tuesday, July 1 / 10:30am-11:30am

4-H home school students are volunteering their time to do some arts & crafts with our members. This time allows 4-H members to develop valuable skills like communication and organization. If you would like to participate in the fun please leave your name with Lisa Weston, call 919-731-1589.

### INDEPENDENCE DAY Ice cream social

THURSDAY, JULY 3 / 12:00PM

JOIN US FOR ICE CREAM AND ALL THE TOPPINGS!!

### Cynthia Livingston / Digital Navigator / Tuesday, July 8 / 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. 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.

### SHIIP Presentation

Wednesday, July 9 / 10:45am

Natasha Artis, WCSOA Information & Options Counselor will speak about SHIIP, Senior Health Insurance Information Program. "This is a free, confidential service that provides unbiased information to help Medicare beneficiaries and their families make informed decisions about their health insurance."

## PEGGY SEEGARS SENIOR CENTER

JULY

2025

Monday	Name of Activity	Location	Instructor / Leader
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	Freida Owen
3:30pm	<i>Bingocize</i>	<i>Meal Site/class full</i>	<i>Strickland/Wiggs</i>
5:30pm	Caregiver Class: July 28	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: July 8 &amp; 22</i>	Arts & Crafts	Vivian & Tonya
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-2:00pm	Choir	Multipurpose Room	Lorraine Gist/Alan Armstrong
12:30pm-3:30pm	<i>WCC Beginning Sewing \$\$\$</i>	<i>Arts &amp; Craft Room</i>	<i>May 20-July 15, 2025</i>
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	
2:00pm-4:00pm	Drama Club	Meal Site	
<b>Wednesday</b>			
8:30am-10:30am	<i>Smart Device Clinics:cancel 7/30</i>	Conference Room	Kevin Grundmeier
9:00am-10:00am	Group Exercise	Multipurpose Room	Lisa Weston/Eugene K.
10:15am-11:15am	Devotional Study	Arts & Craft Room	Willie Justice
11:30am-12:30pm	Lunch	Meal Site	Wages
11:45am	Senior Center Birthday: July 30	Meal Site	
12:30pm-2:30pm	Painting Group	Arts & Craft Room	
12:30pm-4:30pm	Pinochle	Multipurpose Room	Don Ebron
1:00pm-4:30pm	Recreational Cards	Meal Site	
1:00pm-3:00pm	Womens Billiards	Billiard Room	
<b>Thursday</b>			
9:00am-10:00am	Arthritis Exercise	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am-12:00pm	Scrapbooking Class: July 10	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: July 10	Arts & Crafts	Donna Moerie
3:30pm	<i>Bingocize</i>	<i>Meal Site/class full</i>	<i>Strickland/Wiggs</i>
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>			
Tuesday, July 1	<i>4-H Community Fun Day Service Project</i>	10:30-11:30am	4-H students
Thursday, July 3	<i>Independence Day Ice Cream Social</i>	12:00 Noon	
Tuesday, July 8	<i>Digital Navigator</i>	10:45am	Cynthia Livingston
Wednesday, July 9	<i>SHIIP presentation</i>	10:45am	Natasha Artis
Tuesday, July 15	<i>Summer Fun Dance Party</i>	4:00-6:00pm	
Wednesday, July 23	<i>Bible Trivia</i>	10:15am	
Tuesday, July 29	<i>Pictionary</i>	10:45am	
Wednesday, July 30	<i>Word Search Tournament</i>	10:15am	

Some regular DROP-IN activities include Billiards, Checkers, Computer Lab, Fitness Room, Puzzles and Word Search, Games and More!

Italics=registration required

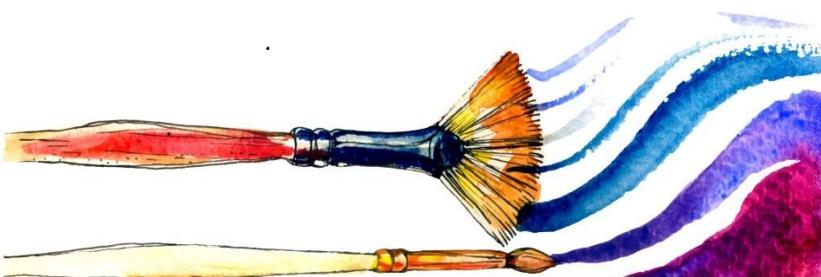
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# exciting ARTS & CRAFT CLASSES

## CREATE & DONATE

### Card Making Class / Thursday, July 10/ 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

July 8 & 22, 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

### Scrapbooking Class / July 10 / 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 tone and easy stretches for flexibility.

### 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 muscles.

#### 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.***

#### 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 stretch finishes the class.

#### 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 5:00pm or Saturday at 9:30am.

## 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 and organizations in Wayne County.



### 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

**Natasha Artis**  
**919-731-1608**

## AROUND THE CENTER

## VOLUNTEER-CALL 919-705-1784

If you've ever considered volunteering, rest assured that there is a place for everyone at PSSC. Whether it's a regular commitment or a one-time event, your contribution can help maintain the support that is our center. Take a moment to think about how you can be part of something big.

## OPERATION FAN HEAT RELIEF

Operation Fan Heat Relief (OFHR) is a summer program intended to provide a more comfortable living environment and to reduce heat related illnesses. Summertime can be a difficult and dangerous time for our seniors in Wayne County, especially when they do not have a means to keep their homes cool. Contributions from Duke Energy Progress make it possible for OFHR to provide fans to Wayne County Seniors at no cost that have a home situation where a threat to health and well-being exists. Fans are very limited through this funding. However, the Peggy Seegars Senior Center will gladly accept donated new fans or monetary donations to buy fans to distribute to seniors in need. For more information, you may contact Natasha Artis at 919-731-1608.

## 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** **Does NOT meet in July**

Provides information, socialization, support and speakers to those with low vision. 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-10:15am-11:15am



## **SUPPORT groups**

### **JOURNEY TOGETHER**

#### **CAREGIVER SUPPORT GROUP**

**Tuesday, July 10**

**5:00pm**

**Sponsored by:**

Gentiva Hospice of Goldsboro

**Hosted by:**

Shawna Mullins, a Hospice Care Consultant with Gentiva Hospice of Goldsboro

This group offers an opportunity to those who are caring for a loved one to come together for support, sharing and time to talk with others